



VOLUME XXXII, ISSUE 11

NOVEMBER 1, 2010

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From The Director



Senate Finance Committee HHR Subcommittee visits SWVMHI

On October 24, 2010, members of the Health & Human Resources Subcommittee of the SFC met at SWVMHI for a tour and presentations. Members of the Senate who attended were (in above photo, seated, right to left) Sen. William Wampler,; Sen. Ed Houck, Chair; Joe Flores, staff; Sen. Emmett Hanger. Not in the photo, but also present was Sen. Yvonne Miller. Sen. Mary Margaret Whipple attended by telephone. Also present were Sen. Phil Puckett and Delegate Bill Carrico. Other DBHDS dignitaries who attended were Commissioner James Stewart (above, front), Assistant Commissioner John Pezzoli, Mt. Rogers CS Executive Director Lisa Moore and Jack Wood, CEO, Catawba Hospital. Many thanks to all who helped to prepare for this visit.

Veterans Day, Nov. 11, 2010 – Honoring All Who Served

There are nearly 24 million Veterans living among us, in every state and territory and from every walk of life. Many of them are our sons, daughters, cousins, or other relatives. Each year a national Veterans Day Ceremony is held each year at Arlington National Cemetery. The ceremony begins precisely at 11:00 a.m. with a wreath laying at the Tomb of the Unknowns and continues inside the Memorial Amphitheater with a parade of colors by veterans' organizations and remarks from dignitaries. The ceremony is intended to honor and thank all who served in the United States Armed Forces.

History of Veterans Day

World War I officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessa-

tion of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of "the war to end all wars."

In November, 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day with the following words: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..."

The original concept for the celebration was for a day observed with parades and public meetings and a brief suspension of business beginning at 11:00 a.m.

Veterans Day continues to be observed on November 11, regardless of what day of the week on which it falls. This helps focus attention on the important purpose of Veterans Day: A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. More info: www.va.gov

~ Cynthia McClaskey, Ph.D.

DON'T FORGET:
DAYLIGHT SAVINGS
TIME ENDS ON
NOVEMBER 7, 2010,
AT 2:00 A.M. SET
YOUR CLOCKS BACK
ONE HOUR.



Get out and Vote



Election Day is November 2, 2010 -- Don't forget to get out and vote!

Only one office is up for re-election this year, that of US. House of Representatives for the 9th District. Candidates for this office are:

- Republican Morgan Griffith
- Democratic Incumbent Rick Boucher
- Independent Jeremiah Heaton.

There are also three constitutional amendments on this year's ballot:

1. Question: Shall Section 6 of Article X of the Constitution of Virginia be amended to authorize legislation that will permit localities to establish their own income
2. Question: Shall the Constitution be amended to require the General Assembly to provide a real property tax exemption for the principal residence of a veteran, or his or her surviving spouse, if the veteran has a 100 percent service-connected, permanent, and total disability?
3. Question: Shall Section 8 of Article X of the Constitution of Virginia be amended to increase the permissible size of the Revenue Stabilization

or financial worth limitations for purposes of granting property tax relief for homeowners not less than 65 years of age or permanently and totally disabled?

Fund (also known as the "rainy day fund") from 10 percent to 15 percent of the Commonwealth's average annual tax revenues derived from income and retail sales taxes for the preceding three fiscal years?

For more information about this year's election, please visit the Virginia State Board of Elections website at: www.sbe.virginia.gov/cms/Voter_Information/Index.html



Travel Regulations Updated



State Travel Regulations changed and were updated on the Department of Accounts (DOA) website on October 1, 2010, as well as on the local intranet. These regulations, as well as all the travel forms you need to request in-state travel, can be found on the intranet under Departmental Pages/Financial Services. Among the changes are the increase of lodging rates; meal per diem rates remain the same. Should you have any questions regarding state travel regulations, please call the Fiscal Office at Extension 205.

~ Missy Allison
Accounts Payable Coordinator

National Adoption Month

The first major effort to promote awareness of the need for adoptive families for children in the foster care system occurred in Massachusetts. In 1976, then-Governor Mike Dukakis proclaimed Adoption Week and the idea grew in popularity and spread throughout the nation. President Gerald Ford made the first National Adoption Week proclamation, and in 1990, the week was expanded to a month due to the number of states participating and the number of events.

During the month, states, communities, public and private organizations, businesses, families, and individuals celebrate

adoption as a positive way to build families. Across the nation, activities and observances such as recognition dinners, public awareness and recruitment campaigns, and special events spotlight the needs of children who need permanent families. It also includes National Adoption Day, traditionally a Saturday, which is observed in courthouses across the nation as hundreds of adoptions are finalized simultaneously.

The theme for National Adoption Month changes every year, depending on the need, but the focus remains the same: finding permanent, loving, forever homes for children. The theme for 2010 is

"You don't have to be perfect to be a perfect parent."

