

What's the Scoop?

HRS News

Promoting Quality Agency
Communication Since 2007

July/Aug '10

A Very Special Thanks to HRS Staff Members who attended the Health & Benefits Fair!

Approximately one-third of HRS employees attended the Health Benefit Fair on Friday, June 25th at the Columbus Road Site. Staff members picked up new HRS Logo merchandise such as ink pens and t-shirts, and had the opportunity to visit with representatives from local businesses such as Chase Bank, Ohio University Credit Union, Ohio University Wellworks, and Holzer Clinic. Several employees took advantage of the three massage therapists who were on hand to provide their services for free. Snider, Fuller, and Associates provided Subway lunch for all in attendance.

Health Recovery Services renewed the corporate membership program with Ohio University Wellworks for Fiscal Year 2011. HRS employees should take advantage of discounted Wellworks Membership rates! **Wellworks membership fees and other related information can be found on page 5; winners of Health and Benefit Fair prizes are listed on page 5 as well.**

**Please Visit the Health
Recovery Services Website:**

<http://www.hrs.org>

***Save it as your
homepage!***



Welcome to HRS!

New Employees Hired in May and June

Lew Pulver

Shelton Curtis Sr.

David Johnson

Judith Manley

Eric Johnson

Frank McKee

Stacie McCord

Erin Tansill

Notice to Staff Requisitioning for Outside Purchase

Before requisitioning items, please contact Rich Green (698-0131, rgreen@hrs.org) to ensure that similar items aren't already available in the agency.

Website Suggestions? Newsletter Ideas?

Please submit suggestions and other comments to the Quality Improvement Dept.:

Stacy Morgan: smorgan@hrs.org
Stephanie Snyder: ssnyder@hrs.org
592-6724

Announcements

INFORMATION ABOUT
HEARING LOSS on P.2

JULY TRAINING
SCHEDULE, DONE-RIGHT AWARD
WINNERS on P. 3

WANTED: TACT-2 INSTRUCTORS
more info on P. 3

BASSETT HOUSE and DIVISION OF
COMMUNITY SERVICES NEWS on
P. 4

JOIN WELLWORKS AT A
DISCOUNTED CORPORATE
MEMBERSHIP RATE! (see P. 5)

STAFF BIRTHDAYS, HIRE
ANNIVERSARIES, and other WELL
WISHES on P. 6



Holidays & Celebrations

July 12th thru 18th
HUG WEEK

Sunday, August 1st
Friendship Day

Thursday, August 12th
Thank You Day

Monday, September 6th
Labor Day
(Agency Holiday)

Nightingale News



HRS Nursing Department

July/August 2010

Reported by Manager of Nursing
Amy Sappington

Nursing Notes & Reminders

- Check out the Nursing Services Page on the Health Recovery Services Website: <http://www.hrs.org>

Heart Healthy Recipes from United Healthcare

Banana Nut Smoothie

Try this smoothie for breakfast or a refreshing afternoon snack. Use chocolate whey powder to create a rich, chocolate taste; the vanilla blend is just as delicious. Soymilk lends just enough sweetness to eliminate the need for sugar or honey.

Ingredients:

- 1 Cup vanilla soymilk
- 1/2 frozen banana
- 1 T natural peanut butter
- 2 T vanilla or chocolate whey protein powder
- 3-4 Ice Cubes

Blend ingredients until smooth.

325 calories, 9g fat, 44g carbohydrates, 145 mg sodium, 16g protein, 2g fiber



Can You Hear Me Now?

-from the Athens News (7/6/10) and Time Magazine/CNN Online

Hearing loss is the *third most common health problem in the U.S.*, affecting more than 36 million Americans. While most hearing problems are associated with increase in age, more than half of all hearing-impaired persons are younger than 65. With the increased use of personal music players (MP3s, iPods) and earbud style earphones, more and more younger Americans are experiencing hearing loss.

Current MP3/iPod models have long lasting battery life (15 hours+) and an adjustable volume that many music listeners assume is safe to play at the highest setting. These two factors combined with the use of earbuds, which are worn in the ear instead of covering the outside like older, more traditional headphones, are

leading to increased hearing loss among music fans. You don't, however, have to quit listening to music—numerous research studies have found that it's safe to listen to music up to 90 minutes per day, at 80% volume. Your hearing health depends on how high and how long you listen to music—the higher the volume and the longer you listen, the greater your risk for hearing loss.



What else causes hearing loss?

Roxanne Groff, MA, an audiologist at Holzer Clinic, says “hearing loss can be caused by exposure to loud noises, ear infections, traumas, or ear disease; harm to the inner ear and ear drum; illness or certain medications; and deterioration due to the normal aging process.”

How do I know if I need to see an audiologist?

