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## Policy Updates

The following LSH policies were updated in February (All Staff are to read all changed Policies):

- LSH Policy A-6 Non-Discrimination Policy Regarding Patients No changes were made.
- LSH Policy A-46 Monthly Fuel Activity Reports The referenced report title throughout the policy and a reference section was added.
- LSH Policy A-47 Monthly Fuel Costs The referenced report throughout the policy was accurately titled. A Reference section was added.
- LSH Policy A-48 Report of Vehicle Mileage Costs The correct report title and Policy titles were added throughout the policy.
- LSH Policy A-49 Vehicle/Equipment Fuel Usage Mf Fuel Log titles were corrected throughout the policy. A Reference section was added.
- LSH Policy A-50 WEX Fuel Card Policy The Safety/Security Director's title was corrected throughout the policy.
- > LSH Policy H-11 Solicitation of State Employees No changes were made.
- LSH Policy IM-30 Administrative Requirements: Refraining from Intimidating or Retaliatory Acts – The word "workforce" was added at two locations to obtain consistency in terminology.
- > LSH Policy IM-31 Administrative Requirements: Mitigation No changes were made.
- **LSH Policy IM-32 Transition Provisions** No changes were made.
- LSH Policy IM-33 Compliance and Enforcement A Definition Section was added that includes the definition for "Workforce Member". The Reference section was updated.

# LSH Policies referenced can be found on the LSH intranet site in PolicyStat by following these steps:

- Go to LSH intranet home page
- Click on "Hospital Policies (PolicyStat)" button-top center of home page
- PolicyStat User Name is your state email address
- Once in PolicyStat, use the search bar to find policies by number, name or key word
- To find FSSA, DMHA, and other SPH policies, click on "change location" in the blue bar at the top of the page

#### Policies available on PolicyStat are the current and official policies.

#### SPECTRUM

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

*The Spectrum* is published and distributed on the second payday of each month for employees, retirees, and friends of Logansport State Hospital.

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## Social Worker Month and Day

March is National Social Worker Month. March 19th, is National Social Worker Day. I would like to take this opportunity to thank the Social Services Staff of LSH for their continued hard work and dedication as advocates and champions for our patients. LSH Social Workers promote social change and development, social cohesion, and the empowerment and liberation of our patients. Their efforts engages our patients to address life challenges and enhance their wellbeing. The ability of our patients to develop their skills and transition back into the community can be directly tied to their hard work.

LSH Social Services Staff includes:

- Terry Schrock Social Services Director
- Isaac Ray Chelsea Norem, Isaac Ray Supervisor, and IR2W, Sean Moore, IR2E, Laura Knutson, IR1W, and Patty Wagner IR3W.
- Larson Elizabeth Lantz, Larson Supervisor, and L2N, Carol Parsley, L2S, Amy Penz, L1S, and Shaun Fewell, L1N
- Transition Gregory Addison TCCM-3, Ted Shriver, Transitional Care Specialist-2
- MSW Social Services Interns Anne Rebeck, and Tracy Kauffman
- Chris Taylor Department Secretary

Sincerely,

2H=11

R. Daryl Hall, Superintendent



## Logansport State Hospital Social Worker Month

By Terry Schrock, Social Services Director

The month of March is Social Worker Month. The national theme for 2019 is "Elevate". (National Association of Social Workers).

The Social Services Department now has 12 members. The Department has been blessed to have a wonderful blend of diverse backgrounds. We now have staff with Bachelor's degrees in Social Work, Masters Degrees in Social Work, Secretarial, and Criminology Degrees with experience from the Department of Corrections, Rehabilitation, Nursing, and the Department of Children's Services.

The Social Services Department has an advantage with these diverse backgrounds because we have learned from each other with our different experiences. We also have a beautiful blend of veteran staff that have taught the newer staff about what has worked best in the past. The newer staff have brought new ideas that have enhanced the veteran group.

The Social Services Department has been enhanced by our ability to recruit and retain Social Work students. This year we have had students from Indiana University South Bend, Indiana Wesleyan University, and soon from Walden University.

The Social Services Department provides active treatment programming for the patients. This group provides some amazing services like financial needs, clothing, Medicaid, Social Security applications, phones cards, gatekeeper appointments, and voting. The Social Services Department works together to provide safe, supervised community placements and legal education for competency restoration. The Transition Program has provided some additional awesome services with community trips, Meals on Wheels, and education for the patient's preparation for community living.

