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From The Director

One Facility, One Event, A Million Thanks

A very successful fundraiser was held on November 4 and 5 in conjunction with the Quarterly Employee Recognition event.

Thanks to everyone who assisted with the event including the staff that put together 68 baskets, along with baked goods, and cash donations. It was heart-warming to see everyone who came out to support our co-workers' efforts by bidding in the silent auctions.

Together we raised over \$4,000 to support Operation Santa Claus. There was true teamwork in action as we worked together to support both the individuals we serve and our co-workers. And we had such fun doing it!

Thank you again for your generosity. May you be blessed by the kindness you've shown.

July – September Employees of the Quarter



Dr. Jeff Gordon,
D Team Psychiatrist:

Dr. Gordon joined SWVMHI in 2006. He is recognized as going well above and beyond, not just for his team, but also for nursing staff on the Admissions Unit. He exemplifies what our facility stands for, and that's recovery. On more than one occasion, he has come to the aid of another team's patients, recently when acuity was high. His compassion for others is remarkable. Dr. Gordon's day-to-day practice truly honors our Mission, Vision, and most of all our Values. He is more than an asset and we are lucky to have him.



Alan Haulsey, Housekeeper, Environmental Services

One Monday, both team leaders were off and there were call-ins. Alan stepped in to take a leadership role to make sure we had adequate staffing in all areas until the Environmental Services Director arrived. This is not the first time he has taken the initiative to ensure proper coverage or to help solve problems that occur when management is not available. He is someone who other staff members go to frequently for help, and he is always very willing and ready to assist. On a daily basis he demonstrates the facility Values

of Leadership, Communication with compassion, Teamwork, and Self-Initiative.



Lynn Hayes, Cook, Food Services

You can find Lynn doing many different kinds of jobs in the kitchen area: operating the grill in the Café, or preparing items in the kitchen. Other times, she is cooking all the beautiful desserts and party trays at holidays that we can purchase. She is also busy in a leadership role in the catering that is used for special events and outside the facility. She serves on the Recognition Committee. She takes different ideas from the committee back to Mr. O'Keefe and together they produce a great menu for our events. Lynn always participates in the events, helping to prepare the food, serves on all three shifts, and is attired in the proper costume for the theme! Lynn brings so much to the facility, and instills enthusiasm in others by her nature.

[continued on page 2]

WHAT AM I?

I am taken from a mine, and shut up in a wooden case, from which I am never released, and yet I am used by almost everyone.

Answer on Page 10

From the Director, continued

Our three Employees of the Quarter deserve a round of applause for a job well done!

New This Quarter: Addition to the Program Moment of Silence/ Lighting the Candle

It occurred to the members of the Employee Recognition Committee that these past few months have been difficult in that a number of our friends, colleagues, and family members have been ill, and several of our co-workers have passed, most recently Doreen Johnston, psychologist on Admissions and Adolescents, and Sue Roberts, Psychiatric Aide on Geriatrics.

So we are adding a section to our recognition program each quarter to remind us of

those who have been or who are currently ill and may be suffering, to remind us of those who have lost loved ones, to remind us of our co-workers who have retired and whose help and guidance we so appreciate and so miss, to remind us of the losses that the facility has endured – the end of programs like the Adolescent Unit that we loved, and lastly, this section of the program will honor those who have recently died.

We light this candle in remembrance of them. We ask you to lift up those who are in need, to remember them, and to give thanks. God “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.”

May the Spirit of the Christmas season fill you with joy.



~ Cynthia McClaskey, Ph.D.
With Tipi & Chief



A native Mexican plant, poinsettias were named after Joel R. Poinsett, U.S. ambassador to Mexico, who brought the plant to America in 1828. Poinsettias were likely used by Mexican Franciscans in their 17th century Christmas celebrations. One legend has it that a young Mexican boy, on his way to visit the village Nativity scene, realized he had no gift for the Christ child. He gathered pretty green branches from along the road and brought them to the church. Though the other children mocked him, when the leaves were laid at the manger, a beautiful star-shaped flower appeared on each branch. The bright red petals, often mistaken for flowers, are actually the upper leaves of the plant.

~ <http://www.allthingschristmas.com/traditions.html>

National Drunk & Drugged Driving Prevention Month

Education promotes prevention. Take a stand against impaired driving...

According to USA Today, more than 1.5 million people were arrested in the United States last year for driving drunk and at least that many are estimated to have driven under the influence of drugs. Drunk and drugged drivers continue to haunt our roads and highways causing more than 17,000 Americans to die each year; in 2003, 17,013 people died in an alcohol-related traffic crash. According to the Centers for Disease Control and Prevention, impaired driving will affect one in three Americans during their lifetimes.

