



**A VIEW FROM
THE HILL
TEAM MEMBERS:**

Connie Adams
Administrative Assistant

Linda Bonham
Administrative Assistant

Mary Beth Counts
Secretary Senior

Cynthia McClaskey
Director

James Parks
Pest Control

Fred Pfrimmer
Recreational Therapist

Amanda Phipps
Executive Secretary

Cheryl Veselik
Human Resources
Assistant

From The Director

Employee Celebration

On February 18, 2010, you are invited to come together to celebrate the accomplishments of individuals who achieve five-year and above milestones in state service, and employees who have earned making a difference, cash/leave and other awards, our newest Employees of the Quarter, and our 2009 Employee of the Year will be announced! We also invite you to celebrate the retirement of many of our friends and co-workers from all three shifts at this event. The Employee Recognition Committee is working hard to plan an excellent event, and we have a special commemorative gift for all retiring employees.

We often think of those who came before us, who have taught us much in terms of caring for the individuals we serve and our co-workers, treating them as people, like us, and assisting them in their recovery. Our work is difficult sometimes, but the reward in terms of knowing that we made a difference is great. Our friends will be missed, but not forgotten. Please enjoy your well-deserved retirement. We hope you will stay in touch with us as your lives have

touched ours in such a way that we are all enriched by you, "The Heart of SWVMHI."

"If people concentrated on the really important things in life, there'd be a shortage of fishing poles." - Doug Larson



Cynthia McClaskey, Ph.D.

Director's Meetings: The Importance of Communication

I will schedule a new round of open-agenda communication meetings on all three shifts during the second week in February. These meetings are a continuation of both the Quarterly Director's Communication meeting, and the monthly round of meetings held on all three shifts beginning November, 2009 that primarily dealt with the budget. Since November 3,

2009, I have participated in 25 different meetings on all three shifts so that staff could ask questions about the budget, bring up general issues and concerns, as well as describe money-saving ideas. These meetings are in addition to regular communication with the leadership of the facility, Community Service Boards in our regions, meetings with CSB staff and local community hospitals about medical assessment prior to admission, and many individual or small group meetings.

With the upcoming retirements, the bills pending in the legislature, and other potential changes, you will soon have the opportunity to speak face-to-face with me and other facility leaders. My goal for these meetings will be to listen well and to respond to concerns and questions as clearly as I can.

Thank you,
Cynthia McClaskey, Ph.D.

"To listen well is as powerful a means of communication and influence as to talk well."
~ John Marshall

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National Patient Recognition Week

National Patient Recognition Week is the first week in February, with February 3, 2010, being National Patient Recognition Day.

"There is more to healthcare than drugs, dollars, and documentation. One favorable and memorable care experience is the sum of hundreds of direct and indirect staff encounters." -John O'Malley

Though every day is Patient Recognition Day, or should be, the first week in February is a special time for all

healthcare providers, Physicians, Nurses, Administrators, Rehabilitative Services Personnel, Occupational Therapists, Recreational Therapists, Physical Therapists, Technicians, Environmental Services, Volunteers, and Ancillary support personnel to stop and seriously reflect on their stewardship of patient care and their dedication to patient satisfaction.

~Fred Pfrimmer, BSE, M.Ed., CTRS



Chaplain's Corner

Keith Miller and Bruce Larson, in their book, The Edge of Adventure, write about a letter found in a baking powder can wired to the handle of an old pump that offered the hope of drinking water on a very long and seldom-used trail across Nevada's Amargosa Desert. The letter read, "This pump is all right as of June 1932. I put a new sucker washer into it and it ought to last five years. But the washer dries out and the pump has got to be primed. Under the white rock I buried a bottle of water, out of the sun and cork end up. There's enough water in it to prime the pump, but not if you drink some first. Pour about one-fourth and let her soak to wet the leather. Then pour in the rest medium fast and pump like crazy. You'll git water. The well has never ran dry. Have faith. When you git watered up, fill the bottle and put it back like you found it for the next feller. (signed) Desert Pete. P.S. Don't go drinking the water first. Prime the pump with it and you'll git all you can hold."

Every time I read this letter I imagine myself a thirsty desert wanderer who stumbles across this old pump. I hold the letter in one hand and a bottle of water in the other. I am thinking, "I could drink the water in the bottle which is a sure thing or have faith that

Desert Pete knows what he is talking about and have all the water I want. However, if Desert Pete is wrong then I'm left with nothing but regret and an unquenchable thirst. What will I do?"

There's another story of thirst in the Gospel of John, Chapter 4. A woman goes to the well in the center of town to draw water. There is a man named Jesus sitting at the well, and he strikes up a conversation with her. During the conversation, the woman is aware of a thirst within her the water from the well cannot quench. She longs to have this water that He speaks of which leads to eternal life. She asks Jesus, "Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water".

The story of this woman at the well is our story. What she seeks is really what we all want, to quench the thirst in our soul the things of this world cannot satisfy. We may not recognize the thirst of our souls for what it is, so we draw from the well of things we do know to try to make that thirst go away. Things like work, relationships, knowledge, wealth, pleasures, philanthropy, religion, or spirituality. The problem is not seeking all these things. The problem is our failure to recognize without God at the center of life in all these things, none of these things will ultimately

be satisfying. We are left with a longing for more and a thirst that will not go away. To borrow a line from a 1987 song by U2, "I still haven't found what I am looking for."

