

# THE SWVMHI NEWS

## Southwestern Virginia Mental Health Institute

Volume XXIX, No. 3

▲Health ▲Healing ▲Hope

June 1, 2007

OUR MISSION: We promote mental health in Southwestern Virginia by assisting people in their recovery.

### FROM THE DIRECTOR:

#### A Tribute to Nurses

As I was preparing remarks for the Nurses' Week Reception, I read the stories of two nurses, and I want to tell you about them. The first nurse, Claire, recently lost her husband to a heart attack. Joe had planned to climb Mount Ranier, a difficult climb that takes a lot of skill. Claire decided to take his place on the climb, as a tribute to him, and also to help her understand his love for climbing. She made it to 12,800 feet before strong winds and risk of avalanche made the climbers turn back. On her way back down, she was asked, "Did you find what you were looking for?" Claire responded, "I came looking for Joe, a sign, something. I kept searching for him. I came looking for Joe, but I found myself." She explained that she had found a new inner strength, a recommitment, and a rededication that she hadn't expected.

The second nurse, Mary, had an exhibit of her own photos open in Chicago. Mary is a photographer of closed hospitals. The images are angular and stark; they are empty of the essential humanity of a hospital which comes from the interactions between the caregiver and the patient. They are devoid of the interactions that create hope and healing. Both Claire and Mary represent the best in nursing. They are good and skilled nurses, but with creativity, dedication, and a sense of higher moral purpose. They bring a discretionary effort to their chosen career.

In my experience, many of those who enter and stay in nursing careers continually seek to advance their knowledge, skills, and passion. We are striving in Virginia, in the Department of Mental Health and at SWVMHI to help nursing staff remember the devotion that brought you into your profession. We want to involve you in making decisions about our future and to be the very best place in southwestern Virginia to serve patients.

Through the efforts of the Board of Nurse Executives, the Department of Mental Health, Mental Retardation, and Substance Abuse Services, and other dedicated nursing and human resource professionals, Governor Kaine has recognized the pending nursing shortage. "If we do nothing," states Governor Kaine, "Virginia will have a shortage of nearly 16,000 nurses by 2015. With nurses in greater and greater demand, there are fewer nurses who are choosing to become nursing educators, leaving us unable to teach enough nurses to meet our growing needs."

To break this cycle and expand our training of nurses, Governor Kaine proposed a 10% increase in the salaries paid to nursing faculty in conjunction with advanced degree scholarship programs. "This will not only help efforts to retain existing teachers, but will also attract other nurses, retired, practicing,

#### **In this issue. . .**

Library News.....	5
Therapy Advisor .....	6
Blattner Celebration.....	7
Comments & Misc. ....	8
Dates to Celebrate.....	9
College of Direct Support. ....	10
Yard Sale & Requests .....	10
Hopkins Honored.....	11
Break Free from Tobacco.....	11
Human Resources Updates .....	12
How to Keep New Hires .....	13
Lung Cancer .....	13
Safe Lodging .....	14
Moving Outdoors .....	15
Personnel Changes.....	16
Census .....	16
Nursing Week PSA's .....	17
SAMHSA Site .....	18
Butter .....	19
Healthy Sites .....	19

**Continued on Page 2**

## Director Continued from Page 1

or new graduates to begin teaching as well.” In the Department, efforts continue toward enhancing the competitiveness of our workforce. The courses offered through the College of Direct Support (CDS) continues to be emphasized, and we will submit another budget amendment to pay for enhanced competencies related to CDS materials. Efforts also continue to emphasize the need for funding for LPN parity.

At SWVMHI, we have recently implemented weekend supplement pay for those who work on weekends from Friday night until Sunday night – those unpopular, hard to fill slots in the schedule. We will continue to work toward other incentives, particularly as related to decreasing turnover and eliminating mandatory overtime.

But, as with the stories of the two nurses, you are here not only for the monetary incentives we can offer. You work here because of the difference you can make with the people we serve, who are in recovery in southwestern Virginia. We want to be a facility where all staff continue to learn and grow, whether through local on-site programs, such as the College of Direct Support, or College classrooms. Here at SWVMHI, we offered more than \$60,000 of tuition reimbursement in Fiscal Year 2007 for staff to advance their knowledge and training, and we plan to continue that next Fiscal Year, budget permitting. We have included a number of nursing leaders in the High Performance Organization training that was recently offered – and that’s not the end of it. Over these past several weeks of training, I have heard that staff want SWVMHI to be a high performing organization because it is the right thing to do, because it is best for the patients and because it is good for the staff, too. It is not an easy process to change the organization culture, but we are committed to doing so over these next weeks and months. You have my commitment that we will continue to involve as many nursing staff as possible in this process so that we continue to be the best mental health facility in southwestern Virginia, with the best staff giving the best care. We all hope that you will come along on this journey with us!

## Southwestern Virginia Celebrates Recovery Stories

On April 13 and 14, 2007, far southwestern Virginia mental health consumers, family members, college students, mental health workers, and others gathered to recognize and support recovery. The fourth annual Mental Health Awareness Fair and Walk was organized by the Mental Health Creative Ideas Committee and held on the beautiful campus of Emory and Henry College. This year’s theme was *Recovery Stories*.

Eileen White, a consumer and Board member for the National Alliance on Mental Illness, served as the keynote speaker for two events: Friday’s seminar, entitled Family Recovery Stories, and Saturday’s Mental Health Fair and Walk. Almost 400 people were in attendance at both events, with media coverage by the local television station, WCYB.

Ms. White proved to be an interesting and dynamic speaker, engaging those present with her personal recovery story. Ms. White served in the United States Air Force and rose to the level of Staff Sergeant

**Continued on Page 3**

## Director – Continued from Page 2

with a Top Secret Security Clearance from 1981 to 1984. After being diagnosed with Dysthymic Disorder and Anxiety, her military career came to an abrupt and disappointing end. Additional diagnoses in 1989 included General Anxiety Disorder, Major Depression, Post Traumatic Stress Disorder, Obsessive-Compulsive Disorder, Anorexia, and what she calls “the big one:” Borderline Personality Disorder.

Following years of psychotherapy, seven electroconvulsive therapy (shock therapy) treatments over a two-week period, and medication that she continues today, Ms. White is an advocate who has found her “purpose in life.” In recognition for her efforts, she received the **2003 National NAMI In Our Own Voice Speaker Award** and has been certified as a National In Our Own Voice trainer for others. What remains tantamount to her “job” today, however, is the goal of increasing awareness and helping end the stigma, misperception, and discrimination experienced by those living with serious mental disorders. She brings a message of hope and understanding while adding both a personal touch and terrific sense of humor.

