



DBHDD

Georgia Department of
Behavioral Health & Developmental Disabilities

ECRH Bulletin

VOLUME 10, ISSUE 16

FEBRUARY 28, 2014

East Central Regional Hospital

Special points of interest:

- *MH First Aid*
- *Blood Drive Honor Roll*
- *Out & About*
- *March Menus*
- *Personal Notes*
- *What's in a Month*
- *Taking Flight*

25th Annual Multimedia Art Show

March 6th & 7th Mat Cutting
March 13th & 14th Decorate Gym
March 17th & 18th Intake
March 19th Judging
March 20th Art Show Program 10 AM - Gracewood Gym

"When you start to wonder whether you can trust someone or not, that is when you already know you don't."

Unknown



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Tidbits of ECRH History

Regarding state holidays...ever wonder why Robert E. Lee's Birthday is not observed on January 19th, but is observed on the Friday after Thanksgiving? And why is Washington's Birthday not observed on February 17th, but is observed at Christmas time (this year Friday, December 26th)?

Here's why. The Georgia State Legislature meets yearly in January, February, and March without taking a holiday, except for Martin Luther King, Jr.'s Birthday in January. A few years ago, the state observed holidays on the prescribed date. But one year, while the legislature was in session, some legislators (or was it the Governor?) needed information from a state department, but couldn't get it because the department was closed for the holiday.

So, the State Holiday Schedule was changed to what it is today. And isn't it nice to have an "extra" day at Thanksgiving and Christmas?

Contributed by Brian Mulherin

New Employees



Front Row (L-R): Tina Landy, Social Services Provider; Trinika Mason, Procurement Officer; Casandra Roberts, Pharmacist; Angela LeBlanc, Respiratory Therapist

Back Row (L-R): Paul Toole, Facility Safety Officer; Melissa Palmer, LPN; Kenyata Baliem, LPN; Jewel Bryant, Custodial Services Worker

Front Row (L-R): Marlene Echols, HCW; Terikilas Atkins, LPN; Pertelia Hamilton, LPN; Dorian Brown, LPN

Back Row (L-R): Douglas Fine, Human Resources Manager; Robberval Lewis, HST 1



HR Partners

DBHDD Employee Assistance Program (EAP)

Earlier this month we announced an exciting new addition to DBHDD's Employee Benefits, an Employee Assistance Program (EAP).

EAP provides **confidential** counseling and/or consultation for a variety of issues that may impact you or your eligible participants' personal and/or work life. **Participants are able to access EAP services 24 hours a day, 7 days a week, 365 days a year, by telephone (800-293-0851) or via the web at www.aphelplink.com.** In the coming weeks you'll be receiving additional information regarding the EAP, along with having an opportunity to participate in an orientation which will provide much more detail regarding the program and its benefits.

Please be advised that the link to the APS site has been added to the DBHDD webpage. The link is located under the HR section.

Did you know...

As a state of Georgia employee there is a website available especially for you that offers news, stories, resources, and information with state employees in mind. It also provides access to several key services such as:

- **Employee Self Service** (PeopleSoft/TeamWorks) where employees may view their paychecks, check leave balances, update address/telephone number and conduct other business (requires an employee ID and login).
- **Flexible Benefits** (GaBreeze) where employees may find information and enroll for various insurance and other programs, exclusive of health insurance (requires an employee ID and login).
- **Employee Discounts** for special offers on goods and services discounted just for employees.

To learn more, please visit <http://team.georgia.gov/>

HR Partners

Health Insurance Plan Design Changes (Summary)

Some of the highlights of the changes are:

The Medical plan includes a co-pay (similar to an HMO) which applies to office visits, specialist visits, emergency room etc.

The co-pay must be paid by the member at the time of the visit.

HRA credits **cannot** be used to pay co-pays for medical services; i.e. doctors', specialists or emergency room visits.

SHBP& Blue Cross, Blue Shield (BCBS) are working out a process to reimburse members' HRA accounts for prior services received that qualifies for a co-pay. Members will be billed for prior services received that now qualify for a co-payment. Co-pays are not counted towards meeting one's deductible are out of pocket expenses.

The Pharmacy plan will have 3 tier Co-pays:

Tier 1- \$ 20

Tier 2 - \$50

Tier 3 - \$80

HRA credits can be used to pay for pharmacy benefits. BCBS, SHBP and Express Scripts are working out a process to reimburse members HRA accounts for prior qualified pharmacy expenses. Pharmacy co-pays do not count towards meeting the deductible or out of pocket costs.

All members will receive a new ID card on or before March 14.

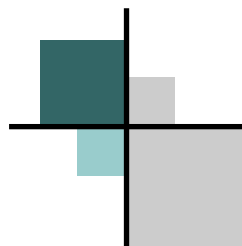
Services rendered before March 14th will be rendered under the existing plan, i.e. (Subject to co-insurance not co-pays).

Reimbursements will be made to individual HRA accounts; members will not receive a check.

The changes are applicable to all Plans, Gold, Silver and Bronze.

Remember, all preventative medical care is covered at 100% at no charge to the member.

You are invited to visit the SHBP site at <http://dch.georgia.gov/state-health-benefit-plan-shbp> to learn more about the 2014 Plan Design Changes.



