



Division of
Mental Health
and Addictions.

"People helping
people help
themselves."

Logansport State Hospital

The Spectrum

EMPLOYEE OF THE MONTH

In this issue:

Policy Updates
..... 2

National Volunteer Month 3

Nurses Week
..... 4 & 5

Masks 6

Changes..... 7

Biometric Screening.... 8

Work Profile..
..... 9

Longcliff Museum
..... 10 - 13

Kronos 14

Wellness Wisdom.....
..... 15 & 16

Sneaky Snaps
..... 17

Culinary Corner 18

Who Am I?
..... 19

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Jill Rowe (C) receives EOM certificate and pin from Superintendent, Gregory Grostefon (L) and Medical Director, Dr. Danny Meadows (R)

May EOM
Jill Rowe
Rehabilitation
Director

Jill has ensured weekly snacks were provided to patients over the last few weeks to "help keep their spirits lifted during the Covid virus." She made nachos for all patients (and staff who were present) on Larson and Isaac

Ray, and left additional nachos in the break room as a nice "spirit lifter." She purchased lunch for all of the Rehab staff as a "staff pick me up" and invited numerous staff outside of rehab to participate. She has continued to spend a significant amount of time working on the schedule for Cerner since Cerner went live. Each semester, she has had to enter over 900 groups into Cerner and build in some additional groups into Cerner, before any patient can be scheduled into any of those groups. Currently during scheduling week, Rehab spends the week entering patient schedules into ISAP. Speaking from my own experience, it takes the entire week to get everyone's schedule entered correctly, which leaves no time for rehab to spend preparing materials for their groups or making toolkits for the new semester. And this is on a system that has groups already built in. Jill has continued to work on the scheduling in Cerner in addition to her regular job duties since Cerner went live and continues to do so. If you have not assisted her in entering the schedule into Cerner, I believe you cannot understand how tedious and time consuming this process truly is. The Cerner schedule will affect all patients and staff in the hospital so it is important that it works/is entered accurately.

Bendi Grawcock, RT3

Jill has worked extremely hard at meeting the patient needs along with her department goals. She has modeled this behavior during a challenging time in our hospital and community.

Dr. Meadows

POLICY UPDATES!

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

- LSH Policy A-54 Patient Complaint Resolution Policy – Complaints are now to be reviewed annually at MPEC.
- LSH Policy C-34 Health Care Representative/Guardianship Policy – Updated to reflect use of new EMR.
- H-29 Competency of Staff Policy – Formatting and grammar changes were made that do no change the intent of the policy.
- A-9 Administrative Coverage of the Hospital – Changed Administrative Secretary to Administrative Assistant
- A-18 Official Hospital Policies – Changed policy to reflect use of PolicyStat
- A-60 Hospital Volunteer Committees – Minutes and financial reports to be posted in the Hospital Volunteer Committees folder on the internet. Members cannot attend committee activities while “on the clock” without approval of the employees direct Supervisor and the Superintendent. To serve on more than two volunteer committees requires special permission granted by the Superintendent.
- IM-8 Right of an Individual to Request Restriction of Uses and Disclosures – The Reference section was corrected.

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

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National Volunteer Month

As National Volunteer Month comes to a close, thanks are once again offered to all Logansport State Hospital staff who have made the choice to devote their time in service to others.

In our world today, the kindness of volunteers has never been more appreciated, even in the simplest of forms: Offering to buy groceries for your neighbor. Cooking a large meal and sharing it with others. Donating the extra bottle of hand sanitizer in your closet to a health care provider. Sewing masks for essential workers who cannot stay home during a pandemic.

We've all witnessed actions like these, whether doing them ourselves or being the beneficiary of others' thoughtfulness.

But volunteering is far more than just a project or an activity. It's a demonstration of one's understanding that helping others is an essential part of our human experience, as shown in the words of the late Rev. Dr. Martin Luther King, Jr.: "Life's most persistent and urgent question is, 'What are you doing for others?'"

