



Division of
Mental Health
and Addictions.

"People helping
people help
themselves."

Logansport State Hospital

The Spectrum

CARING & SHARING AWARD

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Photo taken by Jani Foreman

EMPLOYEE OF THE MONTH



Photo taken by Jani Foreman

POLICY UPDATES!

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

- **LSH Policy A-21 Autopsy Policy** - The PolicyStat Workflow group has been revised. Language reflecting the use of an EMR has been included where appropriate throughout the policy with reference to the paper chart removed. Language changes were made for clarification and ease of reading, but do not change the overall intent of the policy.
- **LSH Policy A-32 Do Not Resuscitate** – The PolicyStat Workflow group has been revised. Language reflecting the use of an EMR was included where appropriate throughout the policy with reference to the paper chart removed. Language changes were made for clarification and ease of reading, but do not change the overall intent of the policy.

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.

Workshop

The Workshop would like to thank everyone who participated in our card sale last Friday. With our off grounds craft fair at the fairgrounds and our sale on grounds we made \$448.51 to be deposited into our Rec. fund. Over half of that came from right here on grounds. We are blessed to have the support of our employees!!!



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.

Darrin Monroe	Editor & Photographer ..	ext. 3803
Chris Taylor	Comm. Services	ext. 3709
Brian Newell	Librarian	ext. 3712
Gregory Grostefon	Interim Superintendent .	ext. 3631

Employee of the Month

October EOM

Lucas Knutson, RT

Luke has worked very hard to implement a new behavior tracking system for Larson, and has volunteered his time to assist and train others on the system. His outside of the box thinking and willingness to dedicate an enormous amount of hours to this project has allowed for more streamlined notes and consistency among treatment teams. Luke is always willing to help out and is very patient with others as they learn the new system. Luke works across units and clinical practice, building good working relationships with post staff and patients.

Nominated by: Liz Mills, Jamie Steiner, Dr. Maria Becker, and Dottie Hill

Caring and Sharing Award

October Caring & Sharing Award

Shawna Strickland, RTA

Congratulations Shawna Strickland, RTA, from Larson Treatment Center for being awarded the Caring and Sharing Award; many patients throughout the facility nominated her for this award.

The patients are asked monthly during their community meetings to nominate a staff member they feel possess the following attributes: goes above and beyond their job duties; listens to you; is someone you can talk to; is supportive; is helpful; displays professionalism; offers constructive criticism; is concerned about you and your treatment; is pleasant and courteous; and is respectful.

Thank you to all the wonderful staff that were nominated for exemplifying the characteristics of the Caring and Sharing Award and for making a difference in patient's lives.

SECC Pledging - Holidays are a great time!

Hello Team LSH,

As a reminder it is never a bad time to give a donation to a non-profit charity of your choice! During the Holidays makes me think of individuals and animals who may not be as fortunate as I am and I am lucky enough to be able to give what I can. I know it's hard for some of us to be able to put forth extra money at times, if at all, and if you cannot that is understandable too; giving has to be from the heart and able to do so!

If you are able, and want to give, you can give by: payroll deduction (hassle free) or paper deduction; or if you wish to update your pledge or just want to learn more about SECC, it is never too late, simply click on the link below or contact Mike Busch or myself and we will be happy to help you.

<https://secc.npasonline.org/eplodge/crm/Start.jsp?accountNumber=568261>

Thank you and Happy Holidays,
Darrin



State Employees' Community Campaign Pledge Form for 2019-2020 Campaign

Employee Name _____

State Agency (i.e. DOC - FSSA) _____

Division (i.e. Central Office - Division of Aging) _____



1. Method of Pledge

☐ Payroll Deduction Pledge: I hereby authorize my employer to deduct, each pay period, the amount indicated until changed by me in writing. Minimum Deduction is \$1.00 per pay period (26 pay periods per year).

☐ One Time Contribution: I hereby contribute a one-time donation as specified below. Minimum \$5.00 per charity, make checks payable to SECC.

