

WOODWARD STATE HOSPITAL-SCHOOL STAFF CHATTER

VOLUME 29

July 7, 1995

NUMBER 13

Passages

Memorial services for Tim Cox will be held today, July 7, at 1:30 p.m. at the Foster Grandparent area in B basement. Everyone is invited to attend. Helen Farr will conduct the services and Sandy Malone will provide music.

Sympathies are extended to the family and friends of Tim, who died here at WSHS June 24. He lived at A-1 and had been a client here for about four years.

July



Cancer coverage explained today

Learn all about the new cancer insurance plan that's being added to state employees' benefit packages — an option for you to consider.

Representatives of the company providing this coverage will be here TODAY in the Blue Room in the Administration Building to answer your questions.

You can visit with them between 5:30 a.m. and 2:30 p.m. to learn all about this new program.

If you prefer to phone them, you can use ext. 139 between those hours.

Cancer coverage will be optional. But before you decide whether to subscribe to the payroll deduction plan, get all the facts today from the company reps.

Managed care: It's coming

This year the Iowa Legislature passed two laws that may have a significant effect on Woodward State Hospital-School.

The first permits us not only to serve people with mental retardation but also those with other disabilities. Section 222 of the Iowa Code has now been amended to read as follows....

The Glenwood State Hospital-School and the Woodward State Hospital-School shall be maintained for the purpose of providing treatment, training, instruction, care, habilitation, and support of persons with mental retardation or other disabilities in this state.

This amendment was proposed by the WSHS Future Planning Steering Committee. We were extremely pleased with the support we received from local legislators.

House File 483 also allows us to retain

income we earn by entering into a contract in which we provide consultation or treatment services to defray the costs of providing the services. This could be important as we work with other agencies in partnerships.

Another important piece of legislation this year was Senate File 69 — the Property Tax Revision Reduction Law.

Positive changes here are possible under M.C.

This law establishes that the state will provide money to counties for mental health, mental retardation, and developmental disabilities services according to a formula that's based on population, property evaluation, and expenditures during the past fiscal year.

--continued on Page 2

We're starting to plan now for managed care

--continued from Page 1

The counties will be required to have a managed system of services for mental health and a managed system for mental retardation services. This system will be required to provide a "...full array of appropriate services and cost-effective delivery of services, or contract with a state-approved managed care contractor or contractors."

No one knows yet what managed care will look like here

The Iowa Dept. of Human Services (DHS) is required to specify rules in consultation with the state-county management committee. The counties will then be required to submit their plans to DHS by Oct. 1, 1996, and to implement those plans by Jan. 1, 1997.

At this point, no decisions have been made about the process for developing this managed system.

A number of options are being considered by the state-county management committee. The money provided by the state must lead to an equal reduction in property taxes and cannot be used for other purposes.

So what does all this mean to us? Nobody really knows what the managed system of care will look like.

THANKS!

We want to give a sincere thank-you to all WSHS support staff who made our June 16 Autism Task Force Share Fair such a big success. Thank you to Fran Prueitt and your Campus Food Service staff; Steve Anderson and your Customer Service staff; electrician John Smith; Ruth Hurst; Joan Schultz; Shannon Anderson; Betty Strait; Ray Gerke; Jane Crusan; and the WSHS Autism Task Force.

--Share Fair Committee
Virginia Davis
Barb Fuson
Mary Kay Borts

We are working hard to prepare for a managed system. In fact, the WSHS strategic plan now being developed for the fiscal year that began July 1, 1995, included a high-priority goal of providing services in the context of managed care.

This will be a significant part of our planning as the year goes on. It may have some very positive effects on WSHS, because it might allow us to charge for services we currently provide at no cost -- and it might make clear to counties that the total costs for services in the community may actually be more comparable to WSHS costs than people think. Why? Because, for instance, medications and pharmacy and physician services are billed directly to Medicaid by community providers -- whereas we pay for most of those within our per diem billings.

