



DBHDD

Georgia Department of Behavioral Health & Developmental Disabilities

ECRH Bulletin

VOLUME 10, ISSUE 6

SEPTEMBER 30, 2013

East Central Regional Hospital

Special points of interest:

- Language Line Info
What's in a Month
Personal Notes
Retirement Celebration
October Menus
Taking Flight

"People learn something every day, and a lot of times it's that what they learned the day before was wrong."

Bill Vaughan

Inside this issue:

Table listing contents: New Employees (2), HR Partners (2,3,4), Quality Corner (5), Pharmacy Update (5,6), MH First Aid (6), Training at a Glance (7,8,9), Safety Shop (10), Occupational Health (11), Out & About (12,13), October Birthdays (14,15)

From the Desk of the RHA - Nan M. Lewis



Happy Fall!

Season of Change - That was the theme at the Annual Meeting and Volunteer Recognition Luncheon where ECRH was presented with a framed certificate expressing gratitude for our extended partnership with the Senior Citizens Council.

like "people may forget what you do or say, but they won't forget how you made them feel", and ECRH will always have memories of how our Foster Grandparents enriched the lives of those they touched.

Caught in the act of excellence - Received an email from a Diagnostic Medical Sonographer at GRU who provided services to one of our individuals from Gracewood.

you as part of our team, representing ECRH so well that others couldn't help but notice. They recognized how you spoke to the individual by name and kept him occupied during the procedure while helping in any way you could.

Work Therapy Awards and Recognition - Already providing a sense of self-worth, pride in accomplishments, and skill-building through work therapy, Tiffany Snow and her staff held a recognition ceremony for individuals that have successfully participated in the Work Therapy Program.

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Tidbits of ECRH History

Mr. Sidney J. Reaves, Jr., 71, died September 9, 2013. Sid was a special staff member of "GRACEWOOD". In the 1950's as a teenager he helped his granddad, Dave Turner, tend the yards and greenhouse on the hospital campus.

Sid was the source of much of the hospital history reported in TIDBITS. THANKS, SID!

If you would like to hear some fascinating Sid Reaves stories, just ask Frank Deas, Gracewood Postmaster, in Building 8 on the Gracewood Campus!

Contributed by Brian Mulherin

New Employees



Front Row (L-R): Toccara Collins, HST 1; Demetris Dean, HST 1; Lenore Smith, Specialized Care Worker

Back Row (L-R): Kamika Mincer, HST 1; Zola Hayes, HST 1; Ashley Staten, RN

Front Row (L-R): Jennifer Sosebee, Institutional Safety Manager; Nicole Carey, HST 1; Summer Steele, HST 1

Back Row (L-R): Amy Presley, RN; Johnnie Graham, Houseparent; Christina Hall, Behavior Specialist



HR Partners - FMLA (Family Medical Leave Act) FAQ

Who is eligible?

Employees who have worked 1,250 hours during the 12 months preceding the request for FMLA.

For what reasons can I be covered by FMLA?

- For the birth of a child & to care for the newborn;
- Adoption of a child and care of the newly placed child;
- Care of an immediate family member (spouse, parent or child) with a serious health condition;
- Self when unable to work due to a serious health condition; and
- Care of injured service member who is the employee's family member or nearest blood relative.

Is medical certification required?

ECRH does require medical certification of a serious health condition of the employee or the employee's immediate family. The employee is required to provide a Certification of Serious Health Condition Form completed by the employee's healthcare provider or other medical statement with similar information. Employees must provide sufficient information for the employer to determine if the leave may qualify for FMLA protection and the anticipated timing and duration of the leave. This medical certification is required so the employer can determine if the employee's absence is due to a qualifying reason under FMLA guidelines. Certification is required 30 days in advance when foreseeable and if not foreseeable as soon as practicable. When it is not possible to provide the certification before the absence begins, employees must provide it within fifteen (15) calendar days of the date it is requested.

What if I don't want to use FMLA?

If an employee is absent from work for three (3) or more consecutive scheduled work days due to a serious health condition of self or immediate family, the employee must provide sufficient information for the employer to determine if the leave may qualify for FMLA protection and the anticipated timing and duration of the leave. The employer has the right to require this information, so the employer can meet its legal obligation to designation qualifying leave as FMLA-protected.

Is notice to my employer required?

Yes. Employees **must** provide 30 days advance notice of the need to take FMLA leave when the need is foreseeable. When 30 days notice is not possible, the employee must provide notice as soon as practicable, before the absence begins if foreseeable, and generally **must** comply with an employer's normal call-in procedures.

(Continued on page 3)

HR Partners...continued

(Continued from page 2)

Who reviews my Certification of Serious Health Condition Form?

Only authorized officials in the Human Resources Department who are trained to understand FMLA guidelines will review your Certification of a Serious Health Condition Form and then you will be notified in writing of the approval or denial of FMLA leave by an HR official. Denial of FMLA leave does not prevent you from using sick leave or other leave as long as your leave request is in accordance with DBHDD leave policies and the FMLA denial was not because you failed to comply with your notice/certification responsibilities under FMLA guidelines.

Can use of FMLA leave count against me?

No. Use of FMLA cannot result in the loss of any employment benefit that accrued prior to the start of an employee's leave. Use of FMLA leave cannot be used as a negative factor in employment actions, such as hiring, promotions or disciplinary actions. FMLA cannot be counted under "no fault" attendance policies.

Use of accrued leave?

Under DBHDD policy # 22-1005, DBHDD requires employees to use available sick, annual, compensatory and/or personal leave while on FMLA leave. Use of sick leave must be for reasons that also qualify for sick leave usage under # 22-1006.



Plan Design/Premium Changes for AE 2014

Spending Accounts— ADP

- **NOTE:** There is a significant change to the FSA plans. If an employee has a current contribution for 2013, it will **not** automatically rollover into the new plan year.
- Employees **must** make an election to continue contributions in the FSA plans for 2014 (Dependent Care & Health Care)
- Employees will be required to make a new election amount in order to keep their Health Care and/or Dependent Care Spending Account active
- The last deduction for Spending Accounts will be November 30th unless a new election for 2014 is made

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From the Desk of the RHA - Nan M. Lewis

event further demonstrated the pride individuals take in their jobs as they proudly accepted their certificates and spoke of what the program means to them. Great job WT!

