



Special points of interest:

- *Parade Information*
- *Retirement Announcements*
- *Language Line Access*
- *Out & About*
- *What's in a Month*
- *December Menus*

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

John F. Kennedy

Inside this issue:

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From the Desk of the Interim RHA - Dr. Vicky Spratlin



I ended my last bulletin article with the fresh news that the ICF-IID program was back in CMS compliance. That is where I will begin this article:

This is a tremendous accomplishment, which could not have been achieved without the work of many folks at ECRH, other facilities, and the DBHDD Executive Leadership.

Thinking in military scenarios, it is often easier to take the hill than to keep the hill. Achieving the steps necessary to implement the plan of correction was similar to an all-out assault on a military target. It is often the sheer will and adrenaline that make you successful. Defending the captured territory requires a different strategy.

Our new strategy has the name "Compliance and Sustainability Program." This is how we will make sure we continue the initiatives begun in the plan of correction and use the data collected to improve our outcomes. It is an exciting time for the Gracewood campus as it shows program growth rather than the stagnation which has occurred since announcement of the projected closure. I encourage each of you to continue with the diligent efforts displayed over the last two and a half months.

Having said this, I also encourage you to embrace the joy present during this time of year. It is important to work hard for ECRH, but equally important to spend time with loved ones and experience whatever good things you find in the holiday season.

We have many fun and exciting events coming up and the Gracewood tree lighting
(Continued on page 3)

Tidbits of ECRH History



HOW TIME FLIES! This issue of the ECRH BULLETIN marks the 5th anniversary of ***Tidbits of ECRH History***. Can you believe 120 Tidbits have been published since November 30, 2009? Since the ECRH Gracewood Campus was established in 1921 and the Augusta Campus in 1948 there should be a lot of historical tidbits. We want to keep them coming and if you, dear reader, have some tidbits to pass along, phone Brian Mulherin at 706-790-2448. Many thanks to folks who have sent in interesting items.

And speaking of thanks, Skip and Teresa deserve a bunch!

Contributed by Brian Mulherin

New Employees



Front Row (L-R): Kayla Allen, CNA; Angela Williams, CNA; Ashley Chapman, CNA; Victoria Jenkins, Health Aide

Back Row (L-R): Lucresha Christie, Health Aide; DeAndra Clegg, CNA; Laquanda Wicker, CNA; Kenyatta Bert, Health Aide



Front Row (L-R): Shirley Bush, CNA; Mitzey Robins, CNA; Amanda Phillips, CNA; Bridgette Norton, CNA

Back Row (L-R): Tamika Curlin, CNA; Carol Shorty, CNA; Tameka Terrell, CNA; Demetrius Smith, Health Aide



Front Row (L-R): Melissa McKinnie, CNA; Erica Jones, CNA; Katherine Sullivan, RN; Chardreka Jones, CNA

Back Row (L-R): Chrisceil Caballero, RN; Lashanda Latimer, CNA; Charledra Freeman, Health Aide; Stephanie Trumpler, CNA

Front Row (L-R): Roosevelt Dawson, Health Aide; Jamin Mosley, Health Aide; Renate Doleman, CNA; Maboir Malang, Health Aide

Back Row (L-R): Denise Hightower, Health Aide



New Employees

Front Row (L-R): Elaine Biley, Human Resource Specialist; Latasha Williams, Health Aide; Shakemma Trowel, Health Aide; Kimberly Harris, CNA

Back Row (L-R): Alecia Moody, LPN; Sharnell Commander, Health Aide; Andrew Bruner, Operations Analyst



Front Row (L-R): Rosanne Petterson, Financial Clerk; Krystal McManus, Health Aide; James Ross, Health Aide; Debbie Lynch, CNA

Back Row (L-R): De'Antoine Thomas, Health Aide; Megan Roxby, Health Aide; Waltina Hanson, CNA Lead; Barbara Martin, Health Aide

Not Pictured: Shawn Pruitt, Food Service Employee; Tonya Simpkins, CNA; Terrell Ruffin, CNA

Welcome!

