

# COMMUNITY CONNECTION

A NEWSLETTER FOR FRIENDS OF EVANSVILLE STATE HOSPITAL

## 2018 Reflection By Gene Schadler, LCSW, Superintendent



As I spent some time reflecting on all of the changes Evansville State Hospital experienced in 2018, we experienced the totality of life with the changes ranging from loss to welcoming new members to our hospital team. The challenges and changes continue to help us grow as a system as we provide psychiatric treatment. The challenges we experienced keep us grounded in the challenges our patients cope with on a regular basis as they are working towards their goals here at Evansville State Hospital.

In 2018 ESH moved deeper into the digital age as we upgraded our phone system to an internet based service, installed WiFi, refreshed our computers and prepared to implement our new Cerner EMR, mIND. As we go live on February 4, 2019, the hospital is diligent in our efforts to train and prepare for the utilization of a fully functional electronic medical record that will streamline our processes within all six State Psychiatric Hospitals. The goal is to continue our work with a mindset of continuous improvement as we maximize our resources to benefit our patients throughout the entire State of Indiana. We appreciate your support of Evansville State Hospital and all of the State Psychiatric Hospitals.



## 2019 State Holidays

New Year's Day	January 1, 2019
Martin Luther King Jr. Day	January 21, 2019
Good Friday	April 19, 2019
Primary Election Day	May 7, 2019
Memorial Day	May 27, 2019
Independence Day	July 4, 2019
Labor Day	September 2, 2019
Columbus Day	October 14, 2019
General Election Day	November 5, 2019
Veterans Day	November 11, 2019
Thanksgiving Day	November 28, 2019
Lincoln's Birthday	November 29, 2019
Washington's Birthday	December 24, 2019
Christmas Day	December 25, 2019

## Free NAMI Classes in March

Reservations are required to attend the three month classes geared towards providing participants with helpful skills and information to better understand and help a loved one living with a mental illness. Classes begin March 4 for eleven Monday evenings at Old North United Methodist Church on Stringtown Rd from 6:45-9:00 p.m. Contact NAMI at 812-423-4333 or [namievansville@gmail.com](mailto:namievansville@gmail.com).

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## Heartfelt Moments Over The Holidays

By Theresa Arvin, Community Services Director

The unit gift opening parties are structured for a mass opening of gifts that results in a bit of blissful commotion like any large family holiday gathering. Smiles and laughter can be heard amidst the unwrapping of gifts. There are those memorable moments when the excitement is heard from someone who has just opened a package that was exactly what they had wished for and desired, or something so beautiful that they couldn't have chosen or found quite the same thing on one's own. ...Or the sports fan who received a novelty item of his favorite team, a t-shirt or ball cap that they now can proudly wear and boast about. I'm amazed at the attention to Christmas cards, well wishes, notes, and gift tags with the eagerness of our patients to personalize thank you notes to their holiday sponsors. Examples of the thank you notes written this year are below.

The parties include a time to enjoy a tasty holiday treat, and a bit of fellowship. It's uplifting to see patients volunteer to lead their peers in familiar Christmas carols, singing without any accompaniment or recorded music. Again this year, the patient choir was more than willing to entertain at the parties with a unique interactive version of the 12 Days of Christmas. The heartfelt moments I witness come from the genuine compassion and love seen when patients compliment each other on their new outfits and gift items, their participation in song, and their sharing of personal reflection such as the reciting of an original holiday poem written a few years back about the real meaning of Christmas that brought a few tears and hugs from several peers.



*"My day was brightened in a special way because of your kindness."*

*"Thank you for the Christmas cheer. Best I've had in years."*

*"Thank you for everything and taking your time to make me happy and make my wishes come true. Thank you and may God bless every day of your life."*

*"Your expression of Christmas gifts is much appreciated. The gifts were thoughtful. Your graciousness will, most assuredly, be rewarded one day. May you have the Christmas joy you have given to me."*

*"Thank you for everything. It was all I asked for."*

*"There should be more people like you."*

*"Thank you so much for all the wonderful Christmas gifts it means so much!"*



### THANK YOU GIFT PROGRAM SPONSORS!



Several patients received new mp3 players this year. Donations of Amazon gift cards are being used to help our patients download their favorite music onto their new personal players. Thank you donors for your support!