For more information on the various forms of adoption, please visit some of these useful sites:

www.adoption.com
www.adoptioncouncil.org
www.adoption.org



The Culture of Cultural Awareness

"There can be no doubt that it's the most heavily stigmatized regional speech in the country," said author Michael B. Montgomery of Columbia, South Carolina. "I can't think of any other region where five words out of somebody's mouth will completely affect another person's evaluation of their intelligence, their reliability, their truthfulness, and their ability to handle complex tasks." We live in the Southern Appalachian



region. This region is rife with stereotypes that hurt and hinder all of us, especially the individuals we serve. All of us who live, work, and play in this region we call home should heed Montgomery's words to increase our own cultural awareness and sensitivity so that we reduce the opportunity to misjudge the intelligence, reliability, truthfulness, and the ability of each other as well as the individuals we serve to handle

complex tasks.

This is one of the many ways we behaviorally express the SWVMHI Value of Honoring Day-to-Day Tasks. Thanks go to Debbie Pringle for the inspiration for this article. For more information check out http://news.nationalgeographic.com/news/2005/05/0502_050502_twang.html

~ James Moon, Ph.D.
Psychology Supervisor

November Lunar Phases



November 5

New Moon

November 13

First Quarter Moon

November 21

Full Moon

November 28

Last Quarter Moon



Employee Service & Recognition Awards
November 4, 2010
Auditorium
1:30 pm - 3:30 pm
6:00 pm - 7:30 pm
11:30 pm - 1:00 am

Clothing Donations needed for Bonanza

As the seasons change, we find that we have several needs in our clothes supply in Bonanza. As you all begin to pull out your warmer clothing, you may have some of these items that you no longer want or need or fit into! Please consider making a used clothing donation to the Bonanza to assist in helping the individuals we serve be comfortable as the weather turns cooler. Items needed include:

- All sizes, men's blue jeans, especially large and very large sizes of 42 and above
- Long-sleeved t-shirts for both men and women sizes XL and above
- Sweat pants and sweat shirts for men and women in all sizes
- Athletic shoes for both men and women in all sizes

You can receive a donation receipt by contacting Doug Smith at Extension 472 or Cheryl at Extension 117.

~ Cheryl Rhey,
Unit Programs Director
Central Rehab Services



Chaplain's Corner

AN ATTITUDE OF GRATITUDE

Walking into an old country store sometime back, I happened to notice on the local community bulletin board this advertisement:

LOST!

Dog with 3 legs; blind in left eye; missing right ear; tail broken and recently castrated. Answers to the name LUCKY!

I got a good laugh when I saw that, but hoped it was only a joke because LUCKY doesn't sound so lucky to me!

As we enter the month of November, we celebrate one of our most enjoyable holidays of the year, Thanksgiving. It is a time of family gatherings, good food, and reflecting back on life's blessings and why we can be thankful. But, life happens, and we know giving thanks is not always that easy. Bad things happen to good people. On any given day, any one of us can experience more than our share of misfortune, crisis, or the most severe of tragedies. At such times we don't feel much like celebrating or even giving thanks. Life hurts and how can we be thankful about that?

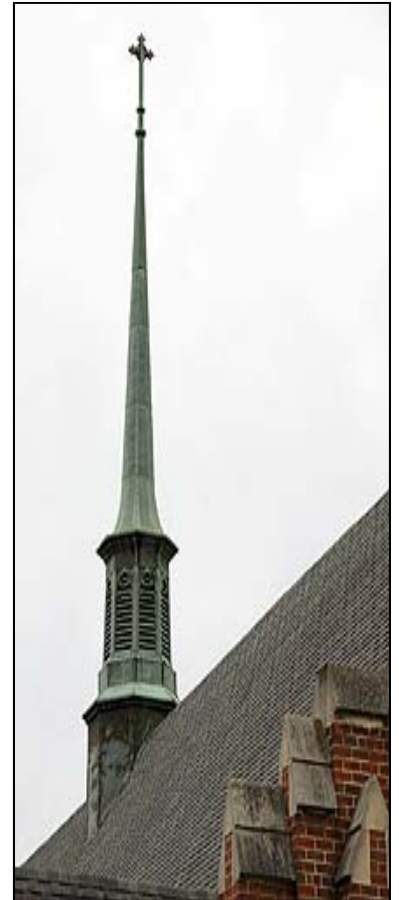
We can, and often do, look to the Word of God for comfort during difficult times. But we are also called to live a higher life, and it is our duty to do so. Coupled with the comfort of God's Word is also the challenge of God's Word to rise above average to a higher plain of living. We read of such a challenge in First Thessalonians 5:16-18 as Paul writes these words to the church: "Be joyful always; pray continually; give thanks in all circumstances for this is the will of God for you in Christ Jesus."

To read these verses at a time of misfortune or tragedy seems like adding insult to injury — or is it? Maybe what seems like an impossibility of Divine command is a Divine blessing to help us through our struggle when life seems unfair. It is true being joyful during great trials of life seems impossible. Equally true is giving thanks in what seems to be a thankless situation. If we agree that joy and giving thanks does not always seem possible, perhaps the key to Paul's instruction is found in the command to "pray continually," which may seem like another impossibility. How can anyone pray continually?

