



Special points of interest:

- Community Reintegration
- Work Therapy
- Faithful Service Info & Pics
- Benefits Enrollment
- What's in a Month
- Out & About
- November Menus

"There is a time to let things happen and a time to make things happen."

Hugh Prather

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From the Desk of the RHA - Paul Brock



It's Not Too Late to Vaccinate

After October you may see signs that advertise "Get Your Flu Shot Here", you might think, "Isn't it too late for that?" As long as flu viruses are spreading, it's not too late to get a flu shot to protect yourself.

According to the CDC, flu viruses are circulating at higher levels in Georgia. Typically, the flu season peaks between December and February but significant activity can occur as late as May, however they're strongly encouraging those who have not yet been vaccinated this season to get vaccinated now.

Seasonal influenza, commonly called "the flu," is caused by the influenza viruses, which infects the respiratory tract (i.e., the nose, throat, lungs). Unlike many other viral respiratory infections, such as the common cold, the flu can cause severe illness and life-threatening complications in many people.

For millions of people every season, the flu can mean a fever, cough, sore throat, running or stuffy nose, muscle aches, fatigue, and miserable days spent in bed. However, you may not realize that more than 200,000 people are hospitalized in the United States from flu complications each year.

Getting a flu shot is simple, and it's the most important thing you can do to protect yourself. A flu shot will reduce flu illnesses, doctors' visits, missed work, and prevent flu-related hospitalizations. When more people get vaccinated against the flu, less flu can spread through the facility, your family and the community. Thank you.

Sincerely,
Paul Brock

Tidbits of ECRH History

As explained in the last issue of TIDBITS, ECRH individuals have enjoyed the COUNTY FAIRS for many years. This year is no exception, thanks to James B. Walker, Activity Therapy Coordinator, who has directed the fair program for several years. Good job, James!

The Exchange Club's Georgia-Carolina State Fair offers an Exhibit Building for business, military, medical, etc. organizations to set up their exhibits showing what they do. Over the years, the GRACEWOOD EXHIBIT WON FIRST PLACE TWICE!

REGIONAL HOSPITAL
Contributed by Brian Mulherin

New Employees



(L-R): Malaika Kangujia, CNA 1; Antionette Welch, HST 1; Lori Oakley, LPN; Shanese Reese, CNA 1; Joann Shannon, LPN; Carla McKie, CNA 1; Shauntrice Jordan, HST 1; Starles Newkirt, CNA 1

(L-R): Glen Pace, HST 1; Christon White, CNA 1; Bernika Avera, CNA 1; Kenneth Charles, CNA 1



(L-R): Suzanne Graham, HST 1; Kristi Wyatt, HST 1; Charmin Love, HST 1; Monica Colbert, HST 1; Noreen Adrien, HST 1; Theresa Harris, HST 1; Ebony Sims, HST 1; Whitney Bush, HST 1; Philisia Jean-Baptiste, HST 1; Melody Barillas, HST 1

(L-R): Curtis Tiller, LPN; Veronica Bennett, RN



(L-R): Freiya Frails, CNA 1; Earnestine Gray, CNA 1; Ashley Evans, CNA 1; Jamie Johnson, CNA 1; Valinca Harris, HST 1; Belinda Jenkins, LPN; Gail Devore, RN; Joanne Dunn, CNA 1; Miracle Ingram, HST 1; Cordelia Freeman, RN

(L-R): Dinah Burton, CNA 1; Alesha Cannady, HST 1; Alexis Winfrey, CNA 1; Amanda Gilmore, CNA 1



ECRH Home to Georgia Social Worker of the Year!!!

October 2015 marks the 60th anniversary for the world's largest professional organization dedicated to the practice of social work, the National Association of Social Workers (NASW). This year's motto is, "Social Work Paves the Way for Change." How appropriate for us at East Central Regional Hospital, as we have celebrated our own special person who has devoted her professional life to change! A few months ago, we acknowledged her bittersweet retirement with the State of Georgia and now we welcome her back to extended service. There have been many changes that have occurred due to her influence. Due to her profound influence on the Social Work field, we are honored to announce that Lisa Knapp Kuglar has received the award of **Georgia's NASW Social Worker of the Year!**



We recognize the contributions that Lisa has offered to our individuals and to this hospital. She has assembled and nurtured a dedicated department of social workers who have benefitted from her knowledge and skills in so many ways. In short, she has generated a change in our world, as she has become a role model, supervisor, and inspiration for social workers, as well as all staff in our hospital. Her reputation extends outside of our hospital, into the local community, and even throughout the State of Georgia. We love you, Lisa! Congratulations on this recognition from your peers.

HR Partners

Fall Fair



Held at East Central Regional Hospital

Thursday, November 12: 10am– 2PM Gracewood Gym

Friday, November 13: 10am– 2PM Augusta Gym

Charity Vendors

- EarthShare GA
- United Way of CSRA



For More Information Contact:

jassica.speer-cater@dbhdd.ga.gov

Or Call

706-792-7177

- ★ Silent Auction
- ★ Bake Sale
- ★ Games
- ★ Refreshments

Georgia State Charitable Contributions Program



Ready, Set, GIVE!



www.gasccp.org

September 1, 2015 - November 15, 2015



HR Partners



SHBP OPEN ENROLLMENT 2016 PLAN YEAR

State Health Benefit Plan (SHBP) is in full preparation for its Annual Open Enrollment (OE) for the 2016 Plan Year. This year Open Enrollment will be held October 19 - November 6, 2015. During this time active members and retirees will select their 2016 health care elections online at www.mySHBPga.adp.com.

