



Division of
Mental Health
and Addictions.

"People helping
people help
themselves."

Logansport State Hospital

The Spectrum

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Vol. 29, No. 9
September
2019

EMPLOYEE OF THE MONTH



Pictured L-R: Rena Magers, Gayle Edgerly, Judy Gaby, and Melissa Stewart.

September TOM

Team of the Month Nomination for
Quality Management Department
awarded September 2019
Nominated by: Greg Grostefon

"I would like to nominate a special group of people for going far above and beyond what would normally be considered as necessary in leading the hospital through the treacherous waters of the recent Joint Commission audit. The Quality Management Department should be considered for "Team of the Month" for providing expertise and guidance before, during, and after the process. I cannot think of a group of people more suited to this demanding and exacting task. The fact that they tend to view each citation as a personal affront tells us a great deal about how much they care about Logansport State Hospital! The rest of us owe them a great debt of thanks. I hope that you'll consider the QM folks as "Team of the Month".

LSH

POLICY UPDATES!

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

- **LSH Policy A-1 Notification of Unusual Incidents and Related Addendum** - Duplication of language was removed. Immediate telephone notification requirements were updated. Email notification requirements and related incidents were clarified. The Notification Call List Contact Information was removed from the policy and added as an Addendum allowing for changing as needed without updating the policy.
- **LSH Policy A-15 Display of Personal Belongings by Patients** - This policy came about due to a Joint Commission finding on the Jane English unit and no longer applies. It has been rescinded.
- **LSH Policy A-57 Employee's Personal Items Damaged** – There were no changes.
- **LSH Policy H-31 Code of Conduct** - In the policy section, language changed to “*anyone on hospital grounds*” is to be treated in a professional, considerate and respectful manner. In the procedure section, number 12, in reference to cell phones, radios, personal stereos/ music players, laptops are not to be on the units, the following was removed from the sentence: unless being used for Hospital business or patient activity purpose.

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.

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

Healthcare Environmental Services & Housekeeping Week

September 8th through the 14th is designated as Healthcare Environmental Services & Housekeeping Week. I want to express my appreciation and recognition for the extraordinary teamwork exhibited by our Environmental Services and Housekeeping staff. Every corner of our facility depends on the critical, yet often unsung, role Environmental Services and Housekeeping plays in maintaining high-quality patient care at LSH.

Please join me this week, in expressing your thanks and appreciation for the work of the LSH Environmental Services and Housekeeping team, for the quality outcomes from their work, and the value that their work provides to everyone at our facility.

With Thanks to LSH Environmental Management & Housekeeping Dept.

Clarence Bir

Jackie Cain

Jennie Greenwood

Jen Jones

Peg Nolte

Donna Scruggs

Cindy Smith

Summer Thomas

Laundry:

Joy Mettler

Kris Keeler

Brittany Davis

Ralph Greenwood

Teresa Martin

Kaylee Ray

Betty Smith

Joe Strasser

Erica Rife

Sincerely,



Greg Grostefon Interim
Superintendent

National Rehabilitation Awareness Week

September 15-21, 2019 has been designated National Rehabilitation Awareness Week. Since 1976, this special group of dedicated professionals has been celebrated annually during the third week of September. We are extremely proud of our program and of our people.

Rehabilitation can be defined as the restoration of an ill or injured person to self-sufficiency. Our Rehab staff works diligently each and every day to ensure that our patients are actively engaged in the pursuit of that goal.

Please join me as we celebrate the LSH Rehabilitation Staff and the prospect of hope and recovery that they provide.

