



Special points of interest:

- Blood Drive
Safety Care Tidbit
Language Line Access
What's in a Month
June Menus
Better Hearing & Speech Month
Talent Show Flyer

"The way I see it, if you want the rainbow, you gotta put up with the rain."

Dolly Parton

Inside this issue:

Table listing contents: New Employees (2), HR Partners (5,6), Pharmacy Update (7,8), Infection Control (9,10), Safety Shop (10), Occupational Health (11), Training at a Glance (12-14), Out & About (16,17), June Birthdays (18,19)

From the Desk of the RHA - Paul Brock



May is Mental Health Month

When we think about cancer, heart disease, or diabetes, we don't wait years to treat them. We start long before Stage 4 and we begin with prevention. When people are in the first stage of those diseases, and are beginning to show signs of symptoms like a persistent cough, high blood pressure, or high blood sugar, we try immediately to reverse these symptoms. We don't ignore them. In fact, we develop a plan of action to reverse and sometimes stop the progression of the disease.

Addressing mental health before Stage 4 is this year's theme for Mental Health Month. It calls attention to the importance of addressing mental health symptoms early, identifying potential underlying diseases, and planning an appropriate course of action on a path towards overall health.

So why aren't we doing the same for individuals who are dealing with potentially serious mental illness?

What we do know:

- One in five adults will have a mental health condition in any given year
One in two individuals will have a diagnosable mental health condition during their lifetime
One in ten adults have a mood disorder such as depression or bipolar

(Continued on page 3)

Tidbits of ECRH History

ECRH Augusta Campus and Gracewood Campus have had their share of uninvited animal visitors over the years: deer, rabbits, dogs; etc. The more numerous are the feral cats. Every effort is made to collect them and send them to the county animal shelter. Many of the cats are "adorable" and some staff members, and individuals, can't resist feeding them, even though that's against the rules. Feeding dishes are found in the bushes and, now and then, raccoons and possums stop by for a treat.

One interesting thing ... the cats will come up to individuals, but not to staff members. Can cats read name tags?



Contributed by Brian Mulherin



New Employees



Front Row (L-R): Gwendolyn Brown, Agency CNA; Carla Jackson, Agency HST; Leslie Mullins, Agency CNA

Back Row (L-R): Keysha Rhodes, Agency CNA; Sherry Purvis, Agency HST; Sneha Mistry, Behavioral Health Counselor; Kendall Nix, Agency HST

Front Row (L-R): Lynn Spurlock, Agency CNA; Keyonte Williams, Agency CNA; Tracy Courson, HST

Back Row (L-R): Anthony Harris, HST; Bobbie Lester, LPN; Kristin Bass, Food Service Worker; John Rogers, LPN



Front Row (L-R): Redonna Amada, Agency CNA; Renee Holland-Grier, Food Service Worker; Amelia Williams, Agency CNA

Back Row (L-R): Leonardo Devine, Food Service Worker 2; Anita Baskett, Agency HST; LaTasha Collins, HST; Marquis Jones, Agency HST



Front Row (L-R): Tynisha Cullens, Agency HST; India Mims, HST

Back Row (L-R): Jacqueline Blankenship, Agency HST; Tammi Adkinson, Agency CNA; Katena Stone, Agency CNA



Not Pictured: Annette Ortiz, Safety Officer; Shanda Wread, Agency HST

Welcome!

From the Desk of the RHA - Paul Brock

(Continued from page 1)

Unfortunately 84% of people do not seek treatment in the early stages of mental illness because they simply don't recognize the symptoms. Research shows that by ignoring or not recognizing mental health symptoms, one tends to lose 10 years in which someone could have intervened in order to change one's life for the better. Most of these years, most people still have supports that would allow them to succeed at home with family, friends, school and employment. Intervening effectively during these early stages of mental illness could've saved lives and potentially changed the course of many of our loved ones' lives.

Experiencing symptoms such as loss of sleep, feeling tired for no reason, feeling low, feeling anxious, or hearing voices, shouldn't be ignored or brushed aside in the hopes that they go away. Like other diseases, we need to address these symptoms early, identify the underlying disease, and plan an appropriate course of action on a path towards overall health. Mental illnesses are not only common, they are treatable and people recover.

It's up to all of us to know the signs and take action so that mental illnesses can be caught early and treated. We know that intervening effectively during early stages of mental illness can save lives, positively change the course of the disease and enhance the recovery of people living with mental illnesses.

*Sincerely,
Paul Brock*

Letter of Appreciation

May 20, 2015

TO: Paul Brock, RHA
Vicky Spratlin, MD, Clinical Director
Matthew McCue, Interim Associate RHA
Rick Starr, Associate RHA
Andrea Brooks-Tucker, RN Nurse Executive

FROM: Lillie Mangrum, RN/MSN, Interim Seizure Coordinator

SUBJECT: Answered Call

In healthcare, we are awarded several opportunities during the course of the day to exemplify the standard of excellence that one has come to expect from healthcare professionals. It is easy to overlook the positive experiences and instead highlight all of the inconsistencies of care. Oftentimes, the names of those on staff are not remembered during tragic or trying times. It is my sincere hope that travesty will change. In healthcare, we understand that things can change in a moment, and that what is done within the first moments often make the difference of result between life and death.

As I sat in my office, I could no longer ignore the pain that gripped me. As the chest pain began to radiate down my left arm, I knew I was having a heart attack. The sweat began to pour and it was becoming difficult to breath. I called out for help, but astonishingly, my voice failed and was but a whisper in my own hearing. I mustered the strength to pick up the phone and concentrated on the call to Executive Secretary, Melrose Utley. Calmly I explained my whereabouts and my need for immediate assistance. The next few moments proved vital to my survival.

Within minutes, a team of Nurses were at my aid. Lisa Folsom, Associate Nurse Executive led the team expeditiously and initiated a Code Blue. Jasnetha James, RN accessed my condition and promptly sent Nurse Manager, Nekiesha Roberson, for aspirin and Nitroglycerin, which was later administered. Carlyetta Jones, RN, Interim Nurse Manager, of the Redbud Unit applied the oxygen. 911 was contacted and EMS was dispatched. All labored at my side until I was transported from the facility to the hospital via ambulance.

I am ever grateful to this healthcare team's prompt execution of lifesaving measures, which I am convinced saved my life. I realized I was in capable hands and peace flooded my being, when I noticed the team of physicians and medical staff at my side. In whatever capacity team members served; deed or presence, I am truly grateful. I would like to publicly acknowledge each of them for their exemplary service. It is my prayer that each will continue to answer the call and meet the needs of those bestowed in their care with excellence. In case no one said it today-know that I thank each of you with every fiber of my being. May God richly bless each of you.

