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From The Director

October - December Employees of the Quarter

For the final quarter of 2010, there were two new Employees of the Quarter named:



Christy Bise
Human Resources Assistant

Christy is relatively new in her position, but she performs and responds like a veteran. She is ALWAYS polite, friendly, and helpful to prospective employees who come for interviews, and to people off the street who need help completing an on-line application. She makes the interviewees and job seekers feel at ease. Whenever she is asked for information, data or policies, she responds immediately and accurately, usually within 30 minutes. Christy's knowledge-base of HR is excellent and she has grasped the intricacies of HR and Fiscal. She also maintains an excellent relationship with the Fiscal Office. When her help is sought Christy's help and she was unable to supply an answer, she always wants to know what the answer is so she can continue to expand her knowledge.



Will Totten, Cook
Food Services

Will goes above and beyond the call of duty to help with functions, help unload trucks, stock, and help to make sure he uses products that are nearing expiration date, and he also helps Mr. O'Keefe with suggestions for recipes. He works with other cooks to help them cut the time it takes them to prepare a meal, and offers to help prepare a meal when the other cooks are working a tray line. Will is a very valuable member of the team of cooks, which makes a huge impact on the delivery of meals for the patients. This shows initiative on his part as well as creativity. The other cooks really appreciate Will's help and suggestions to make the day a little easier. He shows teamwork and leadership abilities in honoring the day to day job tasks that he must complete, and always asks if he can help in any way, including staying over to cook for the second shift meal if one of the cooks call in sick. He continues to show exemplary skills and actions in doing his job as well as always helping others.

2010 Employee of the Year



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.

Our two Employees of the Quarter and our Employee of the Year deserve a round of applause for a job well done!

What am I?

I run all day but never walk,
I often murmur but never talk
I have a bed but never sleep,
I have a mouth but never eat.

Answer on Page 15

March is Social Work Month



The Social Work Month 2011 theme promotes the role of social workers as positive change agents in our society. There are 640,000 professional social workers in the United States who have dedicated their careers to either helping people transform their lives, or improve environments that make such progress possible. Social Workers champion access, equality, and fairness. Social Workers improve the fabric of society by being advocates for people who need help addressing serious life challenges and exploring their options. The Social Work profession was established more than 100 years ago to provide as many people as possible with the tools and support they need to overcome adversity (poverty, illness, addiction, abuse, discrimination, etc.) and reach their full potential.

Social Workers play an integral role the mental health setting, assessing and treating people with mental illness with the help of individual and group therapy, outreach, crisis intervention, psychoso-

cial rehabilitation, and teaching skills. They also offer supportive services to clients so they can return to their community more easily. They work in hospitals, mental health treatment centers, individual and family services agencies and local governments. When licensed at the clinical level (LCSW), Social Workers are able to practice independently and receive third party payments (health insurance) for their services. In rural areas such as ours, Social Workers are often the only mental health service providers in a community. At every level of society, Social Work is relevant. Sometime in the month of March, say "Thanks!" to a Social Worker!

Thank You!

SWVMHI would like to thanks its Social Workers: Debbie Boelte, LCSW, Social Work Director; Angela Berry, M.Ed.; Kelly Cassell, M.S.; Rhonda Ford, MSW; and Leiann Smith, LCSW, Clinical Social Work Supervisors; Gary Lyons, LCSW; Laura Campbell, LCSW; Jennifer Cregger, LCSW; Kandace Miller-Phillips, LCSW, and David Mumpower, MSW, Clinical Social Workers; and Georgia Kincer, B.A.; Melinda Haynes, B.A.; Betsi McGee, B.S.; Heather Owens, BSW; and Mike Phillips, BSW, Social Workers.

In celebration of Social Work Month,
Southwestern Virginia Mental Health Institute
and
Radford University School of Social Work
Present

ETHICAL BEHAVIOR: EXPLORING ITS COMPLEXITY

Presented by: Rana Duncan-Daston, MSW, LCSW, E.D.