Safety Shop

After the recent ice storm, some of you may have realized that you are not as prepared at home as you would like to be. In a hospital setting, we are prepared for 96 hrs of emergency supplies and we got really close to that with 72 hrs. How many of you have enough supplies to last 36 hours at home? As we learned with the ice storm, it can take some time for the power to be restored. We are taught to get milk, eggs, and bread before a storm, but what do you do when there is no power? As some of us learned, you have to get resourceful with the way you cook. It's almost like we go back to the pioneer days. I would like for all of us to learn from the recent storms and prepare for disasters at home. If our homes are secure and our families are safe, we can focus on our job and take care of our individuals. There is a website that has some really good information on how to plan for a disaster at home. It is www.ready.gov. Below is the basic disaster kit checklist for your home. I encourage everyone to take this experience as a learning opportunity and prepare your home for a disaster.

- **Water** - One gallon of water, per person, per day for at least three days for drinking and sanitation.
- **Food** - At least a three-day supply of non-perishable food.
- **Radio** - Battery-powered or hand-cranked radio and a NOAA Weather Radio with tone alert and extra batteries for both.
- **Flashlight** and extra batteries.
- **First-aid kit.**
- **Whistle** - To signal for help.
- **Dust mask** - To help filter contaminated air and **plastic sheeting** and **duct tape** to shelter-in-place.
- **Moist towelettes, garbage bags** and **plastic ties** for personal sanitation.
- **Wrench or pliers** to turn off utilities.
- **Can opener** for food (if kit contains canned food).
- **Local maps.**
- **Prescription medications and glasses.**
- **Infant formula and diapers.**
- **Dog food and extra water for your pets.**
- **Important family documents**, such as copies of insurance policies, identification, and bank account records in a waterproof, portable container.

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

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



Infection Control and Your Daily Duties

A. Prevention is the number one goal and objection.

1. National Patient Safety **Goal #7**---Focus on preventing germs from coming into contact with you, individuals, staff, and visitors. Hand hygiene is the **number 1** way to prevent the spread.

B. Handwashing for at least 20 sec. with warm soap and water.

1. Before and after activities.
2. Upon entering new building.
3. Before and after work.

Use Waterless Hand Sanitizer

1. When soap and water is not available.
2. Between washing with soap and warm water.
3. When hands are visibly dirty.

C. Use Personal Protective Equipment as a barrier against you and germs.

1. PPE--- Gloves, gowns, mask, face shield, and goggles.
2. After use immediately throw PPE in the proper waste receptacle.

D. BioHazardous Material/Waste

1. Sharps Container, Red bagged trash, etc. - Know where they are located in your area.
2. Soiled material in red bags and dispose of properly by hospital protocol.
3. Hand hygiene before and after entering the biohazardous area.

E. Chemicals and cleaning supplies

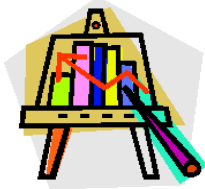
1. Avoid splashing/spraying when working with supplies/chemicals. (wear your PPE)
2. Know where your **MSDS** information is located for chemicals in use.
3. Know the location of nearest eye-wash station.

F. Think Prevention at all times.

1. When cleaning, bathing, dressing, or grooming, avoid direct contact with any soiled or potentially contaminated items.
2. Cover your cough or sneeze with tissue or inner part of arm sleeve.
3. Remind others to practice infection prevention.



The Quality Corner - News & Information From Quality Management



Quality Management Department Update



Critical Thinking Part II

Critical thinking is a very important skill to master when we are trying to make good decisions. Last month we defined the focal areas of critical thinking. This month, an article on how we can use critical thinking in the workplace. The article is by George N. Root III, Demand Media, as published in the Houston Chronicle Newspaper:

Brings New Ideas

When an issue comes up in the workplace, a common reaction is to assume that it falls into a predetermined category. Critical thinking does not make any assumptions, and using the process of critical thinking in the workplace removes the temptation to immediately classify every issue under something that has happened in the past. It forces employees and managers to look beyond conventional solutions and look for new ideas that can help to efficiently address problems.

Fosters Teamwork

The entire workplace can get involved in the critical thinking process. The more people that are involved, the more solutions your company will come up with. A diverse workplace can benefit immensely from critical thinking. Not only does it give a reason for people of diverse backgrounds to work together on product solutions, it also encourages teamwork and gives each employee a chance to impact the future of the organization. Critical thinking exercises promote workplace tolerance and can be used as part of diversity training.

Promotes Options

One of the benefits of critical thinking is that your company can develop multiple viable solutions to the same issue. This allows your company to offer a range of solutions to clients, and it also assists in workplace innovation. Several solutions to the same problem can allow your company to develop solutions that use the resources that are available as opposed to purchasing new materials. Customers benefit from having options to choose from in solving their problem.

Uncovering Spinoffs

Looking comprehensively at solving an issue brings up information that can be applied to many other situations. For example, a critical thinking exercise on how to handle a new manufacturing process may lead to ideas for other manufacturing methods. Once you get started asking questions in a critical thinking exercise for one topic, you begin to address other unresolved topics.

Mental Health First Aid

Please note the course time has been reduced from 12 to 8 hours.

Tuesday, March 4th

12:30 pm-5:00 pm

and

Wednesday, March 5th

8:00 am-12:30 pm

Speaker: Dawn Gantt, MPA

Location: Augusta Campus, Building 15 Classroom

Attendance both days is required to complete the course and obtain a certificate.

Mental Health First Aid is a groundbreaking public education program that helps the public identify, understand, and respond to signs of mental illness and substance use disorders. It is offered in the form of an interactive 2-day course that presents an overview of mental illness and substance use disorders in the U.S. and will introduce participants to risk factors and warning signs of mental health problems, build an understanding of their impact, and provide overviews of common treatments.