Perhaps the answer we seek in unlocking the mystery of being joyful and grateful in all circumstances is realizing that the great purpose of prayer goes beyond our petitions for things we need (which we have every right to ask for). It may be less about what we say or ask for, and more about having our minds and hearts filled with the awareness of God's presence, even in the time of great trial. Some of the great mystics of times past would call it "practicing the presence of God" until we know and sense his Presence in all circumstances. To attain such a level of "knowing God," we must learn to make our prayer time sacred time. We must be willing to go to our prayer closet, our secret hiding place where we meet with God, and realize there is always more of God to know. It is becoming so connected with God that even performing our daily responsibilities while we are still consciously aware that He is near. To know God is to be connected with the Eternal, giving us a

"Be joyful always; pray continually; give thanks in all circumstances for this is the will of God for you in Christ Jesus."

First Thessalonians 5:16-18



greater vision, a greater purpose, and a connection with the greater Power that works in us and through us to live a higher life. While we pass through the storm, however difficult and painful it may be, we may not yet see the blessing that awaits, may not yet know the reason why, may not yet feel like giving thanks, but we will come to know as we walk through our own personal valley of the shadow of death, we will fear no evil. He is always with us; He will comfort us; He will be our strength when we are weak, and from Him we will find our Joy within that the storm without cannot steal away.



Word Search

How many words can you find related to Thanksgiving and the month of November?

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

The first “Thanksgiving” was held in 1621, the year after the Pilgrims landed at Plymouth, Massachusetts, to celebrate the raising of enough crops to make it through their second winter. They invited the friendly native Americans and had a grand community feast that included corn (what we call wheat today), Indian corn, barley, pumpkins, peas, fowl, deer, fish, and wild turkey. The third winter was bad and crops were damaged and Governor Bradford ordered a day of fasting and prayer, and rain soon followed. To celebrate, November 29 was declared a day of Thanksgiving. Today, Thanksgiving is celebrated on the fourth Thursday of every November and was set by President Franklin Roosevelt in 1939, and approved by Congress in 1941.

Top 3 Factors for Improving E-mail Communications

[Factor 1: Increase ability to effectively send, receive, and process each message in the minimum time possible. (Sept.2010)]

Factor 2: Create email content and format with effective tone, using standard "netiquette." (Oct. 2010)]

Factor 3: Ensure that only the appropriate people get each message that we send. You've got [TOO MUCH] mail.

Have you ever been copied on an email and felt as though you had accidentally stepped into a private conversation in which you had no business? Or, worse still, have you ever had one of your emails forwarded to other individuals without your knowledge and felt that a confidence had been betrayed or that a private quarrel had "gone public"?

Email presents us with a new and different set of considerations from more traditional forms of communication. **Since technology enables the instantaneous sending of information to large numbers of people with a simple click of the mouse, it is very important for us to carefully consider the appropriate-ness of the recipients we select.**

Certainly, we should be respectful of other people's time, and avoid sending obviously unnecessary emails.. **We must also be mindful of the boundaries of appropriateness and confidentiality - boundaries that are often blurred by the efficiencies that one-click technology provides.** In other words, we must avoid sending messages to any- and everybody simply because it is easy to do so. Instead, we must pause and carefully reflect on those we intend to include in the communication and why those individuals need to be included.

While there are no hard and fast rules about selecting the appropriate recipients, these questions may help you to limit the recipient list to only those with a true NEED to know.

Who NEEDS to know? Imagine that you were delivering the message in person rather than by email.

- Would you communicate with one individual privately?
- Would you communicate to a group of people and address them *as a group*?
- Would you communicate with a few individuals and allow others who might benefit from the conversation to be present?
- Would you present certain details of the conversation to specific individuals

only, rather than to the whole group?

- Would it be helpful to invite others with expertise to join the conversation?
- Does the information need to be passed along to others who may be affected by the information? If so, do they need access to the whole conversation or only certain parts?
- Would sharing the information with others be a violation of privacy or confidentiality? Would the other person object to your sharing the information without his/her knowledge?
- Has anyone been included who does not need this information?

The answers to these questions will help you narrow your list to appropriate people only. And, in doing so, you will better avoid a breach of etiquette or an inadvertent use of bad manners.

Next month will explore appropriate uses of Reply, Reply To All, Forward, Cc ,and Bcc options.

~ Communications Workgroup



Dr. Doreen Johnston, Psy.D.



Dr. Doreen Johnston, Psy.D. passed away on October 6, 2010. There are no words to express how much she will be missed.

She began work at SWVMHI on January 10, 2007, and worked as a Psychologist on both the Acute Admissions and Adolescent Units.

