



Summer 2008

Governor Calls for Nominations for Excellence in Public Service Awards



Governor John Hoeven

The Governor's Award for Excellence in Public Service recognizes the outstanding work performance of our state employees and their contributions to their agencies, professions and communities. I encourage you to nominate your fellow state employees for this award. State employees may be nominated for the Governor's Awards for Excellence in Public Service by fellow employees, supervisors, or other interested individuals for their accomplishments and contributions in the past year. The awards will be presented at a ceremony and luncheon during State Employee Recognition Week in September.

Have a safe and Happy Summer



Nominees must be employed a minimum of half time with one full year of employment and more than one employee can be nominated from an agency or department. This year, employees can be nominated in six categories: Executive/Administration; Professional; Technical/Paraprofessional; Office Support; Trade/Craft, and Services.

For more information about the award and to submit your nominations online or print a nomination form, visit the Council of State Employees web site at www.nd.gov/cose. You can also send your nominations to the Office of the Governor, attention Jody Link, 600 East Boulevard Avenue, Bismarck, ND 58505. The deadline for all nominations is Friday, August 8.

Chairman's Ramblings

Ahhh, the sun is shining and the birds are singing. Summer is a great time of the year but it can also pose some dangers if proper precautions are not taken. Please be sure to read the article on protecting yourself from the dangers of too much sun located elsewhere in this newsletter.

It is also that time of year again when everyone should be thinking about the upcoming State Employees Recognition Week (SERW) which will be held during the week of September 8th through the 12th. Local COSE committees are already busy planning a myriad of activities for SERW which, in Bismarck, includes a wellness day and shelter drive among other activities. Other areas in the state are also planning activities for that week. Information on those activities will be forthcoming in the next few weeks as the time gets closer from your local committees so stay tuned.

As I have mentioned in the past, one of the ways in which COSE works to recognize the outstanding services that state employees perform for the citizens of North Dakota is by helping in the judging of the applications for the Governor's Award for Excellence in Public Service. Over 15 nominations for the various categories have all ready been received. Not bad for the first announcement of the awards that went out about a month ago. However, in order to keep the judges busy, there is still time for a lot more applications to be mailed or emailed in for consideration.

These awards, presented annually by the Governor at the beginning of SERW in Bismarck, serve to highlight the best employees of the great state of North Dakota. Please take some time and go to <http://www.nd.gov/cose/gaward.htm> and read about the awards. Surely there is someone in your organization that you believe is doing an

excellent job and could be nominated in one of the six award categories ranging from support to professional. Why not take 10-15 minutes and nominate someone. They might just be recognized because of your nomination.

Don't forget also to visit the other areas on our COSE website. Look at the store discount listings for several of our cities in the state, see what clothing items COSE has for sale, and many other parts of interest may catch your eyes. If you have suggestions for other items that may be of interest that could be put on the website (or even in the newsletter), let your COSE representative know and the Board will take it under advisement.

Dr. Stephan A. Schroeder,
Chairman COSE
Board of Directors



**Please visit the COSE
website for State
Employee Discounts
throughout the State.
Remember to check back of-
ten because these discounts
are updated regularly.**
www.nd.gov/cose

Check the Sun and Your Skin

Each year in the United States more than a million people are diagnosed with skin cancer. Although it's not usually deadly, skin cancer can cause serious problems. What's more, once people develop skin cancer, they are at high risk of developing another, new skin cancer later. Luckily, most forms of skin cancer can be prevented by limiting your exposure to the sun and other sources of ultraviolet light. To protect your skin, stay away from tanning salons, minimize your time in the sun, and wear sunscreen and protective clothing.

Scan Your Skin

If you do develop skin cancer, it can usually be successfully treated. But it's important to catch it early, so get to know your skin and check regularly for changes. Once a month, go into a well-lit room with a full-length mirror and take off all your clothes. Look at the skin everywhere on your body, including areas that never see the sun, such as the space between your toes. If there are places you cannot see well, such as your back, ask someone you trust to look for you. Be on the lookout for any unusual skin markings. Note any

moles that have changed in size, texture, color, or shape; or any moles or scabs that continue to bleed or won't heal.

If you spot a mole or skin change that you think could be cancerous, have your doctor look at it.

A Health Dialog Health Coach Can Help

To learn more about skin cancer, call a Health Coach. Health Coaches are specially trained healthcare professionals, such as nurses, dietitians, and respiratory therapists. They are available by phone, anytime, 24 hours a day, 7 days a week, at no charge to you. To talk to a Health Coach, call 1-800-658-2750. You can also get information online at www.thedialogcenter.com/bcbsnd.



The ABCs of Melanoma

When trying to spot melanoma, it's useful to look for the "A,B,C's of melanoma:"

A is for **asymmetry**, meaning that one half of the mole or skin growth doesn't match the other half.

B is for **border irregularity**. Moles or spots with ragged, notched, or blurred edges are more likely to be cancerous than moles or spots with even edges.

C is for **color**. Moles with a mix of tan, brown, or black are more likely to be cancerous than ones that are all one shade. Dashes of red, white, or blue are also cause for concern.

D is for **diameter**. Moles or skin growths larger than a pencil eraser are more likely to be cancerous than smaller ones.

COSE CLOTHING SALE

July 21 - August 31

Unlined Wind shirts and Lightweight Jackets

\$15.00 each





The North Dakota State Hospital is a Division of the Department of Human Services and is located in Jamestown, North Dakota. Legislation was signed March 9, 1883 allowing funds for erecting a Hospital for the Insane. The hospital was built and admitted its first patients in 1885.