Thursday, March 24, 2011

1300 to 1600 hours

Academy for Staff Development West
140 Wright St.
Marion, VA 24354

To Register: Call Patricia Evans
SWVMHI Staff Development
Ext. 854

DAYLIGHT SAVINGS TIME BEGINS

March 13 at 0200.

Don't forget to set your clocks ahead one hour.

Staff working third shift that night are reminded to clock IN and OUT using the same timeclock to ensure accuracy of your time record.



A Spoonful of Sugar -- Honesty with Compassion

"Honesty without compassion and understanding is not honesty, but subtle hostility," wrote Rose N. Franzblau, a Viennese-born psychologist who provided wisdom for millions of readers of the *New York Post* for 25 years until her death in 1979. It could be added that the hostility associated with honesty *is often not so subtle*.

We can all agree with Mary Poppins that "a spoonful of sugar

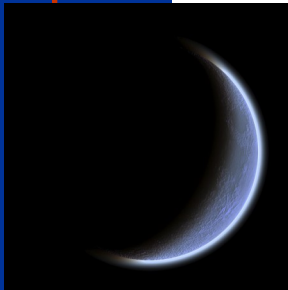
helps the medicine go down." This applies to our communications with others as well. If we include a spoonful of sugar (compassion) when we deliver a much-needed, honest message, the message has a better chance of being heard. It is frequently the case that the recipient of that message will tell us through their actions and reactions how much compassion and understanding was perceived. Our words are our products. They can be potent tools for

healing. They can make a lifetime of difference. Once delivered, words are impossible to recall.

Tact, respect, and gentle humor are all very useful ingredients to add to our words to demonstrate the SWVMHI Value of Honesty with Compassion.

~ James Moon, Ph.D.
Psychology Supervisor

March Lunar Phases



March 4

New Moon

March 12

First Quarter Moon

March 19

Full Moon

March 26

Last Quarter Moon



Doctor's Day is March 30

National Doctors' Day is held every year on March 30th in the United States. It is a day to celebrate the contribution of physicians who serve our country by caring for its' citizens.

The first Doctor's Day observance was March 30, 1933, in Winder, Georgia. Eudora Brown Almond, wife of Dr. Charles B. Almond, decided to set aside a day to honor physicians. This first observance included the mailing of greeting cards and placing flowers on graves of deceased doctors. The red carnation is commonly used as the symbolic flower for National Doctor's Day.

On March 30, 1958, a resolution commemorating Doctors' Day was adopted by the United States House of Representatives. In 1990, legislation was introduced in the House and Senate to establish a national Doctor's Day. Following overwhelming approval by the United States Senate

and the House of Representatives, on October 30, 1990, President George Bush signed S.J. RES. #366 (which became Public Law 101-473) designating March 30th as "National Doctor's Day."

SWVMHI thanks its Medical Professional Staff for the work they do every day to ensure the health and safety of the individuals we serve: Dr. Jonathan Crisp, Medical Director; Full-time staff: Dr. Jeffrey Gordon; Deresa Hall, LNP; Dr. Marina Kolessova; Dr. Ade Ladenika; Debra Magee, LNP; Dr. Monika Pelly; Part-time staff: Dr. Candace Bellamy, Dr. Anoop Bhagat, Dr. Ramesh Chaudry, Dr. Joel Chisholm, Dr. Salim Dahlvani, Dr. Zachary Hammons, Dr. Steven Jeffers, Dr. James Kim, Dr. Ritesha Krishnappa, Dr. Bobby Miglani, Dr. Andrew Mone, Dr. Guy Register, Dr. Rafael Semidei, Dr. David Thaler, and all other medical professionals who fill in when needed.

TRIVIA

Who gave the shortest speech ever at the Academy Awards?

Answer:

Alfred Hitchcock's "thank you" at the 1967 Thalberg Memorial Award.