EMPLOYEE MAILING ADDRESS UPDATES

Employees should verify their mailing address listed on the SHBP Enrollment Portal prior to the start of OE. If correction is required the active employee should contact their Human Resources Benefit Coordinator for correction; retirees are also able to make updates using the SHBP Enrollment Portal. It is imperative that any discrepancies are resolved prior to the start of OE to ensure employees may be contacted at the correct address for mailings. This process also ensures member's insurance identification cards are mailed to the correct address.

Employees are also encouraged to update their mobile phone number. Your mobile number may be used to deliver activation codes from ADP via text message. Your mobile number may also be used to text message a temporary password or user identification if you misplace your login information. ADP does not charge for this service, but standard text and data charges may apply from your mobile phone carrier.



Your SHBP Enrollment Portal password expires every 45 days. Follow these directions to update your password:

- Access the SHBP Enrollment Portal at mySHBPga.adp.com
- Login using your current password
- If it has been over 45 days since the last time you logged in, you'll be prompted to create a new password (which will expire every 45 days)

If you do not know your current User Name or Password:

- Click the Forgot User ID? Or Forgot Password? from the Login page
- Links are located to the right of the User Name and Password blocks

HR Partners - Open Enrollment Computer Lab Schedule

Date	Time	Campus
10/21/2015	8:00 am – 11:00 am	Gracewood
10/21/2015	1:00 pm – 4:00 pm	Augusta
10/28/2015	8:00 am – 11:00 am	Augusta
10/28/2015	1:00 pm – 4:00 pm	Gracewood
11/3/2015	8:00 am – 11:00 am	Augusta
11/3/2015	1:00 pm – 4:00 pm	Gracewood
11/5/2015	8:00 am – 11:00 am	Augusta
11/5/2015	1:00 pm – 4:00 pm	Gracewood
11/6/2015	1:00 pm – 4:00 pm	Gracewood

Gracewood Campus Lab in Building 5.

Augusta Campus Lab in Building 15.

Safety Care Tidbit

Engineer Your Environment

It is important to remember that anything has the potential to be a dangerous object or substance and it's almost impossible to create a therapeutic setting that is completely free of both. However, by limiting access to items that have therapeutic value, but could potentially be used to harm self or others and removing/securing items considered unsafe, we can try to create an area that is both therapeutic and safe.

Examples of dangerous objects could include arts and craft supplies, office supplies, eating utensils, radios, frozen beverage bottles, cleaning equipment, and sporting goods equipment. Examples of dangerous substances could include mouthwash, hand sanitizer, cleaning products, and home improvement products.



Community Reintegration Program

The Community Reintegration Program continues to plan Community Reintegration outings for individuals who have been referred to the program. For the month of November, outings will include: Coffee & Cars and the Augusta Market on 11/7/15, a visit to a local job fair on 11/13/15, and trip to Steed's Dairy. The program continues to seek assistance from multiple disciplines to develop and plan off-campus outings and on-campus community reintegration activities. If you have an interest in planning community reintegration experiences for your unit, please join us on Mondays at 3:30pm for our weekly planning meeting in the Building #13 conference room.

Work Therapy - Augusta Campus

The Work Therapy Hobbies group is currently hosting a Fall Sale. The individuals have a variety of items to choose from ranging from \$8 to \$25. Items include fall wreaths, swags, cinnamon brooms, gift baskets, jewelry, and more. Please stop by Building #9 to check out the selection of items while supplies last. Individuals can assist you on Monday, Wednesday, and Friday between 9:30am to 11:20am. For assistance outside of those hours, please contact Elizabeth Schoultz, Instructor. Thank you in advance for supporting our Work Therapy Program!

Faithful Service - Thank You for your Service

5 Years of Service

Latasha Kimble, *Adult Mental Health*
Alvin Roberson, *Housekeeping*
Monica Wilson, *Finance*

20 Years of Service

Sandra Lewis, *Redbud*
Robisteine Rackston, *Hospital Security*

10 Years of Service

Felicia Jenkins, *ICF/IID Treatment Teams*
Beverly Stewart, *Forensic I*
Cheryl Bellardino, *MHDDAD RPU-2*

25 Years of Service

Cynthia Dean, *Housekeeping*
Aaron Newberry, *ICF/MR Treatment Teams*

15 Years of Service

Debbie Jones, *Redbud Unit*
Janice Scott, *Central Kitchen*

30 Years of Service

Cassandra Green, *Dental Clinic*
Teresa Morgan, *Occupational Health*

Thank you for another successful, well-organized, and well-attended Faithful Service Awards which were held on Friday, October 23, 2015.

A special thank you to Jassica Speer-Cater and Sharyle Courtney-Garrett for all the hard work they put into honoring our wonderful employees!



Faithful Service



Pharmacy Notes



"Pharmacy for Nurses" Class:



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

Gracewood Campus - Building 103B:

during New Employee Nursing Orientation

**November 2, 2015
November 18, 2015
December 3, 2015
December 16, 2015**

1:30pm – 2:30pm

**Please contact Casandra Roberts or Adeola Oke
in the Pharmacy for more information (ext. 2496)**

Abbreviations – Do Not Use List

This list applies to all orders and all medication-related documentation that is written (including free-text computer entry) or on pre-printed forms.