Augustine wrote, "Thou has made us for thyself O God, and the heart of man is restless until it finds its rest in thee." The Psalmist (42:1-2) writes, "As the deer pants for flowing streams, so pants my soul for you, O God. My soul thirsts for the living God." Just like the thirsty desert wanderer who holds a bottle of water in one hand and a letter that promises much more (if you only believe) in the other, we are called to make a choice about our life's purpose. In one hand we hold the bucket that draws from the well of things in the world we seek to satisfy our longing. In the other hand a letter that promises if we put God at the center of our life in all things we will find what we are looking for and much more. What will we do?



Leave Me A Message After The Beep

It's getting closer and closer to vacation season! It will soon be time to get away from the office, kick back, and relax. However, if you spend your well-deserved break worrying about your work load on return to the office, it's going to affect your ability to relax.

A little bit of preparation before you leave will ensure less to worry about on return. A good out-of-office message is a must. A well-prepared message can go a long way to decrease the backlog of messages waiting for you when you get back to work.

A good out of office message has three parts:

1. **Dates of your absence.** Let the contact know when you are out of the office. It helps them decide what their next step is going to be; whether to wait for your return or to direct their request elsewhere.
2. **Reason for absence.** I like to let my contacts know whether I am on a business trip or vacation. A business trip means I am connected to the office in some way and might be able to respond to a mes-

sage. If I'm on vacation, I'm out of contact range.

3. **Who to contact in your absence.** I try and leave contact information for alternate contacts when I am out of the office.

Just because you leave an out-of-office message, it doesn't mean that you have communicated to the sender. There are three things you should keep in mind when composing the message. It should be:

- **Complete:** give all the details necessary. Don't say, "I'm out of the office" or "I'm gone for two weeks." Make it precise. "I am away from the office starting July 1 and will be back July 15." The same applies to your alternate contacts. Let the sender know who to contact and how to get hold of them.
- **Concise:** keep it as short as possible while still making it complete. Use short, bulleted phrases. People don't



want to read a novel in your out-of-office reply.

- **Clear:** make sure it's easy to understand. Don't use abbreviations, job titles or internal jargon that will not be understood by everyone sending you a message.

Rather than coming back to a packed e-mail in-box and a full voice-mail box, spend a few minutes crafting a useful out-of-office message, and people will be able to redirect or park tasks appropriately.

Copied from <http://www.ismckenzie.com/tips-for-leaving-a-good-out-of-office-message/>

~HPO Communications Workgroup

Staff Development and Training Department Updates



The beginning of the New Year means looking forward to new challenges and identifying goals for the upcoming year. Once goals are established, we begin planning projects to meet those goals. This year, the Staff Development and Training Department plans to further our ability to utilize the Learning Management System (Knowledge Center), revise the orientation process at the facility, and evaluate the many databases supported by departmental staff.

In the Knowledge Center, we will work to upgrade CAI programming, but the most important issue facing the facility is our inability to prepare reports that provide needed information. At this time to identify individuals who have not completed mandatory course work, we must create a list of individuals who have taken a course and then have to hand check that list against a list of the over 600 employees to identify those lacking training. Needless to say that process

takes a great deal of time and is not as accurate as the reports generated by our old database. We are working with staff from other facilities and agencies to learn to generate more accurate reports by writing queries in SQL Server. This will be a learning process and will not happen overnight, but will be of great value once mastered.

There is a small sub-committee of the Library and Training Committee working to assess the current orientation process at the facility and make changes in that process as

needed. The group will be reviewing the courses we teach, where in the process the course is taught, how is the course being taught (classroom, CAI, etc.), and when the course is being taught. In the process we hope to make orientation more effective, efficient, and a better learning experience. If you have recently completed the general orientation program and have suggestions for improvement please email the department, and we will share the suggestions with the sub-committee.

Lastly, the facility maintains many databases created at the facility specifically to meet facility needs. This year we are reviewing those databases to determine if they are still needed, if there is another way to generate the needed data, and determine if there is redundancy in the process. Once we get a comprehensive list of all of the databases and the reports generated by those databases, we will contact each "owner" of a database to help us answer the questions about the database.

~Karen Chavers
Staff Development and Training Director



Word Search

See how many of the following words you can find relating to February.