As you can probably see, the issue of managed care is extremely complicated. It's difficult to explain in a short description like this one.

The most important thing I can say now is that, for the past year, we've been working on planning for managed care. While it will certainly bring changes to WSHS, many of those changes may be quite positive for Woodward State Hospital-School.

Please feel free to call me if you have any questions.

-Michael J. Davis
Superintendent



...Glad You Asked

Does everyone know that the wellness center has moved to Elmcrest? It was formerly housed at Myers Hall.

S'fest winners

Congratulations to these WSHS staff members, who won BIG at this year's Summerfest and H.E.A.R.T. Contests.

H.E.A.R.T. RAFFLE

- Hot air balloon ride: Donna Murray, RTW at 105 Cherry, winner.
- Fifty dollars cash: Karen Mertz McDowell, RTW on the night shift, winner.
- Fifty lottery tickets: Val Griffith, RTW on the night shift, winner.



H.E.A.R.T. BAKE-OFF

- Best Pie: Lorraine Mowrer, cook, Campus Food Center.
- Best Cookies: Michelle Hein, O.T.
- Best Bread/Rolls: Lorraine Mowrer.
- Best Cake: Brenda Calwell, driver, Campus Food Center.
- Each category's winner received a cash prize of \$10.

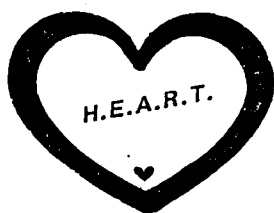


H.E.A.R.T. PHOTO CONTEST

- Best Of Show winner: Lori DeMoss, R.N.
- People category winner: Alan Kinsey, RTW at 101 Cherry.
- Places category winner: Velda DeMoss, RTW at 105 Cherry.
- Things category winner: Jay Williams, RTW at 105 Cherry.

Best Of Show winner won \$15 cash; winners in the people/places/things categories each won \$10 cash.

Photo contest winners are now displayed in the lobby of the Administration Building. Congratulations, winners!



July 14-15-16: Iowa Coalition hosts Mental Health Fair



Here it is: the full schedule for next weekend's big Iowa Coalition Mental Health Fair on the WSHS campus....

Friday, July 14

9:00 a.m. to noon: Crafters and providers set up.

8:30 a.m. Joel Slack presentation registration. Seminar time: 9:00-5:00 (One-hour lunch from noon to 1:00).

noon to 7:00 p.m.: games at Ashwood Park; browse craft tables; check with providers for information; Foster Grandparents will serve food; other beverage and food stands will also be open.

8:00 p.m.: The Bank Street 50's and 60's Rock Band will perform (\$5 per ticket).

Saturday, July 15

8:00 a.m. to 7:00 p.m.: Crafters and information booths will be open for business.

9:00 a.m. to 3:00 p.m.: Day 2 of the Joel Slack presentation.

11:00 a.m. to 6:00 p.m.: Ashwood Park activities will include the pork barbecue (\$3.50 per plate includes porkburger, potato salad, baked beans, beverage), sponsored by the Iowa Coalition and the Boone County Pork Producers Assn. Other activities: volleyball, softball, dunk tank, T-shirt sales, popcorn, soft drinks, miscellaneous games, and much much more!

5:00 p.m.: Softball game, WSHS vs. Iowa Coalition.

8:00 p.m.: Scott Dorman and the Big Lonesome band (\$5 per ticket) will perform.

Sunday, July 16

8:00 a.m.: Church services at the Chapel. Pancake breakfast served after church; 1,500 balloons will be set off carrying the Iowa Coalition logo and phone number.

All depart.

Share Fair a big success

The first annual Share Fair, sponsored by the WSHS Autism Task Force, took place on Friday, June 16.

Approximately 50 people attended, representing not only WSHS but Glenwood State Hospital-School; G&G; Faith, Hope, Charity; Ruby Van Meter School; New Hope Village; Broadlawns Medical Center; Horizons Unlimited; North Woods Living; and North Central Human Services.