In an effort to increase community awareness, December is National Drunk and

Drugged Driving (3D) Prevention Month. First started in 1982 by President Ronald Reagan, this national holiday has experienced increased community support and continues to promote safer streets on a daily basis.

Centers for Disease Control and Prevention - Impaired Driving Facts:

- Each year, alcohol-related crashes in the United States cost about \$51 billion
- Drugs other than alcohol (e.g., marijuana and cocaine) have been identified as factors in 18% of motor vehicle driver deaths. Other drugs are generally used in combination with alcohol

- Nearly three quarters of drivers convicted of driving while impaired are either frequent heavy drinkers (alcohol abusers) or alcoholics (people who are alcohol dependent)
- At all levels of blood alcohol concentration, the risk of being involved in a crash is greater for young people than it is for older people
- Adult drivers ages 35 and older who have been arrested for impaired driving are 11 to 12 times more likely than those who have never been arrested to die eventually in crashes involving alcohol

~ www.yourhealthinformation.com

Values Resolutions for 2011

It is the time of the year for reflection and renewal. The year 2010 is about to end. It is good to reflect upon what we have accomplished and what remains to be done.

What Values resolutions have we planned as we enter 2011? How well did we do in 2010 living, learning, and leading our personal values and the Values of SWVMHI? Where can we improve in

2011? What are we already doing very well in 2010 that can be carried over into 2011?



The SWVMHI Values of Communication, Honesty with Compassion, Trust, Teamwork, Self-initiative, Leadership, and Honoring Day to Day

Tasks are part of the fabric of the organization. They have guided us through some very difficult

moments, and served us well. The future is always uncertain and largely out of our control. However, our Values and our expression of those Values through our behaviors and attitudes are well within our abilities to control. As we anticipate the challenges ahead, we can rely on our Values to continue to guide us and serve us well. We can make this our Values Resolution for 2011.

~ James Moon, Ph.D.
Psychology Supervisor

December Lunar Phases



December 5

New Moon

December 13

First Quarter Moon

December 21

Full Moon

December 27

Last Quarter Moon



Rev. Dr. Nila Tolliver, Former Chaplain

May the spirit of
Christmas
bring you peace,
The gladness of
Christmas
give you hope,
The warmth of
Christmas
grant you love.

~ Author Unknown



Rev. Dr. Nila Mazingo Tolliver, 82, went to be with her Lord and family on Sunday, Nov. 7, 2010, at her home. She was born in Charleston, WV and was the widow of Robert Fulton Tolliver. She was also preceded in death by four sisters. She was a graduate of multiple schools and a retired minister and chaplain. Rev. Dr. Tolliver was instrumental in SWVMHI's Chaplaincy program beginning in February, 1998 through her retirement. Survivors include two daughters, Tru Bowsher of Atkins, and Charlene Aldrich of Morristown, Tenn.; one son, Samuel Tolliver of Virginia Beach, Va.; one sister, Ruth Falt of Middletown, Ky.; two brothers, Rev. Neville Mazingo of Marion, Va., and Samuel Mazingo of Vinton, Va.; and many nieces, nephews, and foster children. Memorials may be sent to the Mid-America Christian University, 3500 SW 119th St., Oklahoma City, OK 73170.

Long life is in her right hand;
in her left hand are riches and honor.

Proverbs 3:16

Chaplain's Corner

"For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace."

Christmas is a wonderful time of year. It brings songs of Joy and Hope, festivals of all kinds, movies that touch our hearts, sharing of gifts with those we love and appreciate, and a benevolence of such great proportions that it is not equaled at any other time of year. It seems as if the Christmas Spirit runs rampant among us and brings out the very best in us. What a wonderful interlude in our busy, every day lives, is this Christmas season!

But Christmas is more than just sharing our best with each other. It is also about God sharing his best with us. The prophetic utterances in the Biblical Old Testament of God sending forth his Son to live among us is the greatest gift and love story mankind will ever know. The Old Testament speaks of the coming of Jesus Christ as man's greatest Hope and the New Testament speaks of Christ's arriving with that Hope for all who will receive it. Being Creator and Lord of all things he chose a life of humility on earth, even to the point of death, to show the world He identifies with our humanity and our suffering.

