HAPPY VETERANS DAY!
THANK YOU!
Changes

Beginning Tuesday, November 13, 2018, I will be on a temporary duty assignment at Richmond State Hospital. I am currently not certain of the time frame for the assignment but anticipate it will be at least until early 2019. In my absence, Greg Grostefon will be serving as Interim Superintendent with support from the executive leadership team. Please direct all correspondence and needs to Greg that would typically come through me. I appreciate your support in this matter and please extend Greg and executive leadership team your full support during my absence.

Thank you.

R. Daryl Hall
Superintendent

Veterans Day

Near Veterans Day, I had the pleasure of visiting units and congratulating, on behalf of Morale Boosters and the entire Hospital, those employees who have served in the Armed Forces. This was by far the most rewarding thing I have been able to do since I began this job. Although I was not able to personally meet each and every veteran, I want to take this opportunity to thank you all for your service. Please pass along these best wishes to anyone in your family who may also have performed the selfless act of defending our country.

Greg Grostefon, Interim Superintendent
US Marines
US Navy
National Guards
Army National Guards
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US Navy
US Army
US Navy / Army National Guards
US Army

Bob Boxell
Brett Camp
Brett Smith
Brittany Davis
Carlos Jacobson
Christopher (Sean) Moore
Dan Allen
Dr. Greg Bell
Dr. John Stewart
Eddie Campbell
Hollis Moor
Jack Hathaway
James McCartney
Jay Stratton
Jeffrey Day
Jody Campbell
Joe McIntosh
John Russell
Lee Olridge
Mark Gordon
Mark Ward
Michael Williams
Paul Zimdahl
Randy Baxter
Rickey Gibbs
Robert Ehase
Sable Johnson
Stephen Whaley
Teresa Martin
Tim Penn
Vanessa Shaver
Dear Larson 1North Staff,

As we consider all that we have to be thankful for, you are right at the top of our list! We are so thankful for each of you and all you do to help our son enjoy life and make progress toward his goals.

We want you to know that the job you are doing is valuable and makes a difference for both the patients and their families. Whether you are teaching our son to make his bed and brush his teeth, encouraging him with your smiles and jokes, teaching him in a class how to interact with friends and cook a meal, or all the many other ways you help him, you are making a huge difference in his life.

We see his progress and his enjoyment of talking and being with people and are reminded that without all of you, he would not be where he is today.

So, as you gather with your loved ones during this Thanksgiving season, please remember that you are appreciated and that you are making a difference in other people's lives every day!

With Sincere Thankfulness,

M and S

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**LIFT Winners**

Winners for the chance drawing for LIFT Parking Spot are:

Michelle Britt - December

Dena Packard - January

And Gayle Edgerly - February

Please call me (3755) as to where you want your parking spot to be.

Congratulations to all.
Adopt-A-Family for Christmas

The Helping Hands Committee will always hold Adopting Families at Christmas as a special project as it brings us back to our roots where the idea for the committee came from.

The holidays are quickly approaching. That means we need to prepare for the 5 Families we will be adopting through two of our area schools.

The Helping Hands Pantry is already filling up nicely. Food and Toiletry items will not need to be purchased for any family by the time our delivery date arrives.

That only leaves the presents!
If you are willing to purchase a present for an adopted family member or
Are willing to be a Delivery Team Captain,
Please contact me, Paula Green Scheffer,
By November 30th
By phone: Ext. 3634
By email:
paula.scheffer@fssa.in.gov
Thank you for your continued help!
LSH Helping Hands Helping Staff!

The HHC would like to help our staff families that are struggling by providing some Christmas gifts for their children.
Please contact a Helping Hands Committee member if you would like some assistance this Christmas.

This project is being funded by a Baked Potato Bar on November 15th, and by selling Chances on an Invicta Men's Watch.
Thank you to everyone that supports our projects!!!

Please contact one of the following Helping Hands Committee members by November 30th for assistance!
Your request is strictly confidential.

