



Special points of interest:

- *Blood Drive Info*
- *Blood Drive Honor Roll*
- *Pharmacy Holiday Schedule*
- *What's in a Month*
- *Out & About*
- *January Menus*

"If we live good lives, the times are also good. As we are, such are the times."

St. Augustine

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From the Desk of the RHA - Paul Brock



MEMBERS OF DBHDD MANAGEMENT ACADEMY'S THIRD COHORT RECOGNIZED AT CEREMONY

The Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD) recognized 22 emerging leaders recently for successfully completing the department's third Management Academy. Among these emerging leaders were Jenelle Leggett and Lisa Montano from ECRH, who received certificates from DBHDD Commissioner Frank Berry and Institute of Government Director Laura Meadows during the graduation ceremony that was held December 18 in Athens, Georgia.

The Carl Vinson Institute of Government at the University of Georgia partnered with DBHDD's Office of Learning and Organizational Development to create the Management Academy, which began in 2014. DBHDD leaders nominate managers for the Academy, which is designed to enhance leadership skills through six-months of sessions featuring classroom-style lectures and seminars led by the Institute. Training covers topics such as leading in the public sector, developing people, managing change, and enhancing organizational effectiveness. Coursework also includes supplemental reading and a group project. After receiving their certificates, Judy Fitzgerald, DBHDD Chief of Staff inducted the graduates into the DBHDD Management Academy Alumni Association.

(Continued on page 2)

Tidbits of ECRH History



On both the Augusta Campus and Gracewood Campus, CHRISTMAS TIME for ECRH individuals was celebrated with tree lightings, a parade, parties, stage productions, and other activities in the true spirit of the season. But did the individuals get presents? You bet they did, thanks to the MAYORS' MOTORCADE.

It was 1958 when Mrs. Vandiver, wife of Georgia Governor Earnest Vandiver, realizing there were 13,000 patients in Milledgeville State Hospital, requested her husband to approve a statewide MAYORS' MOTORCADE to provide gifts to the patients. Approval was granted, and for the last 57 years cities and counties have continued the program serving not only Milledgeville, but the other state hospitals as they were established.

This year, the motorcade arrived at ECRH on December 10th. The gifts were sorted and unit staff made sure the individuals got their presents. The Georgia Municipal Association now administers the program. Thanks to Ranita Keener, her staff, and ALL who participated in this wonderful 57th event!

Contributed by Brian Mulherin

From the Desk of the RHA - Paul Brock

(Continued from page 1)

Please join me in congratulating both Jenelle and Lisa in their outstanding accomplishment and graduation from the DBHDD Management Academy.

Also, have a safe and happy New Year!!!!



*Sincerely,
Paul Brock*

New Employees



Front Row(L-R): Lisa Booker, CNA; Anita Hill, HST; Latoya Cooper, HST; Tiffany Wingate, CNA

Back Row(L-R): Patrice Bowie, CNA; Shurronda Owens, CNA; Jasmine White, HST; Gloria Smith, HST

Front Row(L-R): Chartavia Beal, Food Service Employee; Robin Carodine, Food Service Employee; Ella Bradford, Food Service Employee; Jessica Jones, CNA

Back Row(L-R): James Taylor, CNA; Christine Collins, Food Service Employee; Natalie Herrington, Training Specialist; Monique Lee, CNA



Front Row(L-R): Monica Cole, HST; Brianna Miller, CNA; Jennifer Oellerich, RN; Aquilla Smith, HST

Back Row(L-R): Joseph Myers, HST; John Lovett, CNA; John Utley, Housekeeper; Amber Hayes, HST



Not Pictured: Mandrell Carter, PHCW

WELCOME!

HR Partners

Our Employee Assistance Program (EAP) has a Smartphone App!

If you or a family member are in a crisis or need immediate assistance please call our EAP at 800-869-0276. They are there, 24/7/365.

iEAPC Mobile App

Download the EAPC mobile application to put the full benefits of your Employee Assistance Program at your fingertips. Use the activation code: **gcs**

Download the app!



**Search for
EAP Consultants
Password is DBHDD**



For your iPhone



**Search for
EAP Consultants
Password is DBHDD**

For your Android device

HR Partners



We're very happy to report that through the "Rep Your Team" Friday and the Silent Auction, \$756.00 was given by ECRH to the SCCP Campaign this year. There was an additional \$516.00 that our employees pledged through payroll deduction, **that we know about**. So our official total is \$1272.00. We are sure that others pledged online that we are not aware of. Thanks to all that supported the SCCP Campaign this year.

Thanks to **Jassica Speer-Cater** for her excellent coordination of the fund raising activities this year.

Special Thanks to these departments that provided items / baskets for the Silent Auction:

- | | | |
|--------------------------------|--|-----------------------------------|
| Dietary Services | Incident / Risk Management | Human Resources Management |
| Forensic Treatment Mall | Human Resources Development (2) | Housekeeping |
| Social Work | Quality Management | Department of Nursing |
| AMH | RHA Office | Pharmacy |
| | Medical Services | |



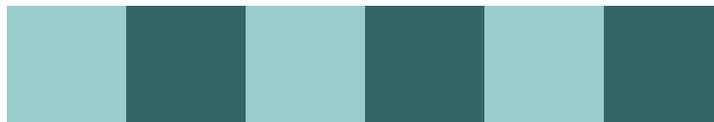
Employee of the Month



(L-R) RHA Paul Brock, Skip Earnest, and Kristen Burdett.

