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From The Director

You may recall that Governor Kaine, last December, included in his budget a provision not only for the closure of the Adolescent Unit by June 30, 2010, but also for the closure of the Geriatric Unit by June, 2011. This was passed into law by the House and Senate and signed into law by Governor McDonnell. We successfully negotiated the first closure with sadness, but also with grace and compassion for the individuals we serve and for staff.

The time has come to plan the details of the Geriatric Unit closure, which in practical terms means that we will no longer have any individuals over age 65 at SWVMHI. As an initial step to communicate the mandate, I held a series of 16 meetings with staff on all three shifts over three days in mid-August. This was to remind you of the legislative mandate and to update you, in general terms, how this process will flow. I have also communicated with the Community Services Boards and the SW Board for Regional Planning to assure that they are aware and up-to-date.

Soon, we will have a firm date to halt admissions of individuals over age 65 to SWVMHI. With our CSB partners, we will concentrate on safe and effective discharges, where possible. At a later date, some individuals

may need to be transferred, over a period of months, to Piedmont Geriatric Hospital (PGH) in Burkeville. We will begin regular monthly updates as part of our DAP process on September 27, 2010 at 2:30 p.m. Our PGH colleagues will also work with us to identify any resources that they are aware of in their catchment area that might assist us.

As our census of individuals over age 65 drops, we will hold open vacant positions and develop interim policies regarding internal transfers and staffing levels. As in the spring, we will work very hard in an attempt to assure that we have positions for all staff who will be affected. Whether this will be possible will become more clear as the weeks progress, and depends in part on our census level and our staff separation rate.

A letter from Commissioner Stewart will soon be forthcoming formally updating stakeholders on the process. Although the closure has been a topic of discussion at Treatment Planning Conferences this summer, we will also send a letter to the families and Legal Guardians detailing the general process of events and invite more discussion.

As before, our goal is for a smooth and graceful transition for the individuals we serve,

families, and staff — and we have a successful track record showing that we can do just that!

As I reminded staff in August in our face-to-face meetings, this is a time where it is very normal to feel anxious about the future. We don't have all the details worked out, but that is normal, also. I and all of SWVMHI leadership make a commitment that we will regularly meet with you, and we will listen to concerns and suggestions for ways to do this better. We learned some lessons during the closure of the Adolescent Unit, and will incorporate those in more detailed plans in the coming weeks.

(continued on next page)

Act as if what you do makes a difference. It does.
~William James



~ Cynthia McClaskey, Ph.D. (with Tipi and Chief)

From the Director, continued

For our part, we urge you to report, but not believe, rumors and to allay fear wherever possible. If someone you know is repeating a rumor, encourage that person to stop and think whether



this is a helpful behavior! And whether by repeating a rumor, we are living up to our values. And remember, if you have a concern or question, all the members of the leadership team are easily available by phone, email, or even via “message in a bottle.” Please contact us at any time.

In uncertain times, ongoing communication is of utmost importance in all ways and directions, not just top-down, but from everyone, and across units, shifts, and departments. We are one facility and our facility values remind us to show compassion to others. As Dr. Moon describes on page 3, let each of our actions, *and each of our interactions*, pass the Elbow Test in coming months.

There is one aspect that I never doubt: our continued commitment to promoting recovery and delivering the highest quality care for the citizens of southwest Virginia.

~ Cynthia McClaskey, Ph.D.

Message from Dr. Dillon, recent locum tenens, A Team

Dr. Dillon asked that we convey his thanks and appreciation to members of the staff for their hard work and diligence, including efforts towards discharge planning. “Their dedication and hard work make it easier for the locums physicians to perform their duties.” The Pharmacy is also cited for their good work.

Thanks to all staff for your assistance in orienting new staff—it is most helpful to know that we can count on you to be good ambassadors for locums tenens physicians, new staff, and others. You are much appreciated!



SCHOOL IS OPEN

PLEASE DRIVE CAREFULLY!

Jury Duty Scam

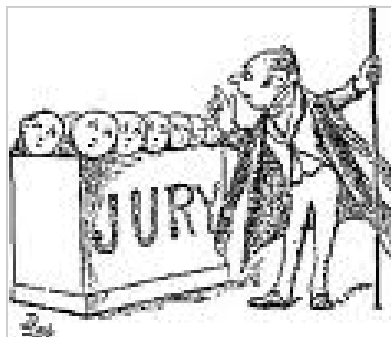
Heads up!

Most of us take those summonses for jury duty seriously.

The caller claims to be a jury duty coordinator. If you protest that you never received a summons for jury duty, the scammer asks you for your Social Security number and date of birth so he or she can verify the information and cancel the arrest warrant. Give out any of this information and bingo, your identity was just stolen.

The fraud has been reported so far in 11 states. This swindle is particularly insidi-

ous because they use intimidation over the phone to try to bully people into giving information by pretending they are with the court system.



The FBI and the federal court system have issued nationwide alerts on their web sites, warning consumers about the fraud.

