



Health Recovery Services, Inc. Newsletter

Promoting Quality Agency Communication Since 2007

Nov/Dec '09

You are invited to the 2009 HRS Staff Recognition Celebration

Wednesday, December 2nd
1:00pm-5:00pm

Athens Community Center
Dr. Gay will speak at 2pm and 4pm



Awards will be presented for special recognition and longevity

Luncheon Buffett ✨ Rockin' Reggie ✨ Families Welcome



New Employees
Hired in
September and
October

Tiffani Culbertson
Talley Pratt
Ashley Midkiff
Erika Broze
Ashley Gardner
Jerry Collins
Larry Aderanti
Andrea Henry
Lori Duhl

Attention Staff

Recently, an agency vehicle had to be repaired due to the carbon filter and "overfilling" or "topping off" the gas tank. Please do NOT "top off" the gas tank when filling up agency vehicles, as this can lead to very costly repairs.

Thanks!
-Facility Support
Staff



Announcements

NOVEMBER / DECEMBER TRAININGS

Wednesday, 11/18

Adult CPR & First Aid @ Admin
CPR 8:30am F/A 12:30pm

Thursday, 11/19

N.E.A.T. @ Admin
8:30-Noon

Friday, 11/20

NCI Refresher @ Admin
8:30am-11:30am

Thursday, 12/3

CPR @ DCS, 9:30-12:30

Monday, 12/7

Defensive Driving @ DCS
9am-4pm

Monday, 12/14

Adult, Child & Infant CPR @
Grey Street
8:30am-3:00pm

Friday, 12/18

NCI @ Admin, 8am-4pm

Wednesday, 12/23

Adult CPR & First Aid @ Admin
CPR 8:30am F/A 12:30pm

Thursday, 12/24

N.E.A.T. @ Admin
8:30am-Noon

Holidays & Celebrations

Wednesday, November 11th

Veterans Day—Office closed

Thursday, November 26th

Thanksgiving
(Office closed 26th —27th)

Monday, December 21st

First Day of Winter

Friday, December 25th

Christmas Day—Office closed

CPR TEST OUT

The CPR test out option is available for those who have taken CPR 3 or more times while being employed with the HRS.

All you have to do is pass the written tests and demonstrate the skills! Contact QI to schedule your test out for *Nov. 17th.

Make Health Recovery Services your homepage!
<http://www.healthrecserv.org>

Nightingale News



*HRS Nursing Department
November/December 2009*

Reported by Manager of Nursing
Amy Sappington

H1N1 Symptoms: When to Seek Medical Care

The symptoms of pandemic H1N1 virus are similar to the symptoms of seasonal flu and include **fever, cough, sore throat, body aches, headache, chills and fatigue**. Some people have reported diarrhea and vomiting, which have been more common in children.

Like seasonal flu, H1N1 flu may cause a worsening of underlying chronic medical conditions.

When exhibiting flu symptoms, either seasonal or pandemic H1N1, stay home from work or keep children home from school. If symptoms become more severe, the individual is pregnant or you have an underlying chronic medical condition, seek medical attention immediately. Like seasonal flu, H1N1 flu may cause a worsening of underlying chronic medical conditions.

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing/trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu like symptoms improve but then return with fever and worse cough

If you have had the flu, either seasonal or pandemic H1N1, the Centers for Disease Control and Prevention (CDC) recommends staying home for 24 hours after fever is gone without using fever-reducing medication.

From the Ohio Department of Health

Nursing Notes & Reminders

Check out the new Nursing Services Page on the Health Recovery Services Website:
www.healthrecserv.org/nursing.html

2009 H1N1 Vaccine General Q & A

From the Centers for Disease Control and Prevention

Q: Is the H1N1 vaccine safe?

A: The CDC expects the vaccine to have a similar safety profile as seasonal flu vaccines, which have a very good safety track record.

Q: Are there any side effects to the H1N1 vaccine?