From the Desk of the Interim RHA - Dr. Vicky Spratlin

(Continued from page 1)

was a great success last week. The first week in December will bring the Augusta Campus tree lighting, the annual Christmas parade on the Gracewood Campus, and the CMS compliance celebration where Dr. Li, himself, will be doing the grilling! The Mayor's Christmas Motorcade will be the following week, along with many individual and unit activities.

In the midst of the fun and celebrations, I do not want to lose sight of our recognition of our employees. At the Leadership meeting, I presented the following employees a CDC (Clinical Director's Choice) Award for their service to ECRH: Julia Davis and Sheila Mays for their quick actions in keeping a Gracewood individual from choking, Ella Brigham for stepping outside her job description to help gather evidence for an investigation, and Teresa Crouch for continuing to provide invaluable assistance to the RHA although she is in another role.

In closing, I wish everyone a safe and Happy Thanksgiving.

*Sincerely,
Dr. Vicky Spratlin*

DD Services

**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 will it replace the current protocol outlined in the Incident Management Policy.

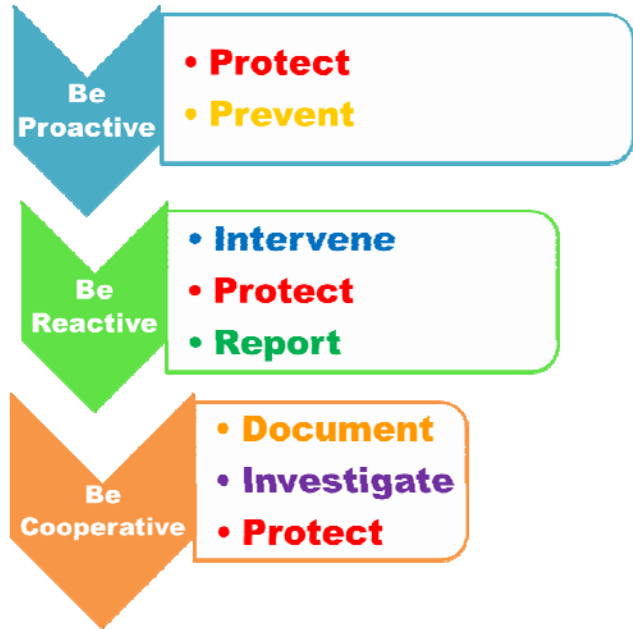
Hotline Number:
(706) 945-7150



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



Remember!

On the Gracewood Campus only, when on the living areas, a mask will be worn by EVERYONE (Investigators, Security, Plant Ops, Environmental Services, PAs, Dietary, Visitors, Staff....) who did not receive the Flu shot.

Incident Management

REMINDER FROM THE IM DEPARTMENT: REPORT NEGLECT!!

WHAT IS NEGLECT?

A11-Alleged Neglect:

Failure by an employee to provide care or service, for physical or mental health needs, protection from health and safety hazards, or prevention of malnutrition or dehydration.

Examples of care or service:

- Personal hygiene, food, shelter, clothing, medical care for physical or mental health needs

Examples of situations

that may constitute Neglect:

- Failure to provide treatment/level of services, care, or medical treatment
- Failure to follow a BSP
- Failure to address complaints of the individual
- Failure to provide a special level of observation as ordered by a physician
- Failure to notice an individual's condition and take appropriate actions, based upon the staff person's scope of training/expertise

Do you recognize
neglect?

****** REMEMBER ******

- ✓ **Take immediate and appropriate action to protect the individual in instances of Abuse, Neglect, Exploitation**
- ✓ **Intervene to STOP the abusive or neglectful act!**
- ✓ **REPORT! - WHEN IN DOUBT – REPORT ANYWAY!**

Safety Shop - Christmas Safety Tips

Christmas is less than a month away. Many of you will be putting up festive decorations and cooking tasty sweets. Unfortunately, many fires happen during this time of year. Some things to keep in mind during the holiday season for both ECRH and home:

1. Christmas Trees

- a. If you use a live tree, keep it watered.
- b. Place tree away from fireplaces, radiators and other heat sources.

