



DBHDD

Georgia Department of  
**Behavioral Health & Developmental Disabilities**

# ECRH Bulletin

VOLUME 10, ISSUE 12

DECEMBER 31, 2013

East Central Regional Hospital

**Special points of interest:**

- *Holiday Food Quiz*
- *Work Therapy Craft Sales*
- *Mayors Motorcade*
- *Retirement Invitation*
- *January Menus*
- *Personal Notes*
- *What's in a Month*

*"Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us."*

*Hal Borland*

**Inside this issue:**

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# Happy New Year!



## Welcome 2014!



## Goodbye 2013!

Tidbits of ECRH History

Happy New Year! As we look forward to the future, TIDBITS will look to the past for interesting happenings of bygone days on both campuses of ECRH.

If you have some historical tidbits to pass on, please call OLD SOUL at 706 790-2448. Thanks!

By the way....the \$10.00 reward is still available to anyone who can solve the mystery of how the attractive weathervane came to be on top of the Administration Building on the Augusta Campus.

**Contributed by Brian Mulherin**

# REGIONAL HOSPITAL

## New Employees



**Front Row (L-R):** Mary Barnes, Staff Nurse; Erica Whaley, HST 1; Ruth A. Oglesby, Staff Nurse; Alexis Bates, HST 1

**Back Row (L-R):** Marcia Martinez, HST 1; Luther Ellison, HST 1; Kendra Fairchild, HST 1

**Front Row (L-R):** Shekera Kelly, Facility Safety Officer; Courtney Menard, HCW

**Back Row (L-R):** Kevin Brown, HST 1; Ricky Mitchell, HST 1; Kevin Miller, HST 1



**Lindsey Mintz**, Staff Nurse; **Bernice Johnson**, Staff Nurse; **Holly Pate**, Staff Nurse

**Myra Parrish**, Staff Nurse



## HR Partners

**NEW CODE FOR 2013!**  
 Did you know that as a Georgia State Employee you can purchase Microsoft Office Professional Plus 2013 for **\$9.95?!**  
 Go to this link—<https://hup.microsoft.com/> and enter your work email address and this code—511BAF82C7.



Microsoft Office 2013

**Includes:**  
 Word      Access  
 Excel      SharePoint  
 PowerPoint      Publisher  
 Outlook      InfoPath  
 OneNote

**\$399.99 Value!**

## Safety Shop - Fire Safety

As some of you may already know, we just had our annual visit from the Fire Marshall. We did receive some tags and we are working hard to complete all necessary repairs. I would like to take this opportunity to give you a few safety tips that you may, or may not, be aware of.



1. **Smoke Barrier and Fire walls** – Buildings are designed to have fire walls and smoke barrier walls in them. The purpose of these walls is to slow the spread of smoke and fire from one area to another. Fire walls are 2 hr. fire-rated walls that go from the floor, above the ceiling tiles, all the way up to the roof. If there are holes or penetrations in these walls it allows smoke and fire to spread easily. It is very important that we have all the holes and penetrations sealed in these walls. Please let Plant Operations know any time that you or someone else is working above the ceiling.
2. **Doors being propped open** – Doors are designed to stay closed. If you prop a door open, you can damage the hinges. Some doors are meant to be closed **at all times** to help protect us from the spread of smoke. If a door is labeled as “Fire Door” and it does not have a magnetic lock holding it open, **DO NOT prop it open.**
3. **Magnetic hold opens for the Fire doors** – Fire doors that are located in the corridors of buildings have a magnetic door hold on them. During normal times they stay open, but on the activation of the fire alarm, they will automatically close to help slow the spread of smoke and fire from one area to another.
4. **Egress in and out of building** – Hallways are to have 8 ft clearance (4 – 2 ft ceiling tiles or 8- 1 ft. floor tiles). You **CAN NOT** store equipment or leave anything in the hallways. Just imagine if there was a fire and the hallway was filled with smoke and it was dark, you need to have a clear path to get out of the building.
5. **Exit lights** - Exit lights are to show you the ways to leave the building in an emergency. If you have an exit light in your area that is dim, not working, or loose, please contact Plant Operations to have a work order entered to have it fixed.
6. **Fire Extinguishers** – NFPA code requires that a fire extinguisher should be available every 75 ft. They are to be inspected, dated, and signed on the back of the tags every month. Fire extinguishers should have a yellow tag and a safety strap on the pin to show that it has not been pulled. If you see a fire extinguisher that is missing a tag or safety strap on the pin, please notify the Safety Manager to repair. If you use a fire extinguisher DO NOT hang it back up, sit it on the floor so it can be replaced.
7. **Receptacles** – All receptacles must have a secure cover on them. They can't be missing the cover or be loose in the wall. If you see a damaged receptacle or damaged/missing receptacle cover, please notify Plant Operations.
8. **Surge Protectors** – Surge protectors must be mounted to the wall or the desk. If they are mounted, they are deemed as a permanent plug. Please make sure that all surge protectors are mounted and if they are not, contact Plant Operations. DO NOT plug two surge protectors into each other to make them longer. That pulls too much power and can cause a fire. **NEVER** plug a heat producing piece of equipment such as a refrigerator, microwave, toaster, etc. into a surge protector. These types of equipment pull too much power and it can cause a fire.