Do Not Use	Potential Problem	Use Instead
U,u (unit)	Mistaken for "0" (zero), the number "4" (four), or "cc"	Write "unit"
IU (International Unit)	Mistaken for IV (intravenous) or the number "10" (ten)	Write "International Unit"
Q.D., OD, q.d., qd (daily) Q.O.D., QOD, q.o.d., qod (every other day)	Mistaken for each other Period after the Q mistaken for "I" and the "O" mistaken for "1"	Write "daily" Write "every other day"
Trailing zero (X.0mg)* Lack of leading zero (.Xmg)	Decimal point is missed	Write Xmg Write 0.Xmg
MS MSO4 and MgSO4	Can mean morphine sulfate or magnesium sulfate Confused for one another	Write "morphine sulfate" Write "magnesium sulfate"

***Exception:** A "trailing zero" may be used only where required to demonstrate the level of precision of the value being reported, such as for laboratory results, imaging studies that report size of lesions, or catheter/tube sizes. It may not be used in medication orders or other medication-related documentation.

Pharmacy Notes



Multi-dose Vials



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.

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.

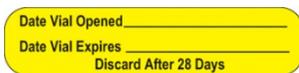
All undated multiple dose vials found during the monthly pharmacy inspection, will be returned to the pharmacy for disposal and the Nurse Manager will be notified. If the vial is a floor stock medication, the Nursing Staff will need to order the medication through the online floor stock ordering system.

Single dose vials must be discarded immediately after use.

For insulin:



For all other multi-dose vials:



A Recovery and Violence Reduction Workshop was held in the Augusta Campus Gym on October 20th.

← →



Forms Update

Form Number	Title of Form	Comment
No Form #	Wireless Device Request (Rev. 9-30-15)	Located J Drive\ Everyone \ Forms \ ADM Forms- ! Wireless Device Request
ADM023	Shift Report (Rev. 10/15)	
CLN025	Controlled Drug Verification of Seal Number of Medication Security Bag	
CLN028	Controlled Drug Perpetual Inventory Log	
CLN029a	Controlled Drug Pharmacy (Pink Card) Dis-	
CLN029b	Controlled Drug Pharmacy (White Card) Dis-	
CLN029c	Controlled Drug Pharmacy (White Card) Dis-	
DD021	Change in Functioning Status Reassessment	
Please destroy all blank forms on hand when form is revised or becomes obsolete.		
PLEASE destroy all blank forms with GSSH or old GRHA MH numbers on them!!!		

ECRH Incident Management Hotline Procedure

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

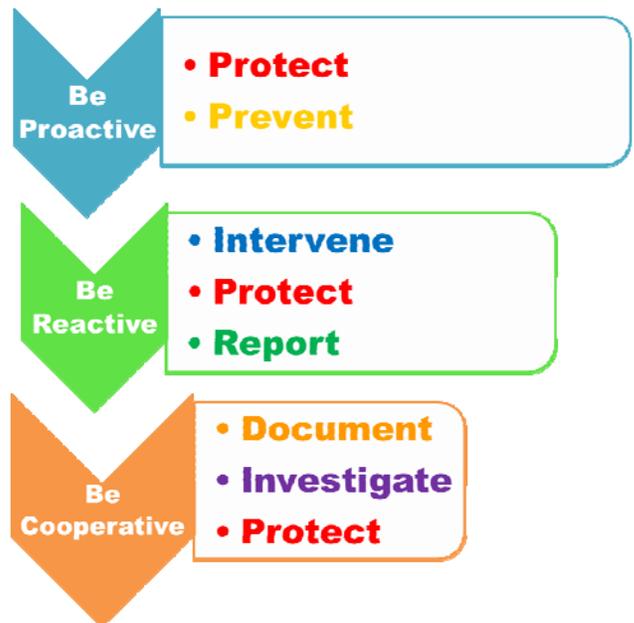
Hotline Number:
(706) 945-7150



PRIDE IN PLACE - It Starts with Me

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

Our Role in Protecting Our Individuals from Harm



Safety Shop

*****SAFETY ALERT*****

ALL HEAT PRODUCING ITEMS ARE PROHIBITED AT EAST CENTRAL REGIONAL HOSPITAL UNLESS APPROVED BY THE OFFICE OF SAFETY & EMERGENCY MANAGEMENT FOR USE FOR SPECIAL PURPOSES, ONLY.

IDENTIFIED ITEMS ARE TO BE REMOVED IMMEDIATELY!!!



Toasters



Toaster Ovens



Sternos



Heating Fans



Space Heaters



Plug-In Air Fresheners

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

Occupational Health - Breast Cancer Awareness

Breast Cancer

Breast cancer is cancer that forms in the cells of the breasts. Breast cancer can occur in both men and women, but it's far more common in women. Breast cancer rates have fallen in recent years. Still, for many women, breast cancer is the disease they fear most.



Public support for breast cancer awareness and research funding has helped improve the diagnosis and treatment of breast cancer. Breast cancer survival rates have increased and the number of deaths has been declining, thanks to earlier detection, new treatments and a better understanding of the disease.

Signs And Symptoms Of Breast Cancer May Include

A breast lump or thickening that feels different from the surrounding tissue, bloody discharge from the nipple, change in the size or shape of a breast, changes to the skin over the breast, such as dimpling, inverted nipple, peeling or flaking of the nipple skin, and redness or pitting of the skin over your breast, like the skin of an orange.

When To See A Doctor

If you find a lump or other change in your breast — even if a recent mammogram was normal — make an appointment with your doctor.

Causes

It's not clear what causes breast cancer. Doctors know that breast cancer occurs when some breast cells begin growing abnormally. These cells divide more rapidly than healthy cells do. The accumulating cells form a tumor that may spread (metastasize) through your breast, to your lymph nodes or to other parts of your body.

Researchers have identified things that can increase your risk of breast cancer. But it's not clear why some people who have no risk factors develop cancer, yet other people with risk factors never do. It's likely that breast cancer is caused by a complex combination of your genetic makeup and your environment.