Sincere Regards,

**Lillie Mangrum, RN/MSN
Interim Seizure Coordinator**

Thanks to CIS Staff

"Since January, I have been working on a project that involves pulling up years and years of former clinical records on all the individuals on the Gracewood Campus to make sure we have specific, required testing information. This has taken between 10 and 30 hours per week and I could not have gotten a fraction of that done without the assistance, guidance, and support of the Gracewood Clinical Information Services staff of Cecile Stuart, Tracy Lee, and Elizabeth Dawson-McCorkle. They have very busy schedules of their own, but were always gracious enough to set out the charts I needed and help me find a piece of information that might have ended up in a different chart than expected (from back when things were filed a little differently or when we received charts from an agency whose filing system was different than ours). They have been friendly, courteous, helpful, and most of all, a critical asset in getting the job done, which seemed insurmountable at the start. I actually enjoyed the task, due to the positive atmosphere that I felt every time I went there and the graciousness with which they helped me find things. They were a pleasure to work with and are a true asset to the facility, and I just wanted to convey my thanks for their assistance and the graciousness with which they stopped their tasks to assist me with mine."

Lynne Daurelle, Gracewood Psychologist

A BIG THANK YOU!

Safety Care Tidbits - Dressing for Safety

Increase your safety by dressing in accordance to ECRH Dress Code Policy. Additionally, be careful to wear clothing that minimizes the chance that aggressive behavior might harm you. **Examples** of Unsafe Dress may include but are not limited to: 1) **Loose items** such as neck ties, scarves, long hair, or large ear rings, 2) **Clothing** that is provocative, oversized, or too tight and 3) **Footwear** that has an open toe, non-skid sole, high heel, or an open heel.



HR Partners

Policy Reminders:

Professional Licensure (DBHDD/HR Policy #22-2001)

All employees in positions which require licenses) including driver's licenses), certificates or registrations are responsible for ensuring these documents are current. Employees are responsible for renewing required licenses, certificates or registrations, as necessary. Failure to obtain or maintain valid licenses, certificates or registrations is a basis for separation of employment. Please review this policy via

<https://gadbhdd.policystat.com>.

Fair Labor Standards Act (FLSA) (DBHDD/HR Policy #22-1001)

***Management of Work Hours**

- Supervisors are responsible for monitoring arrival and departure times of non-exempt employees to ensure accurate records are maintained and to minimize over-time worked.
- Supervisors are responsible for ensuring that all modifications and adjustments to employee's schedules are recorded accurately in time and attendance reporting.
- Non-exempt employees are required to accurately sign in and out using the approved time and attendance system when they arrive and leave their work areas. Non-exempt employees who fail to correctly record actual work time in accordance with the approved time and attendance system are subject to disciplinary action up to and including separation.

Tobacco and Smoke Free Environment (DBHDD/HR Policy 20-201)

It was reported that employees are smoking on campus behind buildings on the evening and night shifts. This is an important reminder that Tobacco use and smoking are prohibited in and on the grounds of ECRH, both campuses, AT ALL TIMES. Appropriate disciplinary action, up to and including separation, will be taken against employees who violate the tobacco-free and smoke free policy and supervisors who fail to ensure compliance with the policy.



ECRH Human Resources Team Doug Fine - HR Manager

Elaine Biley – HR Generalist/Operations Manager– Oversees HR Operations, Payroll/Kronos, and Personnel Records Management. Assist with Leave-keeping Issues/ Audits, Benefits, Management Training, Workers' Compensation program and Special Projects

Rhonda Vivor – Employee Relations Specialist – Coordinates Employee Relations including : employee/ manager issues and concerns, HR Investigations, Grievances, Unemployment, Performance Management , Management Training and EAP information, oversees criminal background process.

Carsha Mumpfield – Recruiter – Oversees the local Recruitment Process: Maintains/updates job vacancy website. Coordinates Resume Review, Phone Screens, Reference Checks, Selection/New Hire Processing, HR Training, and supports Criminal Background Process

Brenda Fedrick -- Benefits and Leave Coordinator - Coordinates and assists with: Employee Benefits, Leave of Absences LOA), Family and Medical Leave (FMLA), Retirement, HR Training

Bonita Wilson -- Benefits and Leave Coordinator Coordinates and assists with: Employee Benefits, Leave of Absences (LOA), Family and Medical Leave (FMLA), Retirement, HR Training

Melanie Harris- Recruitment Technician- Coordinates and assists with: Selection/New Hire Processing, Hire Packet Processing Pre-Employment Processing and HR Training. Assists and supports the Recruiter as a back-up as needed. Facilitates Criminal Background Check Process

Dameka Garner – HR Transactions and Payroll Specialist - Coordinates Payroll and Transactions, Kronos, HR Training, Performs audits and special projects.

Nadine Williams – HR Transactions and Payroll Specialist – Coordinates Payroll and Transactions, Kronos, HR Training, Performs audits and special projects.

★ **Jassica Speer-Cater – HR Assistant -** Manages the HR Front Desk/Lobby Area, Assistant to the HR Team and HR Manager, Faithful Service Awards. *Welcome!*

Human Resources Department ECRH

Main Office Telephone Number- 706-792-7177

Main Office Fax Number 706-792-7328

Office: Gracewood Campus Building 103-A

HR Partners

**Mandatory HR Training
For Managers and Leave/Time Keepers**

Please sign up for one of the following training sessions given by Human Resources:

June 26, 2015 9:00 – 3:00 pm

June 29, 2015 9:00 – 3:00 pm

Location: Computer Lab, Building 5 - Gracewood Campus. Space is limited to **14** per training, call HR at 706-792-7177 to enroll.

You will have the full attention of your HR Transactions, Benefits, Workers' Comp and Recruitment teams.

Note: please complete DBHDD on-line Kronos training prior to these sessions.



Cheryl Bragg poses with former Braves pitcher John Rocker (far left). ←

Cheryl throws out the first pitch. Strike! →



**ECRH Night
at the GreenJackets**

Congratulations

The Forensic Treatment Mall Staff would like to congratulate Mr. Nathaniel Wright, Activity Therapist on the Forensic Unit, for obtaining his certification as a Certified Therapeutic Recreation Specialist (CTRS). We are proud of you! Congratulations Nate!!



