



Georgia Department of
Behavioral Health & Developmental Disabilities

ECRH Bulletin

VOLUME 11, ISSUE 4

AUGUST 29, 2014

East Central Regional Hospital

Special points of interest:

- *Taking Flight*
- *Blood Drive Honor Roll*
- *Safety Care Info*
- *Out & About*
- *What's in a Month*
- *September Menus*

*"There's man all over
for you, blaming on his
boots the faults of his
feet."*

Samuel Beckett

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From the Desk of the RHA - Nan M. Lewis



After 5 years it is time for new Leadership for ECRH, and this will be my last newsletter. I look forward with great anticipation to my next chapter of both personal and professional pursuits, and backwards with great satisfaction and pride. ECRH is a different facility than it was 5 years ago. The accomplishments that have brought us here belong to you. Against incredible odds, you've come so far.

It has been a privilege to work with some of the most dedicated and committed professionals I know. Although you have overcome many obstacles, many more remain and there will be perhaps even greater challenges ahead. I encourage you to keep the vision.

With great respect and gratitude, best wishes for your collective and individual success.

*Sincerely,
Nan M. Lewis*

Annual Fishing Derby

September 17th - DD

September 18TH - MH

D.W. Oellerich Memorial Park



Tidbits of ECRH History

In the early 1970s, Dr. John H. Venable was the Director of the Georgia Department of Public Health. Physical and Mental Health programs were his responsibility. One day, Dr. Venable was scheduled to be on Atlanta TV to discuss how to avoid physical accidents in the home. As fate would have it, the morning of the TV program Dr. Venable was using a ladder in his home while doing some repairs. You guessed it.....he fell off the ladder and broke his leg!

Never a piker, cast on his leg and on crutches, Dr. Venable made his afternoon TV appearance and presented an outstanding program on SAFETY IN THE HOME.

REGIONAL HOSPITAL

Contributed by Brian Mulherin

New Employees



Front Row (L-R): Anjanu Castleberry, CNA; Brittney Brooks, HST; Julissa Abraham, HST; Joshua Benoit, Food Service Employee

Back Row (L-R): Stephen Cartin, HST; Pamela Burnett, Food Service Employee; Hannah Batiga, CNA; Jonathan Gray, Food Service Worker

Front Row (L-R): Carolyn Forrest, HST; Mary Luton, LPN; Albani Formey, HST; Lucille Folks, HST

Back Row (L-R): Jasmine Givens, HST; Casey Emery, HST; Gertrude Cato, CNA; Larnice Dunton, CNA



Front Row (L-R): Shaena Green, CNA; Karen Hunt, Food Service Employee; Monique Grey, HST; Andrea Robinson, CNA

Back Row (L-R): Cynthia Hunter, CNA; Lakesha Kelly, HST; Venessa John, HST 2; Jasmine Lambert, HST

Front Row (L-R): Melissa Robertson, HST; Jennifer Martin, Team Leader; Darlene Pauley, CNA; Tacara Mobley, HST

Back Row (L-R): Margaret Rivers, CNA; Crystal Noel, CNA; Mary Barger, RN; Wyomia Peterson, HST



Front Row (L-R): Brenda Veasley, CNA; Betty Stubbs, CNA; Erica Andrews, RN; Connie McGuire, LPN

Back Row (L-R): Raquel Miller, RN; Chalecha Voliton, HST; Henrietta White, HST; Erica Williams, HST

Front Row (L-R): Natasha Garnett, Program Assistant; Stacy Murphy, LPN; Cameshia Smith-Butler, LPN

Back Row (L-R): Sequila Wilkerson, HST; Donna Sylvester, LPN; Toby Bisso, LPN; Leticia Robelis, RN



Not Pictured: Auriel Pound, Staff Nurse

Welcome!

HR Partners



Employee LifeWork Solution Program



Multigenerational Living

Multigenerational living is certainly not a new concept. In fact, it is common in many parts of the world. In the U.S., many families are following suit, either by choice and/or financial necessity as aging parents, extended family members, and grown children are moving in.

To keep a harmonious household in the midst of a full house, consider the following tips.

What You Can Do

Discuss the living arrangement.

First and foremost—before any moving occurs—sit down as a family and talk about the terms and goals of the living arrangement. Oftentimes, conflict over multigenerational living occurs when not everyone is on the same page. For example, if an aging parent is moving in, is it a permanent move? Or if your grown children are moving in, is it temporary, and if so, for how long? Will they be required to pay for any expenses? During this time, also discuss any concerns or potential issues that a family member may have. If things get heated, or if an agreement cannot be reached, take a break and mull it over. Meet again to discuss a few days later.

Organize and delegate.

With a full house, it's more important than ever to be as organized as possible. It's also important to make sure that everyone pitches in with household duties.

- People generally thrive with a bit of responsibility—even some of the oldest and youngest among us. It provides a sense of purpose and nurtures self-esteem. Responsibility can extend to household duties—the key is to making sure the task is appropriate for the person (keeping in mind their age, and cognitive/physical abilities); and that the expectations are consistent.
- With additional people comes more mail, schedules, paperwork, etc. Try implementing a binder system: using cover protectors, section off for each person living in the home. Use these pockets as a place to store frequently visited papers. This is also helpful to have in the home in the case another caregiver is filling in. All other important documents can be stored in a filing cabinet sectioned off by person.

Address privacy.

Everyone needs their space and privacy. However, this can be challenging at times with a full house. The first step is to have an open conversation about it and agree to some terms. Consider the following:

- If possible, try to have a physical designation of space for each person. This can come in the form of a room, or if space is tight, a little creativity with furniture can do the trick.
- Set boundaries. If there are conflicts with shared spaces, such as with TV or computer time, make a schedule for each person and post it.

For more information and tools, visit the website or call the toll-free number listed below.



www.apslink.com



1-800-293-0851



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HR Partners

Injured on the job?



to complete the
Employee Injury Report!

Please submit your completed Injury Report immediately to Human Resources
ATTN: Kathleen Wellman 706-790-7184.

IS IT TIME

KNOWING
WHEN YOUR
AGING RELATIVE
NEEDS HELP

SEPT 2014 LIFE WORK
EMPLOYEE ASSISTANCE PROGRAM

When events such as a medical crisis impact your parents or older relatives, their need for assistance is obvious. But sometimes, family members miss the more subtle day-to-day signs that an older relative needs help. Your Employee Assistance Program can help you learn what to look out for.

TOLL-FREE: 800-293-0851

WEBSITE:
www.apsheplink.com

Available anytime, any day, your Employee Assistance Program is a free, confidential program to help you balance your work, family, and personal life.

WEBINAR

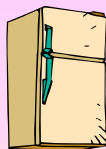
Caring for an Aging Relative
Sept 16 — 12 pm, 2 pm ET

According to the National Council on Aging, 29% of the US population will need to care for a chronically ill, disabled, or aging relative in the coming year. Learn how to determine the type of care needed, options typically available, and

 APS Healthcare

HRD

Safety Care Training Information



There is a refrigerator available for you to use during training.

There is a snack and soda machine available.



We can't change the thermostat in the building so bring a jacket in case the climate is cool.



Please wear sneakers and loose fitting comfortable athletic clothing(sweat shirt, sweat pants), jeans or t-shirts due to the physical activities involved and to ensure safety. Failure to wear appropriate attire will result in being rescheduled for the next available class.