A: The CDC expects that any side effects following vaccination with the H1N1 vaccine would be rare. If any occur, they will likely be similar to those experienced following seasonal influenza vaccine:

Possible Flu Shot Side Effects

Soreness/redness where shot was given
Low grade fever
Aches
Nausea

Possible Nasal Spray Side Effects

(In Children)	(In Adults)
Runny nose	Runny nose
Wheezing	Headache
Headache	Sore Throat
Vomiting	Cough
Muscle Aches	
Fever	

Q: Will the benefits of the H1N1 vaccine outweigh the risks?

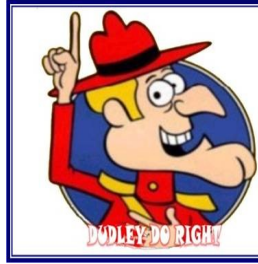
A: The H1N1 flu currently seems to be causing serious complications for healthy young people from birth thru age 24, pregnant women, and adults 25 to 64 who have underlying medical conditions. The CDC and FDA believe that the benefits of vaccination will far outweigh the risks.

Q: What is the best source for more H1N1 flu information?

A: Visit <http://www.flu.gov> for up-to-date information on H1N1 influenza.

New Staff Recognition Award

In an effort to recognize those who go above and beyond their regular job duties at Health Recovery Services, the HRS Executive Cabinet has established the "Done Right" Award of Excellence. Staff members who receive this special recognition will be awarded a certificate, and will be featured in the newsletter.



Recipients of the "Done Right" Award of Excellence are:

September

The Staff of Rural Women's Recovery Program

Mary Male of Facility Support

Regina Gray-Luce of DCS

October

The Staff of Rural Women's Recovery Program

Q.I. Corner

- QI will be visiting sites to take photos of employees for the upcoming staff recognition celebration slide show
- We are organizing a holiday cookie swap (see below.)
- The CARF Plan of Correction was submitted and approved.
- 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.
- All agency staff members are reminded to wear IDs at all times!

Save the Date

Training for HRS Staff Members

OPERATION STREET SMART

January 13, 2010 8:30am - 4:30pm

Provides current narcotics information on trends, terminology, paraphernalia, and physiological effects to those individuals who deal with today's youth on a daily basis.

Community Reinforcement Approach (CRA)

March 9th through 12th, 2010

March 9th thru 11th: 8:30am - 4:30pm

March 12th: 8:30am - Noon

A comprehensive behavioral treatment model for working with people with substance use disorders; assists the individual in developing a lifestyle and environment where the reduction of or abstinence from use of alcohol or drugs is rewarded, and substance abuse or dependence is discouraged. Participants will gain a theoretical understanding of CRA, become knowledgeable about the empirical research demonstrating the effectiveness of A-CRA, enhance skills at presenting A-CRA to clients and engaging resistant clients, and learn and practice CRA clinical procedures.

Both trainings will be held at the Athens Community Center

701 East State Street, Athens, Ohio 45701

***Lunch will be provided at both trainings.**

Contact: Teresa Lyons, Staff Development Specialist

Register by phone or email: (740)592-6724 ext. 118, tlyons@hrs.org

cookie swap



The Quality Improvement Dept. is organizing an agency-wide holiday cookie swap. All cookie bakers are encouraged to participate!

Sign up by December 4th
Cookie Swap is planned for Thursday, December 17th, 11am-1pm

Must provide 8 dozen cookies

QI will be available to pick up cookies at MOP, VOP, and Hocking offices on Dec. 16th.

Sign up by contacting Stacy or Stephanie in the QI Dept

(740) 592-6724

smorgan@hrs.org

ssnyder@hrs.org

**The Hocking-CD
(Front Street) office
will be moving to their
new Spring Street
location in Logan on
December 7th and 8th**

Division of Community Services

DCS News

★ The Division of Community Services is pleased to welcome **Jeremy Kerns** as the new Mentoring Coordinator and Prevention Specialist. He was formerly the teaching assistant at Bassett House. **Welcome aboard, Jeremy!**

★ The Vinton County Teen Institute visited residents at the Twin Maples Nursing home in October to pass out cookies; they have plans to visit Twin Maples once per month.