2. Christmas Lights

- a. Use lights that put off very little heat, especially on live trees.
- b. Do not overload your circuits with Christmas lights and other holiday decorations.
- c. Use no more than three standard-size sets of lights per single extension cord. Extension cords are not allowed at ECRH.
- d. Do not leave holiday lights on when you leave or go to bed.

3. Christmas Baking

- a. If you do a lot of cooking and baking, clean you oven before and during the holiday cooking season.

4. Decorations

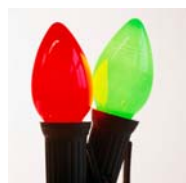
- a. By add excessive decorations to ECRH walls you are adding to the fire load of the building, which can make it burn faster if there was a fire. Keep the decorations on the walls to a minimum.
- b. Keep ornaments out of the reach of small children at home and consumers here at ECRH.
- c. Place candles where they cannot be knocked down or blown over, candles are not allowed at ECRH.
- d. Keep matches, lighters, and candles out of the reach of children.

5. Christmas Safety

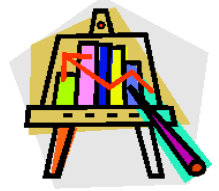
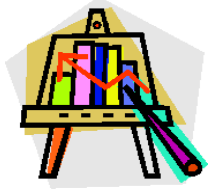
- a. Santa comes down the chimney, not through the door or windows. Keep those locked and your blinds drawn when you aren't home or are sleeping/otherwise occupied. Christmas is easily ruined by a thief.

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 by e-mail at jgsosebee@dhr.state.ga.us.

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



The Quality Corner - News & Information From Quality Management



Happy Holidays!

In the spirit of the season, however, whatever, or wherever you celebrate, here is wishing you a peaceful and joyous Holiday season!

Please be kind to each other and to our individuals so that we can all enjoy the gifts of this wonderful time of year.

From your Quality Management Staff:
Lisa Montano, Andy Bruner, Atira Cotman,
Amber Franklin-Lacey, and Michael Scharff



Hunting Magazines Needed

We are working on Engagement with an individual on Forensic 2 and are asking for donations of hunting magazines. Appropriate magazines may be dropped off in the lobby of Building 14, Augusta Campus. Please contact Charles Turner at (706) 840-3718 or ext. 7131 for more information.

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:

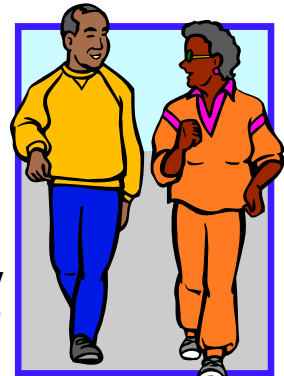
1. Use the Gold Language Identification Card showing the geographical region where you believe the limited speaker may come from. The message underneath each language says: "Point to your language. An Interpreter will be called. The interpreter is provided at no cost to you."
2. Refer to the Quick Reference 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.

Walking Winners!

I would like to congratulate Jacqueline McCrary and Angela Miller for the most recent two weeks of the most steps, in winning the weekly award of \$20 for our ongoing walk-a-thon! Even though it's getting colder outside, if you bundle up or walk inside, that still counts, and it is important for your health to keep moving year round! Those on the Gracewood Campus can also participate! IF you are interested, please email Debbie.lassiter@dbhdd.ga.gov with the disclaimer (page 22 of this Bulletin) and email in the number of steps that you walk each day. It does not matter what shift you work, as steps are for all 24 hours!