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

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

## Holiday Food Quiz: How do your favorites rate?

**Circle the answer that best fits the question.**

- What is the worst holiday bird for your health?  
A. Deep-fried turkey, B. Oven ready, seasoned turkey, C. Fresh turkey
- What is the healthiest way to make stuffing?  
A. Cook inside the turkey, B. Bake in a separate pan
- Which is the best choice when you are craving holiday pie?  
A. Pumpkin, B. Pecan, C. Apple
- Which Christmas treat is the naughtiest?  
A. Sugar cookie, B. Candy cane, C. Gingerbread
- Which cheese is the best cracker topper?  
A. Goat, B. Brie, C. Cheddar
- Which is the healthiest cup of holiday cheer?  
A. Mulled wine, B. Champagne, C. Eggnog
- How much weight do most people gain over the holidays?  
A. 1-2 lbs, B. 4-6 lbs, C. 6-10 lbs.

*Answers on page 7.*

*Information from WebMD  
Submitted by Aaron Newberry*

***HAPPY NEW YEAR!***

## Infection Control - Influenza aka "The Flu"

The 2013 flu season is in full swing. Know what to look for to ensure safety for yourself and the people you care about. Symptoms include but are not limited to:

- **Fever**  
Your temperature is considered elevated when it is 100°F or greater.
- **Aches**  
Body aches that are sudden and unexplained can be a sign of the flu.
- **Chills**  
Body chills not related to a cold environment can be a sign of the flu.
- **Tiredness**  
Tiredness is a feeling of exhaustion or lack of energy. When associated with one or more of the other symptoms, this can be a sign of the flu.
- **Headache**  
A headache associated with the flu may appear suddenly and be accompanied by body aches or nasal congestion.
- **Sore throat**  
Swelling in the throat can make it sore.
- **Runny or stuffy nose**  
A runny or stuffy nose may occur, but is more common in children than adults
- **Stomach symptoms**  
These include nausea, vomiting, and diarrhea. They are more common in children than adults.
- **Chest discomfort, cough**  
Chest discomfort is often severe with the flu.



If you experience flu like symptoms seek medical attention.

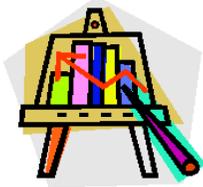


*Reference: CDC.gov*

**The Quality Corner - News & Information From Quality Management**

**Quality Management Department Update**

**2014 Joint Commission National Patient Safety Goals**



Below is the new poster for 2014. This poster is available from Quality Management. The poster should be displayed in all patient care areas in a prominent place where staff can readily access the information.

**PLEASE NOTE THAT THERE ARE NO CHANGES TO THE NATIONAL PATIENT SAFETY GOALS FOR 2014**



**Modified National Patient Safety Goals**

Effective January 1, 2014

Appropriate Standard Sets are abbreviated as follows:

HAP = Hospital/BHC = Behavior Health Care/LTC = Long Term Care/Lab = Laboratory



**⊕: Improve the accuracy of patient identification.**

- Use at least two ways to identify patients. For example, use the patient's name and picture. Do this to make sure that the patient gets the medicine and treatment meant for them.
- Label containers used for blood and other specimens in the presence of the patient.

HAP/BHC/LTC/Lab

**⊕: Improve the effectiveness of communication among caregivers.**

- Report critical results of tests and diagnostic procedures on a timely basis. HAP/Lab

**⊕: Improve the safety of using medications**

- Label all medications, medication containers, and other solutions on and off the sterile field in perioperative and other procedural settings (Note: medication containers include syringes, medicine cups, and basins). Specifically for our Dental Clinic. HAP/Lab
- Maintain and communicate accurate patient medication information: Obtain information on the medications the patient is currently taking upon admission. Compare the medication information the patient brought to the hospital with the medications order by the hospital in order to identify and resolve discrepancies. Provide the patient (or family as needed) with written information on the medications the patient should be taking when he or she is discharged from the hospital. Explain the importance of managing medication information to the patient when he or she is discharged from the hospital. HAP/BHC/LTC



**⊕: Reduce the risk of healthcare-associated infections.**



- Comply with hand cleaning guidelines.
- Use alcohol-based hand wash or soap and water.
- Wash hands for 20 seconds

- Do NOT use alcohol-based hand sanitizer for C-diff consumers
- Sanitize hands before and after procedures, medications, consumer contact.