2. Choose Charity(s) and Amount: My contribution should be applied to the following 501 (c)(3) charity(s). I understand it is my obligation to verify through Guidestar (www.guidestar.org) that my designated charity(s) are a verified 501 (c)(3). If the charity(s) of my choice is/are not a verified 501 (c)(3) or should my designated charity close its doors, I authorize the SECC Fiscal Agent to allocate my contribution over all SECC verified active charities in the Fiscal Agent's system.

Book Number (listed in Search on SECC website)	Enter Yearly amount for each charity	If you do not know the charity code or it is not found in the SECC Database, you must provide a name, address and EIN (Tax ID number)	
\$		Charity Name:	EIN #
		Charity Address:	
\$		Charity Name:	EIN#
		Charity Address:	
\$		Charity Name:	EIN#
		Charity Address:	
\$		Charity Name:	EIN#
		Charity Address:	
\$		Charity Name:	EIN#
		Charity Address:	
		Charity Name:	EIN#
		Charity Address:	

Total Yearly Amount of Pledge \$ _____ (Add up yearly amount for each charity)

3. Acknowledgements

☐ I agree my name and address can be shared with the charity(s) I support

Home address for charity to send acknowledgement:

Street _____ City _____ State _____ ZIP _____

☐ I agree that neither myself or family received goods or services in exchange for this gift.

Employee Signature: _____ Date: _____

SECC Administrative Partner Indiana United Ways

Indiana United Ways



The LIFT Committee would like to say,

Thank
You

... for your support and your generosity last month during our **SOCKTOBER** sock drive for the homeless. LSH staff donated a total of 153 pairs of new socks! WOW! That is so amazing! Thanks to your generosity, many local homeless folks, both big and small, will have warm socks to wear during cold winter months! We are so grateful for your continued support of LIFT. We will be delivering these socks soon to local homeless shelter so they can be used before it gets very much colder. Your kindness is so appreciated! Thanks so much!



LIFT Committee: Shawna Strickland, Sue Manalo, Morgana Thomas, Dana Thompson, Nancy Vernon, Joy Scott, Paula Johnson

Veterans Day

Near Veterans Day, I had the pleasure of visiting units and congratulating, on behalf of the Morale Booster committee and the entire Hospital, those employees who have served in the Armed Forces. This was one of the most rewarding things I am 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.

Sincerely,

Handwritten signature of Greg Grostefon.

Greg Grostefon Interim |
Superintendent

On the next page is a list of veterans currently serving on our LSH team:



US Marines
 US Navy
 National Guards
 Army National Guards
 Army National Guards
 Army National Guards
 US Navy
 US Army
 US Navy
 US Army
 Army National Guards
 US Army
 US Air Force
 US Army
 US Navy
 US Air Force
 US Air Force
 US Navy
 US Army
 US Army
 US Army
 Army National Guards
 US Air Force
 US Navy
 US Army
 US Army
 US Navy
 US Army
 US Navy / Army National Guards
 US Army
 US Navy
 US Air Force
 Army National Guard
 US Army Reserves
 US Army
 US Marine Corp.
 US Army/Nat. Guard
 US Navy

Bob Boxell
 Brett Camp
 Brett Smith
 Brittany Davis
 Carlos Jacobson
 Christopher (Sean) Moore
 Dan Allen
 Dr. Greg Bell
 Dr. John Stewart
 Eddie Campbell
 Jack Hathaway
 Jason Henry
 Jay Stratton
 Jeffrey Day
 Jody Campbell
 Joe McIntosh
 John Russell
 Lee Olridge
 Mark Gordon
 Mark Ward
 Michael Williams
 Patrick Malone
 Paul Zimdahl
 Randy Baxter
 Rickey Gibbs
 Robert Ehase
 Stephen Whaley
 Teresa Martin
 Tim Penn
 Vanessa Shaver
 Blake Forker
 Brittany Davis
 Ronnie L. King Sr.
 Nathaniel Shanks
 Brian Baer
 Jerry Frame
 Ronald King
 Todd Phillips

