

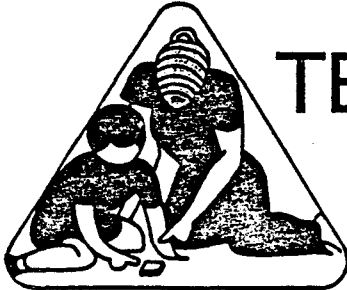
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WOODWARD STATE HOSPITAL-SCHOOL STAFF CHATTER

VOLUME 29

June 9, 1995

NUMBER 12



TEACCH

Share
Fair

The Myers Hall gym will be the site of the first TEACCH Share Fair next Friday, June 16, from 9:00 a.m. to 3:00 p.m.

This will be an opportunity for WSHS staff to meet with TEACCH users from off-campus and talk about successes, concerns, and creative ways they've implemented the TEACCH system.

If you've attended the five-day TEACCH course here on campus, and if you'd like to attend the Share Fair, talk to your supervisor. The Autism Task Force has sent out registration information to all managers and support staff.

After lunch, structured tasks from various areas (self-help, domestic, social/leisure, pre-voc and voc, communication, academic, and community living) will be on display in the gym. You're encouraged to stop by and browse through it all. Feel free to bring your camera to snap photos of anything you see that you might like to duplicate.

People who attend should also feel free to bring something of your own to share with others who came.

TO THE INDIVIDUAL(S) WHO STOLE THE
FLOWERS FROM THE 104 FRANKLIN FLOW-
ER BOXES BELONGING TO THE SENIORS:

We will replant what you removed --
and we would like very much for you
to join us to replace the flowers
you took. We'll see you at 104!

-Susan Williams



COLA clarified

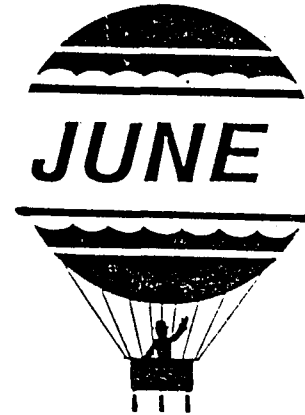
In the May 26 Staff Chatter, we told you about the cost of living allowance (COLA) increases that will go into effect this month for WSHS employees.

At this time, non-contract staff members have been approved to receive only the 3% increase that becomes effective June 30.

Approval has not been received for non-contract employees to receive the 2.5% increase in July 1996 or the \$300 bonus in December 1996 for persons who have reached the tops of their pay scales.

Decisions about those pay increases for non-contract employees will be made later, and we will announce them then.

We regret any inconvenience or misunderstanding that may have resulted from the May 26 story.



Comp payouts

Personnel Office staff tell us they'll be paying out regular comp time and holiday comp time for the pay period ending June 6.

Any overtime you earn during the pay period June 16 through June 29 will be paid out.

No time can be carried over to the pay period that begins June 30.

It is Personnel's understanding that any comp time left on the books on June 30 will be zeroed out automatically.



June 14 is Flag Day

TEACCH shirts for sale

Our Woodward State Hospital-School Autism Task Force is now offering TEACCH tee shirts and sweat shirts to interested employees.

They sold these items for the first time during last month's TEACCH five-day training at 200 Franklin.

Tee shirts come in dark green with white lettering. Those in 50/50 fabric are \$10 each, while tees made of 100% cotton will sell for \$12 each.

Sweat shirts are white with a purple logo and come in a heavy-weight fabric. They sell for \$20 each.

Phone Shannon Anderson at ext. 455 to order.

Thank you

Thanks to the CDC gang for helping move furniture when we shampooed carpets and machine-scrubbed your break room. Your cooperation was greatly appreciated.

—Bettie and Lillie

Templeman promoted

Congratulations to Harold Templeman, long-time acting administrator of the MH/DD division of the Iowa Dept. of Human Services.

He has now been named administrator, effective immediately. In addition to a number of years as acting administrator, Templeman served as deputy director of the division from 1979.

In addition to a wealth of knowledge about mental health, mental retardation, and developmental disabilities, he brings to the position a commitment to the development of managed mental health care. He has spearheaded key initiatives to improve services to all clients of the department.