Christ is known in the Scriptures by numerous titles. However, many know him reverently as Jesus (the Savior) Christ (the Messiah and Anointed one of God) who has come in fulfillment of that promise that we may have Peace with God and find a Hope that cannot be found any other way. It is no wonder the angels declare before the shepherds on the day of

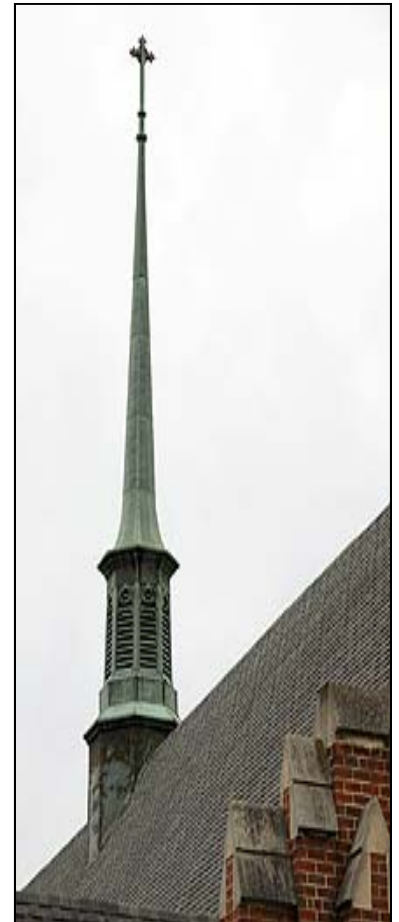
Christ's birth on earth these words: "Glory to God in the highest and on earth peace, good will toward men" (Luke 2:14).

As uncertain as life can be from one day to the next, Christ assures us He is the same yesterday, today, and forever and we can count on Him to be there with us through our daily lives. In the gospel of John (6:35) Jesus identifies himself as "the Bread of Life" and that whoever comes to Him will never go hungry and who believes in Him will never be thirsty. Jesus says he is our manna from heaven that satisfies the hunger of our souls and sustains us in our pilgrimage of life.

There is a wonderful story in the book, "God's Psychiatry" written by Charles L. Allen. During World War II, soldiers found children who were starving and who were also very anxious. The children not only had to endure the travesty of war all around but also went hungry, going days without eating. The children were helped by the soldiers and were fed daily, but at nighttime the soldiers discovered that the children's anxiety increased all the more. Perplexed as to why, a psychologist was called in to evaluate and determine why the children were behaving this way. What the psychologist discovered was that the children, by the conditions of war, had been conditioned to fear tomorrow, not knowing if they would have food to eat. In spite of being fed that evening, they would go to bed at night highly anxious about tomorrow's uncertainty of having food the next morning. As profound as the problem seemed to be for the children, the solution proved to be simple. When every child went to bed at night, each was given a slice of bread to hold so that when they awakened at morn-

ing, they knew they would not go hungry.

Life may be full of uncertainties about tomorrow, but when we cling to Christ, our Bread of Life, we are able to face tomorrow with the assurance He is with us. He is our nourishment today, He will be our nourishment tonight, and, when we awaken in the morning, He will be our nourishment for tomorrow. The celebration of Christmas will come and go, but our celebration of Christ as being our "Immanuel, God with us" is our gift from heaven and a never ending story of love and celebration in this life and that to come.





Word Search

How many words can you find related to the month of December?

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

Winter begins in the month of December, where you'll find snowmen outside and warm fires in the fireplace inside. December also begins a time of celebration for many around the world, whether you celebrate the birth of Christ at Christmas, the Festival of Lights at Hanukkah, or the celebration of family and community at Kwanzaa. There are symbols associated with each holiday. Some symbols for Christmas include the evergreen tree, wreath, and poinsettia. Symbols associated with Hanukkah include the menorah, candles, and the dreidel. And symbols used during Kwanzaa include candles, the unity cup, and ears of corn. While you are out shopping for holiday gifts, cooking meals in the kitchen, and gathering with family and friends in the living room, no matter what holiday you celebrate this December, may it be filled with joy, peace, and laughter.

Joy

Peace

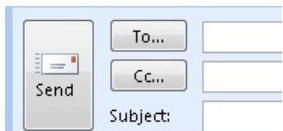
Laughter

Improving E-mail Communications

“Reply”, “Reply To All” or “Forward”? Does it really matter?

You may be wondering why this question even merits discussion, but the truth is, there is a lot at stake in this decision. Replying to the appropriate people and to them only, can preserve working relationships, protect confidentiality, eliminate clogged inboxes, and spread critical information like wildfire. High stakes, indeed! It is for these reasons that both the discussion and the decision demand careful consideration.