On Friday night, Ms. White described the importance of “that one person,” in her case a psychologist, who never gave up on her ability to recover. She saw this person regularly for 16 years and credits much of her belief in herself and her newfound purpose in life to their work together. Ms. White’s remarks were followed by a panel of three family members of persons with serious mental illness who spoke poignantly about the struggles to find appropriate diagnoses and treatment for their loved ones. Their most important struggle seems to have been the drive to find purposes and meaning in this new way of being. They learned that there is no “going back,” to a time before mental illness, but learned to find joy, humor, and hope in day-to-day interactions. Their descriptions moved those present to tears at times, as each described the journey to recovery that both they and their family members live each day. We saw that recovery is truly a journey of self-discovery, and that sometimes it is the small things in life coming at a critical time that make a big difference in holding onto hope.

Saturday’s events began with a welcome by Jerry Deans, Associate Commissioner, representing the Virginia Department of Mental Health, Mental Retardation, and Substance Abuse Services. He spoke on Developing a Recovery Oriented Mental Health System. Mr. Deans emphasized Virginia’s initiatives that are bringing best practices to the forefront and emphasized the importance of recovery principles. He stated, “We have the work in Virginia on co-occurring mental health and substance abuse disorders, which stresses being ‘welcoming’ to persons regardless of whether they have a primary substance abuse diagnosis or a primary mental health issue. We are working to design treatment programs that incorporate treatment for both mental health and substance abuse issues in one setting. Virginia is also moving toward becoming a high performance organization which involves setting department-wide values of respect and inclusiveness. We want to model how we treat our staff on recovery principles. Only then can we realistically expect staff to treat the individuals we serve in accordance with these values.”

Mr. Deans has found that both recovery principles and values-based leadership have in common respect for individual strengths and differences, empowerment, and choice. “In Virginia,” he notes, “consumers are helping us to become a system that focuses on wellness, and, in many of the state hospitals, including Southwestern Virginia Mental Health Institute, we have peers teaching others about Wellness

**Continued on Page 4**

### Director – Continued from Page 3

Recovery Action Plans. Last night and today we have the opportunity to learn about positive recovery experiences from people who have the best knowledge of what it is like to deal with mental health problems – consumers and family members. We also learned more about community advocacy efforts from members of family support groups, and we gained knowledge about recovery in the community and available resources.”

Mr. Deans reminded us that recovery is a journey--much like the Mental Health Walk later in the day. “Not always going uphill, sometimes coasting downhill. It is important to have choices and to have your voice heard in your own treatment and in shaping the system. It is important to take responsibility and to educate yourself about wellness and what keeps you well. It is important to have supporting friends and family involved in your Recovery Journey. By your presence today, you have shown your willingness to step up when called and become involved in making Virginia’s service system a more recovery-oriented system. We want to be a service system in which individuals with mental illness will come together with the health care providers to help each person define what is wellness on an individual basis. There’s no ‘pill’ for Recovery – a recovery-oriented service system means that you have access to places to live, meaningful work or other activities, and places to learn skills and get supports.”

The morning ended with a Mental Health Walk dedicated in memory of E.W. “Wally” Cline, former Executive Director, Mount Rogers Community Services. After lunch, the group convened to present a variety of awards. Teresa Keller of the Emory and Henry Mass Communications Department and her students were recognized for developing a DVD with local consumers on Mental Health Recovery Stories. The 2007 T-shirt design contest winners were announced, as was the Going the Extra Mile Award presented to Claudia Duffy, family member and active volunteer in the region. The formal program ended as several consumers from the region were introduced to tell their own recovery stories.

Another highlight of the day was musical entertainment which was provided by two groups. The first, a perennial favorite was the PowerHouse Chorus, from the PowerHouse Clubhouse in Galax, Virginia. They presented two songs dedicated to those who help us in our recovery journeys: “From a Distance” and “I will remember you.” Next, the White Top Mountain Band, featuring Dr. Mark Handy, played their special blend of old-time mountain music and gospel and provided the perfect end to the day.

The Mental Health Creative Ideas Committee is a region-wide group composed of mental health consumers, professionals, family members, and Emory & Henry College staff and students. Each year, the group organizes mental health events which work to decrease stigma and promote fun, hope, and fellowship. Over the past four years, as a part of Mental Health Walks, the group has sponsored a play--My Sister’s Sister--and conducted consumer art projects. They have promoted the Crisis Intervention Team from New River Valley, which provides education to law enforcement officers about mental illness, and now there is a new CIT in the Mount Rogers area. Community involvement and education are crucial, and this region has done much to combat the stigma and celebrate recovery. The individuals who receive services, those who provide services, and those who support them are working together side by side to accomplish these tasks.

Cynthia McClaskey, Ph.D., Director

## COMMUNICATION – PERCEPTION – EXPECTATION AND YOUR SWVMHI LIBRARY

When I first ruminated on doing this piece for the newsletter, I had visions of our exploring communication of knowledge-based information together. All kinds of in-house topics ran through (probably need to accentuate the through) my mind, in SWVMHI library land. A few examples would be Evidence Based Practice, HPO, Smoking Cessation, Recovery Initiative, clinical-medical-nursing practice research, staff development and attrition information, and on it goes. I see them all as a challenge, to the library, to help staff to access useful, relevant, validated information. Also, we accept the challenge to help you navigate the morass of information sources out there.

That's what made me think on communication, because that's a two-way street, and I'm just looking at things from my side of the street. Do you see a need for assistance in finding what you need to know in a timely effective manner? We will attempt to discern your needs, with our usual survey of library program and services, in the fall. What I'm most interested in is your perception of, and expectations of, your knowledge-based information needs. What sources do you currently use? Maybe we'd want to compare notes. I'm also ruminating on how to facilitate that comparison. Look for some search hints and questions from your library via your e-mail in the near future.

As I was cogitating on this piece, the following paragraph came to my attention.

*“Everyday, we are bombarded with new information to process, understand, and incorporate into our daily lives. As a nurse educator, the amount of new information I must assimilate and relay to students is both exciting and overwhelming. I personally feel that I am on ‘information overload’ at times, and I have come to identify in myself a syndrome that I call ‘stress dementia’”<sup>1</sup> Linda J. Cook*

Cook's words served to reinforce my concern and aim to find ways to ease our “information overload” induced “stress dementia.” Also, the electronic age can work for good and make your SWVMHI library more accessible than may first be evident.

