



DBHDD

Georgia Department of Behavioral Health & Developmental Disabilities

ECRH Bulletin

VOLUME 10, ISSUE 14

JANUARY 31, 2014

East Central Regional Hospital

Special points of interest:

- MH First Aid
Blood Drive
Valentine Gift Sale
Out & About
February Menus
Personal Notes
What's in a Month
Taking Flight
Snow Pics

"The difference between try and triumph is a little umph."

Unknown

Inside this issue:

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The top story of the week, of course, was snow in Georgia! ECRH enacted its emergency snow plan and went into action.

As the saying goes, stars shine brightest when it is the darkest ... and we had some shining stars. There was stellar performance with organization and planning, unit coverage, meal prep and delivery, and transportation, and I am proud of ECRH!

Despite emails and announcements constantly coming out about closures and Governor mandated delays, our employees knew they were needed 24/7.

While others stayed home and played in the snow, many of our most dedicated employees braved the elements, came in early, worked double shifts, camped out and stayed over, and there were still smiles and "I was glad to do it" when greeted. Shout out to the leadership that planned, adjusted, and kept it going!

Special hats off to Dietary Services who not only took care of our individuals, but provided meals to the staff, as well. Plant Ops not only made it to work, but then turned around in State vehicles to go back out and pick

up staff! Our Medical Staff showed up in almost full force. Folks in the Dental Department actually came in and when told they might be needed in other areas for coverage, they responded that they had already made rounds and offered their assistance! Evening and Night Shift personnel were simply the BEST!

These are isolated examples of the excellent attitudes and commitment that was displayed this week. The cream definitely rose to the top (in this case ice cream!!!). A sincere thank you is extended to all who made our snow plan work. Having said all that, I'm glad it's over....whew!

Sincerely, Nan M. Lewis

Tidbits of ECRH History

In the 1930-1950 years, "GRACEWOOD" was a large, spread out, 1900 acres, many of which were farmland providing vegetables for the clients (individuals). There were some "horse power" farm implements, but there were 12 "mule power" animals of the four-legged kind.

The mules were used for hauling and plowing, but interestingly, each mule had a client assigned to him/her. The clients loved their mules, caring, feeding, brushing, and sometimes assisting staff with wagon driving and plowing. This might be considered a type of animal therapy!

The mules were housed in a barn which is now in the ECRH Gracewood Campus Motor Pool area. It's the good looking building with the hayloft door. Take a look sometime!

Contributed by Brian Mulherin

New Employees



(L-R): Latoya Ivey, LPN; Alicia Martin, LPN; Colette Vincent, RN

Front Row (L-R): Latasha Jackson, HST 1; Leona Maloyd, CNA 1; Laverne Johnson, CNA 1; Martha Knight, CNA 1

Back Row (L-R): Lori Oakley, LPN; Samantha Morehead, CNA 1; Catrina Coston, CNA 2; Teresa Roscoe, CNA 1



HR Partners



Drug-Free Workplace, #22-1301

In accordance with the Federal Drug-free Workplace Act and the Georgia Drug-free Public Work Force Act, it is the policy of DBHDD to maintain a drug-free workplace. DBHDD will make a good faith effort to ensure that a drug-free workplace is maintained and will continue a drug-free awareness program.

In accordance with Federal and State laws, the Department of Behavioral Health and Developmental Disabilities is committed to providing a drug-free workplace. Employees are prohibited from illegally engaging in the manufacture, distribution, dispensing, possession or use of illegal drugs **at any time or place including the workplace.**

Employees who do not have Internet access should contact their supervisor or human resource/ personnel representative for printed copies of this or any DBHDD policy. Questions regarding policies should be directed to Supervisors or Human Resources Representatives.

For a copy of this policy, and any other DBHDD policies, please visit:
<https://gadbhdd.policystat.com/>

DBHDD has revised Policy 20-201 on maintaining a Tobacco-Free and Smoke-Free environment at the Hospitals. Please note that in addition to the banning of any and all tobacco products, all e-cigarette products are now banned as well. The full Policy is attached to the e-mail accompanying this issue of the *Bulletin*.

Safety Shop

We have completed our January Environmental tours and I must say it went very smoothly. We are not seeing as many deficiencies this go-around. I would like to personally thank everyone for their hard work in getting your units corrected. There are still some deficiencies left on the 2013 deficiency list, so please try to get them corrected as soon as possible.

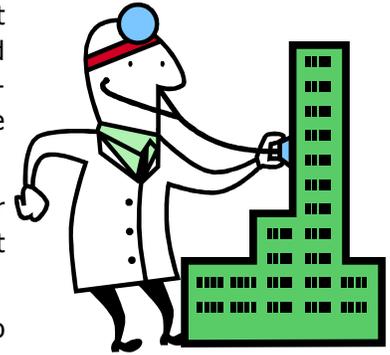
Just remember, if there is something not working or in need of repair in your unit, please follow the procedure of getting a work order entered so we can fix it in a timely manner.

I would like to stress again, a big thank you for all your hard work that you do here at ECRH.