Thank you for answering that important question with your kind deeds, your donations, and your time. You are appreciated.



Mike Busch
Interim Assistant Superintendent

Celebrating Nurses Week

National Nurses Week is celebrated annually from May 6th (National Nurses Day), through May 12th, which is the birthday of Florence Nightingale, the founder of modern nursing. I would like to acknowledge the level of expertise and the depth of empathy that each nurse at LSH brings to his or her job, and to recognize the vast contributions and positive impact that nurses make to the care of our patients each and every day. I encourage all staff members to take a moment to show your appreciation by offering your sincere thanks to our nurses for their commitment, dedication, compassion, and consummate professionalism.

Sincerely,



Greg Grostefon, Superintendent

LSH Nursing Staff;

On behalf of the Medical Staff, I want to express our deep appreciation for our nurses. Personally, I learned during my training that nurses were vital in everything I did with patients and that has not changed with the gifted nurses that we have here. The care, patience and compassion shown by our nurses are key to our patient's recovery. Our nurses do an excellent job each and every day. Thank you for your service.

Dr. Danny Meadows



To the nurses at Logansport State Hospital:

“Thank you for all you do to provide excellent care to our patients. Each and every one of you are a valued member of our team at LSH and I’m very proud to work alongside of you as your Director of Nursing.”

I'd like to add some lines of text from Dr. Oz, which summarizes a role that a Nurse plays.

Dawn Sell,
Director of Nursing
Logansport State Hospital

Years ago, a general misconception existed that the profession of nursing revolved around sponge baths and bedpans. Generally, today’s public is more educated about the important role nurses play in the medical community. Yet, the truth of the matter is, unless you or a loved one has spent time in a hospital, you may not fully understand the breadth of expertise and knowledge that nurses bring to the table.

Nurses are on the frontlines of administering and evaluating your treatment. If you’re a patient, nurses are your greatest advocate. Because they spend more time with you, nurses can comprehensively moderate your progress. They know what symptoms might be a red flag and can assess the effectiveness of treatment. They then communicate all of this to your doctor. Keeping this open dialogue is just one of the countless things nurses do to ensure the quality of your care.

Nurses also provide invaluable emotional support. They understand the complexities and implications of an illness. They can counsel you and your family through everything from understanding a chronic condition to coping with death and dying. Their knowledge of illness combined with exceptional people skills provides comfort and stability. For many patients, this relationship is an anchor in the tumultuous waters of the hospital system.

Nursing is a true calling. It’s a physically demanding position; many nurses cycle through 12-hour shifts on their feet. They give up holidays with their families and work through nights and weekends. This selflessness is also reflected in their commitment to their patients.

This content originally appeared on [doctoroz.com](https://www.doctoroz.com).





MASKS



LSH

I hope that this email finds you well. I wanted to communicate some new changes that will be implemented regarding the wearing of masks moving forward. We are approaching the summer months and with that the wearing of masks will become more challenging. In order to help with this moving forward, staff who are conducting activities outside with patients will now have the option of not wearing the masks as long as proper physical distance (at least 6 feet) can be maintained. I want to make sure that we utilize the outdoors as much as we can with our patients especially with the warming temperatures. I would encourage discussion with supervisors on questions that may come up. Supervisors have flexibility on determining whether a certain treatment activity will either need to be modified or will need to be conducted with the wearing of masks if physical distance cannot be maintained. The main emphasis is with the staff maintaining the distance and less risk with the patients themselves. If individuals feel more comfortable wearing masks more frequently outside then please do so. If individuals have other circumstances that they have concerns about and want to wear a mask outside then do so. For now nothing will change regarding the use of masks inside of the hospital. They will remain mandatory.