Sincerely,



Greg Grostefon
Interim Superintendent

LSH Rehabilitation Staff

*Jill Rowe, Rehab Director
Chris Taylor, Secretary
Jeanette Holle, RTA3
Greg Peck, Pastor
Brian Newell, Librarian
Mary Foust, Beautician*

Isaac Ray:

*Kerry Hamilton – RT3
Laura Glasson – RT4
Mike Cogswell – RT4
Cary Miller – RT3
Patty Knapp – RT3
Julie Stapleton – RTA3
Mason Sowards – RTA3
Jasmine Penny – RT4
Ivve Wefflin – RT4
Jennifer Fiscel Shively – RT4
Coenraad Brand – RT4*

Larson:

*Shanon Pletka – RT3
Bendi Grawcock – RT3
Luke Knutson – RT4
Jackie Dillman – RT4
Susan Manala – RT4
Dana Thompson – RT4
Gabi Dwiggin – RT4
Tracy Kauffman – RT4
Shawna Strickland – RTA3
Dottie Hill – RTA3
Joy Scott – RTA3
Jonah Martin – RTA3
Kelsey Knox – RTA3*

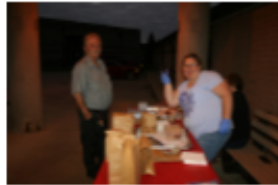
Helping Hands Committee Donut Fundraiser



The Helping Hands Committee wishes to extend our thanks to all who purchased donuts during our recent Donut fundraiser. Because of your support we were able to make a profit of \$211.66. This money will be used to supplement our many projects we do at Christmas.

Thank you for your continued support!

The Helping Hands Committee



Thank you so much!

*The **LIFT** Committee would like to thank LSH staff for supporting our annual Brownie Sundae Bash fundraiser held last week! Thanks to your generosity, the **LIFT** Committee was able to make **\$348.10**. Figuring our total cost to provide the sundaes, this gave **LIFT** a profit of almost **\$220.00**! This money will go to provide more materials for our **LIFT** patients to continue making fleece blankets for shut-ins, Veterans Day cards for local vets, Christmas cards for some special local people, and other projects we are still planning for/working on. Without the consistent support of our awesome LSH family, this unique but important group would not be possible. Thanks again for your support!*

Special thanks to the following people:

Robbie Ehase, Chris Wheatley, Jaime Blanton, John Murray, Mark Miller, Jodi Hood, LSH Food Service Staff, LSH Housekeeping Staff, Gabi Dwiggins, Angela Edwards, and countless others.

LSH LIFT Committee

Shawna Strickland

Susan Manalo

Morgana Thomas

Dana Thompson

Nancy Vernon

Joy Scott

Paula Johnson

It's SOCKTOBER!

Did you know that the most needed/requested items by homeless people are socks? And that the least frequently donated clothing items to homeless shelters are (you guessed it) socks? To help alleviate this problem for local homeless folks, the **LIFT** Committee is sponsoring a **SOCK** drive during the month of October (**SOCKTOBER**).

If you are able, please donate **new** socks of all sizes and colors.

Red socks? Of course, we are not fussy about color!

Baby socks or little kids' socks? Yes, unfortunately, sometimes babies and little kids are homeless.

Men's or Women's socks? Yes!!!

Funky striped socks? Absolutely, funky striped socks are still socks!

Since it's October, should they be Halloween-themed socks? No! People wear socks all year long, so you don't have to bring in Halloween-themed socks unless you want to.

Can I bring in clean, gently used socks? No, we prefer that you donate new ones to alleviate any hygienic or health issues.



Please consider donating to help those in need! From 10/1/19 - 10/31/19, the donation boxes will be located in the following areas:

Larson 2 break room

Larson 1 by time clock (near Terri Overpeck's office)

Dodd 2 break room

Dodd 1 break room

IRTC break room

Staff Development

The LIFT Committee thanks you for your support!



Live United Day Cemetery Project

September 13, 2019

25 volunteers showed up on September 13, 2019, for a productive, efficient Live United Day project, restoring a portion of our cemetery. We cleared grass from the 87 cement markers and reset some of the markers that had been restored in 2018 (43 in one row and 44 in another row). We completed site edging around grave markers so that gravel could be filled in as a border for 14 markers in the row east of our 2018 work. We edged and reset 36 and 38 markers in the two rows west of our 2018 work. We edged and reset a total of 88 new markers and fixed or rehabbed the 87 markers from the previous year. Thank you to all who helped make this day possible!



