



**Special points of interest:**

- *Community Reintegration*
- *Work Therapy*
- *Harvest Festival Info*
- *What's in a Month*
- *Out & About*
- *Taking Flight*
- *October Menus*

***"Unless someone like you cares a whole lot, NOTHING is going to get better. It's not."***

***Dr. Seuss***

**Inside this issue:**

New Employees	<b>2,3</b>
HR Partners	<b>3-6</b>
Performance Improvement	<b>4</b>
Forms Update	<b>8</b>
Infection Control	<b>9</b>
Safety Shop	<b>10</b>
Occupational Health	<b>11</b>
Training at a Glance	<b>12,13</b>
October Birthdays	<b>15,16</b>

**From the Desk of the RHA - Paul Brock**



**Cellular Phones and Wireless Communication Devices in Patient Care Locations**

*For many years, cell phone usage was prohibited in the hospitals because it was believed that such usage presented radio wave or electromagnetic danger to patient care equipment. However, today the genuine concern about cell phone use is not related to equipment, but to protecting patients' privacy.*

*Hospitals, Intermediate Care, and Skilled Nursing facilities and other healthcare facilities have a duty under the Health Insurance Portability and Accountability Act of 1996 (HIPAA) to protect confidential patient information. HIPAA defines protected health information (PHI) as "individually identifiable health information". Healthcare facilities have long recognized that written, photographic, video, and voice recordings that identify or allow for the identification of patients constitutes PHI.*

*With the ever increasing popularity of cell phone cameras and online social networking websites, the potential for inappropriate use of such devices in healthcare settings is tremendous. Over the past several years, numerous incidents in facilities have led to lawsuits and employee suspensions and terminations over the inappropriate and unauthorized dissemination of patient information, photographs, etc. This type of activity would be in violation of the **Use of Wireless Communication Devices in DBHDD Hospitals, 03-702** policy.*

*East Central Regional Hospital is certainly not alone in navigating the privacy issues arising from ongoing technological advances. However, given the strict regulatory environments in which we operate and the increasing industry concern for patient privacy, we need everyone to be cognizant of this policy and proactive in addressing behavior that could constitute patient privacy violations.*

*If you are not aware or have not recently read this policy on the use of wireless communication devices, please take a moment to acquaint yourself with this vital information. Thank you.*

*Sincerely,  
 Paul Brock*

**Tidbits of ECRH History**

Marvin Griffin was Governor of Georgia 1955-1959. At some point in that term, Dr. Norman Pursley, Superintendent of Gracewood State School and Hospital, requested state funds to construct two buildings and complete curb and gutter work on the Gracewood Campus. Governor Griffin replied that he did not have funds for the labor, but he could provide 40 prisoners.

The prisoners were selected by skills. They were housed in a vacant dormitory building at the Youth Development Center (YDC) and named the building "The Barracks". Dr. Pursley was extremely pleased with the work. He reported no problems with the prisoners, but every now and then there would be a little fracas between the two "wardens" who supervised the prisoners!

**Contributed by Brian Mulherin**

## New Employees



**Front Row (L-R):** Brandy Nelson, CNA; Maria Philpot, CNA; Willisha Wolf, CNA; Kasandra Todd, CNA

**Back Row (L-R):** Nicolette McBride, HST; Brittany Shepard, HST; Kiawana Smith, LPN; Consuelo McCall, CNA

**Front Row (L-R):** Ashley Wilson, CNA; Latoya Ward, HST; Tyhirah Madison, HST; Diana Roman, CNA

**Back Row (L-R):** Theodore Toy, HST; Angela Terrell, HST; Brittany Ross, HST; Rosella Sales, HST



**Front Row (L-R):** Domanque Credle, HST; Carol Callahan, Nurse Manager; Crystal Bowie, HST; Melissa Blaylock, CNA

**Back Row (L-R):** Harriet Braddy, CNA; Samantha Daniel, Psychology Service Coordinator; Angel Black, HST; Rahla Bonner, CNA



**Front Row (L-R):** Fachon Hazel, CNA; Carlotta Givens, CNA; Margie Haney, CNA; Tara Gilliam, HST

**Back Row (L-R):** Daniel Harris, FSW; Sabrina Harris, Psychology Service Coordinator; Michelle Furse, HST; Jesse Hillis, LPN



**Front Row (L-R):** Cynthia Holt, CNA; Sasha Holmes, CNA; Tomekia Kent, HST; Yvonne Martin, FSW

**Back Row (L-R):** Brenda Hope, HST; Deidre Jones, CNA; April Lacy, HST



## New Employees



**Tanika Scott, CNA**



**Nikayi Wilkes, HST**

# Welcome!

## HR Partners



### Preventing Workplace Violence, #22-110

All employees should be very familiar with this policy and all its sections.