F	E	A	R	P	R	E	S	I	D	E	N	T	S	W	D	D	W
B	R	U	Y	B	A	J	Q	T	G	Q	O	E	L	Q	C	V	D
A	Q	T	J	U	L	I	A	N	H	W	O	E	S	Y	A	D	C
B	W	Y	H	N	S	K	N	O	V	E	M	B	E	R	L	K	N
G	E	I	L	E	A	P	W	Y	J	E	H	A	J	D	E	Y	G
R	N	O	J	M	U	L	F	U	K	D	R	D	D	X	N	G	R
O	O	P	K	Q	G	Z	E	I	L	F	F	G	C	Z	D	V	E
U	I	U	L	W	U	X	B	O	M	G	N	J	B	B	A	N	G
N	T	A	Z	E	S	C	R	P	B	A	J	O	K	M	R	D	O
D	A	Y	X	R	T	L	U	A	M	O	N	T	H	F	E	C	R
H	C	S	C	T	D	V	A	O	V	H	T	P	T	E	D	S	I
O	I	D	H	S	H	O	R	T	E	S	T	I	S	D	G	X	A
G	F	F	C	Y	F	B	Y	S	I	J	I	T	N	C	N	A	N
D	I	G	R	U	G	N	E	D	X	N	D	J	O	B	J	X	I
V	R	H	A	I	H	M	R	F	Z	K	C	N	S	N	T	V	K
B	U	J	M	O	S	E	N	I	T	N	E	L	A	V	E	G	I
U	P	K	V	P	S	I	R	A	L	A	C	R	E	T	N	I	Y
K	R	L	O	B	S	E	R	V	A	N	C	E	S	M	W	J	T

February is the **shortest** month and only month that has fewer than 30 **days**. It was named after the **latin** term februum, which means **purification**, a ritual held on February 15 of the **Roman** calendar. February was the last **month** of the year on the Roman calendar because Romans considered the winter to be a “monthless” period. It remained the last month of the **calendar** until 450 BC when it became the second month. At certain intervals, February was truncated to 23 or 24 days and a 27-day intercalary month known as **Intercalaris** was inserted immediately after February to realign the year with the **seasons**. When the **Julian** calendar was instituted, Intercalaris was abolished and **leap** years occurred every fourth **year**. The **Gregorian** calendar (the calendar we use today) made slight changes to the system for determining what years were leap years. February starts on the same day of the week as both **March** and **November** in common years, and **August** in leap years. It is the only month in the year that can pass without a single full **moon**. Some **observances** that occur during February include **Groundhog** Day, **Valentine’s** Day, and **President’s** Day.

~Cheryl Veselik, CPS/CAP
Administrative Assistant

(Answer Key on Page 14)

Meals In Minutes—Pepper Jack-Bacon Mashers

Mmm! Pepper Jack cheese, bacon, and creamy mashed potatoes mix up into a 15-minute satisfying side.

Prep Time: 15 minutes

Total Time: 15 minutes

Makes: 10 servings (1/2 cup each)

- 2 ½ cups milk
- 1 ¼ cups water
- ¼ cup margarine or butter
- 1 box (7.2 oz) Betty Crocker® home-style creamy butter or roasted garlic mashed potatoes
- 1 cup shredded pepper Jack cheese (4 oz)



- ½ cup crumbled cooked bacon
- 2 tablespoons chopped fresh parsley, if desired
- 1 tablespoon crumbled cooked bacon, if desired

In 3-quart saucepan, heat milk, water, and margarine to boiling. Stir in contents of both pouches of potatoes (from potatoes box) just until moistened; let stand 1 minute. Stir with fork until smooth. Stir in cheese and 1/2 cup bacon.

Spoon potatoes into serving dish; top with parsley and 1 tablespoon bacon.

Taken from www.bettycrocker.com.

Do you have a quick and delicious recipe that you would like to share? Email it to Amanda Phipps, and we may place it in the next newsletter!

~Amanda Phipps
Executive Secretary

National Eating Disorders Awareness Week

February 21-27, 2010 is National Eating Disorders Awareness Week.

Eating disorders are characterized by a preoccupation with weight that results in health-threatening behaviors.

Most people with eating disorders are females, but males also have eating disorders. The exception is binge-eating disorder, which appears to affect almost as many males as females. The statistics state that: Approximately 7 million females and approximately 1 million males struggle with eating disorders.

Eating disorders are a broad group of serious conditions in which persons are so preoccupied with food and weight that they can often focus on little else. The main types of eating disorders are anorexia nervosa, bulimia nervosa, and binge-eating disorder, and there are also many subtypes.

Anorexia Nervosa

If you have anorexia nervosa, you're obsessed with food and being thin, sometimes to the point of deadly self-starvation. You may exercise excessively or simply not eat enough calories.

Bulimia Nervosa

If you have bulimia, you have episodes of bingeing and purging. During these episodes, you typically eat a large amount of food in a short amount of time and then try to rid yourself of the extra calories by vomiting or excessive exercise. In between these binge-purge epi-

sodes, you may eat very little or skip meals altogether. You may be a normal weight or even a bit overweight.

Binge-Eating Disorder

If you have binge-eating disorder, you regularly eat excessive amounts of food (binge), sometimes for hours on end. You may eat when you're not hungry and continue eating even long after you are uncomfortably full. After a binge, you may try to diet or eat normal meals, triggering a new round of bingeing. You may be a normal weight, overweight, or obese.

Lifestyle and Home Remedies

When you have an eating disorder, taking care of your health needs often isn't one of your priorities. But proper self-care can help you feel better during and after treatment and help maintain your overall health.

Try to make these steps a part of your routine. But don't beat yourself up if you aren't able to do so every day:

- Stick to your treatment plan. Don't skip therapy sessions and try not to stray from meal plans.
- Talk to your doctor about appropriate vitamin and mineral supplements to make sure you're getting all the essential nutrients.