Photo provided

Longcliff Museum - What's New?

Dorothea Lynde Dix

By Jerry Kelley, Rehabilitation Therapist (1965 – 2003)

A thirty-nine year old woman walked out of her doctor's office contemplating the information that she had only one year to live because of tuberculosis. She has lost one lung to tuberculosis and needed to rest in order to save the other one. Resting and taking it easy was not a part of her plans. She told the doctor that she needed to do something for the mentally ill.

A few weeks previously she had visited a jail where the mentally ill were kept. Demanding to see where the "indigent insane" were located, she was taken to a heavy trap door that led down moldy steps into a black cavern. It was cold and damp; the air was filled with foul odors, screams and shrieks. Each individual's clothes were old and dirty. The women were dressed in thin and frayed nightgowns. They ate their food from dirty bowls by using their fingers.

She learned that there were some small private psychiatric hospitals for the affluent (usually for women) but none for the poor or indigent.

After talking to a few influential men about getting state funds to sponsor a private person to make a statewide survey, she was asked if she knew a man that would visit every jail, workhouse, alms house in the state. She replied that she did not know of any man, but knew of a woman that might. This was the beginning of her odyssey to visit every county in every state east of the Mississippi River. The results were the same in every state; the individuals were mistreated and forced to live inretched conditions. Of all the people abused in history, none were more maltreated than the mentally ill. They were isolated, held in confinement, overlooked and kept out of sight; beatings were often employed as a means to treat symptoms.

As she made her surveys and observations, she realized only the state or federal government could afford to build psychiatric hospital. In every state she presented her written observations and recommendations to the legislatures. She had an outstanding command of the King's English, and was able to convince eleven states to build hospitals for the general public; Indiana was one of these states. Her main recommendation was that these hospitals follow the practice of moral therapy. Eventually 32 states provided hospitals or treatment centers for the mentally ill...associated with Dorothea Lynde Dix's 37 years of effort.



Dorothea Lynde Dix, circa 1850-1855.
Photo By Samuel Broadbent - The
Boston Athenaeum, Public Domain



Wellness Wisdom from the Wellness Committee

How to Stay Healthy when You Work in Healthcare

March 12, 2019 in Wellness



Clipboard Health

Not only do you know all the rules when it comes to staying healthy, you also spend much of your time enforcing them with patients. But still: you find yourself getting sick a lot. It's no wonder, considering where you work.

Caring for patients shouldn't come at the expense of caring for yourself, but we know that for many CNAs, nurses, and doctors, it sometimes does. Learning to prioritize your own health is important. Here are some tips and tricks to staying healthy while working in the healthcare industry.

Physical Health

- **Take breaks** Long shifts on your feet are taxing. Make sure you take short breaks periodically throughout your shift to catch your breath, clear your head, and rest your body. Pay attention to your body when you're tired.
- **Eat healthy meals** Consider bringing your own food, so as to avoid the high calories and empty carbohydrates that accompany most prepared meals.
- **Get enough sleep** We all know that getting at least seven hours of sleep helps your immune system perform better. While this can be difficult in a profession that often requires odd hours, get creative about ways in which you can get enough sleep: take naps and work your schedule so as not to shortchange yourself in the sleep department.
- **Wash hands frequently** We know you know this one, but it still bears repeating. Additionally, follow protocol for proper personal protective equipment (PPE) so bacteria and viruses stay a safe distance.
- **Get regular checkups** Just because you work in a healthcare facility doesn't mean that good habits automatically rub off on you. Practice what you preach by getting regular checkups and scheduling appointments when you suspect you may need some medical attention.
- **Avoid Injury** Make sure to use proper body mechanics when repositioning patients or moving heavy objects. Lifting more than you're safely able to is one of the primary ways that healthcare professionals injure themselves on the job. Ask for help or utilize the heavy lifting equipment that the hospital has available.