DBHDD is concerned about the health and safety of all individuals. DBHDD employees, supervisors and managers are to use safe work practices; follow policies, procedures and directives; and assist in maintaining a safe and secure work environment.

Employees, supervisors and managers are expected to maintain a professional and businesslike relationship with fellow employees, clients, patients, customers, vendors, and all other work related contacts.

DBHDD will not tolerate acts or threatened acts of violence in the workplace, while on duty, or while off duty when the act is directed toward a work related contact, or otherwise bears a relationship to work.

Examples of prohibited behavior include but are not limited to:

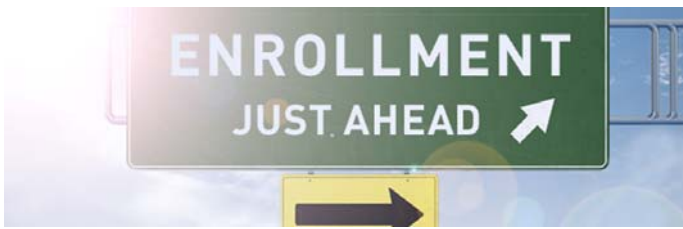
- a. Threatening, abusive, or intimidating language or written material;
- b. Fighting or other acts of violence whether directed toward a manager, supervisor, coworker, client, patient, customer, vendor or any other individual while on duty or representing the department;
- c. Stalking; and,
- d. Possession of weapons on the work premises unless specifically authorized due to the nature of work performed.

Questions regarding policies should be directed to:  
Supervisors or Human Resources/Personnel Representatives.

**For a copy of this policy, and any other DBHDD policies, please visit:**

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

**HR Partners**



**Flexible Benefits**

**Annual Enrollment Update & Benefits Fair**

**2016 Annual Enrollment Dates are October 19 to November 6, 2015.**

Employees are encouraged to attend one of the Benefits Fairs that are scheduled throughout the state. A Benefit Fair will be held at East Central Regional Hospital (ECRH) on Friday, October 16, 2015 from 4:00 pm to 6:00 pm. The event will be in the Gracewood Campus Gymnasium, Building 22. There will be representatives from Metlife, Delta Dental, Blue Cross Blue Shield Vision, The Standard, Unum, ADP, AFLAC, and other vendors.

**Human Resources Department  
ECRH**  
Main Office Telephone Number- 706-792-7177  
Main Office Fax Number 706-792-7328  
Office: Gracewood Campus Building 103-A

Discounted Atlanta Hawks tickets are now available for October – December games for the upcoming 2015-16 season! Please go through the following link to purchase tickets.

<https://oss.ticketmaster.com/aps/hawks/EN/link/promotion/home/535b04367839944f8a4c29c71131713eb41ceb80>

**Special Access Code: ECRH**



**Opponents Include:**



***Ticket prices and availability are subject to change so order your tickets today! TICKETS WILL SELL OUT!***

**Questions or Issues buying online? Contact:**  
**Ryan Coller | 404-878-3714 | [ryan.coller@hawks.com](mailto:ryan.coller@hawks.com)**

**ECRH Human Resources Team  
Doug Fine - HR Manager**

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

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

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

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

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

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

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

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

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

**Sharyle Courtney-Garrett - HR Assistant-** Random Drug Screening Coordinator, Salary Analyses, Critical Hires Verifications, Position Management, PeopleSoft Queries, Faithful Service Awards support, HR Training Class Registrations, Primary backup team member at the Front Office.



## 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](http://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](http://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 pm	Gracewood
10/21/2015	1:00 pm – 4:00 pm	Augusta
10/28/2015	8:00 am – 11:00 pm	Augusta
10/28/2015	1:00 pm – 4:00 pm	Gracewood
11/3/2015	8:00 am – 11:00 pm	Augusta
11/3/2015	1:00 pm – 4:00 pm	Gracewood
11/5/2015	8:00 am – 11:00 pm	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.**

## Community Reintegration Program - Augusta Campus

On September 12th, staff and individuals from multiple units participated in the Recovery Rally at the Augusta Common where they were able to celebrate recovery with other members of the community. Individuals also enjoyed visiting booths to learn about a variety of community providers who support recovery.

While at the outing, the individuals also displayed what recovery means to them by wearing t-shirts they were able to make with the support of Elizabeth Hanson (Work Therapist) and Lauren Taggett (Activity Therapist). Their t-shirts included various words, phrases, and drawings that conveyed their personal views of recovery. Thank you to the various staff who donated t-shirts to be used for this purpose.



Cathy Ganzy, (Social Worker from Forensic I, on the right,) holding the Recovery Rally banner.



Adrienne Oakman (Social Worker from Forensic I) and Shasta Madden (HST) enjoying the Recovery Rally lunch with an individual.



Staff, individuals, and community members celebrating recovery with some line dancing.