You may need to make an appointment with an audiologist if you have trouble hearing conversation in a noisy environment such as a restaurant, are unable to hear people talk to you without looking at them, or have a constant ringing or pain in your ears.

Treatment may include hearing aids, assistive listening devices, and hear rehabilitation.



When You Need to See a Doctor helpful steps to take:

1. Choose any doctor or other health care professional in our network. No referral needed.
2. Before your doctor's visit, find out what percentage of the care is covered.
3. Review your benefit plan prior to your visit for an illness or injury so you know if you will need to pay a copayment.
4. Your network doctor will take care of filing any claim forms for you.

Training Schedule

July 2010

Thursday, 7/8
Adult CPR @ AAEP
CPR begins at 8:30am

Thursday, 7/22
N.E.A.T. @ Admin
8:30am-Noon

Tuesday, 7/27
Adult CPR Challenge (Test Out)
By appointment only, held @
Admin—Contact QI
Slots available at 9am, 11am, 1pm

Wednesday, 7/28
Adult CPR & First Aid @ Admin
CPR begins at 8:30am
First Aid begins at 12:30pm

RWRP TACT-2 SCHEDULE

At Columbus Road HRS location
(8:30am-3:30pm each day)

Monday, July 12th—(Day 1)

Tuesday, July 13th—(Day 2)

Wednesday, July 14th—(Day 3)

Monday, July 19th—(Day 1)

Tuesday, July 20th—(Day 2)

Wednesday, July 21st—(Day 3)

**DCS & AAEP TACT-2 training
will be held in August.**

Are You Interested in instructing TACT-2 courses for Health Recovery Services employees ?

There will be a week-long TACT-2 instructor training course **March 21st thru 25th, 2011**. Any of those interested in attending the course to become a certified TACT-2 instructor should contact the Human Resources Department at 592-6724 ext. 116, 117, or 118.

Staff Reminders

When receiving an order/shipment, please remember to send packing slip/invoice to **Jodi Toledo** in the Fiscal Department.

Please wear your agency ID at all times!

Stay current in agency trainings and certifications. If you are unsure about expiration dates, contact your supervisor.

Q.I. Corner

- QI would like to encourage any staff member who has successfully completed CPR training with HRS 3 or more years to sign up for **CPR test outs** when your certification nears the expiration date.
- If you have any questions about Behavioral Health Mod forms, contact Laura Hopstetter (592-6724 ext. 120). Make sure that forms are legible.
- Welcome Matt Rosler as Coordinator of AAEP. We look forward to working with you in your new leadership role.
- QI hosted a **Webinar** on May 18th. The software used during the trial webinar has since been purchased by the agency, and will be used throughout the year for various meetings, conference calls, and trainings. If you would like to utilize the webinar, contact Regina Smith.
- QI attended the **Annual CARF Update training** in Columbus on May 11th; the 2010-2011 CARF manual is now available in QI.

Please send **website suggestions** to QI via interoffice mail, phone, or email: smorgan@hrs.org, ssnyder@hrs.org

"Done Right" Award of Excellence

Presented by Executive Cabinet Members
Congratulations to Award Winners!

May/June Recipients

Darcie Caprio
Sherry Maffin

Linda Strunk
Sharon Williams

Tasha Kisor
Jeremy Kerns

Stephanie Snyder
Catherine Cordingley

Jenny Harris
Tina Hosken

Paul Olson
Evelyn Nagy

Amanda Uribe
Rich Green

Stacy Morgan

Tim Colwell
Patsy Bail

Cheryl Taylor
Becky Barber

RWRP Nursing
Mary Male

Della Jordan



DCS News

Division of Community Services *Submitted by Reggie Robinson*

The Division of Community Services (DCS) has jumped right into Summer, with lots of activities kicking into high gear! We are providing weekly internal programs to RWRP and Bassett House, and have worked cooperatively with Hocking Behavioral Health on several community programs as well. **JoAnna Carter** and **Amy Davis** have been working with 28 youth enrolled in Good Works' summer program "Discovery Kids Club". In June and July, they will be teaching kids alternative ways to have fun without using drugs; they will be making marshmallow towers, puffy paint, Gak and sidewalk paint among many other fun projects. They call it the "Messy Mondays". Gee, I wonder why?