I would like to welcome Jeff Lacy to the Office of Safety and Emergency Management. Jeff is our new Fire Safety Officer. Jeff comes to the Safety department from Property Control. Help me give Jeff a warm welcome to the Office of Safety and Emergency Management.

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.



Mental Health First Aid

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

Tuesday, February 11th

12:30 pm-5:00 pm

and

Wednesday, February 12th

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

Infection Control - Coughing and Sneezing

Hygiene etiquette involves practices that prevent the spread of illness and disease. A critical time to practice **good hygiene etiquette** is when you are sick, especially when coughing or sneezing. Serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS) are spread by:



- Coughing or sneezing
- Unclean hands
- Touching your face after touching contaminated objects
- Touching objects after contaminating your hands

To help stop the spread of germs:

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Put your used tissue in the waste basket.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.



Remember to wash your hands after coughing or sneezing:



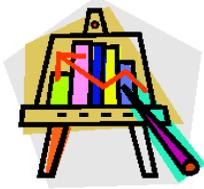
- Wash with soap and water.
- Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

Cough etiquette is especially important for infection control measures in healthcare settings.

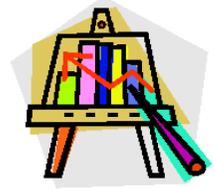
One final practice that helps prevent the spread of respiratory disease is avoiding close contact with people who are sick. If you are ill, you should try to distance yourself from others so you do not spread your germs. Distancing includes staying home from work or school when possible.



The Quality Corner - News & Information From Quality Management



Quality Management Department Update



Critical Thinking at ECRH



Critical thinking is a very important skill to master when we are trying to make good decisions. Here are examples of how critical thinking can be applied to the work we do here at ECRH:

*Adapted from **Becoming a Master Student** by Dave Ellis*

Truth-seeking: Do not fear information that may conflict with or even undermine your self-interest. Long-held truths are subject to change with the advent of new information. Project GREAT and RESPECT training are both examples of how we as a Hospital are changing for the better the ways we care for our individuals.

Open-minded: Respect the rights of others to disagree, and check your own speaking and thinking for signs of bias. Our partnership with MCG is a marvelous example of how two long-established institutions can learn from each other.

Analytical: In Quality Management we point out the value and necessity of collecting and analyzing data. This allows us to go from "I think the problem is..." to "the data indicates that the problem is..."

Systematic: Staying on track maintains the focus on the issue at hand. Soliciting input from Team members is a welcome strategy, but the discussion should remain tightly focused.

Self-confident: Don't allow the questions of others to cause you to doubt your own ideas. We can't always be right. Team members should work together, with each person on the Team having confidence in the experience and skill set that he or she brings to the table.

Inquisitive: Nothing is written in stone. Be willing and open to explore new ideas and solutions. Our Human Resources Development department does a tremendous job of providing training for all Hospital personnel to maintain and update our skills.

Mature: A mature thinker recognizes that there may be several answers or approaches to solving a problem, even if some ideas may seem in conflict. We can rarely resolve an issue in one sitting, nor should we expect to. Recognize that a Team may need multiple meetings before a problem can be resolved.

Faithful Service - Thank You for All You Do

25 Years

Brown, Christopher A.	Property	SS:Supply/Inv/Warehse Wkr (WL)
Daskal, Leah Robinson	Dental Services	TS:: Dental Hygienist (WL)
Dubose, Anita Suzette	SNF / Camellia Unit	SS: Health Aide (WL)
Harris-Myers, Angela M.	Employee Vaccinations	PS: Registered Nurse (SP)
Row, Leanne M.	Occupational Therapy Director	MG: Health Care

20 Years

Elam, Teresa D.	ICF/ MR Redbud Unit	SS: Health Aide (WL)
Jenkins, Yolanda	ADD ICF/MR Treat. Teams	Professional Education Worker
Thomas, Brenda L	General Mental Health (GMH)	SS: Health Aide (AL)

15 Years

Autry, Barbara Ann	Procurement	TS:Proc,Supply,Warhse Tech(WL)
Hamilton, Mary E	SNF / Camellia Unit	SS: Nurse Assistant (WL)
James, Patricia A.	Motor Pool	SS: Clerk (EL)
Pathirja, Ananda Prija	Admissions/23 Hour Obs.	MBC Psychiatrist (Hourly Paid)
Prince, Teresa Arleen	Central Kitchen-Fs	SS:Food Svc Operation Wkr (SP)
Sanderlin, Thomasena Deane	Food Service	TS:Food Svc Operation Spec(SP)

