



Division of  
Mental Health  
and Addictions.

"People helping  
people help  
themselves."



# THE SPECTRUM

LOGANSPORT STATE HOSPITAL

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Pictured L-R: Assistant Superintendent, Daryl Hall; and Interim Superintendent, Dr. Danny Meadows, Presents April's Employee of the Month, Kim Fowler with a certificate and pin as one of her Supervisors, Kris Keeler shares in the congratulations.

## EMPLOYEE OF THE MONTH: KIM FOWLER

Who is the person that quietly goes from unit to unit to check supplies? Who is the person that makes sure you have adequate supplies to do your job? Who responds to all requests with a smile on her face and the supplies in her hands? Kim Fowler. We could not do our jobs without her. She always makes sure we have the supplies we need to give quality care to our clients. You don't have something that you need? Call or e-mail Kim and she will get it for you. Filled sharps container or biohazard? Call Kim. Something out of stock or expired? Call Kim. New dressing ordered? Call Kim. She quietly goes about her job making sure we have the right supplies to do our job. Thank you, Kim. I appreciate everything you do.

Mary Park-Mosteller, RN

I definitely agree to Kim being nominated as Employee of the Month, she is very detail oriented about her work making sure all the I's are dotted and all the T's are crossed. She almost always has a smile on her face and has a positive working attitude.

Kris Keeler, Housekeeping Supervisor



# From the Superintendent's desk...



residential complex opened in 1993. That was also the year when the building was renamed for former Superintendent Dr. Ortho R. Lynch, who served from 1928-1933. Next, it became the home for the Psychology Department, Staff Development, Quality Assurance, Nurse Education, Medical Director, and Housekeeping Supply, and it continued to house the Pharmacy, Dental and other Allied Health Services until the new Isaac Ray Treatment Complex opened in July 2005. By 2015, most of the

desk that looks as if its occupant just got up to get a cup of coffee. As we walked along the dusty terrazzo floors, covered now in some places with downed ceiling tiles, I looked into a dim space next door to the morgue. A beam of light shone illogically on the wall opposite me, illuminating what appeared to be a framed picture hanging by itself on a wall. Upon closer inspection, it was actually a short piece of prose, its author unknown. It read:

### Our Workplace

*As you enter this place of work, please choose to make today a great day.*

*Your colleagues, customers, team members, and you, yourself, will be thankful.*

*Find a way to play.*

*We can get serious about our work without being serious about ourselves.*

*Stay focused in order to be present when your customers and team members most need you.*

*And should you feel your energy lapse, try this surefire remedy:*

*Find someone who needs a helping hand, word of support, or a good ear –*

*And Make Their Day!*

A most unexpected find in such a long-forgotten building! As I thought about how long it has been hanging on the wall of someone's workplace, in the cold, the heat, the damp, the mustiness and the dark, it struck me that the very sentiment it proposes has also been too hanging too long in an unlit corner, especially during this seemingly unending pandemic year.

LSH Family,

Many of you have probably never had a reason to enter the Lynch Building and some may not even know it exists. The time was, however, when it was a bustling hub here at Logansport State Hospital. Constructed by the Works Progress Administration in 1937, and originally named the Medical-Services Building, it housed a variety of disciplines, including General Laboratory, Pharmacy, Dental Department, Surgery, X-Ray, Central Sterile Supply, and the morgue. By the 1950's, it was an active treatment center and isolation rooms for tuberculosis patients needing medical-surgical care. In the 60's, alcoholic patients were housed there along with the physically ill who needed access to the Surgery. Through the 1970's, 80's and early 90's it was used for active Men's Treatment and for Medical-Surgical patients right up until the new

departments had moved to new locations in the Residential building as vacated units were converted to office areas.

Today, except when the State Police use it for training, this once active building sits idle, with only the memories of its former occupants filling its darkened halls.

Not long ago, I had occasion to visit Lynch. A retiring employee asked me if I would be willing to take him inside as he had heard so many stories about it over the years. So, on his last day of employment, we met to venture inside. Since the electricity has been shut off, the building has many completely dark corners. In stark contrast, whatever side the sun is shining on makes other areas quite bright. Those dark areas evoked in me an intense feeling of sadness, especially when you look in a room and see an office that still has a calendar hanging on a wall beside a

## SPECTRUM

Logansport State Hospital  
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I brought this little framed piece out of the dark of the Lynch Building and back into the light with the hope that its simple message might inspire us all to choose to make every day a great day, to remember to not take things too seriously, and to offer a positive attitude, and support to our co-workers. Perhaps it might be a kind of “traveling trophy” that could adorn other workplace walls throughout the hospital and spread its simple message.