Information can be found at:

http://www.fbi.gov/page2/june06/jury_scams060206.htm

And:

<http://www.snopes.com/crime/fraud/juryduty.asp>

The Value of Values

The Latin root of the word “value” comes from *valēre*, which means “to be strong.” Today, “value” has multiple meanings. When we talk about personal values, organizational values, and cultural values, the word “value” means principle or quality that is intrinsically valuable or desirable. Our values do indeed make us strong. They guide us during times of confusion, when rules and laws are vague or inadequate. *They guide us when no one else is looking.* They help us to pass the Elbow Test. Here is the El-

bow Test: When no one else is looking, in a workplace or other public setting, would we exhibit the same behavior if someone important to us (our spouse,



our child, our parent, our spiritual advisor, a police officer, our supervisor, etc.) were standing at our elbow? To the extent we can answer “yes,” we pass the Elbow Test and we are guided by our Values. To

the extent we are guided by our Values, we are strong. Our hospital’s organizational strength comes from the SWVMHI Values of **Communication, Honesty with Compassion, Trust, Leadership, Self-initiative, Teamwork, and Honoring Day-to-Day Tasks.** Learn, live, and lead the Values—and be strong.

~ Jim Moon, Ph.D.
Psychologist Supervisor

September Lunar Phases



- September 1**
Last Quarter Moon
- September 8**
New Moon
- September 14**
First Quarter Moon
- September 23**
Full Moon
- September 30**
Last Quarter Moon



Central Rehab Services News



On July 1st, a number of the individuals we serve and staff celebrated Independence Day with a “family style” picnic. Everyone enjoyed the “All American” meal of pizza, salad, ice cream, and pop. Volleyball, badminton, slopes, and bicycle rides were available for everyone to participate. Some energized people were observed “getting down” to the music provided by our very own DJ, Robin.

Throughout the month, individuals in the hospital had the opportunity to par-

ticipate in several evening activities including, but not limited to, a pool tournament, movie night, and weekly church services.

On July 16th approximately 30 patients and staff enjoyed a day at the Hungry Mother State Park Arts and Craft Festival. CRS displayed and sold several craft items, made by the patients, especially for this event. All of the proceeds from events such as this go directly back to help enhance patient activities throughout the year.

~ Fred Pfrimmer, M.Ed.
Recreation Therapist
Central Rehab Services



Labor Day

How many bolded/underlined words can you find related to Labor Day?

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

Labor Day is federal holiday in the **United** States, observed on the first **Monday** in **September**. The first Labor Day was celebrated in **New York City** on September 5, 1882. **Congress** made Labor Day a **national** holiday in 1894, and all 50 **states** have since made Labor Day a state **holiday**. The **celebration** itself was outlined in the first proposal: A **street** parade to exhibit to the **public** “the **strength** and esprit corps of the **trade** and labor **organizations**,” followed by a **festival** for workers and their **families**. Traditionally, Labor Day is celebrated by **Americans** as the symbolic end of the **summer**, and the holiday is often regarded as a day of rest and **parades**. Celebrations include **picnics**, barbecues, and other **outdoor** events, and families with school-age **children** use Labor Day **weekend** as a last chance to **travel** before **school** starts in many parts of the country. Labor Day also marks the start of the NFL and college **football** seasons, NCAA **teams** usually play their first games around Labor Day, and the Southern 500 **NASCAR** auto race was held on Labor Day from 1950—2004.

Chaplain's Corner

"So Jacob was left alone, and a man wrestled with him till daybreak. When the man saw that he could not overpower him, he touched the socket of Jacob's hip so that his hip was wrenched as he wrestled with the man. Then the man said, "Let me go, for it is daybreak." But Jacob replied, "I will not let you go unless you bless me." The man asked him, "What is your name?" "Jacob", he answered. Then the man said, "Your name will no longer be Jacob, but Israel, because you have struggled with God and with man and have overcome...and He blessed him" (Genesis 32:24-29).

"Your name will no longer be Jacob, but Israel, because you have struggled with God and with man and have overcome and He blessed him."

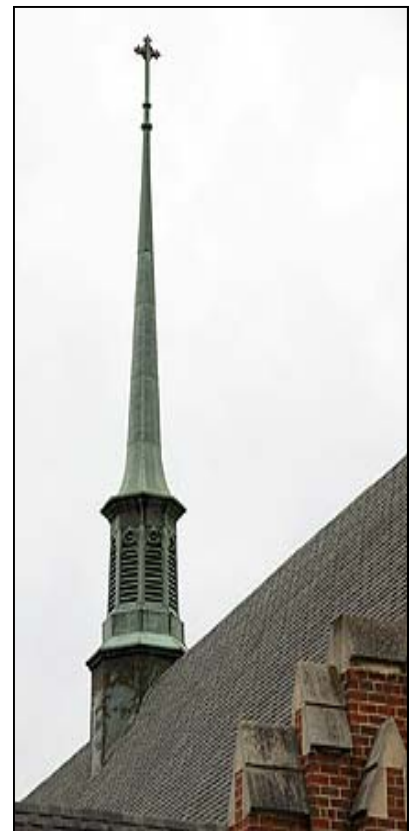
(Genesis 32:24-29)

In order to appreciate this story one must know something about the life of Jacob leading up to this moment. Jacob's story begins in Genesis 25:19. His name means Supplanter and his character fits the meaning of his name. Jacob was a work in progress and God had slowly been transforming him. On this night Jacob would have a life changing experience. The man Jacob wrestled with through out the night was no ordinary man but the Angel of the

Lord, many believing it was Christ himself. This portion of scripture is often used to illustrate the value of prevailing prayer before God. But there is a more valuable meaning in this story of Jacob's great struggle. The real purpose of this all night struggle with God was to reduce Jacob to nothingness. Jacob, exhausted, weak and a broken man, comes to realize he cannot prevail and so in a sense of desperation he clings to his adversary in hopes of mercy. We are told that Jacob received the blessing he wanted and the experience was so psychologically/spiritually changing, he would never be the same.