Please help recognize this special group of "Leaders, Advocates, and Champions"

Isaac Ray – Chelsea Norem, Isaac Ray Supervisor, and IR2W, Sean Moore, IR2E, Laura Knutson, IR1W, and Patty Wagner IR3W.

Larson – Elizabeth Lantz, Larson Supervisor, and L2N, Carol Parsley, 2S, Amy Penz, 1S, and Shaun Fewell, L1N

Transition- Gregory Addison TCCM-3, Ted Shriver, Transitional Care Specialist-2,

Anne Rebeck, Tracy Kauffman- MSW Social Services Interns.

Chris Taylor – Department Secretary

## Health Care HR Week

The week of March 10th through the 16th has been designated to commend Healthcare Human Resources Professionals for their hard work and dedication. We need to take this opportunity to recognize the contributions they have made in making our organization successful. Healthcare HR professionals face a number of issues in the shifting landscapes of workforce management, compensation and benefits, employee relations, talent management, wellness, and more.

Join me in expressing thanks to our Indiana State Personnel Department staff here at LSH, Becky Dowden, HR Director, and Maureen Guimont, HR Generalist, for their continuing efforts to keep our organization running smoothly. Sincerely,

R. Daryl Hall

# WOW Cards

There have been 1090 WOW Cards given out since 10/9/2015. This is a great way to show appreciation for a job well done.

When filling out a WOW card here are the procedures to follow:

#1 Fill out and sign the WOW card (anonymous cards will not be accepted).
#2 Send the WOW card to Rena Magers in Quality Management.
#3 A scanned copy of the card will be sent to the employee (recipient) and to their supervisor.
#4 The original card will be displayed in the WOW display case.

#5 If you would like your WOW card, please notify Rena Magers by email.

#6 When supply of WOW cards are needed, contact Rena Magers.



## March "Active Shooter" Drill

Staff performed excellent!

Casualties were very minimal!

Some doors were barricaded!

Some staff made it to alternate areas away from danger!



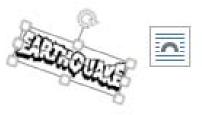


Be sure to alert nearby co-workers of the event...

Lock and Barricade doors if possible ...



## TAKE DRILLS SERIOUS AND BE PREPARED!!



ERRTHQURKE

## Preparations Continue for the Re-opening of the Hillside Café

I would like to thank the 184 of you who responded to our Hillside Café survey. You can view the results by entering <u>https://www.surveymonkey.com/stories/SM-FW7YGH8L/</u> into your browser.

As of this writing, we have begun remodeling, new tile has been laid, we are pricing kitchen equipment, and working out the other fine details. For example, we will accept debit cards, and we will offer phone-in ordering.

On Wednesday, March 13, we met with A'viands leadership and discussed financial arrangements, which were basically the final piece of the puzzle. As with all the other roadblocks we have overcome in this process, this one has been worked out, as well. The agreement and contract with them is all that remains before us. It isn't something that will happen overnight, but we remain optimistic to look forward to an early summer opening.

I appreciate the suggestions many of you made on the survey. At this time, we do plan to have hours that will accommodate all shifts, but we simply cannot afford to have a 24 -hour operation. Also, I regret to tell you that Black Dog Coffee will be unable to serve our coffee, although the option remains open to them should they be able to join us in the future.

The key to the success of the café is whether or not you, our employees, will utilize it. We plan to have competitive prices and you simply can't beat the convenience! Another thing I must mention is that, due to a non-compete clause which allowed us to even entertain this idea, we will not be able to sell items that are available from the Hospital's vending machines. Also, many of you have asked whether the café will be available to patients. That answer is yes. Additionally, I would love to see us employ some patients much as we do at the Laundry.

We are getting closer to making this a reality, and there will be more specific information made available to you as we approach opening. Please talk this up with your co-workers. It can't succeed without you!

# Wellness Wisdom from the Wellness Committee

### BIOMETRIC SCREENINGS AT LSH! WEDNESDAY MAY 1<sup>ST</sup>

ActiveHealth, a new voluntary wellness program for employees covered by a State of Indiana health plan, is a comprehensive tool that encourages lifestyle habits that reduce the risk of disease and promote good health. The ActiveHealth rewards program is one way it does that. It offers employees and covered spouses \$100 e-gift cards for completing a biometric screening (they can also earn \$50 e-gift cards for completing the ActiveHealth health assessment, see www.investinyourhealthindiana.com/activehealth for more on that).