On this, my final day at LSH, I want to say that it has indeed been an honor and a privilege to serve as your Superintendent, and I wish each of you the very best in what will no doubt be a brighter future. Thank you once again for everything you do each and every day for our patients here at Logansport State Hospital.

Greg Grostefon  
Superintendent

*Source Material on the Lynch Building generously provided on short notice by Brian Newell, LSH Librarian and Historian.*



## From the Interim Superintendent's desk...

LSH,

I hope everyone had a great Easter weekend and is enjoying the nice weather. I wanted to announce that I will be the interim superintendent until a permanent superintendent is hired. Daryl Hall will remain in charge of the support services of the hospital and his leadership will remain vital as we move forward. My job will be to keep the hospital moving forward and be prepared for the new leadership.

Dr. Danny Meadows  
Interim Superintendent

I am happy to report that roughly 78% of our patients received the vaccine last week which was the 1 shot dose of Johnson & Johnson. Thanks for everyone's hard work with the care of our patients.

Dr. Danny Meadows  
Interim Superintendent



# Wellness Wellness



# Wisdom Committee

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### 2022 Premium Discount Activity

Employees and spouses each choose from three activity options. The activity you choose must be completed by Sept. 30, 2021. To get started, call 855-202-4219 or visit [myactivehealth.com/stateofindiana](https://myactivehealth.com/stateofindiana).

>> [Learn more](#)

### 2020 Flu Shot

Don't forget to redeem your \$25 gift card for your fall 2020 flu shot. You can redeem this reward in the ActiveHealth Rewards Center.

>> [Learn more](#)

ActiveHealth provides unlimited access to health coaches and a library of health information to help you reach your goals. For more information about ActiveHealth and the other wellness benefits available to you, visit [InvestInYourHealthIndiana.com](https://InvestInYourHealthIndiana.com).

This information applies to employees enrolled in a medical plan through the State of Indiana and does not apply to conservation officers, excise officers, Indiana State Police

# Blood Drive

THANK YOU



The 35 units of blood collected at last week's drive at LSH tied the record for most units collected here, dating back to August 2016.

These 35 units of blood represent 105 potential lives saved.

**THANK YOU** to our LSH donors for your generosity. **NEXT BLOOD DRIVE IS JUNE 30!**

**Mike Busch**  
Director, Community Engagement



*The Wellness Committee consists of:*

*Diana Anderson, Mike Busch, Vicki Campbell, Mary Clem, Theresa Dexter, Maureen Guimont, Kris Keeler, Marcy LaCosse, Darrin Monroe, Julie Stapleton, Lucia Ward and Kenneth Zawadzki.*

# National Social Workers Month

March is National Social Worker Month and March 16<sup>th</sup>, is **National Social Worker Day**. I would like to take this opportunity to thank the Social Services Staff of LSH for their continued hard work and dedication as advocates and champions for our patients. LSH Social Workers promote social change and development, social cohesion, and the empowerment and liberation of our patients. Their efforts engage our patients to address life challenges and enhance their wellbeing. The ability of our patients to develop their skills and transition back into the community can be directly tied to their hard work.

LSH Social Services Staff includes:

- Elizabeth Mills - Social Services Director
- Isaac Ray - Katie Miller, PSS2; Laura Knutson, PSS3; and Patty Wagner, PSS3
- Larson - Sean Moore, PSS3; Amy Penz, PSS3; Norma Castelan-Melendez, PSS3; and Joyce Holland, PSS3 (starts March 22)
- Transition - Gregory Addison, TCM3; and Clint Linback, TCS2
- Chris Taylor - Department Clerical Assistant
- Melissa Stewart - Although Ms. Stewart does not work in the Social Services Department, she is a

Licensed Social Worker and vital to LSH, so we want to include her in our appreciation.

*Greg Grostefon*  
Superintendent



**SOCIAL WORKERS**  
leaders. advocates. champions.

# LONGCLIFF MUSEUM: Art-n-Facts

## Art 'n Facts The Duck House (1934-2021)

You might have wondered at the sight of the low-ceiling, barn structure across the road from Isaac Ray Treatment Center and the Logansport Juvenile Correctional Facility. "Was it called the "Duck House" because you had to duck when you went in the door?" asked Gary Cripe of grounds crew. Since 1946, it served as a storage area for lawn furniture, park benches, gardening supplies for Smithsonian Garden and camping equipment .