***Debbie Lassiter, MSN, RN
Active Treat Charge Nurse***



Pharmacy Update



HOLIDAY PHARMACY SCHEDULE:



**The Pharmacy Hours for
Christmas Day
and the
Day after Christmas
will be
9:00 am to 1:00 pm
(For emergencies only)**

**All Floor Stock Requests and Refill Requests
must be submitted no later than 11:00 am
on Wednesday, December 24th.**



Congratulations to:



**Deborah McFalls, Pharmacy Worker
on her retirement – effective 12-1-14.**

**Thank you for your
years of dedicated service!**

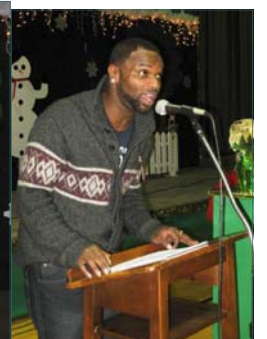
Out & About



Camellia Thanksgiving



Gracewood Tree Lighting



December Birthdays

| | | | |
|-------------|---|-------------|--|
| December 1 | Rhonda L. Bailey Valerie P. Phillips | December 13 | LaFawn S. Pinkney Renata S. Santiago |
| December 2 | Dionne N.M. Ross | December 14 | Jonathan L. Graham |
| December 3 | James Arthur Fitts | December 15 | Shmiker L. Brown Clarence A. Ellis Tracelle R. Finney |
| December 4 | Sharti D. Berry Debra P. Brizius Demarkus B. Houck Terrell L. Ruffin Eddie L. Scurry | December 16 | Thea O. Turner Glene D. Williams |
| December 5 | Cindy LaTrell Beck Tanya D. Brown Regenia Harrison-Moore | December 17 | LeAnne K. Bowie Ella M. Brigham Charvia Dyshell Manor |
| December 6 | Barbara Ann McClary Victor Tyrone Peterson Melinda Smith-Grant Steven L. Webb | December 18 | Judith Griffith Teresa L. McGahee |
| December 7 | Angela J. Fralix | December 19 | Melissa A. Collins Harold W. Earnest Johnathan E. Gray II Ranita Evans Keener |
| December 8 | Elliott J. Brown, Jr. Pamela D. Burnette Loretta P. Ray Tabitha R. Snellings Carl E. Williams | December 21 | Rhonda Faye Phillips Melissa N. Wilson Shana J. Howard Christine McGuire Mary R. Murray Charity Alexandria Sims |
| December 9 | Charese L. Brannon Dyreka A. Jones Leroy A. Mack Veronica D. Tarver Zelma Turner Judith L. Wolfe | December 22 | Rosemary Beard Linda Sue Doyle Tonia F. Gilmore Tiffany M. Marshall Travia N. Roberson |
| December 10 | Lamonie C. Brown Nicole L. Rainey | December 23 | Delores A. Boston Patricia A. James Adrienne Francis Oakman Rodrick D. Shinholster Crystal L. Thomas |
| December 11 | Marlene J. Echols Carol D. Waller | December 24 | Shaena A. Green Addie D. Griffin Cynthia Andrews Nelson Lynette L. Walton |
| December 12 | Bessie Butler Almedia D. Johnson Tisia M. Larsuel Mary Alice Luton Eula Mae Woodruff | December 25 | Michelle E. Hughes Gisela M. Rosa Del Moral |
| December 13 | Robert P. Camanini Elizabeth M. McCorkle | | |

More December Birthdays

| | |
|-------------|--|
| December 27 | Jennifer Leigh Spohn |
| December 28 | Linda Y. Evans Lauren W. Williams |
| December 29 | Erica D. Albea Gloria Jean Chandler-McIntyre Claude F. Harris |
| December 30 | Deidre Brown Robin Lee Chavous Atira Donache Cotman Paige R. Ingram Demetrius L. Kelly |

| | |
|-------------|--|
| December 31 | Evelyn G. Lawrence Judy F. Middleton Frances G. Ellerson Melanie Denise Harris Andrea Elaine Williams-Mays |
|-------------|--|



Occupational Health - Cancer Awareness



Cancer, also called malignancy, is an abnormal growth of cells. There are more than 100 types of cancer, including breast cancer, skin cancer, lung cancer, colon cancer, prostate cancer, and lymphoma. Symptoms vary depending on the type. Cancer treatment may include chemotherapy, radiation, and/or surgery

The earlier cancer is diagnosed and treated, the better the chance of its being cured. Some types of cancer -- such as those of the skin, breast, mouth, testicles, prostate, and rectum -- may be detected by routine self-exam or other screening measures before the symptoms become serious.

