



Special points of interest:

- **Department Spotlight**
- *Health Benefits Fair - October 17th*
- *Atlanta Hawks tickets*
- *What's in a Month*
- *ECRH Jobs List*
- *CK Menu*

"You can accomplish anything in life, provided that you do not mind who gets the credit."

Harry Truman

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From the Desk of the RHA - Paul Brock



Recovery Month

National Recovery Month is a national observance held every September to educate and reaffirm that behavioral services treatment can enable those with a mental and/or substance use disorder to live a healthy and rewarding life. It's also an excellent opportunity to reinforce the positive message that behavioral health is essential to one's overall health, that prevention and treatment are effective, and people can and do recover.

At ECRH, when individuals we serve seek our assistance, they should expect to be met with the value of recovery, the knowledge and belief that anyone can recover and manage their conditions successfully. Recovery is a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential. Recovery is built upon access to evidence-based clinical treatment and recovery support services.

SAMHSA outlines four major dimensions that support a life in recovery:

- ◆ **Health**—overcoming or managing one's disease(s) or symptoms and, for everyone in recovery to have the support to make informed healthy choices that support their physical and emotional well-being
- ◆ **Home**—having a stable and safe place to live
- ◆ **Purpose**—conducting meaningful daily activities, such as a job, volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society
- ◆ **Community**—having relationships and social networks that provide support, friendship, love, and hope

Hope is the foundation of recovery, the belief that these challenges and conditions can be overcome. One's recovery is built on their strengths, talents, coping abilities, resources, and inherent values. It is holistic, addresses the whole person and their community.

The process of recovery is highly personal and occurs through many pathways. It may include clinical treatment, medications, faith-based approaches, peer support, family support, self-care, and other approaches. Recovery is characterized by continual growth and improvement in one's health and wellness that may involve setbacks. Because setbacks are a natural part of life, resilience becomes a key component of recovery.

Resilience is an individual's ability to cope with adversity and adapt to challenges or change. Resilience develops over time and gives an individual the capacity not only to

(Continued on page 4)

New Employees



Front Row(L-R): Latoya Mims, HST; Keturah Kimble, HST; Courtney Johnson, HCW

Back Row(L-R): Bradley Jackson, Client Support Worker; Jermecca Doyle, CNA; Pius Kuffour, Patient Care Technician

Front Row(L-R): Jasmine Branch, CNA; Amber Yarbrough, CNA; Shantrece Lewis, HST; Sarina Gaines, Housekeeper

Back Row(L-R): Chastity Wright, CNA; Darrias Horton, Housekeeper; Temanda McBean, HST; Stephanie Quarles, HST



Front Row(L-R): Tanya Brown, HST; Laketa Howden, LPN; Ashley Williams, HST

Back Row(L-R): Natosha D. West, HST; Marcus Wilson, Food Service Operations Worker; Marquita Rowe, CNA



New Employees

Front Row(L-R): Karen Brooks-Courtney, LPN;
Iyanupluwa Adeleke, RN

Back Row(L-R): Michael Gibson, Jr., HST; Cotez
Singleton, HST



(L-R): Karen Ellison, Training & Development Specialist 1; Yolanda Forrest, Training & Development Specialist 2

(L-R): Aaron Johnson, HST; Hikair Wills, HST



WELCOME!

Language Line Services

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

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

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

When receiving a call:

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

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

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

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

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

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

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

Language Line Services

(Continued from page 1)

cope with life's challenges but also to be better prepared for the next stressful situation. Optimism and the ability to remain hopeful are essential to resilience in the process of recovery.

ECRH is a facility that values recovery support services and provides access to evidence-based treatment and practices such as supported employment, education, illness management, and peer specialist operated services. Providing a recovery focused environment serves as a preventive foundation that simultaneously supports the building of resiliency, wellness, measureable recovery, and quality of life.

We should all celebrate the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions. Thank you!

*Sincerely,
Paul Brock*

HR Partners



Health Benefits Fair - Gracewood Gym
October 17, 2016 - 4:00 PM thru 7:00 PM



News and Information for State Health Benefit Plan Members

2016 SHBP Open Enrollment Decision Guides, Benefit Fair/ Educational Session Info now available online!

The Georgia State Health Benefit Plan (SHBP) is pleased to announce the 2016 Decision Guides, Benefit Fair Schedule for Active Members and Educational Session Schedule for Retirees have been posted online at www.dch.georgia.gov/shbp. Open Enrollment for the 2017 Plan Year will be held October 17 - November 4, 2016. SHBP members will select their benefits for the 2017 Plan Year (January 1 - December 31, 2017) during the Open Enrollment period.

For 2017, SHBP will continue to provide an array of vendors and plan options for our members, with new enhancements, such as an increased hearing aid benefit for children, a second Medicare Advantage (MA) vendor, in addition to telemedicine options for MA members. The following options will be available to SHBP members for the 2017 Plan Year:

- Blue Cross Blue Shield of Georgia (BCBSGa) - statewide Gold, Silver, Bronze Health Reimbursement Arrangement (HRA) (exclusively), statewide Health Maintenance Organization (HMO), and Medicare Advantage (MA) Preferred Provider Organization (PPO) standard and premium
- UnitedHealthcare (UHC) - statewide High Deductible Health Plan (HDHP) (exclusively), statewide HMO, Medicare Advantage (MA) Preferred Provider Organization (PPO) standard and premium

Kaiser Permanente (KP) - fully-insured HMO for SHBP members who live or work in the 27-county metro Atlanta service area

The current Pharmacy Benefit Manager (PBM) contract with Express Scripts Inc. and the current Wellness contract with Healthways Inc. will continue for the 2017 Plan Year and will provide benefits to members who choose to enroll in either BCBSGa or UHC.