A fund has been set up in her name for neuroendocrine cancer research, the disease that took Doreen away from us. If interested, tax-deductible donations of any size may be made to:

Dr. Doreen M. Johnston Memorial Research Fund, First Century Bank, P O Box 897, Wytheville, Virginia 24382.





PERSONNEL CHANGES

New Employees

Adetokunbo Ladenika, Psychiatrist	Sept 1
Joel Chisholm, PI4 MOD	Sept 9
Deborah Kiser, Nursing Executive Secretary	Sept 10
Marcus Tuggle, PI4 Food Service Technician	Sept 10
B. Gail Hilderbrand, PI4 SNC	Sept 27
Paul Shepherd, PI4 SNC	Sept 27

MONTHLY PATIENT CENSUS

September
2010

Admissions 74
Discharges 71
Passes 11

Average Daily
Census
144

Separations

Mary Ann Stamper, HR Office Services Assistant	Sept 1
Crystal Durrance, RNCA	Sept 9
Laurel Cheromei, Rehab Specialist	Sept 14
Stacy Herndon, RNCA	Sept 15
Cynthia Hall, RNCA (remaining as PI4)	Sept 24
Angela Hayden, Psychiatric Aide (remaining as PI4)	Sept 24
Julie Tate, Psychiatric Aide (remaining as PI4)	Sept 24
Sue Roberts, Psychiatric Aide	Sept 24

Promotions/Role Changes

Kimberly Tarter, PI4 to full time Housekeeper	Sept 10
LeAnn Barbrow, RN to RNCA	Sept 10
Ranee Price, RNCA to RNCA	Sept 10
Bridgett Ford, RN to RNCA	Sept 10



ATTENTION ALL STAFF

Corporate Compliance CAI is due
by November 30

How to cook the perfect Thanksgiving Turkey

There are several prerequisites to successfully cooking the perfect Thanksgiving turkey:

1. The temperature in your oven has to be accurate
2. Your turkey has been safely and totally thawed (in the refrigerator) and cleaned.
3. Be sure to remove the neck and giblets from inside the turkey.
4. Know the actual weight of the turkey, excluding the giblets and ice many fresh turkeys have stuffed inside to keep them cold.

don't remove it) and rub melted butter between the skin and meat. (Optional: also rub some rosemary and thyme between the skin and meat.) Lightly salt and pepper the skin on the outside (this makes the skin crisp).

Do NOT place stuffing in the turkey! Stuffing not only plays havoc with cooking times, but it is also a recognized health hazard -- cook your stuffing separately in a casserole dish. Place the

turkey in a covered roasting pan in preheated oven at 475° for 20 minutes. Reduce the heat to 250° and cook for 20 additional minutes for each pound. Basting is not necessary. When done, the interior breast meat should read 170° and thigh meat should read 180° on a meat thermometer.

Remove the turkey from the oven when done and allow to rest uncovered for 20 minutes before carving -- this allows the juices to redistribute themselves, making the turkey juicy, delicious, and easier to carve.



Preheat the oven to 475°. Gently separate the the skin from the breast meat (but

www.howtocookathanksgivingturkey.com/



Students from the Blue Ridge Job Corps Center of Marion were at SWVMHI on October 22, 2010, to “shadow” employees in several areas, which included Laboratory, Radiology, Food Service, Central Rehab, and Clinical Services. The staff from the Blue Ridge Job Corp were very impressed with how quickly everyone picked up the students and welcomed them into their respective roles for the day. At Blue Ridge Job Corps, students receive the skills needed to succeed in today’s workforce - **at no cost** to them or their families!

Thanks to all who participated to make this opportunity a success for the young ladies from the Center as well the individuals we serve!

~ Ron Parsons, M.S.
ERS Programs Director

Health Information Management Week



Health Information and Technology Week is a showcase for the thousands of health information management (HIM) professionals who perform their duties masterfully throughout the year. The American Health Informa-

tion Management Association (AHIMA) is honored to provide support, representation, and training to HIM professionals for these valuable contributions to the healthcare industry.

SWVMHI recognizes our HIM staff and thanks them for the work they do every day to ensure that the records for the individuals we serve are accurate and protected. Please stop by HIM and thank the staff: Kim Ratliff, RHIA, HIM Director; Linda Parks, CCS, Clinical Documentation Specialist; Teresa McClure, Data Analyst / Court Hearing Coordinator; Karen Arnold and Betty Testerman, Health Information Technicians; Edwina Lambert and

Stephanie Warren, Medical Transcriptionists; Amy Meadows, Marla Money, Regina Osborne, Shelby Owens, and Darena Patton, Patient Registrars.



Recovery Heroes

A Spotlight on Our Employees Using TOVA Skills and Assisting People with Their Recovery

“Build a rapport with every patient that you can. Even if it’s just saying hello, good morning, or can I get you something to drink? It goes a long way.” This is the advice of Eugene Hayden, Psychiatric Lead Aide. Eugene works night shift on A/B and last month, when a newly admitted person became agitated, Eugene used his verbal de-escalation skills to help the patient calm down.