## More Heartfelt Moments

As in years past, there were plenty of opportunities for our patients to evoke holiday cheer and embrace the Christmas spirit. **Southwestern IN Building Trades Council** members hosted the **Ray Oost Memorial Christmas Party** with a traditional dance party, complete with Santa, clowns, and food. Couples from the Metro Ballroom Dance Club were present again this year for some fancy footwork on the dance floor.



Volunteers from community groups delivered on entertaining social parties once again - special thanks to our group members of **Oak Hill Baptist Church, North Woods Church, St. Vincent DePaul Society-St. Benedict Cathedral, Fairlawn United Methodist Church, American Legion Auxiliary, East Side Lions Club, Hadi Shrine Community Band, and Our Saviour Lutheran Church.**

Support from the following groups made the holidays even merrier: **Friendship General Baptist Church, St. Joseph & St. Anne's Altar Society, St. Vincent Breakfast Club, Fairview Presbyterian Church, Mackey Salem UMC, Bosse Babes '57, Central High School 1957 Class, St. James UMC Crusaders Class, Francisco UMC, Salem UCC Women's Guild, and Elberfeld American Legion Auxiliary.** Volunteer elves helped with decorations and gift wrapping - **Glenda Bott, Ruth Kalt, Stefani Miller, Vicki Knight, Ann Baker-Crowe** - thank you!

## New Year, New You!



The Invest in Your Health website is available to all state employees to educate them on the vast amount of wellness resources at their fingertips. New in 2019, employees and their spouses can utilize the ActiveHealth Management website to manage and achieve health goals. Earning a discount on 2020 health premiums is offered by taking advantage of the numerous resources through ActiveHealth including personalized health coaching to all adult health plan members and covered spouses.

Anthem's Employee Assistance Program (EAP) has placed an even greater focus on mental and emotional health with an expansion of benefits for employees that includes offering up to eight free face-to-face counseling sessions with a licensed therapist to employees, their spouses, and dependents and others living in their homes.

With LiveHealth Online, employees now have quick and easy access to board-certified doctors with a video visit using their smartphone, tablet or computer with a webcam. A LiveHealth Online visit usually costs \$49 or less depending on your health plan.

Elements Financial provides their online, financial education resource at no charge to all employees. The Elements Financial Education Center is a web-based financial education tool designed to empower employees and family members with the skills needed to effectively manage money and build confidence.

## COMMUNITY CONNECTION

*COMMUNITY CONNECTION is published every other month for friends of Evansville State Hospital. News items are welcome and should be submitted to the Community Services Office.*

*Newsletter Contributors: Jennifer Sontz, Gene Schadler*



Editor: Theresa Arvin  
Evansville State Hospital  
3400 Lincoln Avenue  
Evansville, IN 47714  
812-469-6800, ext. 4208  
Theresa.Arvin@fssa.in.gov

WE'RE ON THE WEB!  
WWW.IN.GOV

**SAVE THE DATE**



Thursday, April 4, 2019

### Volunteer Service Reception

2:00-3:00 pm

River Birch Dining Room

#### **New Employees**

*Kimberly Napier, Housekeeping  
Christopher Mott, Physical Plant  
Stephanie Pauley, Nursing Service  
Michael Haynes-Knepper, Nursing Service  
Jennifer Braun, Psychology  
Miranda Kolley, Occupation Therapy*



#### **Goodbye Employees**

*Thomas Blane, Jr., Nursing Services  
Patti English, Nursing Director  
Shawn Griffin, Nursing Services  
Leanne Titzer, Nursing Service  
Amy Taylor, Nursing Services*