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WOODWARD STATE HOSPITAL-SCHOOL STAFF CHATTER

VOLUME 29

May 12, 1995

NUMBER 10



BAKE SALE TODAY

The Food Drive coordinators are holding a bake sale today at Personnel to benefit the Food Pantry Drive. Feel free to contribute baked items -- then buy buy buy!

FP Steering Committee

The WSHS Future Planning Steering Committee meets Thursday afternoon, May 11, at 5:00 p.m. at Staff Development.

Comp time payout June 23

Payroll and personnel will be paying out both holiday and regular comp time in your paychecks of June 23!

Any overtime you earn between June 16 and June 29 will HAVE to be paid out in cash. They can't carry over that time to the pay period that begins June 30.

Comp time that's on the books on June 30 will automatically be zeroed out, their memo states.

This information does not apply, however, to WSHS employees who are covered under Patient Care.

Questions? Phone Pam at ext. 180 or Kathy at ext. 182.



What we call results are beginnings.

-Ralph Waldo Emerson

Deb Millard designs a winner

Congratulations to Deb Millard, RTW at 109 Franklin's night shift. Deb wins this year's Summerfest Design Contest -- and her artwork will appear all over the place for the next couple of months as we prepare for the '95 edition of this annual celebration of independence on June 29.

The design you see here is Deb's draft version. The people who do our tee-shirts, caps, sweatshirts, and other products will spiff it up and then plaster it all over sportswear we'll be able to purchase.

Watch for the flyer that tells all about the apparel you can order from our suppliers so it's here in time for you to wear at Summerfest -- and for a long time afterward.

In the meantime, Deb wins a tee-shirt and a hat bearing her very own design. She'll also be awarded two meals from the Foster



Grandparent food booth the day of Summerfest, plus a case of her favorite soft drink.

Tracy Asa of our design committee says we received ten entries in this year's contest.

Anniversaries

Happy anniversary to the following WSHS employees, who celebrate their state employment anniversaries during May....

25 years

Joan Schultz

10 years

Betty Hunt
Kathy Obermeier
Deborah Seeman
Steve Wittrig

15 years

Mabel Buchmiller
Larry Greif
Jon Lawrence

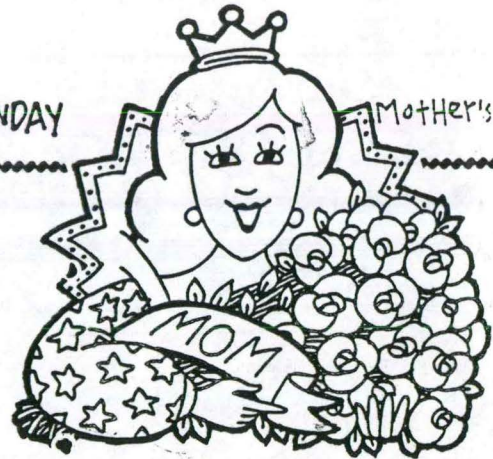
HAPPY NURSES WEEK ---

— to Joan Tiffany and Linda Bailey. We appreciate everything you do for our clients!

—201 Cedar

SUNDAY

MOTHER'S DAY



Words your mother might say....

MANNERS are a sensitive awareness of the feelings of others. If you have that awareness, you have good manners, no matter what fork you use.

-Emily Post

Have fun at the track on 50's Fridays

H.E.A.R.T. tells us that Fifties Fridays at Prairie Meadows are going to be happening! Thanks to H.E.A.R.T., a modest \$5 per person will buy you a seat at a track-side table, a program, and special hors d'oeuvres that include but aren't limited to nachos, Buffalo wings, chips and dip, and more.

The first of at least two H.E.A.R.T. soirees at the track will be Friday, May 26. Everyone will meet at Prairie Meadows at 6:00 p.m. Races will start at 6:30.

If you want to join the group that evening, call Janine Carlson NOW — or no later than May 19 at 4:00 p.m. — to tell her to include you and your group. Her extension

is now 368.

Meanwhile, plans are afoot for another Fifties Friday on June 23.

All the same costs and amenities will be available again that evening for everyone who signs up before-hand.

Call Janine if you have questions about any of this. Again: Her extension is now 368, and she and the Senior Program folks are now at 104 Franklin.

We're including the sign-up form again for your convenience. Have a great night at the track — and bring friends, neighbors, and relatives with you!