Risk Factors (Things that can increase your risk of breast cancer)

Being female, increasing age, personal history of breast cancer, family history of breast cancer, inherited genes that increase cancer risk, radiation exposure, obesity, beginning period at a young age, beginning menopause at an older age, having first child at an older age, postmenopausal hormone therapy, and drinking alcohol.

How To Prepare For An Appointment

Write down any symptoms you're experiencing, write down key personal information, write down family history of cancer, make list of all medications, keep all of your records, take a family member or friend along, and write down questions to ask the doctor.

Prevention (Making changes in your daily life may help reduce your risk of breast cancer)

Ask your doctor about breast cancer screening, become familiar with your breasts through breast self-exams, drink alcohol in moderation, if at all, exercise most days of the week, limit postmenopausal hormone therapy as suggested by MD, maintain healthy weight and maintain recommended schedule for mammograms as determined by MD.

Infection Control - Flu Season

Beginning Monday, October 26, 2015, all persons including visitors, surveyors, investigators, contract workers, and employees on the Gracewood Campus, entering the living areas, will wear a mask, if they have not received a flu shot for the 2015-2016 flu season.

Staff displaying official sticker from Occupational Health on their badge are not required to wear mask when providing care to our individuals.

A mask will be worn by employees who have not gotten the flu shot until the end of Flu season, as determined by the CDC. Flu season is expected to end sometime between March and May 2016. The Office of Infection Control will update as more information from the CDC becomes available.



The Cough/Respiratory Hygiene Stations located at the entrance of Buildings 76 and 15 are for family, visitors, contractors, and investigators use. Masks will be provided on the living areas for employee use. Please be sure your units have enough stock on hand for all staff who need masks.

Masks must be worn when taking individuals on off campus appointments, during transportation around campus, and at all other times when in contact with individuals. Badges must be worn at all times. If you do not have your badge for that day, you must wear a mask, regardless of flu shot status.

Masks are to be worn properly at all times – blue side out, elastic secured over the ears or behind the head, pinched around the nose, and pulled down under the chin. Masks may be worn for an 8 hour period unless moist or visibly soiled. The 3M Earloop Procedure Face Mask is fluid resistant, hypoallergenic, and latex-free and fiberglass-free. No need to order separate masks for sensitive employees. Dispose of masks before exiting building unless you are with an individual. **Do not wear them to lunch or when out on breaks.** Please do not be seen at restaurants, standing on the road, etc... with your masks around your neck or hanging from the rearview mirrors of vehicles.

Nurse Managers, Charge Nurses, SS's Leads, and all supervising positions are responsible for monitoring and following up with their staff for compliance and disciplinary action for non-compliance.

Office of Infection Control, 10/22/15

**Daylight Saving Time
ends at 2 AM, Sunday November 1st
Remember to turn your clock back
1 hr Saturday night.**



Training at a Glance - November

Class	Date	Time	Place
NEO Principles of Recovery	11/2/2015	9:30 a.m.-10:30 a.m.	BLDG 103-D E&R
NEO PBS Training	11/2/2015	8:00 a.m.-4:30 p.m.	BLDG 20 Gracewood
First Aid	11/2/2015	8:00 a.m.-12:00 p.m.	BLDG 103-C ROOM C-23
CPRA	11/2/2015	1:00 p.m.-4:30 p.m.	BLDG 103-C ROOM C-23
EMR Nursing	11/2/2015	8:00 a.m.-1:30 p.m.	BLDG 103-C Room C-18
Updated Safety Care Level #2	11/2/2015 11/3/2015	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
Ostomy DD Training	11/3/2015	8:00 a.m.-10:00 a.m.	BLDG 103-C Lab
NEO Infection Control and Prevention+ Handwashing	11/3/2015	9:00 a.m.-10:30 a.m.	BLDG 103-D E&R
CPRC	11/3/2015	8:00 a.m.-12:00 p.m.	BLDG 103-C ROOM C-23
MH-Updated Incident Management	11/3/2015	3:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Infection Control and Prevention+ Handwashing	11/4/2015	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-C Lab
Defensive Driving	11/4/2015	8:00 a.m.-2:00 p.m.	BLDG 103-C Room C-23
NEO Safety Care Level #1	11/4/2015 11/5/2015	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99F
NEO Safety Care Level #2	11/4/2015 11/5/2015 11/6/2015	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
Updated PNS End User	11/5/2015	8:00 a.m.-9:00 a.m. 9:00 a.m.-10:00 a.m. 10:00 a.m.-11:00 a.m.	BLDG 103-D E&R
Updated Seizure Management	11/5/2015	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-C Lab
Infection Control and Prevention+ Handwashing	11/5/2015	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-C C-23
CPRA	11/6/2015	8:00 a.m.-11:30 a.m.	BLDG 103-C ROOM C-23
First Aid	11/6/2015	12:30 p.m.-4:30 p.m.	BLDG 103-C Lab
Updated PNS Professional	11/6/2015	8:00 a.m.-10:00 a.m. 10:00 a.m.-12:00 p.m.	BLDG 103-C Lab
Updated Safety Care Level #2 (Weekend)	11/7/2015 11/8/2015	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
NEO CPRA	11/9/2015	8:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
NEO CPRC	11/9/2015	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab

Training at a Glance - November

Class	Date	Time	Place
NEO First Aid	11/9/2015	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Infection Control and Prevention+ Handwashing	11/9/2015	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-D E&R
Updated PNS End User	11/9/2015	1:00 p.m.-2:00 p.m. 2:00 p.m.-3:00 p.m. 3:00 p.m.-4:00 p.m.	BLDG 103-C Lab
Updated Safety Care Level #2	11/9/2015 11/10/2015	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
NEO Medical Emergency Response System	11/10/2015	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
Updated Safety Care Level #1	11/10/2015	8:00 a.m.-2:30 p.m.	BLDG 99F
NEO Seizure Management	11/10/2015	12:30 p.m.-2:30 p.m.	BLDG 103-D E&R
CPRA	11/10/2015	8:00 a.m.-11:30 a.m.	BLDG 103-C ROOM Lab
First Aid	11/10/2015	12:30 p.m.-4:30 p.m.	BLDG 103-C ROOM C-23
Updated PNS Professional	11/10/2015	1:00 p.m.-3:00 p.m. 3:00 p.m.-5:00 p.m.	BLDG 103-C Lab
NEO Observation of Individual to Ensure Safety	11/12/2015	8:00 a.m.-10:30 a.m.	BLDG 103-D E&R
NEO Seclusion and Restraint	11/12/2015	1:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Updated Seizure Management	11/12/2015	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
CPRC	11/12/2015	12:30 p.m.-4:30 p.m.	BLDG 103-C Lab
Updated Safety Care Level #2	11/12/2015 11/13/2015	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
First Aid	11/13/2015	8:00 a.m.-12:00 p.m.	BLDG 103-C ROOM C-23
CPRA	11/13/2015	1:00 p.m.-4:30- p.m.	BLDG 103-C ROOM C-23
MH-Updated Incident Management	11/13/2015	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-C Lab
NEO Therapeutic Incentive Pro- gram	11/13/2015	8:30 a.m.-10:00 a.m.	BLDG 103-D E&R

Check DBHDD University for training needs and information.

Out & About

Benita Thurmond Retirement



Benefits Fair



Out & About

Family Council Picnic



Fair



November Birthdays

November 1	Latonya M. German	November 14	Kenyetta K. Morris
November 2	James William Cawley, Jr. Shannika N. Ivey Karon A. Roberson Kimberly K. Dempsey		Jerome Rouse, Jr. Kimberly R. Seals Amber N. Yarbrough
November 3	Deloris R. Grant Sharliya M. Hammonds Ree J. Thomas	November 15	Adrienne L. Aiken Tiffany Daniels Suzanne J. Graham Alecia R. Moody Kim L. Myles
November 4	Bobby K. Ingram Zaneta Lakes Wykesa S. Maloy Adrienne Cole Davis	November 16	Tonya S. Flowers LeAndra S. Goldman Erik O. Hardison Jacqueline T. Leverett Jennifer Martin Erik Dentrail Washington
November 5	Julissa K. Abraham Tanisha F. Gross Bianca McIntosh	November 17	Tocarra O. Chandler Brenda D. Farmer
November 6	Shanaye S. Jones	November 18	Patricia L. Christian Latorja Jones O'Bryant Sean D. Stephenson Toya R. Tichenor Kimberly Lee Becka Kimberly F. Crunkleton
November 7	Linda A. Palmer Sidney P. Walker Elizabeth Grace Yrizarry Matthew L. Bestic	November 19	Phyllis H. Bennett Everette L. Moton, Sr. Wyomia R. Peterson June Stewart
November 8	Joi A. Holmes Shaolin V A Keith Vanessa Peacock	November 20	Thomas W. Robinson Darryl S. Rowe
November 9	Annie B. Roberts Shaniqua P. Wingate John M. Toliver	November 21	Mark Anthony Edwards Patricia A. Haynes Lasandra N. Jackson Michael Webb
November 10	Jennifer P. Broadwater Beverly Ann Thompson Linda J. Winfrey	November 23	Hope P. Chapman William L. Edwards Felicia Marnier Trehesha D. Mitchell Kojo Gyamera A. Sarfo Anthony B. Washington II
November 11	Teresa S. Crouch		
November 12	Tiffany E. Brown Felicia J. Flournoy Annie Denise Gross Cynthia R. Jones Alyssa J. Splitt		
November 13	Dianna Marie Butler Alberta Ports		
November 14	Patricia Gail Land Anderson Glenn Jones		

More November Birthdays

November 24	Genevia D. West Sherry D. Wodicka
November 25	Carolyn Alston Thavion Lathale Rogers Kenneth A. Wood
November 26	Deborah Jane Donald Qiana McIntosh
November 27	Glenn Willis Aaron Barry D. Jones Clement O. Odi Talethia N. Smith
November 28	Andrea J. Brooks-Tucker Connie Jo Conner Melissa M. Ferron Clarence E. Gavitt Marilyn Marie Murdaugh Maggie Lee Terrell Candace Shetiece Walker
November 29	Kyeeshai J. Barnes David R. Fohan Adrian M. Washington Arleen Roshee Williams Cassandra H. Green
November 30	Chelsea D. Bradford Donna Maria Dicks Montriel D. Pixley Jalisa I. Stallings

Don't forget your PPD!



Breast Cancer Awareness

Augusta Campus Clerks pulled out their pink for Breast Cancer Awareness Month.



November 11, 2015
is a State Holiday

Thank You!

"I can not find finds words enough to say Thank You. This is a bitter sweet moment for me. I am closing this chapter in my life and opening a new one, praying that God will direct my path, as I start a new venture. I want to thank each and every-one for all that you contributed to my retirement luncheon on Wednesday, October 21,2015. I have been truly blessed over the years working with each of you and the being able to serve our Individuals. Thank you , and May God Bless you real good. A Special thanks to Mrs. Mary Carter and the OT/PT Department."