Those who take the 8-hour course learn a 5-step action plan encompassing the skills, resources, and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care. A certificate is awarded to each individual who successfully completes the course.

Clinical staff, especially HSTs, who are interested in completing this course should contact their Nurse Manager to reserve a place in one of these classes.

Contact Lorraine Jackson CNS, Educator, via email for further information. lwjackson@dhr.state.ga.us

Pharmacy Update



Attention Nursing Staff



Please make sure that all bags removed from the After-Hours Cabinet are labeled with the Individual's Identification information. This is essential for the proper charging and crediting of the medication. The bags should then be **sent back promptly** after the Pharmacy re-opens. If the bags are held on the unit and the Individual is discharged, the Pharmacy may not be able to credit the medications due to the Individual's information no longer being available in the computer system. Your assistance with this issue is greatly appreciated.

Pharmacy Update



CONTROLLED DRUGS



Nursing:

1. Please return all **Percocet, Lortab, Lorcet, and Tylenol # 3** from all Nursing Units that do not have current orders for the medications. Please also return all other controlled substances that are not currently prescribed (unless the medication is one that is routinely ordered by the Dental Clinic for Pre-dental Sedation such as Valium).
2. The only Nursing Units that should stock **Percocet, Lortab, Lorcet, and Tylenol # 3** without current orders are 76-2 (After-Hours Cabinet Stock) on the Gracewood Campus and EATO on the Augusta Campus.
3. **Please do not use tape on any unit dose packaging for any medications for any reason.** Any packaging found with tape attached to it should be brought to the immediate attention of the Nurse Supervisor. The Nurse Supervisor should inspect the medications and then notify the Pharmacy Director or Pharmacist in Charge. The medications should then be returned to the Pharmacy for replacement (if appropriate).
4. **The Pharmacy will no longer dispense a quantity greater than 10 tablets for Percocet, Lortab, Lorcet, or Tylenol # 3 Floor Stock orders** unless the physician's order is written for a routine schedule (not PRN). Any quantities dispensed greater than 10 tablets will be at the discretion of the Pharmacist in Charge.
5. Any area that has a new order entered by the physician or dentist for **Percocet, Lortab, Lorcet, or Tylenol # 3** may sign out **one dose at a time** from EATO or 76-2 until the Pharmacy opens and the nurse is able to enter a floor stock request for the medication. The pharmacy will dispense **no more than 10 tablets** of a codeine derivative medication at one time (with the only possible exception being the floor stock supply for EATO or 76-2 AHC).

Blood Drive Honor Roll

William W. Martin
Eric W. Marriott
Patricia J. Meely
Debra T. Barnes
Joel P. Lambert
Timothy S. Rzasa
Helen P. Woods

Daniel C. Bodiford
James E. Allen
Brian J. Mulherin, Sr.
Pamela Johnson
Latoya S. Ivey
Cheryl S. Bragg
Debra P. Brizius

Wanda J. Boone
Laudina L. Lariviere
Shimecka McGee
Fredereicka J. Murray
Alicia K. Martin
Holley L. Hill
Latasha T. Mendenhall

THANKS!

Training at a Glance - March

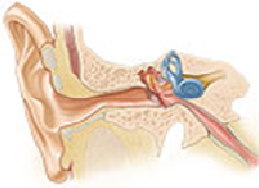
CLASS	DATE	TIME	PLACE
NEO Principles of Recovery	3/3/2014	9:30 a.m.-10:30 a.m.	BLDG 103-D E&R
Updated Safety Care Level #2	3/3/2014 3/4/2014	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 20 Gracewood
CPRC	3/3/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
Updated PNS Professional	3/3/2014	9:00 a.m.-11:00 a.m.	BLDG 103-C Lab
Updated Seizure Management	3/3/2014	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
EMR Nursing	3/4/2014	8:00 a.m.-1:30 p.m.	BLDG 103-C Room C-18
Pharmacy for Nursing	3/4/2014	1:30 p.m.-2:30 p.m.	BLDG 103-C Lab
NEO Infection Control and Prevention+Handwashing	3/4/2014	9:00 a.m.-10:30 a.m.	BLDG 103-D E&R
NEO Incident Management	3/4/2014	2:30 p.m.-4:30 p.m.	BLDG 103-D E&R
CPRA	3/4/2014	8:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
First Aid	3/4/2014	12:30 p.m.-4:30 p.m.	BLDG 103-C Lab
Updated Incident Management	3/4/2014	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
PBS Training	3/4/2014 3/5/2014	8:00 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 20
Updated PNS End User	3/4/2014	10:00 a.m.-11:00 a.m. 11:00 a.m.-12:00 p.m.	BLDG 103-C Room C-18
Principles of Recovery	3/4/2014	8:00 a.m.-9:00 a.m. 9:00 a.m.-10:00 a.m.	BLDG 103-C Room C-18
NEO Safety Care #1	3/5/2014 3/6/2014	8:30 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 20 Gracewood
NEO Safety Care #2	3/5/2014 3/6/2014 3/7/2014	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 20 Gracewood
Updated PNS End User	3/5/2014	8:00 a.m.-9:00 a.m. 9:00 a.m.-10:00 a.m. 10:00 a.m.-11:00 a.m. 11:00 a.m.-12:00 p.m.	BLDG 103-D E&R
Updated Seizure Management	3/5/2014	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-D E&R
Principles of Recovery	3/5/2014	1:00 p.m.-2:00 p.m. 2:00 p.m.-3:00 p.m. 3:00 p.m.-4:00 p.m.	BLDG 103-C Room C-23
Updated PNS Professional	3/5/2014	9:00 a.m.-11:00 a.m. 1:00 p.m.-3:00 p.m.	BLDG 103-C Lab
NEO Infection Control and Prevention+Handwashing	3/6/2014	2:30 p.m.-4:00 p.m.	BLDG 103-D E&R
Updated Incident Management	3/6/2014	8:00 a.m.-9:30 a.m. 1:00 p.m.-2:30 p.m.	BLDG 103-C Room C-18
CPRA	3/6/2014	8:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23