Ribbons for Remembrance

\$1.00 each

The Morale Booster Committee is purchasing ribbons and selling them for \$1.00 each to individuals, in remembrance of a loved one (family, friend, co worker, or pet). These ribbons will be hung on the lampposts on our beautiful grounds by November 22 and staying up until the New Year; names of the loved one's, being remembered, will be listed in an upcoming issue of Logansport State Hospital's newsletter, *The Spectrum*. If you'd like to purchase a ribbon and have it hung on a lamppost for the Holiday's, please contact Darrin Monroe #3803 or any Morale Booster Committee member no later than November 15, 2019. It will be a beautiful sight to see the Remembrance Ribbons displayed on the lampposts blowing in the wind.

[illegible]

BEING REMEMBERED
Jim and Betty Rose
Debbie Rose
Robert and Donna Bernhardt
Paul David Homburg II
Dr. Ruben Calisto
Ivan Calisto
William Dale Kile
Rose Kile
Zudora Stocks
Ron Fawley
Joseph Krathwohl
Steven Shull
Pat & Helen Keller
Grandma & Grandpa Cole
The Walkers
Lynne Severns
Gladys Turner
Howie
JJ & Jacob Klimes
Joseph Clark

RELATIONSHIP
Mom and Dad
Sister
In-laws
Brother-in-law
Dad
Uncle
Father
Mother
Aunt
Friend
Friend
Son
Extended Family
Grandparents
Grandma, Grandpa, & Uncles
Friend
Grandma
Friend
Friends
Father-in-Law

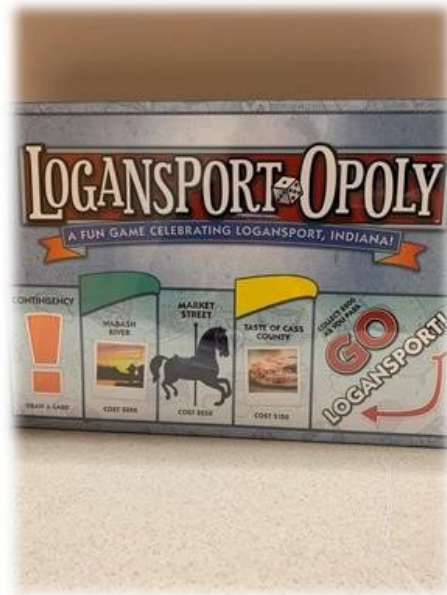
<u>EMPLOYEE</u>	<u>BEING REMEMBERED</u>	<u>RELATIONSHIP</u>
Bobbi Hershberger	Gene Hershberger	Grandpa
Bobbi Hershberger	M.A.X. Strong - Mason, Alivia, & Xzavier	Family Friends
Bobbi Hershberger	Loomis Hershberger	Beloved Pet
Becky Dowden	Keith Dutton	Brother
Becky Dowden	Brenda Dillman	Friend
Becky Dowden	Caroline Plummer	Mother-in-Law
Jesse & Angie Zimmerman	Mark Kemper	Friend
Darrin Monroe & Nate Plant	Todd Monroe	Brother
Darrin Monroe & Nate Plant	Grandmas & Grandpas	Grandparents
Darrin Monroe & Nate Plant	Beloved Pets	Animal Children
Lisa Harrington	Rachael Miller	Mom
Lisa Harrington	Brenten Harrington	Son
Paige Johansen-Schrum, Elizabeth Mills, & Jerilyn Smith	Joseph Arone	Grandfather, Father
Paige Johansen-Schrum, Elizabeth Mills, & Jerilyn Smith	Joel Arone	Uncle, Brother
Paige Johansen-Schrum, Elizabeth Mills, & Jerilyn Smith	Nicholas Arone	Cousin, Nephew
Paige Johansen-Schrum, Elizabeth Mills, & Jerilyn Smith	Jim Michael	Family by Affection (Uncle, Brother)
Paige Johansen-Schrum, Elizabeth Mills, & Jerilyn Smith	Steve Smith	Dad, Husband
Jennifer Fiscel Shively	Scott Shively	Husband
Jennifer Fiscel Shively	Violet Shively	Grandmother
Jennifer Fiscel Shively	Robbie Willis	Brother
Jennifer Fiscel Shively	Glen Fiscel	Grandfather
Jennifer Fiscel Shively	Audrey Fiscel	Grandmother
Stephine Walker	Mikey Joe Landis	Father
Stephine Walker	Walter Landis	Grandfather
Stephine Walker	Maxine	Grandmother
Stephine Walker	Joe Krathwohl	Co-Worker
Stephine Walker	Terry Walker	Father-in-law
Dominick Powers	Edie Bevia	Mother
Robby Ehase	Donetta Ellis	Mother
Robby Ehase	Bruce Ehase / Midnight	Father & His Cocker Spaniel
Robby Ehase	Lilly and Gizzy	2 Shih Tzu's
Robby Ehase	Tina Ehase	Sister
Robby Ehase	Frank Ehase	Uncle
Robby Ehase	Violet Walker	Grandmother
Summer Johnson	Peggy Squier	Co-worker
Dena Packard	Wesley Thomas	Brother
Dena Packard	Zachary & Frederick Packard	Babies
Veronica Kesser	Loved One's	Family
Connie James	5 bought for Alberta Fry	Mother
Connie James	2 bought for Mary Harlan	Grandmother
Ashley Armstrong	Michael McCartney	Brother
Ashley Armstrong	Ernie Armstrong	Father-in-law