Jeremy Kerns and **Lisa Ferrell** are assisting the Meigs Juvenile Court with "Thrillin' Thursdays", a series of activities for Meigs County youth, and they are also acting as support staff for the Bassett House weekly summer outings. All staff are working with Kids on Campus this summer to support their programs. We continue to provide the Driver Intervention Program, SAAMCO, and Tobacco Education Groups every month. In the near future, we plan to assist with gender-specific groups in Hocking County and take some of our youth to the State Teen Institute Leadership Academy in July. Finally, we continue our active participation in community coalitions such as Bridgebuilders in Nelsonville and Trimble. DCS manager **Reggie Robinson** serves on the Boards of both Kids on Campus and the Problem Gambling Network of Ohio. Speaking of gambling- did you know that HRS provides gambling prevention and treatment services? If you know of someone with a gambling problem or would like further information, call 740-589-3680. Watch for our pre-movie public service announcements at the Athena Grand Cinemas.

Congratulations to Shawna Green who is on maternity leave after giving birth to a gorgeous baby girl, Peyton Rose! Lastly, we bid a fond farewell to **Jeremy Kerns**, who will be taking a position with AAEP starting in August. Good luck, Jeremy! **Lisa Ferrell** will also be assigned to teach Life Skills at AAEP, but will remain a DCS staff member.

Bassett House News

Site Improvements submitted by John Padget

This past fiscal year has been a very busy and eventful time at Bassett House. We have made many changes in the building and on the grounds as well as the clinical program.

Some of the building and ground improvements include a newly expanded parking area, new carpet in several areas, new kitchen range, ice maker, and generator, new doors on all consumer bedrooms, rear entrance and entrance to basement pantry, various repairs and improvements to the treatment plant, new lights in the parking lot, new break deck and new heat pump.

Clinical Improvements include the following: the Consumer Treatment Workbook and accompanying clinical information has been completely rewritten, and also recorded for use by consumers who have difficulty reading. Clinical staff have become certified in the Adolescent Community Reinforcement Approach (A-CRA). We are working with the Center for Health Enhancement System Students at the University of Wisconsin-Madison

on process improvement for utilization in daily decision making. Also, the Opiate Retreat is coming up soon, and will be held at Burr Oak.

Staff has moved forward in the licensing and credentialing process. Thanks to all the staff who have worked on these various projects!

BH would also like to send a special thanks to HRS administration for their fiscal responsibility which has made financing of these projects possible.



HRS Health & Benefit Fair

PRIZE WINNERS

Donated by OU Credit Union:

OU Mugs -

Bethany Fulton
 Connie Robson
 Tracey Monroe
 Judith Manley
 Vicki Williams
 Sara Collins

Manicure Set -

Ray Martinez
 Deb Eichhorn
 Karen Weiman
 Carrie McManis
 Mary Male
 Sharon Williams

OU Credit Union Key Ring -

SR Tilton
 Tina Hosken
 Deb Lee
 Tyrone McCloud
 Paul Olsen
 Lewis Pulver
 Michael LeClain

First Aid Kit -

Cindy East
 Tara Whaley
 Angela Kennedy
 Shelby Fox
 Lisa Ferrell
 Matt Rosler
 Paula Holcomb
 Laura Hopstetter
 Rich Green

OU Umbrella—Chris McDaniel

OU Credit Union Bag -

Amy Moore
 Diane Blankenship

Donated by On The Path:

Eat, Pray, Love Mints—Erin Brooks
 “Pick-up Drops” - Nikki Acker, Sherri Selbee
 Incense—Kay Walsh
 Foot Sachets—Bonnie Murgage,
 Nancy Dotson, Bob Grimmer, Stacy Morgan

Donated by Stuart’s Opera House:

T-Shirt—Connie Chapman
 T-Shirt—Connie Zickafoose

Donated by Career Connections:

\$25 Gift Card—Cheryl Taylor

Mugs donated by Guardian:

Jessica Fox
 Sheila Ingraham
 Michele Gotfried
 Shari Blackwell
 Jenny Coffill
 Nancy Gregory

Donated by HRS:

HRS Ledger—David Cramer, Nancy Clark, Linda Holley, April Phillips
 Vaughn Grigsby, Tina Haggy, Rich Bolin, Brandi Mullins, Jodi Toledo, Jodi Webster, Amy Isaac
 HRS T-Shirt—Cheryl Spence, Joy Strickland, Lee Cordray, Heather Ousley

Donated by Anasazi:

Anasazi Bag—Jody Brooks, Laurel Howe, Cathy Chelak, David Lira, Jacob Edinger, Donna Johnson, Aja Davis, Rose McDonald, Deb Hood

Donated by Holzer:

Bag & Cooler—Becca Wachenswanz

Donated by OU Wellworks:

1 Year Membership—Cathy Chelak

Donated by Ameriprise:

BB-Q Basket—Courtney Riggs

Donated by Sam’s Club:

Juicer—Chad Bobo

Ready to take charge of your physical health?



Take Advantage of the Health Recovery Services Corporate Membership Rate!