Welcome to the Race for Hope – DC Presented by Cassidy Turley



**Amount Raised to Date (2/28/11)
\$286,040.27**

Join us for the 14th Annual Race for Hope - Washington, DC 5K Run/Walk, one of the largest national fundraisers to benefit the brain tumor community! Through generous gifts from individuals and company sponsorships, the Race for Hope - DC has raised more than \$11 million in its history, including a record-breaking \$2.3 million in 2010, and is growing each year.

A 5K course in the nation's capital, the Race for Hope - DC is open to everyone, and is a fun way to join forces in the fight against brain tumors. The Race funds research and support services for those affected by this disease. Proceeds benefit [National Brain Tumor Society](#) and [Accelerate Brain Cancer Cure](#).

There are currently two teams involving SWVMHI staff and I ask that you support them and this valuable cause:

Team Jerry

(Pam St. John)

Russ' Team Maillot Jaune

(Amanda and Russ McGrady)

If you would like to show your support, go to this website, then to Washington D.C. and then type in the name of a team or a team member: www.braintumorcommunity.org.

This amazing event relies on the dedication and enthusiasm of individuals, families, teams, volunteers, sponsors, and donors. Thank you for your support in helping us find a cure for brain tumors!

Thank you,

Cynthia McClaskey

March is Nutrition Month

March is Nutrition Month. To celebrate I have included some updated information about nutrition and health. I hope you find something of interest for you and your family.

New Dietary Guidelines: The USDA and HHS have released the new Dietary Guidelines for Americans. The guidelines were first published in 1980 and are revised every five years taking into consideration the latest food and nutrition research. The new guidelines place more emphasis on reducing calorie consumption and increasing physical activity. The guidelines also encourage Americans to consume more healthy foods like vegetables, fruits, whole grains, fat-free and low-fat dairy products, and seafood, and to consume less sodium, saturated and trans fat, added sugars, and refined grains. The following tips are provided to help consumers translate the Dietary Guidelines into their everyday lives:

- * Enjoy your food but eat less
- * Avoid oversized portions
- * Make half your plate fruits and vegetables
- * Switch to fat-free or low-fat (1%) milk
- * Compare sodium in foods like soup, bread, and frozen meals—choose the foods with lower sodium
- * Drink water instead of sugary drinks

The new Guidelines put more focus on reducing the sodium in the diet.

Sodium and diet: The new guidelines recommend reducing the amount of sodium in the average American's diet from

2,300 mg to 1,500 mg. The reason for the change in sodium recommendation is that less sodium means lower blood pressure and less disease. It is estimated that high blood pressure is responsible for one in six deaths in the U.S. As sodium intake rises, so does blood pressure for most people. High sodium levels can also damage the heart, kidneys, and other organs. Where do we get sodium in the diet? One teaspoon of salt contains approximately 2,300 mg sodium. Other foods that contribute greatly to sodium intake are processed and fast foods. Examples: one serving of some canned soups can contain 980 mg sodium; a McDonald's Big Mac contains 1040 mg sodium. Increasing intake of fruits and vegetables and reducing intake of processed and fast foods can help reduce sodium in the diet.

Why we overeat: Obesity has become a major problem in the U.S. with 2/3 of adults and 1/3 of children now considered overweight or obese. To briefly review the recent history of weight changes, we can compare weights from 1960 when weights in the U.S. were fairly stable. In 1960 the average weight for females in the age range 20-29 was 128 pounds. By 2000 the average weight for that age group had risen to 157 pounds. For women in the age range 40-49 the average weight increased from 140 pounds to 169 pounds in the same time period. Why is it so hard to resist eating even when we are not hungry? Sugar, salt, and fats are all appetite stimulants. Combining these ingredients has an even greater effect on stimulating appetite than any one alone. Food manufacturers often create foods that hit the trigger

points of salt, sugar, and fat to sell their products. For example, most of us are not going to eat 400 calories of plain sugar. But combine sugar with fat and other ingredients in a chocolate cake and it is easy to consume the 400 excess calories. Add on the easy availability of foods and repetitive advertising, and overeating can easily become a problem.