To educate members on the 2017 plan options, SHBP will conduct in-person and online member outreach on the plan options prior to and during the state's Open Enrollment and Retiree Change Option Period. Please reference the Benefit Fair and Educational Session schedules online at: www.dch.georgia.gov/shbp.

Open Enrollment will be held October 17 - November 4, 2016, for the January 1, 2017, start date of the new plan year.

HR Partners



MetLife

True "OneUp" Special Enrollment.

We've partnered with MetLife to bring you this special one-time offer.

Take advantage of a "**OneUp**" and enroll for or increase your employee coverage by one level without completing a Statement of Health (SOH). You can apply for higher amounts by completing a Statement of Health.¹



Don't Miss Out!
Special One-Time Life Insurance Enrollment Opportunity:
October 17 - November 4, 2016


Enroll online at www.gabreeze.ga.gov
by November 4, 2016.
Have questions? Call 1-877-3GBreez

¹Your application is subject to review and approval by MetLife based upon its underwriting rules.

Like most group life insurance policies, MetLife's group life insurance policies contain certain exclusions, limitations and terms for keeping them in force. Please contact MetLife for more information.

LD916478280[exp 1117][All States][DC, GU, MP, PR, VI]
© 2016 Metropolitan Life Insurance Company, New York, NY 10166

HR Partners



SINGLE GAME TICKETS
THROUGH JANUARY 21
ON SALE NOW

The **2016-17 Hawks** season is right around the corner! Make sure you are taking advantage of the exclusive discounts through **ECRH** for our games through January 21st. Don't miss out on the opportunity to catch your new look **Hawks** this season!


Click below for discounts:
<https://oss.ticketmaster.com/esp/hawks/EN/link/promotion/home/232004367839044?4c4c29c71131713eb41ceb80>

Promo Code: ECRH

**Tickets for games starting with our January 23 match up against the Clippers will go on sale in November.*

*Ticket prices and availability are subject to change.
Tickets do sell out, so order TODAY!*

To purchase better seats or issues buying online? Contact:
Ryan Collier | 404-878-3714 | ryan.collier@hawks.com



Pharmacy Notes

**CHANGE IN MULTIVITAMIN LIQUID
WILL RESULT IN
DOSAGE VOLUME CHANGE:**

5 ML versus 30 ML



5 ML OF MULTI-DELYN IS APPROXIMATELY EQUAL TO 30 ML OF WELLESSE MULTIVITAMIN +

*****PLEASE SHAKE WELL AND NOTE DOSAGE CHANGE*****

Pharmacy Notes



HAPPY PHARMACY WEEK – OCTOBER 16-22, 2016

TO OUR ECRH PHARMACY STAFF:

**PHARMACISTS: JENNY ALEXANDER, FRED JONES,
KEN FLAKES, ADEOLA OKE, HOLLI PENDER, SOPHEAP PIN,
AND CASANDRA ROBERTS**

**PHARMACY TECHS: BELA HUMPHREYS, DEBORAH LABORD,
JENNIE MAXWELL, VALERIE PHILLIPS, AND ARLANDER REEVES**

PHARMACY DIRECTOR: CINDY KUCELA



Safety Shop

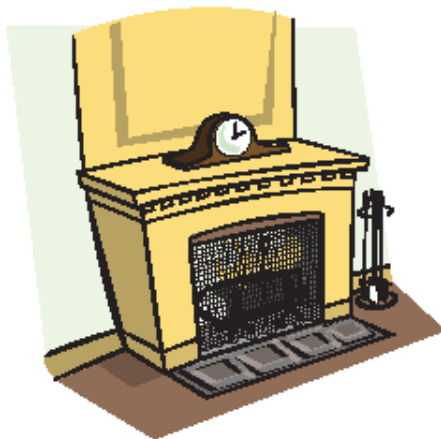


Heating Safety

Heating equipment is a leading cause of home fire deaths. Almost half of home heating equipment fires are reported during the months of December, January, and February. Some simple steps can prevent most heating-related fires from happening.

SAFETY TIPS

- **Keep** anything that can burn at least three feet away from heating equipment, such as the furnace, fireplace, wood stove, or portable heater.
- **Only use** heating equipment that has the label of a recognized testing laboratory.
- **Never use** your oven for heating.
- **Have** a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- **Maintain** heating equipment and chimneys by having them cleaned and inspected annually by a qualified professional.
- **Turn** portable heaters off when leaving the room or going to bed.
- **For fuel burning space heaters, always** use the proper fuel as specified by the manufacturer.
- **Make sure** the fireplace has a sturdy screen to prevent sparks from flying into the room and burn only dry, seasoned wood. Allow ashes to cool before disposing in a metal container, which is kept a safe distance from the home.