The North Dakota State Hospital provides specialized psychiatric and substance abuse services for individuals whose needs exceed the resources and capacity of other community services.

The hospital has come a long way since 1885. The State Hospital serves as the inpatient psychiatric facility for the State of North Dakota. The Superintendent is Alex Schweitzer and the Medical Director is Andrew McLean. The State Hospital is a twenty-four hour – seven day a week facility employing 424 full-time staff and 18 part-time staff for a total of 442 employees.

The NDSH serves as the inpatient psychiatric and chemical dependency hospital for individuals requiring care and treatment not available through their local Human Service Center. There are eight regional Human Service Centers around the state. Admis-

sion to the State Hospital requires screening and referral through a Human Service Center. Currently, the average daily population for both inpatient and residential services is 265.

There are six inpatient units at the hospital, located in the La-haug Building. Dr. Rosalie Etherington is the Clinical Director of Inpatient Services. The units consist of the following:

- ◆ Adult Psychiatric Unit serves as the admission unit
- ◆ Child and Adolescent Unit provides inpatient hospitalization to children.
- ◆ Geropsychiatric Unit serves the elderly population
- ◆ Psych/CD provides services to individuals with dual diagnosis (chemical dependency & psychiatric issues)
- ◆ Intensive Care for Women is a structured setting for women with special needs.
- ◆ Psychosocial Rehabilitation serves a variety of individuals with special needs requiring continued care and treatment

The hospital also offers a residential level of care in the Crossroads program and Transitional Living Homes. Individuals in the residential program require additional care and treatment in a step down version before transitioning back to their

ND State Hospital

communities.

Mr. Kerry Wicks is the Clinical Director for Residential Services. Those services include:

- ◆ The Tompkins Program is an inpatient chemical dependency treatment program for individuals coming out of the prison or parole system
- ◆ Secure Services Program provides treatment to Sexually Dangerous Individuals committed to NDSH under Chapter 25 of the ND Century Code

In 2000 Mr. Schweitzer became the Superintendent of the ND Developmental Center. The two facilities are now called the "One Center." There are several other administrative positions that are shared between the two facilities. This arrangement has worked very well for both facilities. Shared positions include:

- ◆ Superintendent
- ◆ Medical Director
- ◆ Chief Operating Officer
- ◆ Human Resource Director
- ◆ Safety Director
- ◆ Staff Development
- ◆ Risk Management
- ◆ Materials Management-Contracts Director
- ◆ Dietary Director
- ◆ Business Operations Director

In 1998 the Department of

ND State Hospital cont.

Corrections opened the James River Correctional Center on the ND State Hospital campus. The hospital had downsized as many individuals were receiving care and treatment in their communities. This left the hospital with several open buildings and with the need for additional DOCR beds the vacant hospital buildings work great for their needs.

Recent news for the State Hospital is the opening of a Museum. Dr. Rosalie Etherington has worked very hard researching, interviewing and gathering artifacts for this Museum. She has developed a timeline with very interesting information. Although much of the history is no longer available Dr. Etherington was able to locate some very interesting and unique pieces that are

part of the Museum.

The Museum held a Grand Opening on July 9, 2008. In conjunction with the grand opening for the Museum the Employee Promotion Committee served cake and ice cream to celebrate the hospital's 125th birthday.

Easy Healthy Recipe

ULTIMATE BROCCOLI-CHEESE CHICKEN

Net carbs: 5g

¼ cup pine nuts or slivered almonds

2 (10 ounce) packages frozen broccoli florets in cheese sauce

3 cups cubed cooked chicken or turkey breasts

¼ cup diced pimentos

1. In dry skillet over medium heat, cook and stir nuts until they brown.
2. Cook frozen broccoli in sauce according to package directions.
3. Transfer to large saucepan and stir in chicken and pimentos.
4. Simmer, stirring constantly, until chicken and broccoli mixture heats through. Add water if necessary to thin sauce. Season to taste with salt substitute and pepper. Remove from heat and keep warm.
5. Sprinkle mixture with toasted nuts just before serving.

Yield: 6 to 8 servings serving size: 2/3 cup

Calories: 244 Protein: 34g Carbohydrate: 7g
 Fat: 9 g Cholesterol: 84mg Sodium: 448 mg
 Calcium: 59 mg Fiber: 2g Sugars: 4g
 Sugar alcohol: 0 g
 Food exchanges: 1 ½ lean meat, ½ vegetable, ½ fat

RECIPE FROM THE EASY 4 INGREDIENT DIABETIC COOKBOOK, THE SMART WAY TO COOK HEALTHY BY SALLY N. HUNT, PH.D



Fish Awards

Friendly
Initiative
Smile
Helpful



Developed by the State COSE Board of Directors, the Fish Award:

- ❖ Symbolizes excellence in customer service,
- ❖ Recognizes employees who promote customer service in state government,
- ❖ Acknowledges employees who model excellence in customer service to other fellow State Employees,
- ❖ Exemplifies the standard " We all have a customer; we all provide service to others," and
- ❖ Recognizes employees who understand that " Providing customer service is part of our job."

For more information on this award, or to nominate someone, contact your COSE representative. All nominations must be received by September 30, 2008 to be eligible for the Third quarter award. Nomination forms can be found on the web at www.nd.gov/cose/ or from your COSE representative.

This newsletter is published three times a year by the North Dakota Council of State Employees (COSE). State employees are encouraged to submit articles or information about their agencies or institutions to their subgroup listed below. Any comments and concerns should also be directed to your subgroup chair listed below. Editorial Board: COSE Board of Directors. Publisher: Tina Walters, 600 East Blvd. Ave, Bismarck, ND 58505

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