Most cases of cancer are detected and diagnosed after a tumor can be felt or when other symptoms develop. In a few cases, cancer is diagnosed incidentally as a result of evaluating or treating other medical conditions.

Cancer diagnosis begins with a thorough physical exam and a complete medical history. Laboratory studies of blood, urine, and stool can detect abnormalities that may indicate cancer. When a tumor is suspected, imaging tests such as X-rays, computed tomography (CT), magnetic resonance imaging (MRI), ultrasound, and fiberoptic endoscopy examinations help doctors determine the cancer's location and size. To confirm the diagnosis of most cancers, a biopsy needs to be performed in which a tissue sample is removed from the suspected tumor and studied under a microscope to check for cancer cells.

Depending on the type and stage of cancer, treatments to eradicate the tumor or slow its growth may include some combination of surgery, radiation therapy, chemotherapy, hormone therapy or immunotherapy.

Supportive care from nurses and other professionals should accompany cancer treatment. The goal is to relieve pain and other symptoms, maintain general health, improve quality of life, and provide emotional, psychological, and logistical support to patients and their families. Similar supportive treatment is available to rehabilitate patients after curative treatment. Supportive therapy such as hospice care for cancer patients nearing the end of their lives provides relief from pain and other irreversible symptoms. Most mainstream care is geared toward providing supportive treatment through the broad resources of a cancer treatment center. Complementary cancer therapies, which are generally provided outside a hospital, can also provide supportive care.



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!



What's in a Month?

December is...

Bingo Month
Write a Friend Month
Made in America Month
Hi Neighbor Month
National Stress-Free Month
Family Holiday Month

Read a New Book Month
Holiday Thank You Month
Interfaith Month
Safe Toys and Gifts Month
Universal Human Rights Month

And...

| | | |
|---|--|--|
| <u>December 1</u> World AIDS Day Eat a Red Apple Day | <u>December 11</u> National Noodle Ring Day | Humbug Day National Flashlight Day |
| <u>December 2</u> National Fritters Day | <u>December 12</u> Poinsettia Day National Ding-A-Ling Day | Look on the Bright Side Day <u>December 22</u> National Date Nut Bread Day |
| <u>December 3</u> National Roof Over Your Head Day First Day of Advent | Foster Child Day <u>December 13</u> Santa Lucia Day | <u>December 23</u> Festivus Feast of the Radishes Day |
| <u>December 4</u> Santa's List Day Wear Brown Shoes Day | Ice Cream Day Violin Day <u>December 14</u> International Children's Day | Roots Day <u>December 24</u> Christmas Eve National Chocolate Day |
| <u>December 5</u> Bathtub Party Day Repeal Day | National Bouillabaisse Day <u>December 15</u> Bill of Rights Day | National Egg Nog Day <u>December 25</u> Christmas National Pumpkin Pie Day |
| <u>December 6</u> St Nicholas Day Mitten Tree Day Put on Your Own Shoes Day | Underdog Day National Lemon Cupcake Day <u>December 16</u> National Chocolate Covered Anything Day | <u>December 26</u> Kwanzaa Boxing Day <u>December 27</u> Make Cut Out Snowflakes Day |
| <u>December 7</u> Pearl Harbor Day International Civil Aviation Day | <u>December 17</u> National Maple Syrup Day Wright Brothers Day Pan American Aviation Day | National Fruitcake Day <u>December 28</u> Holiday Breather Day Card Playing Day |
| Letter Writing Day National Cotton Candy Day Teacher's Appreciation Day | <u>December 18</u> Bake Cookies Day National Roast Suckling Pig Day | <u>December 29</u> Pepper Pot Day <u>December 30</u> National Bicarbonate of Soda Day |
| <u>December 8</u> National Brownie Day Take it in the Ear Day | <u>December 19</u> Look for an Evergreen Day Oatmeal Muffin Day | <u>December 31</u> New Year's Eve Make Up Your Mind Day Unlucky Day |
| <u>December 9</u> Christmas Card Day National Pastry Day | <u>December 20</u> Go Caroling Day <u>December 21</u> Forefather's Day | |
| <u>December 10</u> Human Rights Day Sister-friend Day | | |