- Don't isolate yourself from caring family members and friends who want to see you get healthy and have your best interests at heart.
- Talk to your health care providers about what kind of exercise, if any, is appropriate for you.
- Read self-help books that offer sound, practical advice. Consider discussing the books with your health care providers.
- Resist urges to weigh yourself or check yourself in the mirror frequently. Otherwise, you may simply fuel your drive to maintain unhealthy habits.

Raise awareness that eating disorders are serious illnesses, not lifestyle choices. Please remember to encourage healthy eating habits and have a realistic attitude toward weight and diet.

~James Parks
Pest Control

Temporary Workforce Reduction (Furlough) Day

By now, each full-time employee should have received a letter regarding the upcoming Temporary Work Force Reduction (Furlough) Day. Every full-time employee must take a furlough day, including those that are leaving employment as a result of substituting for someone who would have been laid off (WTA). For most of us, that day will be on Friday, May 28 (the Friday prior to Memorial Day). However, some positions in areas that work all three shifts, such as Nursing, Security, Power Plant, etc. will need to take their furlough day on an alternate date. The letter explains the process for requesting a specific day for your alternate day and what benefits will be impacted by this furlough. If you have



not received your letter, you should notify your supervisor or someone in the Human Resources office immediately.

All employees will be expected to complete a leave slip, just as you would with any other type of leave taken. Timekeepers, be on the lookout for further instructions regarding keying the Furlough Day into Kronos.

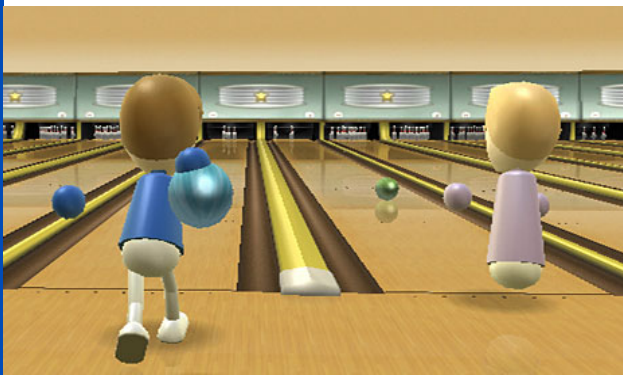
Any questions should be directed to your supervisor, EMC member, or Human Resources.

Save The Date

Please mark your calendars and plan to attend the Employee Recognition Program on Thursday, February 18, 2010. This program will be dedicated to honoring the many employees who are retiring through the enhanced retirement program. We are planning a fun event on all three shifts, with the day shift program beginning at 1:30 p.m., evening shift program beginning at 6:00 p.m., and the night shift program beginning at 11:30 p.m.

Please come and wish your fellow employees farewell.

Centralized Rehabilitation Department Activities



On January 12, 2010, the Patient Activity Council, in conjunction with the Rehabilitation Department, held a Wii Bowling Tournament. Eight residents from the Admissions Unit participated in this new, fun way to bowl resulting in

awarded.

On January 22, 2010, residents from ERS and Admissions had many opportunities to win prizes during a fun evening playing Bingo.

two happy but tired winners. They each received a prize for their efforts and good sportsmanship.

On January 19, 2010, several residents participated in a Badminton Tourney. Everyone in attendance got a chance to participate. It was an enjoyable evening, and several prizes were

On January 27, 2010, residents were treated to a "big screen" movie night in the gym. All of the traditional movie amenities were enjoyed by all.

Every Wednesday evening at 6:30 p.m., church services are held in the gym.

~Fred Pfrimmer, BSE, M.Ed., CTRS



DECEMBER PERSONNEL CHANGES



New Employees

Satish Annadata, MOD	December 30
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Promotions/Role Changes

Tina Goodman, from P-3 Psychiatric Lead Aide to Q32 Psychiatric Aide	December 10
Tracie Havens, from P-3 RNCA to Q32 RNCA	December 10
Samantha Young, from P-14 Housekeeper to Q32 Psychiatric Aide	December 10
Bobbie Clark, from P-3 Psychiatric Aide to P-14 Psychiatric Aide	December 24

Separations

Jessica Nachbar, P-14 Registered Nurse	December 4
Peggie Roland, P-14 Spiritual Care Assistant	December 4
Ashley Long, Psychiatric Aide	December 8
Ernestine O'Neal, Psychiatric Aide	December 8
Bobbie Crum, P-14 Psychiatric Aide	December 26

MONTHLY PATIENT CENSUS

**December
2009**

Admissions 108
Discharges 120
Passes 14

**Average Daily
Census
140**

February Lunar Phases



**February 5
Last Quarter**

**February 13
New Moon**

**February 21
First Quarter**

**February 28
Full Moon**

VOLUNTEERS WANTED



- Do you know how to use a video camera?
- Do you know how to edit videos you have recorded?
- Do you have technical expertise in regard to home videos?
- If you answered **YES** to any of these questions, call or email Amanda Phipps today!

We are interested in creating educational videos that can be shown to our clients. If you can participate in a small workgroup, please call or email Amanda today!