Have you ever wrestled with God, or to put it another way, have God wrestle with you? Sometimes we want to have things our way or we are determined to follow our own path in life that is displeasing to Him. We may wrestle with God a long time to get our way. We may choose to follow our own path only to realize we cannot prevail against God. He loves us and wants to free us from ourselves so that we can know what real freedom is. We may run but we cannot hide from God. We may fight, resist or refuse to do what we know is the right thing to do, but we cannot win. Finally, when we come to the point of brokenness and we have no struggle left and all that we can do is reach out and cling to Him in hopes of mercy, God showers us with a blessing. The experience may wound us deeply but has such a powerful psychological/spiritual impact we realize that God suddenly becomes a Divine Reality to us and we are forever changed.

This faith journey of knowing God and his Will in our lives is a real struggle at times. We may unknowingly wrestle with God or we may have deliberately set a course in life to be defiant and have our own way. If we choose to persist in our defiance God may just leave us to ourselves. But if we are willing to be broken to the point of nothingness in our encounters with God, then we shall discover for ourselves the life-changing experience that Jacob and so many others have come to know. We cannot win against God. We can only surrender to God. It is in the surrender we find the victory!



Top 3 Factors for Improving E-mail Communications

Members of the Communications Group have been asking for opinions about what works, or not, in SWVMHI's collective use of e-mail. It probably does not surprise anyone that we tend to hear more about what frustrates us, rather than what we appreciate about e-mail. There is a lot of complexity in any thorough analysis of electronic communication, but you seem to be interested in "quick and basic" suggestions that will expand the benefits of Outlook, while chipping away at the things that you find irritating. We have taken up this challenge!

Taking a bit of license in categorizing these varied responses, we have constructed the following list of **Top 3 Factors for Improving E-mail Communication**.

1. Increase ability to effectively send, receive, and process each message in the minimum time possible.
2. Create e-mail content and format with effective tone, using standard "netiquette."
3. Impose a variety of mindful steps to ensure that only the appropriate people get each message that we send.

Our June "News" article described a scenario that predicted one key aspect of "**Factor Number One.**" In order to increase the efficiency of e-mail communication, informative subject lines are crucial. The comments we *continue* to get, though, suggest that while we may have improved a bit in this area, we need to do better.



The starting point is remembering to **never send any e-mail with a blank subject line.** If you do, your recipient has no clue as to

the content and importance level of what you just sent to them, unless they take the time to open the e-mail and read it. They will probably be aggravated about the time this takes. Here are the basic things to include, briefly, in an effective subject line.

- o **Topic**
- o **What is needed of the recipient**
- o **When is this needed**
- o **If urgent, a clear indicating of this**

For example, you might send or receive meeting announcements. In the subject line, put the committee or group *name, time, date, and location.* Or, when sending documents such as minutes or agendas, write in the

subject line what is attached and whether or not comments, votes, etc. are being sought. If the message is critical in any way, use the Red Flag label available in Outlook. (*Note: If you would like to see a broader discussion of this, refer back to our June "News" article.*)

Next month we will present some thoughts on "Improvement Factor Number Two" regarding tone, formatting, and observation of the etiquette involved in electronic communication, i.e. "netiquette." Please remember that we remain interested in hearing about any additional thoughts you may have regarding all things e-mail related. Feel free to contact any or all of the members of our team:

- Robyn Anderson
- Mary Beth Counts
- Merle Obregon
- Russ McGrady
- Josie Wade

(to be continued)

~ **Communications Workgroup**

Travel Form Tips

When processing a Travel Expense Reimbursement Voucher, SWVMHI Form 705-07-116, each day of travel must be broken down by mileage, meals, and hotel. The following is an example of how expenses should be broken out on the form. Remember that the travel reimbursement request must be completed no later than five business days following the travel.

Example:

Trip	Mileage	Reimb	Meals	Hotel	Total
Richmond 08/12/10 (day of departure)	279.88x.246	68.85	51.00	125.00	244.85
Richmond 08/13/10			66.00	125.00	191.00
Richmond 08/14/10 (day of return)	279.88x.246	68.85	51.00		119.85
Total					555.70

Questions regarding travel procedures or assistance needed regarding required forms should be directed to Missy Allison in the Fiscal Department at Extension 529.

* On a travel departure or return date, 75 percent of the meal per diem is reimbursed.