## Work Therapy - Augusta Campus

The Work Therapy Program believes heavily in the idea of “meeting individuals where they are” in recovery. One great example of this in the last month was with an individual who Christopher Hawes (Work Therapy Instructor) and Bill Carter (Work Therapist) have been working with intensely. They have been utilizing approaches they have learned to put into practice through the Beck Initiative. This picture is a great demonstration of the success of 1 individual getting off of the unit to engage in mowing. This was significant because, although this individual has not operated a mower in a number of years, he was able to demonstrate this skill with ease. And, he was grinning from ear-to-ear while mowing! It is always such a great experience to see an individual develop a sense of pride and accomplishment despite their challenges. Thanks to the approaches that Bill Carter and Christopher Hawes have been implementing in Work Therapy, this individual is beginning to slowly increase his motivation to engage in a variety of activities. Way to go!

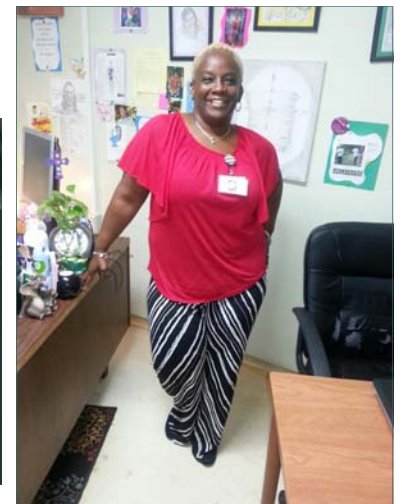
Work Therapy would like to continue to invite staff from any discipline to see what individuals are accomplishing in Work Therapy. We love to tell you about what is going on, but the individuals also enjoy showing you their work and accomplishments first-hand.



## Thanks!

*“Just wanted to thank my friends and co-workers on Forensic Annex Area & Unit for bringing my 50th birthday celebration in with me. It was such a surprise to know that I have so many people who care & showing the love for me was amazing ..I was very surprised & I thank you all soooooooooooooo much ..”*

***Pamela Wimberley, Instructor 3 - Forensic Unit***



## Forms Update

Form Number	Title of Form	Comment
No Form #	Request for Wireless Device (Rev. 9-15)	Located J Drive\ Everyone \ Forms \ADM Forms- <b>! Request for Wireless Device</b>
No Form #	Request for Approval to fill Personnel Vacancy ( Rev. 8-6-14)	Located J Drive\ Everyone\ Forms\HR Forms -
ADM011	Telephone Repairs (Rev. 9-15)	
ADM469	Overtime Authorization ( Rev. 9/15)	
ADM749	Supply Order Form (Rev. 9/15)	
CLN029	Controlled Drug Pharmacy (Pink Card) (Rev. 9/15)	
CLN123A	Daily Vital Signs Record (Rev. 9-15)	
Obsolete		
No Form #	1 Hour Incident Notification Report	
No Form #	Request for Approval to fill Personnel Vacancy ( Rev.12-09)	
CLN029	Controlled Drug Pharmacy (Pink Card) (Rev. 4/14)	
CLN123	Vital Signs (Rev. 2/09)	
CLN909	Stat Medication Intervention for Psychiatric Symptoms	
DD040	Consumer Accountability 1 <sup>st</sup> Shift	
DD041	Consumer Accountability 2 <sup>nd</sup> Shift	
DD042	Consumer Accountability 3 <sup>rd</sup> Shift	
Please destroy all blank forms on hand when form is revised or becomes obsolete.		
<b>PLEASE destroy all blank forms with GSSH or old GRHA MH numbers on them!!!</b>		