The latest on food and fractures: Osteoporosis (brittle bones) is a serious condition that can lead to bone fractures resulting in pain, disability, and immobility. Most people know that it is important to consume adequate amounts of calcium and vitamin D to maintain healthy strong bones. Newer research has also found that high intake of grain foods can weaken bones and increase the risk for fractures. High intake of bagels, bread, cereal, rice, pasta, cookies, cakes, and other baked goods may lead to bone and muscle loss by creating an acid load in the body. The good news: replacing grains with fruits and vegetables can help neutralize the acid load and also reduce the calorie load. When it comes to strong bones and preventing falls—it is important to maintain muscle strength as well as bone strength.

The 2010 Dietary Guidelines are available at www.dietaryguidelines.gov.

~ Coleen Walls, MS/RD,
Nutritionist Supervisor

Tornado Preparedness

Every year, SWVMHI participates in Tornado Preparedness Day. Last year we did drills on every shift and based on drill critiques, the SWVMHI Policy 2009, Severe Weather, was changed.

March 15 has been designated as Tornado Preparedness Day this year and we will again participate. However, based on patient and staff feedback, this year we will not drill all shifts on the same day.

Some of the changes made to Policy 2009 include:

- * After a room is checked and is empty, close the door. Do not place a trash can or pillow outside the door.



- * Leave the chart rack in the treatment room; do not take with the patients.

As you review the policy in the Knowledge Center, also review with your family the family emergency plan.

If you need some ideas for a family emergency plan, please see www.ReadyVirginia.gov.

~ SWVMHI Safety Committee

Chaplain's Corner

The coming of March brings with it the first days of spring, and how we love spring following a long, cold, and difficult winter. Nature awakens from its long wintery nap and transforms itself from the dreary shades of gray and gloom into its many vivid, lovely shapes and colors. Who could imagine that out of the deadness of winter, nature is able to spring forth a cleansing of sorts with an abundance of life that is both beautiful and majestic in appearance. It seems with spring we also are awakened from our own wintery slumber and revitalized with the reality that all things are made new again.

"Becoming by
Grace what God is
by nature."

~ St. Athanasius

Spring also brings with it the emphasis on newness of life in other ways. One such example is the Christian churches' celebration of what is known as Lenten season. Lent comes from the German word for springtime. In Latin, Lent means 40, thus the 40 days of Lent. The church thinks of Lent as a time of spiritual renewal. Lent begins this year on March 9 (Ash Wednesday) and traditionally goes for 40 days (not counting Sundays, which serves as a reminder to celebrate the resurrection of Jesus Christ) through Holy Saturday in preparation for the celebration of Easter on April 24, 2011. It is a time of fasting and self-denial, of personal and spiritual growth, of repentance and looking to make things less stressful by making life more focused and simple again. Lent is not a time of self-criticism, self-hate, self-torture, or anything that looks to destroy us. Lent is a time to build us

up by biblical study, prayer, fasting, and giving of alms. In the process, we become spiritually sensitive to those things that have power over us, enslave us, and keep us from our destiny in Christ. Lent calls us to sacrifice and take responsibility for our thoughts and actions. It is meant to bring self-discovery by use of certain disciplines and to hear the Voice of Reason once again say, "This is the way, walk in it."