Wellworks isn’t just a fitness center—it’s a health and wellness facility. As a member, you can enjoy the fitness center, group exercise classes, and the personal training program. At a reduced price, you can sign up for nutritional counseling/workshops, massages, and health screenings. As a member of Wellworks, you can also participate in programs like *HeartWorks* and *Healthy Ohio*

To become a Wellworks member, you will be required to pay a one-time \$35 enrollment/health assessment fee. This will cover the cost of cholesterol/glucose screenings and other components of the health assessment.

Corporate Membership Fees:
 Monthly: \$27 (\$24.00 if 55 & over)
 Yearly: \$175* (\$158.00 if 55 & over)

*As a staff member at HRS, you save \$100—regular “Community” wellworks memberships are \$275!

You can try Wellworks out before purchasing an extended membership by paying the visitor’s fee (\$5 per day).

To get started with Wellworks, Call 593-2093!

Visit Wellworks’ website at <http://www.ohio.edu/wellworks>

Thanks to all who participated in the 2010 Health and Benefit Fair!
Mark your calendars for next year’s Fair, on Wednesday, June 29th

Staff Birthdays

July

4th Mark Griffin
 9th Cheryl Spence
 10th Ray Martinez
 15th Amy Sappington
 16th Darnell Harris
 17th Regina Smith, Tyrone McCloud, Sherry Selbee
 28th Tasha Kisor
 29th Maryann Weiss



August

5th Pam Ramage
 6th Angie Stowers, Nadine Cambridge
 11th Robert Jarvis
 12th Bonnie Mugrage
 14th Sue Cassels
 15th Virginia Sustarsic
 16th Brandi Mullins, Angie Kennedy
 18th Bob Johnson, Chad Scott
 19th Courtney Riggs
 21st Bethany Fulton, Deanna Robinette, Tracey Monroe
 23rd Nancy Clark
 24th Sherry Maffin, Shawna Green
 26th Lori Duhl
 28th Serena Hopkins
 31st Vaughn Grigsby

From: Staff
To: Staff



Special Greetings

GREAT JOB and THANK YOU
Jessica Fox, Melinda Holley, and Andy Trout

for your hard work in supporting consumers during a time of transition at Albany.

WELCOME

to the Albany clinical team
Rebecca Savage!

GOOD LUCK

Bob Grimmer!
You will be missed!

CONGRATULATIONS on your new position, MATT ROSLER!

WELCOME to AAEP, JEREMY KERNS!

Employee Longevity

July

10+ Years

Pat Lewis
 Renee Phillips
 David Cramer
 Deb Eichhorn

8 Years

Sue Cassels

3-4 Years

Jessica Hawk
 Stephanie Snyder
 Shawna Green
 Connie O'Rourke
 Amy Davis

1-2 Years

Brett Knott
 Bethany Fulton
 Angeli Desai

August

22 Years

Reggie Robinson

10+ Years

Paula Holcomb
 Cathy Chelak
 Vicki Williams
 Kim Brozak

5-8 Years

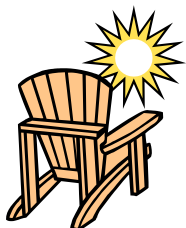
Jessica Fox
 Jenny Harris
 Karen Smart
 Ashley Holt
 Pam Ramage

3-4 Years

Tina Boudinot
 Aja Davis
 Nancy Gregory

1-2 Years

Rebecca Savage
 Tasha Kisor
 Bonnie Brooks
 Brandi Mullins
 Richard Bolin
 Brandon Holley
 Gary Cordingley
 Samantha Shafer
 Michael LeClain



Thank You



RWRP Staff

for all the effort that you have put into helping keep women in tx who have been addicted to opioids. Also, a special thanks to Clinical staff who are working towards their CRA accreditation! -Cathy Chelak

Thank You

To everyone involved in making the Health Fair a success. I really enjoyed and appreciated it.

-Shari Blackwell, BH Nursing

Thank You

Dr. Joe Gay, Regina Smith, and Sherry Maffin

For your time and effort with grant development and submission.

Thank You

Thanks for all the care, concern, and support from everyone during our recent family crisis.

-John and Deen Padgett

A Special Thanks

I deeply appreciate the kind words from staff agency-wide during the time of my grandfather's passing. You are all amazing, thoughtful people; I am grateful to have you as co-workers.

-Amy Moore, RWRP

WELCOME to the Facility Support Staff, LEW!

We Will Miss You!

The Meigs Outpatient office is losing both a friend and a co-worker in July. Julie Mayer is leaving HRS after 20 years of service. We are happy that she has found a position that she is very anxious and happy to be starting, but we're very sad to see her go. She will be sorely missed at Meigs. Lori and Connie wish her much happiness with her new position, and we are sure everyone who knows or has worked with Julie these past 20 years does also. **Good luck, Julie!**