

WOODWARD STATE HOSPITAL-SCHOOL STAFF CHATTER

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Bank cuts lobby hours

The Brenton State Bank in Woodward announces new lobby hours, as follows:

The lobby will be open for business Monday through Friday from 9:00 a.m. to noon. It will be closed Saturdays.

The drive-up teller will be available every Monday through Thursday from 9:00 a.m. to 4:00 p.m. and on Friday from 9:00 a.m. to 5:00 p.m.

These new hours will become effective on Monday, May 1, says Brenton spokeswoman Mary Olsen.



Seniors vacate B1

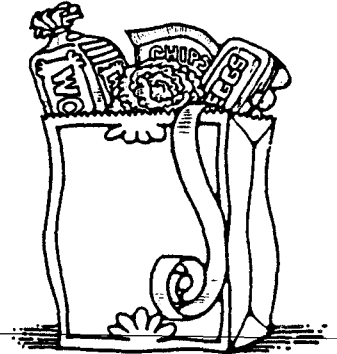
Sending mail to the Seniors? Want to phone the Seniors? Forget the old address and phone number — they've moved!

Address mail to them at 104 Franklin, effective NOW. The phone number there is ext. 368.

Go often to the house of your friend, for weeds soon choke up the unused path.

-Scandinavian proverb

Food drive starts Monday



Next week the 1995 Food Pantry Drive will swing into full gear, say coordinators Ellen Zmolek and Judy Schultze. The theme this year: WE CARE — TO SHARE!

Here are the highlights of this year's food drive....

● Cash donations will be accepted throughout the Food Pantry Drive. Don't leave them in the boxes that are placed strategically around the campus. Take them or mail them directly to Ellen or Judy.

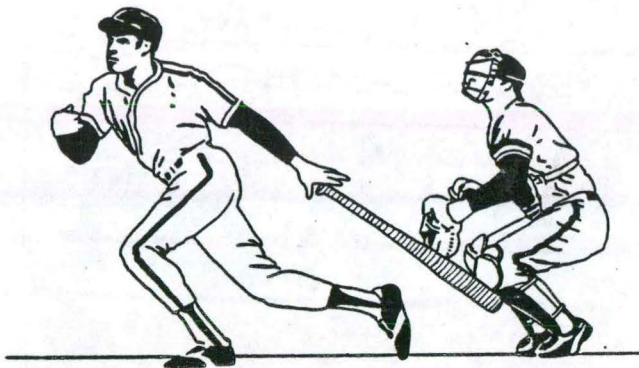
● Food, of course, will be acceptable at all the collection points. Here are the items the drive can take:

- anything canned, including meats and fish
- dry food products: flour, sugar, Kraft Dinner, etc.
- paper products: paper towels, toilet tissue, Kleenex are all examples
- toiletries and cleaning supplies: bath soap, dish detergent, scouring powder, etc.

● Cinnamon roll sale on Tuesday, May 2. Purchase as many as you can afford — they'll cost 50¢ apiece. You'll have to phone Ellen at ext. 110 or Judy at ext. 467 to place an order ahead of time. Today is NOT TOO SOON! (Last year they disappeared fast.) You'll be able to pick up your order between 6:00 a.m. and 3:00 p.m. at the Foster Grandparents' at B Basement.

● Thursday, May 4: Sack lunch day, also at the Foster Grandparent hangout. Serving

—continued on Page 2



Reminder to Iowa Cubs fans: May 9 at 4:30 p.m. is the deadline for turning in your ticket order and money for the special state employees' prices for seats at the May 23 ballgame at Sec Taylor Stadium in Des Moines.

As you'll recall from last time, cost of seats is a measly \$4 each. (Regular rate is \$6.50 each.) Kids four and over will also pay \$4 per seat. Kids three and under will get in free if they sit in someone's lap.

Any state employee and family members are eligible to take advantage of this great price.

Gametime on May 23 is 7:30 p.m.

Get a big group together, and get your cash or check plus your ticket order to the WSHS business office on Tuesday, May 9, at the latest.

The Cubbies meet Indianapolis for state employees night at the ballpark.

Questions? Phone Mimi at ext. 317 or Paula at ext. 431.