Brain-Training at ECRH – Gets recognition in Georgia Regents University's fall publication of *GREsearch, Discoveries in Progress*. The article states "Much like physical exercise can re-chisel the body, researchers hope targeted mental workouts can sharpen the memory, focus, and function of adults with schizophrenia." Dr. Tony Ahmed

explores the potential of cognitive remediation (CogRem) in his work at ECRH, which is mentioned in this article describing advances in schizophrenia research. The CogRem computer software to improve memory can be used with psychotherapy, medication, and other approaches to help patients.

HIPAA Privacy and Security Risk Assessment – As the use of technology increases in health care, so does the need to be aware of the privacy and security risks that it can present. On Monday, ECRH will experience a privacy and security

risk assessment, looking at our policies, practices, and processes to identify potential problems or weak areas. Every employee is a steward of protected health information (PHI) and it is our duty to protect it.

Sincerely,
Nan M. Lewis



HR Partners

Your Next Job – Application process for current DBHDD employees

There is always change in all of our lives and sometimes this means wanting to change careers within DBHDD. You may have recently visited our website and noticed a position you may be interested in and are not familiar with our application process at DBHDD locations or what to do.

Here are some pointers of what to do so we know you are a current DBHDD employee:

- The first step starts with your application. All applicants are required to submit an application for consideration. This is an important part as you should complete the application as thoroughly as possible including all education and dates of employment. Also include any other employment you may have had prior to becoming an employee. Remember, this is what recruiting and hiring management reviews, so put your best foot forward outlining your qualifications.
- The second step is to email your application (and updated resume if you wish) as a MS Word or PDF file to ECRHJOBS@DHR.STATE.GA.US.
- The last step is to make certain we know what you are applying for and identify yourself as a current employee. This helps all that are involved in the hiring process.
- This is accomplished by placing the following in the subject line of the email: ***your current campus location, the job you are applying for*** and the ***location of job.***

(example)

For Gracewood campus employees:

GW Internal HST 1 Forensics AC

For Augusta Campus employees:

AC Internal HST 1 Forensics AC

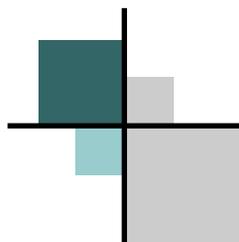
Remember you must apply separately for each position you are interested in.

Once you have followed these steps you should receive a confirmation email from ecrhjobs, We can provide confirmation of receiving your application but do not provide status updates on applications submitted, due to the volume of applications we receive. Also, please don't call a unit or a hiring manager regarding any status updates as this distracts them from their normal duties.

We are always here to provide any assistance required and have two computer workstations in the lobby of Human Resources available between 8:00 am – 5:00 pm Monday through Friday for this purpose.

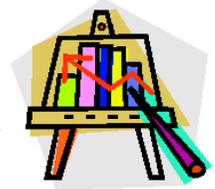
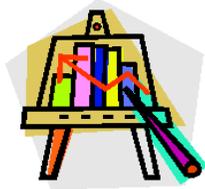
2014 BENEFIT FAIR SCHEDULE **Open Enrollment Dates: October 21-November 8, 2013**

October 9, 2013-Wednesday 10a.m.-1p.m.	Augusta Technical College 3200 Augusta Tech Dr., Augusta, GA 30906 Lori Usry 706-771-4010	Patricia Applewhite
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The Quality Corner - News & Information From Quality Management

Quality Management Department Update



The Health Insurance Portability and Accountability Act – HIPAA

We at ECRH are charged with a trust to keep our individuals’ personal health information private as per HIPAA. There are legal penalties and fines which can be and are levied against organizations who are found guilty of allowing personal health information to be accessed by unauthorized parties.

How can we make sure that we maintain HIPAA standards throughout ECRH? We must be careful even in our everyday job tasks. Here are some ways to make sure that we are keeping our individuals’ personal health information protected:

- Do not discuss individuals by name during conversations outside the treatment milieu. You should never discuss individuals by name or other identifiers with family or friends. This is a strict violation of HIPAA. Never discuss individuals’ cases with other individuals. As a rule, you should also never discuss individuals’ personal health information with co-workers unless they are involved with the treatment of the individual.
- Do not leave paperwork containing personal health information lying around where it can be improperly accessed.
- Never throw away papers or other items containing personal health information without shredding the items first.
- Do not leave papers or items containing personal health information unattended on your desk. If you are working with these items and you have to step away from your area, please make sure to either cover your work with a blank sheet or place it in a drawer where it cannot be accessed until you return to your desk.
- Never leave personal health information up on your computer screen if you are not at your desk. Always log out or lock your computer workstation if you must leave your desk when you’re working on items containing personal health information
- By DBHDD Policy **23-214** you **are not allowed** to work on hospital business involving personal health information at home unless you are using an encrypted hospital issued laptop or hospital issued encrypted portable storage device.

Pharmacy Update

Attention Nurses:

The Pharmacy Department is providing “Pharmacy for Nurses” classes during New Employee Orientation. The class is also being open to any ECRH nurses who are interested in attending. The available dates are listed below. Please contact the Training Department for enrollment information.

Pharmacy for Nurses (1:30pm-2:30pm)
September 30, 2013
October 16, 2013
October 30, 2013

(Continued on page 6)

Pharmacy Update

(Continued from page 5)



PPD vial Shortage:



There is currently a national shortage of PPD vials. The PPD vials are currently being stored on **AMH, 15-J, and 76-2**. When a PPD test is ordered, Nursing will need to pick up the PPD vial from one of the designated areas and then return it back to that area after use.

Mental Health First Aid

Please note the course time has been reduced from 12 to 8 hours.

**Tuesday, October 29th
Time 12:30 pm-5:00 pm
and
Wednesday, October 30th
Time 8 am-12:30 pm**

Attendance on both days is required to complete the course and obtain your certificate.