<u>EMPLOYEE</u>	<u>BEING REMEMBERED</u>	<u>RELATIONSHIP</u>
Rena Magers	John Deeter	Father
Rena Magers	Daisey Deeter	Mother
Rena Magers	Jason Deeter	Brother
Dorine & Keilan Deason	LouAnn Hudson	Mother
Dorine & Keilan Deason	William Richards	Father
Dorine & Keilan Deason	Jimmy Deason	Father
Dorine & Keilan Deason	John & Betty Lynch	Grandparents
Dorine & Keilan Deason	Howard & Faustine Powell	Grandparents
Dorine & Keilan Deason	Fur Babies	Pets
Dianna Iles	John W. Iles	Husband
Dianna Iles	Debbie Iles	Friend
Jani Foreman	Ron Fawley	Friend
Grace Harvey	Christian Burns	Friend
Grace Harvey	Don Harvey	Grandfather
Grace Harvey	Bessie Zeck McCoy	Great Aunt
Grace Harvey	Bill Beck	Great Uncle

Flu Clinic prize drawing

***The winner of the Flu Clinic prize drawing for the Logansportopoly board game is
Brittany Haas!***

Congratulation Brittany!





2019 LSH Patient Gift Lift

Each Holiday Season, Logansport State Hospital provides our patients with a gift bag of approved items donated by churches, mental health organizations, veterans' groups, the Community Fund, the Patient Recreation fund, and our employees.

Again this year, LSH employees are invited to help brighten Christmas for our patients.

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

Christmas Cards (for patients to send to their families)
Composition books/Journals
Large Christmas Gift Bags
2-Liter bottles of pop and packaged cookies (for patient holiday parties and events)

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.

Mike Busch | Director
Office of Community Engagement
Logansport State Hospital



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.

If you or someone you know
Would like some assistance this Christmas,
Please contact a Helping Hands Committee member.

This project will be funded by the Baked Potato Bar on
November 14th and other fundraising events already held.

Thank you to everyone that supports our projects!!!

Please contact one of the following Helping Hands Committee
members by **December 6th** for assistance!

Your request is strictly confidential.