A meaningful discussion of “Reply” versus “Reply To All” first requires



understanding of the *To* and *Cc* functions. To clarify,

“*To*” identifies the person(s) to whom the author is addressing the communication, whereas “*Cc*” stands for *carbon copy* or *courtesy copy* and identifies those whom the author

believes may benefit from the discussion or may contribute to it, but from whom no reply is expected. *Cc* recipients are invited to “*overhear*” the conversation, if you will, in view of its relevance to them or to their expertise. “*Reply*” sends your response to only the person who sent you the email. “*Reply To All*” sends it to all names in both the “*Cc*” and “*To*” fields. The



Forward option sends the email and all of its original comments to a third party.

Here are some basic guidelines:

- If only the sender needs your response, either for relevance of information or for purposes of confidentiality, then select the *Reply* option. Otherwise, *Reply To All* is the courteous and appropriate option to use.
- If you are copied (*Cc*) in the email, again, it is not necessary for you to reply, but you may do so if you have

something new (and relevant) to add to the conversation. Otherwise, just “listen.”

- If you forward someone’s email, be aware that it is considered very bad manners to forward it without the permission of the sender. At the very least, copy (*Cc*) the author to let him or her know that you have shared the information with a third party.

Our goal in communicating electronically is to be efficient, yet courteous. Common sense and good judgment are key factors.

~ Communications Workgroup



Scots Gaelic Blessing

May the blessing of light be on you, light without and light within.

May the blessed sunlight shine on you like a great peat fire, so that stranger and friend may come and warm himself at it.

And may light shine out of the two eyes of you, like a candle set in the window of a house, bidding the wanderer come in out of the storm. And may the blessing of the rain be on you, may it beat upon your Spirit

and wash it fair and clean, and leave there a shining pool where the blue of Heaven shines, and sometimes a star.



And may the blessing of the earth be on you, soft under your feet as you pass along the roads, soft under you as you lie out on it, tired at the end of day; and may it rest easy over you when, at last, you lie out under it. May it rest so lightly over you that your soul may be out from under it quickly; up and off and on its way to God.

Beannachd Dia dhuit (blessings of God be with you)



PERSONNEL CHANGES

New Employees

Heather Owens, Social Worker	Oct 10
Virginia Blankenbeckler, PI4 Food Service Tech	Oct 25
Annie Moran, PI4 Food Service Tech	Oct 25

MONTHLY PATIENT CENSUS

October 2010

Admissions 71

Discharges 71

Passes 5

Average Daily

Census

138

Separations

Valerie Robinson, PI4 RN	Oct 1
Travis Testerman, PI4 Psychiatric Aide	Oct 20
Dr. Kenneth Slater, Physician	Oct 24
Brandon Parks, PI4 Food Service Tech	Oct 26

Promotions/Role Changes

Sarah Smith, PI4 RN to full-time RN	Oct 10
Joyce Hanshew, LPN to Rehab Specialist/Wellness Educator	Oct 25



Meals in Minutes -- Christmas Meal Leftovers



Christmas offers lots of opportunities for wonderful leftover recipes. Try this simple **Turkey Club**

Pizza for an easy meal while you enjoy time with family.

Prep Time: 20 minutes

Cook Time: 20 minutes

Total Time: 40 minutes

Ingredients:

- 1/2 Yeast Crust Recipe OR 1 Boboli pizza crust

- 1/3 cup mayonnaise
- 1/2 tsp. dried basil leaves
- 1/2 tsp. dried thyme leaves
- 1/8 tsp. pepper
- 2 Tbsp. Dijon mustard
- 2 cups cubed cooked turkey
- 1-1/2 cups shredded Muenster cheese
- 6 slices bacon, cooked crisp and crumbled
- 2 tomatoes, chopped and seeded
- 1-1/4 cups shredded Swiss cheese
- 1/4 cup grated Parmesan cheese

Preparation:

Preheat oven to 425 degrees. Make and prebake crust if using. Let cool. No need to prebake Boboli crust. In small bowl, combine mayonnaise, basil, thyme, pepper, and mustard and mix well. Stir in turkey, then spread crust with this mixture. Top with remaining ingredients in order. Bake at 425 degrees for 10-15 minutes until crust is golden brown and cheese is melted. 6 servings

~ <http://busycooks.about.com>.

Outlive your sofa: avoid prolonged sitting

Reprinted in part from "The Roanoke Times" article written by Dr. Michael Roizen and Dr. Mehmet Oz.

It's the health who-dunit of the year: Millions of unexplained deaths, and a network of criminals so bland, so Boring....that they escaped notice for decades.

Stand up, you're sitting on one! We're talking about your sofa, your kitchen-counter stool, even your desk chair. In a new 13-year study from the American Cancer Society, healthy women who spent at least six hours a day of their leisure time sitting around were 37 percent more likely to die -- even if they got serious amounts of exercise -- than those whose tush time was less than three hours.