Mental Health First Aid is a groundbreaking public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders. Mental Health First Aid **is offered in the form of an interactive 2-day course** that presents an overview of mental illness and substance use disorders in the U.S. and introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments. Those who take the 8-hour course learn a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care. A certificate is awarded to each individual who successfully completes the course.

Clinical staff, especially HSTs who are interested in completing this course, should contact their Nurse Manager to assure a place in one of these classes.

Contact Lorraine Jackson CNS, Educator, via email for further information.

lwjackson@dhr.state.ga.us



Training at a Glance - October

CLASS	DATE	TIME	PLACE
Safety Care Customized Module	9/30/2013	8:00 a.m.-10:00 a .m. 10:00 a.m.-12:00 p.m. 12:30 p.m.-2:30 p.m. 2:30 p.m.-4:30 p.m.	BLDG 99
Safety Care Customized Module	10/1/2013	8:00 a.m.-10:00 a .m. 10:00 a.m.-12:00 p.m. 12:30 p.m.-2:30 p.m. 2:30 p.m.-4:30 p.m.	BLDG 99
NEO PBS	10/12013 10/2/2013	8:00 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 20 Gracewood
NEO Principles of Recovery	10/1/2013	9:30 a.m.-10:30 a.m.	BLDG 103-D E&R
CPRA	10/1/2013	8:00 a .m.-11:30 a.m.	BLDG 103-C Room C-23
First Aid	10/1/2013	12:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated Seizure Management	10/1/2013	1:00 p.m.-2:30 p.m. 3:00-4:30 p.m.	BLDG 103-C Room C-23
Updated PNS End User	10/1/2013	8:00 a.m.-9:00 a.m. 9:00 a.m.-10:00 a.m. 10:00 a.m.-11:00 a.m. 11:00 a.m.-12:00 p.m.	BLDG 103-C Room C-18
Updated Incident Management	10/1/2013	8:00 a.m.-9:30 a.m. 10:00 p.m.-11:30 a.m.	BLDG 103-C Room C-23
Safety Care # 2	10/1/2013 10/2/2013 10/3/2013	12:30 p.m.-4:30 p.m. 8:00 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 99L
NEO Infection Control	10/2/2013	9:00 a.m.-10:30 a.m.	BLDG 103-D E&R
NEO Incident Management	10/2/2013	2:30 p.m.-4:30 p.m.	BLDG 103-D E&R
First Aid	10/2/2013	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
CPRA	10/2/2013	1:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Safety Care Customized Module	10/2/2013	8:00 a.m.-10:00 a .m. 10:00 a.m.-12:00 p.m. 12:30 p.m.-2:30 p.m. 2:30 p.m.-4:30 p.m.	BLDG 99
NEO CPRA	10/3/2013	8:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
NEO CPRC	10/3/2013	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
NEO First Aid	10/3/2013	12:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated PNS Professional	10/3/2013	9:00 a.m.-11:00 a.m.	BLDG 103-C Room C-18

Training at a Glance - October

CLASS	DATE	TIME	PLACE
Safety Care Customized Module	10/3/2013	8:00 a.m.-10:00 a.m. 10:00 a.m.-12:00 p.m. 12:30 p.m.-2:30 p.m. 2:30 p.m.-4:30 p.m.	BLDG 99
NEO Safety Care #1	10/4/2013 10/7/2013	8:30 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99F
NEO Safety Care #2	10/4/2013 10/7/2013 10/8/2013	8:30 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99B
NEO Safety Care #2	10/4/2013 10/7/2013 10/8/2013	8:30 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 Seizure Management	10/4/2013	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
Updated PNS End User	10/4/2013	1:00 p.m.-2:00 p.m. 2:00 p.m.-3:00 p.m. 3:00 p.m.-4:00 p.m.	BLDG 103-C Room C-23
Principles of Recovery	10/4/2013	8:00 a.m.-9:00 a.m. 9:00 a.m.-10:00 a.m. 10:00 a.m.-11:00 a.m. 11:00 a.m.-12:00 p.m.	BLDG 103-D E&R
Updated Incident Management	10/4/2013	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-C Room C-18
Infection Control	10/4/2013	2:30 p.m.-4:00 p.m.	BLDG 103-D E&R
Updated Incident Management	10/7/2013	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	10/7/2013	1:00 p.m.-3:00 p.m.	BLDG 103-C Lab
Updated Seizure Management	10/7/2013	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Principles of Recovery	10/7/2013	1:00 p.m.-2:00 p.m. 2:00 p.m.-3:00 p.m. 3:00 p.m.-4:00 p.m.	BLDG 103-D E&R
Updated PNS End User	10/7/2013	8:00 a.m.-9:00 a.m. 9:00 a.m.-10:00 a.m. 10:00 a.m.-11:00 a.m. 11:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
NEO Medical Emergency Response System	10/8/2013	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Updated Seizure Management	10/8/2013	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated PNS End User	10/8/2013	8:00 a.m.-9:00 a.m. 9:00 a.m.-10:00 a.m. 10:00 a.m.-11:00 a.m. 11:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
Principles of Recovery	10/8/2013	8:00 a.m.-9:00 a.m. 9:00 a.m.-10:00 a.m. 10:00 a.m.-11:00 a.m. 11:00 a.m.-12:00 p.m.	BLDG 103-C Room C-18