10 Years

Alston, Carolyn	Forensic Inpatient II	SS: Health Aide (AL)
Benjamin, Paul Edward	Hospital Safety/Security	TS: Facility Safety Offcr (AL)
Bush, Selena D.	Laundry	SS: Housekeeper (EL)
Butler, Karen G.	ADD ICF/MR Treat. Mall	TS:Trng/Employment Tech (AL)
Clark, Anthony	Nursing Administration	TS:Hlth & Safety Inspector(WL)
Edwards, Mark Anthony	ADD ICF/MR Treat. Teams	TS: Orthotics Tech (WL)
Garnett, Bridgett Kimberley	ICF/ MR Redbud Unit	SS: Nurse Assistant (WL)
Giddens, Runtha D.	Learning & Staff Dev.	SS: Clerk (WL)
Kirksey, Tamara M.	Forensic Inpatient II	SS: Health Aide (AL)
Merriweather, Betty Jean	Forensic Inpatient II	Professional Health Care Workr
Meyers, Linda A.	ICF/ MR Redbud Unit	SS: Health Aide (WL)
Osborne, Sharon W.	Administration	SS: Clerk (AL)
Walker, Clara Lue	ICF/ MR Redbud Unit	SS: Health Aide (AL)
Williams, Eric L.	Laundry	SS: Housekeeper (AL)

Faithful Service - Thank You for All You Do

5 Years

Brown, Shmiker L.	ICF/ MR Redbud Unit	SS: Health Aide (WL)
Calloway, Valerie Johnson	ICF/ MR Camellia Unit	Health Care Assistant
Cromer, Carmen T.	Forensic Inpatient II	Professional Health Care Workr
Germany, Jameka S.	ICF/ MR Redbud Unit	SS: Nurse Assistant (WL)
Lewis, Carletta Michelle	SNF/ Camellia Unit	SS: Nurse Assistant (AL)
Mack, Denise R.	Forens. Treat. Teams	PS: Activity Therapist (WL)
Martin, Darnell	Forensic Inpatient II	SS: Health Aide (WL)
Morgan, Terry Kimball	ICF/ MR Redbud Unit	SS: Health Aide (AL)
O'Bryant, Latorja Jones	Admissions/23 Hour Obs.	Professional Social Srv Worker
Shank, Shabakka L.	ICF/ MR Redbud Unit	Health Care Assistant
Williams, Gloria Jean	ICF/ MR Redbud Unit	Personnel Services Worker

Pharmacy Update



Attention Nursing Staff



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

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

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

Thank you for your cooperation!



CONTROLLED DRUGS



Please be aware that **only DEA licensed Physicians and Dentists** are allowed to write **Schedule II (CII) Controlled drug orders**. Any **CII orders entered into Avatar by anyone else will be processed as a Medication Variance**.

Training at a Glance - February

CLASS	DATE	TIME	PLACE
NEO Principles of Recovery	2/3/2014	9:30 a.m.-10:30 a.m.	BLDG 103-D E&R
PBS Training	2/3/2014 2/4/2014	8:30 a.m.-4:30 p.m. 8:30 a.m.-4:30 p.m.	BLDG 20
Updated Safety Care level #2	2/3/2014 2/4/2014	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
CPRA	2/3/2014	8:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
First Aid	2/3/2014	12:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated PNS Professional	2/3/2014	1:00 p.m.-3:00 p.m.	BLDG 103-C Lab
Updated Safety Care Level #1	2/4/2014	8:00 a.m.-4:30 a.m.	BLDG 99B
NEO Infection Control and Pre- vention+Handwashing	2/4/2014	9:00 a.m.-10:30 a.m.	BLDG 103-D E&R
NEO Incident Management	2/4/2014	2:30 p.m.-4:30 p.m.	BLDG 103-D E&R
CPRC	2/4/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
Updated Seizure Management	2/4/2014	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
NEO Safety Care #1	2/5/2014 2/6/2014	8:30 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99F
NEO Safety Care #2	2/5/2014 2/6/2014 2/7/2014	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 99B
NEO Safety Care #2	2/5/2014 2/6/2014 2/7/2014	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 99L
Updated PNS End User	2/5/2014	8:00 a.m.-9:00 .am. 9:00 a.m.-10:00 a.m.	BLDG 20 Gracewood Campus
Updated Incident Management	2/5/2014	10:00 a.m.-11:30 a.m.	BLDG 103-D E&R
Principles of Recovery	2/5/2014	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-D E&R
NEO Infection Control and Pre- vention+Handwashing	2/6/2014	2:30 p.m.-4:00 p.m.	BLDG 103-D E&R
Updated Incident Management	2/6/2014	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-C Room C-18
Updated Seizure Management	2/6/2014	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
Updated Safety Care Level #2	2/6/2014 2/7/2014	12:30 p.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 99F
NEO CPRA	2/7/2014	12:30 p.m.-4:00 p.m.	BLDG 103-C Room C-23
First Aid	2/72014	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
NEO CPRC	2/7/2014	12:30 p.m.-4:30 p.m.	BLDG 103-C Lab