November

Skip Earnest is helpful to all of us in countless ways. He keeps us updated on things happening around campus, he helps us cut through red tape when we need assistance, he knows absolutely everyone on campus (or so it seems), and he will always take the time to share a joke with us when we start taking things a little too seriously. He consistently gets the Bulletin out on time even when others don't always get things to him by the deadline. He is absolutely necessary for shows and programs when AV support is needed and he has a superb historical grasp of what has happened on campus over the years. He is very much appreciated by all who know him. Congratulations, Skip, on being named ECRH's November Employee of the Month.



Pharmacy Notes

HOLIDAY PHARMACY SCHEDULE:

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

All Floor Stock Requests and Refill Requests
must be submitted no later than 11:00 am
on Thursday December 31st

HAPPY NEW YEAR
FROM
THE ECRH PHARMACY STAFF!!



ECRH Incident Management Hotline Procedure

The purpose of this Hotline is to establish an alternate means of reporting incidents in a timely manner. The Hotline is to be utilized by any employee, contractor, family member, visitor and volunteer that may feel uncomfortable reporting an incident or allegation of abuse, exploitation or neglect in person. This is an **alternate** reporting system and by no means replaces the current protocol outlined in the Incident Management Policy.

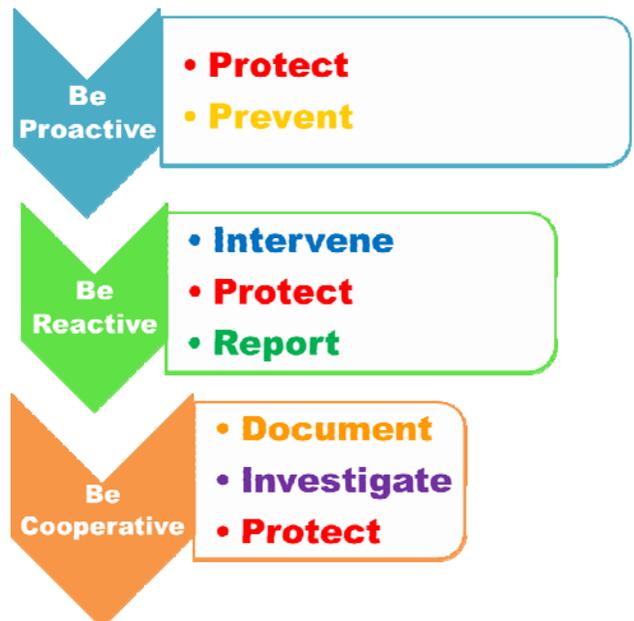
Hotline Number:
(706) 945-7150



PRIDE IN PLACE - It Starts with Me

"If you change the way you look at things,
the things you look at change." - Wayne Dyer

Our Role in Protecting Our Individuals from Harm



Safety Shop

**Please obey all traffic rules
both on and off campus.**



The Speed Limit on the Gracewood Campus is 15 MPH and 25MPH on the Augusta Campus. We continue to see staff and visitors exceeding this limit, thus placing our consumers in danger.

SEAT BELTS



If he can buckle up, then we can too.

ALL occupants of state vehicles must be buckled up at all times, no matter how short the trip.

HELP ME HELP YOU make ECRH a safe place for our individuals, visitors, and staff. For safety related issues, contact Kenneth Hillman at 790-2400.

Occupational Health - Seasonal Depression

Seasonal affective disorder (SAD) is a type of depression that is tied to seasons of the year. Most people with SAD are depressed only during the late fall and winter (sometimes called the "winter blues") and not during the spring or summer. A small number, however, are depressed only during the late spring and summer. SAD is most common in young adult women, although it can affect men or women of any age. Another 10-20% of people may have a milder form of seasonal mood change. Like all types of depression, SAD can have a devastating effect on a person's life. Fortunately, almost all people with SAD can be helped with available therapies.



Causes - The exact causes of seasonal affective disorder (SAD) are unknown. Chemical changes in the brain caused by changes in the amount of sunlight are probably involved. People who live in geographical locations that are dark or cloudy during the winter are most likely to have SAD. A tendency to have SAD may run in some families.

Symptoms - Seasonal affective disorder (SAD) may have some of the same symptoms as other types of depression. Most people have only some of these symptoms, not all. Examples: Depressed mood, Loss of interest in usually enjoyable activities, Fatigue or loss of energy, Feelings of worthlessness or hopelessness, Poor concentration, indecisiveness, and Recurrent thoughts of death or suicide.

Winter SAD: Sleeping more than usual, Craving for sugar, starchy foods, or alcohol, Weight gain, Irritability, Conflicts with other people, Heaviness of arms and legs, and Behavior disturbances (in children). People with winter SAD may seek out light places or sunlight, or like to have lots of artificial lights on. **Summer SAD:** Insomnia, Poor appetite, Weight loss, Agitation, and Anxiety.

The symptoms of SAD come back every year, and for any specific person, they tend to come and go at about the same time each year.

When to Seek Medical Care: Seek when you have feelings of extreme sadness, hopelessness, or emptiness, inability to get out of bed or carry on normal activities, persistent loss of energy or increased need for sleep, unexplained change in appetite for food, changes in behavior that cause problems with family, friends, or work, and feelings of wanting to die, wanting to commit suicide, or hurting yourself. There are no tests available to detect seasonal affective disorder. Your health care provider will make the diagnosis from your symptoms, medical interview, and examination.



Self-Care at Home: You can spend at least 30 minutes outside every day, set a timer on a light to go on early in the morning in the bedroom, use a dawn simulator for a more naturalistic artificial dawn, take daily walks outside, and Increase indoor lighting with regular lamps and fixtures.