Congratulations to Harold Templeman.

Notice

If your teenagers subscribe to magazines and you're tired of seeing them lie around the house after they've been read....

Please donate these teen publications to a good cause. I'll see that they get to the teen ward at the Independence Mental Health Institute. Just call me at ext. 354 or drop them off for me at 101 Cherry -- I'm on the p.m. shift.

Thank you very much!

-Alan Kinsey



CFS menus

Here are the lunch and supper menus for the week of June 12, thanks to the friendly folks at our Campus Food Service....

Monday, June 12: Tuna-noodle casserole (lunch); barbequed hot dogs (supper).

Tuesday, June 13: Roast beef and mashed potatoes (lunch); ravioli casserole (supper).

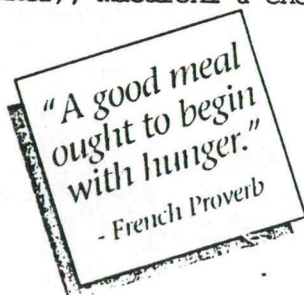
Wednesday, June 14: Meat salad sandwich (lunch); turkey fritter (supper).

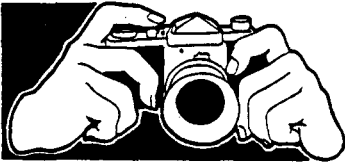
Thursday, June 15: Sloppy Joe (lunch); porcupine meatballs (supper).

Friday, June 16: Pizza (lunch); cheeseburger (supper).

Saturday, June 17: Chicken & noodles (lunch); hard-shell tacos (supper).

Sunday, June 18: Turkey and mushroom potatoes (dinner); macaroni & cheese (supper).





Summerfest photo contest

The folks who put on Summerfest are offering a photo competition in conjunction with this year's celebration.

Only WSHS employees are allowed to enter.

Three categories will be available, and you can enter two photos in each category -- for a maximum of six -- in this event.

Categories are:

- PEOPLE
- PLACES (including landscapes and seascapes)
- THINGS (including events and holidays)

They'll be awarding four prizes: Best Of Show (\$15) and first place in each category (\$10 each).



Your competing photos must be no smaller than 5x7 and no larger than 8x10, but they can be matted to 11x14. They request that frames not be used.

Both color and black/white photos will be accepted. Each photo must be mounted to a stiff backing.

Deliver or mail your photo competition entries to Jay Williams at 105 Cherry or to Ellen Zmolek at the superintendent's office no later than June 26.

All entries will be judged either the afternoon before Summerfest or the morning of Summerfest.

Winners will be displayed around campus.

(WSHS assumes no responsibility for loss of or damage to photos, but they'll take reasonable care to safeguard all entries.)

Have fun at the track on 50's Friday

Enjoy another Fifties Friday at Prairie Meadows June 23 -- and join H.E.A.R.T. to pay just \$5 per person.

Your \$5 will buy you a track-side seat at a table, a program, and special hors d'oeuvres.

Invite everyone you know to go with you -- people in our group will not have to be WSHS employees to attend.

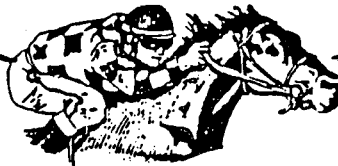
There may be a dance following the races that night.

Please fill out the form included with this story and send it and your \$5 per person to Linda White at the Business Office -- ASAP -- so H.E.A.R.T. can call in the reservations to Prairie Meadows.

Janine Carlson reports that 37 people attended the May 26 Fifties Friday event -- it was lots of fun and extremely rewarding!

Questions? Phone Janine at ext. 368. But send your form and money to Linda at the B.O.

Fifties Night at Prairie Meadows!



Yes, I/we want to attend!

SIGN US UP FOR FIFTIES FRIDAY, JUNE 23!!



My name is _____ work phone # _____

The number of people in my group: _____

FILL OUT AND SEND TO LINDA WHITE AT THE B.O. IMMEDIATELY! \$5 per person!



Skin cancer is the dark side of the sun.