- **For wood burning stoves, install** chimney connectors and chimneys following manufacturer's instructions or have a professional do the installation.
- **Make sure** all fuel-burning equipment is vented to the outside to avoid carbon monoxide poisoning.
- **Install** and maintain carbon monoxide (CO) alarms to avoid the risk of CO poisoning.
- **If you smell** gas in your gas heater, do not attempt to light the appliance. Turn off all the controls and open doors and windows. Call a gas service person.
- **Test** smoke alarms at least monthly.

— Your Source for SAFETY Information —

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169 • www.nfpa.org/education

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

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

Infection Control - The Basics of Respiratory Etiquette



Respiratory Etiquette and Influenza Prevention

Why cover your cough or sneeze? Because germs go airborne...



Source: CDC/Brian Judd

This photograph captures a sneeze in progress, revealing the plume of salivary droplets as they are expelled in a large cone-shaped array from this man's open mouth, thereby, dramatically illustrating the reason one needs to cover his/her mouth when coughing, or sneezing, in order to protect others from germ exposure.

ICT INFECTION
CONTROL
TODAY

To help stop the spread of germs:

- ✓ Cover your mouth and nose with a tissue when you cough and sneeze.
- ✓ Put your used tissue in the waste basket.
- ✓ If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not into your hand.
- ✓ Wash your hands often with soap and water for 20 seconds.
- ✓ If soap and water are not available, use an alcohol-based hand sanitizer.



Resource: Infection Control Today

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



Training at a Glance - October

Class	Date	Time	Place
Infection Control and Prevention+Handwashing	10/3/2016	3:00 a.m.-4:30 p.m.	BLDG 103-C Lab
NEO Principles of Recovery	10/3/2016	10:00 a.m.-11:00 a.m.	BLDG 103-D E&R
Updated Safety Care Level #2	10/3/2016 10/4/2016	8:00 a.m.-4:30 p.m. 8:00 a.m.-11:00 a.m.	BLDG 99L
First Aid	10/4/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
CPRA	10/4/2016	1:00 p.m.-4:30 p.m.	BLDG 103-C Lab
Updated PNS End User	10/4/2016	9:30 a.m.-10:30 a.m.	BLDG 103-C ROOM C-23
Updated Seizure Management	10/4/2016	8:00 a.m.-9:30 a.m.	BLDG 103-C ROOM C-23
NEO Infection Control and Prevention+Handwashing	10/4/2016	10:30 a.m.-12:00 p.m.	BLDG 103-D E&R
Updated Safety Care Level #1	10/4/2016	8:00 a.m.-11:30 a.m.	BLDG 99F
CPRC	10/5/2016	12:30 p.m.-4:30 p.m.	BLDG 103-C ROOM C-23
NEO Safety Care Level #1	10/5/2016	8:00 a.m.-12:00 p.m.	BLDG 99F
Infection Control and Prevention+Handwashing	10/5/2016	1:00 p.m.-2:30 p.m.	BLDG 103-C Lab
MH-Incident Management Annual	10/5/2016	3:00 p.m.-4:30 p.m.	BLDG 103-D E&R
Updated PNS Professional	10/5/2016	8:00 a.m.-10:00 a.m.	BLDG 103-C Lab
Updated Seizure Management	10/5/2016	10:30 a.m.-12:00 p.m.	BLDG 103-D E&R
NEO Safety Care Level #2	10/5/2016 10/6/2016	8:00 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 99L
Updated PNS End User	10/6/2016	8:00 a.m.-9:00 a.m. 11:00 a.m.-12:00 p.m.	BLDG 103-D E&R
CPRA	10/6/2016	8:00 a.m.-11:30 a.m.	BLDG 103-C ROOM C-23
First Aid	10/6/2016	12:30 p.m.-4:30 p.m.	BLDG 103-C ROOM C-23
Updated Seizure Management	10/6/2016	1:00 p.m.-2:30 p.m.	BLDG 103-D E&R
Infection Control and Prevention+Handwashing	10/6/2016	3:00 p.m.-4:30 p.m.	BLDG 103-C Lab
First Aid	10/7/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C ROOM C-23
CPRC	10/7/2016	12:30 p.m.-4:30 p.m.	BLDG 103-C ROOM C-23
NEO PBS Training	10/7/2016	8:00 a.m.-12:00 p.m.	BLDG 103-D E&R
Updated PNS Professional	10/7/2016	8:00 a.m.-10:00 a.m.	BLDG 103-C Lab
Updated Seizure Management	10/7/2016	10:30 p.m.-12:00 p.m.	BLDG 103-C Lab