Training at a Glance - March

CLASS	DATE	TIME	PLACE
First Aid	3/6/2014	12:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
NEO PNS End User	3/7/2014	12:30 p.m.-4:00 p.m.	BLDG 103-D E&R
First Aid	3/7/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
NEO CPRC	3/7/2014	12:30 p.m.-4:30 p.m.	BLDG 103-C Lab
Updated PNS Professional	3/7/2014	9:00 a.m.-11:00 a.m.	BLDG 103-C Lab
NEO First Aid	3/10/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C C-23
NEO Medical Emergency Response System	3/10/2014	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R
CPRA	3/10/2014	1:00 pm.-4:30 p.m.	BLDG 103-C C-23
Updated Seizure Management	3/10/2014	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-D E&R
Updated PNS Professional	3/10/2014	1:00 p.m.-3:00 p.m.	BLDG 103-C Lab
Safety Care #2	3/10/2014 3/11/2014 3/12/2014	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 20 Gracewood
NEO Observation of Individual to Ensure Safety	3/11/2014	10:30 a.m.-1:30 p.m.	BLDG 103-C Room C-23
NEO Seclusion and Restraint	3/11/2014	1:30 p.m.-4:30 p.m.	BLDG 103-D E&R
CPRC	3/11/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
NEO Infection Control and Prevention+Handwashing	3/11/2014	2:30 p.m.-4:00 p.m.	BLDG 103-D E&R
Principles of Recovery	3/11/2014	1:00 p.m.-2:00 p.m. 2:00 p.m.-3:00 p.m. 3:00 p.m.-4:00 p.m.	BLDG 103-C Room C-18
Therapeutic Incentive Program	3/12/2014	8:30 a.m.-10:00 a.m.	BLDG 103-D E&R
NEO Seizure Management	3/12/2014	10:00 a.m.-12:00 p.m.	BLDG 103-D E&R
First Aid	3/12/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
CPRA	3/12/2014	1:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated PNS Professional	3/12/2014	1:00 p.m.-3:00 p.m.	BLDG 103-C Lab
NEO PNS Professional	3/13/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
NEO CPRA	3/13/2014	12:30 p.m.-4:00 p.m.	BLDG 103-D E&R
Updated Safety Care #2	3/12/2014 3/13/2014	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 - Tinnitus



Many people experience an occasional ringing (or roaring, hissing, buzzing, or tinkling) in their ears. The sound usually lasts only a few minutes. Ringing in the ears that does not get better or go away is called tinnitus. You may hear a sound, such as a ringing or roaring, that does not come from your surroundings (nobody else can hear it). The sound may keep time with your heartbeat, it may keep pace with your breathing, it may be constant, or it may come and go. Tinnitus is most common in people older than age 40. Men have problems with tinnitus more often than women.

There are two main types of tinnitus:

Pulsatile (like a heartbeat) tinnitus is often caused by sounds created by muscle movements near the ear, changes in the ear canal, or blood flow (vascular) problems in the face or neck. You may hear sounds such as your own pulse or the contractions of your muscles.

Nonpulsatile tinnitus is caused by problems in the nerves involved with hearing. You may hear sounds in one or both ears. Sometimes this type of tinnitus is described as coming from inside the head.

The most common cause of tinnitus is hearing loss that occurs with aging, but it can also be caused by living or working around loud noises. Tinnitus can occur with all types of hearing loss and may be a symptom of almost any ear disorder. Other possible causes of tinnitus include: a buildup of earwax, medicines, drinking an excessive amount of alcohol or caffeinated beverages, dental or other problems affecting the mouth, injuries, such as whiplash or a direct blow to the ear or head, injury to the inner ear following surgery or radiation therapy to the head or neck, a rapid change in environmental pressure, severe weight loss from malnutrition or excessive dieting, repeated exercise with the neck in a hyper extended position, blood flow (vascular) problems, neurologic disorders, and other diseases.

Most tinnitus that comes and goes does not require medical treatment. You may need to see your doctor if tinnitus occurs with other symptoms, does not get better or go away, or is in only one ear. There may not be a cure for tinnitus, but your doctor can help you learn how to live with the problem and make sure a more serious problem is not causing your symptoms.

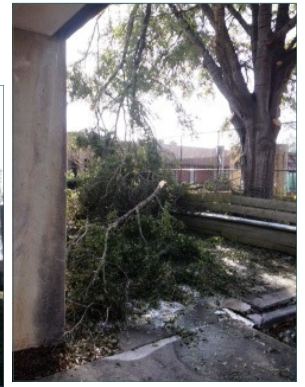
If your tinnitus is a symptom of an underlying medical condition, the first step is to treat that condition. But if the tinnitus remains after treatment, or if it results from exposure to loud noise, health professionals recommend various non-medical options that may help reduce or mask the unwanted noise. Sometimes, tinnitus goes away spontaneously, without any intervention at all. It should be understood, however, that not all tinnitus can be eliminated or reduced, no matter the cause.