Medical Treatment: Bright-light therapy: This is exposure to bright artificial light, brighter than usual home or office lighting. Bright-light therapy relieves symptoms for about two thirds of people with seasonal affective disorder. Bright-light therapy products are available for sale and range in cost from \$200-500. Only devices that filter out harmful ultraviolet waves should be used. Types of devices include light panels or boxes, blankets, and visors. The bright-light source should be placed at eye level. Although staring at the light source is not recommended, the light must enter the eyes if it is to work. An approved bright-light therapy device should not harm the eyes if used as recommended. About 30 minutes of exposure to 10,000 lux each day is enough to relieve symptoms in most people. Others require greater exposure, as long as 45 minutes twice a day. You may need some trial and error to find the right amount. Your health care provider will guide you. Properly used, bright-light therapy has few side effects. A few people have reported eyestrain, headache, fatigue, irritability, sensitivity to light, or inability to sleep (only if therapy is used late in the day). Certain medications make you more sensitive to light. If you are taking any of these, you cannot use light therapy. Be sure to inform your health care provider of all the medications you are taking, including nonprescription medications and dietary supplements. Tanning beds should not be used for bright-light therapy as they do not filter out harmful ultraviolet waves. You may notice improvement in symptoms within a few days, or it may take as long as 3-4 weeks after starting therapy

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Occupational Health - Seasonal Depression

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Medications: Antidepressant medications are useful for people who need further treatment because their symptoms improve only slightly or not at all with bright-light therapy. Most of these people are treated with antidepressant medication. The medications used most frequently are the selective serotonin reuptake inhibitors, or SSRIs (for example, Prozac and Zoloft). These agents may take 2-4 weeks to improve symptoms. Unwanted side effects depend on which medication is used. Your health care provider can tell you about side effects. Do not stop your medication abruptly. Stop or change dose only after consulting your health care provider.

Other Therapy: St. Johns wort: It is unclear whether this herb will improve some of the symptoms of seasonal affective disorder (SAD), but it increases sensitivity to light, which may rule out bright-light therapy. Researchers are still looking at whether this treatment is appropriate for people with SAD.

Follow-up: Learn as much as you can about seasonal affective disorder (SAD). Do not feel guilty—understand that SAD is caused by a chemical abnormality that you have little control over. Explore support groups to help you cope with the disorder. Follow the treatment recommendations of your health care provider.

Prevention: Spending at least 30 minutes outdoors every day may help prevent seasonal affective disorder (SAD). Approach the season of depression with a positive attitude. Plan activities you enjoy. Try to spend time outdoors every day, especially during the months when SAD affects you most. Midday, when the light is strongest, is the best time to be outdoors. Physical activities, such as walking, may also help relieve symptoms.

Outlook: If left untreated, seasonal affective disorder can become more severe. Severe depression can cause damage to physical and mental health, relationships with others, job effectiveness, and enjoyment of life. Very severe depression can cause a person to commit suicide or other self-harm.

Support Groups and Counseling: Counseling may be necessary to help you cope with fear or guilt about seasonal affective disorder (SAD). It may help you relax, accept the disorder, and cope with the limits SAD puts on you. Complementary activities such as meditation, relaxation, and aerobic exercise may have similar effects.



Information Taken From: EmedicineHealth.com



Infection Control - Prevent the Spread of Norovirus

Norovirus causes many people to become ill with vomiting and diarrhea each year. You can help protect yourself and others by washing your hands often and following simple tips to stay healthy. Noroviruses are a group of related viruses that can cause gastroenteritis, which is inflammation of the stomach and intestines. This leads to cramping, nausea, vomiting, and diarrhea. CDC estimates that each year Norovirus causes 19 to 21 million illnesses, 56,000 to 71,000 hospitalizations and 570 to 800 deaths. Anyone can get infected with norovirus and you can get it more than once. It is estimated that a person will get norovirus about 5 times during their lifetime. Many people usually get sick with norovirus in cooler months, especially from November to April.

Norovirus spreads quickly. It is found in the vomit and stool of infected people. You can get it by:

- Eating food or drinking liquids that are contaminated with norovirus
- Touching surfaces or objects with norovirus on them and then putting your hand or fingers in your mouth
- Having direct contact with a person who is infected with norovirus, for example, when caring for someone with norovirus or sharing foods or eating utensils with them.

Norovirus Symptoms

Common symptoms:

Cramping
Nausea
Vomiting
Diarrhea

Less common symptoms:

Low-grade fever
Chills
Headache
Muscle aches
Fatigue

People with norovirus illness are contagious from the moment they begin feeling sick and for the first few days after they recover. Some people may be contagious for even longer. There is no vaccine to prevent norovirus infection or drug to treat sick people. Learn how to protect yourself and others by following a few simple steps.

Protect Yourself and Others from Norovirus

- Practice proper hand hygiene

Wash your hands carefully with soap and water, especially after using the toilet and changing diapers and always before eating or preparing food. If soap and water aren't available, use an alcohol-based hand sanitizer. These alcohol-based products can help reduce the number of germs on your hands, but they are not a substitute for washing with soap and water.

- Take care in the kitchen

Carefully rinse fruits and vegetables, and cook oysters and other shellfish thoroughly before eating.

- Do not prepare food while infected

People with norovirus illness should not prepare food for others while they have symptoms and for at least 2



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Infection Control - Prevent the Spread of Norovirus

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days after they recover from their illness. Also see For Food Workers: Norovirus and Working with Food.