Greg Grostefon, Assistant Superintendent, SEB Liaison;
Paula Green Scheffer, Administrative Secretary, Chairperson;
Diana Anderson, Driver, Recorder;
Kathy Pattee, DON;
Patty Knapp, Rehab Assistant;
Shawna Strickland, Rehab Therapist Assistant;
Rena Magers, Utilization Review Nurse
Robby Ehase, SA Supervisor
Debb Middleton, Account Clerk
Amy Penz, Psych Services Specialist
Mary Downhour, Account Clerk
Darrin Monroe, Information Specialist
Sandra Barrett, Medical Records Clerical Assistant
Laura Knutson, Psych Services Specialist
Policy Updates

The following LSH policies were updated in September and October of 2018 (All Staff are to read all changed Policies):

- LSH Policy A-5 Report to Criminal Courts – Comprehension to Stand Trial – Updated to reflect how the Comprehension to Stand Trial report is laid out and to be consistent with working practices.
- LSH Policy A-16 Search and Seizure – Minor Grammar changes
- LSH Policy A-17 Investigations by police Officials – “A copy of the investigation is forwarded to the Safety Security Director’s Office” instead of the “hospital”.
- LSH Policy A-41 Weapons Policy – Several paragraphs were moved to a different section for policy clarification. A scope section was added that reads: “This policy applies to all workforce members of LSH, including students, interns, volunteers, visitors, vendors, and law enforcement whether on-duty of off-duty, while on the grounds of Logansport State Hospital. This policy applies to Law Enforcement Officers during normal daily operations.” A Law Enforcement section was added in the Procedure section.
- LSH Policy C-13 Intra Hospital Transfer – SOF was changed to State Psychiatric Hospitals (SPH) through the policy. Procedure page 3 bullet #5 “If the patient was not offered a hearing by the transferring hospital, it is the responsibility of IRTC to ensure the process has occurred.” A Reference section was added.
- LSH Policy C-23 Consent for Treatment/Medication – State Form titles, and State Form and Indian Code numbers were added/updated throughout the policy including Reference section. HCR spelled out as Health Care Representative throughout.

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.
OMADA
Attention State Employees:
Scarfes are great and all, but there’s really nothing better than the gift of health. That’s why this season, the State of Indiana is giving eligible employees and their adult family members the opportunity to join Omada—a digital lifestyle change program that surrounds you with the tools and support you need to build healthy habits that last.

As a participant, you’ll receive:
- An Omada health coach to support your journey
- Connected health devices to monitor your progress
- An online peer group to keep you engaged
- Weekly interactive lessons to empower you
- A personalized dashboard for daily guidance

Omada’s approach combines proven science with rich data to help you make the changes that matter most—whether that’s around eating, activity, sleep, or stress. Their published results show the average participant who completed 4 or more lessons lost over 10 pounds.[1]

All this at no cost to you. If you or your adult family members are enrolled in the Anthem Blue Cross and Blue Shield plan and are at risk for type 2 diabetes, the State of IN will cover the entire cost of the program—A $650 VALUE.

Don’t wait to grab your spot! Get started at omadahealth.com/stateofin

Yours in Health,
The Invest In Your Health Indiana Team

[1] Ref: Sepah SC, Jiang L,

This information applies to employees enrolled in a medical plan through the State of Indiana and does not apply to conservation officers, excise officers, Indiana State Police plan participants, part-time, temporary employees or contractors.
5 - Second Tension Tamers

Parties, shopping, persistent relatives, lots of leftovers—the holiday season can add up to serious stress. Release lingering tension with these simple exercises from Omada, the digital lifestyle change program that inspires healthy habits you can live with long term. When you’re ready for added support, learn more about the program at omadahealth.com/stateofin.

Start by taking a few deep breaths, then try these mini-moves.

1. **Raise and lower your eyebrows** 2-3 times. Feeling stressed or worried can cause you to knit your brow without even realizing it. “Bouncing” your brows a few times helps relieve that tension.

2. **Lower your chin to your chest** and very slowly roll your head from one shoulder to another. Studies have shown that when mental workload increases, the cervical area becomes tight. This move loosens things up by increasing blood flow to your neck muscles.

3. **Inhale and lift your shoulders** up toward your ears, then exhale and draw your shoulder blades down and back toward each other. Mental overload can also result in tension in the arms and shoulders. Rolling back your shoulder will bring some relief.

