

COMMUNITY CONNECTION

A NEWSLETTER FOR FRIENDS OF EVANSVILLE STATE HOSPITAL

Life Changes & Blessings By Gene Schadler, Superintendent

As the leaves change colors and the temperatures have cooled, we are moving into another season. Fall has always been a time to celebrate the harvest of the year, spend time with family and friends as we move into winter with the Christmas season and the traditions it provides. For the first time in 100 years the country has experienced a pandemic with rates higher than anything we have seen in our lifetime. The stress and challenges of the year has been on many levels but there have been opportunities to look at differing perspectives and how life has changed.



There have been significant changes this year as many family members and/or friends have not seen one another except through virtual communications. To go for 10 months or more without seeing or hugging those family members was difficult for one to imagine when this started in March. Not being able to gather in large groups or go where we want when we want to go has been another difficulty that we are all living through. Having the structure of life change with store hours being more limited and some stores closing. Worrying about having enough resources as we watched toilet paper become a wanted commodity. Being asked to do things that we prefer not to do like wearing masks for the common good and safety for those around us even though we would rather not. Then eventually getting so use to wearing masks that we continue to wear them while driving around town until one realizes it is still on. All of life changes mentioned above gives us the perspective of what our patients at Evansville State Hospital experience on a regular basis e.g. loss of connection with loved ones, learning to do life differently while getting treatment, knowing what to believe when ideas do not match internal perceptions/thoughts and building/losing trust with caregivers.

This holiday will be different for most of us but let us walk through this experience remembering the blessings we have experienced. We all have the experience of being the “caregiver” or the “patient”. We experience feeling connected to others or disconnected. We all experience fear at times while other times we feel relief. We experience giving and other times receiving. Thanksgiving and Christmas provides the opportunity to experience our many blessings and to refresh our spirits as we continue to give hope even when we feel like all we have is a candle in the darkness. Keep in mind that little candle still lights up our way as we continue navigating life.

Current Needs:

- Christmas Gifts (see page 3)
 - Medium sized duffel bags
 - 20 lb weighted blankets (<https://www.walmart.com/ip/Tranquility-Temperature-Balancing-Weighted-Blanket-with-Washable-Cover-20-lbs/404054935?selected=true>)
 - Stationery sets
 - Gift cards for Sally Beauty to purchase hair products
- *Contact Community Services at 812-469-6800, ext. 4972 if you can help.



Inside this issue:

ESH Pandemic Visitation	2
Spook-tacular Event	3
More Than Just a Logo	4

How Am I? Thanks For Asking

By Jennifer Braun, Chief Psychologist



Like all of us in the community, our ESH patients are coping with the many challenges that COVID-19 has thrown at us this year. Some of our patients' challenges are similar to ours: Like coping with the fear of the unknown and being unable to freely visit with family and friends. And some of their challenges are unique to this environment: Like not knowing when they will be able to receive purchases or packages, which is their physical connection to the community outside.

As a psychologist, I watch as our patients use the hospital's therapeutic resources to deal with the stress of quick changes and the unsettling feeling of not knowing what's to come. Personally, I have been moved how these realities have brought the patients and staff together. There is no denying that we all navigate our way through community groups in our lives. And it feels better to be part of the group than to be outside looking in. Many of our patients have spent their lives looking in rather than being embraced. But when crisis strikes, these invisible boundaries we've imposed begin to lose their importance. Humans – healthy or ill – simply work better together than apart. And within the walls of our hospital, I have had the great privilege of watching us come together. The meaning of “us and them” has changed. We suffer together and we rejoice together. This reality leads to more empathy and that is redemptive regardless of what happens beyond ESH.



When we settle back into our new normal, I hope this feeling of togetherness remains. The patients have taught me many things, but during the pandemic one lesson has been that strength and vulnerability are in each one of us and that we are truly better off when we are together.

ESH Pandemic Visitation

With the current COVID 19 pandemic, visitation by family and friends looks a bit different at the moment. In recent months we have created a visitation and procedure plan that promotes a safe environment which encourages social distancing, health screening, and hand washing for participants. Let's not forget we are all "masking up" as well. Our visitors have been great partners with our efforts to keep everyone physically safe. Visits are taking place in either the hospital's outdoor courtyard or gymnasium dependent on the weather. No food, drink, or packages of any kind are permitted at this time.



Visitation hours are offered on Wednesday evenings from 4-4:45 pm (patients on units G & D) and from 6-6:45 pm (patients on units E and C). 9:00 am visitation on Wednesday mornings are reserved for patients on unit F. All visits must be scheduled in advance by making a reservation with the unit's respective Social Service Specialist by the close of business hours on the Monday prior to the Wednesday visit. Each patient may have two visitors per visit.

