In this issue:

Survey .......... 2

National Nursing Assistant Week .......... 2

Hoosier S.T.A.R.T. ...... 3

Wellness Wisdom .. 4 - 8

Helping Hands ............... 6 & 7

Jeans Week . 8

Culinary Corner ............... 9

Fair ............... 9

Sneaky Snaps ................. 10

Who Am I? . 11

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In July some of you will be asked to complete a survey about the patient safety culture in your work area. The survey asks for your opinions about patient safety issues, and it is completely anonymous. The results will be used to identify opportunities for improvement. We encourage you to complete a survey!

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**National Nursing Assistant Week**

**June 10th through June 16th**

LSH Staff,

The week of June 10th through June 16th, we recognize our Special Attendants, an essential piece of the direct care staff. The Special Attendants of LSH are key players in the care and interaction with our clients. On a daily basis, they provide encouragement, reassurance, support, and convey respect and concern. LSH Special Attendants bring wisdom, patience, humor and a general attitude of caring to the daily lives of our clients.

I would like to extend my thanks to the Special Attendants of LSH for always being there to assist our clients with a helping hand and a caring touch. Your work is greatly appreciated.

Sincerely,

R. Daryl Hall

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**SPECTRUM**

Logansport State Hospital
1098 S. State Rd. 25
Logansport, Indiana 46947

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Matthew Bates, Hoosier S.T.A.R.T. representative, will be onsite Thursday, July 19th. If you want to schedule a 30 minute appointment to meet with him and discuss your retirement, please contact HR. Meetings will be held on Dodds – first floor. The room is near the main elevator and next to the mailroom.

Available appointment times on Thursday: 7:00am, 7:30am, 8:00am, 8:30am, 9:00am, 9:30am, 10:00am, 10:30am, 11:00am, 1:00pm, 1:30pm, 2:00pm, 2:30pm, 3:00pm
Please bring a recent pay stub to your meeting with Matthew, along with any questions you have.


If you have met with Matthew in the past, you can be placed on a waiting list, to allow first-timers a chance to schedule a meeting with Matthew. When we are within a week of his visit, we can open up any remaining appointment times to those who have previously met with him.

GET INTERESTED

Meet your representative

What can your Hoosier S.T.A.R.T. representative do for you?

- If You’re Just Starting to Save . . .
  We can help you determine how much you may need to work toward your retirement income goals and the specific ways the Plan can help—including advantages of tax-deferred investing.

- If You’ve Been Saving for a While . . .
  You may want to take a fresh look at your portfolio to evaluate whether your balance between risk and return potential still makes sense for you today. Also, it could be time to increase your contributions. We can help you understand your options.

- If Retirement is Just Around the Corner or If You’re Just Retired . . .
  We can provide you with information to help you make the smooth transition to retirement, including your distribution/withdrawal options and how you can continue to benefit from the Plan after you leave the workplace.

Consider the benefits of the Hoosier S.T.A.R.T. Plan

Good Company – There are more than 42,000 participating employees, so together you have mass purchasing power.

Investment Options – The Plan offers a variety of different investment options, including age-based funds, to fit your goals and time horizon.

Advantage – The 10% early withdrawal penalty that applies to 401(k) plans and IRAs does not apply to distributions of 457 contributions or any applicable earnings (provided you have separated from service).

Representatives – There are dedicated Plan representatives located throughout Indiana, so there are real people available to help you navigate your road to retirement. To find out how you can meet with your dedicated representative.
Wellness Wisdom from the Wellness Committee

Blood Drive Results!

We donated 33 units of blood. This SURPASSED the goal of the American Red Cross!

THANK YOU TO EVERYONE WHO GAVE BLOOD. Your donation will save lives!

THANK YOU TO ALL THE VOLUNTEERS WHO HELPED OUT AT THE FRONT DESK. Without you, our blood drive wouldn’t run smoothly.

See you in September for the next Blood Drive!
THANK YOU

When you gave blood you helped change lives.