Winter Preparation

Know the warning terms for each kind of weather alert:

- "Winter Storm Watch"- Be alert, a storm is likely
- "Winter Storm Warning"-Take action, the storm is in or entering the area
- "Blizzard Warning"- Snow and strong winds combined will produce blinding snow, near zero visibility, deep drifts, and life-threatening wind chill. Take refuge as soon as possible
- "Winter Weather Advisory"- Winter weather conditions are expected to cause significant inconveniences and may be hazardous, especially to motorists

For Your Vehicle:

Before winter arrives, you should schedule a time to winterize your vehicle, if needed, by doing the following:

- Check the antifreeze level
- Ensure your vehicle battery is ready for cold weather
- Check tire tread and pressure

Keep items available in your vehicle, in the event you would become stranded during winter weather. Reminder: If items are stored in the trunk of your vehicle, you may not be able to get the door open to the trunk.

The following is a list of items to always have available in your vehicle during winter weather:

- Full tank of gas/fuel
- Cell phone-charged
- Flashlight/batteries
- Jumper cables recommended for your vehicle and how to safely use them
- Sand or kitty litter (for traction)
- Small snow shovel that can remain in the trunk
- Ice scraper and/or de-icer
- Blankets, extra coat, extra socks-wool (if you have them), gloves, hat
- Flares, reflectors, etc.
- Bottled water, nonperishable snack items
- Don't sit in a parked car with the engine running unless a window is open. If you get stuck in winter weather, make sure the exhaust is not blocked
- Wrap yourself in blankets and run your vehicle heater for a few minutes every hour to keep warm, with a slightly opened car window
- Keep a list of contact numbers with you
- If you are taking scheduled medications have few extra doses with you

Clearing Snow:

- Avoid shoveling snow if you are out of shape, obese, or if you have a history of heart disease. Check with your doctor before shoveling (high blood pressure, high cholesterol, and diabetes are risk factors for heart disease)
- Do light warm up exercises before shoveling, and take frequent breaks.

Stop if you become tired, short of breath, and or have chest pain. Call for help, if needed

- Dress warmly, pay attention to feet, hands, nose and ears
- If possible push the snow in front of you— if you have to lift snow, pick up small amounts and lift with your legs. Don't throw snow over your shoulder or to the side
- Use de-icing compounds on steps, porch and walkways to help prevent slipping and falls

It's better to be prepared and follow thru with winter preparation than to be in jeopardy because you were not prepared.

~The Safety Committee



Stories from The Library Shelves

February is National Blah Buster Month

I don't know about you, but I have always felt like January and February are the most boring months of the year. The days are short, it's cold and often snowy; so you can't get outside and do a lot of things. People don't plan as many events because the weather might not cooperate, so there isn't as much going on. February may be the shortest month, but it feels like the longest, partly because it is dull itself and partly because we had to go through January to get to it, so I am sick of winter before February even gets here. Yes, there's Valentine's Day to liven things up, and it is exciting for a minute; but, as someone who is sure that every ounce of chocolate she's ever eaten has ended up a pound of fat on her thighs, Valentine's Day is just one more reason to wish this month could hurry and give way to the sunnier days of spring.

Apparently someone else felt the same way, because they designated February as National Blah Buster Month. So how do we bust the "blahs" when winter just won't end? I mean, you can only play so many games of scrabble before you go cross-eyed and become more bored than you were to start with, so what are we to do?

EHow.com recommends that during winter you can do all of the projects you don't want

to do during the months when you can get outside more, like cleaning out closets, re-decorating, and learning new things. They also recommend spending time to connect more with family, planning your garden, enjoying a quiet walk outside, taking a vacation, and doing things that remind you of summer, such as having an indoor picnic (complete with flip-flops, beach music, and summery scented candles). From a medical point of view, the Mayo Clinic recommends opening windows to let in sunlight and spending some time outside in the sun, exercising, and keeping up a good diet during the winter to lift your spirits until the sun returns. Maybe these ideas will help us through the short and yet long winter days.

Donations

The library would like to thank the following people for donating items:

- Cynthia McClaskey
- Jan Barrom
- Robert Farmer
- Amanda Currin
- Sharon Winebarger
- Donna Johnson
- Ellis Hundley
- Debbie Borders
- Nancy Wood
- Jim Moon
- Michelle Roberts
- Crystal Billings

We are also very thankful for the anonymous cards, magazines, and books and anyone I may have accidentally left off the list.

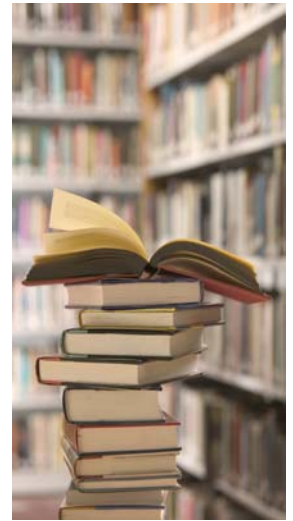
New Items Available Fiction

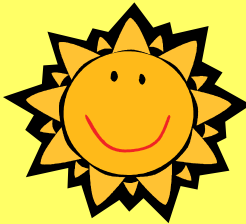
- *A Crazy Little Thing Called Death*, Nancy Martin
- *The Debutante Divorcee*, Plum Sykes
- *Fax Me a Bagel*, Sharon Kahn
- *Pretty Little Devils*, Nancy Holder
- *Love's Enduring Promise*, Janette Oke
- *Murder Melts in Your Mouth*, Nancy Martin
- *Private Eyes*, Jonathan Kellerman