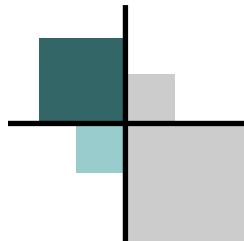


Forms Update

Form Number	Title of Form	Comment
ADM044	Consumer Funds Request (Rev. 8-14)	On the tab Cash Request section # 3 of the approvals now reads Expenditures \$200 or more.
ADM053	Death Notice	E-mail distribution changed.
ADM450	D.W. Oellerich Park Outside Use Agreement	
ADM749	Warehouse Supply Order Form(Rev. 8-14)	Individual Supplies Tab 749-5 Item description swapped on Deodorant Spray and Deodorant Roll on.
ADM916	Environmental Tour Critique (Rev. 7-14)	
CLN019b	Gold Card for Controlled Drugs (New Form 8-14)	
DD002	DD Quarterly Nursing Assessment (Rev. 8-14)	The following statement was eliminated "See Periodic Health Review for Information in Sections I-VIII".
DD020	HST and Certified Nursing Assistant Hiring Questionnaire Rev. 7-14	
No Form Number	Cogent Hire Request	Replaces HR Form Consent for Release of Information
No Form Number	Critical Hire Forms (Rev. 8-14)	The Fringe Rate has increased to 60% and is now reflected on this form. Located J Drive\ Everyone Forms\ HR Forms
OBSOLETE FORMS		
1013	Authorizing Transport to Emergency Receiving Facility	Form is obsolete from ECRH Drive but the most current form is on Policy Stat [Policy No. 01-110].
ADM015	Daily Census Report	
ADM027	Non Appropriated Funds	Form is obsolete from ECRH Drive but the most current form is on Policy Stat [Policy No17-302 Attachment A].
ADM048A	Risk Management Worksheet	
ADM048B	Risk Management Report	
ADM049	MSRL Authorization for Contract Disposition	
ADM052a	Manager Instructions for Flu Screening Tool	
ADM052b	ICF Flu Screening Tool	
ADM060	Modified Duty plan	
ADM064	Emergency Eye Wash Station Check Sheet	
ADM102	Fire Alarm Problem	
ADM307	IC Fidelity Checks Refrigerator Labeling and Storage	
ADM345	Georgia Activity Analysis	
ADM360	Property Transfer and Invoice (Surplus)	
ADM391	D.W. Oellerich Recreation Area Float Plan	
ADM496	Tally Sheet (Outgoing)	
ADM351	Visitor's Permit	
ADM541	Behavior Log	
ADM613	Consumer Clothing/Personal Possession Inventory Record	
ADM760	Training Evaluation Feedback	

Forms Update

OBSOLETE FORMS		
Form Number	Title of Form	Comment
ADM804	Epidemiology Report Summary	
CLN001	Pain Assessment Admission and Annual	Form Is obsolete from ECRH Drive but the most current form is on Policy Stat [Policy No. 03-518 Attachment A]
CLN010	PARF	Form Is obsolete from ECRH Drive but the most current form is on Policy Stat [Policy No. 03-502 Attachment A]
CLN071	Influenza H1N1 Consent - Patient Information	
CLN402	Code BLUE Data Sheet	Form Is obsolete from ECRH Drive but the most current form is on Policy Stat [Policy No. 03-205, 03-206, and 03-207 Attach C]
CLN431	Psychotropic Medication - Involuntary Medication Second 30-Day Review	Form Is obsolete from ECRH Drive but the most current form is on Policy Stat [Policy No. 03-534 Attachment B]
CLN510	Neurological Observation Chart	Form Is obsolete from ECRH Drive but the most current form is on Policy Stat [Policy No. 03-548 Attachment A]
CLN519	Admission Dental Assessment & Care Plan	
CLN705	Advance Directive	Form Is obsolete from ECRH Drive but the most current form is on Policy Stat [Policy No. 03-102]
No Form Number	Application Insert	
No Form Number	DBHDD Best Practices 2010	
No Form Number	Consent for Release of Information	Use HR Form Cogent Hire Request
No Form Number	DBHDD Request for Approval to fill Vacancy	
No Form Number	5-day Investigative Report	Form is obsolete from ECRH Drive. The most current version is located at Policy Stat Incident Management in DBHDD Hospitals, 03-515 Attachment D2.
No Form Number	Notification of Death	Form is obsolete from ECRH Drive. The most current version is located at Policy Stat Incident Management in DBHDD Hospitals, 03-515 Attachment D5.
Please destroy all blank forms on hand when form is revised or becomes obsolete.		
PLEASE destroy all blank forms with GSSH or old GRHA MH numbers on them!!!		



Safety Shop

DID YOU KNOW...

- That it can cause a fire if you plug a heat producing appliance (ie: refrigerator, microwave, coffee maker) into a surge protector? It can overload the outlet.
- That you cannot plug one surge protector into another surge protector? It will overload the outlet and can cause a fire.
- That surge protectors must be mounted to the wall? If they are not mounted they are considered temporary outlet, but if they are mounted they are considered permanent outlets.
- That you can only use a surge protector on computer equipment not medical equipment? Medical Equipment needs to be plugged into the building power. Life Saving equipment needs to be plugged into emergency power (red outlet).
- That you cannot have a toaster, toaster oven or grease producing appliance at ECRH? They can cause a fire and all grease producing equipment must be under a hood suppression system.
- That you cannot have a portable heater at ECRH? They can cause a fire.
- That staff and individuals are to wear their seatbelts while they are in a state vehicle? It is a DBHDD policy as well as a state law.
- That if you are backing a state vehicle you are to have a spotter? It helps prevent you from damaging the vehicle and/or building.
- That if you are supposed to notify the Safety Manager anytime that you receive a new piece of medical equipment or retire a piece of medical equipment? It's so we can keep an up-to-date medical equipment inventory and so we make sure that our equipment has received it's preventive maintenance.
- That storage can't be above 18" from the ceiling...? If there is storage above 18" and the sprinklers come on, it keeps the water from getting to all the areas of the room where its needed.

If you need assistance with anything Fire Safety, Life Safety, Radio Communications, MSDS, HazMat, Medical Equipment, or Emergency Management, please contact Jennifer Sosebee, Safety Manager, at 706-790-2400/2401. Or e-mail at jgsosebee@dhr.state.ga.us.

HELP ME HELP YOU make ECRH a safe place for our individuals, visitors, and staff.

Blood Drive Honor Roll

Daniel C. Bodiford	Julian B. Sasser	Leonard P. Zahare
Laudina L. Lariviere	Julian K. Sasser	William W. Martin
Patricia J. Meely	Karen G. Butler	Prakash Merai
Donna Tremble	Charvia M. White	Willie M. Harris
Debra P. Brizius	Michelle Osborne	Debra T. Barnes
Flora H. Birt	Katherine Griffin	Christina N. Hall
Betty R. Jenkins	Anthony L. Perkins	



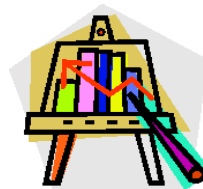
THANKS!



The Quality Corner - News & Information From Quality Management



The recent tragic passing of comedian and actor Robin Williams prompted Quality Corner to go back in the archives for this important information:



Spotlight on National Patient Safety Goals

The hospital identifies safety risks inherent in its patient population. (Joint Commission Hospital NPSG 15)

Identify safety risks inherent in our consumer population, especially:

- Those at risk for **suicide**

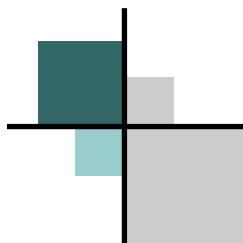
ECRH provides care for individuals at risk for suicide in both our DD population as well as in our MH population. Individuals at risk for suicide can be very clever and very persistent in their desire to harm themselves. Dr. Alex Lickerman published an article in the April 2010 edition of Psychology Today entitled "The Six Reasons People Attempt Suicide." According to Dr. Lickerman, in brief, the six reasons are as follows:

1. They're depressed.
2. They're psychotic.
3. They're impulsive.
4. They're crying out for help.
5. They have a philosophical desire to die.
6. They've made a mistake.

Dr. Lickerman continues: "People who've survived suicide attempts have reported wanting not so much to die as to stop living, a strange dichotomy but a valid one nevertheless. If some in-between state existed, some other alternative to death, I suspect many suicidal people would take it."

If you have an individual come to you and express a desire to kill his self or her self, or they make a statement that they wish they were dead, you must take this statement at face value. Do not leave the individual alone, and call for help so that you can inform your supervisor immediately.

Thanks again for all you do to keep our individuals safe!



Pharmacy Update



"Pharmacy for Nurses" Class:

All nurses are encouraged to attend the
"Pharmacy for Nurses" class:

Gracewood Campus - Building 103B:
during Nursing Orientation

September 2, 2014

September 16, 2014

September 30, 2014

1:30 PM - 2:30 PM

Please contact Sopheap Pin or Casandra Roberts
in the Pharmacy (ext. 2496) for more information.