The hospital has much to be proud of because we just went through one of the most challenging events that this area has ever endured with COVID 19. I hope all of you can be proud in your role in what will go down as a significant historical period in our area and the nation. A short time ago our county had one of the highest infection rates by population in the entire nation and the predictions on the course of the disease caused extreme anxiety for many. I know that stress has been tough for many of us but with that being said the hospital pulled together and kept everyone safe during this period. That was not a trivial achievement. However we will need to maintain diligence because predictions have been well unpredictable and as the states open up new challenges may result. I want to say thank you to our staff who have been working long hours for the care of the patients, thank you to staff who have filled in to assist with the attendants when needed so they can get some rest, and thank you to the staff who have worked on the 1E isolation unit to help keep the hospital safe with new admissions. I want to thank the people who have been working on obtaining more masks so that we can offer them more frequently to our front line staff under some difficult supply conditions.

I will close by stating that I appreciate everyone's courage and sense of responsibility as we move forward with the obligations that we have in the work we perform here.

Dr. Meadows



Changes

Medical Secretary

LSH

I wanted to welcome my new Secretary in the Medical Director's Office Ms. Amy McMahan. She brings a wealth of experience with her and looking forward to our working relationship together. She is in process of learning her new position and learning more about our hospital family.

I want to also wish Julie Utter well as she transitions from the Office of the Medical Director to the Superintendent's Office. She has been a great help and enjoyed our working relationship together. She brings a wealth of knowledge to the Superintendent's office. Please be patient as this transition moves forward. I am very happy for our hospital with the addition of these two ladies to our hospital. The extensions as I know them now will be 3780 for Julie and 3613 for Amy.

Dr. Meadows

Evening Shift SAS

I am pleased to announce that Jonah Martin accepted the IRTC evening shift Special Attendant Supervisor position. He will start orientation on June 14, 2020. Please join me in welcoming Jonah to his new position on Isaac Ray.

Dawn Sell, RN, MSN
Director of Nursing
Logansport State Hospital

Biometric Screening

Time to schedule your Biometric Screening!!!

Remember... when you complete a Biometric Screening you will receive a \$100 gift card!!!

Biometric Screenings will be held on June 8th and July 23rd. The times available for screenings are 5:00 am to 9:00 am and 3:00 pm to 6:00 pm in the Fogel Building Auditorium (to maintain social distancing).

Screenings are for LSH staff, the staff member's spouse, or adult children over 18 insured with state health insurance (Anthem).

All scheduling will be completed online. Below are links for the screenings that will be conducted at LSH. Only one person can be scheduled for each appointment time slot. If the times and dates below are not convenient for you, the attached guide can help you find another screening location.

June 8th (5:00 am to 9:00 am)

https://www.supersaas.com/schedule/Verve_Health1/Jun8_LogansportSH

June 8th (3:00 pm to 6:00 pm)

https://www.supersaas.com/schedule/Verve_Health1/Jun8_LogansportSHpm

July 23rd (5:00 am to 9:00 am)

https://www.supersaas.com/schedule/Verve_Health1/Jul23_LogansportSH

July 23rd (3:00 pm to 6:00 pm)

https://www.supersaas.com/schedule/Verve_Health1/Jul23_LogansportSHpm

Once appointments are taken, the plus signs will disappear from the page (which indicates they are no longer available).

If you need to cancel or reschedule please contact Nicole Hutchins at nhutchins@verve-health.com directly.

Please let me know if you have any questions.

Paula Green Scheffer
Clerical Assistant

Work Profile

The Work Profile has changed.

When you receive the new Goal Plan in SAP SuccessFactors, there will no longer be a work profile. Instead, you will access ***a collaborative and innovative tool*** that allows you to perform the Goal Setting & Tracking process. During this process, you set and track SMART goals that align your responsibilities and efforts with your agency's vision and mission. The Performance and Goals module changes the rigid structure of the Work Profile and provides you the flexibility of tools that encourage consistent standards and feedback between managers and employees.

[Click here for a comprehensive document detailing how the Work Profile has changed.](#)

The State Personnel Department (SPD) is excited to bring you more enhancements to the employee experience using performance management. In the meantime, please be aware that the following resources are available to assist you with performing the Goal Setting & Tracking process.