Nonfiction

- *Medication Madness*, Peter Breggin
- *Denial Management Counseling Workbook*, Terence Gorski
- *SHIFT to Professional Paradise*, Vicki Hess
- *Care of Alzheimer's Patients*, Lisa Gwyther

~Christina Quillen, Librarian





To all of you who have taken the journey on this path of life with Robert, I thank you for the laughter shared and the love. I can not wait to begin our new journey. To those of you who are also retiring, enjoy your new journey, may it be everything you have dreamed of. May the sun shine on you always and may God bless and keep you safe.

Sincerely,
Donna Stump
(Spouse of Robert Stump, Transportation Coordinator)

February Days To Celebrate

"Off the cuff" February holidays to celebrate:

February 3

Laugh and Grow Rich Day

February 5

Disaster Day

February 9

Hershey's Chocolate Founded

February 11

Don't Cry Over Spilled Milk Day

February 21

Love Your Pet Day

February 25

Quiet Day

February 27

No Brainer Day



Farewell Dear Friends

Forty long-term employees had their substitution letters accepted and soon will be retiring. These employees have a combined total of 1,165.8 years of employment at SWVMHI. On February 18, they will be honored as part of the quarterly Employee Recognition events.

The soon-to-be retirees were asked to respond to any or all of a set of questions and to add any additional comments they might have. Responses haven't been received from all; hopefully more will be received in the coming weeks and they will be featured in the next newsletter. Here are the stories that have been received.

Connie Adams began work at SWVMHI in 1994 after working at another state agency for thirteen years. She worked in OT/RT, QM/RM, Training, and most recently in Clinical Services. She knows she will miss the people with whom she works more than anything, but she plans to spend time with her family and hopefully find another job in a little while. She says she has worked with exceptional people and that they will be hard to give up.

Linda Bonham knows she will miss the routine of coming to work. She worked in Medical Records for a year, then left and worked at the VEC for 2 years. She returned to Medical Records at SWVMHI in 1978. She worked in Geriatrics and with the Patient Advocate, in Clinical Services, and moved to the Director's Office in 2002. She doesn't plan to get another job, at least not for a while; she wants to spend time with her family and helping her family. She hopes there will be time for quilting, gardening, and yard work. Her best memories of her time on the hill are of all the people she has met and the friends she has made.

Lucy Doss has been on Ward J since 9/1/82, keeping it organized and orderly which is her passion. She will miss the people and patients and looks forward to spending more time with her family and gardening, watching TV, and cooking. She has no plans to find another job; she wants to fully enjoy her retirement! Her parting comment: "SWVMHI, you're



doing a great job! Patients and families are satisfied, and the patients are getting very good care."

Dianne Fannin began working in the lab in 1976 and has been there since. She knows she will miss the friends she has made at SWVMHI, and says it has been a great ride, but it is time to go. Her best memory is of getting to know the patients. When asked if she planned to work after leaving here, she replied with an emphatic "NO!" as she plans to really retire!

Robert Farmer began work at SWVMHI November 1, 1971; the next day was Election Day and a holiday so he had the day off. He knew he had to stay at a place that was so generous to the employees! Over the years, Robert has worked on all wards, in all buildings, and in all treatment programs. After retirement, he looks forward to finding out if he can sleep past 4 a.m. He also wonders what he will do when he doesn't have a job to go to as he has for the past 38 years. His best memory of SWVMHI is of the Friday night dances with live bands in the Auditorium. He also says he misses Preston and he misses the second-hand smoke!

Mary Howell began working in the Food Services Department in 1988. While she will miss her co-workers when she retires, she is looking forward to spending more time with her family and doing things with them.

Jeane Hutton began her career in the lab at SWVMHI in 1988. Previously she had worked in acute care settings, and this was her first foray into mental health; she found having to have a key to access almost everything was the hardest adjustment. She has worked since she was 16 and is looking for-

ward to being able to work in her flower gardens and to having more time to spend at the lake. Her best memories are of the many lives that have touched hers in such a positive way and of the many lifelong friends she has made. Those are her best memories and also what she will miss most. She does not plan to work full-time after her retirement, but is always open to new opportunities. Jeane said her years at SWVMHI have been rewarding; she has benefited from getting to know the patients and understanding their mental issues. In turn, she believes the patients have benefited from having a quality lab.

Jean Magnuson has worked as an RNCA on many of the wards of SWVMHI beginning in 1997 when she started as a P-14. She plans to spend lots more time with her grandchildren and perhaps obtain a part-time job. While she will miss some of her co-workers, the extra time added to her retirement is making it all worthwhile. She appreciates all the support throughout the years.