Training at a Glance - February

CLASS	DATE	TIME	PLACE
Principles of Recovery	2/7/2014	8:00 a.m.-9:00 .am. 9:00 a.m.-10:00 a.m. 10:00 a.m.-11:00 a.m.	BLDG 103-D E&R
Updated PNS Professional	2/7/2014	9:00 a.m.-11:00 a.m.	BLDG 103-C Lab
Updated Safety Care Level #2	2/10/2014 2/11/2014	8:00 a.m.-12:00 p.m. 8:00 a.m.12:00 p.m.	BLDB 99L
NEO First Aid	2/10/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C C-23
NEO Medical Emergency Re- sponse System	2/10/2014	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R
CPRA	2/10/2014	1:00 pm.-4:30 p.m.	BLDG 103-C C-23
Updated PNS End User	2/10/2014	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 Lab
Safety Care #2	2/10/2014 2/11/2014 2/12/2014	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 99B
Updated Safety #2	2/11/2014 2/12/2014	12:30 p.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 99L
NEO Observation of Individual to Ensure Safety	2/11/2014	10:30 a.m.-1:30 p.m.	BLDG 103-C Room C-23
Seclusion and Restraint	2/11/2014	1:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Updated Seizure Management	2/11/2014	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated PNS Professional	2/11/2014	9:00 a.m.-11:00 a.m.	BLDG 103-C Lab
CPRC	2/11/2014	12:30 p.m.-4:30 p.m.	BLDG 103-C Lab
Therapeutic Incentive Program	2/12/2014	8:30 a.m.-10:00 a.m.	BLDG 103-D E&R
NEO Seizure Management	2/12/2014	10:00 a.m.-12:00 p.m.	BLDG 103-D E&R
First Aid	2/12/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
CPRA	2/12/2014	1:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated Incident Management	2/12/2014	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-C Room C-18
NEO PNS Professional	2/13/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
NEO PNS End User	2/13/2014	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Updated Safety Care #1	2/13/2014	8:00 a.m.-4:30 p.m.	BLDG 99B
Updated Safety Care #2	2/13/2014 2/14/2014	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
Principles of Recovery	2/13/2014	8:00 a.m.-9:00 a.m. 9:00 a.m.-10:00 a.m.	BLDG 99F

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

Occupational Health - Alzheimer's Disease

What is Alzheimer's Disease?

Alzheimer's is a disease is the most common form of dementia among older adults. It involves parts of the brain that control thought, memory, and language and can seriously affect a person's ability to carry out daily activities. Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over number of years. Alzheimer's disease accounts for 50 to 80 percent of dementia cases. Alzheimer's is the sixth leading cause of death in the United States. Those with Alzheimer's live an average of eight years after their symptoms become noticeable to others, but survival can range from 4 to 20 years, depending on age and other health conditions.



Who has Alzheimer's Disease?

Alzheimer's is not a normal part of aging, although the greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. But Alzheimer's is not just a disease of old age. Up to 5 percent of people with the disease have early-onset Alzheimer's (also known as younger-onset), which often appears when someone is in their 40s or 50s.

What causes Alzheimer's Disease?

It is not known what causes Alzheimer's disease. There probably is not one single cause, but several factors that affect each person differently. Age is the most important known risk factor for Alzheimer's disease. The number of people with the disease doubles every 5 years beyond age 65. Family history is another risk factor. Researchers believe that genetics may play a role in developing Alzheimer's disease. In addition to genetics, education, diet, and environment are being researched to learn what role they might play in developing this disease. Research findings show evidence that some of the risk factors for heart disease and stroke, such as high blood pressure, high cholesterol, and low levels of the vitamin folate may also increase the risk of Alzheimer's disease.

There are 10 warning signs of Alzheimer's: Memory loss that disrupts daily life; challenges in planning or solving problems; difficulty completing familiar tasks at home, at work or at leisure; confusion with time or place; trouble understanding visual images and spatial relationships; problems with words in speaking or writing; misplacing things and losing the ability to retrace steps; decreased or poor judgment; withdrawal from work or social activities; and changes in mood and personality.

Why Get Checked?

Get the maximum benefit from available treatments - With early detection, you can explore treatments that may provide some relief of symptoms and help you maintain a level of independence longer.

Have more time to plan for the future - A diagnosis of Alzheimer's allows you to take part in decisions about care, transportation, living options, financial, legal matters, and participate in building the right care team and social support network.

Help for you and your loved ones - Care and support services are available, making it easier for you and your family to live the best life possible with Alzheimer's or dementia.

Alzheimer's has no current cure, but treatments for symptoms are available. Although current Alzheimer's treatments cannot stop Alzheimer's from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers. Every individual may experience one or more of these signs in different degrees. If you notice any of them, please see a doctor. By putting off learning more, people impacted by Alzheimer's disease are being diagnosed too late and miss the opportunity to get the best help possible.



Out & About



Faithful Service Reception



Linda Lawal Retirement



Out & About



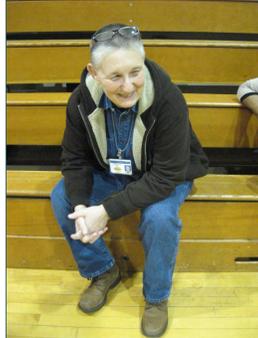
Verlinda Bigby Farewell



Fire alarm system upgrades to meet code requirements.