East Central Regional



Dr. Vicky Spratlin
Interim Regional Hospital
Administrator

Dr. Vicky Spratlin
Clinical Director

Mickie Collins
Chief Operating Officer

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Teresa Crouch
Publisher

Harold "Skip" Earnest
Editor/Photographer

NOTICE
Items for publication must be submitted in written form. The upcoming issue's deadline is December 8, 2014. All articles and notices submitted for publication in the East Central Regional Hospital Bulletin are subject to editorial discretion. Please contact the Bulletin editor if you have questions regarding editorial decisions.

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:

Integrity

Communication & Collaboration

Accountability

Recognition through Relationships

Empowerment through Excellence



Accredited
by
The Joint Commission

Campus Marquees

Deadline for submission of

JANUARY MESSAGES

December 23, 2014

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.)

Please join us As We Celebrate Deborah Williams'
Retirement



Mrs. Deborah Williams' Retirement

30 Years of Faithful Service at
East Central Regional Hospital

Date: December 3, 2014

Place: Central Kitchen VIP and Dining Room

Time: 2:30 -4:30 P.M.

**EAST CENTRAL
REGIONAL HOSPITAL**

2014

Christmas Parade

GRACEWOOD CAMPUS
(Off Tobacco Road)

DECEMBER 3, 2014
1:00 PM - LINE UP
1:30 PM - PARADE

NOTE: RAIN DATE = DECEMBER 4 = 1:30 PM

*FOR MORE INFORMATION CONTACT:
JAMES WALKER
706-726-7557*



[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 - Gracewood Campus](#)

[Activity Therapy Leader - Gracewood Campus](#)

[Administrative Assistant to Regional Hospital Administrator](#)

[Associate Regional Hospital Administrator - Developmental Disabilities](#)

[Auditing & Policy Specialist](#)

[Behavioral Health Counselor](#)

[Behavioral Health Social Worker \(MSW\) - Redbud](#)

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

[Clinical Dietitian](#)

[CNA - Skilled Nursing Facility](#)

[Craftsman Foreman](#)

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

[DD RESIDENTIAL DIRECTOR](#)

[DD Shift Supervisor - Gracewood Campus](#)

[Facility Safety Officer - Corporal](#)

[Food Service Worker \(WL\)](#)

[General Trades Craftsman](#)

[HST 1 - Augusta Mental Health Campus](#)

[HST 1 - Gracewood Campus](#)

[HST 2 - Gracewood Campus](#)

[HST 2 / Lead - Augusta Mental Health Campus](#)

[Housekeeping Team Leader](#)

[HVAC Repair Technician](#)

[Incident Management Team Member](#)

[Incident Manager](#)

[Institutional Locksmith](#)

[Laundry Supervisor](#)

[Laundry Worker](#)

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

[LPN - Gracewood Campus](#)

[LPN - Augusta Mental Health Campus](#)

[LPN - Skilled Nursing Facility](#)

[Mechanic](#)

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

[Nurse Investigator](#)

[Nurse Practitioner - Skilled Nursing Facility](#)

[Occupational Therapist](#)

[Pharmacist - Advanced Level](#)