Meanwhile, we highlight here a few titles, new to the library shelves, that we hope will meet some of your knowledge-based information needs. Most of these titles, I think, speak for themselves.

- Adams & Grieder. Treatment Planning for Person-Centered Care.
- Castonguay & Beutler, ed. Principles of Therapeutic Change That Work.
- Zayfert. Cognitive Behavioral Therapy for PTSD.
- \_\_\_\_\_ . Practical Guide to the Care of the Psychiatric Patient. Ref.
- Williams, et.al. Mindful Way Through Depression: freeing yourself...
- Klott. Co-occurring disorders Treatment Planner.
- Friedel. Borderline Personality Disorder Demystified.
- Sugar. Games That Teach Teams.

P.S. I didn't have the coins, \$960, to purchase the four-volume set, The Encyclopedia of Stress. Yes, it's out there, so wear your “stress dementia” with pride. Academic Press is taking stress seriously.

Many, many thanks go to all who have contributed to the library program and services, and responded to our card and magazine plea this quarter. They are: Robyn Anderson, Colin Barron, Cindy Blevins,

**Continued on Page 6**

## Library – Continued from Page 5

Gail Campbell, LeSu Cole, Jennifer Cregger, Jonathan Crisp, Mary Dotson, Leeann Fowler, Greg Griffey, Ashley King, Roy Layne, Cynthia McClaskey, Russ McGrady, Dick Mears, Jim Moon, Cheryl Rhey, Bonnie Spangler, Linda Sturgill, and Coleen Walls. If perchance you do not see your name here and think it should be, please let us know. Also, please keep in mind the lag time between the time this is written and the publication time.

Thanks again to you all, and keep those cards and magazines coming.

No quote this time, just a thought that comes to mind:

Do we communicate *to* or *with* our patients, and ourselves?

~Ann Mathews, Librarian

---

<sup>1</sup>Cook, Linda J. Exercises for Mental Wellness. Journal of Psychosocial Nursing, 45(5), May, 2007, 8-9.

---

## Therapyadvisor.com

**A website dedicated to encouraging the use of scientifically based treatments by mental health professionals.**

TherapyAdvisor is a website that provides easy access to scientifically supported treatments in a variety of age ranges and disorders: child, adult, and geriatric disorders, substance use, and health problems, including chronic pain.

TherapyAdvisor access is free and anonymous for mental health consumers. The consumer site offers mental health consumers a range of information about each disorder:

- **What Is . . . ?** provides a description of the disorder and how prevalent it is.
- **What Therapies Work?** provides a list of psychosocial therapies that are empirically supported to treat the disorder. Clicking the treatment name provides a PDF file (Adobe Acrobat) with a consumer-oriented description of the treatment.
- **What About Medications?** provides basic information on the medications and other medical approaches used to treat the disorder as well as information about medical conditions that should be considered and evaluated by a physician.
- **Self-help Resources** provides a list of books and other materials that are consistent with the empirically supported treatments for the disorder.
- **Information and Advocacy** provides links to organizations that provide information and advocacy for the disorder.

### **Practitioners**

TherapyAdvisor provides free and anonymous access for practitioners to all of the consumer information above and to the disorder pages for each disorder. To access the treatment pages within each disorder, however, practitioners must register and provide a small membership fee.

**Continued on Page 7**

**Therapyadvisor.com – Continued from Page 6****Psychosocial Treatment Focus**

The focus of TherapyAdvisor is on effective psychosocial treatments for various mental health conditions. Effective medication treatments also are available for many of these conditions but are not addressed in TherapyAdvisor. In addition, a brief review of medications is included for each disorder covered by TherapyAdvisor (“Medical Corner” for practitioners, “What about Medications” for consumers). The focus of TherapyAdvisor, however, is on effective *psychosocial* treatments.

~Submitted by Cynthia McClaskey, Ph.D., Director

---

**CELEBRATING THE LIFE AND SERVICE  
OF CARLOS BLATTNER, M.D.****SWVMHI TREE DEDICATION AND MEMORY SHARING  
FEBRUARY 18, 1924 – MARCH 12, 2007**

“I count myself in nothing else so happy as in a soul remembering my good friends.”

~William Shakespeare



On May 25, current and former SWVMHI staff, family, and friends of Dr. Carlos Blattner gathered for a memorial ceremony, tree dedication, and reception to celebrate his life and service.

A tree has been planted in his memory near the front of the Henderson Building.

During the celebration, Dr. McClaskey gave opening remarks, followed by “tapestries/shared memories” from many current and former staff and Rev. Neville Mazingo, who took the opportunity to share stories about how Dr. Blattner had impacted Southwestern Virginia Mental Health Institute’s staff and patients.

**Thanks to Nursing staff for initiating this Celebration  
and to Greg Griffey for the music!**

## COMMENTS AND MISCELLANEOUS

### THANKS TO SWVMHI STAFF

Dear friends,

Words cannot express the gratitude that we feel toward each and every one of you. Our family has been through two very difficult situations in the past year, and you all have been there, not once, but twice. We wanted you to know we appreciate the donations. They have been a great help to us all. It's nice to live in a small community where everyone is always eager to lend a helping hand. Most of all, we appreciate your friendship, your thoughts, well wishes, and prayers. Please continue to keep our family in your prayers.

Thank you,

~The Wagner Family

### CONGRATULATIONS TO RADIOLOGY DEPARTMENT

On May 15, SWVMHI had our annual Radiation Safety Inspection in the Radiology Department. This inspection is required by the State Bureau of Radiological Health. Since our facility is accredited by Joint Commission, they require that the inspector survey our Radiology Department according to their standards. We are pleased to announce that Dr. Lee Anthony found no deficiencies within our Radiology Department and that we received a perfect score.

Dr. Anthony's inspection report will be filed with the State Division of Radiological Health, and our department will be accredited until 2008.

~George Martin, Medical Director

### NATIONAL MEDICAL LABORATORY PROFESSIONALS' WEEK CELEBRATED

Laboratory personnel at SWVMHI celebrated *National Medical Laboratory Professionals Week* April 22-28, 2007. In President Bush's statement recognizing laboratory professionals he took the opportunity to "recognize the contributions of the dedicated men and women whose work helps detect and prevent disease, monitor treatment, and save countless lives." He further stated, "I appreciate the skill and dedication of our Nation's medical laboratory professionals." I would like to extend my thanks to our colleagues here at SWVMHI for the appreciation shown toward the lab staff during this week-long celebration.