Visitors are to arrive 15 minutes prior to the scheduled visitation time. Visitors must call the hospital upon arrival as a staff member will meet the visitor at the front entrance to complete check-in processes which include symptom screening, temperature check, hand hygiene, and receipt of a cloth mask. Visitors will utilize restrooms in the lobby prior to the visit as we are not able to provide escort services to the restroom during visitation. Prior to your scheduled visit, you will receive a telephone call from a staff member 48 to 24 hours in advance to complete initial medical prescreening. **Visitation will not be permitted if a visitor arrives without a reservation, arrives more than 15 minutes past the scheduled visitation time, has any signs or symptoms of an illness or respiratory infection, has had contact with someone having a confirmed diagnosis of COVID-19 in the last 14 days or someone who is under investigation for COVID-19/ill with respiratory illness, or has traveled internationally within the last 14 days.



Spook-tacular Event

By Donna Mesker, Rehabilitation Therapy Director

It was a challenge this year to bring about Halloween festivities due to the pandemic; however, much like removing a pumpkin from the pumpkin patch, we may be celebrating separately, but we certainly are not celebrating alone. We employed video sharing!

Each unit was asked to create a unit theme. There was everything from far-out aliens to sun-soaked lifeguards! The Halloween spirit abounded in the afternoon during an in-house video bingo broadcast which allowed units to phone in their wins to our guest hosts “Elvira & Igor”! Video was taken of each unit along with skits from staff and was compiled into a video montage. The video montage was played hospital-wide on the weekend so units could see their peers flaunt their Halloween creativity. Thank you to all the staff members who helped make the holiday a hair-raising good time!

Dressed as Cousin Lumpy & Morticia of The Addams Family are Rehab Therapy staff Shane Hickrod and Linda Curl.



Merry Christmas!

Wishing everyone a very merry Christmas this year! Thanks to the many individuals and groups who have already sent in



monetary donations for the Christmas Gift Lift Program. **Unwrapped new gift items can be dropped off at the main entrance now through December 4.** Remember—we have quite a few more men than women at the current time. Clothing in sizes medium-3XL (pajamas, casual shirts and tees, sweatshirts, sweatpants, jeans/cargo pants), fleece throws, body wash, body spray, stick deodorant, lip balm, shampoo/conditioner, liquid laundry detergent, digital and analog watches, and adult coloring books. A no-contact drop off zone for donations has been established in the circle drive of the main hospital entrance. It is important to schedule the delivery of your donation through Community Services at 812-469-6800 ext. 4972.

Welcome New Employees

Nursing Service:

Judy Smith

Paula Howell

Latonda Trent

Megan Collier

Andrew Friedrich

Geogry Ellis

Avyona Phillips

Tamisha Dilworth

Rana Hill

Kenneth Park

Casey Dellafosse

Security:

Reed Stover



Happy Retirement!

Joan Filippes, Nursing Service



We miss seeing your smiling faces! Send your Christmas greetings by video (mp3/mp4 video file recordings) to Theresa.Arvin@fssa.in.gov. We will play your video messages of good cheer on the units and at the holiday unit parties.

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: Brenda McKinney, Gene Schadler, Jeff Wedding, Jennifer Braun, Donna Mesker, Buff Wallace-Fallen



Editor: Theresa Arvin
Evansville State Hospital
3400 Lincoln Avenue
Evansville, IN 47714
812-469-6800, ext. 4972
Theresa.Arvin@fssa.in.gov

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

More Than Just a Logo

Serving on the Quasiquintennial Committee more than five years ago, Assistant Superintendent Jeff Wedding had hopes of a slogan or logo that would not only capture the importance of the hospital's 125 year anniversary but one that would truly portray the rich history and mission of the hospital. In his role then as Staff Development Director, he took it upon himself to learn how to create logos using Photo Shop software. He viewed the main hospital buildings as significant timepieces of ESH's legacy—the 1890 hospital known as the *Southern Indiana Hospital for the Insane*, the 1945 replacement hospital referred to as *CTU (Continuing Treatment Unit)*, and the new 2003 Main hospital. These are depicted in the logo as three leaves, the two blue leaves for the two old hospital buildings, and the center green leaf representing the new hospital. Jeff says "Using leaves tied in our beautiful green campus as well as referenced the name "Woodmere", which many local citizens in the early 1900's called the state hospital." Woodmere translates to "tranquility in the forest". Forest it was, being on the outskirts of Evansville with a large number of trees throughout the acreage including several fruit orchards. Two wavy colored lines under the hospital mission "Hope & Recovery" (in vibrant green) depicts the gentle bend of a river, specifically the Ohio River which borders the southern part of Evansville. The circle behind the leaves creates a "Q" which emphasizes the quality of care provided at the hospital and our continued accreditation status by the Joint Commission. Instead of simply noting the 125th year, the logo includes the wording "since 1890" so it could be versatile and used after the quasiquintennial anniversary. The logo is now featured on the wall at the north entrance where employees arrive for work each day reminding them of our mission. It's also the first thing new patients see when entering our building, a positive message.

In celebrating the hospital's 130 year anniversary in 2020, the logo has been recolored with silver accents, and placed on employee apparel. Happy Anniversary ESH!