If you are having difficulty coping with your tinnitus, you may find counseling and support groups helpful. If the cause of your tinnitus is excessive earwax, your doctor will clean out your ears by suction with a small curved instrument called a curette, or gently flush it out with warm water. If you have an ear infection, you may be given prescription ear drops containing hydrocortisone to help relieve the itching and an antibiotic to fight the infection. Surgery may be necessary in rare cases of a tumor, cyst, or otosclerosis (a calcium deposit on the ear bone).

Information Taken From: WebMD

Out & About

Ice Storm



Black History Program



March Birthdays

March 1 Gifty S. Appiah
Teresa A. Wallace

March 2 Tracey L. Evans
Milledge Tyler

March 3 Sharon Martin

March 4 Vincent B. Averhart
Lola S. Hopkins
Pamela P. McBride Nelson
Susie Catherine Pixley

March 5 Jeanette Burdett
Deeangela Hill
Barbara Julius

March 6 Debra E. Chenault
Kamika F. Mincer
Summer R. Steele

March 7 Kenneth T. Clay
Robin A. Smiley

March 8 Malika J. Lodge
Bethany L. Nixon
Brunilda Sanders

March 9 Taylor L. Davis

March 10 Yvonne M. Hicks
Geri Agneta Kemp
Sara N. Rogers
Jimmie Small

March 11 Claudia Marie Frazier
Donald Lee Pyles
Sherry Louise Wilson

March 12 Steven L. Miller

March 13 Janell M. Brayboy
Earnest W. Brown
Yolanda Jenkins
Nitarshi S. Landburg
Marcia Martinez
Jennifer D. Scarboro

March 14 Marvin Dunnom
Christina N. Hall
Mattie Lou Lyons
John Douglas Pearson

March 14 Lavina B. Smalley
Javante L. Thompson

March 15 Jeffrey W. Carson

March 16 Robyne Denise Jackson
Carletta Michelle Lewis
Nechelle O. Logan

March 17 Tony Brooks
Chelsea M. Carson
Sequoia Elite Hatcher
Gregory L. Kenny
Elizabeth C. Porter
Wanda L. Sanders

March 18 Deron Moncriste Mims
Michelle Osborne
Danny J. Robinson

March 19 Tanisha A. Chance
Marilyn S. Harrison
Terri D. Hattaway
Cassandra M. Hopson
Josephine Fernando Naval
Carnell R. Wright

March 20 Paul Edward Benjamin
Dorothy Lee Dent
Joyce Ann Gathers
Belinda M. Jenkins
Nessie M. McGee
Omaira Estela Raiford
Annette Devoe Walker

March 21 James Edward Allen
Robberval Lewis
Karen Walker

March 22 Quentin R. Anderson
Natalie M. Brinson
Catherine A. Coward
Freda M. Hughes

March 23 Fannie P. Chester
Gregory D. Henry
Teresa A. Morgan
William C. Morgan

More March Birthdays

March 24	Caron J. Beasley Demetris A. Dean Yolanda K. Evans Tracy D. Howard Shekera Nikole Kelly
March 25	Lawanda M. Collins Lizzie B. Henry Annie M. Hill Montressa R. Johnson Tina A. Landy Courtney Allison Moody Emma S. O'Bryant Omar Pabon CrisAnn Robinson Victoria R. Walker Damien R. Willis
March 26	Johnnie Graham Mary E. Holloway
March 27	Jessica D. Garrison Joni Lee Gill Sally M. Hui Curtis Andra Johnson Monica M. May Mary Anne Nero
March 28	Juanita Allen Atalie L.B. Brown Erin M. Klosson
March 29	Marsha L. Mayes Bennett Alfred E. Brooks Marcus D. Callender Clara T. Jenkins Karlita S. Johnson Jerry Carswell Mansfield Monica L. Wilson
March 30	Robert W. Adams Mary A. Bennett Carla J. Callahan Carol Coleman-Dougherty Donessa T. Grissett

March 30	Felicia Dubose Jenkins Daisy Wiggins
March 31	Alexander E. Brinson Kenya Dennison Donna L. Lambert Eric L. Williams



Work Therapy Augusta Campus

Thank you to everyone who supported the individuals in Work Therapy by purchasing items during the Valentine's Sale.



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.

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.

Personal Notes

All,

Words simply cannot express my heartfelt thanks and appreciation for your kindness during the loss of my mother. The spray of flowers you sent was extraordinarily beautiful and so different from all the other sprays (MANY compliments were received about that, too!).

Your expressions of care and concern in the sympathy cards warmed my heart, and I very much appreciate the gift card, too.

I was especially moved by the representation from ECRH at the funeral home and at the funeral itself. That meant more than you'll ever know.

Thank you, from the bottom of my heart, for all your support. It truly meant a lot to me and my family.

Teresa S. Crouch, Administrative Assistant, RHA's Office

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!



Forever Stamps are now .49 each

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TODAY!**

Sweetheart of a Deal

In the market for a NEW or USED automobile? Let Richmond Community Federal Credit Union assist you!! During the months of February, March and April 2014, if you purchase an automobile that is a 2009 or newer, and have a beacon score of 660+, you can get

2.14%APR in 2014!