Mental Health

Taking care of others in emotionally taxing situations will take its toll on you, too. Be especially aware of burnout, compassion fatigue, and stress.

- ***Burnout***

In 2015, the Mayo Clinic reported that more than half of all healthcare workers experience at least one sign of burnout. They may feel excessive fatigue, an inability to perform normal work/life functions, a dissociation with their patients, or extreme depression.

Part of this is due to the nature of the work. As the Patient Safety Network states: “Characteristics of the healthcare environment, including time pressure, lack of control over work processes, role conflict, and poor relationships between groups and with leadership, combine with personal predisposing factors and the emotional intensity of clinical work to put clinicians at high risk.”

Be aware of these factors, and watch for signs of burnout in yourself. If you find them, it is important to seek help in order to care for yourself and your patients well. You also might consider lessening your workload.

- ***Compassion Fatigue***

Because you’re often surrounded by patients experiencing very emotionally taxing diagnoses, and sometimes tragic outcomes, you will probably fight some compassion fatigue. Here is a quick list of ways to help you handle the emotional weight of your work:

- Keep a journal
- Become part of a support group
- Utilize hospital meditation or relaxation rooms throughout the day
- Set firm emotional boundaries
- Educate yourself on the signs

- ***Stress***

The nature of the job means that you’ll often fight stress. Make sure your work/life balance is healthy to stave off stress. Being active in a hobby you enjoy, exercising, and nurturing personal relationships are all important means of destressing.

Wellness Programs

Most hospitals are able to offer preventative care programs to help employees maintain healthy lifestyles. For instance, the CDC reports that 83% of hospitals provide workplace wellness programs, in contrast to only 46% of employers overall.

Look into the different programs your workplace offers so you can take advantage of all the perks.

Specifically, you might inquire about health screenings or biometrics (63% of hospitals offer); health coaches (31% of hospitals); stress management programs (56% of hospitals); and smoking cessation counseling (55% of hospitals). Many offer fitness centers, too!

Finally: if you do get sick, don't go to work!

A recent survey in The American Journal of Infection Control showed that 4 in 10 healthcare professionals don't stay home from work when they're sick with flu-like symptoms. This number is wildly high and puts patients at risk. Why don't doctors and nurses stay home if they're not feeling well? Some reported not being able to find coverage; others noted a lack of paid time off or a feeling of professional obligation.

Regardless of the reason, however, it is important for all healthcare professionals to stay home if they are experiencing symptoms of a cold or flu. It not only prevents the spread of illnesses, but it helps keep you maintain healthy boundaries and limits.

Clipboardhealth.com



PLEASE CONTACT HR TO SET UP YOUR APPOINTMENT TIME

LSH BLOOD DRIVE
Wednesday, October 9, 2019

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

OUR GOAL IS 31 BLOOD DONORS!!!

On Wednesday, October 9, 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 31 donors give blood on Wednesday, October 9th. So step up, roll up your sleeve, and give!!! Your donation will help save lives!

Those who are successfully able to donate will be given a pass to wear a logo t-shirt on the following day, Thursday, October 10, 2019.

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.*

Weigh at least 110 lbs.



The Wellness Committee consists of:

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



Sneaky



Snap!



**G
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**G
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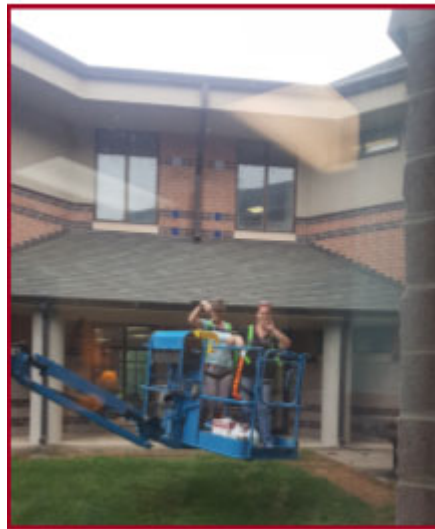


Photo taken by Becky Dowden

Betty Smith and Kaylee Ray caught washing exterior windows.