The day-long program included a parent panel, sharing of ideas and structured tasks, recounting both successes and frustrations, hands-on activities, and the excellent food prepared and served by our very own WSHS Campus Food Service.

The fair was held at the Myers Hall gym.



See Iowa Cubs play July 17

Attention Cubbies fans!

H.E.A.R.T. is again offering a special discount rate of \$4 per seat at the July 17 Iowa Cubs game at Sec Taylor Stadium in Des Moines.

If you want to attend that game and take advantage of the \$2.50-per-ticket saving, get your cash and your ticket order turned in at the WSHS business office no later than Monday, July 10, at 4:30 p.m.

Ticket cost is the same for kids because of the already low group rate price. Kids age 3 and under will be admitted free if they sit in someone's lap.

If you or your group members have a special seating need (wheelchair space or child arrangements, for example), you'll need to include this information with your ticket order when you turn it in at the B.O.

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

TEAM FORTE *f*

Team Forte is a TQM project team that's dedicated to the reduction of restraint use at Woodward State Hospital-School.

Stated another way: The team's vision is to "develop a restraint-free environment through a reduction in use of restraints while maintaining safety for clients and staff."

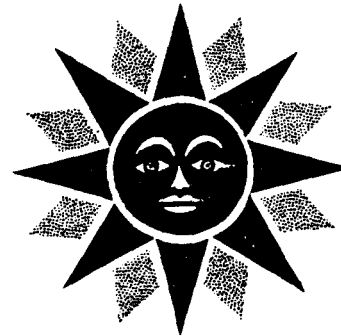
After Team Forte established who its customers are and reviewed the available data, it formulated its mission statement:

To improve the behavior intervention system as measured by duration, frequency, and number of individuals.

The team then began collating restraint data, specifically the number of WSHS clients involved, the frequency, and the duration of restraint use.

In the plan-do-study-act continuum, we are now at the "plan" level, comments team member Stephonie Gregg.

Team Forte will update everyone as their work progresses. In addition to Stephonie, team members are Jim Prickett, team leader; Rosi Steele, facilitator; John Mundy, consultant; Julie Dorman, Becky Schultze, Marilyn Seemann, Warren Neighbour, and Jon Williams.



Anniversaries

Happy anniversary to the following WSHS staff members who celebrate their employment anniversaries during July:

15 years

Debra Anderson
Gary Books

Kristine McDermott

10 years

Evelyn Launderville
Jerry Peoples



To the former WSHS staff member, now at Denison, who left a very nice message on my answering machine....

I appreciate your interest in the item we carried several issues ago concerning the safety (or lack of safety) surrounding keeping car registrations in the vehicle. You are, of course, correct. The item was a reprint from a publication intended pretty much for big-city residents and it probably never occurred to the author that computerized registration records aren't commonplace everywhere. I interpreted it as meaning you shouldn't go off and leave it in your vehicle...and you could carry it in your car, in your wallet, or hidden on your person elsewhere....

Next time you phone, please leave your name!

-Ed.

Classifieds

FOR SALE: 20" push mower in excellent condition, new blade, air filter, plugs; has magnetron electronic ignition, \$65 OBO. Phone 515/789-4609.

FOR SALE: 20" push mower, just overhauled, has magnetron electronic ignition and many new parts, \$75 OBO. Phone 515/789-4609.

FOR SALE: Carrier window AC, 23,000 BTU, 220v, rough opening 26½x18½, in excellent working condition, \$300 OBO. Phone 515/789-4609.

FOR SALE: 18,000 BTU Sears AC with energy-saver system, 220v, works great, \$350. Phone 515/427-5267 after 3:00 p.m. or leave a message.

FOR SALE: Dog house to fit German shepherd-sized dog, \$30. Also brown quilt-pattern 3-cushion couch, \$15. Phone 515/438-4215.

FOR SALE: Singer cabinet sewing machine, blond wood, \$75. Phone 515/465-7013.