COMMONLY USED MEDICATION FREQUENCIES

Code	Description	Times/ 24H	Admin Times
DAILY	ONCE DAILY	1	08:00 AM
QAM	EVERY MORNING	1	08:00 AM
12N	12 NOON	1	12 Noon
QPM	EVERY EVENING	1	04:00 PM
QHS	AT BEDTIME	1	09:00 PM
BID	TWICE DAILY	2	08:00 AM - 08:00 PM
TID	THREE TIMES DAILY	3	08:00 AM - 04:00 PM - 08:00 PM
QID	FOUR TIMES DAILY	4	08:00 AM - 12 Noon - 04:00 PM - 08:00 PM
Q7D	EVERY 7 DAYS	1	08:00 AM
Q14D	EVERY 14 DAYS	1	08:00 AM
Q21D	EVERY 21 DAYS	1	08:00 AM
Q28D	EVERY 28 DAYS	1	08:00 AM
Q30D	EVERY 30 DAYS	1	08:00 AM
Q90D	EVERY 90 DAYS	1	08:00 AM
Q4H	EVERY 4 HOURS	6	12:00 Midnight - 04:00 AM - 08:00 AM - 12:00 Noon - 04:00 PM - 08:00 PM
Q6H	EVERY 6 HOURS	4	04:00 AM - 10:00 AM - 04:00 PM - 10:00 PM
Q8H	EVERY 8 HOURS	3	12 Midnight - 08:00 AM - 04:00 PM
Q12H	EVERY 12 HOURS	2	08:00 AM - 08:00 PM
ONCE	ONE TIME ONLY	1	one time only, additional instructions
STAT	STAT	1	one time only, additional instructions
PRN	AS NEEDED	1	additional instructions
Q12HPRN	EVERY 12 HOURS AS NEEDED	1	additional instructions

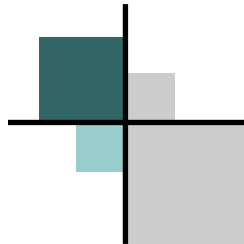
PRN codes include: Q2HPRN, Q3HPRN, Q4HPRN, Q6HPRN, Q8HPRN, Q2DPRN, Q48HPRN, Q3DPRN, QDAILYPRN, QHSPRNH

Pharmacy Update

LESS COMMON MEDICATION FREQUENCIES

Code	Description	Times /24H	Days to Admin	Admin Times
2XW	TWICE WEEKLY	1	Tuesday& Thursday**	08:00 AM
3XW	THREE TIMES WEEKLY	1	Monday& Wednesday& Friday**	08:00 AM
4XW	FOUR TIMES WEEKLY	1	Monday& Tuesday& Thursday& Friday**	08:00 AM
Q48H	EVERY OTHER DAY	1		08:00 AM
Q2D	EVERY 2 DAYS	1		08:00 AM
Q3D	EVERY 3 DAYS	1		08:00 AM
ACB	BEFORE BREAKFAST	1		07:00 AM
ACL	BEFORE LUNCH	1		11:00 AM
ACD	BEFORE DINNER	1		04:00 PM
ACBID	TWICE DAILY BEFORE BREAKFAST AND DINNER	2		07:00 AM - 04:00 PM
ACTID	THREE TIMES DAILY BEFORE MEALS	4		07:00 AM - 11:00 AM - 04:00 PM
ACHS	BEFORE MEALS AND AT BEDTIME	4		07:00 AM - 11:00 AM - 04:00 PM - 09:00 PM
PCB	AFTER BREAKFAST	1		09:00 AM
PCL	AFTER LUNCH	1		01:00 PM
PCD	AFTER DINNER	1		06:00 PM
PCBID	AFTER BREAKFAST AND DINNER	2		09:00 AM - 06:00 PM,
PC	AFTER MEALS	3		09:00 AM - 01:00 PM - 06:00 PM
PCHS	AFTER MEALS AND AT BEDTIME	4		09:00 AM - 01:00 PM - 06:00 PM - 09:00 PM
Q2H	EVERY 2 HOURS	12		02:00 AM - 04:00 AM - 06:00 AM - 08:00 AM - 10:00 AM - 12:00 PM - 02:00 PM - 04:00 PM - 06:00 PM - 08:00 PM - 10:00 PM - 12:00 AM
Q3H	EVERY 3 HOURS	8		12 Midnight - 03:00 AM - 06:00 AM - 09:00 AM - 12 Noon - 03:00 PM - 06:00 PM - 09:00 PM

** If variation from this schedule is needed, changes will need to be indicated during Order Entry in Avatar



(Continued on page 11)

Pharmacy Update

(Continued from page 10)



DEA to Publish Final Rule Rescheduling Hydrocodone Combination Products



AUG 21 (WASHINGTON) – On Friday the U. S. Drug Enforcement Administration (DEA) will publish in the *Federal Register* the Final Rule moving **hydrocodone combination products (HCPs)** from Schedule III to the more-restrictive Schedule II, as recommended by the Assistant Secretary for Health of the U.S. Department of Health and Human Services (HHS) and as supported by the DEA's own evaluation of relevant data. The *Federal Register* has made the Final Rule available for preview on its website today at <http://go.usa.gov/mc8d>.

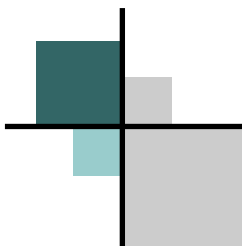
This Final Rule imposes the regulatory controls and sanctions applicable to Schedule II substances on those who handle or propose to handle HCPs. It goes into effect in 45 days.

The Controlled Substances Act (CSA) places substances with accepted medical uses into one of four schedules, with the substances with the **highest potential for harm and abuse being placed in Schedule II**, and substances with progressively less potential for harm and abuse being placed in Schedules III through V. (Schedule I is reserved for those controlled substances with no currently accepted medical use and lack of accepted safety for use.) HCPs are drugs that contain both hydrocodone, which by itself is a Schedule II drug, and specified amounts of other substances, such as acetaminophen or aspirin.

"Almost seven million Americans abuse controlled-substance prescription medications, including opioid painkillers, resulting in more deaths from prescription drug overdoses than auto accidents," said DEA Administrator Michele Leonhart, "Today's action recognizes that these products are some of the most addictive and potentially dangerous prescription medications available."

When Congress passed the CSA in 1970, it placed HCPs in Schedule III even though it had placed hydrocodone itself in Schedule II. The current analysis of HCPs by HHS and the DEA shows they have a high potential for abuse, and abuse may lead to severe psychological or physical dependence. Adding nonnarcotic substances like acetaminophen to hydrocodone does not diminish its abuse potential. The many findings by the DEA and HHS and the data that support these findings are presented in detail in the Final Rule on the website. Data and surveys from multiple federal and non-federal agencies show the extent of abuse of HCPs. For example, Monitoring the Future surveys of 8th, 10th, and 12th graders from 2002 to 2011 found that twice as many high school seniors used Vicodin®, an HCP, nonmedically as used OxyContin®, a Schedule II substance, which is more tightly controlled.

In general, substances placed under the control of the CSA since it was passed by Congress in 1970 are scheduled or rescheduled by the DEA, as required by the CSA and its implementing regulations, found in Title 21 of the Code of Federal Regulations. Scheduling or rescheduling of a substance can be initiated by the DEA, by the HHS Assistant Secretary of Health, or on the petition of any interested party.