A biometric screening is similar to a yearly wellness exam. The information gathered during this check includes: height, weight, BMI, waist circumference, blood pressure, blood glucose, and a full lipid panel (total cholesterol, HDL, LDL, and Triglycerides). You must follow certain restrictions before receiving a biometric screening.

Make an appointment for your Biometric Screening today by contacting Becky Dowden, HR Director, at x3622. Screenings will be held in our Conference Center located in the Food Services Building.

The Biometric Screenings will be held on WEDNESDAY, MAY 1<sup>ST</sup>, 2019 FROM 5AM – 9AM AND FROM 3PM – 6PM. Appointments are available every 15 minutes. THIS IS THE ONLY DATE THE BIOMETRIC SCREENINGS WILL BE HELD AT LSH THIS YEAR.

REMEMBER: You must <u>currently</u> be on a State Health Insurance Plan to participate.

REMEMBER: Please remember to **fast for 8 hours** before coming through your screening appointment (no food or drink except water). **DO** take all medications as directed by your physicians.

REMEMBER: Plan on **arriving 5 minutes prior** to your appointment time. Should we need help to identify your account, please remember to **bring some form of official identification.** 

You can also complete your screening at your doctor's office or a participating Quest Diagnostics Patient Service Center. More information about how to schedule a biometric screening can be found at <u>myactivehealth.com/stateofindiana</u>.

## **Biometric Screenings: FAQ's**

#### 1. Who is eligible to participate in a biometric screening?

All employees and non Medicare retiree group participants who are enrolled in a State of Indiana Medical Plan, their spouses

and adult dependents are eligible for the screenings.

#### 2. What's included in the biometric screening?

The staff will provide you the results and explanation of the following measures Blood Pressure Total Cholesterol, HDL and LDL Cholesterol Triglycerides Glucose Height, Weight and Waist Circumference

#### 3. What are my options to complete a biometric screening?

Worksite Screening Designated Quest

#### 4. How do I sign-up?

Three options are available to get your biometric screening. You, your covered spouse or adult dependent can go to the MyActiveHealth platform at www.myactivehealth.com/ stateofindiana and then click on your preferred option for a biometric screening information.

Choose one of the following:

1. **Participate in a worksite screening**, held at more than 100 locations across the state. There will be a drop-down list of available locations from which you may choose. NOTE: BECAUSE THE LSH BIOMETRIC SCREENING IS CONSIDERED A CLOSED SITE, IT WILL NOT SHOW ONLINE. YOU MUST CALL HR TO SCHEDULE: x3622 OR x3626

2. Visit a *Quest Patient Service Center*. Print out the requisition form, and take it with you when you have your screening done. You will only get the free screening if this form is presented to Quest at the time of the screening.

3. Submit

#### 5. Will I have to pay anything for a worksite screening?

No, you will not have to pay anything for a worksite screening. Workplace screenings are no charge to eligible participants.

#### 6. Will I have a fee if I go to a Quest lab or Physician?

When going to a Quest Lab you will take the pre-printed State of Indian Lab request. When using this lab request there is no cost to you. Do not schedule with Quest without the State of Indiana requisition, inappropriate scheduling without the requisition is not associated with the program and can incur fees.

When you use the Provider Form your annual preventive physician visit is covered at 100% by your State of Indiana Medical Plan, contact your physician to determine if there is a fee for submitting a Provider Form, and ask your physician about any tests performed during your physician visit, if not preventive you may incur a fee for non-preventive services.

#### 7. Do I have to schedule an appointment for an LSH screening?

Yes! Call Becky @ x3622, or Maureen @ x3626.

#### 8. What if I cannot make it to my LSH screening appointment?

You may cancel your appointment by contacting Human Resources, x3622 or x3626.

#### 9. How will I know what my worksite screening results are?

All individual screening results will be posted on MyActiveHealth at www.myactivehealth.com/ stateofindiana within two weeks of your screening if you completed a worksite or Quest screening. If you submitted a provider form, your results will be posted within two weeks of the form being faxed back, per instructions. Results will also be available on the scheduler site if you did a worksite or Quest screening. You will also receive a copy of your results at the time of your screening to take with you during the worksite screening.