Love you all,

Benita Thurmond, OT/PT Tech, Redbud

Mr. E. Peete and his mother, Mrs. Magree Peete, would like to thank everyone for their prayers and support during the time of his brother, nephews, and niece's deaths.

THANKS!

Language Line Services

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

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

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

When receiving a call:

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

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

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

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

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

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

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

HARVEST FESTIVAL 2015



- Friday, October 30th: Costume Party / Gymnasium - 2pm - 4pm

We need to get as many individuals to the gym as possible. Transportation will be available.

- Tuesday, November 3rd: Harvest Festival Activities 10am-12:00pm & 2pm-4pm
- Camellia's Haunted House
Group 1 & 2 will attend from 10AM-12PM and Group 3 and WT will attend from 2-4PM
- Wednesday, November 4th: Harvest Festival Activities 10:00am-12:00pm & 2pm-4pm
- Redbud's Dead or Alive Extravaganza
Group 3 & WT will attend from 10AM-12PM and Group 1 and 2 will attend from 2-4PM
- Thursday, November 5th: Harvest Fall Festival 10am-12pm /2:00pm-4:00pm (Special Olympic Field)

Groups 1 & 2 will attend from 10AM-12PM
Group 3, WT & any individual (s) that would like to go back will attend from 2-4PM
H-Wing and the outskirts can attend both sessions if they want to

What's in a Month?

November is...

Aviation History Month
 Diabetes Awareness Month
 Georgia Pecan Month
 Native American Heritage Month
 Peanut Butter Lover Month
 Vegan Awareness Month
 Sleep Comfort Month
 Child Safety Protection Month

International Drum Month
 National Adoption Awareness Month
 National Epilepsy Month
 National Model Railroad Month
 National Novel Writing Month
 Real Jewelry Month

And...

<u>November 1</u> All Saint's Day	<u>November 10</u> Forget-Me-Not Day	<u>November 18</u> Occult Day	Black Friday
<u>November 2</u> All Soul's Day	USMC Day	<u>November 19</u> Great American Smokeout	Buy Nothing Day
Deviled Egg Day	Young Readers Day	Have a Bad Day Day	Pins and Needles Day
Look for Circles Day	<u>November 11</u> Veteran's Day	<u>November 20</u> Absurdity Day	You're Welcome Day
Plan Your Epitaph Day	<u>November 12</u> Chicken Soup for the Soul Day	Beautiful Day	<u>November 28</u> Make Your Own Head Day
<u>November 3</u> Housewife's Day	<u>November 13</u> National Indian Pudding Day	Universal Children's Day	Red Planet Day
Sandwich Day	Sadie Hawkins Day	<u>November 21</u> False Confessions Day	<u>November 29</u> Square Dance Day
US General Election Day	World Kindness Day	National Adoption Day	<u>November 30</u> Call In Well Day
<u>November 4</u> King Tut Day	Accountant's Day	World Hello Day	
<u>November 5</u> Gunpowder Day	<u>November 14</u> Operating Room Nurse Day	<u>November 22</u> Go for a Ride Day	
Guy Fawkes Day	World Diabetes Day	Stop the Violence Day	
Men Make Diner Day	<u>November 15</u> Clean Your Refrigerator Day	<u>November 23</u> National Cashew Day	
<u>November 6</u> Marooned Without a Compass Day	America Recycles Day	Eat a Cranberry Day	
Saxophone Day	National Philanthropy Day	<u>November 24</u> Evolution Day	
<u>November 7</u> Book Lovers Day	<u>November 16</u> Button Day	All Our Uncles are Monkeys Day	
Bittersweet Chocolate with Almonds Day	Have a Party with your Bear Day	<u>November 25</u> National Parfait Day	
<u>November 8</u> Cook Something Bold Day	<u>November 17</u> Electronic Greeting Card Day	<u>November 26</u> Thanksgiving	
Dunce Day	Homemade Bread Day	Shopping Reminder Day	
<u>November 9</u> Chaos Never Dies Day	Take a Hike Day	<u>November 27</u>	
	World Peace Day		



East Central Regional



Paul Brock Regional Hospital Administrator
Matt McCue Interim Associate Regional Hospital Administrator, Gracewood
Dr. Vicky Spratlin Clinical Director
Mickie Collins Chief Operating Officer
Augusta Campus 3405 Mike Padgett Highway Augusta, Georgia 30906 Gracewood Campus 100 Myrtle Boulevard Gracewood, Georgia 30812
Harold "Skip" Earnest Editor/Photographer Kristen Burdett Publisher
<p>NOTICE</p> <p>Items for publication must be submitted in written form. The upcoming issue's deadline is November 6, 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.</p>

Our Mission

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

Our Vision

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

Our Values

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

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



Accredited
by
The Joint Commission

Campus Marquees

Deadline for submission of
DECEMBER MESSAGES
November 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.)

DBHDD Vision and Mission

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



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

MAKING SPIRITS

Twice as Bright



DON'T HAVE A PEACH STATE CREDIT CARD?
APPLY TODAY
 AND START EARNING DOUBLE REWARDS!

EARN 2X THE REWARDS ON ALL PURCHASES THIS SHOPPING SEASON

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**PEACH STATE FCU
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*You will earn two points for every \$1 in net purchases. Promotion effective October 1, 2015 through December 31, 2015. Double Rewards not available on cash advances or balance transfers. Promotion applies to new and existing card holders. Double Rewards Limited-Time Offer Card must be opened by December 31, 2015 to qualify. Subject to credit approval. Not applicable for Student Platinum. Must qualify for Peach State membership. A \$30 loan application fee is charged for processing. When the card is issued, the fee will be refunded back to your account. Terms and conditions are subject to change without notice. Please refer to credit card terms and conditions online.