~ **Fiscal Department**



PERSONNEL CHANGES

New Employees

Elizabeth Ann Boardwine, Q32 LPN	July 10
Brandi Boardwine, P14 Psychiatric Aide	July 25
Amy Cavin, RNCA	July 25
Galina Izmaylova, Psychiatric Aide	July 25
Kimberly Medley, Psychiatric Aide	July 25
Lisa Powell, Psychiatric Aide	July 25

MONTHLY PATIENT CENSUS

July 2010

Admissions 91
Discharges 92
Passes 6

Average Daily
Census
142

Separations

Kenneth Clark, Psychiatric Aide	July 3
Amy T. Martin, Registered Nurse	July 22
Larry "Steve" Frye, Plumber/Steamfitter	July 24
Samantha Washington, Psychiatric Aide	July 27
Deborah Burchett, Psychiatric Aide	July 30
Lindsay Wyatt, Psychiatric Aide	July 30
Theresa Norman, RNCA	July 31

Promotions/Role Changes

Connie Alexander, P14 RNCA to RNCA	July 10
Mary Blevins, RNCA to Head Nurse	July 25



ATTENTION ALL STAFF

The Hazardous Communications CAI and the new Hand Hygiene CAI is due by September 30

Meals In Minutes— Marinated Mushroom-Topped Grilled Burgers

Punch up cheeseburgers with fresh mushrooms gently marinated in tangy-sweet balsamic vinegar.

Prep Time: 20 min
Total Time:
Makes: 4 sandwiches

1lb. lean ground beef
 1 1/2 tsp lemon-pepper seasoning
 2 cups sliced fresh mushrooms
 1/4 cup purchased balsamic vinaigrette
 4 kaiser rolls, split
 4 (1-oz.) slices Swiss cheese

1. Heat grill. In medium bowl, combine ground beef and 1 teaspoon of the lemon-



pepper seasoning; mix well. Shape mixture into 4 patties, 1/2 inch thick.
 2. In medium bowl, combine mushrooms, remaining 1/2 teaspoon lemon-pepper seasoning and vinaigrette; toss to coat. Set aside.

3. When ready to grill, place patties on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 11 to 13 minutes or until patties are thoroughly cooked, turning once.

4. To toast rolls, place cut sides down on grill during last 1 to 2 minutes of cooking time. Place 1 slice of cheese on each patty; cook an additional minute or until cheese is melted.

5. Place patties on bottom halves of rolls. Top each with mushroom mixture and top half of roll.

~ From www.bettycrocker.com

Austin Tapped for MRC Deployment Training

VIRGINIA



Chesterfield Medical Reserve Corps volunteer Pharmacist Jennifer Atkins and Southwest Virginia MRC volunteer **Licensed Professional Counselor Susan Austin (Director of Emergency Services at Mt. Rogers CSB)**

have been selected to participate in national 2010 Summer Introduction to MRC Deployment Training in Washington, D.C., from Aug. 23 - 27. They will join nine other Virginia MRC volunteers who have completed training and who make up the national cadre of 149 volunteers.

Members of the MRC Federal Deployment cadre can be called upon by the Assistant Secretary of Preparedness and Response to support disasters and public health emergencies. MRC volunteers will be integrated into deployment teams comprised

of officers of the U.S. Public Health Service and assets of the National Disaster Medical System such as the Disaster Medical Assistance Teams.

The mission of the Medical Reserve Corps (MRC) is to improve the health and safety of communities across the country by organizing and utilizing public health, medical and other volunteers.

Congratulations Susan!

~www.medicalreservecorps.gov

Severe Weather

After our Tornado Drill in March, Changes were made in SWVMHI Policy 2009, Severe Weather.

Please familiarize yourself with the policy; based on post-drill feedback, additional drills will be held on all shifts. Policy 2009 can be found in the Knowledge Center under Library.



Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

~ Leo Buscaglia

Risk Assessments and Safety Tracers

With an estimated 1.7 million workers employed in healthcare facilities nationwide, each of us must acknowledge the collective impact we can make by adhering to safe work practices and the maintenance of a safe work environment. Because of our unique environment, we need to become familiar with the daily hazards we face. It is ultimately up to us to create a safe workplace.

The Safety Committee will be undertaking some Risk Assessment and Safety Tracer activities in the near future, and your input into those activities is sought. Please let your supervisor or a member of the Safety Committee know any areas of concern or interest on which you might want us to focus. Indeed, we all should strive to specialize in safety.

~ Safety Committee

Code Echo



When **Code Echo** is announced, staff should immediately check for an email concerning an urgent or emergent event. Code Echo is used during a Code Orange to keep staff updated on events and informed of activities associated with the Code Orange.

The date of our next survey by The Joint Commission will not be known until 7:30 a.m. the day of the unannounced survey.

As soon as it is known that The Joint Commission surveyors are expected, an email will be sent to all staff and a Code Echo will be announced. Attached to the email will be a check sheet to help you make sure you and your area are ready for an inspection by The Commission.

~ **Amanda Currin,**
Assistant Director, Administrative

When one door closes another opens. But often we look so long, so regretfully upon the closed door that we fail to see the one that has opened for us.

~ Helen Keller

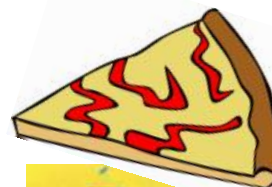
September Days to Celebrate

“Off the cuff” September holidays to celebrate:

- September 5**
Cheese Pizza Day
- September 6**
Labor Day
- September 9**
Teddy Bear Day
- September 12**
Grandparents’ Day



- September 14**
National Cream-Filled Donut Day
- September 16**
National Play Doh Day
- September 19**
International Talk Like a Pirate Day
- September 22**
Elephant Appreciation Day
- September 28**
As a Stupid Question Day



Inspiration

Robby's Night

At the prodding of my friends, I am writing this story. My name is Mildred Hondorf. I am a former elementary school music teacher. I've always supplemented my income by teaching piano lessons-something I've done for over 30 years. Over the years I found that children have many levels of musical ability... I've never had the pleasure of having a prodigy, though I have taught some talented students.