"Frequent fryers" who have had one or more blistering sunburns before the age of 20 are most at risk, but we should all take extra precautions to avoid letting ourselves -- and our kids -- get burned.

- Try to avoid the sun from 10:00 a.m. to 2:00 p.m. And remember that clouds stop only 20% of the sun's ultraviolet rays.
- Wear sunscreen with a sun protection factor (SPF) of at least 15, even if you're just going out for a short time. Don't skimp -- slather it on all exposed body parts including earlobes, the back of your neck, and insides of your knees. Reapply it every two hours and immediately after you swim or perspire.
- Cover up if you're going out for long periods in the sun. Wear a wide-brimmed hat, light-colored long-sleeved shirt, and long pants.
- Beware of reflective surfaces -- sand, water, concrete -- that nearly double the sun's damaging rays.
- Avoid tanning parlors and sun lamps.
- Examine your skin regularly for moles or birthmarks that change in color, texture, or size. Look for brown spots with irregular outlines or sores that fail to heal promptly. See your dermatologist immediately if these warning signs appear.

If you catch it early, skin cancer is highly curable.

SOURCE: *UPBEAT*, a monthly publication of the CIGNA company.



SECU reps coming June 23

Next payday -- June 23 -- join Jim Pray and Brad Van Meter, both of our State Employees Credit Union, at Personnel to learn how you can take full advantage of your credit union.

Brad and Jim will be in Personnel between 5:30 a.m. and 3:00 p.m. June 23.

Anyone who stops by to visit will be eligible to register for a \$50 U.S. savings bond.

And while you're there, find out about such SECU services as deferred comp retirement planning, financial analysis, estate planning, life insurance, mutual funds, IRA's, and long-term care/health insurance.

Info will also be there about savings and no-fee checking accounts, loans of all kinds, and no-annual-fee Mastercard and VISA services. Find out how easy it is to save at the SECU through payroll deduction, too.



A conservative doesn't want anything to happen for the first time; a liberal feels it should happen, but not now.

-Mort Sahl

Anniversaries

The following staff members at WSHS celebrate their state employment anniversaries during June....

45 years

Mary Jean Lane

10 years

Nancy Dunnihoo
Terry Kirton
Christine McCloud
Richard Thompson



Big Mental Health Fair here next month

July 14, 15, and 16 are the dates of the 1995 Mental Health Fair on our campus, sponsored by the Iowa Coalition.

Highlight of the fair will be two days of presentations by Joel Slack, director of the office of consumer affairs and ex-patient relations, Alabama Dept. of Mental Health and Mental Retardation.

Slack's programs will be offered to all at no cost.

July 14 topics will cover a history of consumer organizations in the U.S.; communication: group member roles and responsibilities; communication: dynamics; and communication: "IOUTO."

July 15 sessions will be devoted to organization: conducting effective meetings, setting organizational guidelines, developing goals and tasks, and a plan to use; after lunch Slack will discuss interfacing with other organizations and the importance of reputation.

If you'd be interested in attending all or just part of Slack's presentations on July 14 and 15, notify Jean Stofer of the Iowa Coalition office on campus. You can phone her at ext. 143 or drop her a note in the interoffice mail.

Registration deadline is July 1.

Watch upcoming Staff Chatters for additional information about the Mental Health Fair coming next month.



Easy does it

Use a light touch on your computer keyboard, says *The Cost Controller*, 525 Cayuga St., Storm Lake, Iowa 50588.

Why? A study by Glen Perry, a Milwaukee Insurance Co. manager, found that people who press too hard when they type are more likely to suffer repetitive stress injury.

Thank You

To all the people who have cared for Carol McElroy during her 33 years at WSHS, we want to say a big thank-you. You've seen her through some very difficult times, and we know you've gone beyond the call of duty in many ways by doing little personal things for her. We know you join us in the hope that she will be able to make a good adjustment in her new surroundings. We're wishing for the best for all of you. Thank you and God bless you all.

—Robert and Kathryn McElroy



New travel form

Woodward State Hospital-School staff members who travel on state business will see new travel vouchers with your reimbursement forms....beginning July 1.

The new vouchers look pretty much like the current vouchers, but there'll be one set of three sheets with the new ones.