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

Morale Booster Cutest Pet Contest

All contestant pictures have been posted on the Wellness bulletin board in the hallway between Isaac Ray and Larson.

Take a look here on the attached PDF and vote only once for the Cutest Pet of your choice and submit that Pet's number to Jani Foreman by October 11, 2019.

Again, rules are:

- Voting takes place between October 1 – 11, 2019.
- Only one vote per person.
- Vote is submitted by email to Jani Foreman no later than October 11, 2019.
- When submitting Pet Vote suggestion would be to submit: "I vote for Pet Number (then give the number you want to vote for that is on the pet's picture)."

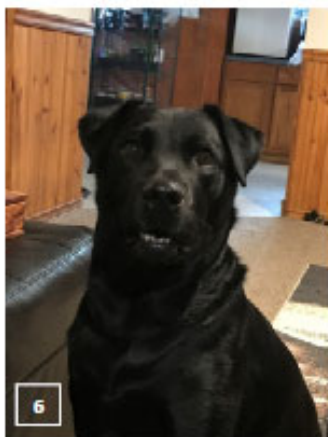
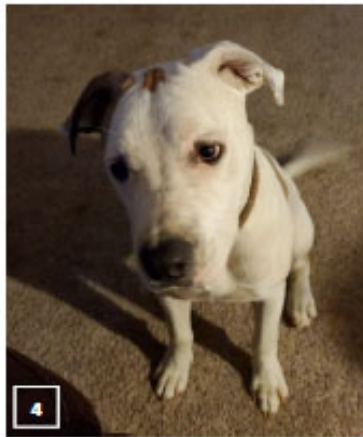
That's all there is.

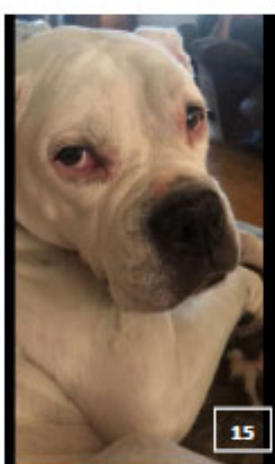
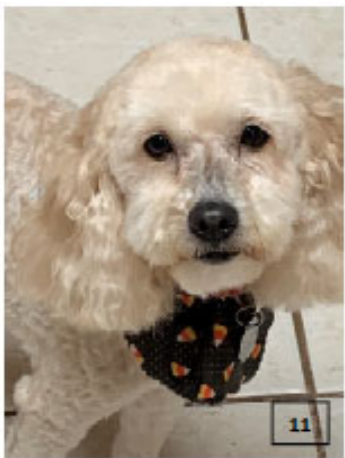
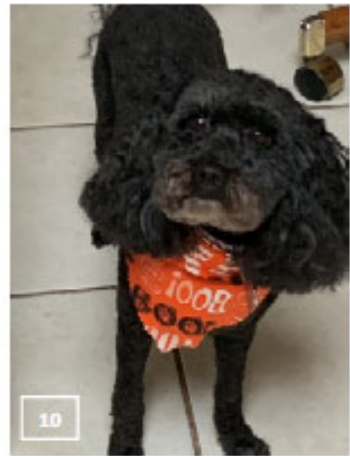
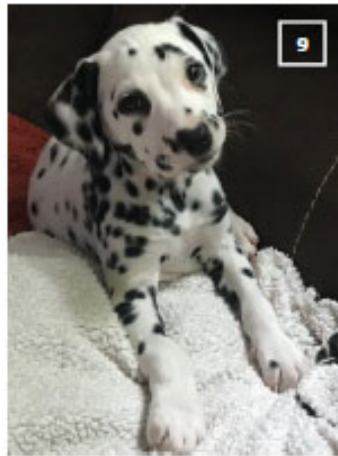
Winner will be announced at the Morale Booster Treasures and Delights event in the Conference Center that will take place on October 17, 2019 from 7:30 am – 3:00 pm.

