



ECRH Bulletin Spooktacular

VOLUME 13, ISSUE 8

OCTOBER 31, 2016

East Central Regional Hospital

Special points of interest:

- Forms Update
- Persimmon Seed Forecast
- What's in a Month
- Gracewood Tree Lighting
- Parade Entry Form
- Taking Flight

From the Desk of the RHA - Paul Brock



Hurricane Matthew Evacuation

In early October, Hurricane Matthew began heading towards Georgia and Governor Nathan Deal issued a mandatory evacuation for 30 counties in the Coastal Empire.

With over 164 individuals receiving treatment and recovery services at Georgia Regional Hospital Savannah (GRHS), they evacuated their coastal hospital ahead of Hurricane Matthew to seek refuge at their sister DBHDD facility in Augusta.

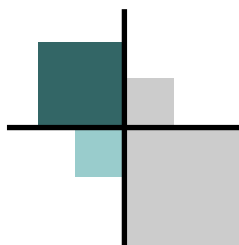
The GRHS individuals, staff, along with their families and pets were evacuated to East Central Regional Hospital, where we were able to successfully host them from Thursday, October 6, 2016 through Wednesday October 12, 2016.

As I walked daily through the care areas and participated in coordination meetings, GRHS staff and their leadership consistently shared that they couldn't have found a more congenial and accommodating staff on both the Augusta and Gracewood campuses. "All of the ECRH dedicated staff welcomed us with hot meals around the clock, working extra hours to provide housekeeping, dietary, security, nursing, clinical activity and social work services." Once they could safely return to their facility and community, they shared they were left with awe and warmest of memories of truly caring professionals bestowed by our colleagues and friends at ECRH.

I was extremely proud and appreciative of the ECRH staff that extended themselves in providing those extraordinary efforts to provide the necessary care, support and safety for those evacuated individuals, the employees and their loved ones. Whether you were assisting individuals off the buses, carrying their bags, serving food, walking/feeding animals or other support services, it all contributed and I and the executive team want to genuinely thank you.

Truly, each one of you made a significant difference and you should take great pride in providing the outstanding professional care and hospitality for our Savannah citizens and colleagues. Thank you for your exceptional dedicated service.

Sincerely,
Paul Brock



"When black cats prowl and pumpkins gleam, may luck be yours on Halloween."

Louise Myers

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New Employees



Front Row(L-R): Debbie Tyler, LPN; Veronica Simonton, HST; Antoinette Wilson, Psychiatric Social Worker

Back Row(L-R): Banecia Williams, HST; Ricie Robinson, HST; Gabriela Pellon, LPN; Robert Settles, RN

Front Row(L-R): Carol Person, RN; Tihelia Hunter, HST; Daneille Newry, HST

Back Row(L-R): Sequoia Lambert, HST; Regina Hughes, Nurse Manager; Beatrice Njogu, CNA; Brenda Lowe, HST



Front Row(L-R): Phylicia Blount, Shift Supervisor; Amanda Bell, HST; Wanda Henry, CNA

Back Row(L-R): Ashley Dikeman, HST; Amy Anderson, RN; Shinder Brown, RN



Not Pictured: Courtney Green, Food Service Worker; Shatarya Moss, Food Service Worker

WELCOME!

Employees of the Month - July, August, September



(L-R) Teresa Crouch, Janar Quiller, and Denise Mack.

Denise Mack - July

Ms. Mack took on the supervisory responsibilities and duties while her supervisor was out in order to ensure that the forensic treatment mall ran smoothly and that work continued as normal. She took on these additional duties along with her own duties without hesitation. She made good decisions, usually doing exactly what her supervisor (as Mall Coordinator) would have done. Ms. Mack has shown that she has good leadership skills, is a team player and is dedicated to the organization and to the individuals she serves. Ms. Mack is a loyal and dependable employee and is deserving of this award.

Janar Quiller - August

Mr. Quiller took on the supervisory responsibilities and duties for the Forensic activity therapy programs while his supervisor was out. Mr. Quiller made good decisions, was able to implement some organizational things within the AT Service in regards to the community outings and the planning process. Mr. Quiller has shown that he has good leadership skills, is a team player and is dedicated to the organization and to the individuals he serves. Mr. Quiller is a loyal and dependable employee and is deserving of this award.

Teresa Crouch - September

Teresa Crouch has been a dedicated ECRH employee for more than 27 years. After serving as the RHA's assistant for a number of years, she took over as Incident Manager in 2014 and successfully built an expanded Incident Management department. Teresa is truly an exceptional employee who handles multiple duties of her own, as well as supervision of others efficiently. She knows who to call and what form to fill out for any and all situations. Teresa always displays a positive and cheerful attitude and consistently pitches in to help wherever she is needed. She remains calm and composed, no matter how busy or stressful the circumstances. Teresa treats others with respect and goes out of her way to add a bright spot to ordinary days with little treats and surprises. Her email signature sums up the care she shows to others: *Be kinder than necessary because everyone you meet is fighting some kind of battle.*

HR Partners

Open Enrollment ENDS November 4th 11:59 PM

Please do not miss the deadline if you wish to make changes to your benefits for 2017.