Fifties Night at Prairie Meadows!

Yes, I/we want to attend!

We want to attend on Friday, May 26

We want to attend on Friday, June 23

We want to attend on both nights

My name is _____ work phone # _____

The number of people in my group: _____

FILL OUT AND SEND TO JANINE AT 104 FRANKLIN IMMEDIATELY! Or phone 368!

Little things mean a lot (final)

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.

This is the last in the series:

● Become a stickler for details.

Many people in managerial positions are so busy or have such large staffs that they believe they shouldn't have to bother with the day-to-day details of their jobs or departments.

But being constructively detail-oriented is actually one of the most important ways to achieve success today.

Someone who is known for being aware of everything that's going on in his department — and who makes sure that the work is getting done accurately and according to his standards — is highly respected by those below and above him.

Those people who work for you will be forced to raise their standards and not let mistakes happen. Those above you will trust you with more responsibility since you will have a reputation for making sure nothing slips through the cracks.

By leaving the details to others, you are inviting problems that will only cause you to take the heat or put blame on others — both of which are not signs of leadership or strength.

Example: When I first got a job in Washington, D.C., back in the '70's, I was responsible for sorting and going through files. It turned out that I could learn more about the business from those files than from just about any other source. So each day I stayed two or three hours after work to read through them.

After two months I had a firm grasp of what the business was all about, and I knew the names and places that the company felt were most important.

By sweating all the details, you'll increase the odds of knowing more than anyone else every time you walk into a meeting — and you will have a reputation for being committed to excellence.

The Pursuit of WOW!, Vintage Books, 201 E. 50 St., New York 10022. 800/733-3000, \$14.

Plastic bag price rerun

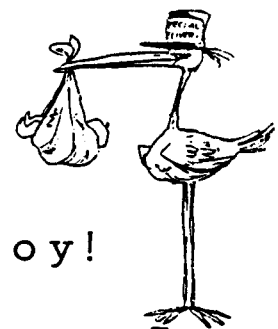
Don't forget — new prices for plastic bags go into effect Monday.

Here's another rundown for you of the new, higher prices.....

- 15x23 bags \$1 per pkg. of 12
- 15x33 bags \$1 per pkg. of 12
- 19x42 bags \$1.25 per pkg. of 8
- 19x58 bags \$1.50 per pkg. of 8

You can continue to order at the old prices this week.

Blame higher plastic costs for these price increases.



It's a boy!

Congratulations to Frank Eiteman, Systems Analyst, on the birth of a grandson on Mar. 31. Kory Allen Eiteman weighed in at 6 pounds 5 ounces and was 19 inches long. He has two twin sisters — Casey and Jennie — who welcomed him home.

Kory's parents are Joel and Candi Eiteman of Perry.

Best wishes to the whole Eiteman family!

301 Gang: Thanks for remembering me during Nurses' Week. You make me feel very appreciated, and you make my job soooo interesting -- to say the least! Thanks again,
--Pat

Thanks, Gordy, for cooling down my office the other day. I'll be in much better humor now!
--Mark/Audiology

A heartfelt thank-you to Pam and Sandy for the very unique gift. I'm sure it will get used numerous times! Your friend and co-worker,
--Sue L.

Thank you to those kind people who faithfully remember us during Secretaries' Week. It is so nice to be acknowledged by those who use our services, and we appreciate your thinking of us.
--Sandy and Teresa/PCC

THANKS!

We would like to recognize all the staff members who just left D-1 -- a.m., p.m., and nights -- for your diligent care of the clients who resided there. Thanks to you, they were shown dignity and respect, and they shared various recreational activities. Thanks to all of you for a job well done.
--Val, Plath, Vinnie

Thanks to everyone at Woodward -- especially the night shift and 202 Pine -- for the flowers, cards, calls, and prayers during my surgery and recovery. All was greatly appreciated.
--Joy Reynolds
202 Pine nocs

Thanks

Thanks so much to the entire noc shift for the wonderful retirement party last week. The food was delicious and there were tons of it! To everyone who stopped in to say hi and for all the gifts, flowers, cards, and money: Thank you! I miss everyone, so it was nice to see everyone again. Hopefully I'll see you around! Love,
--Mary Battani

Thank you to Dennis for the pretty posies; to Jon Wilson and Jerry Gunderson for the great balloon bouquet (Larches makes them so pretty!); to Road God for the card; and to Don Miller for the future (I hope) rhubarb pies. It was fun, and thanks again!
--Billie

Thank You

I want to thank Kelvin Carpenter and crew for the great job you do on the vehicles. You're always willing to do these things that make the WSHS vehicles so much more pleasant for everyone to drive. I hear compliments about your work all the time -- and you all really do deserve recognition for your special efforts. You keep our vehicles clear and their gas tanks full, and you willingly add or remove seating depending on the needs of those making the trip. Everyone who uses the WSHS vehicles appreciates your good work -- thanks!

