

Welcome

# HRS News



Promoting Quality Agency  
Communication Since 2007

July, August, & September 2011

## Welcome to HRS!

New Employees Hired in  
May and June

Mary Beth Furbee  
Precious Douse

Our Electronic Health Records training will begin with Super Users on July 19th and continue into August. This is the first phase of implementation! Look out HRS— Here comes ANASZI



Whatever your plans may be...have a safe, relaxing, and enjoyable summer!



**If you drive an agency vehicle and notice any lights on in the dashboard (especially tire pressure sensor), please notify Facility Support IMMEDIATELY.**

**Agency vehicles ARE NOT for personal use. HRS vehicles are not to be used to travel to personal appointments and other activities. Do not transport your family members in an agency vehicle.**

## Website Suggestions? Newsletter Ideas?

Please submit suggestions and other comments to the Quality Improvement Dept.:  
Stacy Morgan: [smorgan@hrs.org](mailto:smorgan@hrs.org)  
740.592.6724 ext. 106

**Please Visit the Health Recovery Services Website:**  
<http://hrs.org>  
**\*Save it as your homepage!\***

## In this issue:

**Stress-Induced Sleeplessness**  
(Read the article on P. 2)

**July, August, & September TRAINING SCHEDULE**  
(see P. 3)

**DONE-RIGHT AWARD WINNERS, Health & Benefit Fair Winners**  
(see P. 4)

**NEW OUTPATIENT OFFICES, STAFF BIRTHDAYS, HIRE ANNIVERSARIES**  
(see P. 5)



## Holidays & Celebrations

**Sunday, July 24th**  
*Parent's Day*

**Monday, August 1st**  
*Ramadan begins*

**Monday, September 5th**  
*Labor Day [Agency Holiday]*

**Sunday, September 11th**  
*Patriot Day*

**Wednesday, September 28th**  
*Rosh Hashanah begins @ sundown*

# Nightingale News



HRS Nursing Department

May/June 2011

Reported by Manager of Nursing

## Solving Stress-induced Sleeplessness Naturally...

Many people wake up at four, three, sometimes even two in the morning and can't get back to sleep. Even when a person has taken all of her/his physician's advice about sleep hygiene and bought room-darkening shades, turns off her/his electronics at least an hour before going to bed to enjoy some down-time, doesn't eat before bed or participate in any stressful conversations, they still wake up early each day, revved up and ready to go.

Often people are so desperate for sleep that they are willing to risk the side effects of Tylenol PM, Lunesta, or Ambien. These drugs and other sleeping pills don't get to the root of sleep problems, and can leave individuals feeling awful in the morning. The good news is that you can reset your sleep-wake cycle by understanding more about its root causes and working with nature's safe and effective supplements to gently remind the body to rest.

### Sleep cycles gone wild — a product of our modern lifestyle

Like it or not, we are constantly exposed to light and electronic pollution. Unlike our ancestors, we can have light, instant communication, and electronic entertainment at any hour of the day without even leaving our homes! These luxuries send wake-up messages to the brain and can confuse the body when it's time to sleep. Lights also allow us to work longer hours, travel late into the night, etc. They ignite the nervous system and heighten our stress response.

Many people are surprised to hear that our stress response is intimately connected to our sleep rhythms. Here's an overview of what can happen:

1. Any kind of stress — whether it's a traffic jam, a disturbing phone call, or simply the light of a computer screen — can send a message to the brain to prepare for "fight or flight." Unfortunately, the primitive part of our brain can't decipher a stressful phone call from a wild animal chasing us.
2. The sympathetic nervous system (see box at right) helps to prepare your body for the challenge by sending messages to various glands and organs, including the adrenal glands.
3. Your adrenal glands, which hold the responsibility of mediating your stress response (and many other things), release hormones like adrenaline and cortisol.
4. Cortisol is intimately linked to your circadian rhythm and is generally highest in the morning and gradually declines throughout the day to prepare you for sleep at night. But when cortisol creeps up at night, the body is getting the message to stay awake and alert.

What's surprising for many people is that common things you might not think are "stressful", like certain types of lighting, computers, televisions, and cell phones, all have the ability to ignite the sympathetic nervous system. And when the stress response is heightened on a regular basis, sleep cycles can be thrown off night after night. The good news is that you can gently remind your body what time it is. And you can do this through lifestyle modifications and through herbs, minerals, and sleep-supporting molecules.

ZZZZ...ZZZZZZ...ZZZZZZZZ...ZZZZZ...ZZZZZZ...ZZZZZZ...ZZZZZ...

## Nursing Notes & Reminders

- Thanks to all nurses for your hard work!