**Interest Rates as low as
1.99% APR**

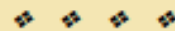
If you purchase a car from Enterprise Car Sales and finance with Richmond Community Federal Credit Union, you will receive **1% off of your qualifying interest rate!!** That could save you hundreds of dollars over the life of your loan!

Fresh Start Workshop

Friday, March 14, 2014
3:30 p.m.

Looking for a new car? Trouble getting approved? Join us at our workshop and let us tell you about our **Fresh Start Auto Program!** There will be tips on improving your credit and much more! Call to reserve your spot today!

*Some credit and policy restrictions may apply.
All loans are subject to approval.*



Richmond Community would like to invite all of our members to join us for our annual meeting, Tuesday, March 11, 2014 at 4:45 p.m. We will meet in the lobby of RCFCU. We hope to see you there!

What's in a Month?

March is...

Irish American Month	National Women's History Month	Spring Month
Music in Our Schools Month	National Irish American Heritage Month	Hoops Madness
National Craft Month	Colorectal Cancer Awareness Month	Poetry Month
National Frozen Food Month	Umbrella Month	Ethics Awareness Month
National Nutrition Month	Youth Art Month	Help Someone See Month
National Peanut Month	Noodle Month	Academy Awards Month
Red Cross Month	Mirth Month	National Kite Month
Social Workers Month	Poison Prevention Awareness Month	Optimism Month

And...

<u>March 1</u> National Pig Day St. David's Day Peanut Butter Lovers' Day	<u>March 9</u> Panic Day <u>March 10</u> Money Day Middle Name Pride Day	<u>March 16</u> Everything You Do is Right Day Freedom of Information Day <u>March 17</u> St. Patrick's Day Submarine Day	<u>March 25</u> National Agriculture Day Pecan Day Waffle Day
<u>March 2</u> Old Stuff Day <u>March 3</u> I Want You to be Happy Day If Pets Had Thumbs Day National Anthem Day Peach Blossom Day	<u>March 11</u> Johnny Appleseed Day Worship of Tools Day <u>March 12</u> Stop Smoking Day Girl Scouts Day Plant a Flower Day	<u>March 18</u> Goddess of Fertility Day Supreme Sacrifice Day <u>March 19</u> Poultry Day <u>March 20</u> St. Joseph's Day International Earth Day Extraterrestrial Abductions Day	<u>March 26</u> Make Up Your Own Holiday Day <u>March 27</u> National "Joe" Day <u>March 28</u> Something on a Stick Day <u>March 29</u> National Mon & Pop Business Owners Day Smoke and Mirrors Day
<u>March 4</u> Holy Experiment Day Hug a GI Day <u>March 5</u> Multiple Personality Day <u>March 6</u> Dentist's Day National Frozen Food Day	<u>March 13</u> Ear Muff Day Jewel Day Popcorn Lover's Day <u>March 14</u> National Pi Day Learn About Butterflies Day National Potato Chip Day	<u>March 21</u> Proposal Day Fragrance Day Flower Day <u>March 22</u> National Goof Off Day <u>March 23</u> National Chip and Dip Day Near Miss Day	<u>March 30</u> National Doctor's Day I Am in Control Day Take a Walk in the Park Day <u>March 31</u> Bunsen Burner Day National Clam on the Half Shell Day
<u>March 7</u> National Crown Roast of Pork Day Employee Appreciation Day National Salesperson Day <u>March 8</u> International Women's Day Be Nasty Day	<u>March 15</u> Everything You Think Is Wrong Day Incredible Kid Day Dumbstruck Day National Quilting Day Ides of March	<u>March 24</u> National Chocolate Covered Raisin 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>NOTICE</p> <p>Items for publication must be submitted in written form. The upcoming issue's deadline is March 7, 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 Marqueses

Deadline for submission of

APRIL MESSAGES

March 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 Marqueses for the following month.)**

ECRH Jobs List

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

Activity Therapist - Forensic Unit
Activity Therapist - Redbud Unit
Associate Nurse Executive - Augusta Campus
Behavioral Health Counselor - Forensic Mall
Behavioral Health Counselor - Forensics
Certified Nursing Assistant 1 (multiple shifts available)
CNA 2
DD Shift Supervisor - Gracewood Campus
Facility Safety Officer - Corporal
Food Service Worker (WL)
Health Care Worker
Health Service Technician 1 - Augusta Campus
Health Service Technician 1 - Gracewood Campus
Health Services Technician 2 - Augusta Campus
Health Services Technician 2 - Gracewood Campus
Houseparent / Health Care Worker- Community Integration Home - Second Shift
HVAC Repair Technician
Laundry Worker
Leave / Workers Compensation Coordinator
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
MH/DD Team Leader
Nurse Administrator - (E/N) Gracewood and Augusta Campus
Pharmacist (AL) (Part time hourly)
Physicians Assistant
Program Assistant - Camellia Unit
Registered Nurse (RN) - Augusta Campus
Registered Nurse (RN) - Charge Nurse - Augusta Campus
Registered Nurse (RN) - Charge Nurse - Gracewood Campus
Registered Nurse (RN) - Forensic Mall
Registered Nurse (RN) -Gracewood Campus
Substance Abuse Counselor - Forensic Treatment Mall

Taking Flight

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

A RECOVERY STORY

Dana's Story

If asked, Dana will readily tell you that she has come a long way. As a married mother of four in her late 40s, Dana's struggles with depression have been nearly life-long. An abusive relationship in her early 20s left her with significant post-traumatic stress disorder. Still, she moved forward with her life, getting married to a supportive spouse, starting a family and maintaining employment. However, her depression and PTSD symptoms persisted despite numerous medication trials and combinations. When her family experienced significant upheaval due to job loss and medical illness, Dana's symptoms became precipitously worse and she was hospitalized due to an increase in PTSD and depressive symptoms with the emergence of psychotic symptoms she had never before experienced.