- Clean and disinfect contaminated surfaces

After throwing up or having diarrhea, immediately clean and disinfect contaminated surfaces using a bleach-based household cleaner as directed on the product label. If no such cleaning product is available, you can use a solution made with 5 tablespoons to 1.5 cups of household bleach per 1 gallon of water.

- Wash laundry thoroughly

Immediately remove and wash clothing or linens that may be contaminated with vomit or stool. Handle soiled items carefully—try not to shake them—to avoid spreading virus. If available, wear rubber or disposable gloves while handling soiled clothing or linens and wash your hands after handling. Wash soiled items with detergent at the maximum available cycle length and then machine dry.

For more ways to prevent the spread of Norovirus please go to

<http://www.cdc.gov/features/norovirus/index.html>

Safety Care Tidbit

Safety Habits: Bite Prevention

Bites can happen very suddenly and can cause serious injury. Fortunately, if you stay alert and pay careful attention to positioning, you are much less likely to be bitten.



Note:

- Find out if the person has history of biting.
- Stay out of the “bite zone” near the person’s mouth.
- Use Elbow Check when appropriate.
- If you need to hold a person’s hand or arm, do so with your hand underneath.

Training at a Glance - January

Class	Date	Time	Place
NEO Principles of Recovery	1/4/2016	9:30 a.m.-10:30 a.m.	BLDG 103-D E&R
CPRA	1/4/2016	1:00 p.m.-4:30 p.m.	BLDG 103-C ROOM C-23
DD-Incident Management Annual	1/4/2016	7:30 a.m.-9:30 a.m. 9:30 a.m.-11:30 a.m. 12:30 p.m.-2:30 p.m. 2:30 p.m.-4:30 p.m. 4:30 p.m.-6:30 p.m.	Bldg. 103-C, C-23 Bldg. 103-3-C,C-23 Bldg. 20 Gracewood Bldg. 20 Gracewood Bldg. 103-D E&R
Updated Safety Care Level #2	1/4/2016 1/5/2016	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
CPRA	1/5/2016	8:00 a.m.-11:30 a.m.	BLDG 103-C ROOM C-23
First Aid	1/5/2016	12:30 p.m.-4:30 p.m.	BLDG 103-C ROOM C-23
NEO Infection Control and Prevention+ Handwashing	1/5/2016	9:00 a.m.-10:30 a.m.	BLDG 103-D E&R
EMR Nursing	1/5/2016	8:00 a.m.-1:30 p.m.	BLDG 103-C Room C-18
NEO PBS Training	1/5/2016	8:00 a.m.-4:30 p.m.	BLDG 20 Gracewood
DD-Incident Management Annual	1/6/2016	7:30 a.m.-9:30 a.m. 9:30 a.m.-11:30 a.m. 12:30 p.m.-2:30 p.m. 2:30 p.m.-4:30 p.m. 4:30 p.m.-6:30 p.m.	All will be in BLDG 103-D E&R
NEO Safety Care Level #1	1/6/2016 1/7/2016	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99F
NEO Safety Care Level #2	1/6/2016 1/7/2016 1/8/2016	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 99L
Updated Safety Care Level #2 (Weekend)	1/9/2016 1/10/2016	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
First Aid	1/6/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C ROOM C-23
CPRC	1/6/2016	12:30 p.m.-4:30 p.m.	BLDG 103-C ROOM C-23
Ostomy DD Training	1/6/2016	8:00 a.m.-10:00 a.m.	BLDG 103-C Lab
First Aid	1/7/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C ROOM C-23
Infection Control and Prevention+ Handwashing	1/7/2016	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-C Lab
DD-Incident Management Annual	1/7/2016	7:30 a.m.-9:30 a.m. 9:30 a.m.-11:30 a.m. 12:30 p.m.-2:30 p.m. 2:30 p.m.-4:30 p.m. 4:30 p.m.-6:30 p.m.	All will be in BLDG 103-D E&R
Updated PNS Professional	1/8/2016	8:00 a.m.-10:00 a.m. 10:00 a.m.-12:00 p.m.	BLDG 103-C Lab

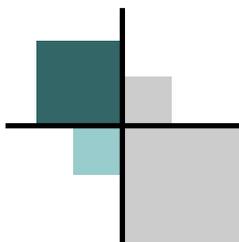
Training at a Glance - January

Class	Date	Time	Place
DD-Incident Management Annual	1/8/2016	7:30 a.m.-9:30 a.m. 9:30 a.m.-11:30 a.m. 12:30 p.m.-2:30 p.m. 2:30 p.m.-4:30 p.m.	Bldg. 103-D, E&R Bldg. 103-D, E&R Bldg. 103-C, C-23 Bldg. 103-C, C-23
NEO CPRA	1/11/2016	8:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
NEO CPRC	1/11/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
NEO First Aid	1/11/2016	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Infection Control and Prevention+ Handwashing	1/11/2016	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-D E&R
Updated PNS End User	1/11/2016	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-D E&R
DD-Incident Management Annual	1/11/2016	7:30 a.m.-9:30 a.m. 9:30 a.m.-11:30 a.m. 12:30 p.m.-2:30 p.m. 2:30 p.m.-4:30 p.m. 4:30 p.m.-6:30 p.m.	Bldg. 20, Gracewood Bldg. 20, Gracewood Bldg. 20, Gracewood Bldg. 20, Gracewood Bldg. 103-D, E&R
Updated Safety Care Level #2	1/11/2016 1/12/2016	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
NEO Medical Emergency Response System	1/12/2016	8:00 a.m.-12:00 p.m.	BLDG 103-D E&R
NEO Seizure Management	1/12/2016	12:30 p.m.-2:30 p.m.	BLDG 103-D E&R
First Aid	1/12/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
Updated PNS Professional	1/12/2016	8:00 a.m.-10:00 a.m. 10:00 a.m.-12:00 p.m.	BLDG 103-C Lab
Updated Seizure Management	1/12/2016	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Safety Care Level #2	1/12/2016 1/13/2016 1/14/2016	12:30 p.m.-4:30 p.m. 8:00 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 99L
DD-Incident Management Annual	1/12/2016	7:30 a.m.-9:30 a.m. 9:30 a.m.-11:30 a.m. 12:30 p.m.-2:30 p.m. 2:30 p.m.-4:30 p.m. 4:30 p.m.-6:30 p.m.	Bldg. 20, Gracewood Bldg. 20, Gracewood Bldg. 20, Gracewood Bldg. 20, Gracewood Bldg. 103-D, E&R
Defensive Driving	1/13/2016	8:00 a.m.-2:30 p.m.	BLDG 103-C Room C-23
CPRC	1/13/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
CPRA	1/13/2016	1:00 p.m.-4:30 p.m.	BLDG 103-C Lab
Updated Safety Care Level #1	1/13/2016	8:00 a.m.-2:30 p.m.	BLDG 99F