Those who celebrate Lent often fast by giving up certain foods or drinks. It may be soft drinks, desserts, meats, or any other food item that one enjoys. Some choose to fast from all foods at certain times of the day or eat nothing until after a set time. Others may choose to give up television or restrict its use. Still others have chosen to restrict their shopping or other use of personal time and use the extra money for ministries or devote time to community service. The list can be endless but it is something we do that is acknowledged as a true sacrifice on our part. While the emphasis may be to fast from those things we do daily out of pleasure or habit and use the time to focus on the disciplines to help us grow, there are other ways we can fast that may prove to be more difficult and challenging. Such fastings hit at the core of our being and may prove to be more painful psychologically and spiritually than the sacrifice of bodily pleasures and desires. Such things include the willingness to give up gossip if we are aware this is a problem and so we fast from gossip. Perhaps its a problem with being self-centered and we show little concern for the rights and needs of others, and so our efforts focus on helping others and fast from being self-centered. Perhaps we realize we talk too much and listen too little and the challenge is to fast from talking so much and

listen more. Perhaps we discover that we tend to be rude and we must learn to practice kindness or that we have an unforgiving spirit and must learn to practice forgiveness. Perhaps we come to realize we have no desire or are afraid of change even though we realize a need to do so and the struggle is to fast from comfort for growing pains. Again, the list is endless, and for each personal.

Those who take Lent seriously realize the suffering involved toward self-examination, repentance, and sacrifice. The goal is to draw closer to God and discover what it means to walk with God or as St. Athanasius puts it, "Becoming by Grace what God is by nature."





Word Search

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

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

There are many things associated with the month of March --the most famous is St. Patrick's Day, a religious holiday on the 17th of March. It is named after Saint Patrick (circa AD 387–461), the most commonly recognized of the patron saints of Ireland. It began as a purely Catholic holiday and became an official feast day in the early 17th century. It has gradually become more of a secular celebration of Ireland's culture, and is widely celebrated around the world. In the United States, the city of Chicago celebrates the day by dyeing the Chicago River green for the day and having a huge parade. Originally, the color associated with St. Patrick was blue, but over the years, the color green became the color of choice when green ribbons and shamrocks were worn to celebrate the day. The phrase, "the wearing of the green," meaning to wear a shamrock on one's clothing, derives from a song of the same name. But don't be caught without your green on St. Patrick's Day, even if you are not Irish, because tradition has it that those caught not wear green on St. Patrick's Day are to be pinched, affectionately of course.



Clinical Documentation = Critical Communication

Principle # 2: Clinical documentation must be clear, concise, and comprehensive. It must provide an accurate and true record of the care provided.

Clinical documentation is an integral part of practice. It ensures the provision of safe and effective care and provides evidence of the judgment and critical thinking used by health professionals in the provision of that care. Clinical staff has a professional obligation to provide accurate and comprehensive documentation that meets these requirements:

1. Entries must be legible.
2. Entries must be timely, accurate and complete.
 - * Record the entry as soon as possible after the episode of care or the event. Delays in recording or reporting can result in serious omissions and untimely delays for needed care.
 - * NEVER chart care before it has been provided.
3. Complete all fields with data or with N/A (not applicable).

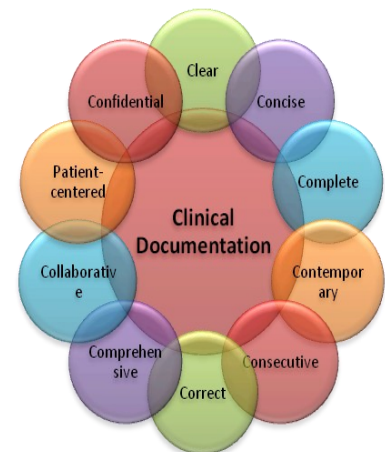
4. Use black ink only. (Exceptions: red ink for allergies, yellow highlights for discontinued medicines.)
5. Errors must not be erased or obliterated. NEVER use correction fluid (“white out”) in the Client’s Services Record (Patient Chart).