“You should always try to get to know the patients. Then, in situations like that one, they recognize you and they believe you want to help them. The patients really don’t want to throw chairs or hit you; they just want you to listen.”

to them. They will sit and talk to you and tell you what they need if you just



listen.”

Eugene is talking about *attending* and *listening* skills, the two most important components of building a relationship with the individuals we serve. In TOVA we learn that “the helping relationship

and working alliance is formed when the patient respects, likes, and trusts us and believes we are committed to his welfare, and genuinely understand and respect him.” The solidity of this relationship is also what we rely on during times of crisis. By having a strong working alliance with the patient, we are more apt to prevent a crisis situation from occurring.

Eugene took fifteen minutes of his time and listened to the patient’s needs. By doing this, he provided an opportunity for the individual to verbalize his needs and prevented the need for a possible “hands-on” intervention. Way to go, Eugene!

~ Robin Poe, MSN, RN-BC
Coordinator for Nursing Staff Development

Do you have experience in Microsoft Access?

If so, do we have a project for you!

Please contact Debbie Kiser before November 9th at ext. 360.

Sincere thanks to all the employees who gave toward the beautiful flower arrangement, for those who came by the funeral home, for the cards, prayers, money, and many expressions of sympathy during the death of my sister, Ola Pennington. You are a great group of people to know and work with.

God Bless ~

Iva Witten
Console Operator

November Days to Celebrate

“Off the cuff” November holidays to celebrate:

- November 2**
National Deviled Egg Day
- November 4**
National Candy Day
- November 7**
Hug-a-Bear Day
- November 11**
Veteran’s Day



- November 15**
National Clean Out Your Refrigerator Day
- November 21**
World Hello Day
- November 23**
National Cashew Day
- November 25**
Thanksgiving Day
- November 30**
Square Dance Day



Infection Control Update

Get Your Flu Vaccination: Stay Healthy This Flu Season



Getting a flu vaccination is the single best way to protect against the flu. Flu vaccines will be available free to all employees and patients in the next

few weeks. Watch for more information soon or contact a nurse on Ward K.

The CDC recommends a three-step approach to protect against the flu:

1. Take time to get the flu vaccination.
2. Take everyday preventive actions to stop the spread of germs (including frequent hand washing and staying home when sick); and

3. Take flu antiviral drugs when your doctor prescribes them.

Influenza (flu) is a contagious respiratory disease that can lead to serious complications, hospitalization, or even death. Anyone can get the flu, and vaccination is the single best way to protect against flu. Even healthy children and adults can get very sick from the flu and spread it to family and friends.

Flu viruses are constantly changing. Each flu season, different flu viruses spread. Getting vaccinated against the flu every season protects against the three influenza viruses that research indicates will cause the most illness this season. **The 2010-2011 vaccine will protect against 2009 H1N1, and two other viruses (H3N2 virus and an influenza B virus).**

Everyone, six months of age or older, is recommended to get vacci-

nated against the flu.

A flu vaccine reduces your risk of illness, hospitalization, or even death, and can prevent you from spreading the virus to your loved



ones. Protect your family and your patients from flu: **Get Vaccinated.**

~ **Cindy Jones, RN, CIC**
Infection Control Coordinator

NOTICE

All computer users will be upgraded to Office 2007 effective November 1 or 2. Be on the look-out for training or call the Staff Development & Training Department at Ext. 854. If you experience any problems with the upgrade, please contact the VITA helpdesk VCCC@vita.virginia.gov or call 1-866-637-VITA (8482)

National Radiologic Technology Week

National Radiologic Technology Week is celebrated annually to recognize the vital work of radiologic technologists across the nation. It is held the first full week of November every year to commemorate the discovery of the X-ray by Wilhelm Conrad Roentgen on November 8, 1895. Radiologic Technology Week is celebrating its 30th anniversary this year, November 7—13, 2010. Since 1979, this week has been set aside to honor the achievements of all radiologic technologists. These health professionals perform diagnostic imaging exams for patients. Without radiologic techs, neither our diagnoses nor our recoveries would be quite as fast! These images play an integral role in the medical process and in the lives of millions of patients. Please join me in recognizing our technologists and all the hard work that they do.



~ **Denise Deel, RT(R)(M)**
Radiology Supervisor

Stay on the Road to Safety

Scanning

When driving, we gather 90 percent of the information about the road and our surroundings through our eyes. Look at the entire scene for anything that might come into your path. As you scan the road, avoid a fixed stare. Keep your eyes moving and learn to read the road. Look ahead, to the sides, and behind you.



On a dry road, with good tires and brakes, it takes about 265 feet for a passenger vehicle traveling at 55 MPH to stop. If you can't see that far ahead, then you cannot drive safely at that speed. Adjust your speed for hills, curves, intersections, or anywhere that visibility may be limited. In other words, slow down.

Night driving is especially dangerous. Under normal conditions, your headlights let you see only about 350 feet ahead. You will also need to adjust your speed when driving in the rain, fog or snow. If you cannot see more than 100 feet ahead, you cannot drive safely at any speed. Consider getting off the road until the weather breaks.