*Remember  
to thank a  
nurse!*

### TB/ HBV Clinics:

HOP Grey 7/26 & 7/28  
HOP Spring 7/26 & 7/28  
Admin, AOP, DCS 9/13 & 9/15  
VOP 9/27 & 9/29  
RWRP 10/11 & 10/13  
MOP 10/25 & 10/27

Contact Manager of Nursing,  
Amy Sappington @ Ext. 105, for  
more information

### Sympathetic Nervous System

*The sympathetic nervous system* prepares us to meet challenges by sending messages to a number of different glands and organs, including the adrenal glands. The adrenal glands are responsible for mediating our stress response through hormones like cortisol and adrenaline. The cortisol curve, which is naturally highest in the morning, can shift with unrelenting stress, making it difficult to sleep at night.

### Sleep tips for every day

**Eat and drink for sleep.** Connect the dots between what and when you eat and how well you sleep — sugar, caffeine, and alcohol may be factors to consider.

**Adapt your routine.** Set a reasonable bedtime, unplug before bed, and try exercising in the morning or at midday instead of in the evening.

**Promote good sleep hygiene.** Be sure your room is dark, quiet, and has comfortable bedding. Don't allow electronics or digital clocks to "zap" you in the night.

**Consider your stress and anxiety.** The stress hormone cortisol is connected to our circadian rhythms. Supporting healthy cortisol balance and adrenal health may help to reset your sleep-wake cycle.

# Training Schedule

**July / August / September 2011**

**Wednesday, 7/13**

RWRP TACT 2 Refresher at Admin  
(begins at 8:30 am)

**Tuesday-Friday, 7/19–7/22**

Anasazi EHR Super-user Training  
(8:30-5:00 pm)—at Admin  
ATTENDANCE for Super-users ONLY

**Wednesday, 7/20**

RWRP TACT 2 Refresher at AAEP  
(begins at 8:30 am)

**Monday–Friday, 7/25–7/29**

Super-user training at Admin—by site,  
appointments only!

**Wednesday, 7/27**

Adult CPR & First Aid @ Admin  
(downstairs)  
CPR begins at 8:30am  
First Aid begins at 12:30pm  
Test outs on 7/26\*\*

**Tuesday–Friday, 8/2–8/5**

Anasazi EHR Super-user Training  
(8:30-5:00 pm)—at Admin  
ATTENDANCE for Super-users ONLY

**Monday–Friday, 8/8–8/12**

Super-user training at Admin—by site,  
appointments only!

**Tuesday, 8/9**

AAEP TACT 2 Refresher at AAEP  
(begins at 8:30 am)

**Wednesday, 8/10**

Adult, Child and Infant CPR & First Aid  
@ Admin (downstairs)—RWRP only!  
(8:30 am–4:30 pm)

**Thursday, 8/11**

Fetal Alcohol Spectrum Disorders  
(9:00 am –12:00 pm) @ Admin  
(location TBD)

**Tuesday, 8/16**

Adult CPR & First Aid @ AAEP  
CPR begins at 8:30am  
First Aid begins at 12:30pm

**Monday–Wednesday, 8/22–8/24**

TACT 2 full course at Administration  
(8:30 am–4:30 pm, daily)

**Wednesday, 9/7**

Defensive Driving at Administration  
(9 am- 4pm)

**Wednesday, 9/28**

Adult CPR & First Aid @ Admin  
8:30am–1:00 pm)

Training Compliance is at  
96%—Great job HRS!

Get ready for the NEW  
1st Aid and CPR curriculum  
debuting in August!

Thank you to all of the Office Managers / Administrators who are  
also adjusting to Stephanie being gone! I really appreciate your pa-



## Q.I. Corner

- QI would like to encourage any staff member who has successfully completed CPR and 1st Aid training with HRS 3 or more years to sign up for **CPR and 1st Aid test-outs** when your certification nears the expiration date. Due to staffing shortages with training personnel and the need to ensure that employees are utilizing agency resources appropriately, long term employees will need to schedule to test out beginning with the July training.

### Contact the Quality Improvement Department:

Stacy Morgan, Q.I. Coordinator  
email: smorgan@hrs.org  
Phone: 592-6724 ext. 106

**CPR and First Aid test-outs** require a passing grade on written exams as well as correct demonstration of skills. **Test-outs last approx. 30-45 minutes.**

## Supervisors...

Please remember to be working on your narratives for the 317 Board Outcomes which are due to QI by July 27th!

Watch for Table Top Drills—coming soon to your site!