4. **Open your mouth** wide and stick out your tongue really, really far. Emotions like anger and stress can cause clenching of the jaw and muscles around the mouth. This “Lion’s break” yoga pose counteracts that clenching.

5. **Hold your arms out** to the sides at shoulder height with your palms facing forward, then squeeze your shoulder blades together and draw your arms back to stretch your chest. Use this simple move to ease tightness in your chest brought on by stress or other negative emotions.

**You may be eligible for Omada at no cost to you.**

If you or your adult family members are enrolled in the Anthem Blue Cross and Blue Shield plan and are at risk for type 2 diabetes, the State of IN will cover the entire cost of the program—A $650 VALUE.

Don’t wait to grab your spot! Get started at omadahealth.com/stateofin

Yours in Health,

The Invest In Your Health Indiana Team
Lifestyle Changes to Better Manage Type 2 Diabetes

When people are diagnosed with type 2 diabetes, they may worry that they’re going to be sick and have a lot of health problems. “But you can have diabetes and still be healthy,” says Arcy Segura, CDE, health education manager at Montefiore Medical Center in New York City. While diabetes is a chronic illness, there are many lifestyle changes you can make to better manage the condition and prevent—or delay—complications.

“Dietary therapy and physical activity are the cornerstones of diabetes management,” says Jeffrey Powell, MD, FACE, chief of the division of endocrinology at Northern Westchester Hospital in Mount Kisco, New York. Changing lifestyle habits can be difficult, but doing things like eating a balanced diet, exercising, checking your blood sugar, and getting enough sleep can really make a difference in how long and how well you live with diabetes. Try these 11 tips from Segura and Dr. Powell for a healthier future with type 2 diabetes.

Walk for 10 to 20 minutes after you eat.

Walking after meals can lower post-prandial blood sugar and help with weight management. It doesn’t have to be a long walk. “Just 10 to 20 minutes of moderate movement can help bring blood sugars down when you do the activity after a meal,” Segura says. In fact, taking a 10-minute walk right after meals may even be more effective at keeping blood sugar levels balanced than taking a single 30-minute walk at another point in the day, according to a study published in the December 2016 issue of *Diabetologia*. To increase motivation, set post-meal alarms on your smartphone; try using a wearable fitness-tracking device to track your steps; or enlist a walking buddy, Powell suggests.

Use items around your house for strength-bearing exercise.

Strength-training is a type of exercise that can make your body more sensitive to insulin and help lower blood sugar, and it should be part of everyone’s fitness regimen. But you don’t need to use fancy weight machines at a gym or even dumbbells. You can lift canned goods or bottles of water. Segura suggests putting two or three books into two different bags and doing arm raises with them. She also recommends doing calisthenics exercises like push-ups, sit-ups, squats, wall-sits, and lunges. If you haven’t exercised in a while (or if you’re elderly), Segura suggests starting lower with sets of five, rather than 10 or 15, and then adding more as you feel up to it.

Don’t fear your blood sugar meter – use it.

Blood sugar meters measure and show you how much sugar is in your blood. “A piece of advice I find myself giving to every newly diagnosed patient is not to be afraid of a meter,” Segura says. “Sometimes patients just don’t want to touch one. They feel like it’s a punishment if they have to use it, like their blood sugar must be bad if they have to check.” But Segura explains that the blood sugar meter is a tool to be used so that you can be better informed. “It gives you more control over your blood sugar,” she says, “and more power over your health.”
Another common reason people don't go is because they think their eyes are fine: “Many of the early signs of diabetic retinopathy don’t cause any noticeable visual symptoms or changes in vision,” he says. “Only the eye doctor can detect early diabetic changes in the eye before they cause visual problems.” If you haven’t already scheduled your annual eye exam, see to it!

Check food labels for carbs, not just sugar.

Nutrition labels contain a lot of useful information for people with type 2 diabetes — but only if you learn how to interpret the label. “It’s not just sugar that affects blood sugar,” Segura says. “We also have to pay close attention to carbohydrates.”

For example, the front of the package may indicate that a food is sugar-free, but when you check the “total carbohydrate” amount on the back of the package, it might be a different story. “We’ve got to look at all of the pieces: the sugar, the carbohydrate, the fiber,” Segura says. She adds that learning to analyze how these pieces work together takes time. The bottom line: Just because a package says that a food is sugar-free doesn’t mean you can eat as much of it as you want.