Hazardous Conditions

Driving becomes hazardous when visibility is reduced or when the road surface is covered with rain, snow, or ice. Reducing your speed should be your first response to decreased visibility and dangerous road conditions. Increase your space cushion by doubling your normal following distance from three seconds to six seconds. Turn on your headlights.

Night Driving

At sunset, as soon as light begins to fade, turn on your headlights to make your vehicle more visible to others. You must use headlights from sunset to sunrise. In inclement weather such as rain, fog, and snow, you must use your headlights whenever you use your wipers.

Use low beams when driving in cities and towns, except on streets where there is no lighting. Switch to low beams whenever you meet oncoming traffic to avoid blinding the other driver. When following a vehicle, use low beams whenever you are within 200 feet of the vehicle ahead.

Use high-beam headlights on highways when no other vehicle is approaching within 500 feet. If the high beams of an oncoming car are not dimmed, avoid looking directly at the bright lights. Glance toward the side of bright lights. Glance toward the side of the road, then look quickly ahead to determine the other vehicle's position. Keep doing this until you have passed the other vehicle. Even though the other driver does not dim his headlights, do not retaliate by turning on your high-beam headlights.

Fog reflects light and can reflect your own headlights back into your eyes. Use low beam headlights only and look for road edge markings to guide you. Even light fog reduces visibility and your ability to judge distances, so slow down.

Driving in heavy rain can be as hazardous as driving in fog, especially if the wind is blowing. Other vehicles to the rear and in blind spot areas are especially difficult to see through rain-spattered windows.

Use your low-beam headlights to see and be seen. Wait a short time after the rain begins before using your windshield wipers because the blades may smear.

Be extra careful during the first half hour after rain begins. Grime and oil on the road surface mix with water to make the road slippery.

Snow

Before you start driving, remove snow and ice from your entire car, including the roof, hood, and rear of the vehicle. Be sure to clear all your windows, side view mirrors and front and rear lights of snow or ice so you can see and communicate with other drivers.

Equip your car with all-weather snow tires or chains to help prevent skidding and reduce stopping distance.

Slow down before stopping or turning. Driving on packed snow is similar to driving on ice. When you brake, apply the brakes gently.

On slippery surfaces, you have the most traction and control when the front tires are rolling. Therefore, your vehicle will respond more effectively to steering than braking.

Watch for ice on bridges and in shady areas. Bridges freeze before other road surfaces.

~ Safety Committee

Pedestrians

Generally, there are three types of pedestrians most often involved in accidents: children, the elderly, and adults under the influence of alcohol or other drugs.

- Be careful around schools, playgrounds, and in residential areas where small children may be playing or crossing the street.
- Look out for the elderly, who may have poor vision and hearing. Remember that they and people with disabilities will move slowly. Be aware of blind pedestrians crossing the street. Blind pedestrians usually carry a white cane or use a guide dog.
- Be especially aware of pedestrians when making a right or left turn on red. They have the right-of-way. Allow pedestrians to completely cross the street before beginning your turn.
- Be alert for pedestrians at all times. Slow down and be prepared to stop. Always yield the right-of-way.

Maintaining a Space Cushion

Space around your vehicle gives you time to react in emergencies and avoid a collision. Create a space cushion around your vehicle by staying in the middle of your lane. Make sure there is enough room ahead of your vehicle and behind it for other vehicles to pass or stop safely.

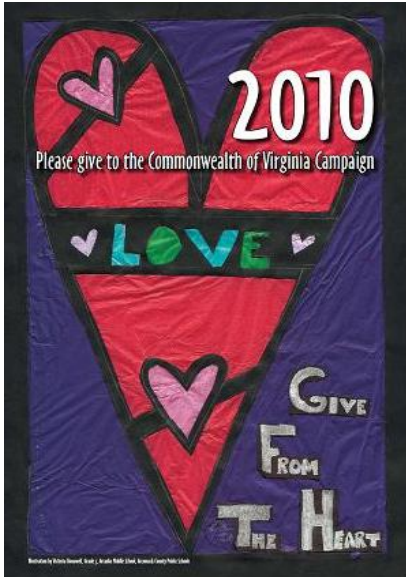
Backing

The most common mistake that drivers make when backing is failing to look both ways behind them. Mirrors do not give you a full view. To see as much as possible, turn your body and head to the right and look out through the rear window. Back up slowly and check for pedestrians and approaching traffic by glancing quickly to either side.

Visibility



CVC Campaign 2010



The CVC campaign had a great start with the doughnut sale and with a flurry of on-line donations, but donations have slowed. In order to have drawings for recognition leave, we need to raise at least \$4,500. A pledge of at least \$2/pay period will get you in the drawing for recognition leave. A P-14 employee who gives a minimum of \$25 will be entered in a drawing for a cash award.