Training at a Glance - October

CLASS	DATE	TIME	PLACE
Updated Incident Management	10/8/2013	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-C Room C-18
Safety Care Customized Module	10/8/2013	8:00 a.m.-10:00 a .m. 10:00 a.m.-12:00 p.m. 12:30 p.m.-2:30 p.m. 2:30 p.m.-4:30 p.m.	BLDG 99
Updated Safety Care #2	10/8/2013 10/9/2013	12:30 p.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 99L
NEO Observation of Individual to Ensure Safety	10/9/2013	10:30 a.m.-1:30 p.m.	BLDG 103-C Lab
Seclusion and Restraint	10/9/2013	1:30 p.m.-4:30 p.m.	BLDG 103-D E&R
CPRA	10/9/2013	8:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
First Aid	10/9/2013	12:30 p.m.-4:30 p.m.	BLDG 103-C Lab
Updated Incident Management	10/9/2013	8:00 a.m.-9:30 a.m. 1:00 p.m.-2:30 p.m.	BLDG 103-C Room C-18
Updated PNS End User	10/9/2013	10:00 a.m.-11:00 a.m. 11:00 a.m.-12:00 p.m.	BLDG 103-C Room C-18
Updated Seizure Management	10/9/2013	1:00 p.m.-2:30 p.m.	BLDG 103-C Room C-23
Updated Safety Care #2`	10/9/2013 10/10/2013	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 20 Gracewood Campus
Safety Care #2	10/9/2013 10/10/2013 10/11/2013	12:30 p.m.-4:30 p.m. 8:00 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 99B
TIP	10/10/2013	8:30 a.m.-10:30 a.m.	BLDG 103-D E&R
NEO Seizure Management	10/10/2013	10:00 a.m.-12:00 p.m.	BLDG 103-D E&R
Updated PNS Professional	10/10/2013	9:00 a.m.-11:00 a.m.	BLDG 103-C Lab
Defensive Driving	10/10/13	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-18
CPRC	10/10/2013	12:30 p.m.-4:30 p.m.	BLDG 103-C Lab
Infection Control	10/10/2013	2:30 p.m.-4:00 p.m.	BLDG 103-D E&R
NEO PNS Professional	10/11/2013	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
NEO PNS End User	10/11/2013	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Safety Care Customized Module	10/11/2013	8:00 a.m.-10:00 a .m. 10:00 a.m.-12:00 p.m. 12:30 p.m.-2:30 p.m. 2:30 p.m.-4:30 p.m.	BLDG 99
First Aid	10/15/2013	8:00 a.m.-12:00 p.m.	BLDG 103-D E&R

Training at a Glance - October

CLASS	DATE	TIME	PLACE
CPRA	10/15/2013	1:00 p.m.-4:30 p.m.	BLDG 103-D E&R
Safety Care Customized Module	10/15/2013	8:00 a.m.-10:00 a .m. 10:00 a.m.-12:00 p.m. 12:30 p.m.-2:30 p.m. 2:30 p.m.-4:30 p.m.	BLDG 99
Updated Safety Care #2`	10/15/2013 10/16/2013	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L

Safety Shop

Fall is in the air. Leaves are falling, the fair is here, and the nights are getting cooler. Many of you have already turned on your heaters and broke out the sweaters. This is also the time of year with big temperature swings. It may be cool or even cold in the morning, and then be warm in the afternoon. It is important during this time of years to wear several layers of clothing. Wearing one thick sweater or sweatshirt may keep you warm in the morning, but will make you overheated in the afternoon. Not being able to shed these thick items to a thinner layer may cause you a heat injury or make you wet with sweat that could give you a chill as the sunsets. It is important to make sure that our consumers are dressed in layers as well. We need to watch our consumers for signs of overheating then encourage them to shed a layer. By not getting overheated and/or chilled will help keep our consumers and ourselves from getting sick. Remember to wear layers.



I also would like to take this time to remind everyone that space heaters are not allowed at ECRH. They violate state law, Joint Commission Standards, and hospital policy. If you work in an area that you feel is cold contact dress warmer if possible. If several people in your office are cold contact Plant Operations.

If you need assistance with anything Fire Safety, Life Safety, Radio Communications, MSDS, HazMat, Medical Equipment, or Emergency Management please contact Mr. Mickie Collins, Chief Operations Officer, at 706-790-2448/2449. Or e-mail at mmcollins@dhr.state.ga.us.

Be proactive--*not reactive*--towards safety.

After 30 years of hard work and dedication, it's time for Laurie to take a permanent vacation!

Please drop-in and help us celebrate Laurie Quick and her 30 years of faithful service to ECRH with cake and punch.

Monday, September 30th
12:30 to 3:30 PM
in the Dental Clinic Lobby



Occupational Health - How to Lower Cholesterol

Set a target: You know you've got to get your cholesterol number down, but how low do you need to go? That depends on several factors, including your personal and family history of heart disease, as well as whether you have cardiovascular risk factors, such as obesity, high blood pressure, diabetes, and smoking.

Consider medication: Lifestyle modifications make sense for anyone with elevated cholesterol. But if your cardiovascular risk is high, you may also need to take a cholesterol-lowering drug. Everyone should do the basics, like stopping smoking and losing weight; these things lower the risk only modestly. Lifestyle modifications are important, but we should also be emphasizing the benefits of medication when appropriate.

Get moving: In addition to lowering LDL "bad" cholesterol, regular physical activity can raise HDL "good" cholesterol by up to 10%. The benefits come even with moderate exercise, such as brisk walking. Whatever form your exercise takes, the key is to do it with regularity.

Avoid saturated fat: Doctors used to think that the key to lowering high cholesterol was to cut back on eggs and other cholesterol-rich foods. But now it's clear that dietary cholesterol isn't the main culprit. Eggs don't do all that much to raise cholesterol. One of the first things to do when you're trying to lower your cholesterol level is to take saturated fat down a few notches. The second thing to do is to start eating more 'smart' fats. She recommends substituting canola oil or olive oil for vegetable oil, butter, stick margarine, lard, or shortening while cutting back on meat and eating more fish.

Eat more fiber: Fruits and vegetables, including whole grains, are good sources not only of heart-healthy antioxidants but also cholesterol-lowering dietary fiber. Soluble fiber, in particular, can help lower cholesterol; it acts like a sponge to absorb cholesterol in the digestive tract. Good sources of soluble fiber include dried beans, oats, and barley, as well as fiber products containing psyllium.

Go fish: Fish and fish oil are chockablock with cholesterol-lowering omega-3 fatty acids. Fish oil supplements can have a profound effect on cholesterol and triglycerides. There's a lot of scientific evidence to support their use. Fish oil is considered to be quite safe, but check with your doctor first if you are taking an anti-clotting medication.