Training at a Glance - January

Class	Date	Time	Place
DD-Incident Management Annual	1/13/2016	7:30 a.m.-9:30 a.m. 9:30 a.m.-11:30 a.m. 12:30 p.m.-2:30 p.m. 2:30 p.m.-4:30 p.m. 4:30 p.m.-6:30 p.m.	Bldg. 20, Gracewood Bldg. 20, Gracewood Bldg. 20, Gracewood Bldg. 103-C, C-23 Bldg. 103-D, E&R
NEO Observation of Individual to Ensure Safety	1/13/2016	8:00 a.m.-10:30 a.m.	BLDG 103-D E&R
NEO Seclusion and Restraint	1/13/2016	1:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Updated Seizure Management	1/14/2016	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
Infection Control and Prevention+ Handwashing	1/14/2016	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-C Lab
DD-Incident Management Annual	1/14/2016	7:30 a.m.-9:30 a.m. 9:30 a.m.-11:30 a.m. 12:30 p.m.-2:30 p.m. 2:30 p.m.-4:30 p.m. 4:30 p.m.-6:30 p.m.	Bldg. 103-C, Lab Bldg. 103-C, Lab Bldg. 103-C, Lab Bldg. 103-D, E&R Bldg. 103-D, E&R
NEO Therapeutic Incentive Program	1/14/2016	8:30 a.m.-10:00 a.m.	BLDG 103-D E&R
Updated Safety Care Level #2	1/14/2016 1/15/2016	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99F
DD-Incident Management Annual	1/15/2016	7:30 a.m.-9:30 a.m. 9:30 a.m.-11:30 a.m. 12:30 p.m.-2:30 p.m. 2:30 p.m.-4:30 p.m.	Bldg. 20, Gracewood Bldg. 20, Gracewood Bldg. 20, Gracewood Bldg. 20, Gracewood
CPRA	1/15/2016	8:00 a.m.-11:30 a.m.	BLDG 99F
First Aid	1/15/2016	12:30 p.m.-4:30 p.m.	BLDG 99F
NEO PNS Professional	1/15/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
NEO PNS End User	1/15/2016	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R

Check DBHDD University for training needs and information.



Out & About

Christmas Ball



Macedonia Baptist Church Party



Out & About

US Battery Gift Giveaway



Leadership Team Holiday Meeting



Out & About

More Christmas at ECRH



January Birthdays

January 1	Audrey Duffy Harden Kathy L. McCoy Stacy G. Wurst	January 11	Johnnie M. Simmons Ruel S. Trimmingham Sandra P. Johnson
January 2	Janar M. Quiller Alexis Avante Sanders-Harvey	January 12	Horacio D. Edwards
January 3	Tommy L. Dougherty Erin M. East Brenda Lee Fedrick Runesha Shanice Holmes Ki'undra S. Jeffers Julie F. Thomas	January 13	Naomi L. Hawkins Lawrence J. Lewis Daniel J. Neller
January 4	Angela M. Aduri Kondra V. Selvie Tuere Aki Sheppard Eric Alfonza Turner Michaela Watkins	January 14	Gemmot Kendall Cox Stephanie M. Wynn
January 5	Tiffany A. Barron Aaliyah L. Jackson Jakiyah L. Jackson Jarius L. Smith Rosemary W. Villemain Bonita Wilson	January 15	Debra A. Claiborne Troy L. Jones Tracy Ellen Lee Courtney Latrice Mickens Pauline B. Pacheco Sharon W. Raymond
January 6	Melody Y. Barillas Tracy L. Hamilton Jovanii Y. Rodriguez-Sanchez Aytiya L. Scott Sonya D. Tutt Brandi M. Woods	January 16	Barbara Garnett
January 7	Patricia A. Gant Charles F. Simpkins	January 17	Jonathan Brannon Brittany K. Freeman Veronica Shanill Harris La'Kisha D. Henderson Caprice Chantel Kipp
January 8	Delphenia N. Emory Nechelle V. Merriweather	January 18	Anjanu L.S. Castleberry Lakeesha O. Gould Rhonda Huff Chandelier Michelle Walls
January 9	Adrian F. Clifford Renate S. Nail Natasha R. Reid James Adam Taylor Tina Marie Boswell	January 19	Kendra M. Griffin Keith R. Isaacs-Cambridge
January 10	Wilhemina Anthony	January 20	Paul N. Brock
January 11	Latoya M. Mitchell	January 21	Santretta L. Brigham Evelene W. Flowers Ivey N. Holmes Cassandra T. Williams
		January 22	Ingrid C. Barker Robin E. Carodine Tiffany D. Curchwell Albani T. Formey Lois Jane Gulley Myra L. Parrish
		January 23	Tanasha J. Bunch