Avoid starch-only meals.

Segura recommends eating at least three food groups at every meal. “It helps keep blood sugar more controlled throughout the day,” she says. Instead of just a bowl of oatmeal, have a cup of oatmeal with a handful of nuts and a piece of fruit. Instead of eating two pieces of toast, have a piece of toast, a boiled egg, and a banana. “That’s three food groups instead of just oatmeal or just two pieces of toast,” she says, explaining that it pushes people to think beyond just starch or starch-and-protein combinations. If you want to have a cookie or some other sweet for dessert, Segura recommends keeping your dinner starch-free and having just lean protein and vegetables, such as chicken breast and sautéed spinach or salmon and asparagus. It’s important to remember that a cookie or a piece of cake is a starch, she says.

Try a non-animal protein.

When most Americans think of protein, what comes to mind is typically beef or chicken, and maybe pork, veal, lamb, or turkey. But there are many other proteins that make delicious options for a diabetes diet. “We don’t always need to have a protein from an animal,” says Segura, who often encourages her patients to try different sources of lean proteins, such as fish and shellfish, beans and legumes, and soy-based foods. Cheese and eggs are also proteins, though you may want to consider reduced fat-cheeses and egg whites, depending on your dietary needs.

Brush and floss your teeth.

People with diabetes are at risk for periodontal disease, and the risk is greater if diabetes is poorly controlled. “There are also studies that correlate periodontal disease and cardiovascular disease,” Powell says. And since people with diabetes already have an increased risk of periodontal disease and cardiovascular disease, it’s particularly important to practice good oral hygiene. Brush at least twice a day for a minimum of three minutes with fluoride toothpaste and floss at least once a day.
Use positive self-talk.

When it comes to diabetes management, people can be really hard on themselves. “Patients always want to tell me what they did ‘wrong,’” Segura says. “But I’m a lot more interested in what they were able to do well.”

To this end, she encourages people to “keep their words to themselves nice,” to replace negative thoughts with positive ones, and to move away from thinking in terms of “right and wrong” or “good and bad.” Instead, she says, think of what’s helpful or not helpful, what’s easy on blood sugar or hard on it.

Choice is also important. For example, if a patient chooses to eat pancakes for breakfast, he’s not doing anything “wrong,” Segura says. He’s just choosing to eat a food that’s going to be harder on his blood sugar. “This mindset helps people from feeling like they’re doing everything wrong,” she adds. “Feeling that way makes them want to give up.”

Check your feet before bedtime.

One in four people with diabetes develops foot problems, say experts at the Joslin Diabetes Center. The good news is that with proper care most people can prevent serious problems with their feet. “I tell patients to take a few seconds before they go to bed each night to look at their feet and toes, to check for any cracks in the skin, and to keep their feet well moisturized,” Powell says. “And don’t go barefoot.” If you do get a cut, breaks in the skin, or an ingrown toenail, talk to your doctor. Experts at the American Diabetes Association also recommend notifying your doctor if your foot changes shape or color, or if it hurts or suddenly becomes less sensitive.

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Top 10 Tips for Healthy Winter Skin

By Hedy Marks
Medically Reviewed by Ross Radusky, MD

Cold, dry air can leave your skin itchy, red, and irritated. Combat dry winter skin with these tips for retaining your skin’s natural moisture.

When the winter winds blow, here’s what you can do to keep your skin moist and supple.
Kate Daigneault/Stocksy

Winter can wreak havoc on your skin — making it dry, itchy, and irritated. And it can feel like there’s no escape: Cold, blustery conditions outside can leave your skin feeling raw, while indoor heat zaps moisture from the air and from your skin.

Even the things that make winter wonderful, such as sitting by a roaring fire, can dry your skin, as the American Academy of Dermatology (AAD) notes. (1) And though taking a hot shower might seem like a good way to warm up, hot water dries out your skin by stripping it of its natural oils.
But there are many simple ways to combat the causes of dry winter skin and help keep your skin feeling moist and supple all season long, including some easy changes to your everyday routine. For example, after taking a not-quite-so-hot shower, "blot skin dry and apply a thick moisturizer within a few minutes after bathing to seal the water into the skin," says Linda Stein Gold, MD, a dermatologist at Henry Ford Hospital in West Bloomfield, Michigan.