--Billie Calonkey
Transportation

Yeah! #1 wheelchair bus finally has heat! Thanks to whoever was responsible for getting it fixed! --201 Cedar clients

Dear Jane: Thanks for the Tum.
--Jeff

Road God: Thank you for thinking of me on Secretaries' Day. We miss you!
--VJH

Jon and Larry at SDU: Thanks a zillion for helping me juggle my workload/orientation needs into a workable situation. Keep up that positive attitude and example!
--Jim P.

WSHS: Thank you for the gift subscription to RN Magazine.
--Linda Jensen

I'd like to thank everyone for your sympathy cards and donations on the death of my father. I am very touched by your thoughtfulness.
--Linda Zeller and family

I would like to thank the Dispensary Gang for the great tee-shirt and treats I received during National Laboratory Week. It was a real "shot in the arm"!
--Linda Zeller/Laboratory

Barry Wills: Thanks for your willingness to fill in for us Monday morning at New Employee General Orientation -- and with only two minutes' prep time! We appreciate your help. --SDU Crew

Thanks a lot!

THANKS!

John and Bruce: Thanks for helping me Monday morning!!!

—Pam

I want to thank Sue Moran, Paula, Warren, Jamie, and Mimi for the lovely gifts and cards — and thanks to all those co-workers who wished me a happy Secretaries' Day. I enjoy working with all of you.

—Betty

Jon and Jerry: Thank you for the pretty balloon bouquet on Secretaries' Day. It was a nice surprise.

—Vera

Dennis: Thank you for the pretty flower/balloon bouquet on Secretaries' Day.

—Vera



Here, from an anonymous source, is a list of nine ways people can keep their jobs. It too was seen in the "CTC Monthly Newsletter" out of Clarinda MHI.....

- Like your work — or learn to like it.
- Take pride in the quality and quantity of your output.
- Don't be afraid of doing more than you are paid to do.
- Aim to accomplish at least 10% better work than any of your associates.
- Invite and undertake stiff assignments.
- Cooperate with both your supervisors and your co-workers.
- Keep physically fit.
- Have confidence in yourself and your ability.
- Cultivate a will to win.



Crafters! Join the crowd at Summerfest June 29 for another SUMMERFEST CRAFT MARKET!

Find a copy of the flyer that's out this week and get it to your crafter friends so they can sign up.

Registration forms need to arrive in the hands of Mimi Moyer no later than June 15.

Persons participating in the market will have to be aware of these regulations...

- You must provide all tables and necessary equipment to set up your booth.
- You are responsible for your own displays, goods, and possessions, and for all assistance required by the display.
- You can have access to electricity upon request.

Craft tables will be set up in front of Maple Lodge, and participants are invited to open booths free of charge during any or all of Summerfest's hours, which are as follows:

- 9-11 a.m.
- 2-4:30 p.m.
- 6:30-9:30 p.m.

See you at Summerfest June 29! (Rain date is set for July 6 this year.)



SEHARC (State Employees Health and Recreation Committee) offers a one-day trip to the Mall of America on May 20. They'll depart from the Lucas Building in Des Moines at 6:30 a.m. and return at 11:00 p.m.

Cost for the full day is just \$21 per person. Phone 515/281-3299 (Marge Smith).

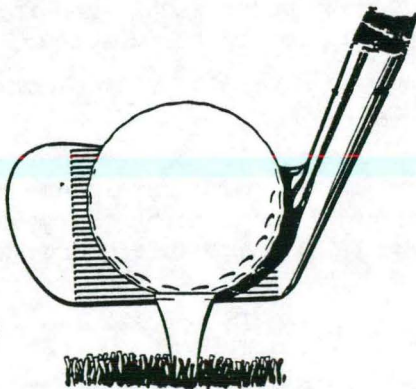
Welcome

Thirteen new WSHS staff members are, as this is written, attending New Employee General Orientation at Staff Development. Here are their names and job titles....