Nichols at Iowa City

Terry Nichols, RTW at 301 Pine, is recovering at University Hospitals in Iowa City following his vehicle accident.

He'd really enjoy hearing from his WSHS co-workers and friends. Here's his complete address.....

Terry Nichols
3742 Papajohn Clinic, Bed #2
University Hospitals & Clinics
Iowa City, Iowa 52240



Entrepreneur guide update

Here's a quick reminder that Frank Eiteman of our Data Processing Dept. will be updating H.E.A.R.T.'s Entrepreneurs Directory for reissue in June.

Call Frank at ext. 144 if you'd like to add a business, delete a listing, or correct or clarify a listing to make it more current.

He needs your information no later than Wednesday, May 31.

This directory, sponsored by H.E.A.R.T., lists WSHS employees and their family members who operate businesses outside their regular work hours.

If you'd like to add your business to the directory, give Frank a call. Listings are free, and the directory is distributed all over campus.



Find a collection box

--continued from Page 1

hours are 9:00 a.m. to 3:00 p.m., and you get a wonderful ham sandwich, fruit, dessert, and a beverage all for just \$2.

Both staff AND clients are invited to have a sack lunch.

● Payday, May 12: Bake sale at Personnel.

If you'll be looking for a collection box for your food contributions, here's where you can find them....

- Med Center
- Personnel
- E. Home: first floor
- Larches: first floor
- Oak Hall: office
- Birches: second floor
- Westwood: first floor
- Campus Food Service
- Foster Grandparents

Give generously, please. It's so easy to contribute to this extremely worthwhile project.....and SO MANY people benefit from your donations. Thank you.

Little things mean a lot

People who go far in their careers have a lot in common. They know what they want; they're highly motivated; and they work hard to reach their goals.

Those characteristics alone, however, do not guarantee success, says Tom Peters, one of the country's best known management consultants and authors (his latest book: *The Pursuit of WOW!*).

Successful people also must be superb managers, recognize opportunities, and take advantage of them elegantly.

Here is one of Peters' suggestions. More will appear in subsequent Staff Chatters:

● Give credit to all who deserve it.

In many agencies and companies, there's such fierce competition among workers that people try to hog the limelight or claim sole credit for themselves.

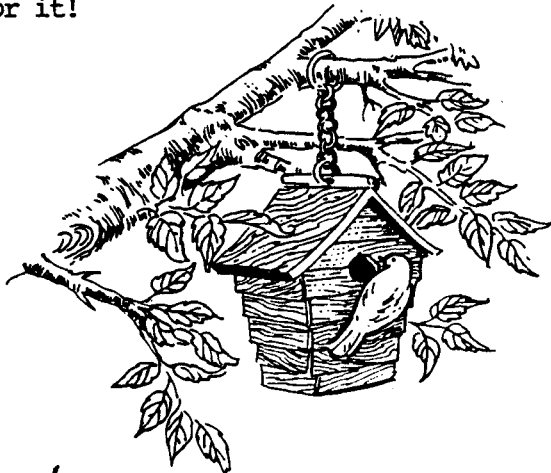
Such an attitude, sooner or later, always backfires. Colleagues eventually become resentful and hostile.

By sharing credit with as many people as possible, however, you elevate your stature in the eyes of co-workers while creating a network of people who owe you favors.

Important to remember....like recognition, credit must be sincere. And you can't just tell a colleague that she deserves credit for a good idea. You have to be sure to tell her boss at the appropriate time as well.

And — take special care to give credit to a rival. It makes you appear even more important. (It may also disarm him.)

One more "little thing" by Tom Peters will appear in a future Staff Chatter. Watch for it!

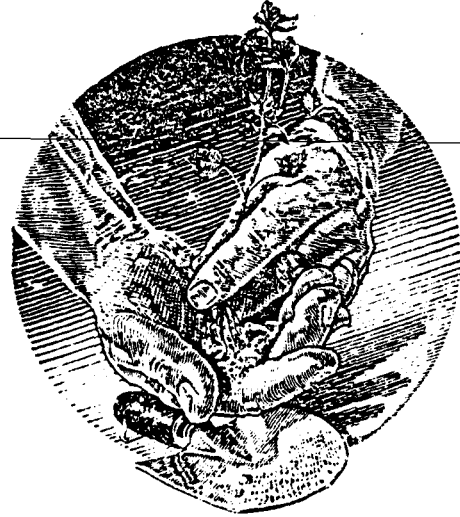


It's a girl!