NFL Play-Off Tailgate Party



Out & About



Teresa McCaskill Farewell



February Birthdays

February 1	Vivian Y. Bennett Jason R. Henle Brian J. Leneau Mary H. Martin Amanda L. Pattillo Elaine Perkins Alisha A. Sanders Nellie L. Williams	February 9	Itanga M. Hughes Brenda L. Thomas Cierra L. Williams
February 2	Frankie L. Creech A. Eric Simpson Jennifer G. Sosebee Gordon E. Brown, Jr.	February 10	Jamal A. Baron Janice L. Key Ulonda D. Lett Betty A. Miller Jack Scott Bonnie Jean Sikes Sherrel T. Vinson
February 3	Scot-tia V. Goudy Debbie C. Jordan Sierra M. Merriweather Tarrance Tyrone Robbins Juakena O'Neal	February 11	Tyrone Bernard Goodwin Victoria Griffin Barbara L. Kenon
February 4	Tanya M. Benjamin-Wilson Charles L. McIlwain Deloise A. Perkins Larice R. Willis-Houck	February 12	Gregory C. Hall Kathy Newkirt Lacy Darrell B. Walker
February 5	Shannon D. Childs Gloria Johnson Lisa Ann Montano Angela D. Thomas Shane Watson Michael A. Williams Anita M. Everett	February 13	Jasmine D. Murphy
February 6	Altaf Hussain Ronald H. Smith	February 14	Cheryl S. Bragg Veronica M. Brown Nancy H. Felder Tamika L. Smith Deborah S. Sulton
February 7	Mickie M. Collins Tania Gadson Benita M. Thurmond Soloman L. Williams	February 15	Elizabeth Chapman Nikki Morris Kandra S. Sheehan
February 8	Jennifer A. Campbell Beverly Hester Laverne Lee Johnson Ernestine M. Martin Lisa Tucker Sanford	February 16	Bridgett Kimberley Garnett Shanovia R. Howard Carla A. Johnson-Ferguson Tammi M. Kenner Elizabeth Carlene Lazenby Joyce B. Richards
February 9	Donyale E. Brown	February 17	Lucious Abrams, Jr.
		February 18	Lynda W. Bell Stacy Wynona Hughes Jeffery Etoy Pinckney
		February 19	Valerie Johnson Calloway Sheena Freeman Hae K. Park Yolanda H. Terry
		February 21	Thaddeus J. Dixon

More February Birthdays

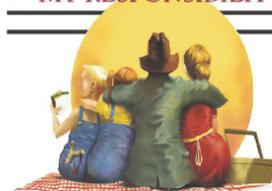
February 21	Beverly Kay Holloway Dorothy Ann Lambert
February 22	Kimberly McCumbers Ball Chasity M. Banks Patricia O. Horsford
February 23	Steven L. Henderson Betty Ann Jones
February 24	Joey R. Norris, Jr. Shanta Dunnum Searles
February 25	Felicia R. Mitchell Clara Lue Walker
February 26	Michael T. Johnson Alvin C. Roberson Carrie F. Stevenson Cassandra D. Williams
February 27	Patricia Fuller Brown Carole B. Harmon Willie M. Harris Towanna D. Hicks Roger P. Holland Cassandra L. Jackson
February 28	Hayward Aaron III Cynthia Elaine Collier Douglas E. Fedrick Evans O. Koranchie



Shepard Community Blood Center is in great need of O POS, O NEG and A NEG blood types, so any donation would greatly assist our local blood supply.

FEBRUARY

MY FAMILY
MY COMMUNITY
MY RESPONSIBILITY



GIVE BLOOD

EAST CENTRAL REGIONAL HOSPITAL | **TUESDAY, FEBRUARY 4**
GRACEWOOD CAMPUS | **11:00 AM - 5:00 PM**
ON THE BLOODMOBILE

shepardblood.org

**ONE UNIT OF BLOOD
CAN SAVE UP TO THREE LOCAL LIVES**

Work Therapy – Augusta Campus

Valentine Gifts Sale

February 10th - 14th
9:30am to 12:15pm &
1:15pm to 2:00pm

Come get something
for your Valentine!

While supplies last!

Jewelry
Roses
Balloons
Gift Sets
Bouquets
And more!

In preparation for this sale, the individuals in Work Therapy classes have been learning and practicing a variety of job skills. They have engaged in activities to teach the skills of Sorting, Packaging, Assembly, Cash Register Operation, and Customer Service. They are able to demonstrate those skills by working this sale. Please be sure to visit our sale to allow the individuals to practice their customer service and social skills!

Thank you for supporting
Work Therapy!

All proceeds go to the individuals who assist in preparing for and working the 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

"Thank you For a wonderful Retirement Program. Words cannot fully express my appreciation to Work Therapy staff for planning such a wonderful retirement luncheon for me. The program, inspirational words, and our fellowship will always be cherished by me. Special thanks to staff for your gifts and your presence. The relationships and friendships forged during my employment will not end with retirement...they will last a lifetime. I will truly miss the day-to-day interactions with each of you. May God continue to bless each of you with supernatural favor. Thanks again for such a grand send-off."

Linda F. Johnson

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

Richmond Community Federal Credit Union



Fresh Start Auto Workshop

If you have had problems getting approved for an auto loan in the past, Richmond Community Federal Credit Union is here to help! We are offering a workshop to help you get familiar with our Fresh Start Auto Loan Program. **We invite you to join us on Friday, February 14, 2014 at 3:30 p.m.** We won't keep you long!! Just stop by, or give us a call to reserve your spot for this enlightening session!