FOR SALE: 17' ski boat with 75hp Evinrude, tilt trailer with new tires, electric start, AM/FM/cass stereo with 100w equalizer amp, READY TO GO! \$900 OBO. Phone 515/795-2779 after 3:00 p.m.



Have you checked your smoke detector battery during the past month?

Back injuries here at Woodward comprise 20.2% of all the on-the-job injuries reported during the past two years.

Remember.....

- Bending your knees and lifting with your legs is important for safe lifting. Just bending your knees, however, is not enough. What protects your back from injury while you lift or perform any stressful activity? The normal curves of the back.

- To prevent back injury during lifting, keep the curves of your back intact, especially the normal inward curve of your lower back.

- Without that curve, the pressure within your lower-back lumbar disks is forced back toward the weakest wall of the disk, increasing your risk for disk rupture.

- When your lower back straightens, the protective muscular contraction that holds your lower-back curve in place is weakened, increasing your risk for muscle strain.

- Holding or "locking in" the normal inward curve of your lower back minimizes the strain on the weakest, most vulnerable walls of your lumbar disks and protects your muscles from strain.

-Russ Page

New beginnings.....

Now is the part of
Eternity,
With all its
Binding lines, that can
Escape the enervation
Given to the past; so, too,
Instances of the future have
No reactive relevance.
Now is the only time we have to
Initiate living.
Now is the time
God gives us to
Search and sanctify and sing.

-Delores M. Myers

ATTITUDE

by Charles Swindoll

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do.

It is more important than appearance, giftedness, or skill. It will make or break a company....a church....a home.

The remarkable thing is – we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude.

I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you.

We are in charge of our attitudes.



The Last Word

Don't be MISTified - It's our DP group

Members of the data processing department have decided to rename their unit. Developments within Woodward State Hospital-School, coupled with changes in the world of computing, have clarified their role at our facility...which is to assist with information that can be created with the computer and to share their technical skills with everyone who needs them.

As a result, the new title is now "Management Information Support Team" — M.I.S.T.

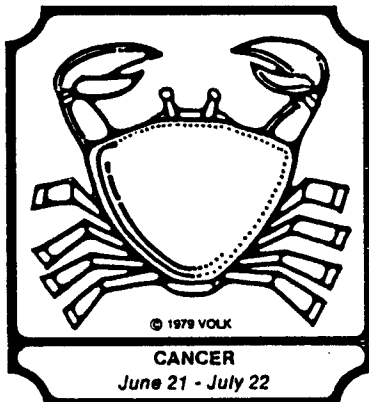
Systems analyst Frank Eiteman says, "We see our team as the scouts who'll be looking into the MIST of new computer equipment and software programs to see what's out there and to guide Woodward in meeting the needs of our clients. We will keep WSHS moving into the 21st century and opening new doors for our resources."



Management Information Support Team (MIST) is doing some housecleaning, and we've found ten old hard disk platters that are 15 inches in diameter. They were used on a Phoenix disk reader we had here that was taken out eight years ago. The platters are mounted in a hard case that's 15¼ inches in diameter by 3 inches deep.

If you're interested in buying any of this equipment, you can submit your bid to the business office by July 21.

-Frank Eiteman



Those who dare to fail miserably
can achieve greatly.

-Robert F. Kennedy



Did you know. . .

Despite the pork industry's claims, pork IS a "red meat"? It's true.

Other red meats are beef, veal, and lamb.

Flirting women get more attention from men than women who don't flirt — even if the nonflirters are more attractive?

A woman's ability to flirt — that is, evolutionarily speaking, her ability to signal her availability as a possible mate — is more important in attracting a man's attention than her looks are, says Monica Moore, Ph.D., a psychologist at Webster University in St. Louis. (She conducted her research in places where singles meet those of the opposite sex.)

Your fingernails grow 1/8 inch each month — twice as fast as your toenails?

Thank you

Dick: Thank you SO MUCH for making my day — the flowers are lovely!

--Your birthday pal

STAFF CHATTER

A Biweekly Periodical in
the service of employees

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