[Pharmacy Technician](#)

[Program Assistant - Admissions](#)

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

[Quality Management Technician](#)

[RN - Augusta Mental Health Campus](#)

[RN - Augusta Mental Health Campus](#)

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

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

[RN - Forensic Mall](#)

[RN - Gracewood Campus](#)

[RN - Skilled Nursing Facility](#)

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

[Storekeeper](#)

[Unit Manager - Developmental Disabilities](#)

[Work Therapist - Augusta Campus](#)

December Menus

| SUNDAY 11-30-14 | MONDAY 12-1-14 | TUESDAY 12-2-14 | WEDNESDAY 12-3-14 | THURSDAY 12-4-14 | FRIDAY 12-5-14 | SATURDAY 12-6-14 |
|--|---|--|---|--|--|---|
| 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 Sliced Bacon Hash Brwn Potatoes Toast/Marg/Jelly Coffee/2% Milk | Grape Juice Scrambled Eggs w/Cheese Bacon 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 Pork w/Brown Gravy Steamed Rice Broccoli Lettuce Sld w/Drsg Bread/Margarine Banana Pudding w/Topping Iced Tea/2% Milk | 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 Banana Pudding w/ Iced Tea/2% Milk | Meatloaf w/Mushroom Gravy Mashed Potatoes Carrots Pear/Cheese Salad Roll/Margarine Gingerbread Iced Tea/2% Milk | Baked Pork Chops Rice with Gravy Peas & Carrots Peaches** Roll/Margarine Oatmeal/Raisin Cookies Iced Tea/2% Milk **Augusta Campus = Fruit Cocktail | Baked Chicken Oven Brown Potatoes Calif Mixed Vegt Coleslaw Roll/Margarine Ice Cream Iced Tea/2% Milk |
| Polish Sausage/Bun Diced Onion/Relish/ Mustard Baked Beans Coleslaw Pineapple Tidbits Iced Tea | Vegetable Soup Cold Cuts: Turkey Roll, Bologna, Sliced Cheese Must/Mayonnaise, Sliced Tomato Potato Salad Bread/Crackers Sweet Potato Pie Iced Tea | Tuna Ndl Casserole Calif Mixed Vegt Shred Lettuce/Drsg Bread/Margarine Apricot Halves Iced Tea | Hot Dog 'N Bun Must/Catsup/Onion Baked Beans Coleslaw Brownies Iced Tea | Roast Beef w/Gravy Noodles Green Beans Tossed Salad w/Drsg Bread/Margarine Peaches Iced Tea | Chili Mac Corn Pears ** Saltine Crackers Choc Chip Cookies Iced Tea **Augusta Campus = Fruit Cocktail | Taco Pie White Rice Spinach Shred Lettuce/Drsg Bread/Margarine Applesauce Iced Tea |