Eat fish two or three times a week. Salmon is great, as it has lots of omega-3s. But even canned tuna has omega-3s, and it's more consumer-friendly. The American Heart Association also recommends fish as the preferable source of omega-3s, but fish oil capsule supplements can be considered after consultation with your physician. Plant sources of omega-3s include soybeans, canola, flaxseeds, walnuts, and their oils, but they don't provide the same omega-3s as fish. The biggest heart benefits have been linked to omega-3s found in fish.

Drink Green: Drink green tea as a healthier alternative to sodas and sugary beverages. Research in both animals and humans has shown that green tea contains compounds that can help lower LDL cholesterol.

Eat nuts: Extensive research has demonstrated that regular consumption of nuts can bring modest reductions in cholesterol. Walnuts and almonds seem particularly beneficial. But nuts are high in calories, so limit to a handful a day, experts say.

Don't smoke: Smoking lowers levels of HDL "good" cholesterol and is a major risk factor for heart disease.

Information Taken from WebMD



Out & About



The roofing project on Augusta Campus Building 3 is underway.



Augusta Campus consumers have a nice watermelon growing in their garden.



Better keep an eye on Regenia Harrison-Moore and Tiffany Snow as they keep an eye on the watermelon.



Football Kick-off pizza party.



Our Region Office met with Providers in the Gracewood Auditorium.



Hospital Security's Deborah Robinson getting the mail out to the hospital.

9-11 Remembrance

Out & About



Consumers and staff held a basketball game in the Gracewood gym.



Augusta Campus held their Quarterly Work Therapy Awards program.



Extra from a SHAFT movie or staff at a 70's theme party?



Recreation hosted a Talent Show in the Chapel of All Faiths.



Recreation's Block Party had to move to the gym when the rains came.



Fishing Derby

October Birthdays

October 1 Norman Andre Brown, Jr.
 Madeline W. Fisher
 Uranus G. Hill
 Kendra D. Hilliard
 Wayne Miller
 Denise R. Thomas

October 3 Linda L. Bruce
 Allen R. Champion
 Stephanie Jenkins
 Harry L. Kirkland

October 4 Aaron Ann Newberry
 Ruthenia Shoultz
 John Eric Williams

October 5 Rebie G. Billups
 Brenda D. Brown
 Deborah Diane McFalls
 Sharon L. McVay
 Norma Quinonez
 Lavicette L. Rainey

October 6 Mary H. Birts
 Laquidra S. Moss
 Edward Charles Shepherd, Jr.
 Lashondrah S. Young

October 8 Tarik I. Brown
 Justin Michael McCullough

October 9 Derricka D. Durham
 Wanda L. Gardenhire
 Monalisa Mack
 Jakita Shantae Martin
 Joann C. Thomas
 Patricia Turner

October 10 Kim N. McCullough
 Sharon J. Murdaugh
 Patricia E. Pryor

October 11 Elecia M. Bradley
 Orlando E. Bradley
 Thomasena Deane Sanderlin
 Elizabeth B. Dyches

October 12 Sandra Alexander

October 12 Jeremy G. Gay
 Angela M. Harris-Myers

October 13 Pennie B. Craig
 Sylvain G. Decelle
 Malesha D. Gantt
 Tonya T. Jones
 Kenya Vontrelle Williams

October 14 Marie A. Burton
 April Denise Nabors

October 15 Sharon A. Tyrell

October 16 Phyllis Cadonna Lewis
 Katherine Elizabeth Moore
 Valerie Ann Singleton

October 17 Mary Jane Collins
 Robin D. Harrison
 Ashley S. Patterson

October 18 Gina V. Bennett
 Charles Cook III
 Nikisha Monyetta Cummings
 Bernice Hughes
 Sirdarain L. Lambert
 Michael Sloan

October 19 John S. Bugg, Jr.
 Patrick Deaver
 Ricardo Dunlap
 William R. MacDonald
 Lenore M. Smith
 Cynthia M. Vinson
 Linda S. Vitacco

October 20 Charles N. Coleman
 Lisa A. Harriott
 Cynthia Tucker Williams

October 21 Verlinda I. Bigby
 Sandra Dean Boone
 Mary Barbara Brizius
 Antameka L. Brooks
 Janet Leigh Nesbitt
 Joan Hilariona Pugh
 Maria V. Rivera

More October Birthdays

October 22	Harriett Ann Braddy Carla Chance Rosa Lisa Cook Leslie Dreyfus Emmert Robert L. Haynes Robert Antonio Jones Janice M. Scott Gloria K. Sloan Rashawn M. Walker Latonya Contrell Wright
October 23	Dorothy Delories Allen Ginger Smith Bowman Melissa D. Haynes Pamela M. Ivery
October 24	Cheryl D. Mack Gardell Herrington
October 25	Fred R. Bush Latrelle R. Dunnum Jimmie L. Gilchrist Carl L. Johnson Stephanie Yarbray
October 26	Kathryn D. Claven Laryvetta L. Jackson Hattie R. C. Sullivan Tammie L. White
October 27	Gloria Johnson Harris Cynthia L. Thomas David R. Williams Cheryl E. Bellardino
October 28	Mary A. Carter Carolyn Furse Lorraine D. Jones Jennifer L. Murray Sheila R. Overton Mia D. hillips
October 29	David K. Baal Zola Javette Hayes
October 30	Sherifat O. Lawal Annie Ruth Odom

October 30	Jerome Pollard III Sharon Vincenette Wilson
October 31	Crystal Antoinette Jimperson Mae F. Phillips



National Physician Assistant Day



October 6, 2013

Cloumber Day is a State Holiday



October 14, 2013

Classifieds

Lovely female looking for a room to rent with a private bathroom....Please call after 4:00pm (478)363-7752..Need to rent by Nov 1st,2013.

Language Line Services

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

If you have a consumer or family that needs interpreting services please notify the Language Access Coordinator, Lisa Kuglar, at 706-792-7171 for assistance. After hours, contact the Admitting/Receiving staff at 706-792-7006 so that arrangements can be made for interpreting. You can also e-mail Lisa Kuglar at lkuglar@dhr.state.ga.us.

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.

Personal Notes

"It has been a great joy to work with the staff and individuals at East Central Regional Hospital for 30 years. I have been so blessed to know some wonderful people. I want to thank the Dental Staff for their love and friendship over the years. We have always been like a family. They are truly an amazing team. I wish everyone the best for their future endeavors.