Open Enrollment 2016 - Computer Lab Schedule

Date	Time	Campus
11/2/2016	9-11:00 am	Augusta Campus Building 15
11/2/2016	9:00a-11:00 am	Augusta Campus Building 15
11/4/2016	9:00a-11:00a	Gracewood Campus Building 5
11/4/2016	2:00p-4:00p	Gracewood Campus Building 5

HR Representative will be there to assist

It's time to enroll or make changes in your benefits. Annual Enrollment begins October 17, 2016 and ends November 4, 2016.

To enroll or make changes, visit www.GaBreeze.ga.gov. and www.myshbpga@adp.com. Be sure to have your **user ID and Password** for both websites and use the helpful tools on the website to make the most informed decisions.

You should check the website to learn about what's new and changing with your Benefits, and to see what coverage you will be assigned if you don't enroll by November 4, 2016.

Reminder if you have a current contribution elected for the **Flexible Spending Account plans**, it will **not** automatically rollover into the new plan year. You **must** make an election if you want to contribute to the **Flexible Spending Account plans**.

Any questions please contact HR via email or by phone 706-792-7177.

Thank You

**2017
State
Holidays**

- Monday, **Jan. 2** — New Year's Day (*traditionally on Jan. 1*)
- Monday, **Jan. 16** — Martin Luther King, Jr.'s Birthday
- Monday, **April 24** — State Holiday (*originally on April 26*)
- Monday, **May 29** — Memorial Day
- Tuesday, **July 4** — Independence Day
- Monday, **Sept. 4** — Labor Day
- Monday, **Oct. 9** — Columbus Day
- Friday, **Nov. 10** — Veterans Day (*traditionally on Nov. 11*)
- Thursday, **Nov. 23** — Thanksgiving Day
- Friday, **Nov. 24** — State Holiday (*originally on Jan. 19*)
- Monday, **Dec. 25** — Christmas Day
- Tuesday, **Dec. 26** — Washington's Birthday (*originally on February 20*)

Forms Update

Form Number	Title of Form	Comment
ADM019	Inservice Training Roster (Rev. 10/16)	
ADM051A	Transportation Sheet - Employee (Rev. 10/16)	
OBSOLETE		
ADM005	Requisition for Keys	Please use Policy 03-213 Attachment A or B

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!!!

The graphic collage features several panels:

- Top Left:** A green panel with a white icon of a person pointing to a screen, with the text "Inclusion Works for Opportunity".
- Top Middle:** A photo of a group of people in a meeting, including one person in a wheelchair.
- Top Right:** An orange panel with a white bar chart icon and an upward arrow, with the text "Inclusion Works for Business".
- Far Right:** A photo of a man in a suit talking to a woman.
- Middle:** A large blue banner with the text "National Disability Employment Awareness Month #InclusionWorks".
- Bottom Left:** A red panel with the Department of Labor logo and the text "OFFICE OF DISABILITY EMPLOYMENT POLICY UNITED STATES DEPARTMENT OF LABOR dol.gov/odep".
- Bottom Middle:** A photo of a man pointing at a whiteboard in a meeting.
- Bottom Right:** A light blue panel with a white lightbulb icon and the text "Inclusion Works for Innovation".
- Far Right:** A photo of two people looking at books on a shelf.

HarvestFest Door Decorating



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

If you need assistance with anything Fire Safety, Life Safety, Radio Communications, MSDS, HazMat, Medical Equipment, or Emergency Management, please contact Farzana Hussaini at 706-790-2400/2401. Or e-mail at Farzana.Hussaini@dbhdd.ga.gov.

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



The traditional lore of persimmon seeds is that if you crack open a seed and the shape inside looks like a fork, winter will be mild, if you see a spoon shape, there will be a lot of snow, and if there is a knife shape, winter will be biting cold. The seed on the left was found by Teresa Crouch who said that all four seeds she opened were spoons. She also said that her sister in Alabama had opened four seeds and all of hers were spoons as well. So, based on this highly scientific method, we better get ready for a lot of snow this winter.

Infection Control - Flu Info

Monday, November 7, 2016



Everyone entering any living area on the Gracewood Campus who has **NOT** received the 2016-2017 flu vaccine must wear a flu mask when in the presence of individuals or on the living areas beginning November 7th. Masks must also be worn while attending off-campus events with individuals. Staff must have 16/17 sticker on badge to be exempt from wearing the flu mask except during a flu outbreak. Failure to comply will result in progressive disciplinary action.



The wearing of the mask does not apply to the Augusta Campus. Augusta Campus staff just need to participate by either getting the flu shot or by declining the flu shot. If you decline the shot, you must turn in the declination form to the Infection Control office. If you get the shot from an outside provider, you should turn in a declination form reflecting that you received the flu shot from an outside source.

More Flu Info - from the Clinical Director's Office

Notice for Gracewood Campus:

Beginning Monday November 7, 2016, all persons including visitors, surveyors, investigators, contract workers, agency staff, and employees on the **Gracewood Campus** entering the living areas will wear a mask if they have not received a flu shot for the 2016-2017 flu season.

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

Masks will be worn by employees that have not received the 2016-2017 seasonal influenza shot until the end of flu season, as determined by the CDC. Flu season is expected to end sometime between March and May 2017. The Office of Infection Control will provide updates 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, outside contractors, and investigators use only. 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 needs masks.

