

# OSH Recovery Times

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## Diversity Spotlight

By Rebecca A. Sweetland

A product of many cultures, Pat Fording spent most of her life in South Carolina and Georgia. Pat, who is currently the Creative Arts Therapies Director at OSH, is a living example of why not to assume you know someone by the color of their eyes or other visual characteristics.

When she was about 8 or 9, Pat's older brother told her that in addition to the English and Jewish heritage of their father, they had also inherited their Irish mother's Seminole legacy. Due to the prejudice toward Native Americans then, she was told to keep this a secret, even though she is a direct descendant of the famous Seminole Chief Osceola.

Pat attributes her strong sense of community to her Southern roots, her connection with the Native American traditions and her Jewish father's culture. She remembers that as a child she thought that if two types of food were put together (i.e. meat and dairy) it would create poison. Later she learned that this was a Jewish practice. Pat also learned as an adult that Seminoles were a matrilineal society, thus creating strong willed, community-based women, which explained for her the personalities of her mother and aunt.

In the South, it is "bad luck" to have money change hands between friends. Instead, money is left on the table, sent by mail or otherwise indirectly given back. It is also considered rude to be on time because the other person may not yet be ready for you. And, it is inappropriate to accept a dinner invitation the first time it is given. Three times is the polite number of requests, with two refusals and one final acceptance expected. In a society that values community, an individual is never put down because group cohesion then fails. Instead, direct criticism never happens; indirect criticism ensures everyone saves face.

When Pat moved to Chicago from the South, she experienced extreme culture shock. Not only could she no longer move her hands while talking (common for Southerners, but not for Chicagoans), but she also had to adjust to a culture that prided efficiency over relationships — the base of all that she knew.

Pat is proud to look Irish, but feels most connected to her strong female Seminole heritage and retains much of the Southern manners. Do not assume you know somebody by their physical characteristics, because there is so much more than meets the eye.

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## Welcome — Community Reintegration Program

By Vern Eggiman

“I seek to make a broader impact in building community resources for PSRB clients and assisting with bridging between the community and OSH,” wrote Nicole Wirth, LCSW, on her application. Nicole became the program manager for the Community Transition Team on Nov. 6. She has been working at OSH on ward 41B for the past three and a half years. Her career began in 1991 working in residential treatment facilities in Clackamas County. She worked in community mental health programs for seven years, providing case management services. Nicole was a team leader for a co-occurring disorders day treatment program at Cascadia where she provided clinical supervision for CADC staff and for MSW staff working toward licensure. Finally, she worked with the Child Welfare Partnership as a research assistant.

*Nicole received her bachelor's in psychology from Lewis and Clark College, and her MSW from Portland State University. She received graduate training in addictions counseling from PSU, and is a qualified alcohol and drug counselor and supervisor.*

I am pleased to announce that also on Nov. 6, Michael Harmon, Psy. D., accepted a Clinical Psychologist position with the Sex Offender Treatment Team. Dr. Harmon is not new to OSH, having completed his psychology internship in 2005 in Adult Treatment Services here in Salem. Most recently Dr. Harmon worked as a psychologist resident at a mental health clinic in Victoria, Texas. He also worked as a psychologist intern at a Health Consortium in Norman, Oklahoma. Here in Oregon, Dr. Harmon worked as a behavioral health intern at Newberg Community Hospital, professional mental health provider at Lutheran Community Services in McMinnville and served as senior Pastor of the Salem Free Methodist Church for six years.

*Dr. Harmon received his bachelor's in theology from Portland Bible College, his masters in counseling psychology from Western Evangelical Seminary and his Psy.D. in clinical psychology from George Fox University.*

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## Chief Psychiatrist

By Marvin D. Fickle, MD

Join me in welcoming Dr. John Bischof as our new Chief Psychiatrist. John most recently was Medical Director of Cascadia Behavioral Healthcare in Portland. He completed his residency at OHSU and a Fellowship in Public Psychiatry at Columbia University. He has worked in a variety of public mental health settings, including Dammasch State Hospital, the Garlington Center and Blue Mountain Recovery Center in Pendleton. John assumed his duties at OSH the week of Nov. 13.