HAP/BHC/LTC/Lab

**⊕: Reduce the risk of resident harm resulting from falls.**

Find out which consumers are most likely to fall. For example, is the consumer taking any medicines that might make them weak, dizzy, or sleepy? Take action to prevent falls for these patients. LTC

**⊕: Prevent health care-associated pressure ulcers. LTC**

**⊕: The hospital identifies safety risk inherent in it's patient population**

- Identify safety risks inherent in our consumer population, especially:
- Those at risk for suicide HAP/BHC



Please contact Michael Scharff in Quality Management at 2094 or at mscharff@dhr.state.ga.us to request copies for your area.

**Lisa Montano, Atira Cotman, and Michael Scharff wish everyone at ECRH a Happy and Healthy New Year!**

## Pharmacy Update

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### HOLIDAY PHARMACY SCHEDULE:



The Pharmacy Hours for  
New Years Day  
will be  
9:00 am to 1:00 pm  
(For emergencies only)



### **Attention Nursing Staff**

Please make sure all refill requests and floor stock orders (controlled and non-controlled) are received in the Pharmacy Department before 11:00 am daily.

No floor stock orders should be expected to be delivered by the Pharmacy Staff after the 1:00 pm weekday delivery. Any floor stock orders that are not delivered by the 1:00 pm delivery will need to be picked up from the Pharmacy by the Nursing Staff.

**No refill requests or floor stock orders should be expected to be filled by the Pharmacist during the weekend.**

**Thank you for your cooperation!**

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### **Order Date, Start Date, and Duration of Therapy in Avatar**

When entering leave orders and discharge orders, please be aware that there is an **order date**, a **start date**, and **duration of therapy** that need to be addressed.

The **order date** is the date that the order is entered.

The **start date** should be entered as the first day (date and time) of the leave or the date and time of discharge.

The **duration of therapy** should be entered accurately to ensure that the Individuals receive the correct number of doses of each medication.

If the order requests a **quantity to be dispensed**, please place the number of tablets that are being requested for the prescription. If 0 is entered as the **quantity to be dispensed**, the pharmacy will not dispense any medication.

## Pharmacy Update

*(Continued from page 6)*

### "Pharmacy for Nurses" Classes:

**All nurses** are encouraged to attend the "Pharmacy for Nurses" classes that will be offered on the Gracewood Campus during the Nursing Orientation in Building 103B:

**January 2, 2014      1:30pm – 2:30 pm**  
**January 16, 2014    1:30pm – 2:30pm**

An additional class will be offered on the Augusta Campus in the Building 15 Classroom:

**January 16, 2014    7:30am – 8:30am**

Please contact Jonathan Jones, Cindy Kucela, or Sopheap Pin in the Pharmacy for more information.

## Holiday Food Quiz: Answers & Explanations

- A.** Deep-fried turkey - It has more fat and calories than a traditional, oven-roasted turkey, but a pre-seasoned bird beats a deep-fried gobbler. No matter how you fix your turkey, you can carve out a healthy serving. Choose white meat, not dark, and pull off the skin.
- B.** Bake in a separate pan - Made the old fashion way, dressing absorbs the drippings while baking inside the turkey, causing it to retain more fat.
- A.** Pumpkin Pie - Most slices have 200 fewer calories than the same serving of pecan pie. Pumpkin pie also packs lots of vitamin A. Apple pie is sweeter than pumpkin pie and has a top crust, so you eat double the flour and butter in the dough, which provides you with more calories and fat.
- C.** Gingerbread - Gingerbread men are often giants, which makes them naughtier than sugar cookies. Most of the time you cannot eat just one.
- A.** Goat - Goat cheese has 75 calories per ounce, Brie 95, and Cheddar 114.
- C.** Champagne - Champagne has fewer ingredients and calories. Eggnog is loaded with cream, sugar, fat, and calories and that's before it is spiked. Mulled wine has added sugar, fruit, and spices. Some may even have vodka and brandy added to the wine, adding more calories.
- A.** 1-2 lbs - On average, people gain 1 to 2 pounds of weight between Thanksgiving and New Year's. This is an additional 7,000 calories consumed. Watch out for those high caloric foods and beverages.