~Rebecca M. Barker, MT(ASCP)  
Laboratory Supervisor

### SWVMHI WELCOMES NATHAN SHELTON

I am very pleased to announce the addition of Mr. Nathan Shelton to the SWVMHI family! Nathan was born in Saltville, VA, and graduated from Chilhowie High School. He began his healthcare career in 1987 at Smyth County Community Hospital as a housekeeper (porter). In 1989, he was promoted to Assistant Director of Environmental Services. Later that year, upon the retirement of the Environmental Services Director, he was promoted to the position of E S Director. While employed at SCCH, his duties included HAZ-MAT Coordinator, Chairman of the Safety Committee, and various other related committees. Nathan has attended Hazardous Material and Decontamination Trainer Courses and has received certification from Service Master in numerous housekeeping areas.

Nathan is married and has three children, ages five, 11, and 15. He is an avid hunter and enjoys woodworking in his spare time. He has an "open door" policy and invites all staff to contact him with any housekeeping or laundry related concerns. He states that he is looking forward to meeting and getting to know each of you. Please join me in welcoming Nathan to the facility. I know you will assist him in getting settled in to his new position.

~Roy G. Layne, Assistant Director, Admin.



**To the staff of Southwestern VA Mental Health Institute, Dr. Hall, and Dr. Crisp:**

My husband had been a patient at your facility in January and February. Some of you may recall him. He was afflicted with frontal lobe atrophy, and many of you had expressed the joy of meeting him while he was there.

I wanted to write to express my genuine heartfelt gratitude for the care and love that you showed my husband during his stay. There were many times that the staff went above and beyond what was necessary to care for him. They always showed him compassion and kindness like they would a family member; even though he entered as a stranger, it was evident that you all had become friends and loved him. I can't begin to express how much that has meant to me, our daughters, son, and extended family. Obviously it was very difficult to move him from home to a facility, away from his family. Knowing that he was well cared for brought us great comfort. As a Christian family, our faith helps us through our difficult times and what God has willed. My prayer for my husband was that he could be placed at the Veteran's Care Center in Salem, but I would always include in my prayer, "Lord, wherever is best for him, put him there." I believe your facility was the best place for him, and my prayer was answered. It appeared there was a mutual affection and enjoyment between my husband, the staff, and the doctors. I saw this evidenced at his departure, when many came to say goodbye with tears. This was such a blessing for my family and I to witness. How can I ever thank you?

These kinds of situations are never easy. They are filled with pain and tearing, but your acts of kindness helped ease some of my pain. I am so very thankful this is where God chose to put him. In caring for him, you were able to do what I could no longer do. God is so good to always provide for our needs. I appreciate the doctors and the staff always informing me, guiding me, answering my questions, and speaking directly to me. This was so very helpful for me and helped me make decisions that my husband and I had discussed. I'm sure at times you think you have a thankless and mundane job, but I hope this letter will encourage you to understand how important you are to each family in your facility. YOU DO MAKE A DIFFERENCE.

Reimbursement, no matter how hard one may try to not leave anyone out, it often happens. You folks have calmed my fears about owing a lot of money twice now!! Thank you.

May God bless you all as you bless others, with gratitude

~Family of SWVMHI Patient

<p align="center"><b>JUNE</b> <b>DATES TO CELEBRATE</b></p>	<p align="center"><b>JULY</b> <b>DATES TO CELEBRATE</b></p>
<ul style="list-style-type: none"> <li>• Caregivers' Month</li> <li>• Effective Communications Month</li> <li>• Fireworks Safety Month</li> <li>• International Men's Month</li> <li>• Dairy Month</li> <li>• Perennial Gardening Month</li> <li>• National Aphasia Awareness Month</li> <li>• National Beef Steak Month</li> <li>• National Rivers Month</li> <li>• National Rose Month</li> <li>• National Safety Month</li> <li>• Professional Wellness Month</li> </ul>	<ul style="list-style-type: none"> <li>• Cell Phone Courtesy Month</li> <li>• Family Reunion Month</li> <li>• Fireworks Safety Month</li> <li>• National Blueberries Month</li> <li>• National Culinary Arts Month</li> <li>• National Grilling Month</li> <li>• National Hot Dog Month</li> <li>• National Ice Cream Month</li> <li>• National Make a Difference to Children Month</li> <li>• National Peace Month</li> <li>• National Picnic Month</li> <li>• National Recreation and Parks Month</li> <li>• Women's Motorcycle Month</li> </ul>
<p align="center">~Copied from <a href="http://www.creativeforecasting.net">www.creativeforecasting.net</a></p>	



**CONGRATULATIONS** to the Nursing Staff who have been working diligently to complete the lessons offered through the College of Direct Support. **Completers from March 1, 2007 through April 30, 2007.**

**COMPLETED THROUGH DOCTORAL LEVEL 3 (Completed 119 Lessons)**

Shirley A. Bise	Lucita I. Chapman	Clay D. Dolinger
Teresa K. Dunford	Helen R. Gill	Linda W. Gilley
Dolores B. Greer	Betty M. Hash	Angela F. Hayden
Rita C. Heath	Sheila S. Horn	Earnest B. Johnson
Barbara A. Shepherd	Clifford H. Stamper	Patsy A. Venable

**COMPLETED THROUGH DOCTORAL LEVEL 2 (Completed 113 Lessons)**

Terri L. Griffey

**COMPLETED THROUGH DOCTORAL LEVEL 1 (Completed 103 Lessons)**

Kathy G. Church	Shirley M. Olinger
-----------------	--------------------

**COMPLETED THROUGH MASTERS LEVEL 4 (Completed 92 Lessons)**

Sue B. Allison	Shirley A. Chatham	Christy P. Hall
Sandra J. Herndon	Shirley C. Jupino	Janet M. Price
Lila D. Rutherford	Brenda K. Shepherd	

## SPRING YARD SALE

Volunteer Services would like to thank everyone who made the Spring 07 Yard Sale successful. With extremely threatening skies, we raised over \$350 to help support special patient activities. The rain held off (mostly), and sellers reported a good crowd and good sales.

Our next sale is planned for this coming August, date TBA. As with past sales, you may reserve a table for \$10 or donate items to sell. No clothing please. Make plans now to be there! E-mails will be sent with reminders as the next sale date approaches. For more information, contact Doug Smith, Director of Volunteer Services, Ext. 855.