When I met with Dana for the first time, she was taking multiple medications with an unclear diagnosis and she stated that she was not convinced that either her diagnoses or her medications were correct. In particular, she stated that following the medication changes made during her last hospitalization, she had begun to experience a level of anxiety that she previously had not experienced. She felt that it was due to one or more of her meds, but felt that her previous provider had not adequately explored this possibility with her.

Much of the first year of our work together involved identifying Dana's goals, chief symptoms and side effects, carefully weighing the pros and cons of each aspect of her treatment. Going back to school to complete her degree and being able to provide for her family

financially and emotionally were her topmost priorities.

Over the next several years, we sought to slowly taper down her medication regimen to the bare essentials. As we did, something miraculous happened—Dana began to get better. When some of the psychotic symptoms returned during a particularly stressful period, we responded by adding a new medication. We subsequently tapered it down to a low dose when those symptoms dissipated. Dana successfully completed her degree but landing a position in her new field took nearly a year. Nevertheless, she was persistent in the face of frustration and kept applying until she obtained a job that was ideal for her.

Not long ago, she reported that she is doing "Great." She explained that while her symptoms are not completely gone, she has met/is meeting her most important life goals—obtaining her degree and providing for her family. She went on to say that she has come to realize that she does not need to be "100% better" in order to move forward and enjoy a meaningful life. Moreover, she stated, the fact that she has achieved these things *despite* her symptoms has allowed her to see just how strong she really is.

LEARNING POINT

Dana's story is an example of several areas key to Recovery, including Shared Decision Making. However, most of all it is a powerful demonstration of Recovery *in* the illness. Dana understood the chronic nature of her illness. Yet, she realistically appraised her situation and her abilities, and used her goals to keep herself focused. She allowed herself to savor each accomplishment, both large and small, and her successes built on themselves.

Gina N. Duncan, M.D.

March Menus

SUNDAY 3-2-14	MONDAY 3-3-14	TUESDAY 3-4-14	WEDNESDAY 3-5-14	THURSDAY 3-6-14	FRIDAY 3-7-14	SATURDAY 3-8-14
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 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 Rissolo Potatoes Broccoli Carrot/Raisin Salad Roll/Margarine Heavenly Hash Ice Tea/2% Milk	Meatloaf w/Brown Gravy Snowflake Potato Green Peas Pineapple Tidbits Roll/Margarine Ice Cream Iced Tea/2% Milk
Chicken Tetrazzini Carrots Tossed Salad w/Drsg Bread/Margarine P'Butter Cookies Iced Tea	Bkd Rigatoni/Beef Broccoli Pickled Beet Salad Bread/Margarine Apple Crisp Iced Tea	Fried Chicken Au Gratin Potatoes Green Beans Shred Lettuce/Drsg Bread/Margarine Apricots Iced Tea	Roast Turkey w/Gravy Sweet Potatoes Seas Turnip Greens Copper Penny Sld Cornbread/Marg Fresh Fruit Iced Tea	Vegetable Soup Cold Cuts: Turkey Roll Bologna Sliced Cheese Must/Mayonnaise Sliced Tomato Potato Salad Bread/Crackers Banana Pudding Iced Tea	*Fried Fish w/Tartar Sauce Spanish Rice Okra Green Salad w/Drsg Bread/Margarine Apple Crisp Iced Tea *Broiled Pollock as 2nd choice in Employee Cafeteria ONLY	Turkey Salad Saltine Crackers Pickled Beet Salad Bread/Margarine Apricot Halves Iced Tea

SUNDAY 3-9-14	MONDAY 3-10-14	TUESDAY 3-11-14	WEDNESDAY 3-12-14	THURSDAY 3-13-14	FRIDAY 3-14-14	SATURDAY 3-15-14
Banana Scrambled Eggs w/Sausage Bits Dry Cereal Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Scrambled Eggs Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs w/Cheese Grits Toast/Marg/Jelly Coffee/2% Milk	Cranberry Juice Scrambled Eggs Sliced Ham Grits Biscuit/Marg/Jelly Coffee/2% Milk	Apple Juice Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Pancakes Sausage Links Dry Cereal Margarine/Syrup Coffee/2% Milk	Apple Juice Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk
Baked Ham Corn Collard Greens Carrot/Raisin Salad Bread/Margarine Peach Slices Iced Tea / 2% Milk	Fried Chicken Au Gratin Potatoes Mixed Vegetables Lettuce/Tomato Sld w/Drsg Wheat Roll/Marg Oatmeal/Raisin Cookies Iced Tea/2% Milk	Roast Pork w/Gravy Cnd Swt Potatoes Field Peas Pickled Beet/Onion Salad Cornbread/Marg Cake/Icing Iced Tea/2% Milk	Spaghetti w/Meat Sauce Parmesan Cheese Calif Mixed Vegt Tossed Sld w/Drsg Bu Garlic Toast Pineapple Upside Down Cake Iced Tea/2% Milk	Baked Chicken Macaroni/Cheese Seas Turnip Greens Sliced Peaches Cornbread/Marg Ice Cream Iced Tea/2% Milk	Roast Beef w/Gravy Mashed Potatoes Seasoned Squash Peach/Pear Mix Roll/Margarine Bread Pudding Iced Tea/2% Milk	Pepper Steak Rice Broccoli Pear/Cheese Salad Bread/Margarine Chocolate Pudding Iced Tea/2% Milk
Fried Fish 'N Bun w/Tartar Sauce Spanish Rice Green Beans Coleslaw Sherbet Iced Tea	Hamburger 'n Bun Sliced Cheese Catsup/Must/Mayo Sliced Pickles Fried Onion Rings Baked Beans Lett/Tomato Sld w/Drsg Pound Cake Iced Tea	Chuckwagon Steak w/Cream Gravy Mashed Potatoes Calif Mixed Vegt Shredded Lett/Drsg Bread/Margarine Pears Iced Tea	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 P'Butter Cookies Iced Tea