Please consider giving to the CVC. You can contribute through a payroll deduction (go to <https://edirect.virginia.gov>), by cash, credit card, or check. If you don't want to pledge on-line, a pledge card will be sent to you – e-mail or call Amanda Cur-



rin for a pledge card. When you pledge, be sure to designate the charity to receive your money; the list of available charities can be reviewed at www.cvc.vipnet.org/donors/directorylist.htm.

Someone from the CVC committee will be at the Employee Recognition event on November 4 to answer questions and provide assistance with donations if needed.

Please give a little (or a lot!) to the campaign. There are a lot of people who depend on us.

~ Amanda Currin and Denise Deel,
Campaign Coordinators

Kindness is the language which the deaf can hear and the blind can see.
~ Mark Twain

Ten Facts about Mental Health and Aging

1. **Mental Health problems are not a normal part of aging.** One in four American adults have a diagnosable mental disorder during any one year.
2. **Mental Health is as important as physical health.** Untreated mental health disorders in older adults can lead to diminished functioning, substance abuse, poor quality of life, and increased mortality.
3. **Healthy older adults can continue to thrive, grow, and enjoy life!** Reading, walking, and socializing are just a few of the activities that many individuals enjoy at any age. Exercising your mind and body and maintaining social connections are good for your mental health, too!
4. **Mental health problems are a risk for older adults, regardless of history.** Sometimes mental health deteriorates in response to a stroke, Parkinson's, cancer, arthritis, or diabetes, and even some medications.
5. **Suicide is a risk among older adults.** Older adults have the highest suicide rate in the country. For those 65 and older, this is one suicide for every four attempts compared to one suicide for every 20 attempts for all other age groups.
6. **These symptoms call for consultation with a healthcare professional:**
 - Sadness that has lasted longer than two weeks
 - Consistent worries about issues such as money, family, and health
 - Consistent trouble sleeping or concentrating
 - Frequent trouble remembering things or feeling confused in familiar places
 - Have more than one alcoholic drink a day or take more medication than prescribed
7. **Older adults can be helped with the same success as younger people.** Eighty (80) percent of older adults recovered from depression after receiving treatment that included both psychotherapy and anti-depressant medication.
8. **Our healthcare system is not adequately helping older adults with mental disorders.** Researchers estimate that up to 63 percent of older adults with a mental disorder do not receive the services they need.
9. **Misdiagnosis and avoidance are common.** Only half of older adults who discuss specific mental health problems with a primary care physician receive any treatment.
10. **Older adults have specific mental health care needs.** Changing bodies and chemistry, changes in family and friendships, and changes in living situations can all impact mental health and need to be considered in treatment.

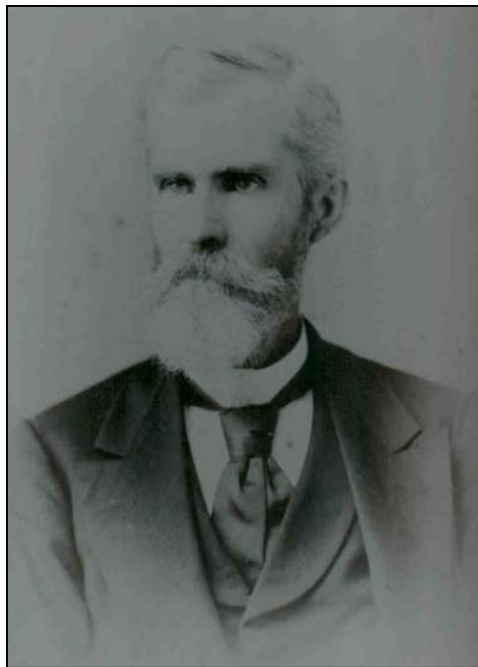


History From The Hill-- Harvey Black, Superintendent

Dr. Harvey Black served as Superintendent for Southwest Virginia Lunatic Asylum from 1887 until his death in 1888.

Harvey Black (1827-1888) was a native of Blacksburg and a grandson of Blacksburg town founder John Black. Harvey Black and John S. Apperson served together in the 4th Virginia, 1st Brigade during the Civil War. Black was a regimental surgeon and Apperson was a hospital steward under his command. (Harvey Black did not use the e in his given name, but as an adult he regularly signed his name as H. Black and he was almost always identified publicly as Harvey Black.) After attending local schools, he began studying medicine under two local doctors. In 1847, he volunteered to serve in the Mexican War in the 1st Regiment Virginia Volunteers; three months later, he was made a hospital steward. He entered medical school at the University of Virginia in 1848 and graduated in June 1849. That fall, he took a four-month journey, on horse-back, from western Virginia through the upper Mid-West as far west as Iowa. He decided to settle in Blacksburg and opened a medical practice there in 1852.