To correct an error, draw one line through the error, write the word “error,” the date of the correction, and your initials.
6. NEVER alter someone else’s entry.
7. Use a dictionary when you are unsure about the spelling of a word. Simple spelling mistakes can cause serious treatment errors; for example, “dysphasia” versus “dysphagia.”
8. Avoid the use of prohibited abbreviations, including:
 - * U for unit
 - * IU for international unit
 - * Q.D., Q.O.D. for daily or every other day
 - * MS, MSO4, MgSO4 for morphine sulfate
 - * T.I. W. for three times a week
 - * A.S., A.D., A.U. /O.S., O.D., O. U. for left, right or both ears

- * Trailing zero or lack of leading zero

Documentation serves as evidence of the unique and important contribution of each staff member to an individual’s health care. It forms the basis for evidence of care that can be used for research, legal analysis and determination, or allocation of resources to that care. Good documentation – creating an accurate and true record of care – provides staff the daily opportunity to live our SWVMHI value of honoring day-to-day tasks.

~ Communications Team



Irish Blessing

May the road rise to meet you,
 May the wind be always at your back,
 May the sun shine warm upon your face,
 The rains fall soft upon your fields,
 And until we meet again,
 May God hold you in the palm of his hand.

May green be the grass you walk on,
 May blue be the skies above you,
 May pure be the joys that surround you,
 May true be the hearts that love you.

Spring Safety Tips

With warmer weather just around the corner, most people are looking forward to spending time outdoors, enjoying the delightful springtime weather. This is the time of year when many citizens are eager to put the winter season behind them and to begin their spring cleaning and outdoor home repair projects. These activities can be very beneficial, but they also involve a variety of health and safety hazards that can be avoided with the proper precautions. Following are several spring safety tips that will assist you in keeping your family safe this spring and summer:

Cleaning Safety

- Household and pool chemicals, paints, and poisons should be properly marked and stored under lock and key, away from children's reach. Dispose of any that are leaking, expired, or that look bad.
- When cleaning up hazardous chemicals wear rubber gloves and follow the safety directions on the packaging. Never mix chemicals in the same container. If you don't know how to dispose of them, seek outside advice. Never put them into the trash or pour down the drain.
- Make sure gasoline and cleaning fluids are well marked and stored in a cool, dry place away from the house and out of the reach of children and pets. Use only approved containers for gasoline storage.
- Never use gasoline to clean skin, clothes, auto parts, or floors.
- Clean up work areas. Put dangerous tools, adhesives, matches, or other work items away from children's reach.
- Check your barbecue grill for leaks and cracks, and be sure to

store any propane tanks away from your house and garage.

- Remove all fire hazards, including stacks of rags, newspapers, and magazines. Pay special attention to the spaces around your furnace, hot water tank, fireplace, space heaters, and dryer, as well as under the stairs.



Yardwork Safety

- Always wear protective clothing when you handle pesticides and fertilizers.
- Rake your yard before you mow to prevent any stones and loose debris from launching into the air.
- Never operate a mower in your bare feet and avoid wearing loose clothing.
- Never start a mower indoors.
- When refueling your mower, make sure the engine is off and cool. Don't spill gasoline on a hot engine, and don't smoke while pouring gasoline.
- Never leave your mower operational while unattended.
- Don't use electrical mowers on wet grass.
- Wear proper eye protection when operating trimmers, lawn edgers, pruners, and power saws.
- When pruning trees, be careful not to let metal ladders or trimmers contact overhead wires.

Ladder Safety

- Read the manufacturers instructions that come with your ladder. They contain guidelines for weight and height limits as well as for the proper use of their product.
- Inspect the ladder before using it to make sure there are no loose or broken rungs.
- Make sure the ladder is the right height for the job. Many accidents happen when people over extend their reach because their ladders are too short.
- Never stand on a ladder's bucket shelf.
- Make sure the ladder is completely open and that all of its feet are planted on a firm, level surface. Extension ladders should not be placed at an angle that is too extreme.
- Avoid using a metal ladder near electrical sources.
- Face the ladder when climbing down and make sure your weight is centered between the two sides.