In physically active men, heavy-duty sitting boosted risk 18 percent. In men who weren't active, it raised their risk as high as 94 percent!

You read that right: As important as exercise is, it can't completely erase the damage prolonged sitting does to your body. A wave of recent research confirms that too much chair time, both at home and on the job, is a serious smack-down for your cardiovascular system, metabo-

lism, and ability to keep blood sugar stable. Makes the combo treadmill-desk Dr. Mike uses seem even smarter.

Sitting still for an evening of "must-see" TV dials back a key enzyme in your muscles called lipoprotein lipase. This stuff does excellent things: It helps maintain your good HDL cholesterol and works to keep your heart-threatening triglycerides, blood pressure, and blood sugar at healthy levels.



The good news? Interrupting a long sit, even for a short walk around the house or a trip to the office water fountain, breaks the evil spell.

Chair time is turning out to be such a serious health risk that we want you to add "stop sitting" to your list of health priorities. Put it right up there near "quit smoking," "walk every day," and "scuttle the Moon Pies."

Here's how: Never sit when you're on the phone. Walk and talk. Do laps around the house. Practice leg lifts under your desk, or stand up and do a few stretches. Just standing increases your exertion level 30 percent.

Cultivate gratitude. Remind yourself that anything that gets you off the couch,

even briefly, is a good thing. The cat wants out AGAIN? Say thanks. It's trash night? The dishwasher's beeping? You need to vacuum?

Watch less TV. Virtually anything else you do is better for you. Every hour of sitting in front of the tube boosts your heart disease odds 18 percent and your risk for a fatal cancer 9 percent. Average daily TN time for Americans and Canadians? Five hours. Practice the piano, read the newspaper (even turning pages is more active), fold the laundry, or patrol the backyard with a pooper-scooper. Cutting your viewing time in half could help you burn an extra 840 calories per week -- the same as walking eight miles without even trying!

Aim for a five-minute break every 60 minutes. Stroll the halls, make some tea, do sit-ups in your office, or simply move around looking busy. Even a minute or two helps.

Get on the ball. By which we mean, sit on an exercise ball instead of your office throne. Using one for an hour or two a day -- all at once or in short stints -- activates the big muscles in your legs, back, and abdomen as they keep you steady. Think of yourself as a sleek circus seal, with legs.

Recovery Heroes

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

In September, an individual we serve on CD was experiencing auditory and visual hallucinations. He had been refusing medication since his admission and his symptoms were worsening. The Treatment Team recognized that medications were necessary for the safety and well-being of the individual, even if it meant having to administer them via injection. Kenny King, RN, had developed a good working relationship with the individual. Kenny talked with the individual, and he agreed to take his medications orally. The individual said to Kenny, "If you think I need to take the medicine then I will take it."

I asked Kenny how he developed such a trusting relationship with this individual. He said that he never lies or misleads the

individual in any way, always treating him with respect. Kenny also said that he took time to speak to him every day that he worked, always telling him how long he could talk. Kenny said it was important to let the patients know how much time you have so they will be prepared when you have to return to your assignments.



Kenny has just described for us the "helping relationship" that we learn about in TOVA. The helping relationship is the foundation for the therapeutic alliance. When the individual knows that we genuinely want to

help them and we treat them with respect, then he or she realizes that we are trustworthy. It is imperative for the individuals we serve to trust us -- they have to know that we will keep them safe and

they are able to share their experiences with us.

Kenny has been working at SWVMHI since July 29, 2002. I asked Kenny what advice he had for someone new to mental health. He said, "Treat everyone the way you want to be treated; always be honest -- if you don't know the answer to a question, find someone who does - - and then tell the individual what you found out."

Kenny is an important member of the nursing department and we are glad to have him with us. Thanks, Kenny, recognizing the importance of the helping relationship in the recovery process.

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



The combination "ough" can be pronounced in nine different ways; the following sentence contains them all:

"A rough -coated, dough-faced, thoughtful ploughman strode through the streets of Scarborough; after falling into a slough, he coughed and hiccoughed." [A "slough" is a place of deep mud or mire; it rhymes with blue.]

December Days to Celebrate

"Off the cuff" November holidays to celebrate:



December 1
National Pie Day

December 4
Wear Brown Shoes Day

December 5
Walt Disney's Birthday

December 9
National Pastry Day

December 16
National Chocolate Covered Anything Day

December 17
Wright Brothers Day

December 21
National Flashlight Day

December 24
National Egg Nog Day

December 31
Wear Glitter Day



Safe Toys and Gifts Month

Children receive most of their toys around holiday time, but some gifts could be unsafe. According to the Consumer Product Safety Commission, in 2005, more than 200,000 toy-related injuries were reported, and nearly 8,000 of these injuries were eye injuries. Therefore, the national group Prevent Blindness chose December as "Safe Toys and Gifts Month." Learn how to purchase safe products for the children in your life by following these simple rules:

1. Keep the child's age in mind when purchasing gifts and consider their maturity level. Read the age recommendations and any warnings on the packaging and abide by them.
2. Select toys that are well constructed and meet the American Society for Testing and Materials' (ASTM) approval. You will see a label on the package if the item meets these standards.