SUNDAY 3-16-14	MONDAY 3-17-14	TUESDAY 3-18-14	WEDNESDAY 3-19-14	THURSDAY 3-20-14	FRIDAY 3-21-14	SATURDAY 3-22-14
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 Grits Syrup/Margarine Coffee/2% Milk	Cranberry Juice Scrambled Eggs w/Sausage Bits Grits Dry Cereal 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 Cornbread/Marg Cake w/Icing Iced Tea/2% Milk *Broiled Pollock as 2nd choice in Employee Cafeteria ONLY	BBQ Pork 'N Bun French Fries Green Beans Coleslaw Pineapple Upside Down Cake Iced Tea/2% Milk	Hamburger Steak w/ Gravy Snow- flake Potato Green Peas Tomato Sld/Drsg Roll/Margarine Vanilla Pudding/Topping Iced Tea/2% Milk
Chili Con Carne Rice Corn Shred Lettuce/Drsg Saltine Crackers Sliced Peaches Iced Tea	Beef Noodle Cass. w/Cheese Seasoned Squash Tossed Salad/Drsg Bread/Margarine Sherbet Iced Tea	Sloppy Joe 'n Bun French Fries Green Peas Green Salad w/Drsg P'Butter Cookies Iced Tea	Hot Dog / Bun Topping Squash Green Salad 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 Iced Tea	Chicken Salad Saltine Crackers Copper Penny Sld Bread/Margarine Fruit Cup Iced Tea

SUNDAY 3-23-14	MONDAY 3-24-14	TUESDAY 3-25-14	WEDNESDAY 3-26-14	THURSDAY 3-27-14	FRIDAY 3-28-14	SATURDAY 3-29-14
Orange Juice Scrambled Eggs w/Ham Bits Oatmeal Toast/Marg/Jelly Coffee/2% Milk	Banana Scrambled Eggs Sliced Bacon Dry Cereal Toast/Marg/Jelly Coffee/2% Milk	Cranberry Juice Scrambled Eggs Sausage Patty Grits Biscuit/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs Bacon Hash Brwn Potatoes Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Scrambled Eggs w/Cheese Grits Cinnamon Roll Margarine Coffee/2% Milk	Apple Juice Waffles Sausage Links Dry Cereal Margarine/Syrup Coffee/2% Milk	Grape Juice Scrambled Eggs w/ Cheese Grits Toast/Marg/Jelly Coffee/2% Milk
Spaghetti w/Meat Sauce Parmesan Cheese Green Beans Tossed Salad w/Drsg Garlic Bread Pears Iced Tea/2% Milk	Roast Turkey w/Gravy Cranberry Sauce Baked Dressing Peas & Carrots Peaches** Roll/Margarine Oatmeal/Raisin Cookies Iced Tea/2% Milk **Augusta Campus= Fruit Cocktail	Baked Ham Mashed Potatoes Seas. Collard Greens Pears Cornbread/Marg Cake/Icing Iced Tea/2% Milk	Lasagna Combination Salad w/ Drsg Garlic Bread Peach Cobbler Iced Tea/2% Milk	Meatloaf w/Mushroom Gravy Mashed Potatoes Carrots Pear/Cheese Salad Roll/Margarine Gingerbread Iced Tea/2% Milk	Roast Pork w/Brown Gravy Steamed Rice Broccoli Lettuce Sld w/Drsg Bread/Margarine Banana Pudding w/Topping Iced Tea/2% Milk	Baked Chicken Oven Browned Potatoes Calif Mixed Vegt Coleslaw Roll/Margarine Ice Cream Iced Tea/2% Milk
Polish Sausage/Bun Diced Onion/Relish/ Mustard Baked Beans Coleslaw Pineapple Tidbits Iced Tea	Vegetable Soup Cold Cuts: Turkey Roll Bologna Sliced Cheese Must/Mayonnaise Sliced Tomato Potato Salad Bread/Crackers Sweet Potato Pie Iced Tea	Tuna Ndl Casserole Calif Mixed Vegt Shred Lettuce/Drsg Bread/Margarine Apricot Halves Iced Tea	Hot Dog 'N Bun Must/Catsup/Onion Baked Beans Coleslaw Brownies Iced Tea	Roast Beef w/Gravy Noodles Green Beans Tossed Salad w/Drsg Bread/Margarine Peaches Iced Tea	Chili Mac Corn Pears ** Saltine Crackers Choc Chip Cookies Iced Tea **Augusta Campus = Fruit Cocktail	Taco Pie White Rice Spinach Shred Lettuce/Drsg Bread/Margarine Applesauce Iced Tea