More December Birthdays

January 23	George E. Holland Valerie Jean Ross
January 24	Lynda L. Benefield Catherine Arlene Ganzy Elizabeth H. Pugh Sonja Denise Smith
January 25	Steven B. Collins Janet D. Washington
January 26	Jewell A. Beard Jenelle Kimesha Leggett Jacqueline E. Lewis
January 27	Castara Lavelle Garnett Sharonda Elaine Logan Ricky L. Mitchell, Jr. Yvonne Singleton
January 28	Mary L. Lambert Teiaira K. Lawrence Quinderaius L. Meyers Laura R. Shields Marcus C. Trimmingham
January 29	Derrick A. Elam
January 30	Marsha J. King Julian T. Moffett, Sr. Jovan K. Pooser Phyllis C. Zimmerman
January 31	Diane Boyd Joyce Johnson Ivey Cheyenne R. Lodge Madgelyn G. Polk Brandon L. Singleton Rachel A. Cowley

Don't forget your PPD!



Blood Drive Honor Roll

Our heartfelt thanks go out to you for the tremendous effort devoted to making our Blood Drive on Friday, December 4, 2015, a success.

A total of 16 people volunteered to donate at our drive, resulting in 10 good units. Since one blood donation can save up to three lives, a total of 30 lives of CSRA citizens may be saved thanks to your generous contributions. On behalf of the many hospital patients these donations have already benefited, we thank you.

- Shantel J. Jones**
- Louis M. Scharff**
- William W. Martin**
- Allison E. Wade**
- Kristen H. Vanneel**
- John S. Bugg, Jr.**
- Kenneth A. Wood**
- Kristen Burdett**
- Isaac K. Drayton**
- Susie M. Mosley**
- Amanda S. Dixon**
- Katherine Griffin**
- Wanda J. Boone**
- Thomas S. Lee**
- Pearl A. Ivey**
- Sara N. Rogers**



NEXT BLOOD DRIVE

January 29, 2016

at the

Peach State Federal Credit Union



**Sheppard Community
Blood Center**

It's About Life.

Camellia Unit's Ugly Sweater Contest



Camellia Unit had an Ugly Christmas Sweater/Top Contest on 12/23/2015 and Angela LeBlanc was voted by Dr. Spratlin as the WINNER!

Congratulations to Angela!!

Runner Up was QIDP Adrienne Aiken for wearing an ugly sweater last Wednesday.

Good Job Adrienne!!

Both received prizes.

Language Line Services

ECRH's Language Access Coordinator is Cindy White. 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, Cindy White, at 706-792-7006 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 Cindy White at Cynthia.White@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.

What's in a Month?

January is...

National Bath Safety Month
 National Blood Donor Month
 National Braille Literacy Month
 National Hobby Month
 Hot Tea Month
 National Oatmeal Month
 National Soup Month

And...

January 1

New Year's Day

January 2

Run Up the Flagpole and See if Anyone Salutes Day

January 3

Festival of Sleep Day

Fruitcake Toss Day

Humiliation Day

January 4

Trivia Day

January 5

National Bird Day

January 6

Bean Day

Cuddle Up Day

January 7

Old Rock Day

January 8

Bubble Bath Day

Male Watcher's Day

January 9

Play God Day

January 10

Houseplant Appreciation Day

Peculiar People Day

January 11

Step in a Puddle and Splash Your Friends Day

January 12

Feast of Fabulous Wild Men Day

National Pharmacist Day

January 13

International Skeptics Day

Make Your Dream Come True Day

January 14

Dress Up Your Pet Day

January 15

National Hat Day

January 16

National Nothing Day

Appreciate a Dragon Day

January 17

Ditch New Year's Resolutions Day

January 18

Martin Luther King, Jr. Birthday

Thesaurus Day

Winnie the Pooh Day

January 19

National Popcorn Day

January 20

National Buttercrunch Day

Penguin Awareness Day

January 21

Squirrel Appreciation Day

National Hugging Day

January 22

National Blonde Brownie Day

January 23

National Pie Day

National Handwriting Day

Measure Your Feet Day

January 24

Beer Can Appreciation Day

Compliment Day

January 25

Bubble Wrap Appreciation Day

Opposite Day

January 26

Spouse's Day

January 27

Chocolate Cake Day

Punch the Clock Day

January 28

Fun at Work Day

National Kazoo Day

January 29

National Puzzle Day

National Cornchip Day

January 30

National Insane Answering Message Day

January 31

Backward Day

Inspire Your Heart with Art Day

East Central Regional



Paul Brock Regional Hospital Administrator
Matt McCue Interim Associate Regional Hospital Administrator, Gracewood
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
Harold "Skip" Earnest Editor/Photographer Kristen Burdett Publisher
NOTICE Items for publication must be submitted in written form. The upcoming issue's deadline is January 8, 2016. 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:

- 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 22, 2016
Submit information to Skip Earnest
Gracewood Campus
Extension 2102
(Information must be submitted on or before the indicated date to be placed on Marquees for the following month.)

DBHDD Vision and Mission

Vision
Easy access to high-quality care that leads to a life of recovery and independence for the people we serve



Mission
Leading an accountable and effective continuum of care to support Georgians with behavioral health challenges, and intellectual and developmental disabilities in a dynamic health care environment

GREAT RATES AND CASH BACK!