However I've also had my share of what I call 'musically challenged' pupils. One such student was Robby. Robby was 11 years old when his mother (a single Mom) dropped him off for his first piano lesson. I prefer that students (especially boys!) begin at an earlier age, which I explained to Robby.

But Robby said that it had always been his mother's dream to hear him play the piano. So I took him as a student. Well, Robby began with his piano lessons and from the beginning I thought it was a hopeless endeavor. As much as Robby tried, he lacked the sense of tone and basic rhythm needed to excel but he dutifully reviewed his scales and some elementary pieces that I require all my students to learn.

Over the months he tried and tried while I listened and cringed and tried to encourage him. At the end of each weekly lesson he'd always say, 'My mom's going to hear me play someday.' But it seemed hopeless. He just did not have any inborn ability. I only knew his mother from a distance as she dropped Robby off or waited in her aged car to pick him up. She always waved and smiled but never stopped in.

Then one day Robby stopped coming to our lessons.

I thought about calling him but assumed because of his lack of ability, that he had decided to pursue something else. I also was glad that he

stopped coming. He was a bad advertisement for my teaching!

Several weeks later I mailed to the student's homes a flyer on the upcoming recital. To my surprise Robby (who received a flyer) asked me if he could be in the recital. I told him that the recital was for current pupils and because he had dropped out he really did not qualify. He said that his mother had been sick and unable to take him to piano lessons but he was still practicing. 'Miss Hondorf, I've just got to play!' he insisted.

I don't know what led me to allow him to play in the recital. Maybe it was his persistence or maybe it was something inside of me saying that it would be all right. The night for the recital came. The high school gymnasium was packed with parents, friends and rela-



tives. I put Robby up last in the program before I was to come up and thank all the students and play a finishing piece. I thought that any damage he would do would come at the end of the program and I could always salvage his poor performance through my 'curtain closer.'

Well, the recital went off without a hitch. The students had been practicing and it showed, then Robby came up on stage. His clothes were wrinkled and his hair looked like he'd run an eggbeater through it. 'Why didn't he dress up like the other students?' I thought. 'Why didn't his mother at least make him comb his hair for this special night?'

Robby pulled out the piano bench and he began. I was surprised when he announced that he had chosen Mozart's Concerto #21 in C Major. I was not prepared for what I heard next. His fingers were light on the keys, they even danced nimbly on the ivories. He went from pianissimo to fortissimo. From allegro to virtuoso. His suspended chords that Mozart demands were magnificent! Never had I heard Mozart played so well by a person his age. After six and a half minutes he ended in a grand crescendo and everyone was on their feet in wild applause.

Overcome and in tears I ran up on stage and put my arms around Robby in joy. 'I've never heard you play like that Robby! How'd you do it?'

Through the microphone Robby explained: 'Well, Miss Hondorf, remember I told you my Mom was sick? Well, actually she had cancer and passed away this morning and well... She was born deaf so tonight was the first time she ever heard me play. I wanted to make it special.'

There wasn't a dry eye in the house that evening. As the people from Social Services led Robby from the stage to be placed into foster care, I noticed that even their eyes were red and puffy and I thought to myself how much richer my life had been for taking Robby as my pupil.

No, I've never had a prodigy but that night I became a prodigy . . . of Robby's. He was the teacher and I was the pupil for it is he that taught me the meaning of perseverance and love and believing in yourself and maybe even taking a chance on someone and you don't know why.

News from the Recognition Committee

LUAU/BEACH PARTY DATE CHANGED TO SEPTEMBER 2

Please note that there has been a change in the date for the next Recognition Program, from August 26th to September 2nd. Other plans remain the same for the Luau/Beach Party.

So, continue practicing for the hula hoop and limbo dance competitions. Sarah Parris will be coordinating the volleyball tournament. Please contact Sarah at extension 513 to let her know who will be playing on your volleyball team so arrangements can be made for coverage. If you would

prefer to watch these contests, rather than participate, bring your ukulele and sit in the shade and strum for us.

Times for this event are as follows:

Day shift from 1:30 p.m. to 3:30 p.m. at the picnic shelter (Rehab Building in case of inclement weather).

Second shift from 6:00 p.m. to 7:30 p.m. in the employee cafeteria.

Third shift from 11:30 p.m. to 1:00 a.m. in the employee cafeteria.

Please mark the change on your calendars from August 26th to September 2nd, and join us for a fun time on all three shifts.



**It's not whether you get knocked down,
it's whether you get back up.
- Vince Lombardi**

Staff Spotlight — Debby Magee

Debby Magee is a nurse practitioner who recently joined the Professional Medical Staff of SWVMHI; she works with Dr. Slater and is responsible for the medical care of the patients. Prior to joining the Professional Medical Staff, Debby has held a variety of health care jobs and generally at least two at a time.

Debby is a native of Grundy and still owns a house there. However, for peace and quiet, she prefers living at South Holston Lake; the commute is a lot better, also. She received her LPN training in Buchanan, her RN degree from Tri College in Richlands, her BS from Virginia Commonwealth University through the distance learning program at Wytheville Community College and then her Masters in Nursing from Mountain State University in Beckley, WV.