★ Congratulations to former DCS employee Rebecka Flanders on being named the recipient of the 2009 Substance Abuse Prevention Advocate Award by the Athens/Hocking/Vinton 317 Board!



The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls at home. Most telemarketers should not call your number once it has been on the registry for 31 days. If they do, you can file a complaint. You can register your home or mobile phone for free.

Register Now by visiting
www.donotcall.gov



This Holiday Season, If You Catch a Buzz, Catch a Ride

Impaired driving is one of America's deadliest crimes. Nationally, more than 13,400 people died in alcohol-related highway crashes during 2006. Every day, 36 people in the United States die and 700 more are injured in an alcohol-related crash. According to the National Highway Traffic Safety Administration (NHTSA), about three in every ten Americans will be involved in an alcohol-related crash at some point in their lives. That's why Health Recovery Services is joining with other national, state and local highway safety and law enforcement officials to remind everyone this holiday season to always designate a sober driver before each holiday party or event involving alcohol.

Designating a sober driver before the party begins is just one of several simple steps to remember to help avoid a tragic crash or an arrest for impaired driving. Here are some other simple reminders for a safer holiday season:

- **Don't even think about getting behind the wheel of your vehicle if you've been out drinking;**

- **If you are impaired, call a taxi, use mass transit, or get a sober friend or family member to come and get you;**
- **Or just stay where you are and sleep it off until you are sober.**

And remember – *Friends Don't Let Friends Drive Drunk*. Take the keys and never let a friend leave your sight if you think they are about to drive while impaired.

If you are hosting a party this holiday season, remind your guests to plan ahead, always offer alcohol-free beverages during the event, and make sure all of your guests leave with a sober driver.

Since 1981, every President of the United States has proclaimed December "National Drunk and Drugged Driving (3D) Prevention Month" to help underscore the public's commitment to preventing impaired driving and promoting the use of designated drivers and sober ride programs. The month of December and the New Year's Eve holiday are also often highlighted by significant increases in state and local law enforcement efforts to combat impaired driving such as the use of sobriety checkpoints and saturation patrols.

Athens Takes It Off

Health Education Series

★ Open to the Public ★

Held at the Athens
Community Center
701 East State Street, Athens

January 5th, 5:30-6:30pm

January 12th, 12:10-1pm

"Less Pain, More Gain"

Instructor: Tom Murray

January 19th, 5:30-6:30pm

January 26th, 12:10-1pm

"Making Choices, Making Changes, Finding a New Food Way"

Instructor: Francie Astrom

February 2nd, 5:30-6:30pm

February 9th, 12:10-1pm

"Mood and Food"

Instructor: Kim Valentour

February 16th, 5:30-6:30pm

February 23rd, 12:10-1pm

"Changing for Good"

Instructor: Jeanne Heaton

March 3rd, 5:30-6:30pm

March 10th, 12:10-1pm

"Moderation is Key"

Instructor: Barb Nakanishi



Bassett House Employee of the Month

Paul Olsen



Paul Olsen was chosen as the August Employee of the Month. He has been an employee of HRS since June 1999. Paul is very considerate of others and is always willing to fill in for maintenance when needed. (He also looks really cool on that bike). Thanks for everything, Paul!

Cindy East



Cindy East was chosen as the September Employee of the Month. She has been an employee of HRS since February 2008. She has been a real asset to our kitchen staff; she is very dependable, has a great sense of humor and is a great cook. She has also been very supportive of our fundraising efforts for the deck. Thanks for all that you do, Cindy!

Do you Know How Your Co-Workers Celebrate the Season?