The Sixth Biennial Report of the Northern Hospital for the Insane (October 31, 1898), offers the first glimpse of 12 ducks, valued at 50 cents each. (\$6.00 total value). Ducks were raised until 1903 and did not reappear until 1930. With C.L. Williams as superintendent in 1933, the poultry department came into full swing. The duck house was located right next to the creek and hundreds of ducks were shown in Logansport State Hospital's 1938 promotional film, which can be viewed today at Longcliff Museum.

1934 Annual Report: "The poultry department embraces the breeding and raising of approximately one thousand domesticated Mallard ducks. A newly constructed duck house (16x100 ft.) assures the facilities so necessary for the successful operation of this branch of the department. during the past year twenty-seven hundred pounds of these Mallards were served to the patients on different holiday occasions." (Duck barn valued at \$617.85)

1935 Annual Report: "The poultry department during the past year has continued under the direction of Mr. (Howard) Owen. This department has charge, not only of the poultry, but of the orchards, seeing that the trees are properly cared for; and the meat storeroom, cutting and curing of meats.



The work of this department has become progressively more heavy each year, and the patients who in the past have been able to help out in this occupational therapy department have recovered and have gone home, so that the occupation detail, which in the past has amounted to 12 to 14 men, has decreased to 5 or 6. The work of the department has been so heavy that it has been impossible for the group of men to handle the work; consequently, another employee was placed in this department during the last year.

There have been hatched 6,000 baby chicks, 1,175 Mallard ducks, and 15 turkeys.

The department has produced 324,824 eggs, 13,270 pounds of chicken, 114 pounds of turkey, 200 pounds of rabbit, and 4,044 pounds of Mallard duck for use of the hospital this year.

The patients have had the pleasure of enjoying the following holiday dinners from the poultry department: Chicken on Easter, July 4, Labor Day, and Thanksgiving; and Mallard duck on Christmas, New Years, and Decoration Day.

A considerable number of trees in the

orchards have died, and particularly several of the cherry trees along Cherry Lane. In order to maintain the orchards, there have been purchased and set out this year 60 peach, 50 cherry, and 25 apple trees. Due to the good nursery stock and the very favorable weather, these trees are making a splendid growth and none of them have died so far. The orchards produced 1,059 bushels of apples, 50 bushels of cherries, 14 bushels of peaches, and 26 bushels of pears.

During the past year the meat department has made 624 slabs of sugar-cured bacon, which was sufficient to meet the requirements of the institution.

During the last three months there has been started the process of sugar-curing hams, and it is hoped that the department will be able to cure sufficient hams and bacon for the needs of the institution. Along with this work the meat department is attempting to diversify its activities in producing other meat products which will lend to a greater variety in the diet of the patients.

The value of produce sent to the kitchen was \$4,253.73 in excess of feed costs."



1936 Annual Report: There have been hatched 1,706 Mallard ducks Mallard duck on Thanksgiving, Christmas, New Year's and Decoration Day.

“At Longcliff state hospital alone, more than four hundred ducks will be consumed by inmates and employees. In addition, 125 one gallon cans of each vegetable on the menu will be prepared.

The complete menu as announced by James Jack, hospital steward, consists of creamed duck, sweet potatoes, gravy, buttered peas and carrots, cabbage salad; celery and pickles, bread and butter, milk and mince meat pie with cheese. “Logansport Pharos Tribune (November 22, 1937) Pg. 1.



“Creamed duck will be the piece de resistance for the Longcliff Christmas dinner to be served at 11:30 o'clock on Sunday Dec. 25. With it will be all the trimmings, including cranberries, noodles, sweet potatoes and ice cream.”

Logansport Pharos Tribune (December 16, 1938) Pg. 1.