For these and other safety tips, please visit www.ofallon.org

~ Safety Committee





PERSONNEL CHANGES

New Employees

Jennifer Rogers, PI4 Registered Nurse	Jan 10
Mary Chandler, PI4 LPN	Jan 10

Separations

Sherry Holmes, PI4 Housekeeper	Jan 4
Marcus Tuggle, PI4 Food Service Technician	Jan 14
Darren Fitchko, Psychiatric Lead Aide	Jan 24
Eugene Hayden, Psychiatric Aide	Jan 25

Promotions/Role Changes

None	
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MONTHLY PATIENT CENSUS

January
2011

Admissions 71
Discharges 70
Passes 2

Average Daily
Census
136

SWVMHI Vision

SWVMHI, in collaboration with Community Services Boards, will always be the region's center of excellence in the treatment of serious mental illness.



SWVMHI Mission

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



SWVMHI Values

We best promote mental health in the people we serve by valuing:

- * Communication,
- * Honesty,
- * Trust,
- * Teamwork,
- * Self-initiative,
- * Leadership, and
- * Honoring day-to-day tasks.

Meals in Minutes -- Traditional Irish Soda Bread

Here is a simple recipe to serve on St. Patrick's Day, or any day, for traditional Irish Soda Bread.

Prep Time: 15 minutes
Total Time: 1 hour

Ingredients:

4 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon salt
1 -1 1/2 cup buttermilk

Directions: Heat oven to 425 degrees F. Brush a baking sheet with melted butter or spray with non-stick spray.

Combine dry ingredients in a deep bowl. Gradually stir in 1 cup buttermilk, beating constantly, until dough is firm enough to be gathered into a ball. If dough crumbles, add up to 1/2 cup more buttermilk, 1 tbsps at a time, until it holds together.



Place on a lightly floured board and pat into an 8-inch flattened round loaf.

Place loaf on baking sheet and slash a 1/2-inch deep "X" into the top of the dough with a small, sharp knife.

Bake at 425 degrees F for about 45 minutes, or until the top is golden.

Serve hot.

~ <http://www.food.com/recipe/>

*And Spring arose on the garden fair,
Like the Spirit of Love felt everywhere;
And each flower and herb on Earth's dark breast
rose from the dreams of its wintry rest.
~Percy Bysshe Shelley, "The Sensitive Plant"*

Recovery Heroes

A Spotlight on our Employees using TOVA Skills and Assisting People with their Recovery

TOVA teaches us that our relationships are among the most important things in our lives. For most people receiving services, a large portion of their relationships are with people who are paid to be in their lives. Knowing this, we now understand the importance of developing a therapeutic, helping relationship with the individuals we serve. Not only do the individuals we serve rely on us for their treatment needs while they are here, but they also rely on us for support, encouragement, and positive affirmation. Sometimes, they just need us to help them laugh and have a good time; or maybe they just need us to listen to them.

On Sunday, January 23, 2011, some of the staff working on geriatrics gave the individuals we serve an extra special day of nursing-led activities planned just for them. The staff who put forth this extra effort were Lorene Blevins, Kayla Hull, Stephanie McGuire, Donna White, and Tina Woods. Some of the activities included a grooming group with manicures, pedicures, and make-up application for the females. There was also an exercise-to-music group, and Bingo was played during the afternoon snack.



The aides involved were energetic and enthusiastic, encouraging the individuals we serve to get involved in the activities. "The aides' positive attitudes and encouragement were reflected in the individuals' participation and comments," stated Josie Wade, Head Nurse on Geriatrics day shift.

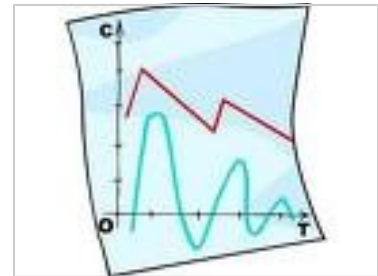
Thank you to this great team of employees whose thoughtfulness and initiative gave our patients a very special day of activities. You are truly honoring the mission, vision, and values of our facility.