Just go ahead and sign your name in the box that says "Claimant's Certification." You'll have a chance to request direct deposit of your reimbursement check, too.

If you DO check the direct deposit box, you'll have your reimbursement check direct deposited — but only if you already have your paycheck direct deposited.

Then have your direct supervisor sign the authorization box up at the top.

Keep all the sheets in the set intact and return them, as always, with your other reimbursement forms. You need to sign only the top copy of the set.

AND....as always, do not fill in any of the other blanks on the travel voucher. The Business Office will fill in the blanks using the information you provide on the white travel expense claim.

Classifieds

WANT TO BUY: Newer-model pressure canner and car bike rack. Phone 515/436-7483 and leave a message.

FOR SALE: '72 Seastar 15' fiberglass boat with 50hp Evinrude motor, trailer, and accessories, \$1,500. Phone 515/465-4980.

FOR SALE: Two window AC's, 5,000 BTU, one year old, \$180 each OBO. Also Lazy Boy rocker-recliner, rust color, \$75 OBO. Phone 515/438-2332.

WANTED: Infant/baby clothes and accessories for little boy. Also need girls' clothing size 7-8. Phone Todd at ext. 386 p.m.'s.

WOODWARD LITTLE LEAGUE FIRST ANNUAL BAKE SALE! Today at the Woodward Social Center from 7:00 a.m. until ??? If you want to donate baked items to the sale, please take them to the social center Thursday evening between 6:00 and 8:30 or EARLY Friday morning. Thank you!

FOR SALE: 16' flat-bottom double-wide boat with Shore Lander trailer and 35hp Evinrude motor, many extras, ready for the water, \$2,000 OBO. Phone 515/432-6467 before 1:00 p.m.

FOR SALE: Packard Bell Legend I computer (same as IBM 286 model), 64KB ROM, 512KB/640 KB/1 MB RAM. Includes hard drive, monitor, mouse, keyboard, lots of software including learning games for smaller kids ages 5-10, \$300. Add a Panasonic KXP1124 pin printer with banner capabilities and pay \$425 for all. Phone 515/438-2043.

FOR SALE BY OWNER: 16-year-old ranch-style home in Perry, 3 bedrooms, 3 baths, detached garage. Phone 515/465-3292 for more info.



FOR SALE: 2.9 acres on edge of Greenfield, Iowa, with nice house (3 bedrooms, 2 baths, finished basement) and large garage. Phone 515/743-2395 after 6:00 p.m.

BAKE SALE: Next payday, June 23, at Personnel, to benefit Mark Crabtree.



CITY-WIDE GARAGE SALE: Tomorrow in Jamaica, Iowa, beginning at 8:00 a.m.

2-FAMILY GARAGE SALE: Today, June 9, and tomorrow, June 10, from 9:00 a.m. to ??? at 1908 Fifth in Perry.

HUGE GARAGE SALE: Friday, June 6, 7:00-6:00, and Saturday, June 17, 7:00-3:00, at 1825 Pine in Perry. Microwave, dishes, bedding, lawn mower, furniture, kid-to-adult clothes, toys, MUCH MISC.

MULTIFAMILY GARAGE SALE: Today and tomorrow June 9 and 10, at 400 Cedar in Woodward, 8:00-5:00. Window AC, dinette, tires, dishes, Atari, books, curtains, kid-to-adult clothes, much misc.

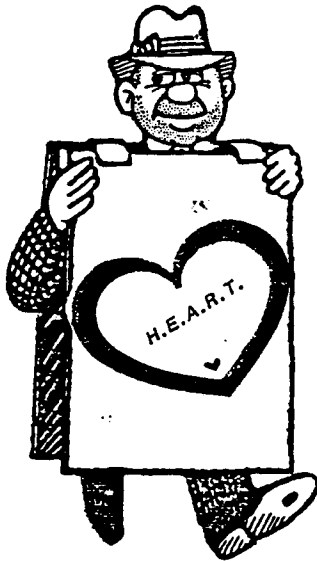
GARAGE SALE: Tomorrow, June 10, 8:00-4:00 at State House #8, first house east of the CDC (Schneiders).