- Bob Burke, driver for the warehouse
- Patricia Catron, RIW at the Med Center
- Bill Coffin, security guard
- Elizabeth Dhein, RIW at 103 Cedar p.m.'s
- Steven Francis, clerk-typist at Staffing
- Jack Hardin, maintenance repairer
- Derek Krogman, RIW at A-1 p.m.'s
- Diane Luepke, psychologist
- Russell Pape, safety officer
- Randy Sellers, RIW at 303 Pine p.m.'s
- Dale Thompson, driver (garage)
- John Voigt, RIW at 109 Franklin p.m.'s
- Todd Wagner, RIW at 202 Pine p.m.'s

Welcome to all you new employees!

Golf tournament June 16



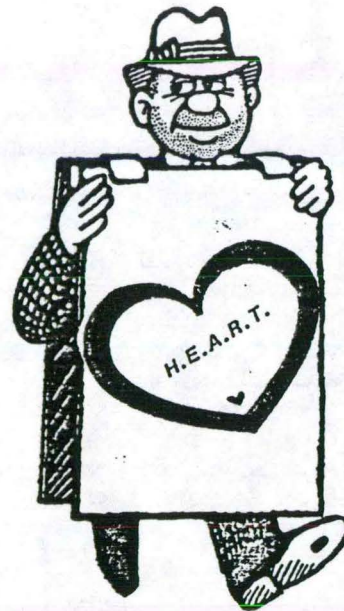
Golfers! It's almost time once again for the Dept. of Human Services golf tournament at Marshalltown on June 16.

Foursomes only will be registered. Entry fee is \$25 and includes green fees, lunch, and prizes.

Cart rental is \$26 and you have to reserve a cart no later than May 19.

Your entry fee and registration must be received by Jim Overland in Des Moines no later than June 9 -- there will be no exceptions. He's in the MH/DD division, 5th floor, Hoover Building. His phone number is 515/281-8908.

You'll have rolls and coffee on Friday, June 16, at the clubhouse flagpole, then enjoy a shotgun start at 8:15. Everything happens at 8:00 a.m. at the American Legion golf course, Marshalltown.



Got a message you'd like to share with the world -- in good taste, of course?

H.E.A.R.T. soon will have the forum you're seeking....and it'll be on the southwest corner of the Myers Hall lawn.

Letter sizes, they think now, will be in the 3" to 4" range, so people can read the messages without getting out of their vehicles.

As this is written, plans are for the message board to become operational on or about July 1.

H.E.A.R.T. will be distributing a flyer soon that will explain the message board and tell everyone how to arrange for a message to appear on the board.

Currently, plans are for costs to be really reasonable: One dollar per message per day. So if you'd like a message up for an entire work-week, you'd pay \$5.

H.E.A.R.T. will be requiring a five-day lead time to get messages up when you want them up and down when you want them

Message board coming soon

down. That means -- if you want your message to appear on a Monday, you'll have to get your message submitted no later than the preceding Wednesday.

The flyer will explain everything and will include a form you can fill out whenever you want a message to go up on the board. H.E.A.R.T. will not use messages that are in poor or questionable taste, of course.

More later....

Classifieds

FOR SALE: Pure-bred German shepherd puppies, black and tan. Phone 515/465-4063 after 2:00 p.m.

HELP WANTED: Woodward Health Care Center seeks a p.m. cook. Hours are 2:00 to 7:00 p.m. Monday through Friday (no week-ends). If you're interested, phone 515/438-2568 and speak to Etta Schulz.

FOR SALE: Fedders 12,000 BTU 120v air conditioner, 1 year old, \$300. Phone 515/438-4495 after 10:00 a.m.

FOR SALE: 20 rabbit hutches, like new (used just 1 season), 2'x4' and 3'x4', \$20 and \$25. Phone 515/432-5973.

WANTED: 101 Franklin is looking for an old-fashioned engine-less push lawn mower — this would be of great benefit to many of our guys. Thanks!

MULTIFAMILY GARAGE SALE: Tomorrow, May 13, from 8:30 a.m. to 2:00 p.m. at 1436 - 270th St., 3½ miles west of Luther (watch for signs). Lots of kid and adult clothing, kitchen items, perennials, new crafts, jewelry, many toys, knick-knacks, bedding, MUCH MISC!