#### 10. Will the results from my Provider Form be posted on MyActiveHealth platform?

Due to federal HIPAA privacy laws your information will only be posted if you sign the Provider Form to release the information.

You will receive the premium reward only if you agree to have your results sent to ActiveHealth Management.

#### **Quest Screenings:**

#### 11. How do I schedule an appointment for a Quest screening?

Log on to your account at MyActiveHealth, www.myactivehealth.com/stateofindiana and click on the Quest Biometric link under the welcome message. This will take you to the Quest scheduler and you will be able to select a date.

## Wellness Champion!

Congratulations goes to DIANA ANDERSON as the Cass County Wellness Champion for the State of Indiana!!! Diana was chosen to be the PRIMARY CONTACT for receiving wellness information from Indianapolis, and making this available not only to LSH, but to all State Agencies in our county. Diana has long been a champion of wellness initiatives for Logansport State Hospital, and is the chairperson of the hospital's Wellness Committee.

CONGRATULATIONS, DIANA!



LSH BLOOD DRIVE

Wednesday, April 10, 2019

#### THIS EVENT IS BROUGHT TO YOU BY YOUR LSH WELLNESS COMMITTEE!

#### OUR GOAL IS 32 BLOOD DONORS!!!

On Wednesday, April 10, from 9am to 3pm we will have the American Red Cross here on the campus for a Blood Drive. They will be set up in the Conference Room. You can schedule a time to donate through HR, and please be sure and coordinate this time with your Supervisor. You can remain ON THE CLOCK while you donate!!! You should budget about 45 minutes to get through the entire process. Sometimes folks are turned away due to low iron levels. Check out the attachment for information on how to prepare for a successful blood donation.

**Our goal is to have 32 donors give blood on Wednesday, April 10<sup>th</sup>.** So step up, roll up your sleeve, and give!!! Your donation will help saves lives!

Those who are <u>successfully</u> able to donate will be given a pass to wear a logo t-shirt on the following day, <u>Thursday, April 11, 2019</u>.

#### Blood Donors Must:

Be in good general health and feeling well *Note:* Healthy means that you feel well and can perform normal activities. If you have a chronic condition such as diabetes, healthy also means that you are being treated and the condition is under control. If you are not feeling well on the day of your donation, please contact HR to reschedule.

### 4 Tips For Losing Weight as You Age by Elizabeth Millard January 23, 2019

Many people, who may have maintained their weight easily in their 20s and 30s, start to feel more challenged when they pass the big 4-0, and that's not surprising since you begin to <u>lose lean muscle mass</u> and experience far more hormone fluctuations at midlife and beyond. This begs the guestion: As the years begin creeping up, are you

doomed to that middle-age spread and spare tire?

The oft-repeated golden rule of <u>weight loss</u> — to lose weight, you must maintain a calorie deficit — can feel tougher to employ when you're older, according to Eliza Kingsford, psychotherapist and author of "<u>Brain-Powered Weight Loss</u>." "As we age, our bodies start to change <u>metabolically</u>," she says. "However, this doesn't mean you are doomed to gain weight or are unable to lose weight as you round 40. The keys to success lie in consistency and mindfulness."

Maybe you'll need to be more focused and dedicated to your goals than when you were younger, but that doesn't mean those goals aren't reachable.

Here are some tips to consider as you age:

1

#### WATCH YOUR EATING PATTERNS

The good news about getting older is you've had time to understand how nutritional changes affect your health, notes Kingsford. You've gained experience about the impact of certain food choices, and now it's time to put that knowledge to use.

"I won't sugarcoat it, you need to be more mindful when you're older about what you're feeding your body and how you're moving," she says. "As the metabolism slows with age, we can often no longer get away with some of the indulgences that our bodies used to forgive us for."

That doesn't mean dramatic changes, she adds, like extreme calorie reduction or hopping onto a fad diet. Instead, it should prompt you to be more conscious about your choices and patterns, including <u>portion sizes</u>, why you eat at certain times and why you pick the foods you do.

"This is the time to tune into any problematic behaviors that might be getting in the way of your ability to maintain or lose weight," she says.