FIVE+ FAMILY GARAGE SALE: Tomorrow, June 10, starting at 8:00 a.m. at 202 Second Ave. (a blue 3-car garage). Refrigerator, baby items, clothes, misc.

(The person who submitted the above garage sale ad did not specify the town and did not include a name so we could call to verify. It may be in Jamaica, but we don't know for sure.)

4 B-I-G GARAGE SALES: Today and tomorrow, June 9 and 10, 8:00-4:30 on Magnolia Road, south off E57, near the boy scout camp. Furniture, pickup topper, jon-boat, boat trailer, new woven wire, used lumber, used farm machinery, electric welder, oak lavatory (complete), baby-kid-teen-adult-plus-size clothes, sporting goods, misc. Rain date: weekend of June 16-17.

3-FAMILY GARAGE SALE: Thursday/Friday/Saturday, June 8/9/10, in Woodward 2 blocks east of the bank.



H.E.A.R.T. says its new signboard will be up by June 15, if all goes as planned.

They'll be using it to advertise Summerfest until June 29 — then it will be open for business from WSHS employees beginning July 1.

H.E.A.R.T.'s flyer telling all about the sign and including a form you can use to hire its services should be out any day. Watch for it.

Noteworthy: Each message will cost \$1 per message per day. Your money MUST accompany your order. All messages that aren't in good taste will be declined or edited until they ARE in good taste (just like we do in the Staff Chatter).

Your name, your work phone, and your work hours will have to be included with your money and your message, even if those facts are not used in your message. Your message won't be used if they aren't included.

Message board

H.E.A.R.T. will accept messages for the board first come, first served. If the board is full for the date you request, they'll refund your money or you can choose another date.

Please use the form that appears on the flyer. Thanks, everyone!



Seniors need...

The Senior Program at 104 Franklin needs the following items.....

- wicker baskets
- lapel pins (state, slogans, etc.)
- cookie jar with lid
- 1995 calendars
- silverware (table and teaspoons)
- dried or silk flower arrangements
- old jewelry

Drop these things off at the cottage -- or call the delivery crew to pick them up from you and take them to the Seniors. Thank you.

Notice

If you drop off your cans at the Westwood Can Center after hours -- please make sure you put your name and a contact number somewhere with your cans.

If we find cans that don't include identification on or in the bag, we'll assume you're donating them.

Thanks!

--LuAnn Grove



June 18 is Father's Day.

Tug-o-war?

Staff! Clients! How does a Summerfest tug-o-war sound?

If you'd be interested in participating in a tug-o-war on June 29, Warren Neighbour is making plans to hold one at around 10:00 a.m. and another at around 3:00 p.m.

Give him a call at ext. 648 if you think this will be a really fun event -- he says there'll be giant prizes awarded to the winners!



Safety Officer Russ Pape says.....

We can improve our work environments by service as hazard detectors. How?

We can identify and eliminate hazards. Conditions change constantly. If we relax and take things for granted, a hazard might develop where we least expect it.

Here are some simple things we can do....

- attend to our housekeeping to eliminate slips, trips, and falls.
- use personal protective equipment (PPE) to protect ourselves from flying debris
- use the proper chemical and know its limitations.

Don't be a statistic

We all need to be safety-conscious to eliminate the danger spots in our work environments.

I had a request recently about ladder safety. Let's not become a statistic. In 1991 the National Safety Council reported that ladders and scaffolds contributed to the causes of 317 deaths. So take time to use the right tool for the task you have to complete.

Here are a few tips; don't use:

- unstable bases to add greater height (boxes, buckets, etc.)
- ladders with broken or missing steps, rungs, or cleats
- broken side rails or other faulty equipment

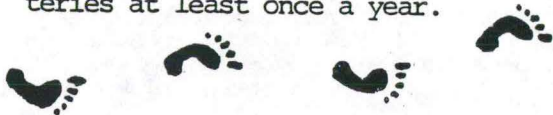
And....improvised repairs will not be made.

Call me if you ever have questions or concerns about safety-related issues here on campus.