All this education was not acquired in a solitary fashion. Along the way as she gained her many degrees she was married

and had three sons and she worked many jobs. She was a staff nurse at the old Grundy Hospital, she was the jail nurse in Buchanan County, she was an after hours crisis nurse for the Cumberland CSB, worked at Ridgeview and Bristol Regional Medical Center, and she worked at an urgent care clinic in Grundy. In addition, she taught at ETSU School of Nursing for several years, and she has taught CPR and paramedics. Many of these positions were held while she was attending school full time and she frequently held more than one job at a time.

In the summer of 2009, she came to SWVMHI as a float nurse and then accepted the Nurse Practitioner position in July of this year. Debby says while she has loved all of her jobs, this the best place she has ever been. She feels this way because of the caring she sees by all staff every day. She learns something from the patients and from the staff every day and hopes that she can also help teach patients and staff every

day. Her enthusiasm and joy in her work is evident.

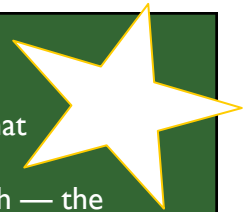
Debby is excited to be in her new position and looks forward to many years of teaching, learning, and caring at SWVMHI. Welcome, Debby!

~ Amanda Currin,
Assistant Director, Administrative



Family and Friends Day

Our 19th annual **Family and Friends Day** event is scheduled for Thursday, September 16 from 1:30 – 4:00 p.m. at the SWVMHI Picnic Shelter (Auditorium in the event of inclement weather). Several of the individuals we serve have been working very hard on decorations that will be used this year, and they are very excited about this year’s event. And artwork completed by one such individual will be featured on this year’s brochure and posters (shhhhh — the winning person doesn’t know yet).



The theme this year is: **SWVMHI’s Got Talent**. We will be able to laugh while our speakers stress the importance of humor in any recovery journey. We will be having karaoke competition and a Slopes contest, with great toe-tapping music. This year, due to the change in hours of the event, we will have snacks (ice cream sundaes and popcorn) and drinks instead of a full meal with desserts. So come join us as we celebrate Family and Friends on the 16th!

~ Family and Friends Day Committee

Car Safety

It is estimated that 70% of passenger vehicle tires are under inflated. Under inflated tires lower gas mileage by 0.4 percent for every one pound drop in pressure. So, if you’re down ten pounds, you’re losing 4% in fuel economy.

However, over inflating is not the answer! Over inflating tires is

dangerous. Tires should be inflated to the recommended pressure. If you’re not sure what that number is, you can find it on the door to the glove compartment or on the driver’s side door pillar.

When the seasons change, keep an even closer eye on your tire inflation. For every drop of 10 degrees Fahrenheit in air temperature, your

tires will lose one pound of pressure.

~ Excerpted from *Car Talk*



National Suicide Prevention Week—Sept 5-11

Nearly 8.3 million adults (age 18 and older) in the U.S. (3.7 percent) had serious thoughts of suicide in the past year according to the first national scientific survey of its size on this public health problem. The study by the Substance Abuse and Mental Health Services Administration (SAMHSA) also shows that 2.3 million adult Americans made a suicide plan in the past year and that 1.1 million adults - 0.5 percent of all adult Americans - had actually attempted suicide in the past year.

Suicide prevention is everyone’s business and anyone can participate in National Suicide Prevention Week. The International Association for Suicide Prevention (IASP), in collaboration with the World Health Organization (WHO) and the World Federation for Mental Health, is hosting World Suicide Prevention Week on September 5th - 11th, 2010.

This year’s theme is “Families, Community Systems, and Suicide” and will focus on raising awareness that suicide is a major preventable cause of premature death

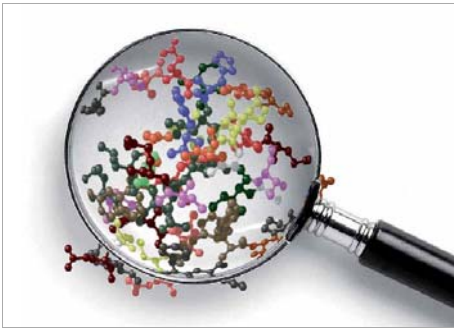
on a global level.

Suicide is the 11th leading cause of death in the United States with one suicide occurring on average every 15.2 minutes. Suicide is the 3rd leading cause of death among 15- to 24-years-olds.

Please join us in supporting suicide prevention. Together we can reduce the number of lives shaken by a needless and tragic death.

~ <http://www.suicidology.org>

Prevent and Control Diabetes



What is Diabetes?

A disease in which blood glucose levels are above normal.

Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy.

The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood.

Who develops diabetes?

Anyone can develop diabetes, but it is more common in people who are:

- Overweight
- Not physically active
- Hispanic/Latino

Or who:

- Have a family member with diabetes
- Had diabetes when pregnant
- Have blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes (pre-diabetes)

Diabetes can occur at any age, but the risk increases as you grow older; 23.6 million people in the US have diabetes. If current trends continue, 1 in 3 Americans will develop diabetes sometime in their lifetime, and those with diabetes will lose, on average, 10-15 years of life.

Why is it important to control Diabetes?

Because diabetes can affect any part of the body.