Masks must be worn when taking individuals to 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, 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 - 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 and Clinical Director's Office 10/24/16



Training at a Glance - November

Class	Date	Time	Place
EMR Nursing	11/1//2016	8:00 a.m.-1:30 p.m.	BLDG 103-C Room C-18
NEO Principles of Recovery	11/2/2016	10:00 a.m.-11:00 a.m.	BLDG 103-D E&R
First Aid	11/2/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
CPRA	11/2/2016	1:00 p.m.-4:30 p.m.	BLDG 103-C C-23
Updated PNS End User	11/2/2016	8:00 a.m.-9:00 a.m. 10:30 a.m.-11:30 a.m.	BLDG 103-C ROOM C-23
Updated Seizure Management	11/2/2016	9:00 a.m.-10:30 a.m.	BLDG 103-C ROOM C-23
NEO Infection Control and Preven- tion+ Handwashing	11/2/2016	10:30 a.m.-12:00 p.m.	BLDG 103-D E&R
CPRA	11/3/2016	8:00 a.m.-11:30 a.m.	BLDG 103-C ROOM C-23
NEO Safety Care Level #1	11/3/2016	8:00 a.m.-12:00 p.m.	BLDG 99F
Infection Control and Preven- tion+ Handwashing	11/3/2016	8:00 a.m.-9:30 a.m. 1:00 p.m.-2:30 p.m.	BLDG 103-D E&R
NEO Safety Care Level #2	11/3/2016 11/4/2016	8:00 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 99L
Updated PNS Professional	11/4/2016	1:00 p.m.-3:00 p.m.	BLDG 103-C Lab
Updated Seizure Management	11/4/2016	3:00 p.m.-4:30 p.m.	BLDG 103-D E&R
CPRA	11/4/2016	8:00 a.m.-11:30 a.m.	BLDG 103-C ROOM C-23
First Aid	11/4/2016	12:30 p.m.-4:30 p.m.	BLDG 103-C ROOM C-23
Updated PNS End User	11/7/2016	1:00 p.m.-2:00 p.m.	BLDG 103-C ROOM C-23
Updated Seizure Management	11/7/2016	2:00 p.m.-3:30 p.m.	BLDG 103-C ROOM C-23
NEO PBS Training	11/7/2016	8:00 a.m.-12:00 p.m.	BLDG 99L
Updated Safety Care Level #2	11/7/2016 11/8/2016	8:00 a.m.-4:30 p.m. 8:00 a.m.-11:00 a.m.	BLDG 99F
NEO CPRA	11/8/2016	8:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
NEO CPRC	11/8/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
NEO First Aid	11/8/2016	12:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated Safety Care Level #1	11/8/2016	8:00 a.m.-11:30 a.m.	BLDG 99F
Infection Control and Preven- tion+ Handwashing	11/8/2016	1:00 p.m.-2:30 p.m.	BLDG 103-D E&R
Updated PNS End User	11/9/2016	8:00 a.m.-9:00 a.m. 9:00 a.m.-10:00 a.m.	BLDG 103-C Room C-23
CPRA	11/9/2016	1:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23

Training at a Glance - November

Class	Date	Time	Place
NEO Medical Emergency Response System	11/9/2016	8:00 a.m.-12:00 p.m.	BLDG 103-D E&R
NEO Seizure Management	11/9/2016	12:30 p.m.-2:30 p.m.	BLDG 103-D E&R
Safety Care Level #2	11/9/2016 11/10/2016	8:00 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 99L
NEO Observation of Individual to Ensure Safety	11/10/2016	8:00 a.m.-10:30 a.m.	BLDG 103-D E&R
First Aid	11/10/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
NEO Seclusion and Restraint	11/10/2016	1:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Infection Control and Prevention+ Handwashing	11/10/2016	8:00 a.m.-9:30 a.m.	BLDG 103-C Lab
Updated PNS Professional	11/10/2016	1:00 p.m.-3:00 p.m.	BLDG 103-C Room C-23
Updated Seizure Management	11/10/2016	3:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
NEO Therapeutic Incentive Program	11/14/2016	8:30 a.m.-10:00 a.m.	BLDG 103-D E&R
CPRC	11/14/2016	12:30 p.m.-4:30 p.m.	BLDG 103-C Lab
Updated Safety Care Level #2	11/14/2016 11/15/2016	8:00 a.m.-4:30 p.m. 8:00 a.m.-11:00 a.m.	BLDG 99L
Infection Control and Prevention+ Handwashing	11/14/2016	8:00 a.m.-9:30 a.m. 1:00 p.m.-2:30 p.m.	BLDG 103-C Room C-23
Updated Safety Care Level #1	11/15/2016	8:00 a.m.-11:30 a.m.	BLDG 99F
Updated Seizure Management	11/15/2016	8:00 a.m.-9:30 a.m.	BLDG 20 Gracewood
NEO PNS End User	11/15/2016	12:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
NEO PNS Professional	11/15/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab



Left to right: Jennifer Mass Program Assistant Switchboard, Geneviva West Program Assistant Switchboard, Regina Moore Program Assistant Department of Nursing, Malissa Tucker Program Assistant Switchboard, Monica Wilson Office Manager Switchboard.