## AS400 Update

By Nancy Coddington  
and Joan Riley

The migration team continues to make great strides on the AS400 migration project. Recent highlights include:

- \* All electronic hospital forms on the AS400 are being piloted and expected to be in use hospital-wide by the first of 2007.
- \* The requirements-gathering phase for AS400 database conversion is complete. We can now start the development work for replacements.
- \* The OSH Visitors List has been migrated to Microsoft Access. This was a large undertaking and our success would not have been possible without the help of Melissa Lang, Tami Ferland, Kathy Kuntz, Bea Quest, Brenda Ross and Jan Wulfers. Our newest team member, Rose Martin, has had to hit the ground running to keep up with this group.
- \* New overtime calendars are being developed in GroupWise and will be available for use beginning Jan. 1, 2007. The old ones will be archived at the same time and placed in folders accessible to program management.
- \* We're working toward resolving the specialty printer issues, including printers for pharmacy, food service and lab. The AS400 will not be turned off until these printer issues are resolved.

## Tips for the holiday season

*Courtesy of Cascade EAP, Phone: 1-800-433-2320*

The holiday season is upon us once again, and along with the joy it brings, it can also make your life somewhat hectic. As you make your “To Do Lists,” remember to incorporate safety into all your activities so that you can have a happy and safe holiday season.

**Decorations** — Don’t use indoor lights outside because they may not be water proof. Don’t use outdoor lights in the house because they burn hotter. Christmas trees cause nearly 500 deadly home fires every December in the United States. If you celebrate Christmas, purchase your tree as close to Dec. 25 as you can, position your tree away from the furnace, fireplace or candles, and water it daily.

**Fireplaces** — You should not try to burn evergreens in the fireplace or in a wood stove to dispose of them. They are likely to flare out of control and send flames and smoke into the room. Also, do not burn wrapping paper in the fireplace because it often contains metallic materials that can be toxic if burned.

**Toys and Gifts** — Be careful when you choose toys for infants or small children. Be sure anything you give them is too big to get caught in the throat, nose or ears. For persons with arthritis, make sure the gift does not require assembly and can be easily opened and closed.

**Plants** — Small children may think holiday plants look good enough to eat, but many plants can cause severe stomach problems. Plants to watch out for include mistletoe, holly berries, Jerusalem cherry and amaryllis. Keep all of these plants out of children’s reach.

**Food and Cooking** — Wash hands, utensils, sink, and anything else that may have come in contact with raw poultry. Keep in mind that a stuffed bird takes longer to cook. For questions concerning holiday turkey preparation and cooking, call the USDA Meat and Poultry Hotline at 1-800-535-4555. Refrigerate or freeze leftovers in covered shallow containers (less than two inches deep) within two hours after cooking. Date the leftovers for future use.

**Alcohol, Parties and Driving** — Being a smart party host or guest should include being sensible about alcoholic drinks. More than half of all traffic fatalities are alcohol-related. Use non-drinking designated drivers to drive other guests home after a holiday party.

**Stress** — The holiday season is one of the most stressful times of the year. You can’t avoid stress completely, but you can give yourself some relief. Allow enough time to shop rather than hurrying through stores and parking lots. Plan to do only a reasonable number of errands at a time. When shopping, make several trips out to the car to drop off packages rather than trying to carry too many items. Finally, take time out for yourself to relax.