American Red Cross

YOUR BLOOD DRIVE RESULTS

Logansport State Hospital
Sponsor Group

June 6, 2018
Date of Drive

33
Total Number of Donors

7
First Time Donors

32
Units Collected

64
Potential Number of Lives Saved

Individuals who are 17 years of age (16 with parental permission in some states), meet weight and height requirements (10 pounds or more, depending on their height) and are in generally good health may be eligible to give blood. Please bring your Red Cross blood donor card or other form of positive ID when you come to donate.

© 2015 The American National Red Cross 516/9457809

5
10 Tips For Staying Healthy In Summer

1. **Stay cool and hydrated.** Drink water, at least two to four cups (16-32 ounces) upon rising, and similar amounts if you are going out for activities and exercise. Carry water with you in a hard plastic container (more stable polycarbonate rather than polyethylene that leaches plastic into the water). You may also use a traveling water filter. Check your local water stores or www.realgoods.com. Most people need two to three quarts of liquid per day, and more in hot weather or with sweating and exercise. Review Chapter 1 of Staying Healthy with Nutrition or Chapter 7 of The Staying Healthy Shopper’s Guide for further information on Water.

2. While enjoying the sun and outdoors, **protect yourself from overexposure** to sunlight by wearing a hat and using natural sunscreens without excessive chemicals. Carry Aloe Vera gel for overexposure and have an aloe plant growing in your home for any kind of burn. The cooling and healing gel inside the leaves will soothe any sunburn. It works great.

3. **Keep up or begin an exercise program.** Aerobic activity is important for keeping the heart strong and healthy. If you only work out in a health club, take some time to do outdoor refreshing activities -- hiking, biking, swimming, or tennis. Reconnecting with these activities will help keep your body and mind aligned.

4. **Enjoy Nature’s bounty** – fresh seasonal fruits and vegetables at their organic best. Consuming foods that are cooling and light -- fresh fruits, vegetable juices, raw vital salads, and lots of water -- will nourish your body for summertime activities. Include some protein with one or two meals. There are a number of light, nourishing proteins that don't require cooking. Most of these complement fruits and vegetables nicely-- nuts, seeds, sprouted beans, soy products, yogurt, kefir, and cottage cheese. Fish and poultry can also be eaten.

5. **Take some special summer time** with your family, kids, and friends who share the enjoyment of outdoors. Plan a fun trip if you're able and motivated for a day or longer -- hiking in the wild, camping, playing at the river, or a few days resting at the ocean. Rekindling our Earth connection has benefits that last beyond this season, continuing to enrich the whole of your life.

6. **Relax and breathe.** You've been working hard. This is the season to slow the pace a bit and absorb the light that stimulates your hormonal message center. Leave your cell phone at home or take a week off from TV. In many European countries, most of the population has a month off during the summer.

   **Sun teas are wonderful.** Use flowers and leaves (or tea bags) in a clear half- or one-gallon glass jar filled with spring water. Hibiscus or red clover flowers, peppermint, chamomile, or lemon grass are all good choices, or use your local herbs and flowers that you learn are safe, flavorful, and even medicinal. Leave in the sun for two hours or up to a whole day. Moon teas can also be made to enhance your lunar, dreamy side by letting your herbs steep in the cooling, mystical moonlight. Add a little orange or lemon peel, or a sprig of rosemary and a few jasmine flowers.
8. **Nutritional supplements** can support you with a greater amount of physical energy, enhancing your summer activities. The B-complex vitamins are calming to the nervous system and helpful for cellular energy production, while vitamin C and the other antioxidants protect your body from stress, chemical pollutants, and the biochemical by-products of exercise. Helpful summer herbs are Siberian ginseng as an energy tonic and stress protector, dong quai is a tonic for women, hawthorn berry is good for the heart, and licorice root will help energy balance and digestion.

9. Use the summer months to **deepen the spiritual awakening** begun in the spring. Begin by checking your local bookstore or the web for ideas that interest you. Plan a vacation that incorporates these new interests and provides you time to read, relax, contemplate, and breathe.

10. Above all, give yourself the time to **truly experience Nature**. This can happen, even in a city park, if you relax and let in your surroundings. When traveling, take activities for the family and your first aid kit for bites, bee stings, and injuries. Check for ticks after your hikes. Watch for overexposure, take time in the shade, and drink your water.