If you attend the workshop you will receive 1% off of our Fresh Start Auto Loan interest rate!!



For February and March 2014 only.
New and Used Automobiles 2009 and newer.
Must have a beacon score of 660 or above to qualify.

The fine print:

APR—Annual Percentage Rate

Certain Credit and Policy Restrictions will

apply. All loans are subject to credit approval.

**RICHMOND
COMMUNITY**
Federal Credit Union

2048 Tobacco Rd.

Augusta, Ga. 30906

www.richmondcommunityfcu.org

E: info@richmondcommunityfcu.org

P: 706-790-1776

F: 706-790-6733

♥ Sweetheart of a Deal ♥

In the market for a new or used automobile? Let Richmond Community Federal Credit Union assist you!! During the month of February 2014, if you purchase an automobile that is a 2009 or newer, and have a beacon score of 660 or above, you can get **2.14% APR in 2014!!**

Call or come by to speak to a loan officer today!

Interest Rates as low as 1.99% APR January 1, 2014 – March 31, 2014

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

The good news – This offer can be combined with our Fresh Start Auto Loan interest rate reduction!! If you attend our Fresh Start Auto Workshop, purchase a car from Enterprise Car Sales, and finance with Richmond Community Federal Credit Union, you will receive 2% off of our Fresh Start Auto Loan interest rate. Don't delay – Sign up for the Workshop Today!

What's in a Month?

February is...

American Heart Month	National Children's Dental Health Month	
An Affair to Remember Month	International Boost Self Esteem Month	Potato Lover's Month
Black History Month	National Bird Feeding Month	National Hot Breakfast Month
Canned Food Month	National Caffeine Addiction Awareness Month	Spiritual Teachers Month
Creative Romance Month	Return Shopping Carts to the Supermarket Month	Wise Health Care Consumer Month
Great American Pie Month	National Single and Searching Month	Expect Success Month
National Cherry Month	Plant the Seeds of Greatness Month	National Weddings Month
National Grapefruit Month	Publicity for Profit Month	

And...

<u>February 1</u> National Freedom Day	<u>February 11</u> Don't Cry Over Spilled Milk Day	Love Your Pet Day
<u>February 2</u> Groundhog Day Sneeze Day Candlemas	Make a Friend Day White T-Shirt Day	<u>February 21</u> Card Reading Day
<u>February 3</u> The Day the Music Died	<u>February 12</u> Lincoln's Birthday Plum Pudding Day	<u>February 22</u> Washington's Birthday International World thinking Day Be Humble Day Walking the Dog Day
<u>February 4</u> Create a Vacuum Day Thank a Mailman Day	<u>February 13</u> Get a Different Name Day	<u>February 23</u> Tennis Day International Dog Biscuit Appreciation Day
<u>February 5</u> National Weatherman's Day	Ferris Wheel Day National Organ Donor Day	Winter Olympics Closing
<u>February 6</u> Lame Duck Day	<u>February 14</u> Valentine's Day	<u>February 24</u> National Tortilla Chip Day
<u>February 7</u> Ballet Day	National Gum Drop Day Singles Awareness Day Susan B. Anthony Day	<u>February 25</u> Pistol Patent Day
Greet Your Neighbor Day Wave Your Fingers Day Send a Card to a Friend Day Winter Olympics Opening	<u>February 15</u> Do a Grouch a Favor Day	<u>February 26</u> Carnival Day National Pistachio Day Tell a Fairy Tale Day
<u>February 8</u> Boy Scouts Day Kite Flying Day	<u>February 16</u> Random Acts of Kindness Day President's Day	<u>February 27</u> Polar Bear Day No Brainer Day
<u>February 9</u> Toothache Day	<u>February 17</u> National Battery Day	<u>February 28</u> National Tooth Fairy Day Floral Design Day Public Sleeping Day
<u>February 10</u> Umbrella Day Clean Out Your Computer Day	<u>February 18</u> National Chocolate Mint Day	
	<u>February 19</u> Cherry Pie Day Hoodie Hoo 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

NOTICE
Items for publication must be submitted in written form. The upcoming issue's deadline is February 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.

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 Marques

Deadline for submission of

MARCH MESSAGES

February 21, 2014

Submit information to Teresa Crouch

Gracewood Campus

Extension 2030

(Information must be submitted on or before the indicated date to be placed on Marques 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 - Redbud Unit

Associate Nurse Executive - Augusta Campus

Behavioral Health Social Worker (MSW) - AMH

Certified Nursing Assistant 1 (multiple shifts available)

Clinical Dietitian

CNA 2

DD Shift Supervisor - Gracewood Campus

Facility Safety Officer - Corporal

Health Care Worker

Health Service Technician 1 - Augusta Campus

Health Service Technician 1 - Gracewood Campus

Health Service Technician 1 - Occupational Health

Health Service Technician 2 - Occupational Health

Health Services Technician 2 - Augusta Campus

Health Services Technician 2 - Gracewood Campus

Housekeeper

Human Resources Manager - Augusta

HVAC Repair Technician

Landscape Gardener

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

Nurse Administrator - (E/N) Augusta Campus

Occupational Therapist

Pharmacist (AL) (Part time hourly)