Greg Grostefon, Assistant Superintendent, SEB Liaison
Paula Green Scheffer, Administrative Secretary, Chairperson
Sandra Barrett, Medical Records Clerical Assistant
Cindy Bruce, Infection Control Nurse
Mike Busch, Community Engagement Director
Mary Downhour, Patients Accounts Clerk
Robby Ehase, SA Supervisor
Lavona Howerton, Communications Operator
Patty Knapp, Rehab Assistant
Laura Knutson, Psych Services Specialist
Rena Magers, Utilization Review Nurse
Debb Middleton, Account Clerk
Darrin Monroe, Information Specialist
Amy Penz, Psych Services Specialist
Shawna Strickland, Rehab Therapist Assistant
Kathy Pattee - Retiree
Helen Blevins - Retiree



**When You Donate –
See one of the following
individuals to be entered into
Quarterly drawing for
\$50.00 Gas Card!**

Drawing to be held on January 7, 2020.

- IRTC Communication Center – Communication Staff or Lovona Howerton, Patty Knapp, Laura Knutson
- Larson 1 by Time Clock – Amy Penz, Shawna Strickland, Robby Ehase, Terri Overpeck
- Quality Management Outside QM office – Rena Magers, Sandy Barrett, Darrin Monroe
- Administration 1st floor Patient Accounts Office - Mary Downhour
- Administration 2nd floor Admin - Debb Middleton, Mike Busch, Paula Green Scheffer, Greg Grostefon

**Thank you for your
Continued Support!**





MORALE BOOSTER CHRISTMAS WISH LIST CHANGE

The Morale Boosters are selling
chance
tickets for
A Coleman SaluSpa
Inflatable Hot Tub
& Beach Towels!



Coleman SaluSpa Inflatable Hot Tub:

- Inflated dimensions: 77" x 77" x 28"
- Water capacity: 242-gal
- Coleman Inflatable hot tub weight when filled: 2,103 lbs.
- Pre-tested pump and pre-tested spa pool
- Inflated walls are made from 3 layers of leatheroid material to provide ultimate durability and comfort
- Rapid-heating system
- Integrated water filtration
- Portable Inflatable hot tub has a cushioned floor with convenient quick-drain system
- Ground mat keeps water temperatures warm
- Leatheroid cover with lock-clips and built-in air chamber for insulation
- Inflates using the spa's pump
- Digitally-controlled pump with soft-touch control panel
- Coleman Inflatable hot tub spa should not be setup or left out in temperatures lower than 40degreeF



Enjoy some ultimate relaxation in the comfort of home with the Coleman SaluSpa Inflatable Hot Tub. With its quick and easy setup system, it lets you enjoy water temperatures up to 104 degrees Fahrenheit without needing a permanent installation. It comes with the SaluSpa Massage system for added control. This Coleman Inflatable hot tub has a digital control panel that makes setting it up quick and easy. A rapid-heating system helps ensure that you get to your desired temperature while saving power. The water filtration system assures pure and clean water every time you want to jump in. A cushioned floor offers a convenient quick-drain system and a ground mat keeps water temperatures warm. The leatheroid cover with lock-clips and built-in air chamber provide additional insulation.

This portable Inflatable hot tub comes with a chemical floater, a heavy-duty repair patch, a repair PVC sheet, glue and a wrench.

Tickets can be purchased from any Morale Boosters member (Darin Monroe, Ted Shriver, Mary Foust, Brian Newell, Deb Yerik, Robby Ehase, Cindy Burkhart, Kris Keeler, Kathy Pattee, Dena Packard, Becky Dowden, Johnny Murray, Diana Anderson, Sandy Delp, Rick Gibbs, Jaime Blanton, Chris Wheatley, Jennifer Walker, Teresa Martin, Mike Busch, Jeanette Hollie, Mason Sowards, Brenda Carson, and Bill Banter) or from Stephanie Walker, in Maintenance.

Tickets will be on sale until Noon on December 20, 2019.
The drawing is on December 20, 2019 at 2:30 PM in the Employee Lounge • Room # 801.
For more information, call Darin Monroe at #3803.

Good luck!

Proceeds will go towards future Morale Booster events.