Best wishes and congratulations to John and Roxana Ellison on the birth of a daughter, Mikaela Mae, on Oct. 8, 1994, at Incheon, South Korea.

Mikaela weighed 5 pounds 15 ounces and was 19 inches long.

John Ellison is a former security chief at Woodward State Hospital-School.



Hug a nurse!

May 6-12 is National Nurses Week -- and director of nurses Diana Mashek says, "Join us in celebrating Nurses Week at WSHS.

"The Woodward State Hospital-School Nursing Department employs 33 registered nurses and licensed practical nurses who are assigned 24 hours a day in our teams, at our Medical Center and Dispensary, and for employee health.

"Our nurses' seniority dates range from 1973 to 1994 -- which either means they're aging gracefully or they have lots of experience!

"WSHS nurses represent 14 surrounding communities as well.

"We're proud to be members of the Interdisciplinary Team (IDT) in meeting the needs of our clients -- and we enjoy the challenging field of service to people with developmental disabilities.

"We are real nurses too -- happy Nurses Week!"

CFS tells menus

Here's the menu for lunch and supper for the week of May 1 — courtesy of the helpful people at our Campus Food Service:

Monday, May 1: tuna-noodle casserole and broccoli (lunch); barbecued hot dogs (supper).

Tuesday, May 2: roast beef and mashed potatoes (lunch); ravioli casserole (supper).

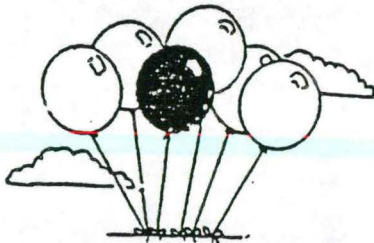
Wednesday, May 3: meat salad sandwich and pasta salad (lunch); turkey fritter and potato wedges (supper).

Thursday, May 4: sloppy Joes (lunch); porcupine meatballs and tater tots (supper).

Friday, May 5: pizza (lunch); cheeseburger (supper).

Saturday, May 6: chicken and noodles (lunch); hard-shell tacos (supper).

Sunday, May 7: turkey and mushroom potatoes (dinner); macaroni and cheese (supper).



Balloon buyers! Take a look at this news!

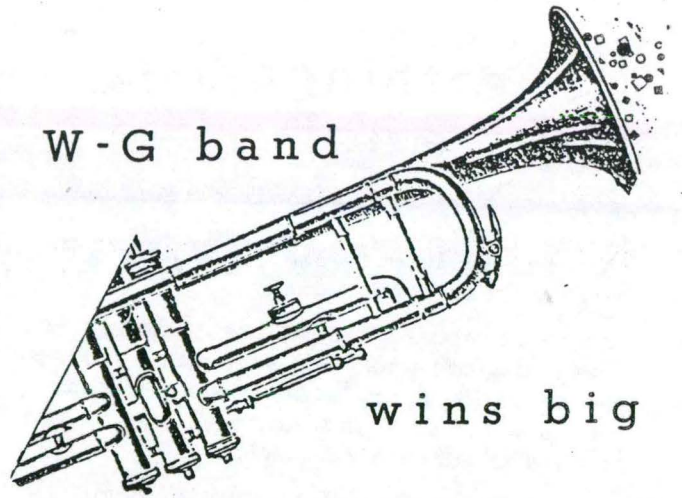
The Larches balloon business offers lots of new colors and choices of mylar or latex balloons.

To order, stop by the balloon place at Larches, or phone them at ext. 546 or ext. 628. Here are current prices, for those who are interested....

- individual latex balloons: 35¢ each or three for \$1
- large balloon bouquets, as follows:

± 1 mylar and 4 latex:	\$3.00
± 5 latex	\$1.75
± 3 latex	\$1.25
- small balloon bouquet: \$2
- Power Ranger or Lion King balloon bouquets: \$4 each
- vases are also available for your balloon bouquets; ask the staff about the prices of these.