Pharmacy Update



"Pharmacy for Nurses" Class

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

Gracewood Campus - Building 103B:

during Nursing Orientation

June 02, 2015

June 16, 2015

July 01, 2015

July 17, 2015

July 31, 2015

1:30pm – 2:30pm



Topics Discussed in Classes Include:

1. The Availability of "After Hours" Medications
2. Medications Available in Code Carts
3. Online Floor Stock Ordering Process
4. Controlled Drug Documentation/Delivery Process
5. High Risk Medications
6. Pharmacy Hours of Operation

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



ECRH Policy on Multi-dose Vials (ECRH Pharmacy Manual-revised 4-26-13)



All multi-dose vials expire 28 days from the date the medication is opened.

Examples of multi-dose vials include, but are not limited to: Insulin, PPD, Prolixin HCl, Prolixin Decanoate, and vaccines. When dispensing multi-dose vials from the pharmacy, the pharmacy staff will place an expiration sticker on each vial's packaging. Each sticker will provide a space for the nursing staff to document the expiration date of the vial. Nurses must date all injectable medications immediately upon opening the vial with a 28 day expiration date. Opened vials should be kept in the refrigerator, unless the medication's package insert specifically recommends against such storage. Consult the package insert prior to use.

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Pharmacy Update

(Continued from page 7)

The nurse should check the medication refrigerator at least monthly and return expired medication to the pharmacy for disposal. The pharmacists and technicians will check for expired drugs as part of their monthly medication station inspection.

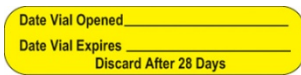
All undated multiple dose vials found during the monthly pharmacy inspection, will be returned to the pharmacy for disposal and the Nurse Manager will be notified. If the vial is a floor stock medication, the Nursing Staff will need to order the medication through the online floor stock ordering system.

Single dose vials must be discarded immediately after use.

For insulin:



For all other multi-dose vials:



ECRH Incident Management Hotline Procedure

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

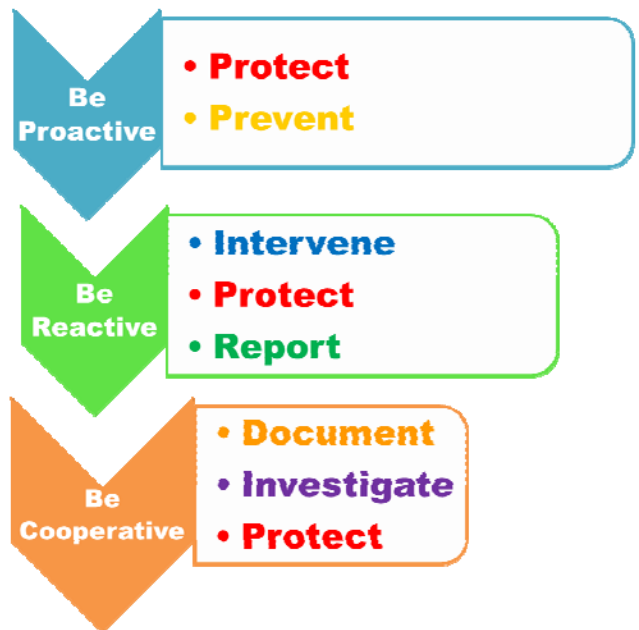
Hotline Number:
(706) 945-7150



PRIDE IN PLACE - It Starts with Me

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

Our Role in Protecting Our Individuals from Harm



Infection Control - Healthy and Safe Swimming



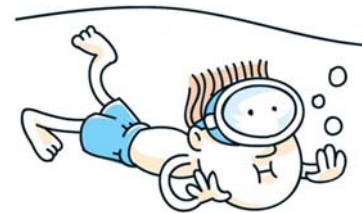
Pools, waterparks, hot tubs/spas, splash pads, and water playgrounds are great places to have fun, be active, or just relax. Having fun while you swim this summer means knowing how to stay healthy and safe while enjoying the water! Swimming is one of the most popular sports activities in the United States.¹ And just 2.5 hours of water-based (or other forms of) physical activity per week has health benefits, we each need to do our part to minimize the risk of illness and injury. Healthy and Safe Swimming focuses on how swimmers, parents of young swimmers, aquatics and beach staff, residential pool owners, and public health officials can minimize the risk of recreational water illnesses (RWIs).

Prevent Illness

RWIs can be caused by germs spread by swallowing, breathing in mists or aerosols of, or having contact with contaminated water in swimming pools, hot tubs/spas, water playgrounds, lakes, rivers, or oceans. RWIs can be a wide variety of infections, including gastrointestinal, skin, ear, respiratory, eye, neurologic, and wound infections. Most outbreaks linked to the water we swim, relax, and play in are outbreaks of diarrhea. These outbreaks are caused by germs like Crypto (short for *Cryptosporidium*), *Giardia*, *Shigella*, norovirus, and *E. coli*. These germs—sometimes millions at a time—can spread when someone who is sick has diarrhea in the water. Other people can get sick if they swallow the germey water—even just a mouthful. Pool chemicals, like chlorine or bromine, are added to the water to kill germs. But they don't work right away. If used properly, they can kill most germs within a few minutes. However, some germs, like Crypto can live in properly treated pool water for several days. The job of pool chemicals is to kill germs. But when pee, poop, sweat, and dirt rinse off our bodies and into the water, the chemicals break down these other things instead of killing germs. This uses up the chemicals' power, which means there's less to kill germs. Remember, we share the water—and the germs in it—with everyone. To help protect yourself, your family, and your friends from germs, follow these easy and effective steps each time you get in the water:

Keep the pee, poop, sweat, and germs out of the water!

- Stay out of the water if you have diarrhea.
- Shower before you get in the water.
- Don't pee or poop in the water.
- Don't swallow the water.



Every hour—everyone out!

- Take kids on bathroom breaks.
- Check diapers, and change them in a bathroom or diaper-changing area—not poolside—to keep germs away from the pool.
- Reapply sunscreen.
- Drink plenty of fluids.

Check the free chlorine level and pH before getting into the water.

- Pools: Proper free chlorine level (1–3 mg/L or parts per million [ppm]) and pH (7.2–7.8) levels maximize germ-killing power.
- Hot tubs/spas: Proper disinfectant level (chlorine [2–4 parts per million or ppm] or bromine [4–6 ppm]) and pH (7.2–7.8) maximize germ-killing power.

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Infection Control

(Continued from page 9)

- Most superstores, hardware stores, and pool-supply stores sell pool test strips.

Remember: Think Healthy. Swim Healthy. Be Healthy!