- Performance Management Handbook and QSGs

[For Managers](#)

[For Employees](#)

[Performance Management Frequently Asked Questions \(FAQs\)](#)

[Performance Management Workflow Catalog](#)

[Behaviorally Anchored Ratings Scale \(BARS\) Guide](#)

Performance Management Division Mailbox performancemanagement@spd.in.gov

- Agency Assigned HR Representative and PM Consultant

To learn more about Performance and Goals visit the [statewide Monarch SharePoint Site.](#)

Longcliff Museum - What's New?

Art-n-Facts

Before Coronavirus...Masks were worn at Logansport State Hospital

Logansport State Hospital is no stranger to wearing surgical masks. In 1949, a mobile X-ray unit tested the entire LSH population (patients and employees). After the first survey, 179 cases were found to be active or suspicious. A complete building (two wards; one male; one female) was set aside to isolate these patients who had a condition even more infectious than the novel coronavirus, Covid-19. Eventually, two buildings were used: one for active cases and a second building for inactive cases.

What disease? ...TB... Tuberculosis. Untreated tuberculosis can be 2.9 to 6.7 times more contagious than Covid-19. One person with untreated TB may infect 10 others on average. (On average one person with Covid-19 may infect between 1.5 to 3.5 people.)



Aerial view from perspective of the north gate River Road entrance.

Foreground: Ward 14 & 15 (Inactive TB) a.k.a. old Isaac Ray Building

Background: Ward 16 & 17 (Active TB) a.k.a. C.L. Williams Building



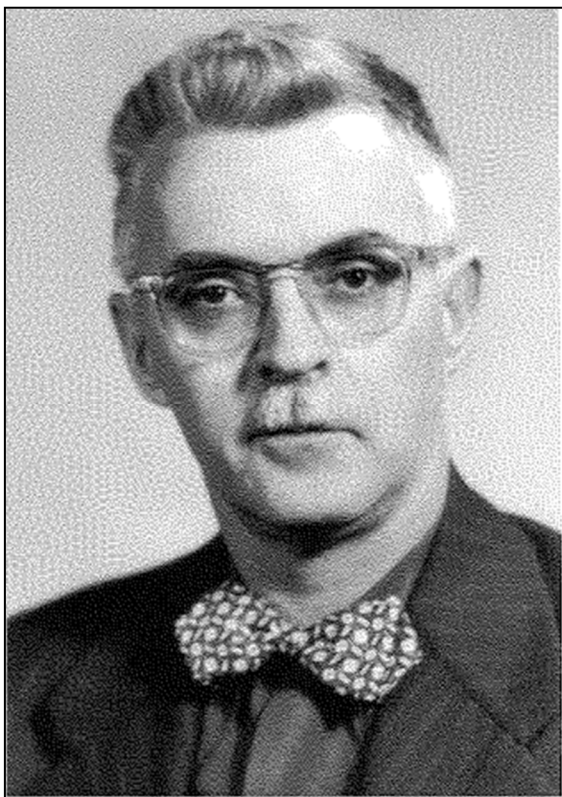
Active TB patients were housed in Ward 16 & 17, most recently known as the "C.L. Williams Building," renamed for the Superintendent who presided when it was built. It covered 51,629 sq. ft., with 2 floors, a full basement, solid brick walls and terrazzo flooring, and was completed in 1938, as part of the W.P.A. (Works Project Administration) money made available during Franklin D. Roosevelt's presidency. It became "Gray 6 & 7" in April, 1968 when the hospital went to a color coded catchment area plan with 110 male TB patients (Gray Unit 7) and 74 female TB patients (Gray Unit 6).

By 1971, only one case of active TB remained at the hospital and Gray 6 & 7 had become a geriatric unit. (The C.L. Williams Building was torn down in 2003, to make room for the current Maintenance Building.)