## BONANZA REQUEST

Bonanza is in need of wire coat hangers and both men's and women's tennis shoes in good condition. As always clothing in good condition is appreciated.

## EMPLOYEE CAFÉ DONATION JAR

Don't forget to drop your change in the donation jar as you leave the register.

~Doug Smith, Volunteer Services Director

## SANDY HOPKINS, LOCAL VOLUNTEER HONORED

The State Mental Health, Mental Retardation, and Substance Abuse Services Board held its 24<sup>th</sup> annual volunteer luncheon on Tuesday, April 3, in Staunton to honor its most distinguished volunteers across the Commonwealth. First Lady Anne Holton attended the luncheon as the keynote speaker and expressed her gratitude to the many volunteers across the Commonwealth.

“One of the most important things the volunteers do is provide human contact,” Holton said.

James S. Reinhard, M.D., Commissioner of the Department, said, “For many years volunteers have provided countless hours of service in our state facilities and community programs. A volunteer’s time is priceless because it is given freely,” said Reinhard.

A local volunteer was honored for her dedicated service to Southwestern Virginia Mental Health Institute (SWVMHI).

Sandy Hopkins is active in several volunteer activities at SWVMHI, including the Animal Assisted Therapy Program with her dogs Brooks and Bailey. She manages the Bonanza Clothing Project and does off-site shopping for residents. She also assists with special events such as Operation Santa Claus and yearly fund-raising yard sale events.

~Copied from *Smyth County News & Messenger*, April 25, 2007



**B**REAK FREE FROM TOBACCO BEFORE  
OCTOBER 10<sup>TH</sup>!!

### ***The support you need when you're ready.***

**No Meetings** - You'll receive individual phone support from your health coordinator who will get to know your unique needs and guide you through the breaking free process. You will be supported as you quit and as you remain tobacco free.

**Quit Kit Incentives** - From a planning guide to a water bottle and a relaxation tape, you'll receive what you need to make a smooth transition.

**Your Choice of the Patch or Gum** - Your health coordinator will help you choose which will work best for you. You'll receive up to an 8-week supply at no cost.

**On Your Schedule** - You'll decide when you're ready to quit. Your health coordinator will help set reachable goals whether you're ready to quit now or just starting to think about it. No pressure. No nagging. No kidding.

**It's Free** - Breaking Free from Tobacco is available to all Virginia state employees who work at participating agencies and their covered family members over the age of 18 living in their homes. Retirees are also eligible to participate in CommonHealth. *Two enrollments per lifetime.*

Call **1-800-394-6380** to enroll and take the first step toward Breaking Free.

## HUMAN RESOURCES UPDATES

### TO ALL LICENSED/CERTIFIED STAFF:

The Verification of Credentials policy has just been updated. If you hold a license or certification through the Virginia Department of Health Professionals, your license/certification can be verified on-line. Effective immediately, you will no longer be required to demonstrate your license to the Human Resource Staff, except if you receive a new license (i.e. you are a Social Worker who receives your LCSW), or you are newly hired into a position (i.e. you are promoted from LPN to RN). Most licenses can now be verified on-line; however, there are a few that cannot. Please refer to Policy 6117 or call Cheryl Veselik in Human Resources (Ext. 204) for additional information.

### OPTIONAL LIFE INSURANCE:

Optional Life Insurance is an excellent program and a cost effective way for full-time employees to ensure financial security for loved ones upon death. The Virginia Retirement System recently approved a proposal from Minnesota Life, the optional life insurance plan administrator, to reduce optional life premium rates for employee, spouse and dependent child coverage, effective July 1, 2007. Premiums, which are payroll deductible, reduce 18 percent for employee and spousal coverage. Dependent child rates reduce 20 percent. Positive factors of favorable claims experience and administrative enhancements allow the Virginia Retirement System to pass along this savings to employees.

To learn more about this significant benefit, please contact a member of Human Resources.

### NEW SELF-SERVICE OPTIONS FOR THE DEFERRED COMPENSATION PLAN MAY 1, 2007:

Effective May 1, 2007, full time employees can enroll and update deferral amounts to the Virginia Deferred Compensation Plan on-line. This new function allows one to increase, decrease, reinstate or suspend deferrals to the plan, as well as use the age 50+ catch-up option. A paper form remains necessary to use the Standard Catch Up, Military Leave Make Up, or to defer Termination Pay (unused sick and annual leave) upon resignation or retirement.

To use this online feature access [www.vadcp.com](http://www.vadcp.com) and log in. After logging in, select CHANGE ACCOUNT and then DEFERRALS to change your payroll contributions. If you have forgotten, or have no Personal Identification Number (PIN), call the Deferred Compensation toll free number, or *KeyTalk*, to request this information (1-866-226-6682).

Employees who have never enrolled in this plan will receive a notification letter, which will discuss details of online enrollment and provide a PIN to use to log on and enroll. The letter also provides a telephone number to call to request an enrollment kit for those who do not have Internet access / home computers.

Employees can continue to make payroll changes and enrollments using paper forms. Please see the web site to download the forms, or see Human Resources.

### SALARY INCREASE THIS YEAR:

The recent budget amendments approved by the General Assembly provide for a total 4% salary increase for state employees effective 11/25/07.

## HOW TO KEEP NEW HIRES ON BOARD

First impressions are crucial—especially the first impression a new hire gets of your company. Studies show that a negative perception of your company during the first 60-90 days of employment can lead new personnel to look for a new job within the year. Here's how to put your best foot forward.

**Start before the new person does.** Stay in touch after he or she has accepted the position to answer questions or help in other ways. And make sure that the new person's work space is ready for the first day of work.

**Designate a mentor or partner** to show the new person around, make introductions, and begin training.

**Begin with the basics.** People become productive sooner if they are firmly grounded in

the basic knowledge they need to understand their job. Focus on the why, when, where, and how of the position before expecting them to handle assignments. Don't drown them with too much information.

**Give the new person some responsibility** for his or her own orientation. Offer opportunities for self-directed learning, under appropriate supervision.

**Keep the new person's family in mind.** A new job means adjustments for the whole family, especially if they've relocated. Do what you can to ease the transition and help them feel comfortable in the community.

~Copied From The Manager's Intelligence Report

---

## LUNG CANCER KILLS MORE WOMEN THAN BREAST CANCER

What would cause a woman's risk of developing depression to be more than double that of a man's? What doubles a woman's chances of developing cervical cancer? What makes her at greater risk for osteoporosis and heart disease, doubles her chances of suffering a heart attack, and triples her chances of cardiovascular disease? What increases her chances of going through early menopause, and has increased the number of women dying from lung cancer more than men (who are dying from lung cancer at a lesser rate)? The answer to all those questions is. . .smoking cigarettes. In fact, lung cancer now kills more women than breast cancer.