For more info <http://www.cdc.gov/features/healthyswimming/index.html>

Safety Shop

"Dear East Central Regional Hospital Staff,

After much consideration and prayer I have decided to leave ECRH, effective 5/29/15. I would like to thank everyone for all your hard work and dedication to our individuals. I have enjoyed my time here at ECRH. We have come a long way and I hope to see ECRH continue to grow in the future. Please continue to improve the culture of Safety; it is everyone's job to promote safety. Remember that it is better to be proactive than reactive.

Mr. Collins will cover the Office of Safety & Emergency Management after my departure. Farzana Hussaini will still be the Safety office Program Assistant. She will still be a point of contact for Safety, Environmental Tours and hazardous chemical inventories.

I wish the entire team at East Central Regional Hospital the best of luck in the future.

Goodbye and Good Luck."

Jennifer Sosebee, ECRH Safety Manager

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



Occupational Health

May Is Skin Cancer Awareness Month: Protect Your Skin



While you enjoy the outdoors this summer, protect yourself from skin cancer by seeking shade, wearing sunglasses, a hat, and sun-protective clothing, and using sunscreen.

When you're having fun outdoors, it's easy to forget how important it is to protect yourself from the sun. Unprotected skin can be damaged by the sun's ultraviolet (UV) rays in as little as 15 minutes. Yet it can take up to 12 hours for skin to show the full effect of sun exposure.

Even if it's cool and cloudy, you still need protection. UV rays, not the temperature, do the damage. Clouds do not block UV rays; they filter them—and sometimes only slightly. Remember to plan ahead, and keep sun protection handy in your car, bag, or child's backpack.

Tan? There's no other way to say it—tanned skin is damaged skin. Any change in the color of your skin after time outside—whether sunburn or suntan—indicates damage from UV rays. Using a tanning bed causes damage to your skin, just like the sun.



Types of Skin Cancer

Skin cancer is the most common form of cancer in the United States. The two most common types, called basal cell and squamous cell carcinomas, are highly curable. But melanoma, the third most common skin cancer, is more dangerous.

Risk Factors

Anyone can get skin cancer, but some things put you at higher risk, like having— a lighter natural skin color, a personal history of skin cancer, a family history of melanoma, exposure to the sun through work and play, a history of sunburns early in life, skin that burns, freckles, reddens easily, or becomes painful in the sun, blue or green eyes, naturally blond or red hair, medications/illnesses.



How to Protect Yourself and Other Individuals That You Care For

Take precautions against sun exposure every day of the year, especially during midday hours (10:00 a.m.–4:00 p.m.), when UV rays are strongest and do the most damage. UV rays can reach you on cloudy days, and can reflect off of surfaces like water, cement, sand, and snow.

Seek shade, especially during midday hours, cover up with clothing to protect exposed skin, wear a hat with a wide brim to shade the face, head, ears, and neck, wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible, put on sunscreen with a sun protective factor (SPF) 15 or higher, and both UVA and UVB protection, and avoid tanning beds and sunlamps. The UV rays from them are as dangerous as the UV rays from the sun.



Information taken from CDC

Training at a Glance - June

| Class | Date | Time | Place |
|--|----------------------------------|--|-------------------------|
| NEO Principles of Recovery | 6/1/2015 | 9:30 a.m.-10:30 a.m. | BLDG 103-D E&R |
| NEO PNS Professional | 6/1/2015 | 8:00 a.m.-12:00 p.m. | BLDG 103-C Room Lab |
| NEO PNS End User | 6/1/2015 | 12:30 p.m.-4:30 p.m. | BLDG 103-D E&R |
| Updated Safety Care Level #2 | 6/1/2015 6/2/2015 | 8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m. | BLDG 99L |
| NEO Infection Control and Prevention+Handwashing | 6/2/2015 | 9:00 a.m.-10:30 a.m. | BLDG 103-D E&R |
| EMR Nursing | 6/3/2015 | 8:00 a.m.-1:30 p.m. | BLDG 103-C Room C-18 |
| NEO PBS Training | 6/3/2015 | 8:00 a.m.-4:30 p.m. | BLDG 20 Gracewood |
| Updated PNS Professional | 6/3/2015 | 9:00 a.m.-11:00 a.m. | BLDG 103-C Lab |
| CPRA | 6/3/2015 | 8:00 a.m.-11:30 a.m. | BLDG 103-C C-23 |
| First Aid | 6/3/2015 | 12:30 p.m.-4:30 p.m. | BLDG 103-C C-23 |
| NEO Safety Care Level #1 | 6/3/2015 6/4/2015 | 8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m. | BLDG 99F |
| NEO Safety Care Level #2 | 6/3/2015 6/4/2015 6/5/2015 | 8:00 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m. | BLDG 99L |
| CPRC | 6/4/2015 | 8:00 a.m.-12:00 p.m. | BLDG 103-C Lab |
| Ostomy DD Services | 6/4/2015 | 8:00 a.m.-10:00 a.m. | BLDG 103-C Lab |
| Updated PNS Professional | 6/4/2015 | 1:00 p.m.-3:00 p.m. | BLDG 103-C Lab |
| Updated Seizure Management | 6/5/2015 | 8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m. | BLDG 103-C Lab |
| Updated PNS End User | 6/5/2015 | 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-C C-23 |
| Infection Control and Prevention+Handwashing | 6/5/2015 | 9:00 a.m.-10:30 a.m. | BLDG 103-D E&R |
| NEO CPRA | 6/8/2015 | 8:00 a.m.-11:30 a.m. | BLDG 103-C Room C-23 |
| NEO CPRC | 6/8/2015 | 8:00 a.m.-12:00 p.m. | BLDG 103-C Lab |
| NEO First Aid | 6/8/2015 | 12:30 p.m.-4:30 p.m. | BLDG 103-C Room C-23 |
| Updated Seizure Management | 6/8/2015 | 1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m. | BLDG 103-D E&R |