W-G band



wins big

Congratulations to the Woodward-Granger HS jazz band, named the class 2A state champs at this year's Iowa Jazz Championships in Des Moines Apr. 13.

(They won the class 1A trophy last year, but enrollment has grown so much that they had to compete this year in the 2A, which meant vying against bigger schools and stronger competition.)

They celebrate a perfect year, having won first place at all contests in which they competed, including the SCIBA jazz fest at Indianola; and competitions at NW Missouri State U., Kirksville; the Charles City Jazz Contest; and the Hoover Jazz Festival.

Seven of the members are offspring of WSHS employees, as follows:

- Monica Seemann, piano (daughter of Ron)
- Ryan Finestead, trombone (son of Cheri)
- Jenni Wills, trap set (daughter of Barry)
- Shelley Blagg, alto sax (daughter of Deanna)
- Nathan Peoples, alto sax (son of Jerry)
- Wendy Moran, tenor sax (daughter of Sue)
- Ryan Arends, trombone (son of Jeanne, a W-G/WSHS education coordinator)

Today: garage and bake sale

The Woodward Social Center announces its bake sale and garage sale today from 8:00 a.m. to 5:00 p.m. at the center on Main Street, says Bobby Lawrence.

She also wants everyone to know that the first Monday of every month is Sandwich Luncheon Day at the center. For just \$2 you can have a great sandwich with salad, beverage, and dessert. Serving hours on Sandwich Luncheon Day are from 11:30 a.m. to 1:30 p.m. If you don't have \$2, they'll accept your donation.

Julie Dorman: A special thank-you for letting the a.m. staff off early to support me during Wade's services.

—Becky Schultze

On behalf of my family I would like to thank everyone for the donations and outpouring of care and support we've received during my dad's (Weldon Soderstrum) illness. The list is too long to mention each of you individually, but please know that all of you have helped me and my family more than words can express. Dad is showing improvement every day but still has a long road ahead of him — but knowing there is support from everyone makes each day easier.

—Sally Studer and family

Thanks a lot!

Pam and Sandy: Was it my special note to you, or was it my winning personality? My spots are gone, my area looks great. THANKS!

—Sandy N.

Maintenance, painters, housekeeping, and movers: Thanks, thanks, thanks — for all your hard work to get 104 Franklin ready for the seniors to move in. Everything looks GREAT!

—Sue, Jerry, Janine

101 Cherry a.m.'s: You guys are great — What can I say? —Becky

A big thank-you to all who sent cards and well-wishes after my two surgeries. A special thank-you to the Housekeeping Department for the beautiful flowers and Lotto tickets. All your thoughtfulness will not be forgotten.

—Sue Lehnhoff

John Smith, Lon Seemann, Mike Rossow, and Keith Greenwood: We can't thank you enough for the wonderful job you did on the SDU restrooms. They look great.

—Larry, Jon, Susan,
Sandy, Teresa

One is taught by experience to put a premium on those few people who can appreciate you for what you are....

—Gail Godwin

THANKS!

For everyone who gave a hug, shed a tear, or spoke some kind words during our loss of Wade: May you know that your acts of kindness have been such a source of strength and support in helping us get through this difficult time.

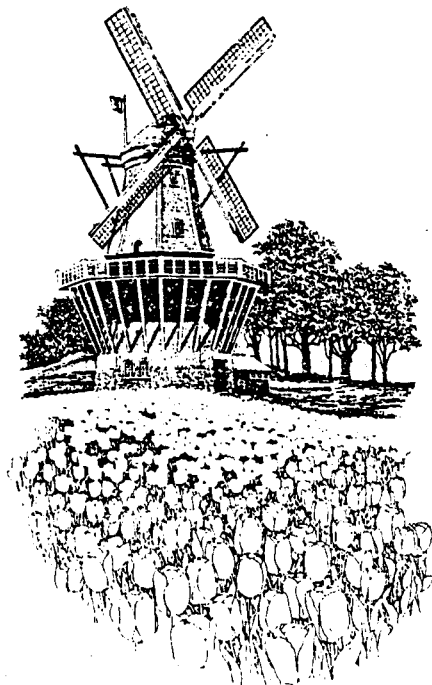
—Becky, Brittany, Taryn,
and Lexi Schultze

WOW! We're looking good. Thanks to Bill L. and the girls for hanging our new blinds. They look fabulous. Thanks to Pam, Sandy, and Don L. for our April cleaning. You ALL did a great job!!!