Training at a Glance - September

CLASS	DATE	TIME	PLACE
Updated Safety Care Level #2	9/2/2014 9/3/2014	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
NEO Principles of Recovery	9/2/2014	9:30 a.m.-10:30 a.m.	BLDG 103-D E&R
CPRC	9/2/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
NEO Infection Control and Prevention+Handwashing	9/3/2014	9:00 a.m.-10:30 a.m.	BLDG 103-D E&R
NEO Incident Management	9/3/2014	2:30 p.m.-4:30 p.m.	BLDG 103-D E&R
First Aid	9/3/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
CPRA	9/3/2014	1:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
NEO PBS	9/3/2014	8:00 a.m.-4:30 p.m.	BLDG 20 Gracewood
NEO Safety Care Level #1	9/4/2014 9/5/2014	8:30 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99F
NEO Safety Care Level #2	9/4/2014 9/5/2014 9/8/2014	8:30 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
Updated PNS End User	9/4/2014	8:00 a.m.-9:00 a.m. 9:00 a.m.-10:00 a.m. 10:00 a.m.-11:00 a.m.	BLDG 103-D E&R
Updated Seizure Management	9/4/2014	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated Incident Management	9/4/2014	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-D E&R
Infection Control and Prevention+Handwashing	9/5/2014	9:00 a.m.-10:30 a.m.	BLDG 103-D E&R
Updated PNS Professional	9/5/2014	1:00 p.m.-3:00 p.m.	BLDG 103-D E&R
CPRA	9/5/2014	8:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
First Aid	9/5/2014	12:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated Incident Management	9/8/2014	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-D E&R
NEO CPRA	9/8/2014	12:30 p.m.-4:00 p.m.	BLDG 103-C Room C-23
NEO CPRC	9/8/2014	12:30 p.m.-4:30 p.m.	BLDG 99F
Updated PNS Professional	9/8/2014	9:00 a.m.-11:00 a.m.	BLDG 103-C Room C-23
Infection Control and Prevention+Handwashing	9/8/2014	2:30 p.m.-4:00 p.m.	BLDG 103-D E&R
Updated Safety Care Level #2	9/8/2014 9/9/2014	12:30 p.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 99L
NEO First Aid	9/9/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23

Training at a Glance - September

CLASS	DATE	TIME	PLACE
NEO Medical Emergency Response System	9/9/2014	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R
CPRA	9/9/2014	1:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
NEO Observation of Individual to Ensure Safety	9/10/2014	10:30 a.m.-1:30 p.m.	BLDG 103-D E&R
NEO Seclusion and Restraint	9/10/2014	1:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Safety Care Level #2	9/9/2014 9/10/2014 9/11/2014	8:00 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99F
Updated Seizure Management	9/10/2014	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
CPRC	9/10/2014	12:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated Safety Care Level #2	9/10/2014 9/11/2014	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
NEO Therapeutic Incentive Program	9/11/2014	8:30 a.m.-10:00 a.m.	BLDG 103-D E&R
NEO Seizure Management	9/11/2014	10:00 a.m.-12:00 p.m.	BLDG 103-D E&R
Updated PNS Professional	9/11/2014	9:00 a.m.-11:00 a.m.	BLDG 103-C Room C-23
First Aid	9/11/2014	8:00 a.m.-12:00 p.m.	BLDG 99F
Updated PNS End User	9/11/2014	1:00 p.m.-2:00 p.m. 2:00 p.m.-3:00 p.m. 3:00 p.m.-4:00 p.m.	BLDG 103-C Room C-23
Updated Safety Care Level #1	9/11/2014	8:00 a.m.-4:30 p.m.	BLDG 20 Gracewood
NEO PNS Professional	9/12/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
NEO PNS End User	9/12/2014	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Updated Incident Management	9/12/2014	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 20 Gracewood
Updated Safety Care Level #2 (weekend)	9/13/2014 9/14/2014	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
CPRA	9/15/2014	1:00 p.m.-4:30 p.m.	BLDG 20 Gracewood
Updated Safety Care Level #2	9/15/2014 9/16/2014	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
Safety Care Level #2	9/15/2014 9/16/2014 9/17/2014	8:00 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99F

Unit designated scheduler, please e-mail all CPR/First Aid request to Jackie Huff. All other class requests to Runtha Giddens.

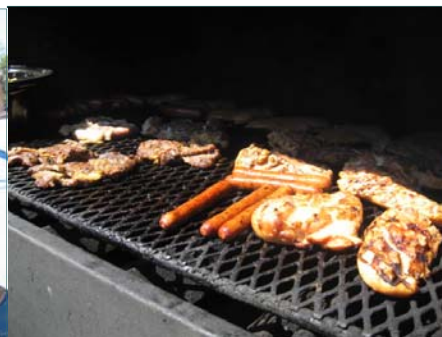
Out & About



Hawaiian Party



College Football Kickoff Luncheon



Forensic Cookout

Occupational Health - Flu Season Awareness

It's not possible to predict what this flu season will be like. Flu seasons are unpredictable in a number of ways. While flu spreads every year, the timing, severity, and length of the season varies from one year to another.

Flu viruses are constantly changing so it's not unusual for new flu viruses to appear each year. The timing of flu is very unpredictable and can vary from season to season. Flu activity most commonly peaks in January or February. However, seasonal flu activity can begin as early as October and continue to occur as late as May.

To prepare for this flu season: Yearly flu vaccine for everyone 6 months of age and older is the first and most important step in protecting against this serious disease. People should begin getting vaccinated soon after flu vaccine becomes available. In addition to getting vaccinated, you can take everyday preventive steps like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent spreading flu to others. Vaccination is especially important for people at high risk for serious flu complications, and their close contacts. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu. Flu vaccines are offered by many doctor's offices, clinics, health departments, pharmacies, and college health centers, as well as by many employers, and even by some schools.



Even if you don't have a regular doctor or nurse, you can get a flu vaccine somewhere else, like a health department, pharmacy, urgent care clinic, and often your school, college health center, or work. Everyone getting vaccinated each year provides the best protection against influenza throughout flu season.

In addition, it's important to remember that the flu vaccine contains three or four flu viruses (depending on the type of vaccine you receive) so that even when there is a less than ideal match or lower effectiveness against one virus, the vaccine may protect against the other viruses.

It's possible to get sick with the flu even if you have been vaccinated (although you won't know for sure unless you get a flu test). This is possible for the following reasons:

- You may be exposed to a flu virus shortly before getting vaccinated or during the period that it takes the body to gain protection after getting vaccinated. This exposure may result in you becoming ill with flu before the vaccine begins to protect you. (About 2 weeks after vaccination, antibodies that provide protection develop in the body.)
- You may be exposed to a flu virus that is not included in the seasonal flu vaccine. There are many different flu viruses that circulate every year. The flu vaccine is made to protect against the three or four flu viruses that research suggests will be most common.
- Unfortunately, some people can become infected with a flu virus after receiving flu vaccination. The flu vaccine is designed to protect against certain viruses. Protection provided by flu vaccination can vary widely, based in part on health and age factors of the person getting vaccinated. People with certain chronic illnesses may develop less immunity after vaccination. Flu vaccination is not a perfect tool, but it is the best way to protect against flu infection.

If you get sick, there are drugs that can treat flu illness. They are called antiviral drugs and they can make your illness milder and make you feel better faster. They also can prevent serious flu-related complications, like pneumonia.



Information Taken From: CDC

September Birthdays

September 1	Tineka Charene Booker Decnices Caldwell Sheila M. O'Neal Pamela Patrice Wimberly	September 10	Sopheap Pin Natasha V. Ross-Houston Shannon G. Lariscy
September 2	Dorian A. Brown-Sibert Franshon S. Hollis Mary K. May Wilbert Wilson, Jr. Thomas W. Wood	September 11	Douglas J. Fine George Roberto Francis Jerry N. Lee Melissa W. Robertson
September 3	Clyde Dennis Davis Shirlett Shanta Jackson Vijay Kumar Kainth Annette Lambert Darlene J. Pauley	September 12	Joyce G. Cox Loretty Leona Edwards Lillian A. Gray Crystal M. Jenkins Darnell Martin Amanda D. Mincy Elise A. Beumer
September 4	Brenda Ann Boyd Christine Nelson	September 13	Julia Davis Ragina T. Dicks Lora Engelberg Patina Eileen Hillman Venessa C. John Joann L. Madden Shasta E. Madden Tyler D. Sheehan
September 5	Sylena D. Johnson Fredericka Smith Sequila M. Wilkerson Gloria Jean Williams	September 14	Mary A. Gardenhire Turkessa L. Robinson
September 6	Karena M. Booker Mozella Flournoy Carsunya L. Smith	September 15	Breea Lashon Griffin Delicia Holmes Larry Mitchell Christopher R. Nesbitt Tasanya Ross Natalie S. Toney Sondra Lavern Williams
September 7	Allen Onesimus Cook Cynthia Bass Kucela Pierre Senat Joseph F. Sharp Natasha M. Whiten Mia D. Williams	September 16	Theresa Rochelle Cooper Lesley Retae Crawford Vilma M. Koontz Tammie S. Martin Cassie L. Riner Stephanie R. Sturgis
September 8	Vickey T. Bales Sherida L. Fuller Samuel N. LeGrand James F. Nixon Nicholas M. Thomas	September 17	Agnes Doyle Lisa Gail Folsom
September 9	Pamela L. Craighead Lurene Reid Sherry A. Sealey		
September 10	Karen G. Butler Markisha Marie Gilkey		