2

#### FOCUS ON PORTION SIZES

Our culture is set up for us to be overweight, Kingsford believes. Processed foods and fast food are highly available, even in the checkout lines at hardware stores, for example. Cooking at home is de-emphasized in favor of convenience, and portion sizes have changed significantly from even a couple decades ago.

One <u>estimate notes</u> that since the 1970s, the average size of foods from fast-food chains, restaurants and grocery stores has increased by 138%. Business experts have noted that this might be because when portions are bigger, they seem like a better deal, and that increases profits.

But it also increases waistlines, given the extra calories. As part of being more mindful about what you're eating, it can be helpful to track the amount as well and realize "serving size" doesn't necessarily mean that's how much you should be eating.

#### 3 WATCH YOUR CARBS AND CALORIES

When you're trying to lose weight, it makes sense to cut back on calories and, in some cases, tweak your macros so you can restrict your carbohydrates, particularly those found in processed foods.

When you're older, these methods can also backfire, says Aaron Leventhal, a NSCAcertified personal trainer and owner of Fit Studios in Minneapolis. In his work with older clients, he's seen challenges when calories and carbs get too restricted.

"Often, there's a 'starvation effect,' and that tends to happen more for those over age 45 than those who are younger," he says. "That means the body holds on to fat and seems to slow down a metabolism that's already changing because of age."

4

#### START LIFTING HEAVY STUFF

When you get older, your muscle mass loss causes your resting metabolic rate to decrease, changing your calorie-burning mechanism. That can be even more pronounced by a poor diet, smoking, alcohol use, sedentary behavior and genetics.

In addition to changing weight, the shift in muscle fiber can contribute to loss of balance, coordination and strength. But the good news is it's not inevitable — and in some cases, it can <u>even be reversed</u>.

Resistance training performed a few times per week can not only help you regain what was lost, but can also increase bone mass, and <u>studies have suggested</u> it might improve sleep, help cardiovascular health, boost your mood and confer other benefits.

In addition to strategies like these, Leventhal suggests chatting with your healthcare professional about other factors that might play a factor, such as your <u>medication usage</u>.

In general, you're right to think there are more challenges to losing or maintaining weight as you get older. But <u>getting more conscious</u> about what, when and why you're eating — and putting some strength training into the mix — can help you age better.



The Wellness Committee consists of:

Diana Anderson, Vicki Campbell, Mary Clem, Theresa Dexter, Becky Dowden, Maureen Guimont, Kris Keeler, Marcy LaCosse, Darrin Monroe, Kathy Pattee, Julie Stapleton, Lucia Ward, Marcia Woolley, and Deb Yerk.

## Mentoring for Youth Program

The Cass County Juvenile Probation Department and the Family Opportunity Center are seeking volunteers for its "Mentoring for Youth" program. In this program, low-risk youth who are currently involved with the juvenile probation department are provided with a positive role model. The goal is to encourage healthy beliefs in youth through mentoring to reduce further involvement in the juvenile justice system.

Volunteer mentors commit to regularly-scheduled contact with youth (weekly or bi-weekly) for up to six months. A four-hour training program is required for mentors. Optional mentor support events are available.

Mentors must be 21 years old or older, have access to a vehicle, a good driving record, and auto insurance, and agree to a background check.

Interested? Contact Mike Busch, LSH Director of Community Engagement at <u>Michael.busch@fssa.in.gov</u> or ext. 3612, or the Family Opportunity Center at 574-753-7834.

## AFSAP Walk

The American Foundation for Suicide Prevention's annual Out of the Darkness Cass County Campus Walk will be held this year on Saturday, May 11 at Huston Park on Logansport's north side. The Walk opens with registration at 8:30 a.m., with the Walk commencing at 10:30 a.m.

Logansport State Hospital will again have a Walk Team for this important event. Employees, family members and friends are welcome to join the team to support those impacted by suicide, and help others find their way Out of the Darkness. Our team name is "Logansport State Hospital Walkers".

Last year, our LSH team was among the top teams in donations raised and in the number of participants. Let's show the community how much we care, and improve on last year's great success! Please contact LSH Community Engagement Director Mike Busch (extension 3612 or vial email) if you are willing to participate. Walkers can also sign up for the team online at: <a href="https://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=6238">https://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=6238</a>

LSH Director of Nursing Kathy Pattee is one of the event organizers again this year. Kathy is seeking volunteers to help register walkers at the event. Let Kathy know (extension 3786 or via email) if you can help on the morning of the event.





