



Evansville State Hospital

NEWSLETTER

www.in.gov/fssa/dmha/state-psychiatric-hospitals/evansville-state-hospital/

3400 Lincoln Ave., Evansville, IN 47714 | 812-469-6800 | Vol. 16 Issue 1, First Quarter 2023

Holiday parties

The planned unit gift parties took place Dec. 12 – 16 with patients receiving new clothes, ball caps, team apparel, sleepwear, house shoes, color books, blankets and throws, watches, and miscellaneous gift items. “ESH has the best donors in the tri-state area, ensuring that special requests from wish lists are filled,” noted **Community Services Director Theresa Woerz**. The specialty items requested this year were baseball collectible cards, Robert Jordan fantasy novels, *Magic: The Gathering* game cards, novelty stress balls, and pedometers. Over 125 sponsors sent in monetary donations or shopped from a wish list or for popular gift items. There were a few bewildered faces commenting “I never thought I would get so much today,” and nice notes written to thank our donors for their kindness – “I would like to thank everyone for everything because these gifts will come in very nice here and at home.” Kudos to our community supporters for their efforts to fill our patients’ wishes.

Santa Claus, Mrs. Claus and The Grinch were back to add to the festivities. Patients took part in guessing Christmas carols with only a few notes given by Rehabilitation Therapy music leaders **Mindy Miller** on keyboard, **Brandon Bertinotti** on electric guitar, and **Jake Steffenhagen** on the trumpet. Unwrapping gift packages using oven mittens was a challenge with prizes falling out that included trinkets, candy, and gift tickets for canteen lunch. A group game was played that had tables matching toys to the correct decade they were introduced, and fictional characters to their classic Christmas movies.

Back to visit throughout the holiday season were volunteer groups including **East Side Lions Club, Oak Hill Baptist Church, Fairlawn United Methodist Church, and Friends of ESH/Christian Fellowship Church**. Special thanks to those who continue to support our holiday program including **Our Saviour Lutheran Church, Corpus Christi Women’s Club, Knights of Columbus-St. John/St. Wendel, Knights of Columbus-St. Peter & St. Paul, St. Anne’s Altar Society-St. Joe Church, Friendship General Baptist Church, Zion Lippe UCC, Noon Neighbors Home Ext. Club, Cub Scout Pack 330-Newburgh, Fairview Presbyterian Church, St. Peter’s Women’s Guild, Francisco UMC, and Chandler General Baptist Church Ladies Aid**.



*Cub Scout Pack 330 of Newburgh took on ESH as their scout project with scouts saving up money to purchase gift items. Pictured is **Scout Leader Tony Schapker** as the group dropped off their donation in November. Gift items included novelty tees, color books, markers, color pencils, puzzle books, gloves, hats, ball caps, socks, blankets, playing cards and card games. Greeting cards were also handmade and distributed to patients from the dining room and at the unit holiday parties.*



Leadership group active

The Patient Leadership class created a poster to say thank you to staff for working the Thanksgiving holiday. There were snacks sitting out for staff to pick up and enjoy over the holiday weekend. Valentine Day candy was sold to staff in February with proceeds benefiting the Patient Recreation Fund. The patient group is led by employees **Katelyn Buzzard** and **Nancy Hill**.

Family mixer planned this spring

Family and friends to visit in May

After three years of the pandemic putting a damper on so many social events, the family mixer is back this spring. Continuum of Care staff are planning a Hawaiian luau themed party. Will there be grass skirts, leis, coconuts, and tiki torches? It's almost certain that the gym will be transformed into a tropical Adventureland with fun activities for the guests as well as Hawaiian delicatessens.



Campus reopens

With the drainage project complete, the hospital campus reopened to vehicles and pedestrians. The Lincoln Avenue entrance can now be accessed to reach the hospital. Thank you for your patience during this construction project.

Visits by members of the local fire department took place in February to orient them to the design of our facility in hopes that they are better prepared for emergency services. Over 35 firemen took part in the fire and life safety tours with suggestions and feedback to improve upon service. The hospital plans to partner with the fire department in the future regarding staff trainings related to fire extinguishers.