More August Birthdays

September 17	Shameka Lachelle Henderson Robin Lee Brittany L. Marks LaKeisha R. Miller Daniel D. Stangle, Jr.
September 18	Tracey Michele Carter Belita D. Lafavor Rosa Anita Walters
September 19	Tanika L. Holmes Nancy E. Jones Brian J. Thomas Sarah Jane Whinghter
September 20	Shawanda Latrell Brinson Arleen Jackson Diana Renee Jackson Carolyn Lawson
September 21	Teresa Ann Baldy Pamela L. McCladdie Patricia A. Salter Cecile Stuart
September 22	Anthony B. Acree Latacia Campbell Vanessa Dunton Darren B. Fraser Edrell K. Green Lucy Noel Hickman James M. Howell Leanne M. Row Licheng Tian
September 23	Steven L. Amos, Jr. Christopher A. Brown Deirdre Y. Keeling Blanche D. Mack Melanie Y. Reid Brenda J. Veasley
September 24	John Craig Brumbaugh Tanya Y. Bryant Melissa R. Hudson Paul T. Toole

September 24	Dianne B. Clark Olivia Joyce Mack
September 25	Grace Akinyombo Thelma Johnson Louise Lowe
September 26	Glenn W. Aaron II Cindy Brown Chelsey A. Campbell Danny Lee Gowers Melissa C. Simpkins
September 27	Angela M. LsBlanc Gina K. Lyons Intisah S. Whitfield Helen L. Wright Cassandra Yvonne Ewing
September 28	Melissa K. Headen Ricie R. Robinson
September 29	Dwight L. Copeland, Jr. James J. Powell Toi L. Williamson Cyrus Emmanuel Veale
September 30	Debra Y. Barnes Sandra Jean Moss Katherine H. Riley Brittany L. Veasley



Language Line Services

ECRH's Language Access Coordinator is Lisa Kuglar. The LAC ensures that both language and sensory impairment needs of the consumers and families of East Central Regional Hospital are addressed. Did you know that Spanish is the second most spoken language in the United States? East Central Regional Hospital has two certified staff that speak Spanish. The hospital contracts with Latin American Translators Network, Inc. (LATN) for interpreting services for both language and sensory impairment needs.

If you have a consumer or family that needs interpreting services please notify the Language Access Coordinator, Lisa Kuglar, at 706-792-7140 for assistance. After hours, contact the Admitting/Receiving staff at 706-792-7006 so that arrangements can be made for interpreting. You can also e-mail Lisa Kuglar at Lisa.Kuglar@dbhdd.ga.gov.

The Notice of Free Interpretation Services should be posted in all public and consumer areas. Language Line services may be used in emergency cases or when you have an immediate need for interpreting. To access the language line, follow the instructions below:

When receiving a call:

1. Tell the Limited English speaker to please hold.
2. Press the "Tap" button on the phone.
3. Dial 9-1- (866) 874-3972.
4. Enter on the telephone keypad or provide to the representative the 6 digit Client ID below:
 - * 6-digit Client ID: **5 1 3 3 0 8**
 - * Press 1 for Spanish
 - * Press 2 for all other Languages (Speak the name of the language at the prompt) an interpreter will be connected to the call.

You may press 0 or stay on the line for assistance.

5. Brief the Interpreter. Summarize what you wish to accomplish and give any special instructions.
6. Press "Tap" button to connect the Limited English speaker.

When placing a call to a Limited English speaker, begin at Step 2 above.

When a Limited English speaking person is present in the workplace:

1. Use the Gold Language Identification Card showing the geographical region where you believe the limited speaker may come from. The message underneath each language says: "Point to your language. An Interpreter will be called. The interpreter is provided at no cost to you."
2. Refer to the Quick Reference Guide to access an interpreter through Language Line Services.
3. If unable to identify the language, the representative will help you.

For more information you may visit the Language Line Services website at www.language.com.

DD Services - Rosa's Law

Rosa's Law is a United States law which replaces several instances of "mental retardation" in law with "intellectual disability". The bill was introduced in the Senate on November 17, 2009. It passed the Senate unanimously on August 5, 2010, then the House of Representatives on September 22nd, and it was signed into law by President Barack Obama on October 5, 2010.

As a result of this law certain literature must be discontinued. Of special concern are the following commonly used terms:

"mental retardation"
replace with
"individuals with intellectual disabilities"

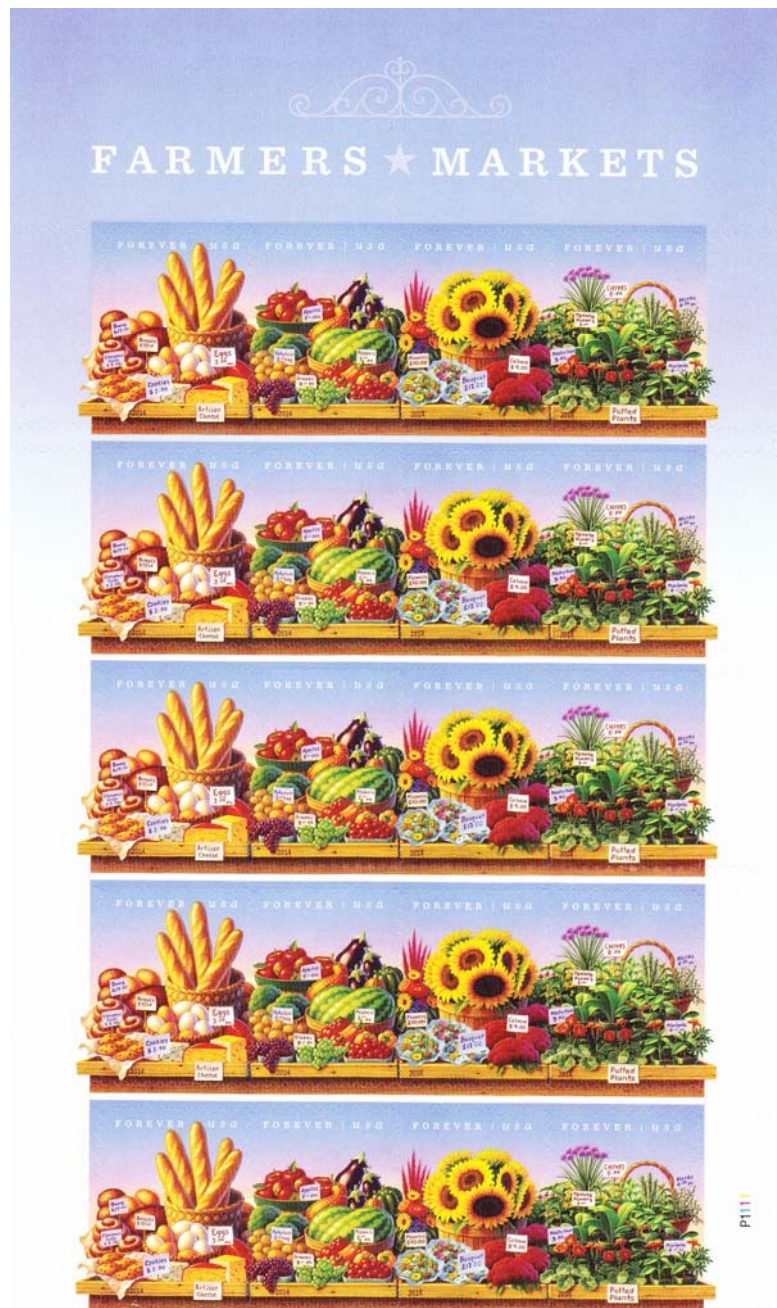
Qualified Mental Retardation Professional (QMRP)
replace with
Qualified Intellectual Disabilities Professional (QIDP)

Gracewood Post Office**New Window Hours**

M-F 9:00 am-12:00 noon
 1:30 pm-4:30 pm
 Sat 9:00 am-10:45 am



Visit the Gracewood Post Office today and ask Frank Deas about renting a Post Office Box!