### ECRH Incident Management Hotline Procedure

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

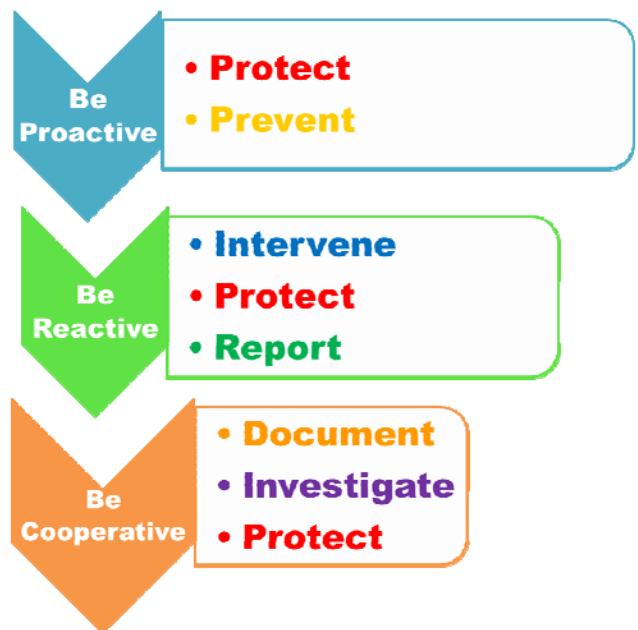
Hotline Number:  
(706) 945-7150



**PRIDE IN PLACE - It Starts with Me**

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

### Our Role in Protecting Our Individuals from Harm





## Infection Control - Flu Season is Around the Corner

Influenza (flu) is a contagious respiratory disease that infects the nose, throat, and lungs and can lead to serious complications, hospitalization, or even death. Pneumonia and bronchitis are examples of serious flu-related complications. The flu also can cause certain health conditions, like diabetes, asthma, and heart and lung disease, to become worse. Even healthy people can become sick with the flu and experience serious complications. But even if you are one of the lucky ones who bounces back quickly from a bout with the flu, people around you might not be so lucky. Getting a flu vaccine is the single best way to protect yourself and your family from this serious disease. Flu viruses are constantly changing, and different flu viruses can circulate and cause illness each season. Flu vaccines are made each year to protect against the flu viruses that research indicates will be most common. Also, immunity from vaccination declines after a year. This is why everyone needs a flu vaccine every season. While everyone 6 months and older should get a flu vaccine this season with rare exception, it's especially important for some people to get vaccinated.



Those people include the following:

- Children aged 6 months through 4 years (59 months);
- People aged 50 years and older;
- People with chronic pulmonary (including asthma), cardiovascular (except hypertension), renal, hepatic, neurologic, hematologic, or metabolic disorders (including diabetes mellitus);
- People who are immunosuppressed (including immunosuppression caused by medications or by human immunodeficiency virus);
- Women who are or will be pregnant during the influenza season;
- People who are aged 6 months through 18 years and receiving long-term aspirin therapy and who therefore might be at risk for experiencing Reye syndrome after influenza virus infection;
- People who are residents of nursing homes and other chronic-care facilities;
- American Indians/Alaska Natives;
- People who are morbidly obese (body-mass index is 40 or greater);
- Health-care personnel;
- Household contacts and caregivers of children younger than 5 years and adults aged 50 years and older, with particular emphasis on vaccinating contacts of children aged younger than 6 months; and
- Household contacts and caregivers of people with medical conditions that put them at higher risk for severe complications from influenza.

For a complete list of those recommended vaccination, as well as those who are not recommended for flu vaccination, visit [Who Should Get Vaccinated](#).

## Safety Shop

# Smoke Alarms at Home

**SMOKE ALARMS ARE A KEY PART** of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.



### SAFETY TIPS

- » Install smoke alarms inside and outside each bedroom and sleeping area. Install alarms on every level of the home. Install alarms in the basement.
- » Large homes may need extra smoke alarms.
- » It is best to use interconnected smoke alarms. When one smoke alarm sounds they all sound.
- » Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- » There are two kinds of alarms. Ionization smoke alarms are quicker to warn about flaming fires. Photoelectric alarms are quicker to warn about smoldering fires. It is best to use both types of alarms in the home.
- » A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- » People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- » Replace all smoke alarms when they are 10 years old.

### FACTS

- ❗ Smoke alarms should be installed inside every bedroom, outside each sleeping area and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- ❗ Roughly 2 out of 3 fire deaths happen in homes with no smoke alarms or the alarms are not working.



Your Source for SAFETY Information [www.nfpa.org/education](http://www.nfpa.org/education)  
NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

**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 - Flu Season

### Flu Season 2015

Mandatory Influenza injections for DD Campus dates will be announced as soon as availability of medications is issued from pharmacy.

Augusta Campus influenza injections will be scheduled following DD campus.

All consent forms and declinations (to include verification of injection) should be completed prior to presenting to occ. health.

Please consult your medical provider for any health concerns prior to receiving injection.

E.C.R.H does not provide agency/contract employees flu injections, employee will have to provide declination (with verification) in order to receive badge identification.

All staff, must bring ID badge to receive injection.