As much as

\$300

with rates as low as

1.9%! APR!

Ask us for details!



1 APR - Annual Percentage Rate. The lowest rate available is 1.9% APR. Subject to credit approval. Rates subject to change without notice and may be higher based on term and/or qualifications. Must qualify for Peach State membership and loan. We do not discriminate on the basis of race, sex, religion, national origin, or ethnicity. Peach State will finance up to 100% of the vehicle's value. All auto loans financed with another lender and with a minimum balance of \$10,000 are eligible. Maximum rebate is \$300. Rebate applies to the dollar amount of the loan and excludes all warranties and all insurance products. Loan must remain at Peach State for 12 months, otherwise any rebate paid will be added back into the loan payoff. Offer requires automatic payment as described above, may not be used in combination with any other offer, and is not valid on existing loans or Peach State loans. A \$30 loan application fee is charged for processing. When the loan is issued, the fee will be refunded back to your account. Offer may expire at any time.

ECRH Jobs List

For further information regarding these positions, please go to the DBHDD webpage at www.dbhddjobs.com.

[Activity Therapy Leader - ECRH Camellia Unit - 69154](#)

[Activity Therapy Leader - Gracewood Campus](#)

[Assistant Housekeeping Director](#)

[Auditor - Social Work](#)

[Charge Nurse - ECRH - Redbud 7a-3:30p](#)

[Clerical Worker - MHS Admissions - Parttime 8:00p-4:30a](#)

[Client Support Worker - Gracewood](#)

[CNA - ECRH SNF - FT 3rd Shift - 69639](#)

[Corporal - ECRH Hospital Security - 70799](#)

[Counselor - Group Facilitator](#)

[Dental Assistant](#)

[Dentist - Gracewood Campus](#)

[Director of Clinical Information Systems](#)

[Electrician](#)

[Food Service Operations Worker 1](#)

[Food Service Operations Worker 2/Senior](#)

[Food Service Supervisor \(2 Open Positions\)](#)

[Food Service Supervisor - ECRH - 70105](#)

[General Trades Craftsman](#)

[Groundskeeper - ECRH - 1st Shift - 208498](#)

[Group Facilitator/Counselor - AMH Mall](#)

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

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

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

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

[Housekeeper - ECRH - 70171](#)

[Housekeeping Team Leader](#)

[Houseparent](#)

[HVAC Repair Technician - ECRH Plant Operations - 70740](#)

[Instructor 1 - ICF/MR Treatment Mall - ECRH](#)

[Laboratory Services Worker \(part time hourly\)](#)

[LPN - Gracewood Campus](#)

[LPN - Augusta Mental Health Campus](#)

[LPN - Hourly/Part-time - Gracewood Campus](#)

[LPN - Hourly/Part-time - Augusta Campus](#)

[LPN - Gen Mental Hlth - 7a-3:30p](#)

[LPN - Infection Control - ECRH 8am-5pm](#)

[Maintenance Craftsman, General Trades - ECHR - 70750](#)

[Maintenance Worker - 1st Shift](#)

[Mechanic Foreman - ECRH Plant Operations - 70748](#)

[Medical Records Info Tech - ECRH - 76412](#)

[Medical Technologist](#)

[Medical Technologist](#)

[Motor Vehicle Operator](#)

[Nurse Manager - Gracewood Campus](#)

[Nurse Practitioner - Skilled Nursing Facility](#)

[Operations Analyst - Accounting or Finance - ECRH - 68990](#)

[Painter](#)

[Pharmacy Technician - ECRH - 69048](#)

[Program Assistant - Admissions - 12:00p-8:30p](#)

[Program Assistant - Admissions - 2nd Shift](#)

[Program Assistant - Forensic Treatment Mall - FT Days](#)

[Program Assistant - Redbud Unit - Gracewood Campus](#)

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

[Psychologist - Forensic Outpatient](#)

[RN - Augusta Mental Health Campus](#)

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

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

[Registered Nurse \(RN\) - Skilled Nursing Facility](#)

[Registered Nurse \(RN\) - Gracewood Campus](#)

[Service Director/Charge Nurse - Gracewood Campus](#)

[Shift Supervisor - Augusta Campus - 3rd Shift](#)

[Shift Supervisor - Augusta Mental Health Campus - 1st Shift](#)

[Shift Supervisor - Gracewood Campus](#)

[Skilled Utility Worker](#)

[Steam Plant Operator](#)

[Support Services Supervisor - ECRH Camellia - 00210168](#)

[Support Services Supervisor - ECRH Redbud - 00210167](#)

[Vehicle Operator](#)

[Work Instructor 1 - Gracewood Campus](#)

January Menus

SUNDAY 1-3-2016	MONDAY 1-4-2016	TUESDAY 1-5-2016	WEDNESDAY 1-6-2016	THURSDAY 1-7-2016	FRIDAY 1-8-2016	SATURDAY 1-9-2016
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	Chicken Fajitas Spanish Rice Refried Beans Combination Salad Tortilla/Margarine Sugar Cookies Iced Tea	Chicken Parmesan Green Beans Baked Potato Sliced Peaches Roll/Margarine Ice Cream Iced Tea/2% Milk	Fr Catfish Fillets French Fries Southern Gr Beans Hushpuppies/Marg 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	Spaghetti w/ Meat Sauce Parmesan Cheese Calif Mixed Vegt Tossed Sld w/Drsg Bu Garlic Toast Pineapple Upside Down Cake Iced Tea	Hot Dog 'n Bun Must/Catsup/Onion Baked Beans Coleslaw P'Butter Cookies Iced Tea