Physicians Assistant

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

Taking Flight

A Briefing from Project GREAT

Georgia Recovery-Based Educational Approach to Treatment

A RECOVERY STORY

Empowering and Combating Stigma through Transformational Language

Tyreke experiences symptoms of schizophrenia as part of his personal history. He has been receiving treatment since the age of 19 and has been doing very well. He works as a peer specialist and a case manager at a local outpatient clinic. He also takes courses in sociology and psychology at the local community college, given his interest in pursuing a graduate degree in social work or counseling. Tyreke has several hobbies—he has an affinity for musical instruments and has already taught himself to play piano and guitar. He recently took on the trumpet and he is getting quite good. Tyreke also enjoys watching several T.V. shows and following many of the local and cable news channels.

Unfortunately, many of Tyreke's activities also leave him exposed to the stigma of mental illness. Tyreke frequently overhears his colleagues use stigmatizing language to describe people receiving care. Tyreke is inundated with information from some of his favorite T.V. shows that people with mental illness are incapable and in some cases dangerous. Tyreke is an avid follower of a show called "Homeland" that features a main character—a government agent diagnosed with bipolar disorder. Tyreke hears words like "mental disease" and "crazy" used frequently on the show and watches as his favorite character's questionable decisions are constantly attributed to her psychiatric symptoms.

LEARNING POINT

The experience of stigma can add to the burden experienced by people with mental illness in the form of discrimination, banishment, hostility, and isolation. The stigma of mental illness can contribute to rejection by family members and friends; rejection by society; refusal to seek treatment; victimization and harassment; and other problems. It is also not unusual for someone dealing with the challenge of mental illness to start to believe or internalizing societal negative attitudes about mental illness—this is called *self-stigma* or *internalized stigma*. Transformational language can play an important part in combating stigma and increasing the sense of empowerment for people with psychiatric illnesses. Transforming language involves changing the content and form of language in relation to mental illnesses.

Changing the Content of Language

The majority of people with psychiatric illnesses are not dangerous.¹ Yet, psychiatric illnesses are often quickly explored as the cause of mass shootings. In reality, the majority of perpetrators of mass shootings are not mentally ill— or it is recognized after the fact.² People with mental illnesses are more likely to be the victim of violence than to commit crimes themselves.² A very small percentage of people with mental illness who are untreated are the ones covered in the news. It is often assumed that people with mental illness are mostly or always out of contact with reality. In actuality, most people with mental illness are quite rational most of the time and people with the most severe psychiatric illnesses are not completely out of contact with reality all the time. It is important that care providers, care recipients, the media, and society at large become missionaries of the correct facts of psychiatric illnesses. This is a necessary step to combating the stigma of mental illness.

Changing the Form of Language

1. **Words matter.** Slangs like PSYCHO, SCHIZO, WACKO, AND CRAZIES are demeaning to people coping with serious treatable illnesses. Psychiatric illnesses are NOT appropriate adjectives— terms such as schizophrenics and manic-depressives are equally dehumanizing and offensive. It is better to say A PERSON with a specific condition. When mental illnesses are used as labels, these labels can hurt.

2. **Words Empower.** It is important that we use language in a way that empowers rather than stigmatize. Transformational language communicates respect and emphasizes strengths rather than limitations. Consider two descriptions of Tyreke. The first is an outdated description—"Tyreke is a schizophrenic patient." A more accurate description is "Tyreke is a musically-gifted case manager at the local clinic who is also a recipient of mental health services." The earlier reduces Tyreke to his psychiatric condition whereas the latter provides a more complete picture of a capable, interesting individual who just happens to receive treatment.

Anthony O. Ahmed, PhD

1. Hodgins S, Alderton J, Cree A, Aboud A, Mak T. Aggressive behaviour, victimization and crime among severely mentally ill patients requiring hospitalisation. *Br J Psychiatry*. 2007 ;191:343-50.

2. Jorm AF, Reavley NJ, Ross AM. Belief in the dangerousness of people with mental disorders: A review. *Australian and New Zealand Journal of Psychiatry* 2012; 46: 1029-1045.

February Menus

SUNDAY 2-2-14	MONDAY 2-3-14	TUESDAY 2-4-14	WEDNESDAY 2-5-14	THURSDAY 2-6-14	FRIDAY 2-7-14	SATURDAY 2-8-14
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 Ginger- bread 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 Tetrzinni Carrots Tossed Salad w/Drsg Garlic Bread PButter Cookies Iced Tea	Bkd Rigatoni/Beef Broccoli Pickled Beet Salad Bread/Margarine Apple Crisp Iced Tea	Fried Chicken Au Gratin Potatoes Green Beans Shred Lettuce/Drsg Bread/Margarine Apricots Iced Tea	Roast Turkey w/Gravy Sweet Potatoes Seas Turnip Greens Copper Penny Sld 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 2-9-14	MONDAY 2-10-14	TUESDAY 2-11-14	WEDNESDAY 2-12-14	THURSDAY 2-13-14	FRIDAY 2-14-14	SATURDAY 2-15-14
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 PButter Cookies Iced Tea