*Sincerely,
Laurie Quick, Dental Clinic*

Val Brown is retiring after 25 years. She came to ECRH in 1988 and has worked on the Adult Mental Health Unit. Ms. Brown has been a pillar to the AMH Unit and to ECRH and will be greatly missed. Congratulations, Val, on your retirement and Thank you for your Passion and Commitment.



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!



RICHMOND COMMUNITY Federal Credit Union



Fresh Start Auto Workshop

Are you interested in learning more about our **Fresh Start Auto Loan Program**? Would you like some tips on how to improve your credit? Richmond Community Federal Credit Union would like to invite you to join us for our **Fresh Start Auto Workshop**. We will provide detailed information on our Fresh Start Auto Loan as well as tips to improve your credit! Space is limited so; call today to reserve your spot for the time that works best for you!!

Friday, September 13, 2013 at 5:15 p.m.

Friday, September 20, 2013 at 5:15 p.m.

Richmond Community Federal Credit Union is here for all your lending needs. Here are just a few of the special promotions we have going on:

- 2.10 % for All New Vehicles for September – October 2013
- Back to School Loan - \$1,000 for 10 Months at 10%APR for September 2013
- Leap-N-Lower Auto Loan for September 2013

Richmond Community Federal Credit Union is here for all your lending needs:

- Auto Loans
- Worry Free Loans
- Visa Credit Cards
- Credit Builder Loans
- Personal Loans

*All loan applications are subject to approval. Certain credit and policy

706.790.1776

richmondcommunityfcu.org

2048 Tobacco Rd. Gracewood, GA 30812

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	AIDS Awareness Month
Breast Cancer Awareness Month	National Diabetes Month	Roller Skating Month
Clergy Appreciation Month	National Pizza Month	Stamp Collecting Month
Computer Learning Month	National Vegetarian Month	Dinosaur Month
Cookie Month	National Popcorn Popping Month	Pretzel Month

And...

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



East Central Regional



DBHDD



Nan M. Lewis Regional Hospital Administrator
Dr. Vicky Spratlin Clinical Director
Mickie Collins Chief Operating Officer
Augusta Campus 3405 Mike Padgett Highway Augusta, Georgia 30906
Gracewood Campus 100 Myrtle Boulevard Gracewood, Georgia 30812
Teresa Crouch Publisher
Harold "Skip" Earnest Editor/Photographer
NOTICE Items for publication must be submitted in written form. The upcoming issue's deadline is October 8, 2013. 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
NOVEMBER MESSAGES
October 24, 2013

Submit information to Teresa Crouch
Gracewood Campus
Extension 2030

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

ECRH Jobs List

This is a list of job openings currently available at East Central Regional Hospital. For further information regarding these positions, please go to the DBHDD webpage at www.dbhddjobs.com.

Activity Therapist - Forensic Unit II

Associate Nurse Executive - Augusta Campus

Behavioral Health -Social Worker - Forensic Treatment Mall

Behavioral Health Counselor - Camellia DD

Behavioral Health Counselor - PBS

Certified Nursing Assistant 1 (multiple shifts available)

Clinical Dietitian

DD Shift Supervisor - Gracewood Campus

Fire Safety Officer

Food Service Worker (AL)

Health Care Worker

Health Service Technician 1 - Augusta Campus

Health Service Technician 1 - Gracewood Campus

Health Service Technician 1 - Occupational Health

Health Service Technician 2 - Occupational Health

Health Services Technician 2 - Augusta Campus

Health Services Technician 2 - Gracewood Campus

Housekeeper

Infection Control Nurse

IT Application Support Analyst

Landscape Gardener

Licensed Practical Nurse (LPN) - 1st Shift- Augusta Campus

Licensed Practical Nurse (LPN) - 1st Shift- Gracewood Campus

Licensed Practical Nurse (LPN) - 2nd Shift- Augusta Campus

Licensed Practical Nurse (LPN) - 2nd Shift- Gracewood Campus

Licensed Practical Nurse (LPN) - 3rd Shift- Augusta Campus

Licensed Practical Nurse (LPN) - 3rd Shift- Gracewood Campus

Mental Health Program Director

MH Shift Supervisor

Nurse Manager - Camellia ICF

Occupational Therapist

Recovery Team Facilitator - New Unit

Registered Nurse (RN) - Augusta Campus

Registered Nurse (RN) - Charge Nurse - Augusta Campus

Registered Nurse (RN) - Charge Nurse - Gracewood Campus

Registered Nurse (RN) - Forensic Mall

Registered Nurse (RN) -Gracewood Campus

Taking Flight

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

A RECOVERY STORY

Should I Tell?¹

Ben was 12 years old and had been in therapy for six weeks to address problems of anxiety and depression. Although the work had been going well, according to his parents he had been exhibiting increased resistance to coming to the clinic. With the clinician he complained about having to leave school and miss important classes, but on further inquiry Ben admitted that he was embarrassed about coming to a psychiatric clinic. When asked by the clinician as to what had he told his classmates about leaving school every other week to come to the appointments, he uncomfortably confessed, "I just told everybody that I had cancer."

LEARNING POINT

Ben's story is an all too familiar one as individuals facing the challenges of mental illness often have to deal with the stresses of stigma. In our society, too many people have very negative and unfair attitudes toward those among us who experience mental illness. In fact, public ignorance and mistrust have often created the impression that individuals with mental illness are likely to be dangerous, incompetent, and socially undesirable. Consequently, individuals with mental illness frequently fear social rejection and isolation. And in some situations, psychiatric stigma can lead to loss of employment, housing, adequate medical care, and education. Sadly, individuals with mental may begin to believe what people say about them with the result that they develop negative attitudes about themselves and fail to seek the treatment that they need. Thus it is understandable that Ben would rather his classmates believe that he has cancer than a psychiatric problem. So what should Ben do? Continue to conceal his secret or should he tell