SUNDAY 1-10-2016	MONDAY 1-11-2016	TUESDAY 1-12-2016	WEDNESDAY 1-13-2016	THURSDAY 1-14-2016	FRIDAY 1-15-2016	SATURDAY 1-16-2016
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 Grits 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	Beef Noodle Soup Grilled Steak w/Sce Baked Potato Green Beans Golden Glow Salad Oatmeal Raisin Cookie Iced Tea/2% Milk	Baked Chicken Rice w/Gravy Broccoli Sliced Tomato Salad Roll/Margarine Sweet Potato Pie Iced Tea/2% Milk	Smothered Pk Chop Rice w/Gravy Green Beans 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 Cornbread/Marg Cake w/Icing Iced Tea/2% Milk *Broiled Pollock as 2nd choice in Employee Cafeteria ONLY	Fried Chicken Macaroni & Cheese Broccoli Lett/Tom Sld/Drsg Roll/Margarine Sugar Cookies 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 Rice Corn Shred Lettuce/Drsg Saltine Crackers Sliced Peaches Iced Tea	Parmesan Fish Oven Glow Potatoes Seas Lima Beans Seas Mixed Veg 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 Baked Beans Coleslaw Chocolate Pudding Iced Tea	Turkey Noodle Cass Sea Collard Greens Tossed Salad Bread/Margarine Ice Cream Iced Tea	Yakisoba Hamburger w/Spaghetti Turnip Greens Potato Wedges Sliced tomato on lettuce leaf Cake with Icing Iced Tea	Vegetable Soup Cold Cuts: Turkey Bologna Sliced Cheese Must/Mayo Sliced Tomato Bread/Crackers Potato Salad Sweet Potato Pie Iced Tea

SUNDAY 1-17-2016	MONDAY 1-18-2016	TUESDAY 1-19-2016	WEDNESDAY 1-20-2016	THURSDAY 1-21-2016	FRIDAY 1-22-2016	SATURDAY 1-23-2016
Orange Juice Scrambled Eggs w/Ham Bits Oatmeal Toast/Marg/Jelly	Banana Scrambled Eggs Sliced Bacon Dry Cereal Toast/Marg/Jelly	Cranberry Juice Scrambled Eggs Sausage Patty Grits Toast/Marg/Jelly	Orange Juice Scrambled Eggs Hash Brwn Potatoes Toast/Marg/Jelly	Grape Juice Scrambled Eggs w/Cheese Grits Cinnamon Roll Margarine	Apple Juice Waffles Sausage Links Dry Cereal Margarine/Syrup	Grape Juice Scrambled Eggs w/ Cheese Grits Toast/Marg/Jelly
Spaghetti w/Meat Sauce Parmesan Cheese Green Beans Tossed Salad w/Drsg Garlic Bread Pears Iced Tea/2% Milk	Chinese Five Spice Chicken Steamed Rice Buttered Cauliflower 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	Pineapple Chicken Orange Rice Prince Edw Vegt. 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	Jaegerschnitel (veal) w/Brown Gravy O'Brien Potatoes Seasoned Carrots Waldorf Salad Bread/Crackers Cherry Crisp Iced Tea	Tuna Ndl Casserole Calif Mixed Vegt Shred Lettuce/Drsg Bread/Margarine Apricot Halves Iced Tea	Pork Chop Suey Steamed Rice Seasoned Succotash- Coleslaw Roll/ Margarine Brownies Iced Tea/2% Milk	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 1-24-2016	MONDAY 1-25-2016	TUESDAY 1-26-2016	WEDNESDAY 1-27-2016	THURSDAY 1-28-2016	FRIDAY 1-29-2016	SATURDAY 1-30-2016
Cranberry Juice Scrambled Eggs w/Ham Bits Dry Cereal Toast/Marg/Jelly Coffee/2% Milk	Banana Scrambled Eggs Sliced Bacon Dry Cereal 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	Chicken Cordon Bleu Egg Noodles/Gravy Steamed Broccoli Waldorf Salad Roll/Margarine Blueberry Crunch Iced Tea/2% Milk	Italian Style Veal Stk Rice Pilaf Carrots Tossed Salad/Drsg Wheat Roll/Marg Peach Crunch 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 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 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	Cantonese Sparreribs Filipino Fried rice Stir Fried Cabbage Seasoned Limas Pineapple Cole Slaw Bread/Margarine Apricot Halves Iced Tea

December Menus

SUNDAY 12-27-2015	MONDAY 12-28-2015	TUESDAY 12-29-2015	WEDNESDAY 12-30-2015	THURSDAY 12-31-2015	FRIDAY 1-1-2016	SATURDAY 1-2-2016
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	Chicken Cordon Bleu Egg Noodles/Gravy Steamed Broccoli Waldorf Salad Roll/Margarine Blueberry Crunch Iced Tea/2% Milk	Italian Style Veal Stk Rice Pilaf Carrots Tossed Salad/Drsg. Wheat Roll/Marg Peach Crunch Iced Tea/2% Milk	Hamburger w/Bun Must/Catsup/Mayo Dill Chip/St 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 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 Tetrzzini 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	*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	Vegetable Soup Cold Cuts: Turkey Roll Bologna Sliced Cheese Must/Mayonnaise Sliced Tomato Potato Salad Bread/Crackers Banana Pudding Iced Tea	Cantonese Spareribs Filipino Fried rice Stir Fried Cabbage Seasoned Limas Pineapple Cole Slaw Bread/Margarine Apricot Halves Iced Tea