Training at a Glance - June

| Class | Date | Time | Place |
|--|-----------------------------------|---|------------------------|
| Safety Care Level #2 | 6/8/2015 6/9/2015 6/10/2015 | 8:00 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m. | BLDG 99F |
| Updated Safety Care Level #2 | 6/8/2015 6/9/2015 | 8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m. | BLDG 99L |
| NEO DD-Incident Management | 6/9/2015 | 8:00 a.m.-12:00 p.m. | BLDG 103-D E&R |
| NEO Medical Emergency Response System | 6/9/2015 | 12:30 p.m.-4:30 p.m. | BLDG 103-D E&R |
| Updated PNS Professional | 6/9/2015 | 1:00 p.m.-3:00 p.m. | BLDG 103-C Lab |
| MH-Updated Incident Management | 6/10/2015 | 8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m. | BLDG 103-C C-23 |
| NEO Observation of Individual to Ensure Safety | 6/10/2015 | 8:00 a.m.-10:30 a.m. | BLDG 103-D E&R |
| NEO Seclusion and Restraint | 6/10/2015 | 1:30 p.m.-4:30 p.m. | BLDG 103-D E&R |
| Updated PNS End User | 6/10/2015 | 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-C Lab |
| CPRC | 6/10/2015 | 12:30 p.m.-4:30 p.m. | BLDG 103-C Lab |
| Updated Safety Care Level #2 | 6/10/2015 6/11/2015 | 12:30 p.m.-4:30 p.m. 8:00 a.m.-4:30 p.m. | BLDG 99L |
| Updated Safety Care Level #1 | 6/11/2015 | 8:00 a.m.-2:30 p.m. | BLDG 99B |
| NEO Therapeutic Incentive Program | 6/11/2015 | 8:30 a.m.-10:00 a.m. | BLDG 103-D E&R |
| NEO Seizure Management | 6/11/2015 | 10:00 a.m.-12:00 p.m. | BLDG 103-D E&R |
| First Aid | 6/11/2015 | 8:00 a.m.-12:00 p.m. | BLDG 103-D E&R |
| CPRA | 6/11/2015 | 1:00 p.m.-4:30 p.m. | BLDG 20 Gracewood |
| Updated PNS Professional | 6/11/2015 | 9:00 a.m.-11:00 a.m. | BLDG 103-C Lab |
| Infection Control and Prevention+ Handwashing | 6/11/2015 | 1:00 p.m.-2:30 p.m. | BLDG 103-C C-23 |
| NEO PNS Professional | 6/12/2015 | 8:00 a.m.-12:00 p.m. | BLDG 103-C Room Lab |
| NEO PNS End User | 6/12/2015 | 12:30 p.m.-4:30 p.m. | BLDG 103-D E&R |
| Updated Safety Care Level #2 (weekend) | 6/13/2015 6/14/2015 | 8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m. | BLDG 99L |
| Infection Control and Prevention+ Handwashing | 6/15/2015 | 9:00 a.m.-10:30 a.m. | BLDG 103-D E&R |
| Updated PNS End User | 6/15/2015 | 1:00 a.m.-2:00 p.m. 2:00 p.m.-3:00 p.m. | BLDG 103-D E&R |

Language Line Services

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

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

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

When receiving a call:

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

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

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

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

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

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

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

Training at a Glance—June

| Class | Date | Time | Place |
|------------------------------|------------------------|---|-------------------|
| Updated Seizure Management | 6/15/2015 | 3:00 p.m.-4:30 p.m. | BLDG 103-D E&R |
| Updated Safety Care Level #1 | 6/15/2015 | 8:00 a.m.-2:30 p.m. | BLDG 99F |
| Updated Safety Care Level #2 | 6/15/2015 6/16/2015 | 8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m. | BLDG 99L |

Safety Care Level #2- 16 hours
Updated Safety Care Level #2- 12 hours
Safety Care Level # 1- 6 hours
Updated Safety Care Level #1- 6 hours

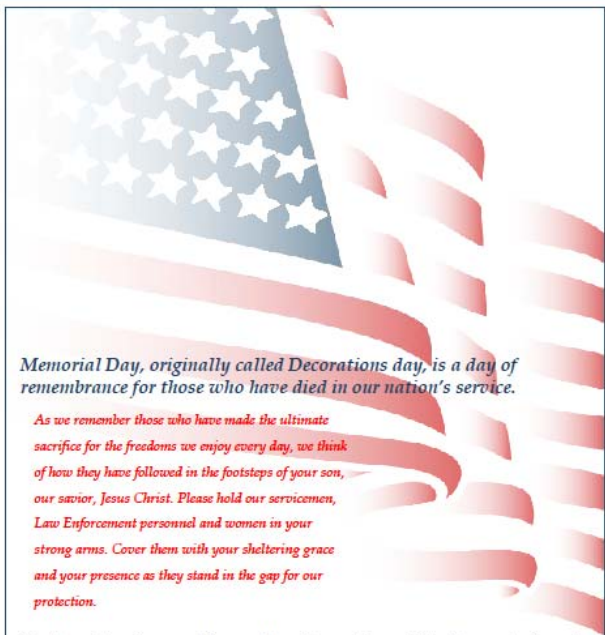
May is Better Hearing and Speech Month

May is Better Hearing and Speech Month and the speech pathologists at East Central Regional Hospital wanted to provide their ECRH family with some facts about the field of Speech Pathology.

A speech language pathologist is someone who is highly trained to diagnose and treat language and speech disorders. The therapists at ECRH focus on medical conditions that cause communication and swallowing (Dysphagia) impairments. Many of the individuals on both campuses benefit from communication systems, speech and language training, expressive language treatment, feeding and stuttering therapy, and ongoing language stimulation programs, all which were either devised or monitored by a speech therapist. This month we would like to provide the community with one speech and language tool to add to your toolbox of skills to use with our individuals.

*Always use expressive, descriptive language to our non-verbal individuals. Although you might think that our individuals don't know what you are saying, they often understand everything that is going on around them. Let them know how much you appreciate them. Talk specifically about environmental objects. Talk to them about ongoing activities in the environment. Tell them about something beautiful or interesting that they may see or even hear (i.e. a bird's tweet, an airplane, the sound of a lawn mower, etc.) during a walk across campus. Keep them engaged. They will love it!!

Should you have any questions, feel free to reach out to your speech pathologist. Their contact numbers are (706)790-2352 in Camellia and (706) 790-2548 in Redbud.

Memorial Day, originally called Decorations day, is a day of remembrance for those who have died in our nation's service.

As we remember those who have made the ultimate sacrifice for the freedoms we enjoy every day, we think of how they have followed in the footsteps of your son, our savior, Jesus Christ. Please hold our servicemen, Law Enforcement personnel and women in your strong arms. Cover them with your sheltering grace and your presence as they stand in the gap for our protection.

May the members of our armed forces and law enforcement be supplied with courage to face each day and may they trust in the Lord's mighty power to accomplish each task.