Sandy Mathena came to work in the Food Services Department April 1, 1976. She remembers the entire Blalock Building being devoted to food services, from the butcher shop to the bakery to the fresh prep area. There were employees and patients working non-stop to feed the 1200 or so patients and the staff. In 1985, there was a lay-off, and Sandy was able to "bump" to another position and move to Purchasing and Materials Management. While she has been with Purchasing and Materials Management and Security since 1985, her physical location has moved at least three times. She has had three Security bosses, two Environmental Services bosses, and five Materials Management bosses. After all this time, Sandy knows she will miss getting up in the morning and driving up the hill to her other home where all her friends and "family" work. She remembers SWVMHI as where births, promotions, graduations, weddings, etc., were celebrated and where help and comfort was provided during the rough times. She will miss every little crack in the walls. However, she looks forward to spending more time with her grandson and to not getting out on those cold and snowy mornings!

(Continued on Page 11)

Farewell Dear Friends (Continued)

Sandy Mathena (continued)

One of Sandy's favorite memories is of the parade and carnival in 1976 for the nation's bicentennial. She wrote "Practically every staff member and patient was dressed up for the occasion. Sam (Mark) Patton, the man who made all of the Christmas decorations that used to be around the circle at Christmas, was dressed as Uncle Sam. The Food Service Department went all out with bag lunches for the staff and patients, watermelon, all kinds of other fruit, drinks, ice cream, etc. A lot of businesses in the community donated items or were involved with the festivities. The patients loved it, and after this the parades and carnivals became an annual event well up into the 1990s. Several years later during the carnival, someone who was driving the convertible that carried the Piggly Wiggly character left the keys in the car. The huge pig head that was part of the costume was sitting on the back of the car. One of the patients decided he wanted to take it for a drive and promptly got in and started around the circle with the big pig head sitting on the back and the patient waving at everyone as he went by."

Jill McKinnon started working at SWVMHI on June 1, 1980, as a Recreational Therapist on the Adult Development Unit which later joined the Transitional Treatment Unit which evolved into the ERS unit of today. Jill moved to Geriatrics and the E Team in November, 2003. She will miss watching the patients in that moment you "connect" when their eyes light up and they smile or laugh. While she hopes to work part-time, she is looking forward to having more time to do the things she likes and wants to do. Some of her best memories are from the earlier days when there weren't so many restrictions and there were trips and off campus activities for the patients such as camping, all day picnics, fishing, street dances, carnivals, etc. All the activities required lots of staff involvement which boosted moral and let everyone feel a part of the patients' therapy. Jill has gone through 29 roll backs, 9 offices, and 6 supervisors. Working here has been a huge part of her life but she is ready and looking forward to starting a new



chapter in her life. Not only is she excited, but also apprehensive and a bit overwhelmed. Whatever she does and wherever she goes, she feels she is a better person for having worked here and having been a part of the healing process. She will dearly miss the patients.

James Parks is retiring at what he says is the young age of 52. James came to work at SWVMHI when he was a "young lad" of 19. He began as a housekeeper and later became the exterminator for the facility in addition to working in Environmental Services. He will most miss the family that is SWVMHI. He looks forward to having more time for himself and his family but plans to keep working, as he owns his own pest control business, Pest-X. When he started here in 1976, SWVMHI was its own little city with barbers, mattress makers, shoe makers, bakers, butchers, etc. As the exterminator, James visited every treatment area and every building and got to know many of the patients. He found his job to be exciting and varied.

Paul Shepherd started working at SWVMHI on October 16, 1968 transporting patients, taking canteen orders, and taking bodies to the morgue. He worked as an Aide for 17 years until he obtained his Registered Nurse degree. Paul has great memories of the leadership with whom he was worked. He also believes our hospital should be the model for the rest of the mental health facilities in Virginia. There are many staff and patients who are like family to him, and he will miss them all. Paul already has a part-

time job with the Cornerstone Crisis Stabilization Unit. He looks forward to spending more time with his 87 year-old dad plus visiting his children and taking his grandsons camping and fishing.

Nancy Wood began working at SWVMHI on the ERS Unit in 1985 and will retire from the same position. She has loved working here and feels very fortunate to have had the opportunity. She will miss the patients and the staff but will keep busy as a volunteer with Promised Land, an animal

rescue organization. When Nancy started at SWVMHI, her dream was to see the unit empty during the day: empty because the patients were off the unit in activities, in groups, etc., rather than just sitting around on the unit. That dream has been realized. Initially, ERS did not have a Psychiatrist but had only a medical doctor. There was a move from taking total care of the patients to facilitating the patients to take care of themselves, assume responsibility and to participate in treatment. Nancy notes the changes have greatly benefited the patients, some of whom have been on the unit for many years and have grown old along with the staff.

These are the stories that have been provided so far. I am hopeful that prior to their departure, the remaining retirees will provide their perspective on their tenure at SWVMHI.

Some other interesting facts about our retirees is Donald Cress, Cashier, is retiring with 41.5 years of service, Paul Shepherd, Staffing Nurse Coordinator, is retiring with 41.2 years of service, and of the 40 retirees, the average years of service is 29 years.

We wish all the retirees many happy years to come and so greatly appreciate what they have given to the patients and staff. Their dedication, service, and care will be missed by all who remain, both staff and patients.

~Amanda J. Curran
Assistant Director,
Administrative Services

For The People Who Work Together

Thank you God, for the people I work with.

For their greeting in the morning and their good night when our work is done. For the sense of comradeship we have all day long. The happy ones and the cross ones, the sociable and the withdrawn.