Longcliff Museum

Julius Mattes

Designer and Builder of Logansport State Hospital's Stone Walls, Entrance Gates and Bridges.

The stonework distinguishing Logansport State Hospital was designed and built under the supervision of Julius Mattes. This includes the informal stone walls along the riverfront and east border, the north and south entrance gates, stone archway bridges, and the wall along Cherry Lane from the Highway 25 Hospital entrance.

Julius Mattes immigrated from Blankenheim, Germany, where he had learned the art of landscape gardening in the Grand-Ducal gardens in Weimar, Germany. He settled with the Lane family in Royal Center, later moving to Logansport doing stable and lawn work at the Judge Baldwin residence, now known as the Memorial Home.

In 1892, he applied to Superintendent, Dr. Rogers, for a landscape job at Longcliff. It was the last job he ever had to apply for. He worked at the Hospital the rest of his life until his death in 1934. He and his wife, Anna Marie Brenneke, and children lived in a cottage on grounds and later moved to a cottage he built on Hammond Street.

When the State of Indiana took over the Shanklin farm, the fields were heavily strewn with rocks and boulders deposited there by giant glaciers moving across North America centuries before. While probably not exactly a landscaping job, Mattes was assigned the task of clearing these rocks and boulders from the land. Much of the labor for this task and the building of the informal stone walls on the riverfront and perimeter was done by patient workers.

Under Dr. Terflinger's administration as Superintendent of the Hospital, Mattes suggested using these boulders and rocks to build permanent walls. Mattes not only laid the stones but designed and built the walls, entrance gates, and arched bridges over the streams on the Hospital's grounds. The annual report of 1913 includes "the replacement of the wooden bridge over the creek at the south entrance by a beautiful and substantial stone bridge" and the annual report of 1914 lists "stone fence and park improvements" valued at \$7,500 in the Hospital Inventory.



This stonework became a distinguishing and identifying characteristic which people still relate to the Hospital today.

Sources:

Ball, Will. *Cass County Historical Society Part 482 "This Changing World," Logansport Pharos-Tribune* (January 19, 1958)

"Report of the Trustees and Medical Superintendent of the Northern Hospital for the Insane at Longcliff, near Logansport, Indiana for the Year Ending September 30, 1913," p. 5.

"Report of the Trustees and Medical Superintendent of the Northern Hospital for the Insane at Longcliff, near Logansport, Indiana for the Year Ending September 30, 1914," p. 33.





Wellness Wisdom from the Wellness Committee

10 Ways to Beat the Holiday Blues

For many people, the holidays are a sad and stressful time of year. Try these 10 ways to reconnect with the real reason for the season.

By Elizabeth Lesser

Be Realistic

As a friend of mine says, "Reality is unavoidable." The reality of many people's holidays includes too much to do and not enough time, too much to purchase and not enough money and too much to eat and not enough willpower. On the other hand, some people experience not enough family, fun and friendship. Fighting against the reality of your life at this moment will only make you bluer. Instead, be kind to yourself, laugh at yourself every now and then, seek support and vow to make some changes during a less stressful time of year.

Work with What You Have

As families change and grow, traditions will change as well. For example, if you are a working woman who had a stay-at-home mother, instead of trying to reproduce the exact old-fashioned holiday of your childhood, infuse what you can do with meaning, beauty and love. Or if you are divorced, share the holidays with your ex with as much generosity and harmony as you can conjure up. It will be the best gift you give to your kids this year. If you are single or far away from your family, invite others into your home and give the words "extended family" new meaning.

Help Others

Help others not because you *should*, but because it is the best antidote to self-pity and seasonal sadness. Find someone who is struggling more than you are, lend them a helping hand, and remember the real meaning of the holidays.