## Training at a Glance - January

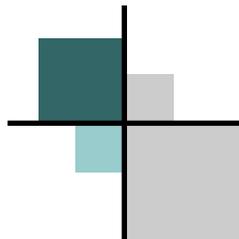
CLASS	DATE	TIME	PLACE
NEO Principles of Recovery	1/2/2014	9:30 a.m.-10:30 a.m.	BLDG 103-D E&R
EMR Nurses	1/2/2014	8:00 a.m.-1:30 p.m.	BLDG 103-C Room C-18
Updated Safety Care #2	1/2/2014 1/3/2014	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
NEO Infection Control and Pre-vention+Handwashing	1/3/2014	9:00 a.m.-10:30 a.m.	BLDG 103-D E&R
NEO Incident Management	1/3/2014	2:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Updated Seizure Management	1/3/2014	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
NEO Safety Care #1	1/6/2014 1/6/2014	8:30 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99F
NEO Safety Care #2	1/6/2014 1/6/2014 1/8/2014	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 99B
NEO Safety Care #2	1/6/2014 1/6/2014 1/8/2014	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
PBS Training	1/3/2014 1/6/2014	8:30 a.m.-4:30 p.m. 8:30 a.m.-4:30 p.m.	BLDG 20
CPRA	1/6/2014	8:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
First Aid	1/6/2014	12:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated PNS Professional	1/6/2014	9:00 a.m.-11:00 a.m.	BLDG 103-C Lab
Updated Incident Management	1/6/2014	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-D E&R
CPRC	1/7/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
Updated PNS End User	1/7/2014	8:00 a.m.-9:00 .am. 9:00 a.m.-10:00 a.m.	BLDG 103-D E&R
Updated Seizure Management	1/7/2014	10:00 a.m.-11:30 a.m.	BLDG 103-D E&R
Safety Care #2	1/7/2014 1/8/2014 1/9/2014	12:30 p.m.-4:30 p.m. 8:30 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 99F
NEO CPRA	1/8/2014	12:30 p.m.-4:00 p.m.	BLDG 103-C Room C-23
First Aid	1/8/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
NEO CPRC	1/8/2014	12:30 p.m.-4:30 p.m.	BLDG 103-C Lab
Principles of Recovery	1/8/2014	8:00 a.m.-9:00 .am. 9:00 a.m.-10:00 a.m.	BLDG 103-D E&R
Updated Incident Management	1/8/2013	10:00 a .m.-11:30 a.m.	BLDG 103-D E&R

## Training at a Glance - January

CLASS	DATE	TIME	PLACE
Updated Safety Care #2	1/8/2014 1/9/2014	12:30 p.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDB 99L
NEO First Aid	1/9/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
NEO Medical Emergency Response System	1/9/2014	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R
CPRA	1/9/2014	1:00 pm.-4:30 p.m.	BLDG 103-C Lab
Updated Seizure Management	1/9/2014	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
NEO Observation of Individual to Ensure Safety	1/10/2014	10:30 a.m.-1:30 p.m.	BLDG 103-D E&R
Seclusion and Restraint	1/10/2014	1:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated Safety Care #1	1/10/2014	8:00 a.m.-4:30 p.m.	BLDG 99L
Updated Safety Care #2 (weekend)	1/11/2014 1/12/2014	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
Therapeutic Incentive Program	1/13/2014	8:30 a.m.-10:00 a.m.	BLDG 103-D E&R
NEO Seizure Management	1/13/2014	10:00 a.m.-12:00 p.m.	BLDG 103-D E&R
Infection Control and Prevention+Handwashing	1/13/2014	2:30 p.m.-4:00 p.m.	BLDG 103-D E&R
CPRA	1/13/2014	8:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
First Aid	1/13/2014	12:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated Safety Care #2	1/13/2014 1/14/2014	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
Safety Care #2	1/13/2014 1/14/2014 1/15/2014	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 99B
NEO PNS Professional	1/14/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
NEO PNS End User	1/14/2014	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Updated Safety Care #2	1/14/2014 1/15/2014	12:30 p.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 99L

**Unit designated scheduler, please e-mail all CPR/First Aid request to Jackie Huff.**

**All other class requests to Runtha Giddens.**



## Occupational Health - Winter Blues

As days get shorter and the temperature drops, it's not uncommon for the winter blues to set in. All you want to do is stay in, curl into a ball, and eat.

One of the symptoms of winter blues is increased difficulty getting up in the morning, even if you've had plenty of sleep. Plugging a bright, fluorescent lamp into a timer and having it turn on before your alarm goes off will help simulate an artificial dawn. You want to maximize the number of hours you experience daylight. Wake up early, and lift the curtains or go outside as soon as you get out of bed. Many people invest in a light box, which simulates the sun's natural rays. They work by reducing the release of melatonin in the brain. For best results, use a light box daily, in the early morning, and for 30 minutes to two hours at a time. Many people see improvement in about 2 weeks.

Did you know that one hour of aerobic exercise outside (even when it's cloudy) has the same therapeutic effects as 2.5 hours of light treatment indoors? This is because it raises serotonin levels, which tend to get low when you have the winter blues. When your serotonin levels are low, one of things your body tends to do is to crave food high in carbohydrates, especially high-sugar foods like junk food and soda, because they raise serotonin levels.

Vitamin D is created by the sun's rays on the skin, and therefore declines during the winter. Although studies on the effect of vitamin D supplements on seasonal depression have come up with varied results a good multivitamin will also help with energy levels.