Different though our natures, and our color, we meet for a common purpose, share common problems and pursue common goals. The strange and wonderful bond of a job to be done together makes us kin.

We are not "one big happy family," yet a family, nonetheless. We rejoice like a family, squabble like family, have little feuds and alliances like a family.

We try to help each other, are genuinely concerned about each other. There is an affection between us that only people who work together can understand.

And sometimes when the day is over, and we are parting to go our separate ways, wonder fills me at all these people I have come to know and love through work. They have added something priceless to my life.

*Bless and keep them always,
these people I work with, God.*

...HEALTH...HEALING...HOPE...HEALTH...HEALING...HOPE...

The following note was sent to a Social Work staff member by a patient's daughter:
"Wow! It has been a long eight months, but I am so very thankful that Dad was sent there for help! You guys have been great. I especially wanted to make certain that you know just how much I appreciate all that you have done for us! You made it very easy for me to talk with you, and your hard work did not go unnoticed. When I think about the miraculous recovery Dad has made this past year, you will always come to mind. I wish you the best of luck."

History From The Hill

HISTORY OF SOUTHWESTERN STATE HOSPITAL

By Phyllis Doss, January 20, 1972

This material was largely taken from a book entitled Smyth County History and Tradition by Goodridge Wilson.

Board of Directors

The first Board of Directors was appointed the day the first building was completed. It consisted of: Dr. Samuel Sayers,

Wytheville, president; Daniel Trigg, Abingdon; A.M. Bowman, Saltville; Judge S. C. Graham, Tazewell; H. C. Richmond, Lee County; S. P. McConnell, Scott County; Henry C. Stuart, Russell County (who later became the Democratic candidate for Governor of VA); Dr. S. W. Dickinson, Marion; and Captain D. D. Hull, also of Marion. On March 1, 1887, the Board elected Dr. Harvey Black as superintendent and Dr. Robert J. Preston as the first assistant physician.



The labors of Dr. Black in the organization of the new hospital and the constant strain became too much for his health, and, on October 19, 1888, a year and seven months after taking office, he breathed his last breath. Dr. Preston succeeded Dr. Black. Dr. Preston died August 29, 1906, and Dr. Daniel Trigg acted as superintendent until the appointment of Dr. A. S. Priddy in

November of the same year.

Dr. J. C. King became superintendent on December 8, 1908, after Dr. Priddy's resignation. Under the administration of Dr. King, funds were appropriated to erect a tubercular building. Begun in 1911 and completed in 1912, the building gave comfort to 50 patients who were fed from their own diet kitchen.

Housing the criminally insane

In 1910, the General Assembly decided to locate at Marion a building for the care and treatment of the criminally insane. The building had two stories with basement and was designed with the idea of giving patients and those confined awaiting trial or under observation every opportunity for exercise and freedom of movement.

Dr. King resigned in 1915 and was succeeded by Dr. E. H. Henderson on November 10, 1915. Dr. Henderson continued in office until his death in February, 1927. During 12 years of a very successful administration, many improvements were made on the property, and additional land was purchased.

Attention All Staff

February 11, Janice Parker, with the Virginia Deferred Compensation Program, will be in the Human Resources Conference Room from 10:00 a.m. to 4:00 p.m. to discuss the Virginia Deferred Compensation Program.

February 18, Eugene Blevins, with AFLAC,

will be here from 12:00 p.m. to 3:00 p.m. to discuss supplementary insurance. He plans to attend the Employee Recognition event and be available for questions as well.

Those who retire under WTA that have AFLAC and wish to continue it in the WTA



retirement should be prepared to pay one month's premium on February 11, 2010, to avoid cancellation or lapse in coverage.

~Annasue Cook, PHR
H. R. Analyst I

Virginia Secretary of Health and Human Resources Announced



Virginia Governor Bob McDonnell announced that Dr. Bill Hazel would become the Virginia Secretary of Health and Human Resources. He is a board certified orthopedic surgeon and is a founding partner of Commonwealth Orthopaedics and Rehabilitation.

Speaking about his appointment of Dr. Hazel on January 15, 2010, Governor-elect McDonnell commented, "Dr. Bill Hazel is not only a successful physician, but also a successful businessman. As a young doctor he saw a need for medical services in his community and helped grow a solo private practice into an organization that today has

41 physicians, 11 locations, two surgery centers and seven physical therapy clinics. With skyrocketing health care costs and a growing number of people in need in today's tough economy, this is the type of leader and innovator we need in Richmond; someone who not only understands the medical side of the job, but also how to best provide much needed services to the people of Virginia."

The Secretary of Health and Human Resources oversees 13 departments and agencies including the Department of Behavioral Health and Disability Services.



Southwestern Virginia Mental Health Institute

Address: 340 Bagley Circle
Marion, Virginia 24354

Phone: 276-783-1200

Fax: 276-783-1465

Comments, Suggestions, or Ideas?

SHARE THEM!

Please email any comments, suggestions,
or ideas to any newsletter staff member.



Word Search Answer Key

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Please submit articles for the next newsletter to Amanda Phipps by February 15, 2010.

The next newsletter will be published March 1, 2010.