**Available
Now!**

**Available
Now!**

RCFCU Newsletter

August 2014

2048 Tobacco Rd.
Gracewood, Ga. 30812
www.richmondcommunityfcu.org



Leap-N-Lower

April 1, 2014 - August 31, 2014



Want to save some money on your current **AUTO LOAN**?

LEAP on over to RCFCU!

Refinance your current auto loan with us and we will

LOWER your current interest rate at least 2% APR*!

This could possibly save you hundreds of dollars over the life of your auto loan!

See a loan officer for details!

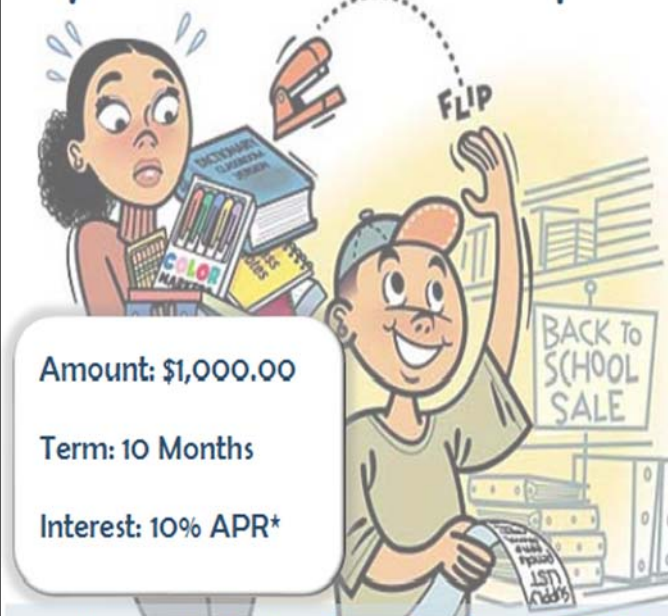
**RATES AS LOW AS
1.9% APR***



*APR=Annual Percentage Rate. Loans currently held at Richmond Community are not eligible. Must be 18 years of age. Some credit and policy restrictions may apply. All loans are subject to credit approval.



School Shopping Nightmares? Try Our Back-to-School Special



Amount: \$1,000.00

Term: 10 Months

Interest: 10% APR*

August 1st—September 30th

*APR=Annual Percentage Rate. **Interest rate will drop at least 2% APR to as low as 1.9% APR. Loans currently held with Richmond Community are not eligible for refinancing. Some credit and policy restrictions may apply.

What's in a Month?

September is...

Classical Music Month
Hispanic Heritage Month
Fall Hat Month
International Square Dancing Month
National Blueberry Popsicle Month
National Courtesy Month
National Piano Month
Chicken Month
Baby Safety Month

Little League Month
Honey Month
Self Improvement Month
Better Breakfast Month
Subliminal Marketing Month
Kids Good Manners Month
Autumn Fun Month
Back To School

And...

<u>September 1</u>	Swap Ideas Day	Working Parents Day	Checkers Day
Labor Day	<u>September 11</u>	Stay Away From Seattle Day	Dog in Politics Day
Chicken Boy Day	Remembrance Day	Preserve the Ozone Day	<u>September 24</u>
Emma M. Nutt Day	Make Your Bed Day	<u>September 17</u>	National Cherries Jubilee Day
<u>September 2</u>	No News is Good News Day	National Apple Dumpling Day	<u>September 25</u>
National Beheading Day	Patriot Day	Citizenship Day	One Hit Wonder Day
<u>September 3</u>	<u>September 12</u>	Constitution Day	National Comic Book Day
Skyscraper Day	Video Game Day	<u>September 18</u>	<u>September 26</u>
<u>September 4</u>	Chocolate Milkshake Day	National Cheeseburger Day	Johnny Appleseed Day
Teacher's Day	<u>September 13</u>	<u>September 19</u>	Native American Day
Newspaper Carrier Day	Defy Superstition Day	National Butterscotch Pudding Day	<u>September 27</u>
<u>September 5</u>	Fortune Cookie Day	POW/MIA Recognition Day	Crush a Can Day
Be late for Something Day	National Peanut Day	International Talk Like a Pirate Day	International Rabbit Day
Cheese Pizza Day	Positive Thinking Day	<u>September 20</u>	<u>September 28</u>
<u>September 6</u>	Uncle Sam Day	National Punch Day	Ask a Stupid Question Day
Fight Procrastination Day	<u>September 14</u>	Oktoberfest	National Good Neighbor Day
Read a Book Day	National Cream-Filled Donut Day	<u>September 21</u>	<u>September 29</u>
<u>September 7</u>	National Pet Memorial Day	International Peace Day	Confucius Day
National Grandparent's Day	<u>September 15</u>	Miniature Golf Day	<u>September 30</u>
Neither Rain nor Snow Day	Make a Hat Day	National Women's Friendship Day	National Mud Pack Day
<u>September 8</u>	Felt Hat Day	World Gratitude Day	
International Literacy Day	<u>September 16</u>	Biosphere Day	
National Date Nut Bread Day	National Play Doh Day	<u>September 22</u>	
Pardon Day	American Legion	Elephant Appreciation Day	
<u>September 9</u>	Collect Rocks Day	Business Women's Day	
Teddy Bear Day	Step Family Day	Ice Cream Cone Birthday	
<u>September 10</u>	Mayflower Day	<u>September 23</u>	
Sewing Machine Day	Mexican Independence Day	"Inner"gize Day	



East Central Regional



Nan M. Lewis
Regional Hospital
Administrator

Dr. Vicky Spratlin
Clinical Director

Mickie Collins
Chief Operating Officer

Augusta Campus
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Augusta, Georgia 30906

Gracewood Campus
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Gracewood, Georgia 30812

Teresa Crouch
Publisher

Harold "Skip" Earnest
Editor/Photographer

NOTICE

Items for publication must be submitted in written form. The upcoming issue's deadline is September 8, 2014. All articles and notices submitted for publication in the East Central Regional Hospital Bulletin are subject to editorial discretion. Please contact the Bulletin editor if you have questions regarding editorial decisions.



Our Mission

The mission of East Central Regional Hospital is to provide safe, competent and compassionate services to persons with mental illness and/or developmental disabilities.

Our Vision

The vision of our Facility is to be a center of excellence in the provision of comprehensive, responsive and compassionate care for consumers and their families.

Our Values

East Central Regional Hospital is caring and therefore, responsive to our consumers, their families, stakeholders and our employees through commitment to our core values:

Integrity

Communication & Collaboration

Accountability

Recognition through Relationships

Empowerment through Excellence



Accredited

by

The Joint Commission

Campus Marquees

Deadline for submission of

OCTOBER MESSAGES

September 23, 2014

Submit information to Teresa Crouch

Gracewood Campus

Extension 2030

(Information must be submitted on or before the indicated date
to be placed on Marquees for the following month.)

ECRH Jobs List

This is a list of job openings currently available at East Central Regional Hospital. For further information regarding these positions, please go to the DBHDD webpage at www.dbhddjobs.com.