[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 - Augusta Campus](#)

[Activity Therapy Leader - Gracewood Campus](#)

[Assistant Housekeeping Director](#)

[Auditor - Psychology](#)

[Auditor - Social Work](#)

[Billing Specialist](#)

[Budget/Accounting Supervisor](#)

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

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

[Client Support Worker - Gracewood](#)

[CNA - Skilled Nursing Facility](#)

[Copy of Program Assistant - Admissions - 1st Shift](#)

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

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

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

[Counselor - Group Facilitator](#)

[Dental Assistant](#)

[Dentist](#)

[Director of Clinical Information Systems](#)

[Executive Secretary - DD Services - Gracewood Campus](#)

[Food Service Operations Worker 1](#)

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

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

[General Trades Craftsman](#)

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

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

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

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

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

[Housekeeper](#)

[Housekeeping Manager](#)

[Housekeeping Team Leader](#)

[Houseparent](#)

[HVAC Repair Technician](#)

[Incident Management Analyst \(WL\)](#)

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

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

[Laundry Worker](#)

[Licensed Nursing Home Administrator](#)

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

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

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

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

[Maintenance Worker - 1st Shift](#)

[Mechanic Foreman](#)

[Medical Technologist](#)

[Medical Technologist](#)

[Motor Vehicle Operator](#)

[Nurse Manager - Gracewood Campus](#)

[Nurse Practitioner - Skilled Nursing Facility](#)

[Occupational Therapist](#)

[Painter](#)

[Pharmacist - Advanced](#)

[Pharmacy Technician](#)

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

[Program Assistant - Plant Operations - Administrative Support](#)

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

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

[Psychologist - Forensic Outpatient](#)

[Qualified Intellectual Disabilities Professional](#)

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

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

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

[Registered Nurse \(RN\) - Hourly/Part-time - Augusta](#)

[Registered Nurse \(RN\) - Hourly/Part-time - Gracewood](#)

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

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

[Registered Respiratory Therapist - Camellia - PT](#)

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

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

[Shift Supervisor - Gracewood Campus](#)

[Skilled Utility Worker](#)

[Steam Plant Operator](#)

[Training Coordinator 1](#)

[Training Specialist 1](#)

[Work Instructor 1 - Gracewood Campus](#)

[Workers' Compensation Coordinator](#)

November Menus

SUNDAY 11-1-2015	MONDAY 11-2-2015	TUESDAY 11-3-2015	WEDNESDAY 11-4-2015	THURSDAY 11-5-2015	FRIDAY 11-6-2015	SATURDAY 11-7-2015
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	Chicken Cordon Bleu Egg Noodles/Gravy Steamed Broccoli Waldorf Salad Roll/Margarine Blueberry Crunch Iced Tea/2% Milk	Italian Style Veal Stk Rice Pilaf Carrots Tossed Salad/Drsg Wheat Roll/Marg Peach Crunch Iced Tea/2% Milk	Hamburger w/Bun Must/Catsup/Mayo Dill Chip/SI Onion French Fries Sli Tom/Lett Salad w/Mayonnaise Gingerbread Iced Tea/2% Milk	Red Beans & Rice Mixed Vegetables Lettuce Sld w/Drsg Bread/Margarine Vanilla Pudding Iced Tea/2% Milk	Baked Chicken Rissolo 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 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	*Fried Fish w/Tartar Sauce Spanish Rice Okra Green Salad w/Drsg Bread/Margarine Apple Crisp Iced Tea *Broiled Pollock as 2nd choice in Employee Cafeteria ONLY	Vegetable Soup Cold Cuts: Turkey Roll Bologna Sliced Cheese Must/Mayonnaise Iced Tea Potato Salad Bread/Crackers Banana Pudding Iced Tea	Cantonese Spareribs Filipino Fried rice Stir Fried Cabbage Seasoned Limas Pineapple Cole Slaw Bread/Margarine Apricot Halves Iced Tea

SUNDAY 11-8-2015	MONDAY 11-9-2015	TUESDAY 11-10-2015	WEDNESDAY 11-11-2015	THURSDAY 11-12-2015	FRIDAY 11-13-2015	SATURDAY 11-14-2015
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 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 Wheat Roll/Marg Cornbread/Marg Cake/Icing Iced Tea/2% Milk	Chicken Fajitas Spanish Rice Refried Beans Combination Salad Tortilla/Margarine Ice Cream Sugar Cookies Iced Tea	Chicken Parmesan Green Beans Baked Potato Sliced Peaches Roll/Margarine Ice Cream Iced Tea/2% Milk	Fr Catfish Fillets French Fries Southern Gr Beans Hushuppies/Marg Bread Pudding Iced Tea/2% Milk	Pepper Steak Rice Broccoli Pear/Cheese Salad Bread/Margarine Chocolate Pudding Iced Tea/2% Milk
Fried Fish 'N Bun w/Tartar Sauce Spanish Rice Green Beans Coleslaw Sherbet Iced Tea	Hamburger 'n Bun Sliced Cheese Catsup/Must/Mayo Sliced Pickles Fried Onion Rings Baked Beans Lett/Tomato Sld w/Drsg Pound Cake Iced Tea	Chuckwagon Steak w/Cream Gravy Mashed Potatoes Calif Mixed Vegt Shredded Lett/Drsg Bread/Margarine Pears Iced Tea	BBQ Pork w/Bun Spinach Potato Salad Peach/Pear Mix Iced Tea	Turkey Pot Pie Steamed Carrots Shred Lett w/Drsg Bread/Margarine Brownie Iced Tea	Chicken Parmesan Green Beans Baked Potato Sliced Peaches Roll/Margarine Ice Cream Iced Tea/2% Milk	Hot Dog 'n Bun Must/Catsup/Onion Baked Beans Coleslaw PButter Cookies Iced Tea