## Reminders from Quality Improvement

Due to recent changes in personnel, please make sure that all of the following items are turned in by the due dates:

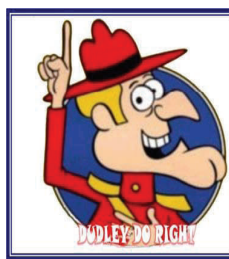
- Site reports and productivity reports (by the 15th of each month)
- Fire / tornado drills, vehicle inspections, 30-day since seen reports, 180-day overdue reports, 30-day follow-up for Outcomes (AAEP not required monthly) (by the 1st of the month)
- Clinical peer reviews (for QRR), Physician peer reviews, and ASR Reviews (quarterly, due the 1st of October for July-Sept / the 1st of January for Oct-Dec / the 1st of April for Jan-Mar / the 1st of July for Apr-Jun)
- Newsletter items (ongoing, will be published in July, October, January, and April each year—deadlines will be the last day of the month prior to publication)

Please make sure that you forward copies of Incident Reports, State / Local fire inspections, Building inspections, Program Satisfaction Surveys (initial impression and discharge), and Nursing Outpatient reviews (Nurses only) as soon as possible!

If you have any questions, please contact Stacy Morgan in the QI Dept. at 592-6724, ext. 106 or smorgan@hrs.org

## “Done Right” Award of Excellence

Presented by Executive Cabinet Members  
Congratulations to Award Winners!



### May / June Recipients

Nancy Dotson-Bulstrom	Regina Smith	Sherry Maffin
Stephanie Snyder	Delcee Proffitt	Facility Support
Teresa Lyons	Teresa Grigsby	Chad Bobo
Sharon Jago	Rich Green	Lew Pulver
Cathy Chelak	Sharon Roush	Jeremy Kerns
Ashley Holt	Angela Stowers	Amy Davis
Deanna Robinette	Jessica Fox	Tasha Kisor
Linda Strunk	David Johnson	Tammy Smith
Della Jordan	Melissa McCormick	

**Congratulations** to staff from all sites. As of July 1st, only four 180-day reviews were past due and there were only 25 consumers that had not been seen within the last 30 days! This is an outstanding improvement that you have been working toward for the past 4 months! Congratulations...each of you deserves to be commended for this fantastic achievement!

### **Award Winners from the Health & Benefit Fair**

**OU Key Chain**—Shari Queen, Julie Garner, SR Tilton, Leslie Enterline

**OU Bag**—Becky Barber, Tammy Smith, Rachel Farcas

**OU Mug**—Amy Davis, Abbey Thompson, Roseann McDonald

**HRS Cup**—Mary Male, Sheila Ingraham, Becky Barber, Darcie Caprio, Brenda Spencer

**Anasazi Bag**—Jenny Harris, Karen Smart

**Guardian Mug**—Abbey Thompson, Stacey McCord, Linda Holley, Lew Pulver, Tammy Smith, Laurel Howe, David Arrington, Chris McLain

**OU Stadium Blanket**—John Padget

**HRS Note Folder**—Tasha Kisor, Chris McDaniel, Joanna Carter, Patsy Bail, Sharon Jago

**Folding Chair**—Virginia Sustarsic

**HRS backpack bag**—Kim Brozak, Teresa Lyons, Janet Bergman, Stacy Barnhouse, Maryann Weiss, Evelyn Nagy, Belinda Fleming, Pat Lewis, Laura Arbaugh, Rebecca Savage, Amanda Barrow, Amy Moore, Angela Stowers, Cheryl Spence, Teresa Grigsby, Jennifer Daubenmire, Jessica Hawk, Ray Martinez, David Arrington, Rich Green, Chad Bobo

**Basket donated by Donkey Coffee**—Brenda Cremeans

**One-year membership certificate to Wellworks**—Joey Scott

**Congratulations to all of the HRS Winners!**  
**Thanks for coming to the Health and Benefit Fair!**

**Get in shape for  
Summer / Fall—  
Remember, the  
holidays are just  
around the corner!**

**Take Advantage of**

**WellWorks**

**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.

#### **Community Membership Fees:**

Monthly - \$42.00  
Yearly - \$275.00  
Family - \$410.00

\*As a staff member at HRS, you may be able to save additional money—contact HRS Human Resources for additional information.

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>**

# Staff Birthdays

## July

8th Regina Smith      9th Cheryl Spence  
 10th Belinda Fleming      15th Tasha Kisor  
 17th Amy Sappington  
 Jennifer Daubenmire  
 18th Ray Martinez, Sherry Selbee  
 23rd Maryann Weiss      28th Stephanie Kern  
 29th Jeffery Stout

## August

5th Pam Ramage  
 6th Angela Stowers, Nadine Cambridge  
 11th Rob Jarvis, Karen Secoy  
 12th Bonnie Mugarage  
 14th Sue Cassels  
 15th Virginia Sustarsic  
 16th Brandi Mullins, Angela Kennedy  
 18th Bob Johnson, Chad Scott, Lauren Wright  
 19th Courtney Riggs  
 21st Deanna Robinette, Tracey Monroe  
 23rd Nancy Clark  
 24th Sherry Maffin, Shawna Green