Stop by a Place of Worship

Drop into a Christian church or Muslim mosque or Jewish synagogue or Hindu temple or...you get the idea. Sometimes just sitting in sacred space can remind you of the true meaning of the holidays. Most places of worship welcome all people, even those just looking for a touch of grace in the midst of a stressful day. Instead of hurrying by that church you have passed a hundred times on the way to work, take a moment to enter its doors and sit quietly, imbibing the atmosphere and the prayers of its members.

Take Care of Your Own Temple—Your Body

Eat well, drink a lot of water, exercise and then be merry. Instead of making one more feeble New Year's resolution to join a gym or take a yoga class, do it right now. You will be amazed at how just the littlest bit of movement will lift your spirits and how reducing the amount of junk food, sugar and alcohol will reduce your blues. And sleep—for goodness' sake, do whatever it takes to get enough of it. Sleep deprivation is at the root of many people's depression.

Be Financially Responsible

Don't close your eyes the next time you use your credit card. Overspending during the holidays will not only increase your stress now, but will leave you feeling anxious for months afterward as you struggle to pay the bills. Buck the holiday system of excessive gift-giving and practice simplicity, creativity and basic human kindness.

Grieve

If a friend or family member has recently died or if you're far away from home, practice the lost art of grieving. Create an altar with pictures of those you love; light candles every night for someone you have lost; play sacred music and allow yourself to cry, remember, heal.

Forgive

Forgiveness is the slave that heals a broken spirit. Forgive all sorts of people this holiday season—those from your past, your work, your family and the ones in the news whom you love to hate. Read the stories of people (like Martin Luther King Jr. or Pumla Gobodo-Madikizela, of South Africa's Truth and Reconciliation Committee) who have used forgiveness to move mountains. If they can do it, so can we.

Love

Everything. Love it all. Even the hard times; even the cranky and crooked people of the world; even yourself, with all of your appalling shortcomings.

Seek Professional Help If You Need It

The advice in this article will help those of us who feel occasional stress and sadness during the holidays. Dr. Kenneth Johnson, a psychiatrist at Columbia St. Mary's in Milwaukee, Wisconsin, says: "You don't have to have full-blown depression to experience the holiday blues. ... But if you have a period of more than two weeks where you have a depressed mood, crying spells, sleep problems, feelings of guilt and thoughts of death or suicide, you probably have a major depression and should seek medical care. You're moving beyond the holiday blues."

Oprah.com

Skip the gym this season: Why exercising in cold weather is so beneficial for your health

By [Amanda Schmidt](#), AccuWeather staff writer
Updated Jul. 8, 2019 6:22 PM

The shift to colder, winter weather often makes us feel lethargic and deters our motivation to go outside.

But before you pull over the blankets or curl up by the fire to watch your favorite show, you should consider the potential benefits of cold-weather workouts.

Aside from helping to ease fears of potential winter weight gain, exercising outdoors in colder weather has numerous health benefits. The average winter weight gain ranges from 5-10 pounds, Senior Director of Clinical Nutrition at Mt. Sinai Rebecca Blake told [AccuWeather](#).

While many avoid the cold, outdoor winter workouts are a great way to take in small doses of sunlight. The sunlight can help to improve mood and help with vitamin D intake, according to the [American Heart Association \(AHA\)](#).

Winter exercise boosts immunity during cold and flu season. A few minutes a day can help prevent simple bacterial and viral infections, according to the Centers for Disease Control and Prevention (CDC).

Shivering, a mechanism to produce heat, also burns a significant amount of calories. [Studies](#) have shown that people expend five times more energy when shivering, compared to when they are resting.

RELATED:

Regardless of exercise, studies have shown that being outside in cold weather can transform white fat, specifically belly and thigh fat, into calorie-burning beige or brown fat.

Brown fat's purpose is to burn calories to generate heat. Brown fat is often referred to as the "good" fat because it helps to burn rather than store calories.

A 2014 [study](#) published in the *Journal of Clinical Endocrinology and Metabolism*, showed people have more genetic markers for brown fat in the winter than during the warmer months. This could signal slightly more calorie burn in the winter as the body insulates itself.