Cigarette smoking is addictive, but it seems that women, more than men, get REALLY hooked and it's not just the nicotine. Studies have shown that women get hooked on every aspect

of smoking. The smell, taste, time, place, state of mind, and the nicotine all play a part in a woman's smoking habit.

But, what to do? It ain't easy, but the experts say women who want to quit should start exercising before quitting. Get that "new" habit going before quitting, and it helps with the weight gain. Wait to quit until after your period. Studies have shown that women who quit premenstrually experienced more depression and stronger withdrawal symptoms.

Try different treatments. A woman's nicotine replacement regimen needs to be multi-faceted. Quit with a friend or a support group. And, most importantly, if you fail, try, try again.

~From the Broughton Hospital Newsletter, *The Exchange*

## SUMMER VACATION SAFE LODGING

It is the time of year to pack the suitcases, load the camera with film, and secure the home. You are off for a much needed and anticipated VACATION! You planned your vacation months ago, and checked the Internet and made reservations at a great hotel. **IS** it a great hotel? How can you know? What makes a hotel safer than any other hotel? The location, type of building, hotel rules, and individual room construction are important to your safety and security. If the hotel does not meet the following conditions, perhaps you should choose to find other accommodations:

- Limited access to the building
- Well-lit hallways and areas in and around the building
- Emergency routes, fire plans, and exits posted and visible
- Several hotel staff are around / visible throughout day and night
- Hotel staff wear identification
- Presence of hotel security
- Hotel staff uses discretion with your room number and your personal information
- The rooms have electronic doors
- Doors are metal and fire safe
- Room doors have peepholes and deadbolt locks with one-inch throw bolts
- If connecting doors between rooms, deadbolts are present
- Telephones in the rooms allow direct access to outside lines
- Hallway phones do not allow direct room calling

When checking in:

- Ask hotel staff to accompany you (tip accordingly)
- Check locks to ensure proper function
- Confirm all windows and doors (adjoining doors / sliding doors) are locked
- Verify no one is in room, bathroom, closets – then lock door to room and secure with deadbolt
- Immediately discuss hotel safety issues with all those who are with you in the room, as well as with others in your party who stay in the hotel, in a different room

Safety practices during your stay:

- Turn on a light and TV when you leave the room
- Make sure door latches behind you before you depart
- Place 'do not disturb' sign on door and call housekeeping to receive maid service
- Store valuables in hotel's safe deposit box
- Don't show large quantities of money or flashy jewelry
- Keep room keys secured / hidden while in public areas
- Use main entrance to hotel when leaving and returning to your room
- Never open the door to a knock when you aren't expecting anyone, and always make sure you know who knocks before you open the door (even when expecting someone)
- Report any suspicious behavior to hotel police / front desk

**Have a safe and fun vacation!**

**~The Safety Committee**

## MOVING OUTDOORS

**It's springtime, and, for most people, that means it's time to go outside and enjoy the weather.**

The return of warmer temperatures brings thoughts of freedom, relaxation, exploration, and being closer to Nature. Whether you're relaxing in the backyard, hitting the pool, or exploring the great outdoors, here are some ways to help keep you and your family healthy this spring and summer.

### **Beware of Bugs**

Warmer temperatures aren't just attractive to people. Mosquitoes, ticks, fleas, and other insects thrive in warmer weather, and they can transmit West Nile virus, Lyme disease, and other illnesses. Wear long sleeves, long pants, and long socks. Using insect repellent that works well, and applying it properly allows you to continue to play and work outdoors with a reduced risk of mosquito bites. Always check your body for ticks. Young ticks are so small that they can be difficult to see, but both young and adult ticks hungrily look to animals and sometimes people to bite. To protect yourself from tick bites, avoid tick-infested areas, wear light-colored clothing so you can see ticks crawling on you, and use repellent containing DEET (or spray repellent containing permethrin on your clothing). After you have been outside, check your body, your clothing, your children, and your pets for ticks. Remove them from skin safely once they've bitten... getting the whole tick, not just the body! If you find any ticks, carefully remove them with tweezers. The ticks that transmit Lyme disease are most active in May, June, and July, so be especially careful during those months. However, you need to look for ticks in all months of the year to protect yourself against other tickborne diseases. Consult your healthcare provider if you become ill in the 1-3 weeks following a bite. It could be any number of arthropod-borne illnesses.

### **Think Food Safety**

When you're grilling, use a meat thermometer to ensure that you cook meat and poultry thoroughly. Ground beef should be cooked to an internal temperature of 160°F. Also, put cooked meat on a clean platter, rather than back on the one that held the raw meat, to avoid cross-contamination. Whether you're cooking out in the backyard or on a picnic, always keep cold foods cold and hot foods hot. When you're finished eating, refrigerate leftovers promptly.

### **Fun in the Sun**

Protect yourself and your family from recreational water illness by doing your part to keep germs out of the pool. Do not swim when you have diarrhea, don't swallow pool water, take a shower before swimming, and wash your hands after using the toilet or changing diapers. Keeping germs out of the pool means a safer swim for everyone. Play it safe in the sun. Avoid midday when the sun is intense, use sunscreen with at least SPF 15, cover up with clothing, wear a brimmed hat, and wear sunglasses that block UVA and UVB rays. Be aware of the signs of heat stress.

### **In the Great Outdoors**

When you're out on the trail, whether hiking, camping, or hunting, just because a mountain stream looks clear, it doesn't mean it's safe to drink. *Giardia* and *Cryptosporidium* are two parasites that you can't see, but they can make you very sick, so follow healthy swimming tips. Always treat or filter water to make it safe to drink.

Bats are fun to watch as they flutter around at dusk. In many camp situations, the mere presence or sighting of bats is common and normal. Sometimes, bats are infected with rabies and may pose a risk for exposure to humans. Remind children to never touch a bat. If you are bitten by a bat, wash the affected area thoroughly and get medical advice immediately. Whenever possible, the bat should be captured and sent to a laboratory for rabies testing.

### **Enjoy the great outdoors. Have a safe and healthy spring and summer!**

Information and Resources from CDC ([www.cdc.gov/](http://www.cdc.gov/))

Fight the Bite!