Waiting until everything is perfect before making a move is like waiting to start a trip until all the traffic lights are green.

-Karin Ireland



Notice

Staff Chatter deadline is still Monday noon of payday week. If Monday is a holiday, the deadline moves back to the Friday before payday week. Please have your item in writing (or you're invited to e-mail your item to me) and be sure your name and work phone are available in case I have questions. Thanks, everyone!

-Susan Sayers

Prader-Willi fact sheet available

Prader-Willi syndrome (PWS) is a complex genetic disorder that includes short stature, mental retardation or learning disabilities, incomplete sexual development, characteristic behavior problems, low muscle tone, and an involuntary urge to eat constantly. This urge, coupled with a reduced need for calories, leads to obesity.

About one in 10,000 people in the US is estimated to have PWS. It's one of the ten most commonly-seen conditions at genetics clinics.

These are just a few facts about this syndrome.

A complete description of all the aspects of Prader-Willi is available on a sheet (both sides) available from Ruth Hurst, director of psychology.

If you're interested in PWS, or if you know someone or have a family member who has this syndrome, you'll want to read all the facts on the sheet.

Several copies of the sheet are also on hand at Staff Development; we'll send you a copy if you wish.

For even more information, you can phone 800/926-4797 (the Prader-Willi Syndrome Assn. USA).

-Susan Sayers

The Last Word



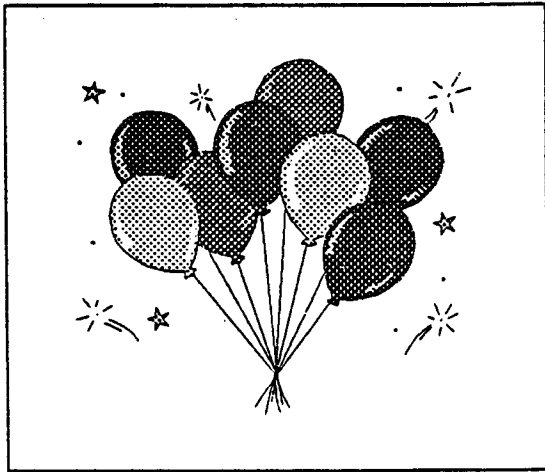
David Solomon is editor of *Nutz & Boltz*, Box 123, Butler, Maryland 21023. He says:

Don't pump antilock brakes. Pumping confuses the system and makes it less effective. Press as hard as possible on the brake pedal and keep applying pressure until the car stops.

The system will let you maintain control of the car during emergency stops on slippery roads.

But he cautions....

Antilock brakes can take longer to stop on dry pavement than conventional brakes.

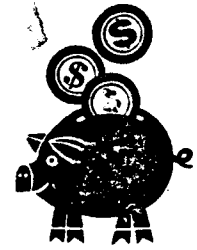


For those of you who missed the new balloon prices that ran in the Apr. 28 Chatter, here's a rerun....

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 balloon prices currently in effect:

- Individual latex balloon: 35¢ (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



Savings bonds: better than ever

U.S. Savings Bonds are still a worthwhile investment, even though the guaranteed rate of 4% has now been eliminated for new purchases, says bond expert Dan Pederson.

Here's a big change that's recent: Newly purchased savings bonds now earn two different interest rates....

- a short-term rate for the first five years you own them
- a long-term rate after the first five years end

Both rates change twice a year. Right now the short-term rate is an attractive 5% -- 1% higher than the rate under the old rules.

Next week's CFS menus

Here's the lunch and supper menu for the week of May 15, courtesy of our Campus Food Service. Remember, you can buy books of meal tickets at our WSHS business office. A book of ten tickets costs \$16.50.

Monday, May 15: Spaghetti (lunch); ham and hash-browns casserole (supper).

Tuesday, May 16: Louisiana pork Creole (lunch); fried chicken (supper).

Wednesday, May 17: Baked spuds with toppings (lunch); fish patty on bun (supper).

Thursday, May 18: Shaved turkey sandwich (lunch); pork cutlets (supper).

Friday, May 19: Tuna macaroni salad (lunch); Polish sausage (supper).

Saturday, May 20: Hamburger/bun (lunch); burrito (supper).

Sunday, May 21: Ham and sweet potatoes (dinner); beef and noodles (supper).



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