The Duck House as it appeared in its final moments, (March 2021)



Year	Ducks Lbs. (Live Weight)	Value
1898	12 ducks (no weight listed)	\$6.00
1899	431 lbs.	Not listed
1900	314 lbs.	Not listed
1901	462 lbs.	Not listed
1902	82 lbs.	Not listed
1903	181 lbs.	Not listed
	No ducks listed	
1930	164 lbs.	\$39.00
1931	104 lbs.	\$20.80
1932	191 lbs. (48 ducks)	\$37.72
1933	2083 lbs.	\$416.60
1934	2716 lbs.	\$489.00
1935	4,044 lbs.	\$828.80
1936	5,625 lbs.	\$1,125.00
1937	162 lbs.	\$32.40
1938	2,970 lbs.	Not listed
1939	1,615 lbs.	\$291.50
1940	114 lbs.	\$21.36
1941	92 lbs.	\$18.40
1942	No ducks listed	
1943	40 lbs.	\$8.00
1944	No ducks listed	
1945	No ducks listed	
1946	131 lbs.	\$36.00
	No ducks listed after 1946	

# CHANGES at LSH

Welcome Back /

## Re-Hire's

Stephen Deniston  
Sheila Powell  
Aneeda Savini  
Rebecca Donnelly  
Gary Trimble  
Ludwig Russell

## Classification Changes

Patrick Todd Phillips - RT 4  
Wendy Jones - RT 4  
Bryer Fritz - RT 4

# We are Hiring Nurses Part Time PRN

## New Hires

John Kruger  
Jeffrey Gipson  
Brian Gettings

## Farewells

Gregory Grostefon  
Coenraad Brand  
Allison Klinefelter  
Terry Schrock

# Sneaky Snaps!



## Bridge Building

During this Sneaky Snaps, Darrin catches Bridge Building Instructors, Ashley Bapp, Michelle Donnelly, and Travis Steffel training General Orientation staff on the techniques in

Bridge Building. The Staff also learn quick and safe alternatives to de-escalation. Looks like they learned quick Travis!





# Crescent Bacon Breakfast Ring

<https://www.jocooks.com/recipes/crescent-bacon-breakfast-ring/>

Course: Breakfast, Brunch | Cuisine: American

### Ingredients

- 5 eggs
- 1/2 red bell pepper chopped
- 1/2 green bell pepper chopped
- 1/4 tsp salt or to taste
- 1/4 tsp pepper or to taste
- 8 slices bacon fried
- 8 oz crescent rolls refrigerated, I used 1 can (8 oz) Pillsbury crescents
- 1 cup cheddar cheese shredded
- 1 egg for egg wash, optional

### Nutrition

Calories: 299kcal | Carbohydrates: 12 g | Protein: 11g | Fat: 22g | Saturated Fat: 9g | Cholesterol: 152mg | Sodium: 575mg | Potassium: 131mg | Sugar: 3g | Vitamin A: 590IU | Vitamin C: 15.5mg | Calcium: 120mg | Iron: 1.2mg



### Instructions

- Preheat oven to 375 F degrees.
- In a bowl beat the eggs with the chopped peppers, salt and pepper. Cook the eggs in a skillet so that they're scrambled. You can use the same skillet you used to fry the bacon, just drain the fat first.
- Lay out the crescent rolls on a parchment paper, like a star as shown in the pictures above.
- On each crescent roll lay a piece of bacon. Add half of the cheese around the ring. Add the scrambled eggs around the ring and top with remainder of the cheese.
- Fold the crescents over. You may brush with the egg wash if you prefer, I did because it gives the ring a nice golden color.
- Bake for 20 minutes or until the crescents are cooked and golden brown.
- Garnish with parsley, if preferred. Serve warm.



### Notes

**Make ahead:** This can be prepared the night before and refrigerated until ready to bake.

**Note:** To make it easier to unroll the crescent rolls, do not take the tube out of the fridge until ready to use.

Please keep in mind that nutritional information is a rough estimate and can vary greatly based on products used.

# WHO AM I?

Can you guess who the gentlemen pictured below are? If you can, call Darrin Monroe at #3803 or e-mail Darrin at [darrin.monroe@fssa.in.gov](mailto:darrin.monroe@fssa.in.gov) by may 21, 2021.

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Employees with correct answers will have their name put into a drawing, sponsored by the EMBRACE Committee, for a chance to win a free five-dollar gift certificate.

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**Veronica Kesser**

Congratulations to Kris Keeler for guessing Veronica Kesser pictured as the last “Who Am I?”.

If you have a picture of an employee and would love to have a little fun with it call Darrin Monroe at #3803 or email Darrin at [darrin.monroe@fssa.in.gov](mailto:darrin.monroe@fssa.in.gov)