Hanukkah—December 11th-19th

Also known as the “Festival of Lights”, Hanukkah is an 8 day Jewish holiday commemorating the rededication of the Holy Temple in Jerusalem at the time of the Maccabean Revolt of the 2nd century BCE. The festival is observed by the kindling of the lights of a special candelabrum, one light on each night of the holiday. Families usually gather for evening meals and children are given small gifts each night of the festival.

Christmas—December 25th

Christmas is an annual holiday that commemorates the birth of Jesus of Nazareth. Modern customs of the holiday include gift-giving, Church celebrations, exchange of Christmas cards, and the display of various decorations—including the Christmas tree, lights, mistletoe, nativity scenes, and holly.

Kwanzaa—December 26th-January 1st

Celebrated primarily in the US honoring African heritage and culture, Kwanzaa is marked by participants lighting a kinara (candle holder). Kwanzaa features activities such as candle-lighting and pouring of libations, and culminating in a feast and gift giving.

Blast from the Past

By Sherry Maffin

The History of the “Silly Awards”

The “Silly Awards” originated in the early 1990’s when the HRS Administrative offices were located on College Street; there were approximately a dozen staff members at that location. This was the brainstorm of the late Linda Stover Dowden and yours truly. The goal was to have fun during the holidays and was combined with a potluck lunch and gift exchange. Linda and I would observe staff throughout the year and decide, in early December, who to “recognize” with the “Silly Awards.” A certificate was given to each recipient, as well as a small inexpensive “silly” gift that related to their award (gifts were paid for by private donors). Of course, this was always meant to be fun and not hurtful at all to anyone.

When Administration moved to the 2nd floor of the hospital (ABH), the Athens Outpatient office and DCS were also located there. They were then included in the festivities. Staff seemed to be excited and wondering who would be the next target of the awards, which was a well guarded secret...

One of the very first awards was presented to Nancy Dotson and was called the “*Social Butterfly Award*,” with her gift being a small butterfly. Other examples of the awards include: Reggie Robinson, the “*Derby Award*” (gift was a package of cars); Regina Smith, the “*Handy Woman Award*”(gift was a play saw); Tim Colwell, the “*Farmer Award*” (gift was a bag of play animals); Carolyn Waller, the “*Ice Bandit Award*” (gift was ice cube trays); Darcie Caprio, “*Fire Starter Award*” (gift was a fire chief hat); Jodi Toledo, the “*Scapegoat Award*” (gift was a small rubber goat); Julie Garner, “*DCS Shuffle Award*” (gift was bungee cords); Joe Gay, the “*Fireman Award*” (gift was a statue of a fireman); and Ellen Martin, the “*Cell Phone Award*” (gift was a toy cell phone).

There have been many more over the years. You can use your own imagination as to the reason for the awards. The “Silly Awards” have come to be revered by all who have received them. I know that it is something that I look forward to every year. With Linda Dowden’s passing several years ago, Nancy Dotson, Teresa Lyons and Sharon Jago have stepped up to help with this event. So, remember, if something funny happens, the next recipient could be YOU.

Staff Birthdays

November

5th Stephanie Snyder
 9th Connie Zickafoose
 14th Connie O'Rourke
 15th Janet Bergman,
 Stacey Barnhouse
 17th Renee Stevens
 25th Lisa Creech, Cheryl Taylor
 27th Ellen Martin
 28th Kim Brozak
 29th Jenny Harris, Gary Cordingley
 30th Tammy Smith

December

1st Sheila Ingraham
 4th Kat Givens

December (continued)

7th David Arrington
 8th Jeanette Coffill
 11th Charles Lewis
 12th Linda Holley, Connie Chapman
 Earl Stump
 14th Laura Arbaugh
 16th Donna Johnson
 19th Rebecca Savage, Crystal Long
 Andrea Henry
 21st Vicki Williams
 27th Mary Male, Carrie McManis
 28th Ashley Holt
 29th Dr. Joe Gay, Tina Hosken

Happy Birthday!

From: Staff
To: Staff



Special Greetings

A Special Thank You

"No good deed goes unnoticed"
 Thank you to everyone for your ongoing support and kindness during my illness, surgery, and recuperation.