Marge Foster started at the hospital in 1957 and was assigned to Active TB, Ward 16 & 17 in 1960. You had to be 21 years old to work on Active TB and you always had to wear a mask and gown. TB was deadly serious. There were many cases of TB in Indiana back then. You could get it by breathing the same air as someone with TB or by sharing utensils. It was a scary thing—not unlike Covid-19.



In 1960, Marge Foster and Margaret Corso took all the employees through the mobile X-ray trailer in its annual visit and did all the paperwork. (In 1960, patients only went to the X-ray department in the Medical-Services Building.) You also had to have a Mantoux TB skin test. If you had a “false-positive” test (no sign on X-ray but positive Mantoux TB skin test), a deeper X-ray at the Medical-Services Building would be required. (Photo shows similar X-ray trailer from Nebraska.)



Dr. Paul Burnett oversaw the Active TB unit. He was a good doctor. He had TB himself and had spent time in a sanitarium when his TB had been active. He knew about the medicines and he knew how to treat patients. Flannigan Cole was the nurse. The biggest challenge for the staff was simply to keep people alive. Many were very sick with trouble breathing and other complications. Many died. Medications for pulmonary tuberculosis included: Streptomycin, Para-amino-salicylic acid (PAS), Isonicotinic Acid Hydrazide (INH), and Seromycin. Gastric tubes were regularly placed down patients throats to test for TB. Marge Foster remembers putting the plastic gastric tubing in ice water to stiffen it up before putting it through a person’s mouth to get test specimens. If the test came up “negative” three times in a row, the patient was considered to have “inactive TB.” Inactive TB patients could not pass on their disease to others.



Ward 14 & 15 (most recently known as the “Old Isaac Ray Building”) housed Inactive TB patients. Originally built to hold psychiatric wards for women, it was constructed in 1932 at a cost of \$185,000. In 1949, Ward 14 (downstairs) housed female, inactive TB patients; Ward 15 (upstairs) housed male, inactive TB patients; and the basement was used for activities and the TB Rehabilitation Department. In 1968, the building was renamed and changed to serve geriatric patients...Gray 5 (female geriatric) and Gray 8 (male, geriatric). Gray 5 & 8 closed in June 1977. In March of 1979, the name

changed again as the Isaac Ray Forensic Unit was opened, continuing in the “Old Isaac Ray Building” until moving to the current, new Isaac Ray Building in 2005. The Old Isaac Ray Building was torn down in 2008.



A small, four-bed, critical care unit for female, active TB, isolation patients was located in the southwest corner of the second floor of the M-S (Medical-Surgical) Building where post-surgical and cases needing extra attention were treated. Two children had TB and were cared for here; they were the first children at our hospital, according to Marge Foster. A similar critical care unit for male, active TB isolation patients was in the same corner on the third floor.

The M-S Building was most recently known as the Lynch Building. Before moving to the newer building in 2013, these second floor, former TB critical care rooms had been office space for the Director of Nursing (DON) Office Suite: housing the DON, DON Secretary, Infection Control Nurse, Quality Control Nurse and the Nurse Educator.

Marge Foster remembers working 6-days-on for one week then 5-days-on for the next week. Her monthly salary was \$209 in 1960. It was a work hazard to work on an active TB ward. Every employee of the hospital had to have a chest x-ray to check for T.B. Still today, every employee is required to have a TB test annually or they are not allowed to come to work! Those of us in the younger generation may not understand the reason for this but we did not live through the days of Active TB treatment.

Today we face a similar challenge with infectious disease, namely, Covid-19. The work of caring for TB patients in old buildings may have passed from our sight but our staff proudly carry on the tradition of excellence and compassionate care in the wake of today's Covid-19 pandemic. We salute our staff, past and present, who continue to work under strenuous conditions and give their all!