The same year, he married Mary Kent of Blacksburg. On August 2, 1861, Harvey Black was appointed regimental surgeon in the 4th Virginia, 1st Brigade, known as the Stonewall Brigade. John Apperson, who had enlisted with the Smyth Blues of Smyth County, Virginia, in April 1861, was appointed hospital steward under the command of Harvey Black in March 1862. Black and Apperson served together with the 4th regiment until late



1862. They provided medical care to the wounded at first Manassas, second Manassas, and the Battle of Fredericksburg. In late 1862, Black was appointed surgeon of the field hospital of the Second Corps, Army of Northern Virginia, and brought Apperson with him. Both served in this hospital until the end of the war, taking care of recuperating soldiers who were wounded of the Second Corps' major engagements, including the Battle of Chancellorsville in 1863 and the Spotsylvania Campaign in 1864. Black assisted Hunter Holmes McGuire with the amputation of Stonewall Jackson's arm on May 3, 1863.

After the Civil War, Harvey Black resumed his medical practice in Blacksburg. He was elected president of the Medical Society of Virginia in 1872. He played an instrumental

role in the founding of the Virginia Agricultural and Mechanical College in Blacksburg in 1872. He was the first rector of the Board of Visitors. From 1786 to 1882, Harvey Black was Superintendent of the Eastern Lunatic Asylum in Williamsburg. In 1884, he was appointed to the board of a proposed state mental hospital for southwestern Virginia.

In 1885, he was elected to represent Montgomery County in the House of Delegates and served two sessions. In the House, he influenced the decision to locate the new hospital in Marion. In 1887, **Black became the first superintendent of the new Southwestern State Lunatic Asylum in Marion.** He appointed John S. Apperson assistant physician there. Harvey Black died in Richmond in October 1888 and was buried in Westview Cemetery in Blacksburg.

Sources

Glenn L. McMullen, "Tending the Wounded: Two Virginians in the Confederate Medical Corps," *Virginia Cavalcade*, Vol. 40, No. 4 (Spring 1991), 172-183; *A Surgeon with Stonewall Jackson: The Civil War Letters of Dr. Harvey Black*, edited by Glenn L. McMullen (Baltimore: Butternut and Blue, 1995); *biographical sketches of John S. Apperson*, by Glenn McMullen; and *Harvey Black*, by Crandall Shiflett; in *John T. Kneebone, J. Jefferson Looney, Brent Tartar, and Sandra Gioia Treadway, eds., Dictionary of Virginia Biography, Vol. 1 (The Library of Virginia, 1998), 181-183; Germanicus A. Kent: Founder*

November Factoid

November is the eleventh month of the year in the Gregorian Calendar and one of four Gregorian months with the length of 30 days. November retained its name (from the Latin *novem* meaning "nine") when January and February were added to the Roman calendar.

November is a month of spring in the Southern Hemisphere and autumn in the Northern Hemisphere. Therefore November in the Southern Hemisphere is the seasonal equivalent of May in the Northern Hemisphere and vice versa.

November starts on the same day of the week as February in common years (years with 365 days), and March every year. November ends on the same day of the week as August every year.



YOU ARE INVITED TO ATTEND:

“Effective Health Communication is Everyone’s Business”

**November 16, 2010
10:00 a.m. to 12:00 p.m.**

FREE

PLACE

Department of Corrections
Academy for Staff Development, West
Conference Room
140 Wright Street
Marion, VA 24354
276-781-7876 Ext 1251

*Located on the campus of Marion
Correctional Treatment Center.
Parking is located in the front and rear
of the Academy building. (Please do
not park in “MCTC Staff” designated
parking spots.)*

Synopsis: Understanding and delivering effective health communication is the charge of all health care professionals—from management to administrative staff in health organizations; from physicians, dentists, and nurses to community health care workers, front-office staff, physician assistants, pharmacists, and health educators—all need to use effective health communication techniques. Each individual involved in a health care encounter is a key player in ensuring that information is not only delivered to the patient, but is understood by the patient. It does not matter whether you work in a large hospital or small community clinic, using the practices of effective health communication is vital to everyone.

Presenters: **Cecily Rodriguez**
Director of the Office of Cultural and Linguistic
Competence, DBHDS
Dina Hunt
Manager, Training and Staff Development
Blue Ridge Behavioral Healthcare



**At the conclusion of this program,
the attendees will be able to:**

- **Define health communication**
- **Articulate the importance of health communication**
- **Identify how health literacy, cultural competency, and patients’ limited English proficiency impact health communication and how to improve them.**

TO REGISTER, CONTACT:

**Patricia Evans, Executive Secretary
276-783-1200 Ext 854 or
patricia.evans@dbhds.virginia.gov**

SEATING IS LIMITED

For more information, please contact:

**Debbie Pringle, RN - SWMHI Training & Development Coordinator
276-783-1200 Ext 169 or
debbie.pringle@dbhds.virginia.gov**



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Marion, Virginia 24354

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Fax: 276-783-9712

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's Word Search Answer Key

								C	E	L	E	B	R	A	T	E		
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Please submit articles for the next newsletter to Cheryl Veselik by November 20, 2010.

The next newsletter will be published December 1, 2010.