3. Refrain from purchasing any items with sharp objects or edges. Likewise, you should pass on buying toy guns or toys where parts fly off.
4. Test all small toys or parts of toys to ensure they are not choking hazards. Take a toilet paper roll and place the toy inside; if it fits, it should be taken away from any child under 3 years of age. Older sibling's toys should also be stored, and played with away from younger children.
5. Provide proper safety equipment when giving sporting goods and make sure the child uses it when playing. This gear should include helmets, facemasks, and eye protection.
6. Check for recalls on both new and older toys. You can access recall information on the Safe Kids

USA or the Consumer Product Safety Commissions websites. Both websites also offer email alerts that warn of new recalled products.

7. Explain the proper way to use each toy given to the child and inspect them often to ensure that nothing is broken or loose. Remove any toy that is broken until it is properly fixed or discard if it is unfixable.
8. Supervise playtime to ensure that your child is using toys in the correct manner. This supervision is especially important for craft supplies such as scissors, glue, and pencils.

Read more: How to Observe Safe Toys and Gifts Month | eHow.com http://www.ehow.com/how_2265584_observe-safe-toys-gifts-month.html#ixzz14FVrCDBo

Health Tip: Sit Properly at the Computer

The American Academy of Orthopedic Surgeons offers these suggestions for maintaining proper posture while sitting at the computer -- suggestions that can improve your health and decrease injuries:

- Opt for a chair that is easy to adjust, feels stable, includes a backrest, and with wheels that touch the floor at a minimum of five points.
- Make sure your knees are at the level of your hips while you feet are planted on the floor.
- Use adjustable armrests to support your arms and place your elbows close to your waist.
- Make sure the seat is padded and offers at least an inch of room beyond your thighs and hips.
- The seat should slightly point toward the floor. There also should be some room between the back of your knees and the seat.



**WHAT AM I
ANSWER:**

Pencil Lead

Scenes from Employee Recognition - November 4, 2010

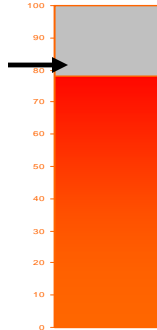


Seasonal Flu Vaccines still available

Protect yourself, your family and your patients

Getting a flu vaccine is the single best way to protect against the flu. Flu vaccines are available now and you can get your vaccine at any time on Ward K. Influenza vaccines are used to prevent flu illness. These vaccines cannot give you the flu because they are made from killed or weakened influenza viruses.

Getting a flu vaccine is easy, and it is the **first and most important step** you can take in protecting yourself, your loved ones, and your patients from flu.



SWVMHI's goal for Influenza Vaccine Compliance for 2010 is 85 percent.

Be a part of making our facility a safe & healthy place to be!

Protect yourself against the spread of the flu and other germs and viruses:

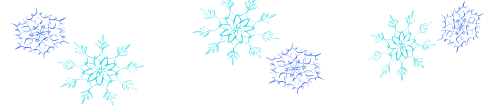
- The main way illnesses like the flu and the common cold spread is by tiny droplets sprayed into the air when someone coughs or sneezes. Cover your nose and mouth with a tissue or your upper sleeve when coughing or sneezing. Throw away used tissues immediately.
- Wash hands thoroughly and often. Use alcohol-based hand sanitizers when hand washing is not possible.

- Avoid touching your eyes, nose or mouth.
- Avoid close contact with those who are sick.

If you do come down with a cold or the flu, take these steps to get well:

- Wash your hands often.
- Stay home and keep your distance from others to protect them from getting sick, too.
- Get plenty of rest.
- Drink lots of fluids like water, tea, broth or juice.
- Take acetaminophen or ibuprofen as needed for pain or fever.
- Use a vaporizer or saline drops to relieve congestion.

Winter is Coming - Get Ready Now



Winter Preparedness Week is December 5-11, 2010



Who can forget the winter of 2009-2010!? Multiple record-breaking snowstorms and cold temperatures affected every part of Virginia.

Millions of us suffered through power outages. Snowplow drivers worked around the clock to get roads open. School systems shut down for days. Sadly, 14 Virginians lost their lives due to last winter's storms.