his classmates the truth about his illness. There are no easy answers to this troubling dilemma. When facing individuals who are clearly hostile and discriminating toward those with mental illness the realistic answer has to be, "No, it best not to disclose as much as is possible." Yet, there are studies that demonstrate that "keeping the secret" has its problems.² For example, individuals who conceal their mental illness can experience constant fear of being found out and thus avoid opportunities to "get into the game of life" in a meaningful way. Also, the cost of such concealment can lead to feelings of guilt and self-beliefs that one is a fraud. Hiding one's mental illness can actually heighten fears and feelings of shame as well as lower self-esteem which in turn lead to more preoccupation, vigilance and suspiciousness. Perhaps most importantly, concealing the challenges of mental illness may cut individuals off from valuable social support in dealing with the illness and the stigma associated with it. Of course, these potential negative impacts of concealing an experience with mental illness do not imply that one should always disclose. Individuals with a mental illness must carefully decide whether and how to disclose their illness according to their assessment of the situation and the individuals receiving the message – being careful to disclose only to those who show evidence of being receptive and supportive. Finally, an important point to be made is that when individuals with mental illness do disclose to receptive individuals we all benefit by reducing society's stigma toward those with mental illness and increasing our sense of value in us all.

¹ This story was de-identified to protect privacy.

² Pachankis, J. E. (2007). The psychological implications of concealing a stigma: a cognitive-affective-behavioral model. *Psychological bulletin*, 133(2), 328-345.

Alex Mabe, Ph.D.

October Menus

SUNDAY 9-29-13	MONDAY 9-30-13	TUESDAY 10-01-13	WEDNESDAY 10-02-13	THURSDAY 10-03-13	FRIDAY 10-04-13	SATURDAY 10-05-13
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 Cucum- ber/Vinegar Salad Bread/Marg Ice Cream Iced Tea/2% Milk	Roast Turkey Gravy Cranberry Sauce Baked Dressing Green Beans Potato Salad Roll/Margarine Coconut Cake Iced Tea/2% Milk	Baked Chicken Rice w/Gravy Broccoli Sli. Tomato Sld Roll/Margarine Sweet Potato Pie Iced Tea/2% Milk	Beef Tips Brown Gravy Egg Noodles Carrots Tossed Sld w/Drsg Wheat Roll/Marg Banana Cake Iced Tea/2% Milk	*Fried Fish Tartar Sauce Scalloped Potatoes Steamed Cabbage Sliced Tomato w/ Mayo Cornbread/Marg Cake w/Icing Iced Tea/2% Milk *Broiled Pollock as 2nd choice in Employee Cafeteria ONLY	BBQ Pork 'N Bun French Fries Green Beans Coleslaw Pineapple Upside Down Cake Iced Tea/2% Milk	Salisbury Steak Gravy Snowflake Potato Green Peas Tomato Sld/Drsg Roll/Margarine Vanilla Pudding/ Topping Iced Tea/2% Milk
Chili Con Carne Rice Corn Shred Lettuce/Drsg Saltine Crackers Sliced Peaches Iced Tea	Beef Noodle Cass. w/Cheese Topping Seasoned Squash Tossed Salad/Drsg Bread/Margarine Sherbet Iced Tea	Sloppy Joe 'n Bun French Fries Green Peas Green Sld w/Drsg Peanut Butter Iced Tea	Hot Dog / Bun Baked Beans Coleslaw Chocolate Pudding Iced Tea	Turkey Noodle Cass Sea Collard Greens Tossed Salad Bread/Margarine Ice Cream Iced Tea	Fried Chicken Macaroni / Cheese Broccoli Lett/Tom Sld/Drsg Roll/ Margarine Sugar Cookies Iced Tea	Chicken Salad Saltine Crackers Copper Penny Sld Bread/Margarine Fruit Cup Iced Tea

SUNDAY 10-06-13	MONDAY 10-07-13	TUESDAY 10-08-13	WEDNESDAY 10-09-13	THURSDAY 10-10-13	FRIDAY 10-11-13	SATURDAY 10-12-13
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 Meat Sauce Parmesan Cheese Green Beans Toss Sld w/Drsg Garlic Bread Pears Iced Tea/2% Milk	Roast Turkey Gravy Cranberry Sauce Baked Dressing Peas & Carrots Peaches** Roll/Margarine Oatmeal/Raisin Cookies Iced Tea/2% Milk **Augusta Campus= Fruit Cocktail	Baked Ham Mashed Potatoes Seas. Collard Greens Pears Cornbread/Marg Cake/Icing Iced Tea/2% Milk	Beef Stew Rice Combination Salad w/Drsg Garlic Bread Peach Cobbler Iced Tea/2% Milk	Meatloaf Mushroom Gravy Mashed Potatoes Carrots Pear/Cheese Salad Roll/Margarine Gingerbread Iced Tea/2% Milk	Roast Pork Brown Gravy Steamed Rice Broccoli Lettuce Sld w/Drsg Bread/Margarine Banana Pudding w/Topping Iced Tea/2% Milk	Baked Chicken Oven Brown Potatoes Calif Mixed Vegt Coleslaw Roll/Margarine Ice Cream Iced Tea/2% Milk
Polish Sausage/Bun Diced Onion/Relish/ Mustard Baked Beans Coleslaw Pineapple Tidbits Iced Tea	Vegetable Soup Cold Cuts: Turkey Roll Bologna Sliced Cheese Must/Mayonnaise Sliced Tomato Potato Salad Bread/Crackers Sweet Potato Pie Iced Tea	Beef Tips Brown Gravy Rice Calif Mixed Vegt Shredded Lettuce/ Drsg Bread/Margarine Apricot Halves Iced Tea	Hot Dog 'N Bun Must/Catsup/Onion Baked Beans Coleslaw Brownies Iced Tea	Roast Beef Gravy Noodles Green Beans Tossed Sld w/Drsg Bread/Margarine Peaches Iced Tea	Chili Mac Corn Pears ** Saltine Crackers Choc Chip Cookies Iced Tea **Augusta Campus = Fruit Cocktail	Braised Beef Tips w/BBQ Sauce French Fries Spinach Shred Lettuce/Drsg Bread/Margarine Applesauce Iced Tea