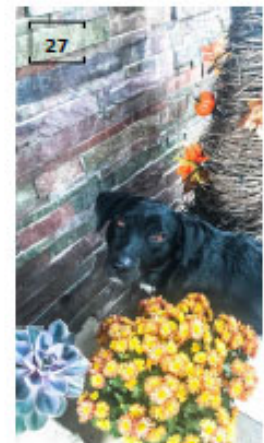
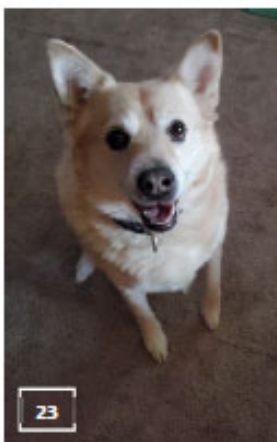
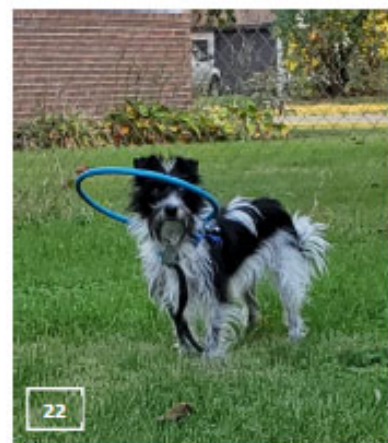
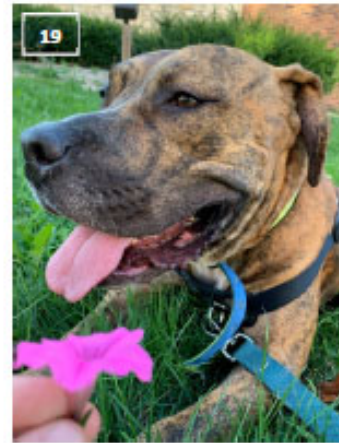
Winner receives a t-shirt with their pets picture on it and bragging rights!

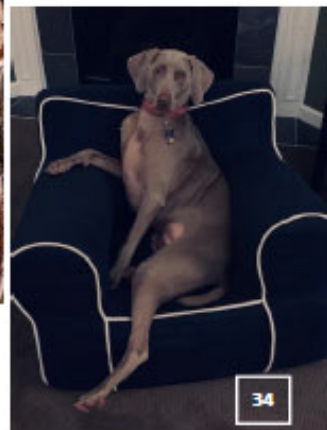
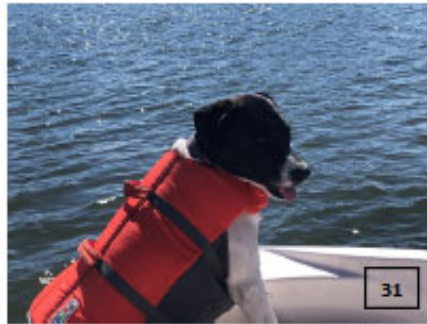
Good Luck to all Contestants!