Taking up an activity that can only be done in the winter is a good way to look *forward* to winter, rather than hating it. Cross-country skiing, downhill skiing, snowboarding, snowshoeing, winter hiking & cycling, ice skating, sledding, tubing, winter photography, playing/listening to music, winter nature observation, or astronomy, all are good ways to enjoy winter. Embrace winter, and it cannot be your enemy!

Your goal can be anything you want it to be. Buy a calendar with fun (SNOW FREE) photos. Mark the first day of spring on the calendar, and then, every free day that you have after that, write down a fun, outdoors thing that you can only do in warm weather. For instance, vow to take a camping trip one weekend, go on a hike another, or have a backyard party on still another. Set a goal until that date, such as going to the gym five times a week, improving your grades, or tackling a hefty novel series.

In winter, where every day seems cloudy and cold, it's easy to fall into an impossible routine. Shake things up with ease, by wearing a bright and bold color of makeup, styling your hair a totally new way, or by reaching out to a lost friend.

Many people say they hate winter simply because they're cold all the time. If this applies to you, then re-examine your wardrobe and make sure you're appropriately dressed. Make sure your hands, feet and head are kept warm. Long underwear can also work warming wonders.

Paint your walls with warm, vibrant colors. Change a sterile, white kitchen into a sunny, yellow retreat or transform a drab, beige living room into an inviting, verdant haven. Hang colorful artwork and toss around whimsical pillows. A few little touches can really help you cope with the winter blahs.

Even though winter may not seem so terrific, it brings a lot of things. The joy of the holiday season is carried throughout the winter. Many television shows only come on between the Winter Solstice and Spring Equinox. Sports such as basketball are often only played November - March. Sledding, snowball fights, snowmen, hot chocolate, blue jeans, and roaring fires simply aren't the same in the scorching heat of August. Keep a positive attitude, and the cold months will fly by.

*Information Taken From: [wikihow.com](http://www.wikihow.com)*



Out & About

# Christmas Program



# Augusta Campus Work Therapy Sale



# Building 8 Christmas Luncheon



## Out & About



# January Birthdays



January 1	Joanne H. Brown Audrey Duffy Harden Kathy L. Palmer	January 10	Wilhemina Anthony
January 2	Erica N. Golden-Jones Janar M. Quiller Alexis Avante Sanders-Harvey	January 11	Latoya M. Mitchell Johnnie M. Simmons Ruel S. Trimmingham Sandra P. Johnson
January 3	Brian Neil Apple Tommy L. Dougherty Erin M. East Brenda Lee Fedrick Runesha Shanice Holmes Ki'undra S. Jeffers Julie F. Thomas	January 12	Ashley L. Brown Selena D. Bush Horacio D. Edwards
January 4	Jaleesha McLaurin Catherine P. Mitchell Sadie J. Pryor Kondra V. Selvie Eric Alfonza Turner Michaela Watkins	January 13	Naomi L. Hawkins Lawrence J. Lewis Bridgette Nichole Thompson Toquenia F. Williams
January 5	Jarius L. Smith Rosemary W. Villemain Bonita Wilson	January 14	Gemmot Kendall Cox Stanley Furse Doretha Johnson
January 6	Matron Deau Boston Pamela D. Johnson Ebonnia T. Paz Aytiya L. Scott Sonya D. Tutt	January 15	Carolyn M. Byrd Debra A. Claiborne Gail D. Evans Aljarrnorn L. Herrington Troy L. Jones Tracy Ellen Lee Courtney Latrice Mickens
January 7	Patricia A. Gant Charles F. Simpkins Charlesetta S. Walker	January 16	Pauline B. Pacheco Jeffrey A. Shepard Barbara Garnett
January 8	Delphenia N. Emory Vicky B. Jeselnik Nechelle V. Merriweather	January 17	Jonathan Brannon Veronica Shanill Harris La'Kisha D. Henderson Caprice Chantel Kipp
January 9	Adrian F. Clifford Stephanie N. Hart Renate S. Nail Natasha R. Reid James Adam Taylor Isaiah L. Whitfield Tina Marie Boswell	January 18	Lakeesha O. Gould Rhonda Huff
		January 19	Jameka S. Germany Kendra M. Griffin Keith R. Issacs-Cambridge
		January 20	Valarie E. Marshall Charles Roy Williams, Jr.
		January 21	Evelene W. Flowers Cassandra T. Williams
		January 22	Ingrid C. Barker Tiffany D. Churchwell