Famous Memorial Quotes

"Live for something rather than die for nothing."-General George S. Patton

"Ours is a world of nuclear giants and ethical infants. We know more about war than we know about peace, more about killing than we know about living. We have grasped the mystery of the atom and rejected the Sermon on the Mount."-Omar Bradley


BLOOD DRIVE

Friday, June 12, 2015


1:30 PM - 5:30 PM

in the Credit Union Parking Lot

Gracewood Campus



One unit of blood can save up to three local lives!



Out & About



Gracewood Elementary Talent Show.

EMPLOYEE APPRECIATION



Out & About

EMPLOYEE APPRECIATION



June Birthdays

| | | | |
|---------|--|---------|---|
| June 1 | Jennifer Lynn Mass Teresa R. Frazier | June 15 | Courtney D. Clark Erin S. Ratliff |
| June 2 | Debbie L. Haynes Teresa Arleen Prince | June 16 | Tiffany N. Snow Christopher C. Streater |
| June 3 | Mary B. Snelling Harris | June 17 | Dwala A. Jackson Valecia C. Pope |
| June 4 | Pamela Y. Martin | June 18 | Sonya Smith Gloria Jean Bryant |
| June 5 | Angela L. Dunbar James E. Evans Thomas S. Lee Evelyn B. Riles Daisy C. Wright | June 19 | Anthony B. Hawes Ericka L. Lowery Shantelle M. McElroy |
| June 6 | Gerald L. Glenn, Jr. | June 20 | Keith Lane Ward Michael G. Wilkens |
| June 7 | Marquiz L. Collins Maria Davis Ted M. James Tamara L. Richter Cory B. Scott Nadine Sherree Williams | June 21 | William Lewis Hamilton, Jr. Yvonne Hardy Johnny Jones Holli E. Pender |
| June 8 | Sarah La'Tonya Fegan Janie Avery Mathis Crystal T. Noel Starelene T. Thomas Kimberly Geneen Whitehead | June 22 | Vickie S. Brown Joseph Diggs, Jr. Charlene M. Martin Malissa A. Tucker |
| June 9 | Candace C. Hall Mary Ann Hill | June 23 | Larry Hazel George M. Hughes |
| June 10 | Shabakka L. Shank Joanette Warr Terry | June 24 | George Dwain Copeland Elizabeth Collins Flowers Laura Michelle Giles |
| June 11 | Terikilas Lascha Atkins Jewel V. Bryant Fred T. Jones Bryan Jamal Belcher | June 25 | Jeannett R. Royal Lillian D. Wilson Dannie Bernard Tanksley Virginia Hooks-Williams |
| June 12 | Patricia E. Capers Nancy J. Fleming Ulysses Watson, Jr. | June 26 | Damion M. Mance Chiquita E. Rogers |
| June 14 | Agnes A. Bradley Sharnell L. Commander Adeola G.T. Oke Cassandra L. Roberts | June 27 | Patrina L. Appling Karworren Jermull Green Prakash Merai James Troy Rollins Brandon Walters Latesha R. Moore |
| June 15 | Anthony Clark | June 28 | Robin M. Powell |

More June Birthdays

| | |
|---------|--------------------------|
| June 28 | Deborah A. Robinson |
| | Joshua Matthew Littleton |
| June 29 | Twyla E. Bell |
| | Daryl D. Givens |
| | Terry Kimball Morgan |



Suggestions Wanted

As part of our on-going efforts to keep our facility in good repair, individualizing our living areas and beautifying our campus, we are seeking suggestions from the staff who work here. We are also seeking input from families and the individuals themselves.

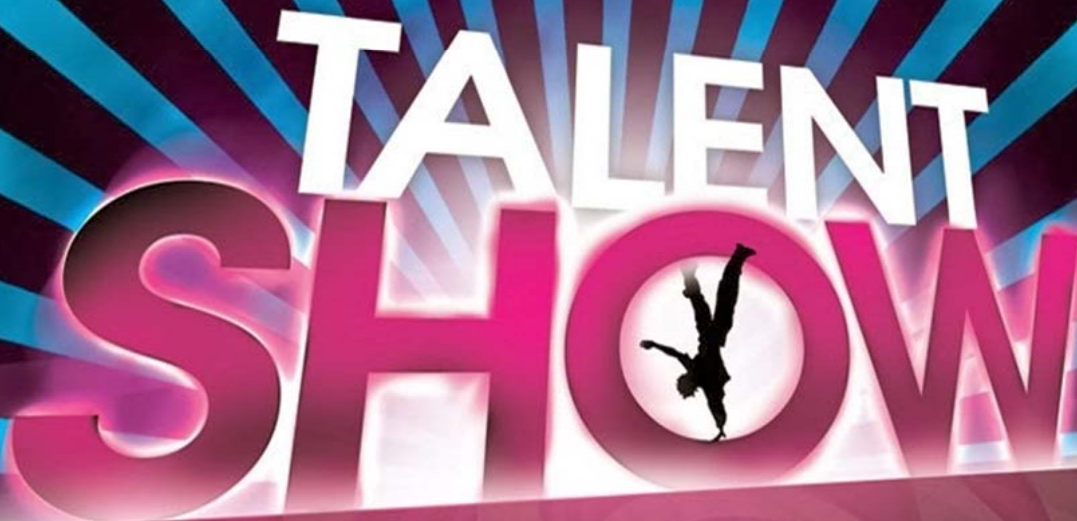
If you have ideas or suggestions, please place them in the "Suggestions Boxes" located throughout the facility.



**Can you sing? Dance? Play an instrument? Model?
Staff and individuals will showcase their talents on
stage June 5, 2015 from 10:30 AM –11:30 AM & 2 PM-
3:45 PM**

Admission: FREE

Location: Ed. Ctr. Auditorium, Gracewood Campus



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!



RCFCU Newsletter

JUNE 2015

2048 Tobacco Rd.
Augusta, Ga. 30906

www.richmondcommunityfcu.org



Leap N' Lower 

*Max is ready to cruise into a lower rate.
Are you?*



Refinance your current auto loan from another financial institution with RCFCU and we will lower your current interest rate by **2% APR***!

*Annual Percentage Rate. Rates as low as 2.99% APR. All Loans are Subject to Approval. Some Credit and Policy Restrictions May Apply.




Don't Worry... Be Happy!

Apply for a Worry Free Loan Today!

- No Credit Check Required
- \$500.00 for 6 months
- \$1,000.00 for 6 months

*Must be a 5 year member, with 5 years on current job.

See a loan officer for more details!




*Getting ready for some fun in the sun?
Apply for a vacation loan.*



Amount: \$1,000.00

Term: 10 Months

Interest: 10% APR*

*Annual Percentage Rate. All Loans are Subject to Approval. Some Credit and Policy Restrictions May Apply.