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.



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.

Out & About



This POC Identifying Abuse class was full.



A make-up Pressure Injury class was held in Camellia.



Redbud's D-wing staff show their unity.

Out & About

FAIR



Family Council Picnic



Out & About

Benefits Fair



Breast Cancer Awareness Walk/Celebration



Out & About

HarvestFest



Out & About

HarvestFest



OktoberFest



November Birthdays

November 2	Teangel D. Harris Courtney E. Ramey Karon A. Roberson Sadaisha T. Shannon Kimberly K. Dempsey	November 13	Alberta Ports
November 3	Deloris R. Grant Sharliya M. Hammonds Ree J. Thomas	November 14	Patricia Gail Land Anderson Glenn Jones Kimberly R. Seals Amber N. Yarbrough
November 4	Zaneta Lakes Willette Denise Parker Adrienne Cole Davis	November 15	Adrienne L. Aiken Kim L. Myles
November 5	Julissa K. Abraham Tanisha F. Gross Bianca McIntosh Racheal N. Njogu	November 16	Tonya S. Flowers Erik O. Hardison Jacqueline T. Leverett Jennifer Martin Kayla R. Showalter Erik Dentrail Washington
November 6	Shanaye S. Jones	November 17	Tocarra O. Chandler
November 7	Linda A. Palmer Sidney P. Walker Elizabeth Grace Yrizarry	November 18	BNekia K. Bryant Patricia L. Christian Latorja Jones O'Bryant Toya R. Tichenor Kimberly Lee Becka Kimberly F. Crunkleton
November 8	Shaolin V A Boston Danashia V. Geter Joi A. Holmes Vanessa Peacock	November 19	Stevondra B. Flournoy Everette L. Moton, Sr. Wyomia R. Peterson
November 9	Annie B. Roberts Shaniqua P. Wingate John M. Toliver	November 20	Thomas W. Robinson Darryl S. Rowe Ronda L. Wynn
November 10	Terri R. Allen Jennifer P. Broadwater Beverly Ann Thompson	November 21	Mark Anthony Edwards Patricia A. Haynes Lasandra N. Jackson Michael Webb
November 11	Teresa S. Crouch Anna E. Tiner Rhonda L. Watkins	November 22	Susan A. Deas Lisa G. Dyer Vinier Geneva Elmore
November 12	Tiffany E. Brown Annie Denise Gross Leterea Antionett Hall Cameron L. Hooks Cynthia R. Jones	November 23	William L. Edwards Felicia Marner Kojo Gyamera A. Sarfo Anthony B. Washington II
November 13	Dianna Marie Butler Regina Parker Moore	November 24	Genevia D. West
		November 25	Carolyn Alston

More November Birthdays

November 26	Deborah Jane Donald Kendra S. Smith
November 27	Jaquetta Jeanette Collins Barry D. Jones Clement O. Odi Talethia N. Smith
November 28	Connie Jo Conner Clarence E. Gavitt Marilyn Marie Murdaugh Maggie Lee Terrell Candace Shetiece Walker
November 29	Kyeeshai J. Barnes Agegnehu G. Desta David R. Fohan Adrian M. Washington Arleen Roshee Williams
November 30	Cassandra H. Green Donna Maria Dicks Montriel D. Pixley



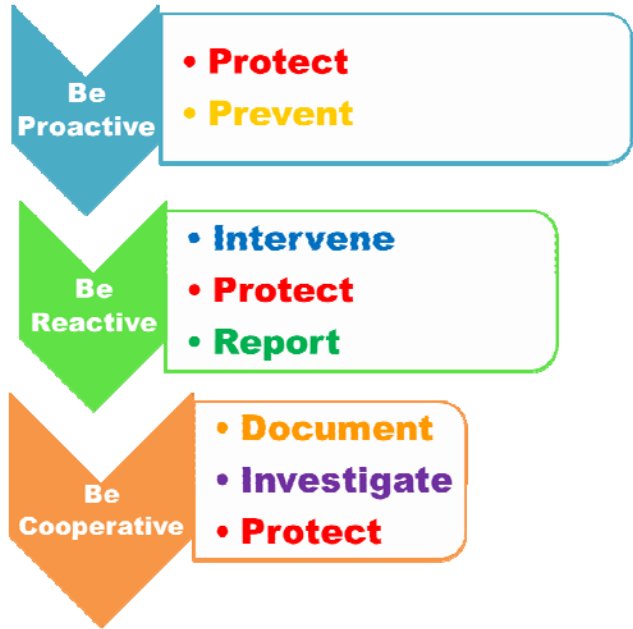
HAPPY Birthdays!

Don't forget your PPD!

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



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



**EAST CENTRAL REGIONAL HOSPITAL
ANNUAL CHRISTMAS TREE LIGHTING FOR THE
GRACEWOOD CAMPUS**



WHEN: THURSDAY NOVEMBER 17TH

WHERE: EAST CENTRAL REGIONAL HOSPITAL

5:30 PM - GYMNASIUM

REFRESHMENTS WILL BE SERVED

HAPPY HOLIDAYS

HOPE TO SEE YOU THERE!!!