## AHA Community Programs: Reaching Bystanders & Creating the Next Generation of Lifesavers

In 2008, the AHA released the Science Advisory, "<u>Hands-Only (Compression-Only)</u> <u>Cardiopulmonary Resuscitation: A Call to Action for Bystander Response to Adults</u> <u>Who Experience Out-of-Hospital Sudden Cardiac Arrest.</u>" This advisory urged potential bystanders to call 9-1-1 and immediately begin pushing hard and fast on the center of the chest until help arrives – a technique we called "Hands-Only CPR."

In 2009, the AHA first launched the Hands-Only CPR campaign. Since then, the likelihood of administering Hands-Only CPR in an emergency has increased from 39% (2009) to 49% (2018). (Source: Hands-Only CPR 2018 Tracking Study)

In 2012, with financial support from the Anthem Foundation, the AHA launched an additional initiative working to educate millions of Americans about Hands-Only CPR. To date:

- More than 7 million people have been trained in Hands-Only CPR via live events and instructional video views
- 30+ CPR <u>Training Kiosks</u> are now located across the US and have educated over 350,000 people in Hands-Only CPR
- The <u>Hands-Only CPR Mobile Tour</u> has trained over 84,000 people in Hands-Only CPR by traveling to 22 states so far

In addition, through AHA's Advocacy efforts, the AHA has worked to pass state laws to require CPR training in high schools. In total, 38 states plus Washington, DC, have passed laws or adopted curriculum requiring hands-on, guidelines-based CPR training for students to graduate high school - leading to 2.3 million public school students nationwide being trained each year. The State's colored in Red have CPR in their schools.



American Heart Association

## Please Vote for Logansport!

Logansport has been nominated for the America's Main Street contest, for a chance to win \$25,000 and related prizes for revitalization. Please use the link below to vote for Logansport; you can vote once a day through April 21st to help us advance to the quarter-finalist round.

Let's all band together and help make good things happen in Logansport!



https://www.mainstreetcontest.com/profile/56

America's Main Street contest is sponsored by Independent We Stand, STIHL Inc., Do it Best Corp, Flip This Town, Nationwide Marketing Group, North American Retail Hardware Association, and PPG Paints

mainstreetcontest.com



CPR Instructor Todd Phillips (L) tests out Alaine Luckey (C) and Michael Williams (R) during a BLS CPR renewal class.

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

## Culinary Corner Pineapple & Ham Bread Soufflé



#### Ingredients

- 1 pounds bread, 100% whole-wheat, crusts removed
- 6 large egg(s), separated
- 3/4 cup(s) milk, lowfat (1%)
- 24 ounce(s) pineapple, crushed, 3-cans very well drained
- 1 1/2 cup(s) ham steak, finely diced
   1
- 3 tablespoon butter, melted
- 2 tablespoon sugar
- I/4 teaspoon salt ● 1/4 teaspoon salt

#### Preparation

- 1. Preheat oven to 375°F.
- 2. Coat a 2 1/2-quart soufflé or casserole dish with cooking spray.
- 3. Process bread in a food processor in three batches, until coarse crumbs form (about 5 cups)
- 4. Whisk 2 egg yolks (discard the remaining yolks or reserve for another use), milk, pineapple and ham in a large bowl. Stir in the breadcrumbs and butter.
- 5. Beat 6 egg whites, sugar and salt in a medium bowl with an electric mixer on medium-high speed until soft peaks form. Gently fold the whites into the bread mixture in two batches. Transfer to the prepared dish.
- 6. Bake the soufflé until puffed, golden and an instant-read thermometer inserted into the center registers at least 160°F, 50 minutes to 1 hour.

Source: EatingWell.com

## Who Am I?

Can you guess who's behind the smiley face holding the rose in the picture below? If you can, call Darrin Monroe at #3803 or e-mail Darrin at darrin.monroe@fssa.in.gov by April 12, 2019.

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 gift certificate.

Winner Will Be Announced In The Next Spectrum.



Verlin Klinefelter hides behind his hood as he poses for the Who Am I picture.



Congratulations to Mason Sowards for guessing Verlin Klinefelter 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.