Training at a Glance - October

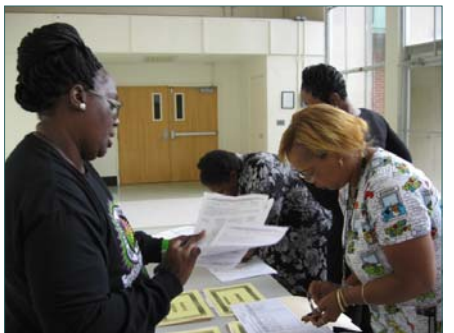
Class	Date	Time	Place
Updated Safety Care Level #2 (weekend)	10/8/2016 10/9/2016	8:00 a.m.-4:30 p.m. 8:00 a.m.-11:00 a.m.	BLDG 99L
NEO CPRA	10/11/2016	8:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
NEO CPRC	10/11/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
NEO First Aid	10/11/2016	12:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated PNS End User	10/11/2016	1:00 p.m.-2:00 p.m. 2:00 p.m.-3:00 p.m.	BLDG 103-C Lab
Updated Seizure Management	10/11/2016	3:00 p.m.-4:30 p.m.	BLDG 103-C Lab
Updated Safety Care Level #2	10/11/2016 10/12/2016	8:00 a.m.-4:30 p.m. 8:00 a.m.-11:00 a.m.	BLDG 99L
NEO Medical Emergency Response System	10/12/2016	8:00 a.m.-12:00 p.m.	BLDG 103-D E&R
NEO Seizure Management	10/12/2016	12:30 p.m.-2:30 p.m.	BLDG 103-D E&R
Infection Control and Prevention+Handwashing	10/12/2016	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-C Lab
First Aid	10/12/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
Updated PNS Professional	10/12/2016	3:00 p.m.-5:00 p.m.	BLDG 103-C Lab
Updated Safety Care Level #2	10/12/2016 10/13/2016	1:30 p.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 99L
NEO Observation of Individual to Ensure Safety	10/13/2016	8:00 a.m.-10:30 a.m.	BLDG 103-D E&R
CPRC	10/13/2016	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
NEO Seclusion and Restraint	10/13/2016	1:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Updated Seizure Management	10/13/2016	8:00 a.m.-9:30 a.m.	BLDG 103-C Lab
Updated PNS End User	10/13/2016	10:00 a.m.-11:00 a.m. 11:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
MH-Incident Management Annual	10/13/2016	1:00 p.m.-2:30 p.m.	BLDG 103-C Room C-23
Safety Care Level #2	10/13/2016 10/14/2016	8:00 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 99L
Updated PNS Professional	10/14/2016	9:00 a.m.-11:00 a.m. 1:00 p.m.-3:00 p.m.	BLDG 103-C Lab
Updated Seizure Management	10/14/2016	3:00 p.m.-4:30 p.m.	BLDG 103-C Lab
Updated Safety Care Level #1	10/14/2016	8:00 a.m.-11:30 a.m.	BLDG 99F
NEO Therapeutic Incentive Program	10/14/2016	8:30 a.m.-10:00 a.m.	BLDG 103-D E&R
MH-Incident Management Annual	10/14/2016	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
CPRA	10/14/2016	1:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23

Out & About

Sandwich Extravaganza



Skills Fair



Out & About

Fall Celebration



Larry Hazel (white shirt, center) was recognized as a recipient of the Clinical Director's Choice Award.



Some seriously creepy folks have been spotted hanging out in the Gracewood gym.



A new bench was placed in the Memorial Garden of the Chapel of All Faiths on the Gracewood Campus.



Tea Olive trees were planted in front of the Administration building and in front of the Forensics unit in memory of Dr. Vicky Spratlin.

October Birthdays

October 1	Norman Andre Brown, Jr. Brianna N. Danzy Kendra D. Hilliard Denise R. Mack	October 13	Pennie B. Craig Steven Joseph M. Davis Malesha D. Gantt Lashaundra Antoinette Hart
October 3	Shequanna T. Bowie Harry L. Kirkland Diamond Danielle Martin Devin N. Maxwell	October 14	Marie A. Burton April Denise Nabors Cynthia R. West Ashley A. Williams
October 4	Johnetha R. Goodwin Aaron Ann Newberry Ruthenia Shoultz John Eric Williams Nancy D. Lineback Amanda D. Iverson	October 16	Byoanka W. Crockett Valerie Ann Ferguson
October 5	Sharon L. McVay Norma Quinonez	October 17	Kortrell J. Clark Robin D. Harrison Elizabeth K. Donegan
October 6	Myrita Y. Peterson Edward Charles Shepherd, Jr. Carolyn D. Williams Lashondrah S. Young	October 18	Gina V. Bennett Charles Cook III Sharyle Courtney-Garrett Raheem D. Glover Bernice Hughes
October 8	Tarik I. Brown	October 19	Diana E.D. Clark Ricardo Dunlap Latoya Mean Mims Linda S. Vitacco
October 9	Nicole R. Carey Derricka D. Durham Wanda L. Gardenhire Joann C. Thomas Patricia Turner	October 20	Candice L. Mckoy Cynthia Tucker Williams
October 11	Elecia M. Bradley Orlando E. Bradley Kenyatta C. Brown Christy Y. Butts Brianna L. Cutlip Kimberly L. Henderson Thomasena Deane Sanderlin Tamesha E. Singletary Elizabeth B. Dyches	October 21	Charles W. Bickley Sandra Dean Boone Joan Hilariona Pugh
October 12	Sandra Alexander Aujalaya J. Hamilton Angela M. Harris-Myers Casita Celuta Walker	October 22	Myron W. Beard Harriett Ann Braddy Shenia R. Byrd Robert L. Haynes Endia T. Mahoney Janice M. Scott Gloria K. Sloan James A. Hawkins
		October 23	Ginger Smith Bowman Pamela M. Ivery LaShawn Miller