SUNDAY 10-13-13	MONDAY 10-14-13	TUESDAY 10-15-13	WEDNESDAY 10-16-13	THURSDAY 10-17-13	FRIDAY 10-18-13	SATURDAY 10-19-13
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 Cream Gravy Mashed Potatoes Collard Greens Sli Tomato Salad Roll/Margarine Peaches Iced Tea/2% Milk	Pepper Steak Steamed Rice Squash Tossed Salad/Drsg Roll/Margarine Brownie/Icing Iced Tea/2% Milk	Roast Beef Gravy Egg Noodles Carrots Applesauce Wheat Roll/Marg Cake w/ Icing Iced Tea/2% Milk	Hamburger w/Bun Must/Catsup/Mayo Dill Chip/SI Onion French Fries Sli Tom/Lett Salad w/ Mayonnaise Gingerbread Iced Tea/2% Milk	Red Beans & Rice Mixed Vegetables Lettuce Sld w/Drsg Bread/Margarine Vanilla Pudding Iced Tea	Baked Chicken Risssole Potatoes Broccoli Carrot/Raisin Salad Roll/Margarine Heavenly Hash Ice Tea/2% Milk	Meatloaf Brown Gravy Snowflake Potato Green Peas Pineapple Tidbits Roll/Margarine Ice Cream Iced Tea/2% Milk
Chicken Tetrazinni Carrots Tossed Sld w/Drsg Garlic Bread Peanut Butter 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 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 Tartar Sauce Spanish Rice Okra Green Sld w/Drsg Bread/Margarine Apple Crisp Iced Tea *Broiled Pollock as 2nd choice in Employee Cafeteria ONLY	Turkey Salad Saltine Crackers Pickled Beet Salad Bread/Margarine Apricot Halves Iced Tea

October Menus

SUNDAY 10-20-13	MONDAY 10-21-13	TUESDAY 10-22-13	WEDNESDAY 10-23-13	THURSDAY 10-24-13	FRIDAY 10-25-13	SATURDAY 10-26-13
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 Gravy Cnd Swt Potatoes Field Peas Pickled Beet/Onion Salad Cornbread/Marg Cake/Icing Iced Tea/2% Milk	Spaghetti w/ Meat Sauce Parmesan Cheese Calif Mixed Vegt Tossed Sld w/Drsg Bu Garlic Toast Pineapple Upside Down Cake Iced Tea / 2% Milk	Baked Chicken Macaroni / Cheese Seas Turnip Greens Sli Peaches Cornbread/Marg Ice Cream Iced Tea/2% Milk	Roast Beef Gravy Mashed Potatoes Seasoned Squash Peach/Pear Mix Roll/Margarine Bread Pudding Iced Tea/2% Milk	Pepper Steak Rice Broccoli Pear/Cheese Sld Bread/Margarine Chocolate Pudding Iced Tea/2% Milk
Fried Fish 'N Bun Tartar Sauce Spanish Rice Green Beans Coleslaw Sherbet Iced Tea	Hamburger 'n Bun Sliced Cheese Catsup/Must/Mayo Sliced Pickles Fried Onion Rings Baked Beans Lett/Tomato Sld w/ Drsg Pound Cake Iced Tea	Chuckwagon Steak Cream Gravy Mashed Potatoes Calif Mixed Vegt Shredded Lett/Drsg Bread/Margarine Pears Iced Tea	BBQ Pork w/Bun Spinach Potato Salad Peach/Pear Mix Iced Tea	Turkey Pot Pie Steamed Carrots Shred Lett w/Drsg Bread/Margarine Brownie Iced Tea	Irish Stew Steamed Rice Copper Penny Sld Bread/Margarine Sugar Cookies Iced Tea	Hot Dog 'n Bun Must/Catsup/Onion Baked Beans Coleslaw Peanut Butter Cookies Iced Tea

SUNDAY 10-27-13	MONDAY 10-28-13	TUESDAY 10-29-13	WEDNESDAY 10-30-13	THURSDAY 10-31-13	FRIDAY 11-01-13	SATURDAY 11-02-13
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 Brownd Potatoes Seas Turnip Greens Cucumber/ Vinegar Salad Bread/Marg Ice Cream Iced Tea/2% Milk	Roast Turkey Gravy Cranberry Sauce Baked Dressing Green Beans Potato Salad Roll/Margarine Coconut Cake Iced Tea/2% Milk	Baked Chicken Rice w/Gravy Broccoli Sli. Tomato Sld Roll/Margarine Sweet Potato Pie Iced Tea/2% Milk	Beef Tips Brown Gravy Egg Noodles Carrots Tossed Sld w/Drsg Wheat Roll/Marg Banana Cake Iced Tea/2% Milk	*Fried Fish Tartar Sauce Scalloped Potatoes Steamed Cabbage Sliced Tomato w/ Mayo Cornbread/Marg Cake w/Icing Iced Tea/2% Milk *Broiled Pollock as 2nd choice in Employee Cafeteria ONLY	BBQ Pork 'N Bun French Fries Green Beans Coleslaw Pineapple Upside Down Cake Iced Tea/2% Milk	Salisbury Steak Gravy Snowflake Potato Green Peas Tomato Sld/Drsg Roll/Margarine Vanilla Pudding/ Topping Iced Tea/2% Milk
Chili Con Carne Rice Corn Shred Lettuce/Drsg Saltine Crackers Sliced Peaches Iced Tea	Beef Noodle Cass. w/Cheese Topping Seasoned Squash Tossed Salad/Drsg Bread/Margarine Sherbet Iced Tea	Sloppy Joe 'n Bun French Fries Green Peas Green Sld w/Drsg Peanut Butter Cookies Iced Tea	Hot Dog / Bun Baked Beans Coleslaw Chocolate Pudding Iced Tea	Turkey Noodle Cass Sea Collard Greens Tossed Salad Bread/Margarine Ice Cream Iced Tea	Fried Chicken Macaroni / Cheese Broccoli Lett/Tom Sld/Drsg Roll/ Margarine Sugar Cookies Iced Tea	Chicken Salad Saltine Crackers Copper Penny Sld Bread/Margarine Fruit Cup Iced Tea