| SUNDAY 12-7-14 | MONDAY 12-8-14 | TUESDAY 12-9-14 | WEDNESDAY 12-10-14 | THURSDAY 12-11-14 | FRIDAY 12-12-14 | SATURDAY 12-13-14 |
|--|--|---|---|---|---|--|
| Cranberry Juice Scrambled Eggs w/Ham Bits Dry Cereal Toast/Marg/Jelly Coffee/2% Milk | Banana Scrambled Eggs Sliced Bacon Dry Cereal Toast/Marg/Jelly Coffee/2% Milk | Orange Juice Pancakes Sliced Bacon Dry Cereal Margarine/Syrup Coffee/2% Milk | Grape Juice Scrambled Eggs Sausage Patty Grits Biscuit/Marg/Jelly Coffee/2% Milk | Apple Juice Scrambled Eggs Sliced Ham Grits Toast/Marg/Jelly Coffee/2% Milk | Orange Juice Scrambled Eggs Sliced Bacon Hash Brwn Potatoes Toast/Marg/Jelly Coffee/2% Milk | Apple Juice Scrambled Eggs Sausage Links Dry Cereal Toast/Marg/Jelly Coffee/2% Milk |
| Chuckwagon Steak w/Cream Gravy Mashed Potatoes Collard Greens Sli Tomato Salad Roll/Margarine Peaches Iced Tea/2% Milk | Pepper Steak Steamed Rice Squash Tossed Salad/Drsg Roll/Margarine Brownie/Icing Iced Tea/2% Milk | Roast Beef w/Gravy Egg Noodles Carrots Applesauce Wheat Roll/Marg Cake w/ Icing Iced Tea/2% Milk | Hamburger w/Bun Must/Catsup/Mayo Dill Chip/SI Onion French Fries Sli Tom/Lett Salad w/Mayonnaise Gingerbread Iced Tea/2% Milk | Red Beans & Rice Mixed Vegetables Lettuce Sld w/Drsg Bread/Margarine Vanilla Pudding Iced Tea/2% Milk | Baked Chicken Rissole Potatoes Broccoli Carrot/Raisin Salad Roll/Margarine Heavenly Hash Iced Tea/2% Milk | Meatloaf w/Brown Gravy Snowflake Potato Green Peas Pineapple Tidbits Roll/Margarine Ice Cream Iced Tea/2% Milk |
| Chicken Tetrzzini Carrots Tossed Salad w/Drsg Garlic Bread 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 12-14-14 | MONDAY 12-15-14 | TUESDAY 12-16-14 | WEDNESDAY 12-17-14 | THURSDAY 12-18-14 | FRIDAY 12-19-14 | SATURDAY 12-20-14 |
|---|---|--|--|---|---|---|
| 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 | 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 | Ham Ndl Casserole Green 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 12-21-14 | MONDAY 12-22-14 | TUESDAY 12-23-14 | WEDNESDAY 12-24-14 | THURSDAY 12-25-14 | FRIDAY 12-26-14 | SATURDAY 12-27-14 |
|---|--|--|---|--|---|---|
| Cranberry Juice Scrambled Eggs Sausage Links Oatmeal Toast/Marg/Jelly Coffee/2% Milk | Orange Juice Scrambled Eggs w/Cheese Grits Toast/Marg/Jelly Coffee/2% Milk | Apple Juice Scrambled Eggs Bacon Grits Toast/Marg/Jelly Coffee/2% Milk | Grape Juice Pancakes Sliced Ham Dry Cereal Syrup/Margarine Coffee/2% Milk | Cranberry Juice Scrambled Eggs w/Sausage Bits Grits Toast/Marg/Jelly Coffee/2% Milk | Orange Juice Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk | Grape Juice Scrambled Eggs Sausage Patty Grits Toast/Marg/Jelly Coffee/2% Milk |
| Baked Ham Oven Browned Potatoes Seas Turnip Greens Cucumber/Vinegar Salad Bread/Marg Ice Cream Iced Tea/2% Milk | *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 | 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 | Chicken Cordon Bleu Cranberry Sauce Cornbrd Dres/Gravy Prince Edward Vegetables Red Gelatin w/Peaches Roll/Margarine Red Velvet Cake | BBO 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 | Turkey Noodle Cass Sea Collard Greens Tossed Salad Bread/Margarine Ice Cream 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 | 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 |



EAST CENTRAL REGIONAL HOSPITAL
EMPLOYEE WELLNESS PROGRAM WAIVER AND DISCLAIMER FORM

I, the undersigned, will be voluntarily participating in the activities of East Central Regional Hospital at Augusta, Employee Wellness Program with full knowledge of my physical health and limitations. I am participating freely on my own time and at my own risk, relinquishing East Central Regional Hospital at Augusta of any and all liabilities.

In order to use any equipment for fitness programs, I agree to participate in an orientation conducted by designated personnel. I understand and agree that East Central Regional Hospital at Augusta will not be liable or responsible for any injury or illness which may occur in any program or with the use of any piece of equipment.

Employee Participant Date

Witness Date