Here are some other tips to keep in mind when it comes to effective winter skincare, so that you can feel your best all winter long.

**Top 10 Tips for Healthy Winter Skin**

1. **Invest in a Humidifier to Maximize Moisture**
   Using a humidifier in your home or office will add moisture to dry winter air and help keep your skin hydrated. Run a humidifier in the rooms you spend the most time in, including your bedroom.

2. **Lower the Thermostat to Avoid Dryness**
   When it's chilly outside, what's the first thing you want to do? Crank up the heat! But central heat can make the air in your house even drier. Try setting the thermostat at a cool yet comfortable setting — 68°F to 72°F — to maintain healthy skin.

3. **Limit Shower Time and Temperature**
   It may be tempting to take a long, steamy shower, but your skin will be much better-served with a 5- to 10-minute lukewarm shower (or bath), as the AAD suggests. You should also avoid using excessively hot water when washing your hands — if the water causes your skin to turn red, it's too hot. Washing your hands in cooler water appears to be as effective at removing germs as warm water and is less irritating to skin, according to the Centers for Disease Control and Prevention (CDC). And if you're using a restroom air hand-dryer, use it just until your hands are damp rather than perfectly dry.

4. **Opt for Gentle, Fragrance-Free Cleansers**
   The wrong soap can worsen itchy, dry skin. For instance, regular bar soaps may contain irritating ingredients and fragrances. Instead, wash with a fragrance-free, moisturizing cleanser or gel. (And do look for products specifically labeled “fragrance-free,” because "unscented" products may actually contain fragrances.) You can also prevent winter skin problems by using less soap overall, so limit your lathering to necessary areas, such as your hands, armpits, genitals, and feet.

5. **Modify Your Facial Skin-Care Regimen for the Season**
   During the winter months, choose cream-based cleansers, and apply toners and astringents sparingly, if at all. Many astringents contain alcohol, which can further dry your skin. When your skin is dry and itchy, the AAD recommends you stop using products that contain alcohol and fragrances in order to help skin retain its natural oils. At night, use a richer moisturizer on your face.
And don’t forget your lips. Applying a moisturizing balm (such as petroleum jelly or another ointment) can help heal dry, cracked lips and keep them from getting chapped, according to the AAD. If, however, your lip product causes a stinging or tingling sensation, try switching to a different product.

6. Moisturize Frequently, Especially Your Hands
Maintain healthy skin by moisturizing after washing up. "It's best to use a cream or ointment in the winter. Lotions are better in warmer, humid climates. And don't forget your hands," says Dr. Stein Gold. Hand-washing, as the CDC notes, is vital, especially during cold and flu season. But, as Stein Gold points out, "constant washing will cause the hands to take a beating." Applying a hand cream after each washing can help, Stein Gold adds. She also recommends wearing waterproof gloves when washing dishes or cleaning around the house.

7. Apply Sunscreen — Even on Gray Winter Days
On bright winter days, snow reflects the sun's rays — up to 80 percent, according to the Skin Cancer Foundation — increasing your risk of exposure. That means whether you’re out on the slopes, playing in the snow, or just walking through a parking lot on an errand run, it's just as important to be applying sunscreen in the harsh winter weather as it is in the summer.

And don’t be fooled by darker, dreary days in winter, either. The sun's harmful UV rays can permeate clouds and still cause damage.

Before you go outside, apply a moisturizing, broad-spectrum sunscreen with an SPF of 15 or higher to all exposed areas of your body.

8. Wear Appropriate, Comfortable, Nonirritating Clothing
Many cold-weather fabrics can aggravate dry winter skin. "Keep wool and rough clothing from directly touching your skin," Stein Gold says. "This can cause dry skin to get irritated and itchy." Instead, wear light layers made from soft, breathable materials directly against your skin, and then pull on your heavier, warmer sweaters. Be sure to protect your hands from cold winter air with gloves or mittens, remembering to choose a pair that won’t irritate your skin. If you prefer wool gloves, put on cotton or silk glove liners first.