Protect yourself from West Nile Virus.

West Nile Virus

Information from the National Institute for Occupational Safety and Health

Lyme Disease

Includes prevention, transmission, and symptoms

Healthy Pets, Healthy People

Enjoy your pets while protecting yourself against diseases they carry.

Fight Back!

Safe food handling information from the Partnership for Food Safety Education

Health and Safety Guide for Gardeners

Healthy Swimming

Information about recreational water illnesses (RWIs)

Choose Your Cover

Protect your family from sun damage.

Play It Safe

Tips for kids for staying safe during a variety of activities

~Cindy Jones, R.N., Infection Control

# PERSONNEL CHANGES

## They Come. . .Welcome NEW EMPLOYEES

Barbara Shinault, Food Service Technician (Hrly.)	03/23/2007
Angela Tubb, MOD Physician	03/24/2007
B. Jewell Cardwell, Training Coordinator	03/25/2007
James K. Hagy, Security Officer Sr.	04/02/2007
Sheila F. Buchanan, Office Services Specialist (Hrly.)	04/04/2007
Erin F. Powers, Psychiatric Aide (Hrly. to full-time)	04/09/2007
Kimberly Atkins, Psychiatric Aide (Hrly.)	04/10/2007
Margaret A. Stophel, LPN	04/10/2007
Debra J. Ellis, Clinical Social Worker	04/10/2007
Roxanne Bowles, Psychiatric Aide	04/10/2007
Christine Hutton, Psychiatric Aide	04/10/2007
Jason S. Gullion, Psychiatric Aide	04/10/2007
Rozanna Blizzard, Psychiatric Aide	04/10/2007
Nathan Shelton, Housekeeping Manager	04/25/2007
Krista Jones, OSA/Admissions Clerk (Hrly.)	04/25/2007
Kyra Shumate, Housekeeping Worker	05/01/2007
Kennith King, RNCA (Hrly. to full-time)	05/10/2007
Aleasia Tibbs, Psychiatric Aide	05/10/2007
Jonathan Delp, Psychiatric Aide	05/10/2007
Danielle Barker, Psychiatric Aide	05/10/2007
Jennifer Mullins, Psychiatric Aide	05/10/2007
Laura C. Oakes, Clinical Social Worker	05/16/2007

## They move around. . . PROMOTIONS/ ROLE CHANGES

Marcella L. Kirk, RN to RN Clinician A/Team Nurse	03/25/2007
Steven A. Tilson, Boiler Operator to Power Plant Supervisor	04/25/2007

## And they go. . .Good Luck SEPARATIONS

Stacey Callahan, Psychiatric Aide	03/26/2007
Stephanie Patton, Office Services Assistant	03/26/2007
David Cregger, Psychiatric Aide	04/09/2007
Malcolm Daniels, Psychiatric Aide	04/16/2007
Beverly Smith, RNCB/Head Nurse	04/16/2007
Alma McClanahan, RNCA	04/17/2007
Steve McGrady, Housekeeping Worker	04/24/2007
Christine Hutton, Psychiatric Aide	04/24/2007
H. Laird Baldwin, Rehabilitation Specialist Sr.	04/27/2007
Megan Castle, Psychiatric Aide	05/07/2007
Mary Anne Nulty, Clinical Social Worker	05/09/2007
Herbert Firestone, Power Plant Supervisor	05/24/2007
Jessica Burress, Psychiatric Aide	05/22/2007
Jessica Hamm, Psychiatric Aide	05/27/2007

## SWVMHI CENSUS

	Admissions	Discharges	Passes	Avg. Daily Census
2007				
<b>March</b>	121	119	3	152
<b>April</b>	141	138	4	147

*A bit of fragrance always clings to the hand that gives roses.*

*~Chinese Proverb*



## SWVMHI Celebrates Nursing Week, May 6 – 12, 2007!

Nursing staff taped (at radio station Z103) nine spots varying in length from 25 seconds to 60 seconds. These were rotated and aired three times daily for a six-day period. If you get a chance, you may want to ask our stars for an autograph. Just teasing! We enjoyed it very much, and it was a nice change from our usual annual newspaper articles. It gave us the opportunity to brag on our facility, our nursing staff, the importance of teamwork, and the recovery focus that is our mission.

### Public Service Announcement (PSA): Jim Lundy, Unit Nurse Coordinator – A/B

“SWVMHI is the only full service state run psychiatric facility in the entire state of Virginia. We have Acute Admissions, Adult Long Term, Geriatrics, and a small Adolescent Unit. We use a multi disciplinary team which includes: psychiatrists, psychologists, social workers, nurses, recreational and occupational therapists, and certified nursing assistants. Our mission is to promote mental health in southwestern Virginia by assisting people in their recovery. As we celebrate Nurses’ Week this week, please join us in thanking all the individuals who help in the road to recovery.”

### PSA: Lisa Taylor, Team Nurse – Wards A/B

“Our mission at Southwestern Virginia Mental Health Institute is to promote mental health in Southwestern Virginia by assisting people in their recovery. I’m proud to be part of the nursing team who sees our patients as unique individuals who need a coach through a difficult time in their lives. Health – Healing and – Hope is more than our motto, it is what we strive to share with our patients each day. My name is Lisa Taylor, a nurse at Southwestern Virginia Mental Health Institute, and we are celebrating National Nurses’ Week.”

### PSA: Jim Lundy

“Life offers many challenges and sometimes these challenges can be overwhelming. As a Registered Nurse at Southwestern Virginia Mental Health Institute, I have the privilege to assist individuals and their families whose lives are affected by mental illness, mental retardation, alcoholism, and other drug addiction. Our nursing staff, along with all disciplines at our hospital, seek to promote dignity, choice, recovery, and the highest possible level of participation in work, relationships, and all aspects of community life for the people we serve. My name is Jim Lundy, and I’m proud to be a part of the nursing team at SWVMHI! In recognition of Nurses’ Week, we’d like to thank all nurses for the quality care they provide.”

### PSA: Lisa Taylor

“Often described as an art and a science, nursing is a profession that embraces dedicated people with varied interests, strengths, and passions because of the many opportunities the profession offers. As nurses, we work in emergency rooms, school based clinics, homeless shelters, and hospitals, to name a few. We have many roles, from staff nurse, to educator, to nurse practitioner, and nurse researcher. We serve all of them with our passion for the profession and with a strong commitment to patient safety. National Nurses’ week is celebrated annually from May 6, also known as National Nurses’ Day through May 12, the birthday of Florence Nightingale, the founder of modern nursing. This year’s theme is Nursing: A Profession and a Passion. Southwestern Virginia Mental Health Institute is celebrating all the nursing staff. Thank you for assisting our patients in their recovery.”