***Interesting side note: Current Spectrum Editor, Darrin Monroe, was a TB Evaluation Specialist and Refugee Coordinator before hiring in as Information Specialist at Logansport State Hospital.**

- 14 -

Because of the treatment given, the Indiana Council for Mental Health assigned the patients in the northern half of the state to be treated at Longcliff. Below is a copy of the results of the 3rd Mobile Unit Survey:

C
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P
Y

INDIANA STATE BOARD OF HEALTH
DIVISION OF TUBERCULOSIS CONTROL
1330 West Michigan Street
Indianapolis, Indiana

COUNTY Logansport State Hospital

DATE OF SURVEY June 30 - July 11, 1952

SURVEY NO. 550

TOTAL NUMBER OF INDIVIDUALS X-RAYED 2,525

Summary of 70 MM Chest Survey Film Impressions

1. Total No. Essentially Negative:
 - a. Without calcification 1,401
 - b. With calcification 850
2. Total No. Definite Tuberculosis 0
3. Total No. Suspected Tuberculosis 69
4. Total No. Unsatisfactory Films 88
5. Total No. Other Chest Pathology 116
6. Missing Film 1

/signed/ Edward B. Boyer, M. D.

During the past year, the services have been doubled -- another chest consultant added; another x-ray technician; a bacteriological service for diagnosis and research set up with assistance from members of the State Board of Health. Another of the newer buildings, adjacent to the first, has been taken for tuberculosis isolation. March 17, 1953 the Logansport State Hospital in an exchange received patients with tuberculosis from the Richmond State Hospital, Fort Wayne State School, and the Michigan City Criminal Insane Division. This totaled some 170. Patients with tuberculosis from the northern half of the state are now transferred directly to the Logansport State Hospital by the courts.

Copy of letter from: Annual Report of Logansport State Hospital 1952-1953, pp. 14.



Introducing Kronos

The State of Indiana is excited to announce the selection of Kronos Workforce Central as our new timekeeping system! We have partnered with Kronos, the world leader in workforce management software, to make it easier for you to focus on your job, not how to track hours! This system will work in step with PeopleSoft to ensure we will have a simplistic and streamlined process for employees to track time. No more time clocks - you will be using your personal mobile device and limited kiosks for users without smart phones.

Kronos Timekeeping has important benefits just for you!



"This is an exciting and important initiative that will allow us to continually revisit and modernize the way we manage our internal processes. By bringing us in line with the latest technology, we are another step closer to becoming a workforce that is enabled by automated, smart and user-friendly technology which will leave more time for us to all focus on the things that matter in our agency.

So much is possible for those who work hard, champion new efforts and challenge themselves to be their very best. I look forward to working with you all on this journey."

Scott Blake, Director Administrative Services



Fast

Provides a fast and simple way to clock in and out by simply swiping your ID badge!



Accurate

Forget having to go back and remember when you clocked in. As long as you swiped your card, that information is already recorded and stored on your timecard!



Personalized

Your application is personalized to your role so you'll only see the features you need in this new easy to navigate application!

Have any questions? [Contact Kronos@doc.com](mailto:Kronos@doc.com)

Eat Right

Food, Nutrition and Health Tips from the American Dietetic Association

20 Ways to Enjoy More Fruits, Vegetables, Whole Grains and Dairy

To get the most nutrition out of your calories, choose foods packed with vitamins, minerals, fiber and other nutrients—and lower in calories. Pick fruits, vegetables, whole grains and fat-free or low-fat dairy more often. Be aware of portion sizes. Even low-calorie foods can add up when portions are larger than you need.

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. Get saucy with fruit: Puree berries, apples, peaches or pears for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
3. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
4. Heat leftover whole-grain rice with chopped apple, nuts and cinnamon.
5. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
6. Try crunchy vegetables instead of chips with your favorite dip or low-fat salad dressing.
7. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
8. Banana split: Top a sliced banana with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
9. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.
10. Prepare instant oatmeal with low-fat or fat-free milk in place of water. Top with dried cranberries and almonds.



11. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
12. "Sandwich" in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumbers and tomato as fillings.
13. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
14. Stock up: Fill your fridge with raw vegetables and fruits — "nature's fast food" — cleaned, fresh and ready to eat.
15. Top a baked potato with beans and salsa or broccoli and low-fat cheese.
16. Microwave a cup of tomato or vegetable soup for a quick afternoon snack.
17. "Grate" complement: Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.
18. Stuff a whole grain pita with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
19. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with a low-fat dressing.
20. Try this recipe for an easy, healthy snack. Surprise! Popcorn is a whole grain.

Popcorn Delight

Makes 1 serving

3 cups popped fat-free unsalted popcorn
 1 tablespoon sliced almonds
 2 tablespoons raisins or other dried fruit such as cranberries, apricots or dates
 ½ teaspoon ground cinnamon
 1 teaspoon sugar

In a medium bowl, combine the ingredients and toss well.

Nutrition Facts per Serving:

Calories: 230
 Fat: 7 g
 Saturated fat: 1 g
 Carbohydrates: 39 g
 Fiber: 6 g
 Protein: 6 g
 Sodium: 274 mg

Recipe provided courtesy of John Wiley & Sons, from Expect the Best: Your Guide to Healthy Eating Before, During & After Pregnancy by American Dietetic Association ©2009, John Wiley & Sons.

For a referral to a registered dietitian and for additional food and nutrition information visit www.eatright.org.



The American Dietetic Association is the world's largest organization of food and nutrition professionals. ADA is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.

Authored by American Dietetic Association staff registered dietitians.

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The Wellness Committee consists of:
 Mike Busch, Vicki Campbell, Mary Clem, Theresa Dexter, Maureen Guimont, Kris Keeler, Marcy LaCrosse, Darrin Monroe, Julie Stapleton, and Lucia Ward,



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Sneaky



Snaps!



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Beautiful flyover of the Blue Angels captured by Dr. Chad Davis

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

Culinary Corner

Best-Ever Spanish Tortilla



INGREDIENTS

FOR SPANISH TORTILLA:

- 🍳 8 large eggs, beaten
- 🍳 4 oz. thin-cut potato chips
- 🍳 1 tbsp. freshly chopped rosemary
- 🍳 Kosher salt
- 🍳 Freshly ground black pepper
- 🍳 2 tbsp. olive oil
- 🍳 1 garlic clove, halved

FOR SOUR CREAM SAUCE:

- 🍳 1/3 c. sour cream
- 🍳 2 tbsp. freshly chopped chives, plus more for garnish
- 🍳 1 tsp. lemon juice
- 🍳 1 tsp. lemon zest
- 🍳 Kosher salt

DIRECTIONS

1. Heat oven to broil on high. In a large bowl, fold together eggs, potato chips, and rosemary. Season with salt and pepper and let sit undisturbed for 5 minutes.
2. In a 10" skillet over medium heat, heat oil and garlic clove. Cook garlic, stirring occasionally, until tender and lightly golden. Transfer garlic to a cutting board and pour in egg mixture. Cook, without stirring, until edges begin to turn golden and pull away from the edge of the pan. Transfer skillet to oven and broil until center of tortilla only slightly jiggles, 2 to 4 minutes, depending on the strength of your broiler.
3. Meanwhile, mince cooked garlic halves and place them in a medium bowl with sour cream, chives, lemon juice, and lemon zest. Season with salt and stir to combine.
4. Let tortilla cool 10 minutes, slice into wedges, and serve topped with sour cream sauce and more chives.

LENA ABRAHAM FEB 26, 2020
Delish.com

Who Am I?

Can you guess who's performing the long jump in the picture below? If you can, call Darrin Monroe at #3803 or e-mail Darrin at darrin.monroe@fssa.in.gov by June 30, 2020.

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

*Winner Will Be Announced In
The Next Spectrum.*



Greg Wengert

Congratulations to Tim Penn for guessing Greg Wengert, 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,