Many communities set records for the number of days with at least one inch of snow on the ground. And it could happen again this year.

Winter Preparedness Week – set for December 5-11 – is the time to get ready for possible bad weather. All it takes is one heavy snow that sticks around for several

days or an ice storm that knocks out power to remind us that being prepared ahead of time just makes sense.

- **Make a plan.** Decide on a meeting place outside of your neighborhood if your family is separated and cannot return home because of closed roads. Choose an out-of-town relative or friend to be your family's point of contact for emergency communications. With your family, write down your emergency plan – get a free worksheet at www.ReadyVirginia.gov.

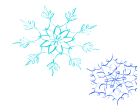
- **Get a kit.** Here are basic supplies for winter weather: three days' food; three days' water (a gallon per person per day); a battery-powered and/or hand-crank radio with extra batteries; and your written family emergency plan. After you have these essential supplies, add a first aid kit, medications if needed, blankets and warm clothing, supplies for special member of your household, and pet items.

- **Stay informed.** Before, during and after a winter storm, you should listen to local media for information and instruc-

tions from emergency officials. Be aware of winter storm watches and warnings and road conditions. You can get road condition information 24/7 by calling 511 or checking www.511Virginia.org.

Go to www.ReadyVirginia.gov and print out an emergency supply checklist and a family emergency plan. It's time to get ready for winter weather now.

~ Safety Committee



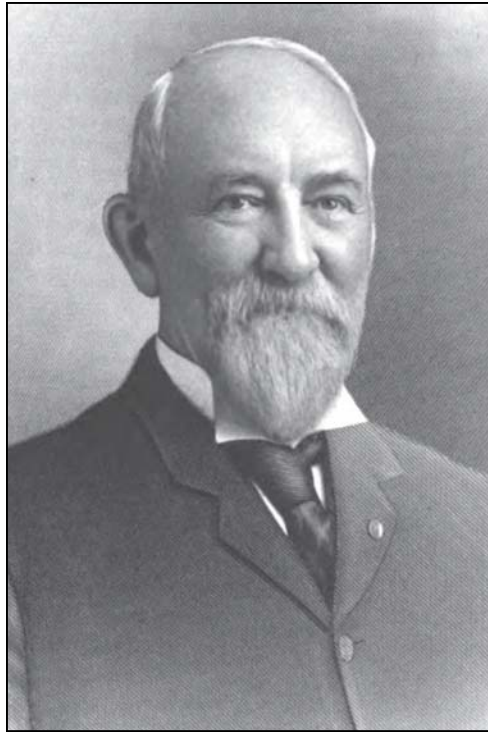
History From The Hill - Robert Preston, Superintendent

Robert J. Preston, M.D. served as the second Superintendent of Southwest Lunatic Asylum from 1888 until 1906. He also had the second-longest length of service as Superintendent with approximately 18 years.

Dr. Robert John Preston was born January 25, 1841, at "Locust Glen," near Abingdon in Washington County, Virginia. He was the son of John Fairman Preston and Jane Rhea, and married Martha E. Sheffey, daughter of Eleanor Fairman Preston and Judge James White Sheffey, on October 19, 1875. His second wife was Mrs. Elizabeth Gravely, nee Stuart. He had three children.

Dr. Preston attended Abingdon Academy and later Emory and Henry College from 1859-1861, until the Civil War began and the secession of Virginia occurred. He immediately enlisted in the Confederate Army and was elected first lieutenant. When the Washington Independents were ordered to Richmond, he resigned his office and reenlisted as a private in the Washington Independents. His company was eventually reorganized and his regiment joined the army at Winchester under Stonewall Jackson.

Dr. Preston was later transferred to Company C of the 21st Virginia Cavalry and was made first lieutenant and later promoted to Captain. At Appomattox, Capt. Preston was with the cavalry corps which drove back the enemy on the right of General Lee's line, when the announcement of the surrender was made.



During the Civil War, his family was left with only a few hundred acres of land which had been stripped of horses, cattle, and almost everything that could be used to support a family. Following the Civil War, he became a teacher of languages at the Abingdon Academy, and at the same time, read medicine with his uncle, Dr. Robert Alexander Preston. His teaching position gave him the opportunity to save enough money to study medicine at the University of Virginia and graduate in 1867. He continued his post-graduate work in New York, and was awarded many honorary degrees.

In 1887, Dr. Preston was appointed as first assistant physician at the Southwest Lunatic Asylum, and in November, 1888, he was promoted to Superintendent, following the death of Dr. Black. He served as superintendent until his death in 1906.