### Pool Demolition - Before and After



## Training at a Glance - October

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



## Training at a Glance - October

Class	Date	Time	Place
Fundamental Contraband	10/8/2015	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 Safety Care Level #1	10/9/2015	8:00 a.m.-2:30 p.m.	BLDG 99L
NEO Medical Emergency Response System	10/9/2015	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
NEO Seizure Management	10/9/2015	12:30 p.m.-2:30 p.m.	BLDG 103-D E&R
Defensive Driving	10/9/2015	8:00 a.m.-2:30 p.m.	BLDG 103-C Room C-23
Infection Control and Prevention+ Handwashing	10/9/2015	1:00 p.m.-2:30 p.m.	BLDG 103-C Lab
NEO Observation of Individual to En- sure Safety	10/13/2015	8:00 a.m.-10:30 a.m.	BLDG 103-D E&R
NEO Seclusion and Restraint	10/13/2015	1:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Safety Care Level #2	10/13/2015 10/14/2015 10/15/2015	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	10/13/2015	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-C Lab
CPRC	10/13/2015	12:30 p.m.-4:30 p.m.	BLDG 103-C Lab
Infection Control and Prevention+ Handwashing	10/13/2015	9:00 a.m.-10:30 a.m.	BLDG 103-C Room C-23
Updated Seizure Management	10/13/2015	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-C C-23
Updated PNS Professional	10/14/2015	8:00 a.m.-10:00 a.m. 10:00 a.m.-12:00 p.m.	BLDG 103-C Lab
CPRA	10/14/2015	8:00 a.m.-11:30 a.m.	BLDG 103-C ROOM C-23
First Aid	10/14/2015	12:30 p.m.-4:30 p.m.	BLDG 103-C ROOM C-23
NEO Therapeutic Incentive Program	10/14/2015	8:30 a.m.-10:00 a.m.	BLDG 103-D E&R
NEO PNS Professional	10/15/2015	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
NEO PNS End User	10/15/2015	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Updated Safety Care Level #2	10/15//2015 10/16/2015	12:30 p.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 99L

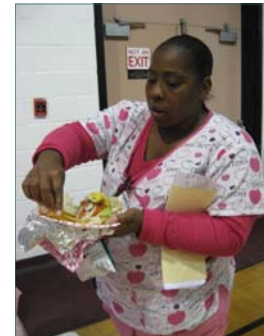
Check DBHDD University for training needs and information.

Out & About

# Statewide TIP Retreat



# TIP Sandwich Extravaganza



## October Birthdays

October 1	Norman Andre Brown, Jr. Brianna N. Danzy Kendra D. Hilliard Denise R. Mack Samuel J. Whitten	October 13	Malesha D. Gantt Tonya T. Jones Kenya Vontrelle Williams
October 3	Harry L. Kirkland	October 14	Marie A. Burton April Denise Nabors Shannon Marie Thomas Cynthia R. West
October 4	Aaron Ann Newberry Ruthenia Shoultz John Eric Williams Amanda D. Iverson Nancy D. Lineback	October 15	Brenda S. Kay
October 5	Sharon L. McVay Norma Quinonez Lavicette L. Rainey	October 16	Valerie Ann Ferguson
October 6	Carolyn D. Anderson Metticus T. Hill, Jr. Edward Charles Shepherd, Jr. Lashondrah S. Young Louis J. Dix, Jr.	October 17	Robin D. Harrison Kwamina A. Mitchell Elizabeth K. Donegan
October 8	Tarik I. Brown	October 18	Sharyle Courtney-Garrett Raheem D. Glover Bernice Hughes
October 9	Nicole R. Carey Derricka D. Durham Wanda L. Gardenhire Crystal M. Smith Joann C. Thomas Patricia Turner	October 19	Diana E.D. Clark Ricardo Dunlap Tesheba C. Harper Linda S. Vitacco
October 10	Nathalie Y. Jones Linda Lee Wicker	October 20	Candice L. McKoy Cynthia Tucker Williams
October 11	Elecia M. Bradley Orlando E. Bradley Kenyatta C. Brown Christy Y. Butts Kimberly L. Henderson Thomasena Deane Sanderlin Elizabet B. Dyches	October 21	Charles W. Bickley Sandra Dean Boone Torrion D. Holmes Joan Hilariona Pugh
October 12	Sandra Alexander Angela M. Harris-Myers	October 22	Myron W. Beard Shenia R. Byrd Robert L. Haynes Endia T. Mahoney Janice M. Scott Gloria K. Sloan James A. Hawkins
October 13	Pennie B. Craig Sylvain G. Decelle	October 23	Ginger Smith Bowman Pamela M. Ivery LaShawn Miller
		October 24	Nathaniel T. Wright Gardell Herrington
		October 25	Fred R. Bush Jimmie L. Gilchrist

### More October Birthdays

October 25	Amber L. Tucker
October 26	Carolyn S. Forrest Laryvetta L. Jackson
October 27	Ashley J. Burgess Cynthia L. Germany Gloria Johnson Harris Cheryl E. Bellardino
October 28	Mary A. Carter Tracy C. Courson Carolyn Furse Jennifer L. Murray Mia D. Phillips
October 29	Zola Javette Hayes
October 30	Gloria Frazier April E. Lacy Sherifat O. Lawal Jerome Pollard III Sharon Vincenette Wilson
October 31	Mellonese S. Frederick Crystal Antoinette Jimperson Vipul R. Patel Mae F. Phillips

**Don't forget your PPD!**



### Letter from an Individual

*Thank you GMH staff. I appreciate everything.*

*Maggie Koontz has been an inspiration to me. She has done an amazing job with me and all the patients I have seen her with.*

*Also, I would like to thank Whitney Newton. She is an amazing nurse and truly cares.*