*Healthy.net*

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**25 Activities for Summer Family Fun**

*July 19, 2012*

*By Diana Chaplin*

Even if you don’t have time to get out of town, summer is peak season for spending quality time with your family. At Integrative Nutrition, we love stand-by classics like the beach or a backyard bbq - but wouldn’t it be more fun to try something new?

Challenge yourself to be the coolest parent on the block with these creative, active, and kid-friendly activities:

1. Camp overnight in your backyard.
2. Take photographs of the family and make a collage.
3. Plant a garden or an urban garden.
4. Visit a water park, or make one with sprinklers and mini-pools.
5. Write and perform a play of your child’s favorite story.
6. Make Tie-dye t-shirts.
7. Let your kids choose a simple recipe, shop for the ingredients together, and allow them to do most of the cooking (with your guidance).
8. Visit a local farm that allows children to interact with the animals.
10. Go fishing.
1. Host an ‘iced-tea tasting’ with a range of black, green, and/or herbal teas flavored with honey, agave nectar, or fresh fruit.
2. Throw a family dance party with balloons and other decorations.
3. Make homemade popsicles with fresh fruit juice.
4. Build the biggest living room fort ever!
5. Take a family bike ride to a picnic destination.
6. Challenge your kids to a water balloon battle.
7. Have a slumber party with homemade avocado facials.
8. Visit and explore a local state park.
9. Arrange a toy scavenger hunt.
10. Learn a new language together.
11. Spend a day hiking and enjoying nature.
12. Have a jigsaw puzzle challenge for who can complete it in the least amount of time.
13. Create a family band with real or toy musical instruments and/or household objects.
14. Build a house for your pet.
15. Host a mini-Olympics in your backyard with homemade medals/prizes.

When you’re thoroughly worn out from all of that, send the kids to grandma’s and have a romantic weekend alone with your partner, you deserve it!

Wellness Today

The Wellness Committee consists of:
Diana Anderson, Vicki Campbell, Courtney Carter, Mary Clem, Theresa Dexter, Becky Dowden, Maureen Guimont, Kris Keeler, Marcy LaCosse, Donna Little, Darrin Monroe, Kathy Pattee, Sarah Rutschmann, Julie Stapleton, Lucia Ward, Marcia Woolley, and Deb Yerk.
Culinary Corner
Greek Yogurt Bark With Mango & Strawberry

Ingredients: 2 cups 2% Greek yogurt; 1 cup diced mango; 5 strawberries, sliced; ¼ cup unsweetened shredded coconut, toasted; zest of 1 lime.

To make: Combine Greek yogurt and mango in a blender and puree until smooth. Spread mixture onto a parchment-lined sheet tray into an even ¼” layer. Top with shredded sliced strawberries, coconut, and lime zest. Freeze uncovered until frozen, about two hours. Break into pieces and serve immediately. Keep any uneaten bark in freezer.

www.buzzfeed.com

Come See Us at the 4-H Fair!
July 9--July 13, 2018

Volunteers are needed to work at the LSH booth in Merchants Building #2 for two-hour shifts, Monday through Friday (5:30—7:30, or 7:30—9:30). Please help represent LSH to our community and have fun at the Fair! Contact Chris Taylor @ 3709 or Mike Busch @ 3612 to volunteer.
Sneaky Snaps!

Lookout for Darrin and his camera, you could be next!

Winners Angela Edwards (bottom left) and Alaine Luckey (bottom right) were chosen during the Morale Booster Committee Double Hitter event by Cindy Burkhart with help from Mike Busch (top left), and Dena Packard with the help of Ted Shriver (top right). Congratulations!
Who Am I?

Can you guess who’s pictured below in a hard hat, glasses, and mask? If you can, call Darrin Monroe at #3803 or e-mail Darrin at darrin.monroe@fssa.in.gov by July 20, 2018.

Employees with correct answers will have their names put into a drawing, sponsored by the Morale Booster Committee, for a chance to win a free, five dollar Mr. Happy Burger certificate.

Winner Will Be Announced In The Next Spectrum.

Beautician, Mary Foust

Congratulations to Shaun Fewell for guessing Mary Foust pictured in the last Who Am I.

If you have a picture of an employee and would love to have a little fun with it, call Darrin Monroe at # 3803.