## October Milestones

### •••25 Years of Service•••

*Kirk Buckley*, Administration

*Gary Herring*, 50D

### •20 Years of Service•

*Sonia Dubois*, 50I

*Richard Dean*, Security

### •••15 Years of Service•••

*Nelson McFall*, 50I

*Todd Trautner*, Rehab Services

*Javad Farza*, P1B

*Janice Lieder*, Housekeeping

*Guia Peteros*, 48C

### •10 Years of Service•

*Charles Miles*, Physical Plant

### •••5 Years of Service•••

*Todd Bastable*, 50D

*George Jones*, Physical Plant

*Karen Newton*, 50G

*Jamie Wasilewski*, P5A

*Fern Shank*, Superintendent’s Office

### •Retirement•

*Loc Nguyen*, Custodian

### •••New Hires•••

*Mark Alvarez*, Food Svcs Worker 2

*Jennifer Boaz*, MH Therapy Tech

*Karen Cronenberg*, MH Therapist 1

*June Lawson*, MH Supervising RN

*Connie Newman*, MH Therapist 2

*Paez Oliveros*, MH Therapist 2

*Stephani Pastoor*, Office Specialist 2

*Melissa Poteet*, Laboratory Tech 2

*Amanda Reyes*, Clinical Psychlgist 1

*James Ross*, Food Service Worker 2

*Shirley Stickles*, Accounting Tech 2

*Linda Tschida*, MH Reg Nurse

*Alain Yao*, MH Therapy Tech

### •••Promotions•••

*Gassner Boardman*, MH Therapist 2

*Sean Hamman*, MH Therapist 1

*Krystal Landry*, MH Therapy Coord

*Valerie Patterson*, MH Suprvsng RN

*Lisa Payne*, Food Service Worker 3

*David Peckfelder*, MH Suprvsng RN

*Stephanie Reeves*, MH Therapist 2

# Filth, Germs and Disease, Part II

By Walt Lockett

The CDC recommends that healthcare workers wash their hands with soap and water if their hands are visibly soiled, dirty or contaminated. If hands are not soiled, workers should use an alcohol-based hand sanitizer for routinely decontaminating hands.

**Why is Hand Hygiene Important?** You carry millions of germs on your hands. Most are harmless, but you can pick up some that cause illness such as colds, influenza, and diarrhea. When we forget to wash our hands, do it incorrectly or don't use hand sanitizer, we can spread these germs to others or give them to ourselves by touching our eyes, mouths, noses or cuts on our bodies. We can pick up germs from objects such as doorknobs and stair railings, touched by other people who aren't good hand washers. Think about all the things you touch each day and how many people may have touched them before you.

**When should you wash your hands?** You should wash your hands BEFORE you prepare or eat food; treat a cut or wound; tend to someone who is sick; put in or take out contact lenses; do any kind of activity that involves putting your fingers in or near your mouth, eyes, etc. You should also wash your hands AFTER you go to the restroom; handle uncooked foods, especially raw meat; eat; blow your nose, cough or sneeze; handle garbage; tend to someone who is sick; change a diaper; play with or touch a pet.

**How should you wash your hands?** How you wash your hands is just as important as when you wash your hands. Just rinsing them quickly is not enough. Every time you wash your hands use soap and warm running water; wash all surfaces thoroughly, including wrists, palms, backs of hands, fingers and under the fingernails; rub hands together for at least 20 seconds; use a clean or disposable towel when drying your hands.



## EDD Schedule

Following is a list of classes being offered at the OSH Education and Development Department (EDD) during the remainder of December. Classes are located at EDD unless otherwise noted. For information about these classes, you can call 503-945-2875.

**Pro-ACT Refresher Training**  
Dec. 6, 8 a.m. - 5 p.m., and Dec. 7, 8 a.m. - 12 p.m.

**General Orientation:** Dec. 11 - 22, 8 a.m. - 5 p.m.

**Ed Day:** Dec. 12 8 a.m. - 5 p.m.

**CMA Pharmacology:** Dec. 12, 8 a.m. - 12 p.m.

**Pro-ACT Refresher Training:** Dec. 20, 8 a.m. - 5 p.m., and Dec. 21, 8 a.m. - 12 p.m.

**Pro-ACT Refresher Training:** Dec. 27, 8 a.m. - 5 p.m., and Dec. 28, 8 a.m. - 12 p.m.

**How should you use hand sanitizer?** If you use hand sanitizer, you should put a nickel-to-quarter-sized amount in the palm of one hand; put your hands together, spreading the sanitizer onto fingertips, cuticles and nails and up to the wrists; rub palms against each other; rub hand sanitizer into the back of hand and into web spaces between fingers; repeat procedure for other hand; rub palm to palm again, with fingers interlaced; rub the upper part of your fingers against the palm of your hands; rub right thumb clasped in left palm, and vice-versa.

## December Calendar

**15-20 — Room 40A  
Caring Tree Wrapping  
Room Open Dec. 15: 12-5 pm  
Dec. 18-20: 10 am - 5:30 pm  
Contact Jessica Loewen Preis:  
(503) 945-2892**

**20 — 1:30 p.m.  
Valuing Diversity Committee  
Brooks Room  
Contact Rebecca A. Sweetland:  
(503) 945-2806**

**22 — 8:15 a.m.  
Wellness Committee  
Callan Room  
Contact Sue Wimmer:  
(503) 945-2886**

**27 — 2:30 p.m.  
General Staff Meeting  
30 Building Gym  
Contact Pam Dickinson:  
(503) 945-2852**

**25 — Christmas Holiday**