*Thank you Dr. Santos for getting me on the right medication.*

*Thank you for the opportunity to also learn more about mental health. It's been an eye-opening experience.*

*My heart prayers and love go out to everyone here.*

**Toni P.**



**October 12, 2015**

**is a State Holiday**



## Another Thank You!

*"Thank you to Anthony Clarke for making sure the ice maker in 23-Hour kitchen was repaired, as well as making sure any work order requests that Bldg 202 submit to him, he gets the job done!"*

*Gloria Sloan, Medical Transcriptionist, HIM*

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](mailto: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](http://www.language.com).**

# HARVEST FESTIVAL 2015

Tuesday, October 27<sup>th</sup>: Harvest Festival Activities 10am-12:00pm & 2pm-4pm

- Redbud Day  
Dead or Alive Extravaganza



Wednesday, October 28<sup>th</sup>: Harvest Festival Activities 10:00am-12:00pm & 2pm-4pm

- Camellia Day  
Camellia's Daunting House

Thursday, October 29<sup>th</sup>: Harvest Fall Festival 10am-12pm/2:00pm-4:00pm

- Groups 1 & 2 will attend from 10AM-12PM
- Group 3 & 4 and 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

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

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

**Gracewood Post Office**

**New Window Hours**

M-F 9:00 am-12:00 noon  
1:30 pm-4:30 pm  
Sat 9:00 am-10:45 am



**Visit the Gracewood Post Office today and ask Frank Deas about renting a Post Office Box!**





# 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

*with your*

**PEACH STATE FCU  
VISA PLATINUM *plus* REWARDS CARD!\***

\*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.



## What's in a Month?

### October is...

Adopt a Shelter Dog Month	Domestic Violence Awareness Month	Sarcastic Month
American Pharmacist Month	Eat Country Ham Month	Seafood Month
Apple Jack Month	International Drum Month	Caramel Month
Awareness Month	Lupus Awareness Month	Dinosaur Month
Breast Cancer Awareness Month	National Diabetes Month	AIDS awareness Month
Clergy Appreciation Month	National Pizza Month	Roller Skating Month
Computer Learning Month	National Vegetarian Month	Stamp Collecting Month
Cookie Month	National Popcorn Popping Month	Pretzel Month

### And...

<b><u>October 1</u></b> World Vegetarian Day	<b><u>October 9</u></b> Curious Event Day	<b><u>October 16</u></b> National Boss's Day	Mother-In-Law Day
<b><u>October 2</u></b> World Habitat Day	Fire Prevention Day	School Librarian Day	Punk for a Day Day
National Custodial Worker Day	Leif Erikson Day	Dictionary Day	World Pasta Day
Name Your Car Day	Moldy Cheese Day	<b><u>October 17</u></b> Sweetest Day	<b><u>October 26</u></b> National Mincemeat Day
World Smile Day	World Egg Day	Wear Something Gaudy Day	<b><u>October 27</u></b> National Music Day
<b><u>October 3</u></b> Techies Day	<b><u>October 10</u></b> National Angel Food Cake Day	<b><u>October 18</u></b> No Beard Day	National Tell a Story Day
International Frugal Fun Day	Tuxedo Day	<b><u>October 19</u></b> Evaluate Your Life Day	Navy Day
Virus Appreciation Day	<b><u>October 11</u></b> It's My Party Day	<b><u>October 20</u></b> Brandied Fruit Day	<b><u>October 28</u></b> Plush Animal Lover's Day
<b><u>October 4</u></b> Oktoberfest	Take Your Teddy Bear to Work Day	<b><u>October 21</u></b> Babbling Day	<b><u>October 29</u></b> Hermit Day
Toot Your Flute Day	Emergency Nurses Day	National Pumpkin Cheesecake Day	National Frankenstein Day
National Golf Day	<b><u>October 12</u></b> Columbus Day	Count Your Buttons	<b><u>October 30</u></b> Frankenstein Friday
National Frappe Day	Cookbook Launch Day	<b><u>October 22</u></b> National Nut Day	National Candy Corn Day
<b><u>October 5</u></b> Do Something Nice Day	Old Farmer's Day	<b><u>October 23</u></b> National Mole Day	Mischief Night
World Teacher's Day	Moment of Frustration Day	TV Talk Show Host Day	<b><u>October 31</u></b> Halloween
<b><u>October 6</u></b> Come and Take It Day	<b><u>October 13</u></b> Train Your Brain Day	<b><u>October 24</u></b> National Bologna Day	Increase Your Psychic Powers Day
Mad Hatter Day	Frustration Scream Day	Make a Difference Day	
Physician Assistant Day	International Sceptics Day	United Nations Day	
<b><u>October 7</u></b> Bald and Free Day	<b><u>October 14</u></b> National Dessert Day	International Forgiveness Day	
<b><u>October 8</u></b> Global Learn Day	Emergency Nurses Day		
American Touch Tag Day	<b><u>October 15</u></b> White Cane Safety Day		
	International Newspaper Carrier Day	<b><u>October 25</u></b>	