—Business Office Staff

Linda K.: Thank you so much for being so thoughtful and caring to volunteer to help when we needed it. You did a great job! All the guys will miss your pancakes (Mike) and the movies (Brad and both Mikes). Also, Brad will miss your training at pop cans. You were very much appreciated — Linda, come home!

—304 Pine a.m.'s and clients



Easter Bunny and Big Bird: Thanks from Med Center for our surprise. It was great!!!

—Sharon, Monica, and
Mary Ann

Thank You

Classifieds

BAKE SALE/GARAGE SALE: Today 8-5 at the Woodward Social Center on Main Street.

FOR SALE: Male cockatiel and large cage, \$35 for both. Phone 515/465-3663.

WANTED: Balloon-tire and antique bicycles or Stingrays. Phone 515/438-2043.

FOR SALE: 23,000 BTU Carrier window air conditioner, works excellent, \$300 OBO. Will deliver to Woodward. Needs 220V hookup. Phone 515/789-4609.



FOR SALE: 2 boat tanks in good condition. Phone 515/465-4105.

FOR SALE: Two 10-speed bicycles, one ladies' and one men's, \$35 each. Both work very well. Phone 515-789-4609.

STAFF CHATTER DEADLINE: Noon on the Monday before payday. Have your item **IN WRITING** and deliver it or send it to the **STAFF CHATTER** in care of SDU.

FOR SALE: Amana washer and gas dryer, \$200 for the pair. Phone 515/738-2543 after 4:00 p.m.

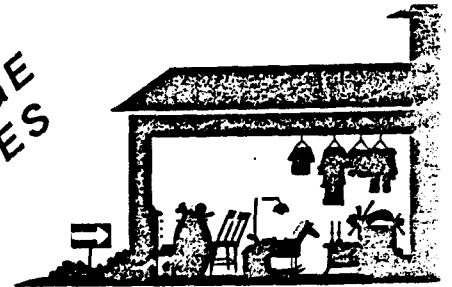
FOR SALE: Small travel trailer; great starter for small family! Phone 515/438-2959 after 5:00 p.m.

FOR SALE: Men's used golf clubs and bag, best offer. Phone 515/438-4165 or 515/438-2080.

FOR SALE: 175 feet of chain link fence with poles, bars for the top, and a gate. Phone 515/465-4063 after 2:00 p.m.

FOR SALE: Small apartment-size stackable washer and dryer, only 6 months old, used only 2 months. Paid \$600 for the set but will take \$350 OBO. Phone 515/429-3316.

GARAGE SALES



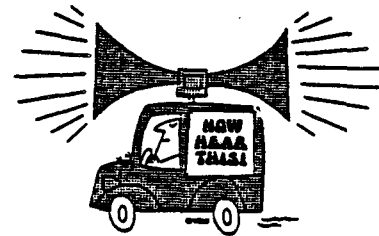
LARGE MULTIFAMILY GARAGE SALE: Thursday, today, and tomorrow from 8:00 a.m. to 4:30 p.m. at 602 S. Main in Woodward. Features: glassware, kids' clothes (infant to age 8), toys, collectibles, Avon and Jim Beam bottles, other misc. items.

GARAGE SALE: Today 9:00 a.m. to 4:00 p.m. and tomorrow (Saturday) 9:00 a.m. to noon at 403 S. Maple in Woodward. 5 families. Highlights: clothing, toys, lots of brand-name shorts and jeans for girls (like new) and lots of misc. -- all priced to sell!

GARAGE SALE: Thursday 4:00 to 8:00 p.m. and today 8:00 a.m. to 4:00 p.m., and tomorrow (Saturday) from 7:00 a.m. to noon at 1723 Fifth Street in Perry.....lots of misc.