## More January Birthdays



January 22	Lois Jane Gulley
January 23	Eugene Fleming III George E. Holland Margaret Mary Tuck Felicia R. Walker Erica L. Whaley Valerie Jean Ross
January 24	Lynda L. Benefield Gregory L. Crowe Catherine Arlene Ganzy Sonja Denise Smith
January 25	Crystal Leigh Chapman Janet D. Washington Kiamesha S. Williams
January 26	Jewell A. Beard Jenelle Kimesha Harris Jacqueline E. Lewis
January 27	Thomas P. DelCano Castara Lavelle Garnett Sharonda Elaine Logan Ricky L. Mitchell, Jr. Yvonne Singleton
January 28	Mary L. Lambert Teiaira K. Lawrence Virginia A. Stokes Marcus C. Trimmingham Sandra Wilson
January 29	Derrick A. Elam Taianna L. McGee
January 30	Joel P. Lambert Julian T. Moffett, Sr. Jovan K. Pooser Christine Walker Strowbridge Monique L. Wiggins Phyllis C. Zimmerman
January 31	Joyce Johnson Ivey Madgelyn G. Polk Brandon L. Singleton Florida D. Washington



**New Year's Day  
Is a  
State Holiday**



**January 1, 2014**

## 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 706-792-7171 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 [lkuglar@dhr.state.ga.us](mailto:lkuglar@dhr.state.ga.us).

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](http://www.language.com).**

## Personal Notes



**Congratulations to Deborah Sulton, SSP on AMH, for passing her Licensed in Masters of Social Workers exam. Way to go Deborah! We are all proud of you!!!!**

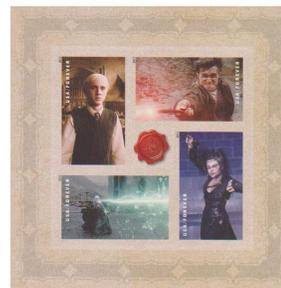
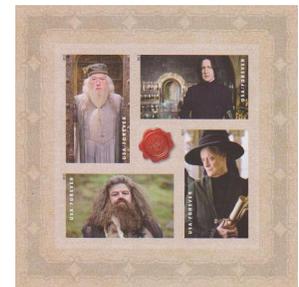
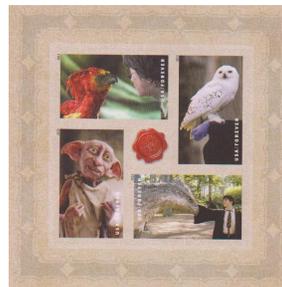
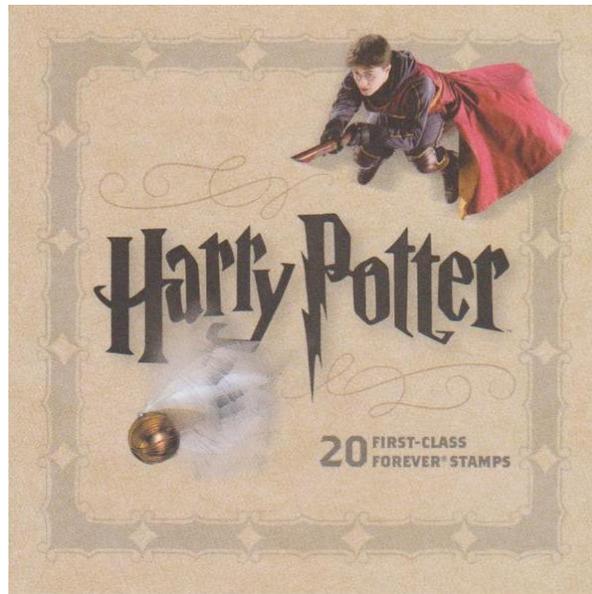
**Gracewood Post Office**

**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!**



# RICHMOND COMMUNITY Federal Credit Union



Looking for a new vehicle?  
**Get rates as low as 1.99% APR  
 when you finance an Enter-  
 prise vehicle with us! Offer is  
 valid Jan. 1-March 31!**

Whether you are in the market  
 for a new car, a new home,  
 a personal loan or a Visa card,  
 come see us for all of your lend-  
 ing needs!

### **Richmond Community Federal Credit Union Holiday Hours:**

January 1, 2014 - Closed - New Year's Day  
 February 17, 2014 – Closed – President's  
 Day



**12.12.12**



## **Holiday Loan Special\*!**

**\$1,200.00**

**12 Months**

**12% Fixed APR\***

Let us help you make your Holiday stress free. Richmond Community will offer the Holiday Loan from November 1, 2013 until January 31, 2014. See a loan officer today to apply.

*\*Certain credit and policy restrictions will apply. All loans are subject to credit approval.*

### **Paper Statement Fee:**

Due to increasing cost in postage and production, Richmond Community Federal Credit Union finds it necessary to implement a fee of \$2.00 (per paper statement) for all statements that are printed and mailed to members. This fee will be assessed on the last day of each month **beginning December 31, 2013.**

We encourage you to sign up for e-Statements. This convenient and free service will allow you to receive your statements faster and more securely from our online banking website, RCFCU@Home. By enrolling in e-Statements, you will not be assessed the \$2.00 paper statement fee.