### PSA: Mandy Fields, Psychiatric Aide, Geriatric Unit

“Since 1887, Southwestern Virginia Mental Health Institute has observed many changes in the delivery of mental health care to the people of southwest Virginia. My name is Mandy Fields, and I am a certified nursing assistant. I work on the Geriatric Unit and am excited to be part of a nursing team who truly cares about the people we serve and working with them in their journey of recovery. At Southwest Virginia Mental Health Institute, our Certified Nursing Assistants, LPNs, RNs, ward clerks, escort drivers, and support staff make up the Nursing Team.

**Continued on Page 18**

## Nursing Week – Continued from Page 17

We encourage you join us this week as we celebrate the contributions of Nursing – a Profession and a Passion!”

### PSA: Robert Farmer, Psychiatric Aide, Geriatric Unit

“Hello, I am Robert Farmer. I’m a CNA at Southwestern Virginia Mental Health Institute. I have worked there for 35 years. During those years I have worked every unit and every shift. I am especially proud to now be a part of the Geriatric Treatment team, assisting the older citizens of southwest Virginia in their recovery. I know that the members of our treatment team strive every day to provide the type of compassionate care we would like all of our own family members to receive.”

### PSA: Lisa Taylor

“Often described as an art and a science, nursing is a profession that embraces dedicated people with varied interests, strengths, and passions because of the many opportunities the profession offers. As nurses, we work in emergency rooms, school based clinics, homeless shelters and hospitals to name a few. We have many roles – from staff nurse, to educator, to nurse practitioner, and nurse researcher – and serve all of them with passion for the profession and with a strong commitment to patient safety. National Nurses’ Week is celebrated annually from May 6, also known as National Nurses’ Day, through May 12, the birthday of Florence Nightingale, the founder of modern nursing. This year’s theme is “Nursing: A Profession and a Passion.” Southwestern Virginia Mental Health Institute is celebrating all the nursing staff; thank you for assisting our patients in their recovery!”

### PSA: Debbie Borders, CNS, Nursing Administration

“The work of America’s 2.9 million registered nurses to saves lives and to maintain the health of millions of individuals is the focus of this year’s National Nurses’ week. The theme for 2007 is: Nursing: A Profession and a Passion. Southwestern Virginia Mental Health Institute is celebrating National Nurses’ Week through various activities and recognition events. My name is Debbie Borders and I have worked as a Clinical Nurse Specialist at Southwestern Virginia Mental Health Institute for 15 years. On behalf of our Nursing Administration Team: Alicia Alvarado, Chief Nurse Executive, Norma Brickey, Assistant Nurse Executive, and myself, we would like to sincerely thank our entire nursing team of over 325 dedicated staff who provide excellent care to the people we serve. Happy Nurses’ Week!”

~Submitted by Debbie Borders, C.N.S.

## **SAMH WEBSITE:**

### Understanding Mental Illness and Coping with Trauma After the VT Tragedy

Below is a link to the U.S. Department of Health and Human Services SAMHSA (Substance Abuse and Mental Health Services Administration) web site that has specific information on a wide variety of mental health topics, including information to assist with coping with the VT tragedy. This can be a useful resource for consumers, family members, school personnel, and staff.

[www.samhsa.gov/MentalHealth/understanding\\_Mentallness.aspx](http://www.samhsa.gov/MentalHealth/understanding_Mentallness.aspx)

~Cynthia McClaskey, Ph.D., Director

## IS BUTTER BETTER?

Butter is made from animal fat, so it contains cholesterol and high levels of saturated fat. Margarine is made from vegetable oils, so it contains no cholesterol. Margarine is also higher in polyunsaturated and monounsaturated (the “good” fats). But all margarines are not created equal. Most margarines contain unhealthy trans fats. Trans fat comes from adding hydrogen to vegetable oil through a process called hydrogenation. This makes the fat more solid and less likely to turn rancid. Stick margarines generally are higher in trans fats than tub margarines. Saturated and trans fats can increase your risk of heart disease by increasing your total and LDL (“bad”) cholesterol. Trans fats can also lower HDL (“good”) cholesterol levels.

So, which is better? The American Heart Association addresses the “butter versus margarine” debate. They recommend consumers follow these tips:

- Use naturally occurring, un-hydrogenated oil such as canola or olive oil when possible.
- Look for processed foods made with un-hydrogenated oil rather than hydrogenated oil or saturated fat.
- Use margarine as a substitute for butter, and choose soft (liquid or tub) margarines over harder, stick forms. Use margarine with no more than 2 grams of saturated fat per tablespoon and liquid vegetable oil as the first ingredient.

Above all, moderation is the key. By limiting your daily intake of fats and oils to 5 – 8 teaspoons, you are not likely to get an excess of saturated and trans fats.

~From the Broughton Hospital Newsletter, *The Exchange*

Want to lose weight, tone up, build muscles, prepare for a race, or increase stamina????

**These online programs could be of assistance to you, whatever your fitness needs are:**

[www.eatright.org](http://www.eatright.org)

[www.intuitiveeating.com](http://www.intuitiveeating.com)

[acefitness.org](http://acefitness.org)

[americanheart.org](http://americanheart.org)

[weightwatchers.com](http://weightwatchers.com)

[fitnessonline.com](http://fitnessonline.com)

[liveleantoday.com](http://liveleantoday.com)

[workoutforyou.com](http://workoutforyou.com)

The SWVMHI NEWS is published by and for the employees of:

**Southwestern Virginia Mental Institute**

340 Bagley Circle  
Marion, VA 24354

*Cynthia L. McClaskey, Ph.D., Director*

The editorial staff thanks all who contributed to this edition and welcomes your suggestions for improvement.  
We continue to seek volunteers to write articles and for the editorial board.

<b>REMAINING 2007 SWVMHI NEWSLETTER SCHEDULE</b>	
<b>Deadline for Submission of Articles</b>	<b>Date of Publication/Distribution</b>
May 21, 2007	June 1, 2007
July 20, 2007	August 1, 2007
September 18, 2007	September 28, 2007
November 19, 2007	November 30, 2007
Please submit UNFORMATTED articles to Linda Bonham, Admin. Assistant, Office of the Director.	

As has been done in the past, when a large volume of information is submitted, extra newsletters will be issued during the year.