East Central Regional Hospital

**2016 Parade
Entry Form**

Please Return By: Tuesday, November 04, 2016

Return to: BLDG 19 – Gracewood Campus or e-mail completed form to Christopher.Miller@ecrhdd.ia.gov
and/or james.walker@ecrhdd.ia.gov

Date:

Contact Person: **Phone #:**

Name of Organization:

Theme or Name of Entry:

Check Appropriate Description of Entry and Provide Requested Information:

Float **Music Group**

Car **Animals**

Walking People **Number Walking:**

Other:

Description of Entry (Note: This information will not be shared with everyone, but is needed for the “Line Up”, for the “Commentators”. Also, if the theme of this entry is a duplicate of another area, you will be notified and asked to select another theme.)

The Description of the entry is:

Reminder:

1. Parade Day – Wednesday – December 7 and Rain Day - Thursday – December 8
2. Line Up Time: 12noon to 12:30 PM
3. Parade Start Time: 1:00 PM
4. Location: Olympic Field – Gracewood Campus

What's in a Month?

November is...

Aviation History Month	National Diabetes Awareness Month	Native American Heritage Month
Child Safety Protection Month	National Epilepsy Month	Peanut Butter Lovers Month
International Drum Month	National Model Railroad Month	Real Jewelry Month
National Adoption Awareness Month	National Novel Writing Month	National Sleep Comfort Month
National Caregivers Appreciation Month		Georgia Pecan Month

And...

<u>November 1</u> All Saint's Day Day of the Dead	<u>November 11</u> Veteran's Day	Absurdity Day Beautiful Day
<u>November 2</u> All Soul's Day Deviled Egg Day Look for Circles Day Plan Your Epitaph Day	<u>November 12</u> Chicken Soup for the Soul Day	International Children's Day
<u>November 3</u> Housewife's Day Men Make Dinner Day Sandwich Day	<u>November 13</u> National Indian Pudding Day Caregiver Appreciation Day Sadie Hawkins Day World Kindness Day Accountant's Day	<u>November 21</u> False Confession Day World Hello Day
<u>November 4</u> King Tut Day	<u>November 14</u> Operating Room Nurse Day World Diabetes Day	<u>November 22</u> Go For A Ride Day Stop the Violence Day
<u>November 5</u> Book Lovers Day Gunpowder Day Guy Fawkes Day	<u>November 15</u> Clean Your Refrigerator Day America Recycles Day National Philanthropy Day	<u>November 23</u> National Cashew Day Eat a Cranberry Day National Tie One On Day
<u>November 6</u> Marooned Without a Compass Day Saxophone Day	<u>November 16</u> National Fast Food Day Button Day Have a Party With Your Bear Day	<u>November 24</u> Thanksgiving Evolution Day All Our Uncles are Monkeys Day
<u>November 7</u> Bittersweet Chocolate with Almonds Day	<u>November 17</u> Worldwide Pressure Injury Prevention Day	<u>November 25</u> Buy Nothing Day Black Friday National Parfait Day You're Welcome Day
<u>November 8</u> Cook Something Bold Day Dunce Day Election Day Young Readers Day Abet and Aid Punster's	<u>November 18</u> Occult Day	<u>November 26</u> Shopping Reminder Day
<u>November 9</u> Chaos Never Dies Day	<u>November 19</u> Have a Bad Day Day National Adoption Day	<u>November 27</u> Pins and Needles Day
<u>November 10</u> Forget-Me-Not Day USMC Day	<u>November 20</u>	<u>November 28</u> French Toast Day Make Your Own Head Day Red Planet Day
		<u>November 29</u> Square Dance Day
		<u>November 30</u> Call In Well Day

East Central Regional



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Matt McCue Interim Associate Regional Hospital Administrator, Gracewood
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NOTICE Items for publication must be submitted in written form. The upcoming issue's deadline is November 8, 2016. 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
DECEMBER MESSAGES
November 23, 2016

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

Gracewood Post Office

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1:30 pm-4:30 pm

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ECRH employees please remember that the credit union parking lot is not a smoking area.

We are a tobacco –free facility and that extends to the credit union parking lot as well.

Issue 71

October 2016

Taking Flight

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

A RECOVERY STORY –Judi Chamberlin¹
At the age of 21, Judi was locked in a mental hospital involuntarily after the newlywed suffered a miscarriage and fell into a deep depression. It was 1966, and though the hospital was not a terrible place by the standards of the day her experience there was enough to stir Judi into action. In that hospital she found that she had very few rights. Although she signed herself into the hospital she learned that she could not so easily sign herself out. Moreover, she began to learn that as a psychiatric patient she was more of a passive victim of care rather than a willing partner. In her book, *On Our Own: Patient-Controlled Alternatives to the Mental Health System 2* she wrote, “A depression was something to get rid of and the goal of psychiatry is to ‘cure’ people of depression... that my depression might be telling me something about my own life was a possibility no one considered, including me.” Once discharged, Judi moved to British Columbia and there she began to work alongside others with mental illness. Unlike her inpatient experiences, however, she learned that individuals with mental illness could play an active role in developing their own treatments. Judi recovered (clinically) from her depression and returned to the states where she began work with other “former” patients who wanted to have a say in their own care. They called themselves the Mental Patients Liberation Front. Determined to change the system of mental health care in the country, they along with other advocacy groups in the late 1970’s and early 1980’s gave birth to the recovery movement in the United