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

## [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](http://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](#)

[Client Support Worker - Gracewood](#)

[CNA - Skilled Nursing Facility](#)

[Counselor - Group Facilitator](#)

[Dental Assistant](#)

[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](#)

[HVAC Repair Technician](#)

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

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

[Laundry Worker](#)

[Licensed Nursing Home Administrator](#)

[LPN - Gracewood Campus](#)

[LPN - Augusta Mental Health Campus](#)

[LPN - Hourly/Part-time - Gracewood Campus](#)

[LPN - Hourly/Part-time -Augusta Campus](#)

[Mechanic Foreman](#)

[Nurse Manager - Gracewood Campus](#)

[Nurse Practitioner - Skilled Nursing Facility](#)

[Occupational Therapist](#)

[Pharmacist - Advanced](#)

[Pharmacy Technician](#)

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

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

[Qualified Intellectual Disabilities Professional](#)

[RN - Augusta Mental Health Campus](#)

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

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

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

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

[RN - Skilled Nursing Facility](#)

[RN -Gracewood Campus](#)

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

[Shift Supervisor - Gracewood Campus](#)

[Skilled Utility Worker](#)

[Steam Plant Operator](#)

[Training Specialist 1](#)

[Work Instructor 1 - Gracewood Campus](#)

[Workers' Compensation Coordinator](#)

Issue 61

September 2015

# Taking Flight

A Briefing from Project GREAT

Georgia Recovery-Based Educational Approach to Treatment

## A RECOVERY STORY –Yvonne<sup>1</sup>

For the better part of ten years, Yvonne had been running away from the pain of her sexual abuse. Finally, at twenty-two years old her past caught up with her and she experienced a “nervous breakdown” that required hospitalization. Trigger events had been her sister’s discovery of suggestive pictures of the family that made Yvonne feel that she was part of some sick child abuse ring. Also on that same week, she had received a birthday card that put her down in a very malicious way and led to a deep depression. “I could not cope and felt worthless,” she recalls. “I ended up cutting myself very badly. I just wanted to die. I wanted the pain to go away.”

Her past had been deeply scarred by sexual abuse by her father from the time that she was nine until she was thirteen years of age. And it was not until her early teens that the social services stepped in and removed Yvonne from the home. She felt ostracized from her family and angry at herself for not stopping the abuse sooner. Her way of dealing with the pain of her trauma was to drink, do drugs, and self-harm. When she felt threatened in relationships she would “hit out and ask questions later.” She even allowed herself to become a sexual object to males because she thought if she let them touch her they would love her.

There were many times that she believed that she could not make it but with help from a few people who cared, courage, and her religious faith, she began to get on up on her feet and “know the real Yvonne for the first time in my life.” While there were many times during her twenty-eight years since first being abused that she thought she wouldn’t make it, with guidance she began to realize that with each new revelation or disturbing memory she had a choice to make: “I could either let each discovery swallow me into an abyss of despair

or ride through the pain clinging on for dear life hoping that tomorrow would bring fresh hope.” *She learned that she was not to blame for her abuse, and she began to let go of the guilt and shame that had had such a destructive influence in her life.* She allowed herself time to grieve on the loss of childhood innocence, and she learned to forgive herself for decisions that she made with the limited knowledge that she had been given regarding love, relationships, and trust. Eventually, she began to believe that she was worthy of love. The recovery journey continues for Yvonne, and she has learned to be patient with herself when she falls down along the way. With hope she writes, “Stepping out of the shadow of my past, I rightly enjoy all the wonderful things I have; loving family, the ability to love and accept love, to make decisions based on what I decide rather than out of my experience of being sexually abused.”

## LEARNING POINT

In her seminal work on trauma, Judith Hermann wrote, “the core experiences of psychological trauma are disempowerment and disconnection from others. Recovery, therefore, requires the empowerment of the survivor and the creation of new connections.”<sup>2</sup> As we see in Yvonne’s story with the support of others and her great courage she learned to become the “author and arbiter of her own recovery.” And with that power she made the choice to cling on for dear life with the promise of fresh hope. Others may offer advice, support, assistance, affection, and care, but “good therapy” comes primarily from walking along side and empowering the one that is on the journey.

By Alex Mabe, Ph.D.

**References:**<sup>1</sup> Adapted from the Overcoming Sexual Abuse website: <http://overcomingsexualabuse.com/2015/09/15/devastation-to-restoration/>

<sup>2</sup> Herman, J. (1992). *Trauma and Recovery: The aftermath of violence—from domestic abuse to political terror.* New York, NY: Basic Books.