What's in a Month?

June is...

Aquarium Month
 Candy Month
 Dairy Month
 Fight the Filthy Fly Month
 Gay Pride Month
 National Accordion Awareness Month
 National Adopt a Cat Month

Rose Month
 National Fresh Fruit and Vegetables Month
 Turkey Lovers Month
 Graduation Month
 Hamburger Month
 Flower Month Egg Month

And...

| | | | |
|---|--|--|--|
| <u>June 1</u> Dare Day Flip a Coin Day | <u>June 8</u> Best Friends Day Name Your Poison Day World Ocean's Day | Go Fishing Day International Panic Day National Splurge Day | National Catfish Day Strawberry Parfait Day |
| <u>June 2</u> National Bubba Day National Rocky Road Day Yell "Fudge" at Cobras Day Festival of Utter Confusion Day | <u>June 9</u> Donald Duck Day | <u>June 19</u> World Sauntering Day Juneteenth | <u>June 26</u> Beautician's Day Forgiveness Day Take Your Dog to Work Day |
| <u>June 3</u> Tattoo Day Repeat Day Egg Day | <u>June 10</u> Iced Tea Day Children's Day | <u>June 20</u> Ice Cream Soda Day National Hollerin' Day World Juggler's Day | <u>June 27</u> Sun Glasses Day Cheese Day |
| <u>June 4</u> Frozen Yogurt Day Cheese Day Applesauce Cake Day Hug Your Cat Day Old Maid's Day | <u>June 11</u> National Corn on the Cob Day | <u>June 21</u> Bald Eagle Day Vanilla Milkshake Day | <u>June 28</u> Insurance Awareness Day Paul Bunyan Day |
| <u>June 5</u> World Environment Day National Doughnut Day | <u>June 12</u> Red Rose Day | <u>June 22</u> Father's Day Go Skate Day Finally Summer Day Cockoo Warning Day | <u>June 29</u> Camera Day Waffle Iron Day Panama Canal Day Hug Holiday |
| <u>June 6</u> National Gardening Exercise Day National Trails Day National Yo-Yo Day Cake Day D-Day | <u>June 13</u> Sewing Machine Day Kitchen Klutzes of America Day | <u>June 23</u> National Chocolate Eclair Day Auto Race Day | <u>June 30</u> Meteor Day Sky Day |
| <u>June 7</u> National Chocolate Ice Cream Day | <u>June 14</u> Flag Day | <u>June 24</u> National Pink Day National Columnists Day |  |
| | <u>June 15</u> Smile Power Day Fly a Kite Day A Friend in Need is a Friend Indeed Day | <u>June 25</u> Swim a Lap Day Teddy Bear Day America's Kid's Day Log Cabin Day | |

East Central Regional



| |
|---|
| Paul Brock Regional Hospital Administrator |
| Rick Starr Associate Regional Hospital Administrator, Gracewood |
| Dr. Vicky Spratlin Clinical Director |
| Mickie Collins Chief Operating Officer |
| Augusta Campus 3405 Mike Padgett Highway Augusta, Georgia 30906 Gracewood Campus 100 Myrtle Boulevard Gracewood, Georgia 30812 |
| Teresa Crouch Publisher Harold "Skip" Earnest Editor/Photographer |

NOTICE

Items for publication must be submitted in written form. The upcoming issue's deadline is June 8, 2015. All articles and notices submitted for publication in the East Central Regional Hospital Bulletin are subject to editorial discretion. Please contact the Bulletin editor if you have questions regarding editorial decisions.

Our Mission

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

Our Vision

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

Our Values

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

- I**ntegrity
- C**ommunication & Collaboration
- A**ccountability
- R**ecognition through Relationships
- E**mpowerment through Excellence



Accredited
by
The Joint Commission

Campus Marquees

Deadline for submission of

JULY MESSAGES

June 23, 2015

Submit information to Skip Earnest

Gracewood Campus

Extension 2102

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

[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 Therapy Leader - Gracewood Campus](#)

[Auditor - Social Work](#)

[Billing Generalist](#)

[Certified Nursing Assistant - Lead](#)

[Clerical Worker - Hourly - Admissions](#)

[Client Support Worker \(AL\) / Instructor 3 / AMH Mall](#)

[Client Support Worker - Community Integration Home](#)

[Client Support Worker - Gracewood](#)

[CNA - Skilled Nursing Facility](#)

[DD Campus Supervisor - 2nd & 3rd Shift](#)

[Director of Clinical Information Systems](#)

[Financial Worker](#)

[General Trades Craftsman](#)

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

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

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

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

[Housekeeper](#)

[Housekeeping Team Leader](#)

[HVAC Repair Technician](#)

[Institutional Locksmith](#)

[Institutional Safety Manager](#)

[Laundry Supervisor](#)

[Laundry Worker](#)

[Laundry Worker \(Part time weekends\)](#)

[Legal Status Manager](#)

[Licensed Practical Nurse \(LPN\) - Gracewood Campus](#)

[Licensed Practical Nurse \(LPN\) - Augusta Mental Health Campus](#)

[Licensed Practical Nurse - Hourly/PRN - Augusta Campus](#)

[Licensed Practical Nurse - Hourly/PRN - Gracewood Campus](#)

[Lifeguards](#)

[Mechanic](#)

[Mechanic Foreman](#)

[Mechanical Trades Supervisor](#)

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

[Nurse Manager \(RN\) - Forensics](#)

[Nurse Manager - Gracewood Campus](#)

[Nurse Practitioner - Skilled Nursing Facility](#)

[Occupational Therapist](#)

[Office Manager - Switchboard](#)

[Pharmacist - Advanced](#)

[Pharmacy Technician](#)

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

[Qualified Intellectual Disabilities Professional](#)

[Regional Hospital Chief Financial Officer](#)

[Registered Nurse \(RN\) - Augusta Mental Health Campus](#)

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

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

[Registered Nurse \(RN\) - PRN](#)

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

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

[Registered Nurse - Skilled Nursing Facility](#)

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

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

[Skilled Utility Worker](#)

[Social Service Worker - Hourly](#)

[Social Worker \(MSW\) - Gracewood Campus](#)

[Social Worker - Hourly](#)

[Steam Plant Operator](#)

[Training Specialist](#)

[Work Instructor 1 - Gracewood Campus](#)