9. Remember to Eat Right and Stay Hydrated
"Sometimes when skin is very dry, it can be helped by foods or supplements that contain omega-3 or omega-6 fatty acids, such as fish oil and flaxseed oil," says Barbara R. Reed, MD, a dermatologist in private practice at Denver Skin Clinic. "For the most part, however, it is important to help the skin moisturize from the outside."

10. Change Out of Wet Clothes Quickly to Avoid Itchy Skin
Wearing wet clothes and shoes can further irritate your skin and cause itchiness. If gloves, socks, and pants become wet, be sure to remove them as soon as possible.

If you still experience dryness, discomfort, and irritation after trying these healthy skin tips, Stein Gold suggests using an over-the-counter, 1 percent hydrocortisone cream. "If you don't see improvement in a few days, talk with your doctor," Stein Gold says. You may need a prescription-strength moisturizer to overcome winter's drying effects on your skin.
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, Julie Stapleton, Lucia Ward, Marcia Woolley, and Deb Yerk.

Christmas Assistance Requested

Each Holiday Season, Logansport State Hospital provides each of our patients with a gift bag of approved items donated by churches, mental health organizations, veterans’ groups, and our employees.

Again this year, LSH employees may help brighten Christmas morning for our patients.

The 2018 Christmas Gift List is in need of donations of items from this list:

- Christmas Cards
- Composition Books/ Journals
- Glue Sticks, Markers, Crayons
- Colored Pencils
- Large Christmas Gift Bags
- Decks of Cards
- 2019 Pocket Calendars

Please email or call Mike Busch (3612) or Chris Taylor (3709) if you would like to donate or if you have any questions.

Thank you for helping us make the holiday season special for our patients.
Robby Ehase (top left) with some Humane Society Staff, Jani Foreman (top right), and Darrin Monroe (lower left) deliver collected items from the Morale Booster Committee donation drive to the Cass County Humane Society.

Lookout for Darrin and his camera, you could be next!
Ingredients
- 4 cups Original Bisquick™ mix
- 2 cups milk
- 2 teaspoons green paste food color, if desired
- 4 eggs

Snowy Vanilla Glaze
- 2 1/2 cups powdered sugar
- 3 tablespoons plus 2 teaspoons milk

Toppings and Garnishes, If Desired
- Powdered sugar
- Candy sprinkles
- Small candies

Steps
1. In large bowl, stir all Pancakes ingredients until well blended. Heat nonstick griddle to 375°F. or 12-inch skillet over medium-high heat. (To test griddle, sprinkle with a few drops of water. If bubbles jump around, heat is just right.) Brush with vegetable oil if necessary (or spray with cooking spray before heating).

2. Each pancake tree is a stack of 8 different size pancakes. Make only one tree at a time. Pour 1/4 cupful, 3 level measuring tablespoons, 2 level measuring tablespoons and 1 level measuring tablespoon batter onto hot griddle. Watching each pancake carefully, cook until bubbly on top and dry around edges (small pancakes will get done first). Turn; cook other side until light golden brown around edges. Keep warm. To make remaining 4 pancakes to form one tree, pour 2 level measuring teaspoons, 1 level measuring teaspoon, 1/2 level measuring teaspoon and 1/4 level measuring teaspoon batter onto hot griddle. Watching each pancake carefully, cook until bubbly on top and dry around edges; pancakes will cook quickly. Turn; cook other side until light golden brown around edges (they will cook very quickly). Repeat with remaining batter to make 5 more trees.

3. To assemble trees, stack on serving plate starting with largest size pancakes on bottom and stacking each smaller size pancake on top. Drizzle with Snowy Vanilla Glaze and garnish with sprinkles or candies, or, just sprinkle with powdered sugar and garnish with sprinkles or candies.

www.bettycrocker.com
Who Am I?

Can you guess who’s shaking hands with Ted Shriver in the picture below? If you can, call Darrin Monroe at #3803 or e-mail Darrin at darrin.monroe@fssa.in.gov by December 21, 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.

Randy Baxter (L) getting years of service award by Superintendent, Daryl Hall (R).

Congratulations to Greg Wengert for guessing Randy Baxter 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.