[Activity Therapist - Gracewood Campus](#)

[Activity Therapy Leader - Gracewood Campus](#)

[Associate Nurse Executive - Gracewood Campus](#)

[Associate Regional Hospital Administrator -
Developmental Disabilities](#)

[Behavior Analyst - Augusta, GA](#)

[Behavioral Health Social Worker \(MSW\) - Redbud](#)

[Clerk - Part Time - Property Control](#)

[Clinical Dietitian](#)

[CNA - Skilled Nursing Facility](#)

[Craftsman Foreman](#)

[DD Shift Supervisor - Gracewood Campus](#)

[DD Team Leader](#)

[Food Service Worker \(WL\)](#)

[General Trades Craftsman](#)

[Health Service Technician 1 - Augusta Mental
Health Campus](#)

[Health Service Technician 1 - GMH -
Augusta Mental Health Campus](#)

[Health Service Technician 1 - Gracewood Campus](#)

[Health Services Technician 2 - Gracewood Campus](#)

[Health Services Technician 2 / Lead - Augusta
Mental Health Campus](#)

[Human Resource Specialist - Benefits/
Transactions/Leave and Payroll Manager](#)

[HVAC Repair Technician](#)

[Institutional Locksmith](#)

[LPN - Gracewood Campus](#)

[LPN - Augusta Mental Health Campus](#)

[LPN - Skilled Nursing Facility](#)

[Mechanic](#)

[Motor Vehicle Operator](#)

[Nurse Administrator - \(E/N\)
Gracewood and Augusta Campus](#)

[Nurse Investigator](#)

[Nurse Practitioner - Skilled Nursing Facility](#)

[Occupational Therapist](#)

[Psychiatric Nurse Practitioner -
Augusta Mental Health Campus](#)

[Recruiter - Augusta, GA](#)

[Recruiting Associate](#)

[RN - Augusta Mental Health Campus](#)

[RN - Augusta Mental Health Campus](#)

[RN - Charge Nurse - Augusta Campus](#)

[RN - Charge Nurse - Gracewood Campus](#)

[RN - Forensic Mall](#)

[RN -Gracewood Campus](#)

[RN - Skilled Nursing Facility](#)

[Shift Supervisor - Augusta Mental Health Campus](#)

Taking Flight

A Briefing from Project GREAT
Georgia Recovery-Based Educational Approach to Treatment

A RECOVERY STORY

Dr. Kelly Wilson's Story

In the book, "The Wisdom to Know the Difference", Dr. Wilson tells his very personal and inspirational story of recovery as he faced the challenges of addiction, depression, broken relationships, and hopelessness. In this story he painfully recalls those dreadful nights lying on the floor being "impossibly trapped between an absolute inability to drink anymore and an absolute inability to stop" (p. 2). Totally alone and filled with the regrets of so many wasted years of alcohol and drug abuse and the destruction that he had caused in the relationships that had meant so much to him, he could do no more than just rest on the cool linoleum floor. He recalls, however, that lying on the floor that night became a starting point for a life that not only would bring joy and meaning to him but also would enrich so many that have learned from the profound insights that he discovered in his life journey. Though the suffering and despair were palpable, he also found in that moment of darkness and despair the opportunity to pause, to accept his limitations, and to have the will to open up to the possibilities that life could afford.

Two years later in a locked psychiatric hospital in Seattle, Dr. Wilson met a man named Tom who was willing to extend a hand of help and encouragement. This hand of support would become a most cherished gift for Dr. Wilson: a gift that would be most appreciated for years to come especially when he was given the opportunity to extend his hand of support to another in need. And thus the steps toward sobriety and purposeful living began with "sober" contemplation and the loving support of another. The first job that he got in this new life of sobriety entailed the humble work of caring for intellectually disabled adults in a group home. He recalls with great clarity that morning on the job when another beginning was discovered. After years of believing that he was merely a burden – "a drain on the universe" (p. 85), he found himself down on his knees cleaning up one of the clients that had soiled himself. He would later recall that this small act was "a gift of immeasurable magnitude" as he found himself to be useful.

Dr. Wilson's story of recovery has continued with "a lot of three-steps-forward-and-two-back" as he

describes it (p. 131). In 1989, he entered graduate school in the field of clinical psychology and the integration of his life experience and professional training through the years has become a treasure of wisdom for those that suffer and for those devoted to helping. Of particular delight to Dr. Wilson have been the redemption of family and the restoration of broken relationships while discovering new ones. As he so beautifully writes about his family, "There was a time, years ago, that I was certain that there was no way back into life for me... Since then, a lot of light has come into my life..." (p. 135)

LEARNING POINTS

These glimpses of Dr. Wilson's life narrative provide valuable lessons on the nature of and pathway to recovery and hope. First it is noteworthy that Dr. Wilson's moments of despair were also times of contemplation, acceptance of what he could and could not change, and learning to be open to "possibility" rather than giving into hopelessness. Second, he emphasized the value of having another to lend a hand in the recovery journey as well as the sweet fruit of gratitude that motivates us all to support another. Third, the "hero's journey" (as coined by Joseph Campbell in his series *The Power of Myth*) inevitably has its victories and its setbacks. Yet at its heart, the road to recovery is about getting up each day and to the best of our ability doing the "next right thing" (p. 100). And when the setbacks and failures come, it is good to remember, "The only people who do not fall down are people who do not get up." (p. 136). So acknowledge the failures and the personal limitations that might have contributed and then gently return to those things that we value most dearly and give us a sense of being useful. Dr. Wilson described the key to his recovery and the rewards of living well as the insight that "Life is a game of inches" (p. 152). That is, that when life becomes difficult it is often not possible to make broad strides toward progress. But rather, recovery of a life worth living is a matter of one heroic inch devoted to going in the right direction.

By Alex Mabe, PhD

References

¹Wilson, KG & DuFrene, (2012) *The Wisdom to Know the Difference*. Oakland, CA: New Harbinger Publications Inc.

September Menus

SUNDAY 8-31-14	MONDAY 9-1-14	TUESDAY 9-2-14	WEDNESDAY 9-3-14	THURSDAY 9-4-14	FRIDAY 9-5-14	SATURDAY 9-6-14
Cranberry Juice Scrambled Eggs Sausage Links Oatmeal Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs w/Cheese Grits Toast/Marg/Jelly Coffee/2% Milk	Apple Juice Scrambled Eggs Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Pancakes Sliced Ham Dry Cereal Syrup/Margarine Coffee/2% Milk	Cranberry Juice Scrambled Eggs w/Sausage Bits Grits Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Scrambled Eggs Sausage Patty Grits Toast/Marg/Jelly Coffee/2% Milk
Roast Turkey w/Gravy Baked Dressing Seas Turnip Greens Potato Salad Roll/Marg Ice Cream Iced Tea/2% Milk	BBQ Pork 'N Bun French Fries Green Beans Coleslaw Pineapple Upside Down Cake Iced Tea/2% Milk	Baked Chicken Rice w/Gravy Broccoli Sliced Tomato Salad Roll/Margarine Sweet Potato Pie Iced Tea/2% Milk	Roast Beef w/Gravy Egg Noodles Carrots Tossed Sld w/Drsg Roll/Margarine Banana Cake Iced Tea/2% Milk	*Fried Fish w/Tartar Sauce Scalloped Potatoes Steamed Cabbage Sliced Tomato w/Mayo Cornbread/Marg Cake w/Icing Iced Tea/2% Milk *Broiled Pollock as 2nd choice in Employee Cafeteria ONLY	Smothered Pork Chops Rice w/Gravy Green Beans Coconut Cake Cucumber/Vinegar Salad Bread/Marg	Hamburger Steak w/ Gravy Snowflake Potato Green Peas Tomato Sld/Drsg Roll/Margarine Vanilla Pudding/Topping Iced Tea/2% Milk
Chili Con Carne Rice Corn Shred Lettuce/Drsg Saltine Crackers Sliced Peaches Iced Tea	Beef Noodle Cass. w/Cheese Topping Seasoned Squash Tossed Salad/Drsg Bread/Margarine Sherbet Iced Tea	Sloppy Joe 'n Bun French Fries Green Peas Green Salad w/Drsg P'Butter Cookies Iced Tea	Hot Dog / Bun French Fries Coleslaw Chocolate Pudding Iced Tea	Turkey Noodle Cass Sea Collard Greens Tossed Salad Bread/Margarine Ice Cream Iced Tea	Fried Chicken Macaroni / Cheese Broccoli Lett/Tom Sld/Drsg Roll/ Margarine Sugar Cookies Iced Tea	Chicken Salad Oven Crackers Copper Penny Sld Bread/Margarine Fruit Cup Iced Tea