Additionally, he authored many valuable medical essays, hospital reports, and addresses as President of several medical societies. Dr. Preston became President of the Virginia Medical Society in 1894 after being a member for 23 years, and was awarded an honorary fellowship in 1895. In addition, he received honorary fellowships from the Lynchburg, Virginia, Academy of Medicine and the Boston Gynecological Association. He was also President of the American Medico-Psychological Association from 1901-1902.

On August 20, 1906, while on his way to Toronto, Canada, where he was to deliver an address before the British Medical Association, Dr. Preston was taken ill and died suddenly at Lewistown, New York. He is buried in Wytheville, Virginia.

References: *American Psychiatric Association, Robert J. Preston, M.D. biography*; "Men of Mark in Virginia: A collection of Biographies of the Leading Men in the State" by Lyon G. Tyler, LL.D., Volume 5, 1909; "The Institutional Care of the Insane in the United States and Canada" by Henry M. Hurd et al, Volume IV, 1917; "The American Journal of Insanity" by Henry M. Hurd, M.D., et al, Volume LXIII, 1906-1907.

December Factoid

December is the twelfth and last month of the year in the Gregorian Calendar and one of seven Gregorian months with the length of 31 days.

In Latin, *decem* means "ten." December was also the tenth month in the Roman calendar



until a monthless winter period was divided between January and February.

December is the month with the shortest daylight hours of the year in the Northern Hemisphere and the longest daylight hours of the year in the Southern Hemisphere.

December in the Northern Hemisphere is the seasonal equivalent to June in the Southern Hemisphere and vice versa.

December starts on the same day of the week as September every year. December ends on the same day of the week as April every year.



Presenters from left to right:
Dina Hackley-Hunt and
Cecily Rodriguez

The **LEARN** model can improve healthcare communication:

L - Listen with sympathy and understanding to the individual's perception of the problem

E - Explain your perception of the problem

A - Acknowledge and discuss the differences and similarities

R - Recommend treatment/ services/next steps

N - Negotiate agreement

Effective Communication is Everyone's Job

Presented by Cecily Rodriguez, Director, Office of Cultural Competence, VDBHDS and Dina Hackley-Hunt, Manager for Training and Staff Development, Blue Ridge Behavioral Healthcare

The Cultural and Linguistic Competency Committee of SWVMHI was very pleased to present a special training on the importance of effective healthcare communication on November 16, 2010. Health communication includes the study and use of communication strategies to inform and influence individual and community decisions that enhance health. Effective health communication is not just for medical professional staff, but for all healthcare professionals!

Effective health communication can lead to positive health outcomes – better use of the healthcare system, better medical outcomes, and improved patient-provider relationships. Poor health communication can lead to negative outcomes – patient difficulty in following instructions, and low patient participation and buy-in.

Basic literacy and health literacy impact effective health communication.

Facts

Up to 80 percent of patients forget what their doctor said as soon as they leave the doctor's office.

Nearly 50 percent of what patients "remember" is recalled incorrectly.

Ninety million adults in the U.S. have limited health literacy.

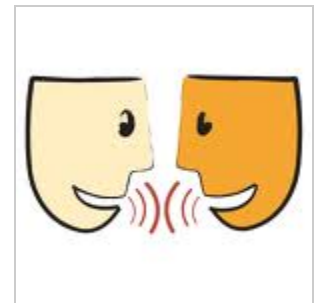
slowly can help to reinforce the impression that you are focused on the patient. Use Plain Language! Evidence indicates that patients prefer easy-to-use language and materials.

For more information, including a free online course, go to the website of the U.S. Dept of Health and Human Services – Health Resources and Services Administration: <http://www.hrsa.gov/publichealth/healthliteracy>

Better provider communication can help individuals obtain, process, and understand basic health information and services needed to make appropriate health decisions. Health literacy involves a range of social and individual factors which are influenced by education, health systems, culture, and language.

The members of the SWVMHI CLC Committee are: Debbie Boelte, Bridget Ford, Michelle Melton, Sharon Neitch, Debbie Pringle, and Angela Routh.

Remember to Slow Down! Behavior such as sitting rather than standing, listening rather than speaking, and speaking



- 33% of patients were unable to read basic health care materials
- 42% of patients could not understand direction for taking medication on an empty stomach
- 26% of the patients were unable to understand information on an appointment slip
- 60% of the patients did not understand a standard informed consent form



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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's Word Search Answer Key

								U	N	I	T	Y					
G	A	T	H	E	R	I	N	G			L	O					
		R	E	T	H	G	U	A	L	I		J			S		S
	C								M						L		N
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						N								F		C	

Please submit articles for the next newsletter to Cheryl Veselik by December 17, 2010.

The next newsletter will be published January 3, 2011.