SUNDAY 2-16-14	MONDAY 2-17-14	TUESDAY 2-18-14	WEDNESDAY 2-19-14	THURSDAY 2-20-14	FRIDAY 2-21-14	SATURDAY 2-22-14
Cranberry Juice Scrambled Eggs Sausage Links Oatmeal Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs w/Cheese Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Apple Juice Scrambled Eggs Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Pancakes Sliced Ham Dry Cereal Syrup/Margarine Coffee/2% Milk	Cranberry Juice Scrambled Eggs w/Sausage Bits Grits Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Scrambled Eggs Sausage Patty Grits Toast/Marg/Jelly Coffee/2% Milk
Baked Ham Oven Browned Potatoes Seas Turnip Greens Cucumber/Vinegar Salad Bread/Marg Ice Cream Iced Tea/2% Milk	Roast Turkey w/Gravy Cranberry Sauce Baked Dressing Green Beans Potato Salad Roll/Margarine Coconut Cake Iced Tea/2% Milk	Baked Chicken Rice w/Gravy Broccoli Sliced Tomato Salad Roll/Margarine Sweet Potato Pie Iced Tea/2% Milk	Roast Beef w/Gravy Egg Noodles Carrots Tossed Sld w/Drsg Wheat Roll/Marg Banana Cake Iced Tea/2% Milk	*Fried Fish w/Tartar Sauce Scalloped Potatoes Steamed Cabbage Sliced Tomato w/Mayo 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 Snowflake Potato Green Peas Tomato Sld/Drsg Roll/Margarine Vanilla Pudding/Topping Iced Tea/2% Milk
Chili Con Carne Rice Corn Shred Lettuce/Drsg Saltine Crackers Sliced Peaches Iced Tea	Beef Noodle Cass. w/Cheese Topping Sea- soned Squash Tossed Salad/Drsg Bread/Margarine Sherbet Iced Tea	Sloppy Joe 'n Bun French Fries Green Peas Green Salad w/Drsg PButter Cookies Iced Tea	Hot Dog / Bun Baked Beans Coleslaw Chocolate Pudding Iced Tea	Turkey Noodle Cass Sea Collard Greens Tossed Salad Bread/Margarine Ice Cream Iced Tea	Fried Chicken Macaroni / Cheese Broccoli Lett/Tom Sld/Drsg Roll/Margarine Sugar Cookies Iced Tea	Chicken Salad Saltine Crackers Copper Penny Sld Bread/Margarine Fruit Cup Iced Tea

SUNDAY 2-23-14	MONDAY 2-24-14	TUESDAY 2-25-14	WEDNESDAY 2-26-14	THURSDAY 2-27-14	FRIDAY 2-28-14	SATURDAY 3-1-14
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 Hash Brwn Potatoes Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Scrambled Eggs w/ Cheese Grits Cinnamon Roll Margarine Coffee/2% Milk	Apple Juice Waffles Sausage Links Dry Cereal Margarine/Syrup Coffee/2% Milk	Grape Juice Scrambled Eggs w/ Cheese Grits Toast/Marg/Jelly Coffee/2% Milk
Spaghetti w/Meat Sauce Parmesan Cheese Green Beans Tossed Salad w/Drsg Garlic Bread Pears Iced Tea/2% Milk	Roast Turkey w/Gravy Cranberry Sauce Baked Dressing Peas & Carrots Peaches** Roll/Margarine Oatmeal/Raisin Cookies Iced Tea/2% Milk **Augusta Campus= Fruit Cocktail	Baked Ham Mashed Potatoes Seas. Collard Greens Pears Cornbread/Marg Cake/Icing Iced Tea/2% Milk	Lasagna Combination Salad w/ Drsg Garlic Bread Peach Cobbler Iced Tea/2% Milk	Meatloaf w/Mushroom Gravy Mashed Potatoes Carrots Pear/Cheese Salad Roll/Margarine Gingerbread Iced Tea/2% Milk	Roast Pork w/Brown Gravy Steamed Rice Broccoli Lettuce Sld w/Drsg Bread/Margarine Banana Pudding w/Topping Iced Tea/2% Milk	Baked Chicken Oven Brown Potatoes Calif Mixed Vegt Coleslaw Roll/Margarine Ice Cream Iced Tea/2% Milk
Polish Sausage/Bun Diced Onion/Relish/Mustard Baked Beans Coleslaw Pineapple Tidbits Iced Tea	Vegetable Soup Cold Cuts: Turkey Roll Bologna Sliced Cheese Must/Mayonnaise Sliced Tomato Potato Salad Bread/Crackers Sweet Potato Pie Iced Tea	Tuna Ndl Casserole Calif Mixed Vegt Shred Lettuce/ Drsg Bread/Margarine Apricot Halves Iced Tea	Hot Dog 'N Bun Must/Catsup/Onion Baked Beans Coleslaw Brownies Apricot Halves 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