[www.richmondcommunityfcu.org](http://www.richmondcommunityfcu.org)

2048 Tobacco Rd. Gracewood, Ga. 30812

(706)-790-1776

## What's in a Month?

### January is...

National Bath Safety Month	Candy Month	International Quality of Life Month
National Blood Donor Month	National Clean Up Your Computer Month	Mail Order Gardening Month
National Braille Literacy Month	Clinical Trial Awareness Month	National Mentoring Month
National Hobby Month	Family Fit Lifestyle Month	Hot Tea Month
Celebration of Life Month	Glaucoma Awareness Month	Egg Month
National Oatmeal Month	National Gourmet Coffee Month	High-Tech Month
National Soup Month	Poverty in America Awareness Month	Ransom Action Month
Be On-Purpose Month	Image Improvement Month	Reaching Your Potential Month
National Book Blitz Month	International Creativity Month	Senior Women's Travel Month
Bread Machine Baking Month	Personal Self-Defense Awareness Month	Yours, Mine, & Ours Month

### And...

<a href="#"><u>January 1</u></a> New Year's Day	<a href="#"><u>January 9</u></a> Play God Day	<a href="#"><u>January 18</u></a> Thesaurus Day	Healthy Weight Day
<a href="#"><u>January 2</u></a> Run Up the Flagpole and See if Anyone Salutes Day	<a href="#"><u>January 10</u></a> Houseplant Appreciation Day	Winnie the Pooh Day	School Nurses Day
<a href="#"><u>January 3</u></a> Festival of Sleep Day	Peculiar People Day	<a href="#"><u>January 19</u></a> National Popcorn Day	<a href="#"><u>January 26</u></a> Spouse's Day
Fruitcake Toss Day	<a href="#"><u>January 11</u></a> Step in a Puddle and Splash Your Friends Day	<a href="#"><u>January 20</u></a> Penguin Awareness Day	<a href="#"><u>January 27</u></a> Chocolate Cake Day
Humiliation Day	<a href="#"><u>January 12</u></a> Feast of the Fabulous Wild Men Day	Martin Luther King, Jr. Birthday	Punch the Clock Day
<a href="#"><u>January 4</u></a> Trivia Day	National Pharmacist Day	<a href="#"><u>January 21</u></a> National Hugging Day	<a href="#"><u>January 28</u></a> National Kazoo Day
<a href="#"><u>January 5</u></a> National Bird Day	<a href="#"><u>January 13</u></a> International Skeptics Day	Squirrel Appreciation Day	<a href="#"><u>January 29</u></a> National Puzzle Day
<a href="#"><u>January 6</u></a> Epiphany	Make Your Dream Come True Day	<a href="#"><u>January 22</u></a> National Blonde Brownie Day	National Cornchip Day
Bean Day	<a href="#"><u>January 14</u></a> Dress Up Your Pet Day	National Blonde Brownie Day	<a href="#"><u>January 30</u></a> National Inane Answering Message Day
Cuddle Up Day	<a href="#"><u>January 15</u></a> National Hat Day	Answer Your Cat's Questions Day	<a href="#"><u>January 31</u></a> Backward Day
<a href="#"><u>January 7</u></a> Old Rock Day	<a href="#"><u>January 16</u></a> Psychiatric Technician's Day	<a href="#"><u>January 23</u></a> National Pie Day	Inspire Your Heart with Art Day
<a href="#"><u>January 8</u></a> Bubble Bath Day	National Nothing Day	National Handwriting Day	
Male Watcher's Day	<a href="#"><u>January 17</u></a> Ditch New Year's Resolutions Day	Measure Your Feet Day	
Clean Off Your Desk Day	Golf Day	<a href="#"><u>January 24</u></a> Compliment Day	
Elvis's Birthday		Beer Can Appreciation Day	
		<a href="#"><u>January 25</u></a> Opposite Day	
		Fun at Work Day	

**East Central Regional**



**DBHDD**



Nan M. Lewis Regional Hospital Administrator
Dr. Vicky Spratlin Clinical Director
Mickie Collins Chief Operating Officer
Augusta Campus 3405 Mike Padgett Highway Augusta, Georgia 30906
Gracewood Campus 100 Myrtle Boulevard Gracewood, Georgia 30812
Teresa Crouch Publisher
Harold "Skip" Earnest Editor/Photographer
<p><b>NOTICE</b></p> <p>Items for publication must be submitted in written form. The upcoming issue's deadline is January 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.</p>