Donations can be dropped off at the main hospital entrance:

- body wash
- shampoo, conditioner
- ball caps (Velcro or snap back fasteners)
- digital and analog watches (easy read – large numbers)
- dictionaries (new or used in good condition)
- men's athletic shoes (or Shoe Carnival gift cards)
- CD music
- crew socks for men (extended sizes 12-14)
- Uno, Skip-Bo, Blink card games
- GPX clock radio with dual alarm C224B
- Gift cards - Walmart, Amazon

If you can help or have questions, contact Theresa in Community Services at 812-469-6800, ext. 4972.



ESH partakes in the fun CANstruction competition

ESH participated in the 2023 State of Indiana CANstruction competition that overall raised 26,563 cans for food pantries. Two employee teams went head-to-head for a 10-minute build from donated canned goods. Our two-week collection brought in 109 cans for the local Salvation Army Food Distribution program. Team Hope produced a tree design wrapping tissue paper around the trunk (cans) of the tree with the message of “From one small seed of HOPE, a fruitful life CAN grow”. Team Hope members were employees Jessica Golba, Sarah Pugh, Carrie Marrett, Katelyn Moore, and Tony Morgan. Team Recovery built a tower with the message of “one step at a time”. Team Recovery members were Britteny Adams, Bruce McNeill, Laura Greenwell, Crystal Foster, and Sidney Huff. ESH’s two teams collected 109 cans which benefited the local Salvation Army Food Distribution program. Our teams did not come out on top but had a lot of fun creating their themed structures. DOC Wabash Valley Correctional Facility took the “Best Structure” award with their yellow bus design, as well as collected the most cans – 2,779 cans. State Fair Commission also was awarded “Best Structure” for their impressive ceiling-high pig structure.



The ESH teams and entries are pictured above.

To the right is the winning structure designs for the 2023 State of Indiana CANstruction competition.



On-site health coaches available to ESH employees

The ActiveHealth program is open to State of Indiana employees, spouses, and adult dependents enrolled in a State Personnel Department sponsored medical plan. Individual health coaching sessions are offered to employees and spouses who participate in the ActiveHealth program. **Emily Thompson** is an on-site health coach for ESH employees and visits for coaching sessions throughout the year. She visited in January and will be back out again in March. ActiveHealth has a team of health coaches made up of qualified professionals such as registered dietitians, nutritionists, registered nurses, exercise physiologists, certified health educators, and certified diabetes educators. Employees benefit from the expert advice and accountability that a health coach provides. Health coaches help one create a plan to meet specific health goals. One may want to reach or maintain a healthy weight, increase physical activity or fitness level, improve upon one's overall diet, get better sleep, manage stress, quit tobacco products, or reduce risk factors for developing diabetes, high blood pressure, or high cholesterol. Whatever the interest, one needs to be open-minded and willing to make a change. Employees control how often to check-in with a health coach, and coaching sessions are unlimited. At ESH, on-site coaching sessions are scheduled through Community Services. Employees can also schedule a session Monday through Saturday through ActiveHealth.



Emily Thompson conducted two "Maximize Your Program" presentations to educate employees on the offered wellness rewards.

Welcome employees

Twila Barnes, Rehab Therapy
AJ Brady, Nursing
Troy Custer, Nursing
Shunda Durham, Housekeeping
Erica Fowler, Nursing
Erika Hoffmann, Nursing
Nate Kellems, Nursing
Ashley Martin, Nursing
Kevin Nolan, Nursing

Camri Outlaw, Nursing
Zachary Rickard, Physical Plant
Megan Schmitt, Housekeeping
KarJanae Triplett, Nursing
Anthony Williams, Nursing
James Barber, Nursing
Garrett Gamblin, Nursing
Michelle Jenkins, Nursing
Kimberly Phipps, Nursing

Jamia Nally, Nursing
Joseph Hoover, Physical Plant
Kenyatta Tyler, Nursing
Edwina Mosley, Nursing Secretary
Lesley Brian, Nursing
Carol Custer, Nursing
Heather Gwaltney, Nursing

Goodbye

Melvina Drake, Nursing
Emma Lagac, Nursing
Herman Elrod, Physical Plant
Kristen Blikken, Psychology

Kim Wells, Laundry
Chuck Adams, Physical Plant
Steven Schiavone-Larue, Warehouse
Crystal Williams, Housekeeping

Cyrenna Seibert, Nursing
John Cowling, Nursing