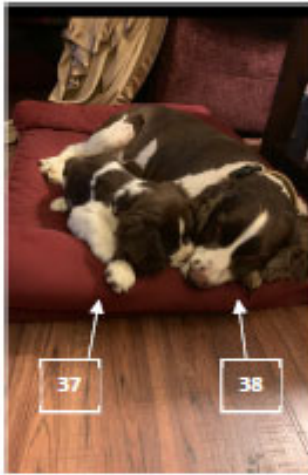












*Thank you to all contestants
Good luck, you are all cuties
and winners to us!*

Culinary Corner

One Pan Autumn Chicken Dinner

Ingredients

- 10 5 (6 - 7 oz.) bone-in, skin on chicken thighs
- 10 4 Tbsp. olive oil, divided
- 10 1 1/2 Tbsp. red wine vinegar
- 10 3 cloves garlic, minced (1 Tbsp.)
- 10 1 Tbsp. each minced fresh thyme, sage and rosemary
- 10 Salt and freshly ground black pepper
- 10 1 large sweet potato (about 16 oz.) (I leave unpeeled), chopped into 3/4-inch cubes
- 10 1 lb. Brussels sprouts, sliced into halves
- 10 2 medium fuji apples, cored and sliced into half moons about 3/4-inch thick
- 10 2 shallot bulbs, peeled and sliced about 1/4-inch thick
- 10 4 slices hickory smoked bacon, chopped into 1-inch pieces
- 10 2 Tbsp. chopped parsley, for garnish (optional)



Instructions

1. Preheat oven to 450 degrees.
2. Pour 2 Tbsp. olive oil, red wine vinegar, garlic and herbs into a gallon size resalable bag.
3. Add chicken, season with salt and pepper then seal bag and massage mixture over chicken while working to evenly distribute herbs. Set aside and let rest while chopping veggies.
4. Place sweet potato, Brussels sprouts, apples and shallot on an 18 by 13-inch rimmed baking sheet.
5. Drizzle with remaining 2 Tbsp. olive oil then toss to evenly coat, season with salt and pepper to taste. Spread into an even layer.
6. Set chicken thighs over veggie/apple layer.
7. Separate any pieces of bacon that may be stuck together then sprinkle bacon over veggie apple mixture.
8. Roast in preheated oven until chicken and veggies are golden brown, about 30 - 35 minutes (chicken should register 165 in center). Broil during last few minutes for a more golden brown crispy skin on chicken if desired.
9. Garnish with parsley if desired and serve warm.

Cookingclassy.com

Who Am I?

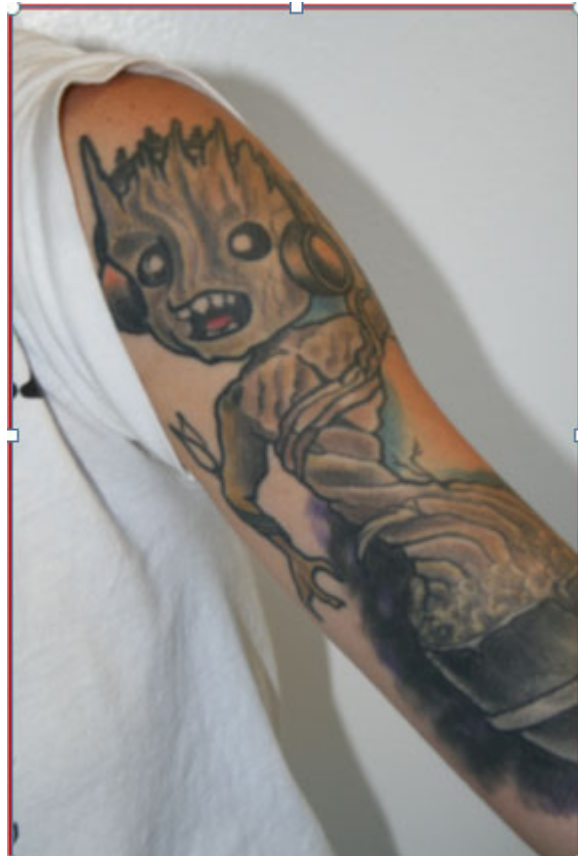
Can you guess who's sporting the Groot tattoo in the picture below? If you can, call Darrin Monroe at #3803 or e-mail Darrin at darrin.monroe@fssa.in.gov by October 24, 2019.

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.*



Joseph Melin



Congratulations to Joe Rose for guessing Joseph Melin pictured as the Who Am I; this was Joe's second time in a row winning, 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.