June Menus

| SUNDAY 5-31-2015 | MONDAY 6-1-2015 | TUESDAY 6-2-2015 | WEDNESDAY 6-3-2015 | THURSDAY 6-4-2015 | FRIDAY 6-5-2015 | SATURDAY 6-6-2015 |
|--|---|--|--|---|---|---|
| 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 Macaroni/Cheese Collard Greens Egg 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 Shredded Lett/Drsg Fried Onion Rings Baked Beans Lett/Tomato Sld w/Drsg Pound Cake Iced Tea | Chuckwagon Steak w/Cream Gravy Mashed Potatoes Calif Mixed Vegt Shredded Lett/Drsg Bread/Margarine Pears Iced Tea | BBO Pork w/Bun Spinach Potato Salad Peach/Pear Mix Iced Tea | Turkey Pot Pie Steamed Carrots Shred Lett w/Drsg Bread/Margarine Brownie Iced Tea | Irish Stew Steamed Rice Copper Penny Sld Bread/Margarine Sugar Cookies Iced Tea | Hot Dog 'n Bun Must/Catsup/Onion Baked Beans Coleslaw PButter Cookies Iced Tea |

| SUNDAY 6-7-2015 | MONDAY 6-8-2015 | TUESDAY 6-9-2015 | WEDNESDAY 6-10-2015 | THURSDAY 6-11-2015 | FRIDAY 6-12-2015 | SATURDAY 6-13-2014 |
|---|--|--|---|---|---|---|
| Cranberry Juice Scrambled Eggs Sausage Links Oatmeal Toast/Marg/Jelly Coffee/2% Milk | Orange Juice Scrambled Eggs w/Cheese Bacon 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 | Beef Tips Brown 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 | BBQ Pork 'N Bun French Fries Green Beans Coleslaw Pineapple Upside Down Cake Iced Tea/2% Milk | Salisbury Steak w/Gravy Snowflake Potato Green Peas Tomato Sld/Drsg Roll/Margarine Vanilla Pudding/Topping Iced Tea/2% Milk |
| Chili Con Carne Rice Corn Shred Lettuce/Drsg Saltine Crackers Sliced Peaches Iced Tea | Beef Noodle Cass. w/Cheese Topping Seasoned Squash Tossed Salad/Drsg Bread/Margarine Sherbet Iced Tea | Sloppy Joe 'n Bun French Fries Green Peas Green Salad w/Drsg 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 6-14-2015 | MONDAY 6-15-2015 | TUESDAY 6-16-2015 | WEDNESDAY 6-17-2015 | THURSDAY 6-18-2015 | FRIDAY 6-19-2015 | SATURDAY 6-20-2015 |
|--|--|--|---|--|---|---|
| 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 | Beef Stew w/Rice 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 | Beef Tips Brown Gravy Rice 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 | Braised Beef Tips w/ BBQ sauce French Fries Spinach Shred Lettuce/Drsg Bread/Margarine Applesauce Iced Tea |

| SUNDAY 6-21-2015 | MONDAY 6-22-2015 | TUESDAY 6-23-2015 | WEDNESDAY 6-24-2015 | THURSDAY 6-25-2015 | FRIDAY 6-26-2015 | SATURDAY 6-27-2015 |
|--|--|---|---|---|---|---|
| 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 Chlp/Sl 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 | Baked Chicken Oven Brown Potatoes Calif Mixed Vegt Coleslaw Roll/Margarine Ice Cream Iced Tea/2% Milk |
| Chicken Tetrazzini Carrots Tossed Salad w/Drsg Garlic Bread PButter Cookies Iced Tea | Bkd Rigatoni/Beef Broccoli Pickled Beet Salad Bread/Margarine Apple Crisp Iced Tea | Fried Chicken Au Gratin Potatoes Green Beans Shred Lettuce/Drsg Bread/Margarine Apricots Iced Tea | Roast Turkey w/Gravy Sweet Potatoes Seas Turnip Greens Copper Penny Sld 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 |

Taking Flight

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

A RECOVERY STORY – Henry

When my grandfather, Henry B. Anderson, was a young man he attended Union Theological Seminary in Richmond Virginia in preparation for the ministry. The classroom work was rigorous and in combination with the necessity to provide for a wife and three young children, the labor became unbearable. Through the week he attended classes and tried to keep with the multiple demands of his studies. Then on Friday afternoons he would catch a train down to Petersburg, Virginia where he did interim/pastorate work in three churches to try to provide the financial means to house and feed his family. For the better part of Saturdays, he was visiting the sick and doing his preparation for the sermons that would be delivered on Sundays. Then on Sundays, he would preach at three different churches before he would head back to Richmond. The schedule was heavy and midway into the semester, he realized he just couldn't do it... he was falling behind in his studies, rarely had time to be with his family, and was becoming physically, emotionally, and spiritually exhausted. So he made the heart-breaking decision that he would have to drop out of school. Following another of his many weekend marathons he made an appointment with his major professor in the seminary to report his decision. Many a time I heard my grandfather tell the story of that meeting with his professor when he poured out his heart to his mentor and sadly announced that he was leaving the seminary, giving up his vision of being a pastor. And always with great reverence and profound gratitude he would tell the conclusion of this pivotal moment in his life. As his story of angst and disappointment unfolded, my grandfather related that he looked into his professor's face and saw a tiny tear form and trickle down his face. Without a single word being spoken, that tear changed the whole

course of my grandfather's life. He could not remember any of the professor's words of encouraged or advice that day but the tear made all the difference in the world. For that professor's tear became the emblem of inspiration and hope... just knowing that his professor understood and had compassion for him was all that my grandfather needed to go forward with his studies. And so he did and became a pastor doing a great work for over 60 years in the ministry. It was a tiny push that became enshrined in the history of my family – a sanctuary in our hearts.

LEARNING POINT

Henry's story reminds us that in our lifetime we will all face difficulties in which we become physically, emotionally, and spiritually exhausted. Moreover, our journeys to recovery will often require personal change but also social engagement as well. In fact, research has consistently demonstrated that having one or more personal relationships that provide hope and encouragement can be a critical factor in achieving recovery.¹ More and more, it is becoming clear that people do not recover in isolation. Regardless of the nature of our difficulties, it is comforting and often inspiring to know that someone else has walked down that path as well, that someone knows and cares, and that we are not alone. Henry's journey was profoundly impacted by the connection that was made between his overwhelming stresses and a professor who was moved to tears. Such empowering "connections", however, require that we are willing to share our struggles and our victories with one another. And such "connections" require that we intently listen to one another with our heads and our hearts.

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Reference:¹ Spaniol, L., et al., (2002) The process of recovery from schizophrenia, *International Review of Psychiatry*, 14(4), 327-36.