States. And Judi Chamberlin was right in the thick of it. She put forth a core principle of the recovery movement in her book, *On Our Own*, in which she emphasized that individuals with mental illness have rights to be treated equally in our society and in our system of health care. Moreover, she argued that as she had experienced “just the ability to have some say in your own treatment was a key part of making that treatment work.” Most U.S. states now have an office of mental health consumer affairs or something similar to hear the voice of individuals with mental illness and much credit for this progress goes to that courageous woman, Judi, who discovered her own recovery path and helped create a movement.

Learning Points:

The recovery movement is less about “cure” and more about a personal recovery journey toward a life that has meaning and power. In Judi’s story we can see the power and meaning that can be found in facing the challenges of mental illness when individuals and “the system” of health care begins to broaden their vision of the treatment enterprise. For Judi, she discovered that even her depression might shed light on who she was and what she could accomplish. And for Judi, progress was measured by the power to choose and determine her own way.

By Dr. Alex Mabe

¹ Morning Edition (January 19, 2010) Advocate For People with Mental Illnesses Dies. Accessed at: <http://www.npr.org/templates/story/story.php?storyId=122706192>

² Chamberlin, J. (1978). *On our own: Patient-controlled alternatives to the mental health system*. McGraw-Hill.

ECRH Jobs List

For further information regarding these positions, please go to the DBHDD webpage at www.dbhddjobs.com.

- [Activity Therapy Leader - ECRH Camellia Unit - 69154](#)
- [Activity Therapy Leader - ECRH Redbud Unit - 69235](#)
- [Assistant Maintenance Director - Plant Operations - 68940](#)
- [Automotive Mechanic - ECRH Plant Operations - 70743](#)
- [Barber \(part-time, as needed\) - East Central Regional Hospital](#)
- [Beautician \(part-time, as needed\) - East Central Regional Hospital](#)
- [Behavioral Health Counselor \(Campus Supervisor\) - ECRH DD Camellia - 69301](#)
- [Behavioral Health Counselor - \(AMH Treatment Teams\) - 69858](#)
- [Behavioral Health Counselor - Community Integration Home - 194840](#)
- [Behavioral Health Counselor 3 - MH/DD Team Leader - 69222](#)
- [Carpenter - 76890](#)
- [Certified Nursing Assistant - Second Shift](#)
- [Certified Nursing Assistant - Third Shift](#)
- [Client Support Worker \(Houseparent * Part-time 3rd shift * No Benefits\) - 194835](#)
- [Clinical Dietitian - AMH Treatment Team - 70120](#)
- [CNA 2 \(Lead\) - 3rd shift - Gracewood Campus](#)
- [CNA Health Aide Shift Supervisor \(SNF\)](#)
- [Dental Worker - ECRH - 69076](#)
- [Director of Clinical Information Systems](#)
- [Electrician](#)
- [Food Service Operation Worker - ECRH](#)
- [Health Service Technician - General Mental Health 2nd Shift - 200362](#)
- [Health Service Technician - General Mental Health 3rd Shift - 76569](#)
- [Health Service Technician - Redbud - 2nd Shift - 69378](#)
- [Health Service Technician - Redbud - 3rd Shift - 69905](#)
- [Health Service Technician 1 - Adult Mental Health - 1st Shift](#)
- [Health Service Technician 1 - Adult Mental Health - 2nd Shift](#)
- [Health Service Technician 1 - Forensic Inpatient 1 - 69391](#)
- [Health Service Technician 1 - General Mental Health 1st Shift - 194967](#)
- [Health Service Technician 2 - Forensic Inpatient 1 - 76522](#)
- [Health Services Technician 2 \(Lead\) - 2nd shift - Gracewood Campus](#)
- [Health Services Technician 2 \(Lead\) - 3rd shift - Gracewood Campus](#)
- [Housekeeper - ECRH](#)
- [Housekeeping Team Leader - 1st shift - Gracewood - 70182](#)
- [HR Transaction and Payroll Specialist - East Central Regional Hospital](#)
- [Human Resources - Benefits and Leave Specialist](#)
- [Instructor 1 - Intermediate Care Facility/MR Treatment Mall - 69061](#)
- [Laundry Worker - 69935](#)
- [LPN - Gen Mental Hlth](#)
- [LPN - Hourly - ECRH Camellia](#)
- [LPN - Infection Control - ECRH 8am-5pm](#)
- [Maintenance Worker - Plant Operations](#)
- [Maintenance Worker Parttime Hourly - Plant Operations/ Groundskeeping - 6593](#)
- [Maintenance Worker Parttime Hourly - Plant Operations/ Groundskeeping - 7590](#)
- [Mechanic Foreman - ECRH Plant Operations - 70748](#)
- [Mental Health Counselor - ICF/MR Treatment Teams - 178358](#)
- [Mental Health Counselor - SNF Treatment Teams - 68906](#)
- [Mental Health Team Leader - ECRH ICF/IID - 69233](#)
- [Nurse Manager \(Inpatient\) - Redbud Nursing - 69863](#)
- [Nurse Manager - Inpatient \(ECRH - Redbud\)](#)
- [Pharmacy Tech - Full-time Days - 76663](#)
- [Plumber - ECRH Plant Operations - 70755](#)
- [Program Assistant \(secretarial\) - \(2nd Shift\) - ECRH Admissions/23hr Observ - 76582](#)
- [Program Assistant - ECRH - Redbud - 69437](#)
- [Program Assistant - ECRH Plant Operations - 70791](#)
- [Program Assistant - Redbud - 69688](#)
- [Program Associate - Nursing Camellia - 69427](#)
- [Quality Management Specialist - 195162](#)
- [Registered Nurse - FT 2nd Shift - Camellia SNF - 69491](#)
- [Registered Nurse - GMH Part-time Hourly - 77005](#)
- [Registered Nurse - Part-time Hourly - 70282](#)
- [Registered Nurse - Part-time Hourly 2nd Shift - AMH -163327](#)
- [Respiratory Therapist Lead - Camellia - 204943](#)
- [Service Director / RN](#)
- [Shift Supervisor - ECRH Forensics - 3rd shift - 198731](#)
- [Shift Supervisor - ECRH General Mental Health - 3rd shift - 198729](#)
- [Shift Supervisor - Redbud - 1st Shift - 69288](#)
- [Skilled Utility Worker ECRH Plant Oper - Carpentry/Upholstery - 76913](#)
- [Social Worker, Licensed - 198540](#)
- [Social Worker, NonLicensed - ECRH AMH Treatment Team - 194983](#)
- [Social Worker, NonLicensed - SNF Treatment Team - 69966](#)
- [Steam Plant Operator](#)
- [Storekeeper \(Warehouse\) - 70033](#)
- [Treatment Mall Coordinator - ECRH](#)