Diabetes is a serious disease; it can cause a heart attack or stroke, blindness, kidney failure, or loss of feet or legs.

How do I know if I have Diabetes?

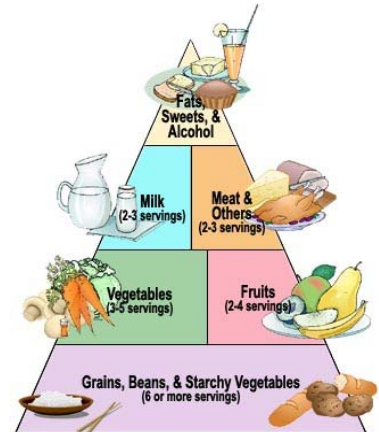
- Are you often thirsty, hungry, or tired?
- Do you urinate often?
- Do you have sores that heal slowly, tingling in your feet or blurry eyesight?

These may be signs of diabetes. Even WITHOUT these signs, you could still have diabetes. Finding out if you are high risk is the first step.



Diabetes is serious but controllable! Prevent Diabetes by:

- Be more physically active
 - Go for a walk with a friend, a neighbor, your family, or take a dog with you.....
 - Don't take the elevator....use the stairs.
 - Park further away, walk a few more steps.
 - Play with your children, grandchildren or friends.
 - Clean around the house.
 - Paint your walls.
 - Dance, practice your moves, shake your body-and have some fun.



- Eat healthfully
 - Eat more fruits, vegetables, beans, and whole grains; buy and try a new fruit or vegetable every time you go shopping for groceries.
 - Choose healthier meals; change high fat meals and snacks for fruits, vegetables or nuts. Drink more water.
 - Read food labels; choose foods with less fat, calories, and salt. Reduce the amount of fried foods you eat.
 - Eat smaller portions. You can eat anything you want, just lessen the portion sizes of beef, chicken and fish. Portions should be smaller than the palm of your hand.

For more information, please visit the following websites:

National Diabetes Education Program: www.ndep.nih.gov

CDC: www.cdc.gov/diabetes

American Diabetes Association: www.diabetes.org

~ Cindy Jones,
Infection Control Coordinator

History From The Hill

Taken from the Tenth Annual Report of the Southwestern State Hospital of Marion, Virginia, for the Fiscal year ending September 30, 1897.

NEEDS AND RECOMMENDATIONS

If for no other purpose than to keep in mind the many needs and improvements yet required, we desire to name a few of them.

The most pressing need still, as "has been the burden of our song" for years past, is more room. The new building added to the female department two years ago has relieved the over-crowded condition then existing in that department, but the male wards are still over-crowded and a similar addition to the male department is very much needed to relieve their over-crowded condition, to equalize the two departments of the hospital and to give room for those still unprovided for in this section. The State hospitals report show [sic] (as before said) that at no time in the last ten or twelve years have the counties of the southwest ever been free from the insane in their jails and almshouses. Your board, deeply realizing this continual need from the frequent appeals made for help, and in consideration of the favorable report of the last Legislative Committee, and in order to facilitate a speedy relief, with the aid asked for of the next Legislature, have authorized the construction of a strong stone foundation for this contemplated building upon plans and specifications of the east annex. This foundation is now nearing completion and has been accomplished with the aid of the patients and employees of the hospital by the saving of a few hundred dollars from the support fund; and this, too, as we think

all will testify, without detriment to the welfare of the patients, but rather to their benefit, in the way of providing employment, in which many of the male patients have participated with healthful pleasure, while others have looked on from the grounds and from the ward windows with evident enjoyment.

I earnestly recommend that your board ask of the Legislature, in order to complete this building and to meet the requirements of an increased number of patients to support, at a probable increased cost of supplies, and addition of \$10,000 to the annual appropriation for the next two years.

Many other improvements should be made in the way of grading and macadamizing roads, fencing and ornamenting the ground, etc., but the need for more room is the most pressing, yea vital one, as many annually have died in the State for want of proper hospital care and treatment, and it is earnestly hoped that the Legislature will at once make the appropriation asked for.

The floors of the basement store-room and old general kitchen are still in a bad condition and should be replaced by a brick or cement floor.

The basement corridors of the new building should also be grouted and cemented, both for health and cleanliness.

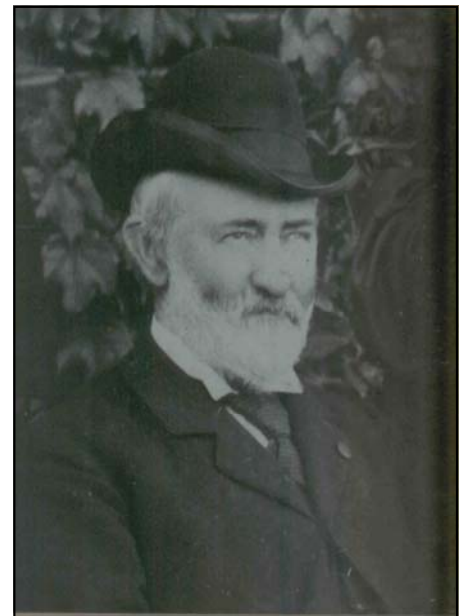
FINANCES

The report of receipts and expenditures by the steward, together with the itemized statement of the cost and quantity of every article purchased and of all repairs and improvements made, will, we think,

show a wise and economical expenditures of the State funds under your direction. As will be seen, the per capita cost for maintenance and support is \$143.27.