SUNDAY 9-7-14	MONDAY 9-8-14	TUESDAY 9-9-14	WEDNESDAY 9-10-14	THURSDAY 9-11-14	FRIDAY 9-12-14	SATURDAY 9-13-14
Orange Juice Scrambled Eggs w/Ham Bits Oatmeal Toast/Marg/Jelly Coffee/2% Milk	Banana Scrambled Eggs Sliced Bacon Dry Cereal Toast/Marg/Jelly Coffee/2% Milk	Cranberry Juice Scrambled Eggs Sausage Patty Grits Biscuit/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs Bacon Hash Brwn Potatoes Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Scrambled Eggs w/Cheese Grits Cinnamon Roll Margarine Coffee/2% Milk	Apple Juice Waffles Sausage Links Dry Cereal Margarine/Syrup Coffee/2% Milk	Grape Juice Scrambled Eggs w/ Cheese Grits Toast/Marg/Jelly Coffee/2% Milk
Spaghetti w/Meat Sauce Parmesan Cheese Green Beans Tossed Salad w/Drsg Garlic Bread Pears Iced Tea/2% Milk	Roast Turkey w/Gravy Cranberry Sauce Baked Dressing Peas & Carrots Peaches ** Roll/Margarine Oatmeal/Raisin Cookies Iced Tea/2% Milk **Augusta Campus= Fruit Cocktail	Baked Ham Mashed Potatoes Seas. Collard Greens Pears Cornbread/Marg Cake/Icing Iced Tea/2% Milk	Lasagna Combination Salad w/ Drsg Garlic Bread Peach Cobbler Iced Tea/2% Milk	Meatloaf w/Mushroom Gravy Mashed Potatoes Carrots Pear/Cheese Salad Roll/Margarine Gingerbread Iced Tea/2% Milk	Roast Pork w/Brown Gravy Steamed Rice Broccoli Lettuce Sld w/Drsg Bread/Margarine Banana Pudding w/Topping Iced Tea/2% Milk	Baked Chicken Oven Brown Potatoes Calif Mixed Vegt Coleslaw Roll/Margarine Ice Cream Iced Tea/2% Milk
Polish Sausage/Bun Diced Onion/Relish/ Mustard Baked Beans Coleslaw Pineapple Tidbits Iced Tea	Vegetable Soup Cold Cuts: Turkey Roll, Bologna, Sliced Cheese Must/Mayonnaise, Sliced Tomato Potato Salad Bread/Crackers Sweet Potato Pie Iced Tea	Tuna Ndl Casserole Calif Mixed Vegt Shred Lettuce/Drsg Bread/Margarine Apricot Halves Iced Tea	Hot Dog 'N Bun Must/Catsup/Onion Baked Beans Coleslaw Brownies Iced Tea	Roast Beef w/Gravy Noodles Green Beans Tossed Salad w/Drsg Bread/Margarine Peaches Iced Tea	Chili Mac Corn Pears ** Saltine Crackers Choc Chip Cookies Iced Tea **Augusta Campus = Fruit Cocktail	Taco Pie White Rice Spinach Shred Lettuce/Drsg Bread/Margarine Applesauce Iced Tea

SUNDAY 9-14-14	MONDAY 9-15-14	TUESDAY 9-16-14	WEDNESDAY 9-17-14	THURSDAY 9-18-14	FRIDAY 9-19-14	SATURDAY 9-20-14
Cranberry Juice Scrambled Eggs w/Ham Bits Dry Cereal Toast/Marg/Jelly Coffee/2% Milk	Banana Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Pancakes Sliced Bacon Dry Cereal Margarine/Syrup Coffee/2% Milk	Grape Juice Scrambled Eggs Sausage Patty Grits Biscuit/Marg/Jelly Coffee/2% Milk	Apple Juice Scrambled Eggs Sliced Ham Grits Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs Sliced Bacon Hash Brwn Potatoes Toast/Marg/Jelly Coffee/2% Milk	Apple Juice Scrambled Eggs Sausage Links Dry Cereal Toast/Marg/Jelly Coffee/2% Milk
Chuckwagon Steak w/Cream Gravy Mashed Potatoes Collard Greens Slt Tomato Salad Roll/Margarine Peaches Iced Tea/2% Milk	Pepper Steak Steamed Rice Squash Tossed Salad/Drsg Roll/Margarine Brownie/Icing Iced Tea/2% Milk	Roast Beef w/Gravy Egg Noodles Carrots Applesauce Wheat Roll/Marg Cake w/ Icing Iced Tea/2% Milk	Hamburger w/Bun Must/Catsup/Mayo Dill Chip/Slt Onion French Fries Slt Tom/Lett Salad w/Mayonnaise Gingerbread Iced Tea/2% Milk	Red Beans & Rice Mixed Vegetables Lettuce Sld w/Drsg Bread/Margarine Vanilla Pudding Iced Tea/2% Milk	Baked Chicken Rissolo Potatoes Broccoli Carrot/Raisin Salad Roll/Margarine Heavenly Hash Ice Tea/2% Milk	Meatloaf w/Brown Gravy Snowflake Potato Green Peas Pineapple Tidbits Roll/Margarine Ice Cream Iced Tea/2% Milk
Chicken Tetrazzini Carrots Tossed Salad w/Drsg Garlic Bread P'Butter Cookies Iced Tea	Bkd Rigatoni/Beef Broccoli Pickled Beet Salad Bread/Margarine Apple Crisp Iced Tea	Fried Chicken Au Gratin Potatoes Green Beans Shred Lettuce/Drsg Bread/Margarine Apricots Iced Tea	Roast Turkey w/Gravy Sweet Potatoes Seas Turnip Greens Copper Penny Sld Cornbread/Marg Fresh Fruit Iced Tea	Vegetable Soup Cold Cuts: Turkey Roll Bologna Sliced Cheese Must/Mayonnaise Sliced Tomato Potato Salad Bread/Crackers Banana Pudding Iced Tea	*Fried Fish w/Tartar Sauce Spanish Rice Okra Green Salad w/Drsg Bread/Margarine Apple Crisp Iced Tea *Broiled Pollock as 2nd choice in Employee Cafeteria ONLY	Turkey Salad Saltine Crackers Pickled Beet Salad Bread/Margarine Apricot Halves Iced Tea

SUNDAY 9-21-14	MONDAY 9-22-14	TUESDAY 9-23-14	WEDNESDAY 9-24-14	THURSDAY 9-25-14	FRIDAY 9-26-14	SATURDAY 9-27-14
Banana Scrambled Eggs w/Sausage Bits Dry Cereal Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Scrambled Eggs Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs w/Cheese Grits Toast/Marg/Jelly Coffee/2% Milk	Cranberry Juice Scrambled Eggs Sliced Ham Grits Biscuit/Marg/Jelly Coffee/2% Milk	Apple Juice Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Pancakes Sausage Links Dry Cereal Margarine/Syrup Coffee/2% Milk	Apple Juice Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk
Baked Ham Corn Collard Greens Carrot/Raisin Salad Bread/Margarine Peach Slices Iced Tea / 2% Milk	Fried Chicken Au Gratin Potatoes Mixed Vegetables Lettuce/Tomato Sld w/Drsg Wheat Roll/Marg Oatmeal/Raisin Cookies Iced Tea/2% Milk	Roast Pork w/Gravy Cnd Swt Potatoes Field Peas Pickled Beet/Onion Salad Cornbread/Marg Cake/Icing Iced Tea/2% Milk	Spaghetti w/Meat Sauce Parmesan Cheese Calif Mixed Vegt Tossed Sld w/Drsg Bu Garlic Toast Pineapple Upside Down Cake Iced Tea /2% Milk	Baked Chicken Macaroni/Cheese Seas Turnip Greens Sliced Peaches Cornbread/Marg Ice Cream Iced Tea/2% Milk	Roast Beef w/Gravy Mashed Potatoes Seasoned Squash Peach/Pear Mix Roll/Margarine Bread Pudding Iced Tea/2% Milk	Pepper Steak Rice Broccoli Pear/Cheese Salad Bread/Margarine Chocolate Pudding Iced Tea/2% Milk
Fried Fish 'N Bun w/Tartar Sauce Spanish Rice Green Beans Coleslaw Sherbet Iced Tea	Hamburger 'n Bun Sliced Cheese Catsup/Must/Mayo Sliced Pickles Fried Onion Rings Baked Beans Lett/Tomato Sld w/Drsg Pound Cake Iced Tea	Chuckwagon Steak w/Cream Gravy Mashed Potatoes Calif Mixed Vegt Shredded Lett/Drsg Bread/Margarine Pears Iced Tea	BBO Pork w/Bun Spinach Potato Salad Peach/Pear Mix Iced Tea	Turkey Pot Pie Steamed Carrots Shred Lett w/Drsg Bread/Margarine Brownie Iced Tea	Ham Ndl Casserole Garden Peas Copper Penny Sld Bread/Margarine Sugar Cookies Iced Tea	Hot Dog 'n Bun Must/Catsup/Onion Baked Beans Coleslaw P'Butter Cookies Iced Tea