"Browning fat tissue would be an excellent defense against obesity. It would result in the body burning extra calories rather than converting them into additional fat tissue," Study Author Dr. Philip A. Kern said in a [release](#).

While the cold weather may deter some from outdoor physical activity, working out in the cold has several advantages over warmer weather workouts.

There is no heat and humidity to deal with in colder weather. Winter's chill might even make you feel awake and invigorated, according to AHA.

In the cold, your body can regulate its temperature a little better. This means you can often exercise farther or longer; therefore, you can potentially burn even more calories, according to AHA.

Exercising in extreme temperatures, hot or cold, has shown the ability to enhance endurance and mental edge. However, it is important to be aware of the potential risks and proper safety precautions before venturing out.

The Mayo Clinic provides numerous tips for staying safe during your cold-weather exercise:
<https://e.infogram.com/js/dist/embed.js?hmT>

Preparations for cold versus warm workouts differ. Both require proper nutrition and hydration. However, in warmer weather, your body will "climatize," or adapt to the heat, whereas your body does not do that for the cold, according to Dr. Jonathan Finnoff, medical director at the Mayo Clinic Sports Medicine Center.

The body will constrict blood vessels more vigorously and earlier as well as start to shiver earlier in cold weather. Layers of clothing are especially important in preparation for cold-weather exercise, differing from warm weather.

"You can take off a layer if you start to sweat and get too hot and put them back on if you get too cold. You can't really take off enough clothes in the heat when at risk for heat-related illnesses, such as heat stroke," Finnoff said.

Depending on how cold it is and how exposed one's skin is, hypothermia can become a concern, according to Penn State Professor of Kinesiology Dr. David Conroy.

"Regardless of the temperature, there is a danger from sun exposure. Outdoor physical activity increases skin cancer risk, so it is important to protect your skin at all temperatures," Conroy said.

Those that suffer with asthma should also be aware of the risks of colder weather. Cold, dry air can hurt the lungs and may trigger an asthma attack, according to Finnoff.

Those with medical conditions should check with their doctor to review any special precautions based on their condition or their medications.

Exercising outdoors is almost always a good idea as long as you make the adequate preparations for extreme temperatures, Finnoff said.

Accuweather.com



Sneaky



Snaps!



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SECC - FOOD TRUCK VENDING DAY!

Darrin & Mike from LSH team up Stephanie and Crew from DOC and offer some good food served up from Vibrant Events Catering to serve to LSH & DOC staff to purchase for an SECC event.

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

Culinary Corner

BEST EVER FRUITCAKE COOKIES

Ingredients

- 1 cup raisins
- 1 cup candied cherries (red and green are pretty), coarsely chopped
- 1 cup candied pineapple, coarsely chopped
- 1 cup Brazil nuts, coarsely chopped
- 1/2 cup golden Crisco shortening
- 3/4 cup white sugar
- 1 egg
- 1 tsp. vanilla
- 1/2 tsp. almond extract
- 1 1/4 cups flour
- 1/2 tsp. baking soda
- 1/2 tsp. salt



Instructions

1. Combine fruit and nuts and 1/2 the flour, mix well.
2. Cream the shortening and sugar, add the egg and flavoring.
3. Beat on med. speed with electric mixer until light and creamy.
4. Stir in fruit mixture and remaining flour, baking soda, salt and mix well.
5. Drop onto parchment lined or greased baking sheet and bake at 350F for 10-12 min. Let cool on cooling racks.

<https://noshingwiththenolands.com/best-ever-fruitcake-cookies/>

Who Am I?

Can you guess who's saying Colts are number One in the picture below? If you can, call Darrin Monroe at #3803 or e-mail Darrin at darrin.monroe@fssa.in.gov

by
December 22, 2019.

Employees with correct answers will have their names put into a drawing, sponsored by the

Winner Will Be Announced In The Next Spectrum.



Jesse Zimmerman



Congratulations to Joe Rose for guessing Jesse Zimmerman pictured as the Who Am I.
Congratulations Joe!

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