## August (continued)

26th Lori Duhl      27th Karla Mills  
 28th Melissa McCormick, Serena Hopkins  
 29th Holly Piper      31st Vaughn Grigsby

## September

1st Delcee Proffitt  
 6th Charlene Bruss, Michael LeClain  
 7th Jessica Fox      8th Amy Barber  
 9th Tara Whaley  
 10th Diane Blankenship, Patsy Bail  
 12th Sandy Taylor      14th Sara Collins  
 15th Julie Garner, Joanna Carter,  
 Matt Rosler, Chad Bobo  
 19th Shelton Curtis, David Cramer  
 20th Wanda Lindsey      21st Kristal Davis  
 22nd Della Jordan  
 26th Jodi Webster, Mary Beth Furbee  
 27th Joy Strickland      29th Tina Harper  
 30th Michelle Swanson

## Happy Birthday!

...And so the CARF  
 countdown begins...  
**11 months!**

## Two New Additions to HRS

The **Gallia Outpatient** office is located at Woodland Centers, Inc., 3086 State Route 160, Gallipolis. Hours of operation are 8:00am to 6:00pm on Mondays and Wednesdays.

The **Jackson Outpatient** office is located at Holzer Medical Center, Woodland Centers, Inc. Suite 240, 500 Burlington Road, Jackson. Hours of operation are 8:00am-5:00pm on Tuesdays and Thursdays.

Jessica Fox, LCDC II serves as the primary clinician of both locations, with Angela Stowers, PCC-S, LICDC, OCPS I providing clinical supervision and program coordination at both locations as well.

Phone and Fax numbers:

**Gallia Outpatient**  
 Phone (740) 441-4420  
 Fax (740) 441-4402

**Jackson Outpatient**  
 Phone (740) 286-5075 ext. 217  
 Fax 1-888-883-1256

## Employee Longevity

July, August, and September

### 23 Years

Reggie Robinson

### 20 Years

Connie Chapman,  
 Bob Johnson

### 16 Years

Paula Holcomb

### 14 Years

James Muntean,  
 Maryann Weiss,  
 Renee Phillips, Pat  
 Lewis, Cathy Chelak

### 13 Years

Christine McDaniel

### 12 Years

Dave Cramer, Deb  
 Hood

### 11 Years

Vicki Williams, Kim  
 Brozak

### 7-9 Years

Sue Cassels, Jenny  
 Harris, Jessica Fox,  
 Karen Smart, Sheri  
 Bradford, Diane  
 Blankenship, Laura  
 Hopstetter, Bernie  
 Heckman

### 5-6 Years

Jessica Hawk, Pam  
 Ramage, Ashley  
 Holt, Rich Green,  
 Stacy Morgan

### 3-4 Years

Shawna Green,  
 Connie O'Rourke,  
 Amy Davis, Tina  
 Boudinot, Aja Davis,  
 Nancy Gregory,  
 Rebecca Savage,  
 Tasha Kisor, Bonnie  
 Brooks, Brandi Mullins,  
 Rich Bolin, Kat  
 Givens, Andrew  
 Trout, Carrie  
 McManis

### 1-2 Years

Nikki Webb, Tammy  
 Bush, Whitney  
 Clark, Stephanie  
 Kern, Karla Mills,  
 Abbey Thompson,  
 Lauren Wright, Terri  
 Chambers, Melissa  
 McCormick, Jennifer  
 Daubenmire, Gary  
 Cordingley, Michael  
 LeClain, Jennifer  
 Merrill, Tara Dishon,  
 Ermiece Straub

From: Staff  
 To: Staff



Special Greetings

Congratulations! Agency-wide training compliance is at 96%

## Congratulations!

Linda Strunk was named  
**2011 Outstanding Graduate Field Instructor**  
 by Ohio University!

Bassett House would love to thank "Rockin Reggie" for the wonderful time he provided for the kids at our Back Yard Park Day on July the 6th. He is truly loved and appreciated by youth and staff and will always be welcome to the Big Blue House on The Big Green Hill.

The Staff & Kids @ BH

**NOTICE:** Meigs Outpatient will be functioning without the support of Connie Chapman for the foreseeable future...please contact Sharon Roush if you need assistance in Meigs County

We miss you Connie Chapman and hope to see your bright face soon.  
 We think of you often...

**Vicki & the MOP Staff**

During the Fourth of July Celebration in Vinton County the baby contest was won by 7 month old, Kayden Robinette. Kayden is the grandson of Deanna Robinette from VOP.

**Congratulations Little Mister Firecracker**

*THANKS to the Human Resources Department for doing an outstanding job with the Health and Benefit Fair. We appreciate all of your hard work and the work of those who helped you make the event a success!*

**HRS Staff**