More October Birthdays

October 23	Jennifer L. Wilson
October 24	Michael A. Gibson, Jr. Nathaniel T. Wright Gardell Herrington
October 25	Fred R. Bush Kim D. Nolen-Render
October 26	Contreska M. Anthony Mandrell Maurice Carter Laryvetta L. Jackson Hawatha La'Shea Robinson
October 27	Monique D. Robinson Cynthia L. Germany Commen S. Gunn Gloria Johnson Harris Cheryl E. Bellardino
October 28	Mary A. Carter Tracy C. Courson Jennifer L. Murray Mia D. Phillips
October 29	Zola Javette Hayes Ashley E. Herrera Cyle L. Hooks-Warren
October 30	Yolanda C. Forrest Gloria Frazier April E. Lacy Sherifat O. Lawal Jerome Pollard III
October 31	Sharon Vincenette Wilson Arvis A. Coney Crystal Antoinette Jimperson Mae F. Phillips



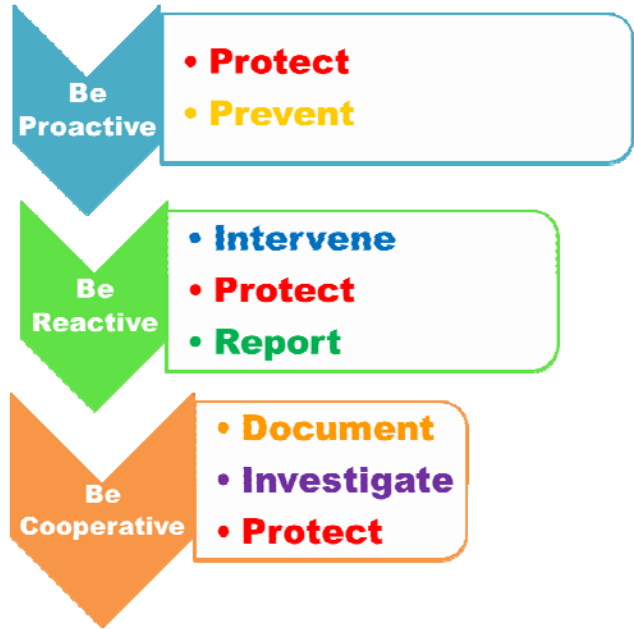
HAPPY BIRTHDAY!

Don't forget your PPD!

PRIDE IN PLACE - It Starts with Me

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

Our Role in Protecting Our Individuals from Harm



ECRH Incident Management Hotline Procedure

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

Hotline Number:

(706) 945-7150



What's in a Month?

October is...

Adopt a Shelter Dog Month	Eat Country Ham Month	Seafood Month
American Pharmacist Month	International Drum Month	Caramel Month
Apple Jack Month	Lupus Awareness Month	Dinosaur Month
Breast Cancer Awareness Month	National Diabetes Month	Fired Up 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	AIDS Awareness Month
Domestic Violence Awareness Month	Sarcastic Month	Pretzel Month

And...

<u>October 1</u> International Frugal Fun Day World Vegetarian Day National Homemade Cookies Day World Card Making Day	Curious Events Day Fire Prevention Day Leif Erikson Day Moldy Cheese Day <u>October 10</u> Columbus Day National Angel Food Cake Day Tuxedo Day <u>October 11</u> It's My Party Day Bring Your Teddy Bear to Work Day <u>October 12</u> Cookbook Launch Day Emergency Nurses Day National Fossil Day Old Farmer's Day Moment of Frustration Day National Gumbo Day <u>October 13</u> National Skeptics Day Train Your Brain Day <u>October 14</u> Be Bald and Free Day National Dessert Day World Egg Day <u>October 15</u> White Cane Safety Day Sweetest Day <u>October 16</u> National Boss's Day Dictionary Day	School Librarian Day <u>October 17</u> Wear Something Gaudy Day <u>October 18</u> No Beard Day <u>October 19</u> Evaluate Your Life Day <u>October 20</u> Brandied Fruit Day <u>October 21</u> Babbling Day National Pumpkin Cheesecake Day <u>October 22</u> Make a Difference Day National Nut Day <u>October 23</u> National Mole Day Mother-In-Law Day TV Talk Show Host Day <u>October 24</u> United Nations Day National Bologna Day International Forgiveness Day <u>October 25</u> Punk For A Day Day World Pasta Day <u>October 26</u> National Mincemeat Day <u>October 27</u> National Tell a Story Day Navy Day	<u>October 28</u> Plush Animal Lover's Day Frankenstein Friday <u>October 29</u> Hermit Day <u>October 30</u> National Candy Corn Day Mischief Night <u>October 31</u> Halloween Carve a Pumpkin Day Increase Your Psychic Powers Day
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East Central Regional



Paul Brock Regional Hospital Administrator
Matt McCue Interim Associate Regional Hospital Administrator, Gracewood
Dr. Jason Henle Dr. Sarita Sharma Dr. Terri Lawless Interim Clinical Directors
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
NOTICE Items for publication must be submitted in written form. The upcoming issue's deadline is October 7, 2016. All articles and notices submitted for publication in the East Central Regional Hospital Bulletin are subject to editorial discretion. Please contact the Bulletin editor if you have questions regarding editorial decisions.