GARAGE SALE: Tomorrow (Saturday), 8:00 a.m. to 3:00 p.m. at 1324 Fourth Street in Perry -- 2XL men's shirts, women's clothing all sizes, bikes, much misc.

3-FAMILY GARAGE SALE: Today from 3:00 to 7:00 p.m. and tomorrow from 9:00 a.m. to 4:00 p.m. at 422 Eighth Street in Boone. Infant to adult clothing and toys; much misc.



WANT-ADS ARE CARRIED IN THE STAFF CHATTER for the convenience of and assistance to Woodward State Hospital-School employees and their families only, with the intent of joining those people who have things to sell with those who want to buy things. Staff Chatter policy prevents the running of want-ads in these columns to sell the products of any business, whether operated by a WSHS employee or not. Want-ads that appear to advertise a business or its products or services will not be included in the Staff Chatter.

The Last Word

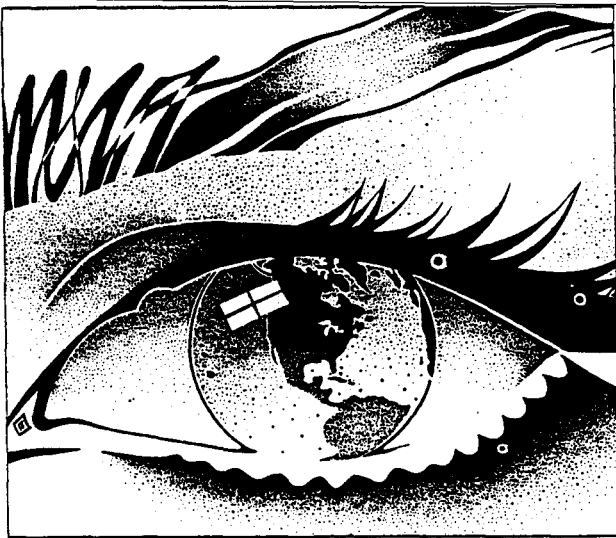


Denial can hurt you

Harriet Braiker, Ph.D., is author of *Lethal Lovers and Poisonous People: How to Protect Your Health From Relationships That Make You Sick*. She says.....

Beware of unexpressed feelings — especially negative ones. People who do not express feelings get sick more often, stay sick longer, and die sooner than expressive people.

For example: Nonexpression of emotion and denial of hostility or anger are two of the factors most related to unfavorable prognosis in cancer patients.



Did you know...?

Here are some factoids we bet you wish you had known long ago....courtesy of DATELINE:

- Average Americans go bowling 233 times in their lifetimes.
- The most popular pizza topping in South Korea is tuna.
- Scrabble letters are made from the wood of the Vermont maple.
- Forty percent of M&M's are brown.
- The ostrich is the fastest two-footed animal on the planet.
- Americans fill in 54 acres of crossword puzzle space every day.
- Male snow skiers are more likely to fall on their faces, while female snow skiers are more likely to fall on their backs.

Workaholic burnout?

If you find yourself, or a co-worker, putting in longer hours than everyone else, you may be face to face with a ticking time bomb. Workaholics are driven to accomplish more than those around them. They want to move up the ladder as fast as possible and are willing to sacrifice everything for their goal.

This can be productive for a while, possibly, but if the workaholic doesn't receive what he or she sees as proper reward for the effort, the results can be devastating.

The workaholic needs to be told that what is produced is far more important than the amount of time put in; that there are more important things in life than beating others up the corporate ladder.

Tell the workholics YOU know to stop and smell the roses, to enjoy life before it passes them by — even if you're talking to yourself!

Plastic costs rise, so do bag prices

The Larches Gang reports new prices for their plastic bags — effective Monday, May 15. Here they are....

- 15x23 bags: \$1 per package/12
- 15x33 bags: \$1 per package/12
- 19x42 bags: \$1.25 per package /8
- 19x58 bags: \$1.50 per package /8

The price of plastic has increased quite a bit recently, which has caused these boosts in bag prices, the Larches folks report.

You still have two weeks to stock up at the current prices before the new prices go into effect.

STAFF CHATTER

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