SUNDAY 10/30	MONDAY 10/31	TUESDAY 11/1	WEDNESDAY 11/2	THURSDAY 11/3	FRIDAY 11/4	SATURDAY 11/5
Cranberry Juice Scrambled Eggs w/Ham Bits Dry Cereal Toast/Marg/Jelly Coffee/2% Milk	Banana (No Juice) 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
Beef Cordon Bleu Dirty Rice Club Spinach Fruit Medley Salad Roll/Margarine Cake Iced Tea/2% Milk	Pork Chop Suey Lo Mein Noodles Seasoned Succotash Coleslaw Roll/Margarine Brownies Iced Tea/2% Milk	Herb Baked Fish Rissolle Potatoes Ratatouille Green Salad Wheat Roll/Marg Blueberry Crisp Iced Tea/2% Milk	Yankee Pot Roast Bread Dressing Lima Beans Tossed Green Salad Roll/Margarine Apple Pie Iced Tea/2% Milk	Teriyaki Chicken Fried Rice Cabbage Macaroni Salad Bread/Margarine Yellow cake w/ Icing Iced Tea/2% Milk	Country Fried Steak Mashed Potatoes Corn Tomato/Onion Salad Roll/Margarine Strawberry Short Cake Iced Tea/2% Milk	Baked Pork Chops Mac & Cheese Vegetable Stir Fry Cabbage/Apple/Raisin Salad Bread/Margarine White Cake Iced Tea/2% Milk
Jaegerschnitzel Parsley Buttered Potatoes Seasoned Carrots Waldorf Salad Cherry Crisp Iced Tea	Chinese 5 Spice Chicken White Rice Cauliflower Peaches Oatmeal Cookies Iced Tea	Spaghetti w/Meatballs Herbed Broccoli Pasta Salad Garlic Bread Chilled Pears Iced Tea	Grilled Ham Steak Lyonnaise Potatoes Seasoned Peas Pineapple Cole Slaw Bread/Margarine Brownies Iced Tea	Hot Dog w/Bun Onion rings Cole Slaw Peanut Butter Cookies Iced Tea	Honey Glazed Chicken Southwestern Rice Glazed Carrots Roll/Margarine Chilled Mandarin Oranges Iced Tea	Meatloaf Baked Potato Corn on the Cob Chef's Salad Roll/Margarine Apricots Iced Tea