Our Mission

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

Our Vision

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

Our Values

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

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



Accredited
by
The Joint Commission

Campus Marquees

Deadline for submission of
NOVEMBER MESSAGES
October 24, 2016

Submit information to Skip Earnest
Gracewood Campus
Extension 2102

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

DBHDD Vision and Mission

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



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

Gracewood Post Office

Window Hours

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1:30 pm-4:30 pm

Sat 9:00 am-10:45 am



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ECRH Jobs List

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

[Activity Therapy Leader - ECRH Camellia Unit - 69154](#)

[Activity Therapy Leader - ECRH Redbud Unit - 69235](#)

[Assistant Maintenance Director - Plant Operations - 68940](#)

[Automotive Mechanic - ECRH Plant Operations - 70743](#)

[Barber \(part-time, as needed\) - East Central Regional Hospital](#)

[Beautician \(part-time, as needed\) - East Central Regional Hospital](#)

[Behavioral Health Counselor \(Campus Supervisor\) - ECRH DD Camellia - 69301](#)

[Behavioral Health Counselor \(Forensic Treatment Team\) - 196207](#)

[Behavioral Health Counselor - \(AMH Treatment Teams\) - 69858](#)

[Behavioral Health Counselor - Community Integration Home - 194840](#)

[Behavioral Health Counselor 3 - MH/DD Team Leader - 69222](#)

[Carpenter - 76890](#)

[Certified Nursing Assistant - First Shift](#)

[Certified Nursing Assistant - Second Shift](#)

[Certified Nursing Assistant - Third Shift](#)

[Client Support Worker \(Houseparent * Part-time 2nd shift * No Benefits\) - 194816](#)

[Client Support Worker \(Houseparent * Part-time 3rd shift * No Benefits\) - 194835](#)

[Client Support Worker \(Houseparent\) - 192146](#)

[Client Support Worker - Houseparent - 181467](#)

[Clinical Dietitian - AMH Treatment Team - 70120](#)

[Clinical Dietitian - Redbud - 70104](#)

[CNA 2 \(Lead\) - 2nd shift - Gracewood Campus](#)

[CNA 2 \(Lead\) - 3rd shift - Gracewood Campus](#)

[Dental Assistant 2 - ECRH - 68888](#)

[Dental Worker - ECRH - 69076](#)

[Dentist - Gracewood Campus 7:30am - 4:00pm](#)

[Director of Clinical Information Systems](#)

[Electrician](#)

[Food Service Operation Worker - ECRH](#)

[Health Aide Shift Supervisor \(SNF\)](#)

[Health Service Technician - General Mental Health 2nd Shift - 200362](#)

[Health Service Technician - General Mental Health 3rd Shift - 76569](#)

[Health Service Technician - Redbud - 1st Shift - 69162](#)

[Health Service Technician - Redbud - 2nd Shift - 69378](#)

[Health Service Technician - Redbud - 3rd Shift - 69905](#)

[Health Service Technician 1 - Adult Mental Health - 1st Shift](#)

[Health Service Technician 1 - Adult Mental Health - 2nd Shift](#)

[Health Service Technician 1 - Forensic Inpatient 1 - 69391](#)

[Health Service Technician 1 - General Mental Health 1st Shift - 194967](#)

[Health Service Technician 2 - Forensic Inpatient 1 - 76522](#)

[Health Services Technician 2 \(Lead\) - 2nd shift - Gracewood Campus](#)

[Health Services Technician 2 \(Lead\) - 3rd shift - Gracewood Campus](#)

[Housekeeper - ECRH](#)

[Housekeeping Team Leader - 1st shift - Gracewood - 70182](#)

[HR Transaction and Payroll Specialist - East Central Regional Hospital](#)

[Human Resources - Benefits and Leave Specialist](#)

[Institutional Safety Manager - Safety & Emergency Management - 70795](#)

[Instructor 1 - Intermediate Care Facility/MR Treatment Mall - 69061](#)

[Laundry Worker - 69935](#)

[LPN - Gen Mental Hlth](#)

[LPN - Hourly - ECRH Camellia](#)

[LPN - Infection Control - ECRH 8am-5pm](#)

[Maintenance Director - East Central Regional Hospital Plant Operations - 198487](#)

[Maintenance Worker - Plant Operations](#)

[Maintenance Worker Part-time Hourly - Plant Operations/ Groundskeeping - 6593](#)

[Maintenance Worker Part-time Hourly - Plant Operations/ Groundskeeping - 7590](#)

[Mechanic Foreman - ECRH Plant Operations - 70748](#)

[Mental Health Counselor - ICF/MR Treatment Teams - 178358](#)

[Mental Health Counselor - SNF Treatment Teams - 68906](#)

[Mental Health Team Leader - ECRH ICF/IID - 69233](#)

[Nurse Manager \(Inpatient\) - Redbud Nursing - 69863](#)

[Nurse Manager - Inpatient \(ECRH - Redbud\)](#)

[Painter](#)

[Pharmacy Tech - Full-time Days - 76663](#)

[Plumber - ECRH Plant Operations - 70755](#)

[Program Assistant - ECRH - Redbud - 69437](#)

[Program Assistant - ECRH Plant Operations - 70791](#)

[Program Associate - Nursing Camellia - 69427](#)

[Quality Management Specialist - 195162](#)

[Registered Nurse - FT 2nd Shift - Camellia SNF - 69491](#)

ECRH Jobs List

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

[Registered Nurse - GMH Part-time Hourly - 77005](#)

[Registered Nurse - Part-time Hourly - 70282](#)

[Registered Nurse - Part-time Hourly 2nd Shift - AMH -163327](#)

[Respiratory Therapist Lead - Camellia - 204943](#)