-Carolyn Waller, AOP



The staff at MOP would like to wish everyone in the agency **Happy Holidays and a Happy, Healthy New Year!**

Congratulations

Jeremy Kerns

On your new job at DCS.
 We Miss You!
 -BH Medical Records

Happy Holidays!

From Kathie England and the Grey Street Office

Julie and Connie would like to welcome **Lori Duhl** to our team at MOP.

We hope she will find a new home here with us for a long time.

Welcome, Lori!

Thank You

Bassett House would like to thank everyone who contributed to our deck fund. Over \$800 was raised toward the deck. A special thanks to all who worked on the project. The deck looks good and provides a much needed break area for staff.

- John Padgett

Employee Longevity

November

19 Years

Patsy Bail
 Bonnie Murgage
 Julie Mayer

10 Years

Linda Holley
 Sarah Irwin
 Shelby Fox

5-8 Years

Connie Zickafoose
 Brenda Cremeans

2-4 Years

Amy Sappington
 Mary Male
 Suzanne Diaco

1 Year

Nancy Clark
 Robert Jarvis

December

20+ Years

Sherry Maffin
 Nancy Dotson
 Bulstrom

10+ Years

Ellen Mingus
 Claudia Graham
 Della Jordan

5-8 Years

Dave Bobo
 Charles Lewis
 Catherine Matisi
 Jodi Webster

2-4 Years

S.R. Tilton
 Cheryl Taylor
 Erin Hains

1 Years

Nikki Acker
 Kay Walsh

Thank You

Fiscal, IT, and QI staff
 For always being willing to help!

-Kathie England, Grey Street

A Special Message to the Q.I. Department

Thank you for all your help with the MACSIS information that needed to be gathered. You did an amazing job in just a few hours and that was something that would have taken me several days to do. **YOU ROCK GIRLS!!** I really can't thank you enough.

-Connie, Meigs Outpatient

A BIG thanks

goes out to RWRP staff for your patience during the roofing project. Your hard work and dedication does not go unnoticed.

-Amy Moore

Happy Holidays to all Bassett House Staff!

-from BH Med Records



Human Resource Department Upcoming Fund Raising Event

Looking for something special for the **holidays**? *Let the HR department help you!*

During the month of November, the H.R. Department will be offering portrait appointments at our Administrative Facility. Employees may opt to pay by cash, check, or payroll deduction. Appointment dates, times and package rates are listed below. Additional appointment dates may be offered if needed.

Package Rates:

\$15 Sitting Fee which includes 4 poses and CD

Also Available:

Basic Photo Package (\$ 22.00) =1 – 8x10, 2-5x7, 16-Wallets (sitting fee included)

Family Photo Package (\$33.00) =4 – 8x10, 8-5x7, 24-Wallets (sitting fee included)

Choice of 1 Greeting Card (4 choices) \$0.35 to \$0.60 each plus sitting fee

SAMPLE Greeting Card:



Individual pictures may be purchased:

Sitting Fee: \$15.00 (unless another package has been purchased)

Wallet \$ 0.60 for 2, 4X6 -\$0.10 each, 5x7 - \$0.60each, 8x10 – \$3.00

Dates available:

Tuesday, November 17th - 3:30-6:30; Thursday, November 19th - 3:30 – 6:30;
Saturday, November 21st - 9:00 - 5:00; Monday, November 23rd - 3:30-6:30

For additional information or to schedule an appointment contact:

740-592-6724 Ext. 116, 117, or. 118

Portrait Tips & Ideas:

Clothing Tips: Everybody in the portrait should wear outfits that complement each other in style and color; stick to solids and subtle patterns; dress in timeless clothing (let your age rather than the clothes you wear date the portrait)

Portrait Ideas: A “themed” photo: (use props and dress to support your favorite school or sports team); take a photo with your family pet(s); bring in props to personalize your family photo (your own backdrop, trophies/ awards, etc.)