SUNDAY 11-15-15	MONDAY 11-16-15	TUESDAY 11-17-15	WEDNESDAY 11-18-15	THURSDAY 11-19-15	FRIDAY 11-20-15	SATURDAY 11-21-15
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	Beef Noodle Soup Grilled Steak w/Sce Baked Potato Green Beans Sliced Tomato Salad Roll/Margarine Golden Glow Salad Oatmeal Raisin Cookie Iced Tea/2% Milk	Baked Chicken Rice w/Gravy Broccoli Sliced Tomato Salad Roll/Margarine Sweet Potato Pie Iced Tea/2% Milk	Smothered Pk Chop Rice w/Gravy Green Beans Tossed Sld w/Drsg Wheat Roll/Marg Banana Cake Iced Tea/2% Milk	*Fried Fish w/Tartar Sauce Scalloped Potatoes Steamed Cabbage Sliced Tomato w/Mayo Cornbread/Marg Cake w/Icing Iced Tea/2% Milk *Broiled Pollock as 2nd choice	Fried Chicken Macaroni & Cheese Green Beans Lett/Tom Sld/Drsg Roll/Margarine Sugar Cookies Iced Tea/2% Milk	Hamburger Steak w/Gravy Snowflake Potato Green Peas Tomato Sld/Drsg Roll/Margarine Vanilla Pudding/Topping Iced Tea/2% Milk
Chili Con Carne Rice Corn Shred Lettuce/Drsg Saltine Crackers Sliced Peaches Iced Tea	Parmesan Fish Oven Glow Potatoes Seas Lima Beans Seas Mixed Veg Bread/Margarine Sherbet Iced Tea	Sloppy Joe 'n Bun French Fries Green Peas Green Salad w/Drsg 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	Yakisoba Hamburger w/Spaghetti Turnip Greens Potato Wedges Sliced tomato on lettuce leaf Cake with Icing Iced Tea	Vegetable Soup Cold Cuts: Turkey Bologna Sliced Cheese Must/Mayo Sliced Tomato Bread/Crackers Potato Salad Sweet Potato Pie

SUNDAY 11-22-2015	MONDAY 11-23-2015	TUESDAY 11-24-2015	WEDNESDAY 11-25-2015	THURSDAY 11-26-2015	FRIDAY 11-27-2015	SATURDAY 11-28-2015
Orange Juice Scrambled Eggs w/Ham Bits Oatmeal Toast/Marg/Jelly	Banana Scrambled Eggs Sliced Bacon Dry Cereal Toast/Marg/Jelly	Cranberry Juice Scrambled Eggs Sausage Patty Grits Biscuit/Marg/Jelly	Orange Juice Scrambled Eggs Bacon Hash Brwn Potatoes Toast/Marg/Jelly	Grape Juice Scrambled Eggs w/Cheese Grits Cinnamon Roll Margarine	Apple Juice Waffles Sausage Links Dry Cereal Margarine/Syrup	Grape Juice Scrambled Eggs w/ Cheese Grits Toast/Marg/Jelly
Spaghetti w/Meat Sauce Parmesan Cheese Green Beans Tossed Salad w/Drsg Garlic Bread Pears Iced Tea/2% Milk	Chinese Five Spice Chicken Steamed Rice Buttered Cauliflower Peaches** Roll/Margarine Oatmeal/Raisin Cookies Iced Tea/2% Milk **Augusta Campus= Fruit Cocktail	Baked Ham Mashed Potatoes Seas. Collard Greens Pears Cornbread/Marg Cake/Icing Iced Tea/2% Milk	Lasagna Combination Salad w/ Drsg Garlic Bread Peach Cobbler Iced Tea/2% Milk	Roast Turkey Cranberry Sauce Cornbread Dressing Giblet Gravy Candied Swt Potato w/ Marshmallows Green Peas Roll/Margarine Pecan Pie	Roast Pork w/Brown Gravy Steamed Rice Broccoli Lettuce Sld w/Drsg Bread/Margarine Banana Pudding w/Topping Iced Tea/2% Milk	Baked Chicken Oven Brown Potatoes Calif Mixed Vegt Coleslaw Roll/Margarine Ice Cream Iced Tea/2% Milk
Polish Sausage/Bun Diced Onion/Relish/ Mustard Baked Beans Coleslaw Pineapple Tidbits Iced Tea	Jaegerschnitel (veal) w/Brown Gravy O'Brien Potatoes Seasoned Carrots Waldorf Salad Bread/Crackers Cherry Crisp Iced Tea	Tuna Ndl Casserole w/Brown Gravy Shred Lettuce/Drsg Bread/Margarine Apricot Halves Iced Tea	Pineapple Chicken Orange Rice Prince Edw Vegt. Pear/Cheese Salad Roll/Margarine Gingerbread Iced Tea/2% Milk	Roast Beef w/Gravy Noodles Green Beans Tossed Salad w/Drsg Bread/Margarine Peaches Iced Tea	Chili Mac Corn Pears ** Saltine Crackers Choc Chip Cookies Iced Tea **Augusta Campus = Fruit	Taco Pie White Rice Spinach Shred Lettuce/Drsg Bread/Margarine Applesauce Iced Tea