[Service Director / RN](#)

[Shift Supervisor - ECRH Forensics - 3rd shift - 198731](#)

[Shift Supervisor - ECRH General Mental Health - 3rd shift - 198729](#)

[Shift Supervisor - Redbud - 1st Shift - 69288](#)

[Skilled Utility Worker ECRH Plant Oper - Carpentry/Upholstery - 76913](#)

[Social Worker \(Licensed\) Wknd PRN - ECRH Admission 23hr Observation - 208442](#)

[Social Worker \(Licensed\) Wknd PRN - Mental Hlth Team/Soc Work - ECRH](#)

[Social Worker, Licensed - 198540](#)

[Social Worker, Non-Licensed 2 - ECRH DD Services - 69508](#)

[Steam Plant Operator](#)

[Storekeeper \(Warehouse\) - 70033](#)

[Training Specialist - HR Development - 69791](#)

[Treatment Mall Coordinator - ECRH](#)

[Warehouse Clerk - Warehouse/Property Control - 70707](#)

SUNDAY 9/25	MONDAY 9/26	TUESDAY 9/27	WEDNESDAY 9/28	THURSDAY 9/29	FRIDAY 9/30	SATURDAY 10/1
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
Meatloaf Oven Brown Potatoes Corn O'Brien Macaroni Salad Roll/Margarine Pound Cake Iced Tea/2% Milk	Beef Stew Steamed Rice Summer Squash Tossed Salad Roll/Margarine Marble Cake Iced Tea/2% Milk	Smothered Pork Chops Mashed Potatoes Turnip Greens Waldorf Salad Roll/Margarine Strawberry Cake Iced Tea/2% Milk	Baked Turkey and Noodles Cauliflower/Broccoli Combo Spring Salad w/ Italian Dressing Banana Cake Iced Tea/2% Milk	Fried Chicken Au Gratin Potatoes Okra & Tomatoes Cottage Cheese/Peaches Roll/Margarine Apple Crisp Iced Tea/2% Milk	Beef Pot Roast Brown Gravy Hopping John Carrot/pineapple salad Bread/Margarine Lemon Pound cake Iced Tea/2% Milk	Chicken Parmesan Buttered Pasta Brussel Sprouts Cucumber & Onion Salad Roll/Margarine Ice Cream Iced Tea/2% Milk
Baked Ham, Macaroni Tomatoes Peas & Carrots Green Salad Roll/Margarine Cheesecake Pie Iced Tea	Herb Baked Chicken Buttered Egg Noodles Club Spinach German Tomato Salad Roll/Margarine Marble Cake Iced Tea	Lasagna Mixed Vegetables Garlic Bread Peaches Cookie Iced Tea	Herb Baked Fish Rice Pilaf Green Beans w/Onions Applesauce Iced Tea	Cold Cuts: Turkey, Bologna Roll Sliced Tomato Potato Salad Banana Pudding Iced Tea	Tuna Noodle Casserole Cali Mixed Vegetables Green Salad Bread/Margarine Apricots Ice Tea	Chili Con Carne Rice Corn Lettuce & Tomato Salad Peaches Iced Tea

SUNDAY 10/2	MONDAY 10/3	TUESDAY 10/4	WEDNESDAY 10/5	THURSDAY 10/6	FRIDAY 10/7	SATURDAY 10/8
Cranberry Juice Scrambled Eggs w/Ham Bits Dry Cereal Toast/Marg/Jelly Coffee/2% Milk	Banana (No Juice) Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Pancakes Sliced Bacon Dry Cereal Margarine/Syrup Coffee/2% Milk	Grape Juice Scrambled Eggs Sausage Patty Grits Biscuit/Marg/Jelly Coffee/2% Milk	Apple Juice Scrambled Eggs Sliced Ham Grits Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs Sliced Bacon Hash Brwn Potatoes Toast/Marg/Jelly Coffee/2% Milk	Apple Juice Scrambled Eggs Sausage Links Dry Cereal Toast/Marg/Jelly Coffee/2% Milk
Beef Cordon Bleu Dirty Rice Club Spinach Fruit Medley Salad Roll/Margarine Cake Iced Tea/2% Milk	Pork Chop Suey Lo Mein Noodles Seasoned Succotash Coleslaw Roll/Margarine Brownies Iced Tea/2% Milk	Herb Baked Fish Rissolle Potatoes Ratatouille Green Salad Wheat Roll/Marg Blueberry Crisp Iced Tea/2% Milk	Yankee Pot Roast Bread Dressing Lima Beans Tossed Green Salad Roll/Margarine Apple Pie Iced Tea/2% Milk	Teriyaki Chicken Fried Rice Cabbage Macaroni Salad Bread/Margarine Yellow cake w/ Icing Iced Tea/2% Milk	Country Fried Steak Mashed Potatoes Corn Tomato/Onion Salad Roll/Margarine Strawberry Short Cake Iced Tea/2% Milk	Baked Pork Chops Mac & Cheese Vegetable Stir Fry Cabbage/Apple/Raisin Salad Bread/Margarine White Cake Iced Tea/2% Milk
Jaegerschnitzel Parsley Buttered Potatoes Seasoned Carrots Waldorf Salad Cherry Crisp Iced Tea	Chinese 5 Spice Chicken White Rice Cauliflower Garlic Bread Oatmeal Cookies Iced Tea	Spaghetti w/Meatballs Herbed Broccoli Pasta Salad Garlic Bread Chilled Pears Iced Tea	Grilled Ham Steak Lyonnaise Potatoes Seasoned Peas Pineapple Cole Slaw Bread/Margarine Brownies Iced Tea	Hot Dog w/Bun Onion rings Cole Slaw Peanut Butter Cookies Iced Tea	Honey Glazed Chicken Southwestern Rice Glazed Carrots Roll/Margarine Chilled Mandarin Oranges Iced Tea	Meatloaf Baked Potato Corn on the Cob Chef's Salad Roll/Margarine Apricots Iced Tea