SUNDAY 11/6	MONDAY 11/7	TUESDAY 11/8	WEDNESDAY 11/9	THURSDAY 11/10	FRIDAY 11/11	SATURDAY 11/12
Banana (no juice) 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
Yakisoba Cauliflower Cucumber/ Onion Salad Bread/Margarine Cookies Iced Tea/2% Milk	Fried Fish Mac & Cheese Green Beans Nicoise Tomato/Onion Salad Roll/Margarine Apple Cobbler Iced Tea/2% Milk	Roast Pork Scalloped Potatoes Field Peas Garden Salad w/drsg Lemon Cake Iced Tea/2% Milk	Beef Stroganoff Egg Noodles Seasoned Corn Potato Salad Roll/Margarine Cherry Crisp Iced Tea	Chicken Vega California Blend Shredded Lettuce Roll/margarine Pears Iced Tea/2% Milk	Roast Turkey Bread Dressing Steamed Cabbage Waldorf Salad Chocolate Pudding Iced Tea/2% Milk	Chicken Fajita Mexican Rice Refried Beans Glazed Carrots Sliced Tomato/drsg Vanilla Pudding Iced Tea/2% Milk
Chicken Cordon Bleu Oven Glo Potatoes Spring Blend Veggies Bread/Margarine Pears White Cake Iced Tea	Turkey Pot Pie Peaches Iced Tea	Chicken Cacciatore Rice Pilaf Squash/Carrot Medley Lettuce/tomato salad Roll/Margarine Apple Crunch Iced Tea	Baked Ham Dressing Orange Carrots Amadine Green Salad w/drsg Sweet Potato Pie Iced Tea	Country Steak w/ gravy Mashed Potatoes Club Spinach Tossed Salad Cheesecake Iced Tea	Shepard's Pie Lettuce/Tomato Salad Diced Pears Iced Tea	Cantonese Ribs Scalloped Potatoes Herbed Broccoli Roll/Margarine Devil's Food Cake Iced Tea

SUNDAY 11/14	MONDAY 11/15	TUESDAY 11/16	WEDNESDAY 11/17	THURSDAY 11/18	FRIDAY 11/19	SATURDAY 11/20
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
Turkey Ala King w/Potatoes Asparagus Cucumber/ Onion Salad Roll/Margarine Assorted Pies Iced Tea/2% Milk	Grilled Pork Chops Egg Noodles Fried Okra Tossed Veggie Salad Roll/Margarine Cherry Crisp Iced Tea/2% Milk	Baked Chicken Candied Yams Collard Greens Potato Salad Corn Bread Pound Cake Iced Tea/2% Milk	Cold Cuts: Turkey, Ham Chips Lettuce Salad w/drsg Bun Ice Cream Iced Tea/2% Milk	Pork Adobo Filipano Rice Glazed Carrots Garden Salad Roll/Margarine Assorted Pies Iced Tea/2% Milk	Fried Fish Patties Baked Mac & Cheese Peas Lettuce/tomato salad Roll/Margarine Banana Split Brownies Iced Tea/2% Milk	Sukiyaki Pork Fried Rice Tangy Spinach German Tomato Salad Bread/Margarine Apple Crunch Iced Tea/2% Milk
Hot Dog w/ Bun Baked Beans Cole Slaw Peanut Butter Cookies Iced Tea	Pot Roast Garlic Roasted Potatoes Mixed Vegetables Roll/Margarine Tossed Green Salad Assorted Cookies Iced Tea	Grd Beef Enchilada Refried Beans Mexican Corn Pimento Cheese w/celery Sugar Cookies Iced Tea	Herbed Baked Fish Noodles Jefferson Ratatouille Italian Pasta Salad Blueberry Crisp Iced Tea	Salisbury Steak Baked Potato Spinach Fruit Salad Crispy Marshmallow Squares Iced Tea	BBQ Ribs Brown Beans Broccoli Spears Potato Salad Banana Pudding Iced Tea	Red Beans & Rice Cauliflower Tossed Salad Choc chip cookies Iced Tea

SUNDAY 11/21	MONDAY 11/22	TUESDAY 11/23	WEDNESDAY 11/24	THURSDAY 11/25	FRIDAY 11/26	SATURDAY 11/27
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 Grits Cinnamon Roll Margarine/Syrup 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
Meatloaf Oven Brown Potatoes Corn O'Brien Macaroni Salad Roll/Margarine Pound Cake Iced Tea/2% Milk	Beef Stew Steamed Rice Summer Squash Tossed Salad Roll/Margarine Marble Cake Iced Tea/2% Milk	Smothered Pork Chops Mashed Potatoes Turnip Greens Waldorf Salad Roll/Margarine Strawberry Cake Iced Tea/2% Milk	Baked Turkey and Noodles Cauliflower/Broccoli Combo Spring Salad w/ Italian Dressing Banana Cake Iced Tea/2% Milk	Fried Chicken Au Gratin Potatoes Okra & Tomatoes Cottage Cheese/Peaches Roll/Margarine Apple Crisp Iced Tea/2% Milk	Beef Pot Roast Brown Gravy Hopping John Carrot/pineapple salad Bread/Margarine Lemon Pound cake Iced Tea/2% Milk	Chicken Parmesan Buttered Pasta Brussel Sprouts Cucumber & Onion Salad Roll/Margarine Ice Cream Iced Tea/2% Milk
Baked Ham, Macaroni Tomatoes Peas & Carrots Green Salad Roll/Margarine Cheesecake Pie Iced Tea	Herb Baked Chicken Buttered Egg Noodles Club Spinach German Tomato Salad Roll/Margarine Marble Cake Iced Tea	Lasagna Mixed Vegetables Garlic Bread Peaches Cookie Iced Tea	Herb Baked Fish Rice Pilaf Green Beans w/Onions Applesauce Iced Tea	Cold Cuts: Turkey, Bologna Roll Sliced Tomato Potato Salad Banana Pudding Iced Tea	Tuna Noodle Casserole Cali Mixed Vegetables Green Salad Bread/Margarine Apricots Ice Tea	Chili Con Carne Rice Corn Lettuce & Tomato Salad Peaches Iced Tea