**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:

**I**ntegrity

**C**ommunication & Collaboration

**A**ccountability

**R**ecognition through Relationships

**E**mpowerment through Excellence



Accredited  
by  
The Joint Commission

**Campus Marquees**

Deadline for submission of

**FEBRUARY MESSAGES**

**January 24, 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](http://www.dbhddjobs.com).

**Activity Therapist - Redbud Unit**

**Associate Nurse Executive - Augusta Campus**

**Behavioral Health Counselor - AMH**

**Behavioral Health Social Worker (MSW) - AMH**

**Certified Nursing Assistant 1 (multiple shifts available)**

**Clinical Dietitian**

**CNA 2**

**DD Shift Supervisor - Gracewood Campus**

**Facility Safety Officer - Corporal**

**Food Service Worker (AL)**

**Health Care Worker**

**Health Service Technician 1 - Augusta Campus**

**Health Service Technician 1 - Gracewood Campus**

**Health Service Technician 1 - Occupational Health**

**Health Service Technician 2 - Occupational Health**

**Health Services Technician 2 - Augusta Campus**

**Health Services Technician 2 - Gracewood Campus**

**HVAC Repair Technician**

**Landscape Gardener**

**Laundry Worker**

**Licensed Practical Nurse (LPN) - 1st Shift- Augusta Campus**

**Licensed Practical Nurse (LPN) - 1st Shift- Gracewood Campus**

**Licensed Practical Nurse (LPN) - 2nd Shift- Augusta Campus**

**Licensed Practical Nurse (LPN) - 2nd Shift- Gracewood Campus**

**Licensed Practical Nurse (LPN) - 3rd Shift- Augusta Campus**

**Licensed Practical Nurse (LPN) - 3rd Shift- Gracewood Campus**

**MH Shift Supervisor**

**Nurse Administrator - (E/N) Augusta Campus**

**Occupational Therapist**

**Pharmacist (AL)**

**Physicians Assistant**

**Procurement Officer**

**Registered Nurse (RN) - Augusta Campus**

**Registered Nurse (RN) - Charge Nurse - Augusta Campus**

**Registered Nurse (RN) - Charge Nurse - Gracewood Campus**

# January Menus

SUNDAY 1/05/14	MONDAY 1/06/14	TUESDAY 1/07/14	WEDNESDAY 1/08/14	THURSDAY 1/09/14	FRIDAY 1/10/14	SATURDAY 1/11/14
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 Sli Tomato Salad Roll/Margarine Peaches Iced Tea/2% Milk	Pepper Steak w/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/SI Onion French Fries Sli 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 Rissole 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 PButter 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 Combread/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 <b>*Broiled Pollock as 2<sup>nd</sup> choice in Employee Cafeteria ONLY</b>	Turkey Salad Saltine Crackers Pickled Beet Salad Bread/Margarine Apricot Halves Iced Tea

SUNDAY 1/12/14	MONDAY 1/13/14	TUESDAY 1/14/14	WEDNESDAY 1/15/14	THURSDAY 1/16/14	FRIDAY 1/17/14	SATURDAY 1/18/14
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/OnionSalad Combread/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 Combread/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 w/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 Shredded Lett/Drsg 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	BBQ 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 PButter Cookies Iced Tea

SUNDAY 1/19/14	MONDAY 1/20/14	TUESDAY 1/21/14	WEDNESDAY 1/22/14	THURSDAY 1/23/14	FRIDAY 1/24/14	SATURDAY 1/25/14
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
Baked Ham Oven Browned Potatoes Seas Turnip Greens Cucumber/Vinegar Salad Bread/Marg Ice Cream Iced Tea/2% Milk	Roast Turkey w/Gravy Cranberry Sauce Baked Dressing Green Beans Potato Salad Roll/Margarine Coconut 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 Wheat Roll/Marg Banana Cake Iced Tea/2% Milk	*Fried Fish w/Tartar Sauce Scalloped Potatoes Steamed Cabbage Sliced Tomato w/Mayo Combread/Marg Cake w/Icing Iced Tea/2% Milk <b>*Broiled Pollock as 2<sup>nd</sup> choice in Employee Cafeteria ONLY</b>	BBQ Pork 'N Bun French Fries Green Beans Coleslaw Pineapple Upside Down Cake Iced Tea/2% Milk	Hamburger Steak w/Gravy Snowflake Potato Green Peas Tomato Sld/Drsg Roll/Margarine Vanilla Pudding/Topping Iced Tea/2% Milk
Chili Con Carne w/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 PButter Cookies Iced Tea	Hot Dog/Bun Baked Beans 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 Saltine Crackers Broccoli Copper Penny Sld Bread/Margarine Fruit Cup Iced Tea

SUNDAY 1/26/14	MONDAY 1/27/14	TUESDAY 1/28/14	WEDNESDAY 1/28/14	THURSDAY 1/29/14	FRIDAY 1/30/14	SATURDAY 2/01/14
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 <b>**Augusta Campus= Fruit Cocktail</b>	Baked Ham Mashed Potatoes Seas. Collard Greens Pears Combread/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 <b>**Augusta Campus = Fruit Cocktail</b>	Taco Pie White Rice Spinach Shred Lettuce/Drsg Bread/Margarine Applesauce Iced Tea