The probable increased cost of all articles for the next two years, and the increasing number of patients to be provided for, will make the demands of the hospital larger; but it is estimated that the increased appropriation asked for will, by strict economy, meet this demand and provide for the completion and furnishing of the new building, which is so much needed.

To be continued



*Robert J. Preston, M.D.
Superintendent 1888-1906*

September Factoid

September is the ninth month of the year in the Gregorian Calendar and one of four Gregorian months with 30 days.

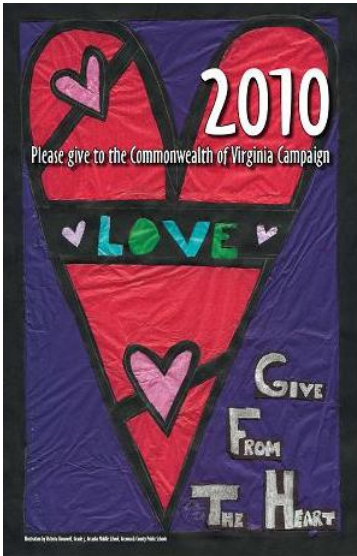
In Latin, *septem* means "seven" and *septimus* means "seventh;" September was in fact the seventh month of the Roman calen-

dar until 153 BC, when the first month changed from Kalendas Martius (1 March) to Kalendas Januarius (1 January). In the Northern hemisphere, the beginning of the meteorological autumn is September 1. September marks the beginning of the ecclesiastical year in the Eastern Orthodox

Church. September begins on the same day of the week as December every year, because there are 91 days separating September and December, which is a multiple of seven (the number of days in the week).

~ <http://en.wikipedia.org/wiki/September>

CVC Campaign 2010



Each year the Commonwealth of Virginia offers employees the opportunity to make a donation to favorite tax exempt charities through the CVC. The Campaign at

SWVMHI will start October 1 and will conclude October 31.

The Campaign allows an employee to designate a donation to a specific, approved charity. The list of approved charities has over 1300 listings, so surely there will be something on the list that is of interest to everyone. A list of the approved charities is on the CVC website, <https://edirect.virginia.gov>.

Each employee, P-3 and P-14, will have the opportunity to pledge on-line or to complete a paper pledge form. This will NOT be a hard-sell campaign, and there will be NO arm twisting to encourage participation. The campaign WILL offer opportunities for free food, for extra paid time off, and for some friendly competition. But most importantly the campaign will give you an opportunity to deliver a hot meal to a homebound senior, an opportunity to provide a homeless family with a warm

and safe place to sleep, or an opportunity to save an abandoned pet. The campaign will give you the opportunity to do all of this and more and all you have to do is give a little money.

By October 1, you will receive campaign materials and more information about the give-away items available to contributors. Please don't immediately delete or throw the materials in the trash; just give it a try; read and carefully consider the opportunities. It could be your neighbor who is helped by a donation to the CVC. It could be you.

~ Amanda Currin and Denise Deel,
Campaign Coordinators



Environmental Services/Housekeeping Week

September 12th—18th, 2010

Since 1981, the International Executive Housekeeping Association (IEHA) has set aside one week per year for all to focus attention and recognition on the professional housekeepers working in facilities such as hospitals, hotels, state facilities, colleges/schools, and many others who maintain a cleaner, safer, healthier environment for us all each and every day.

Housekeeping and Laundry personnel fill an important role in infection control, patient safety, and customer satisfaction. Performing housekeeping and laundry procedures in an ever changing hospital environment is challenging; but to do it without disrupting the daily routine and other departmental needs can seem nearly impossible. Our staff does an excellent job of balancing the needs of the hospital and individuals we serve, with the responsibility they have to meet the stringent demands of their posi-

tions. Of course, this is due in large part to the working relationships with other hospital staff and those we serve.



The Housekeeping and Laundry Team certainly deserve a hearty dose of respect for the job they do. Not only must staff work hard to clean the facility and maintain an environment that meets the needs and demands of regulatory agencies, hospital personnel, individuals we serve, and visitors, they also bear the burden of knowing that the health of others often relies on the effectiveness of their practices.

SWVMHI thanks its Environmental Services Department staff for their dedication and work ethic: Nathan Shelton, Director; Linda Keene, Administrative and Office Specialist; Eva Wagner and Linda Havens, Housekeeping Lead Workers; Carol Cook, Donna Dempsey, Ann Dunford, Peggy Evans, Betty Frye, Dale Haulsey, Edith McKinnon, Debbie Poe, Tammy Powers, Freddie Rouse, Kyra Shumate, Wynonna Totten, Kenneth Vanhoy, Crystal Walters, and Ella Wingate, Housekeepers; and Katie Ashby, Betty Clapp, Angela Hayden, and Sherry Holmes, Laundry Workers.





Southwestern Virginia Mental Health Institute

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Marion, Virginia 24354

Phone: 276-783-1200

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Comments, Suggestions or Ideas?

SHARE THEM!

Please send any comments, suggestions, or ideas you have regarding the newsletter to the Office of the Director.



This Month in History Word Search Answer Key

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Please submit articles for the next newsletter to Cheryl Veselik by September 20, 2010.

The next newsletter will be published October 1, 2010.