Department of Psychiatry and Health Behavior, Georgia Regents University  
997 St. Sebastian Way, Augusta, GA 30912, (706) 721-0162



# October Menus

SUNDAY 10-4-2015	MONDAY 10-5-2015	TUESDAY 10-6-2015	WEDNESDAY 10-7-2015	THURSDAY 10-8-2015	FRIDAY 10-9-2015	SATURDAY 10-10-2015
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/St Onion French Fries Sli Tom/Lett Salad w/Mayonnaise Gingerbread Iced Tea/2% Milk	Red Beans & Rice Mixed Vegetables Lettuce Sld w/Drsg Bread/Margarine Vanilla Pudding Iced Tea/2% Milk	Baked Chicken Rissolo Potatoes Broccoli Carrot/Raisin Salad Roll/Margarine Heavenly Hash Ice Tea/2% Milk	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	Vegetable Soup Cold Cuts: Turkey Roll Bologna Sliced Cheese Must/Mayonnaise Sliced Tomato Potato Salad Bread/Crackers Banana Pudding Iced Tea	*Fried Fish w/Tartar Sauce Spanish Rice Okra Green Salad w/Drsg Bread/Margarine Apple Crisp Iced Tea <b>*Broiled Pollock as 2<sup>nd</sup> choice in Employee Cafeteria ONLY</b>	Cantonese Spareribs Filipino Fried rice Stir Fried Cabbage Seasoned Limas Pineapple Cole Slaw Bread/Margarine Apricot Halves Iced Tea

SUNDAY 10-11-2015	MONDAY 10-12-2015	TUESDAY 10-13-2015	WEDNESDAY 10-14-2015	THURSDAY 10-15-2015	FRIDAY 10-16-2015	SATURDAY 10-17-2015
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 Cornbread/Marg Cake/Icing Iced Tea/2% Milk	Chicken Fajitas Spanish Rice Refried Beans Combination Salad Tortilla/Margarine 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 Hushpuppies/Marg Bread Pudding Iced Tea/2% Milk	Pepper Steak Rice Broccoli Pear/Cheese Salad Pear/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	Chuckwagon Steak w/Cream Gravy Mashed Potatoes Calif Mixed Vegt Shredded Lett/Drsg Bread/Margarine Pears Iced Tea	Turkey Pot Pie Steamed Carrots Shred Lett w/Drsg Bread/Margarine Brownie Iced Tea	BBO Pork w/Bun Spinach Potato Salad Peach/Pear Mix Iced Tea	Spaghetti w/Meat Sauce Parmesan Cheese Calif Mixed Vegt Tossed Sld w/Drsg Bu Garlic Toast Pineapple Upside Down Cake Iced Tea /2% Milk	Hot Dog 'n Bun Must/Catsup/Onion Baked Beans Coleslaw PButter Cookies Iced Tea

SUNDAY 10-18-15	MONDAY 10-19-15	TUESDAY 10-20-15	WEDNESDAY 10-21-15	THURSDAY 10-22-15	FRIDAY 10-23-15	SATURDAY 10-24-15
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 Sweet Potato Pie 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 <b>*Broiled Pollock as 2<sup>nd</sup> choice in Employee Cafeteria ONLY</b>	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 Iced Tea

SUNDAY 10-25-2015	MONDAY 10-26-2015	TUESDAY 10-27-2015	WEDNESDAY 10-28-2015	THURSDAY 10-29-2015	FRIDAY 10-30-2015	SATURDAY 10-31-2015
Orange Juice Scrambled Eggs w/Ham Bits Oatmeal Toast/Marg/Jelly Coffee/2% Milk	Banana Scrambled Eggs Sliced Bacon Dry Cereal Toast/Marg/Jelly Coffee/2% Milk	Cranberry Juice Scrambled Eggs Sausage Patty Grits Biscuit/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs Bacon Hash Brwn Potatoes Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Scrambled Eggs w/Cheese Grits Cinnamon Roll Margarine Coffee/2% Milk	Apple Juice Waffles Sausage Links Dry Cereal Margarine/Syrup Coffee/2% Milk	Grape Juice Scrambled Eggs w/ Cheese Grits Toast/Marg/Jelly Coffee/2% Milk
Spaghetti w/Meat Sauce Parmesan Cheese Green Beans Tossed Salad w/Drsg Garlic Bread Pears Iced Tea/2% Milk	Chinese Five Spice Chicken Steamed Rice Buttered Cauliflower Peaches** Roll/Margarine Oatmeal/Raisin Cookies Iced Tea/2% Milk <b>**Augusta Campus= Fruit Cocktail</b>	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	Pork Chop Suey Steamed Rice Seasoned Succotash Coleslaw Brownies Iced Tea	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 Calif Mixed Vegt 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 <b>**Augusta Campus = Fruit</b>	Taco Pie White Rice Spinach Shred Lettuce/Drsg Bread/Margarine Applesauce Iced Tea