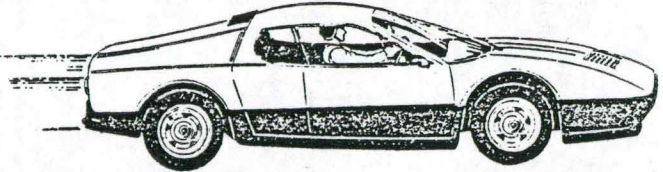
And for your at-home safety....

Install smoke detectors in every major room in your home, including the basement. These are proven life-savers! Test them regularly, and change the batteries at least once a year.



*What dreadful hot weather we have!
It keeps me in a continual state
of inelegance.*

-Jane Austen



Vacationers -- are you going to be driving far and wide this summer? If so, here are a few tips you might not think about....

- Buy full-service gas occasionally -- to make sure your oil and other engine fluids (transmission, battery, brake, radiator) are routinely checked. Or check them regularly yourself. Repairing a damaged engine costs far more than the few extra cents you'll pay for a full-service checkup.
- Don't keep your car registration in your car. Police computers can now prove ownership without it -- but a thief who breaks



into it can use your registration to find out where you live and set up a later robbery.

Also important: Hide your garage door opener. The opener plus your registration allows a thief to drive into your garage, burglarize your house, and escape in minutes.

Moreover....Avoid personalized license plates. They are far too easy to remember. And...."baby on board" signs could invite kidnappers.



Raffles by HEART

Have you bought your H.E.A.R.T. raffle tickets yet?

Take your chances on these raffles....

- The hot air balloon ride on Summerfest, June 29. Buy one chance for \$2 or three chances for \$5. Winner will enjoy a one-hour ride for two people age 16 or over — plus a ride in the balloon basket in the Summerfest Parade, balloon pins, a flight certificate, and a beverage.

Drawing for the hot air balloon ride is scheduled for Friday, June 23, at 4:00 p.m. Total value of this prize: \$600!

- \$50 in cash. Each ticket costs just \$1. Winner will be drawn at 7:00 p.m. June 29.
- \$50 lottery tickets all in a strip -- \$1 for each raffle ticket. Winner of this prize will also be drawn June 29 at 7:00.

YOU...could be the winner of one of these raffle prizes. Buy your tickets today. Find a H.E.A.R.T. member now.



Seminars at Bethel Church

During the week of June 12-16, the Rev. Pat Misener will conduct evening seminars for adults on topics of Christian living.

Seminar times will be 6:45 to 9:15 p.m. Monday through Friday. All sessions will take place at the Bethel Church, located near the intersection of R18 and E57 eight miles north of Woodward (five miles south of highway 30).

These seminars are free, but donations will be accepted from participants, to be added to a fund for the purchase of a handicapped-accessible van for Don Kruger, who was injured in a fall from his roof last summer and who is now paralyzed as a result. His wife is Brenda Kruger, social worker at WSHS.

The Rev. Pat Misener is pastor of Christ Community Church at Excelsior, Minn.

Questions? Phone Lori Jackson at ext. 569.

The Last Word

How to deal with backstabbers

People who maliciously point out what you're doing wrong — or who put you down behind your back — can damage your career. Worry about their behavior can drain your energy and cause you real stress. How can you handle these backstabbers? Try these responses, suggested by Deborah L. Jacobs, writing in *Working Woman magazine*, 230 Park Ave., New York 10169.....

- DO NOTHING if you have high credibility. Why? The backstabber's audience won't listen seriously to accusations against you.
- CONFRONT THE BACKSTABBER DIRECTLY -- after you've had time to cool off. Present the details of what you've heard in a non-accusatory manner. You might ask, "What can you tell me about this?" The backstabber may be thrown off guard and will probably be stammering with excuses.

The result: She'll think twice before bad-mouthing you again..

- DON'T INVOLVE the boss. Why not? It makes you look as though you can't solve problems (and it puts the boss in the middle of a messy situation). Further, you'll be bringing unnecessary attention to the fault the backstabber thinks you have.
- NEVER DEFEND yourself in memos. You'll only make yourself look weak.
- BUILD STRONG relationships with others. The result of these good relationships can be that people will be skeptical of future backstabblings — and they'll also alert you in the early stages.



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