SUNDAY 10/9	MONDAY 10/10	TUESDAY 10/11	WEDNESDAY 10/12	THURSDAY 10/13	FRIDAY 10/14	SATURDAY 10/15
Banana (no juice) Scrambled Eggs w/Sausage Bits Dry Cereal Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Scrambled Eggs Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs w/Cheese Grits Toast/Marg/Jelly Coffee/2% Milk	Cranberry Juice Scrambled Eggs Sliced Ham Grits Biscuit/Marg/Jelly Coffee/2% Milk	Apple Juice Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Pancakes Sausage Links Dry Cereal Margarine/Syrup Coffee/2% Milk	Apple Juice Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk
Yakisoba Cauliflower Cucumber/ Onion Salad Bread/Margarine Cookies Iced Tea/2% Milk	Fried Fish Mac & Cheese Green Beans Nicoise Tomato/Onion Salad Roll/Margarine Apple Cobbler Iced Tea/2% Milk	Roast Pork Scalloped Potatoes Field Peas Garden Salad w/drsg Lemon Cake Iced Tea/2% Milk	Beef Stroganoff Egg Noodles Seasoned Corn Potato Salad Roll/Margarine Cherry Crisp Iced Tea	Chicken Vega California Blend Shredded Lettuce Roll/margarine Pears Iced Tea/2% Milk	Roast Turkey Bread Dressing Steamed Cabbage Waldorf Salad Chocolate Pudding Iced Tea/2% Milk	Chicken Fajita Mexican Rice Refried Beans Glazed Carrots Sliced Tomato/drsg Vanilla Pudding Iced Tea/2% Milk
Chicken Cordon Bleu Oven Glo Potatoes Spring Blend Veggies Bread/Margarine Pears White Cake Iced Tea	Turkey Pot Pie Peaches Iced Tea	Chicken Cacciatore Rice Pilaf Squash/Carrot Medley Lettuce/tomato salad Roll/Margarine Apple Crunch Iced Tea	Baked Ham Dressing Orange Carrots Amadine Green Salad w/drsg Sweet Potato Pie Iced Tea	Country Steak w/ gravy Mashed Potatoes Club Spinach Tossed Salad Cheesecake Iced Tea	Shepard's Pie Lettuce/Tomato Salad Diced Pears Iced Tea	Cantonese Ribs Scalloped Potatoes Herbed Broccoli Roll/Margarine Devil's Food Cake Iced Tea

SUNDAY 10/16	MONDAY 10/17	TUESDAY 10/18	WEDNESDAY 10/19	THURSDAY 10/20	FRIDAY 10/21	SATURDAY 10/22
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 Grits Syrup/Margarine Coffee/2% Milk	Cranberry Juice Scrambled Eggs w/Sausage Bits Grits Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Scrambled Eggs Sausage Patty Grits Toast/Marg/Jelly Coffee/2% Milk
Turkey Ala King w/Potatoes Asparagus Cucumber/ Onion Salad Roll/Margarine Assorted Pies Iced Tea/2% Milk	Grilled Pork Chops Egg Noodles Fried Okra Tossed Veggie Salad Roll/Margarine Cherry Crisp Iced Tea/2% Milk	Baked Chicken Candied Yams Collard Greens Potato Salad Corn Bread Pound Cake Iced Tea/2% Milk	Cold Cuts: Turkey, Ham Chips Lettuce Salad w/drsg Bun Ice Cream Iced Tea/2% Milk	Pork Adobo Filipano Rice Glazed Carrots Garden Salad Roll/Margarine Assorted Pies Iced Tea/2% Milk	Fried Fish Patties Baked Mac & Cheese Peas Lettuce/tomato salad Roll/Margarine Banana Split Brownies Iced Tea/2% Milk	Sukiyaki Pork Fried Rice Tangy Spinach German Tomato Salad Bread/Margarine Apple Crunch Ice Tea/2% Milk
Hot Dog w/ Bun Baked Beans Cole Slaw Peanut Butter Cookies Iced Tea	Pot Roast Garlic Roasted Potatoes Mixed Vegetables Roll/Margarine Tossed Green Salad Assorted Cookies Iced Tea	Grd Beef Enchilada Refried Beans Mexican Corn Pimento Cheese w/celery Sugar Cookies Iced Tea	Herbed Baked Fish Noodles Jefferson Ratatouille Italian Pasta Salad Blueberry Crisp Iced Tea	Salisbury Steak Baked Potato Spinach Fruit Salad Crispy Marshmallow Squares Iced Tea	BBO Ribs Baked Beans Broccoli Spears Potato Salad Banana Pudding Iced Tea	Red Beans & Rice Cauliflower Tossed Salad Choc chip cookies Iced Tea