Robin Poe, MSN, RN-BC
Coordinator of Nursing
Staff Development

2010 Data Indicates Safety Improvement

The Safety Committee and the Accident Review Committee has recently completed the 2010 analysis of employee incident data. As the table below shows, all categories of incidents showed a decrease in calendar year 2010.

	<u>CY 2009</u>	<u>CY 2010</u>
Total reports:	214	188
OSHA Summary:	<u>CY 2009</u>	<u>CY 2010</u>
Total OSHA reportable	30	120
Total lost days from work	169	62
Total transitional duty days	210	199



We believe that the reduction of lost days is due in part to staff's continued support of the return-to-work program. We also believe that the overall decrease in the number of incidents and the severity of incidents is the result of enhanced staff awareness for workplace safety.

Congratulations to all SWVMHI staff on your continued efforts to maintain a safe work environment, and, on behalf of the facility director, the Safety Committee, and the Accident Review Committee, thanks to all employees!



All employees must complete the following CAI between March 1 and March 31, 2011:

Cultural Competency

March Days to Celebrate

“Off the cuff” February holidays to celebrate:

- March 2**
Theodore (Dr. Seuss) Geisel's birthday
- March 4**
National Poundcake Day
- March 6**
National Chocolate Cheesecake Day
- March 13**
Donald Duck Day

- March 14**
National Potato Chips Day
- March 18**
Pillsbury Doughboy's birthday
- March 23**
National Toast Day
- March 26**
Make Up Your Own Holiday Day
- March 29**
Oscar Mayer's birthday



March is National Colorectal Cancer Awareness Month

Get the Facts

Among cancers that affect both men and women, colorectal cancer—cancer of the colon or rectum—is the second leading cause of cancer-related deaths in the United States. Colorectal cancer also is one of the most commonly diagnosed cancers in the United States.

The risk of developing colorectal cancer increases with advancing age. More than 90% of cases occur in people aged 50 or older.

Reducing Your Risk

Colorectal cancer screening saves lives. However, many people who are at risk for the disease are not being screened according to national guidelines.

It is estimated that as many as 60 percent of colorectal cancer deaths could be prevented if all men and women aged 50 years or older were screened routinely. In most cases, colorectal cancer develops from precancerous

polyps (abnormal growths) in the colon or rectum. Screening tests can find precancerous polyps so that they can be removed before they turn into cancer. Screening tests also can find colorectal cancer early, when treatment works best.

Some studies show that increased physical activity and maintaining a healthy weight may decrease the risk for colorectal cancer. Evidence is less clear about other ways to prevent colorectal cancer.

Currently, there is no consensus on the role of diet in preventing colorectal cancer, but medical experts recommend a diet low in animal fats and high in fruits, vegetables, and whole grain products to reduce the risk of other chronic diseases, such as coronary artery disease and diabetes.

In addition, researchers are examining the role of certain medications and supplements, including aspirin, calcium, vitamin D, and selenium, in preventing colorectal cancer. While these supplements may reduce the

risk of colorectal cancer, the most effective way to reduce your risk is by having regular colorectal cancer screening tests beginning at age 50.

When Should You Begin to Get Screened?

You should begin screening for colorectal cancer soon after turning 50, then continue getting screened at regular intervals. However, you may need to be tested earlier, or more often than other people, if:

- * You or a close relative have had colorectal polyps or colorectal cancer; or
- * You have inflammatory bowel disease.

If you are aged 50 or older, or think you may be at increased risk for colorectal cancer, speak with your doctor about getting screened.

What Are the Screening Tests for Colorectal Cancer?

Several tests are available to screen for colorectal cancer. Some are used alone; others are used in combination with each other. Talk with your doctor about which test or tests are best for you. These screening tests are recommended by the USPSTF:

- * Colonoscopy (every 10 years).
- * High-sensitivity fecal occult blood test (FOBT) (every year).
- * Flexible sigmoidoscopy (every 5 years).

In addition to these tests, some groups also recommend the double contrast barium enema as a screening test (every 5 years). Other tests are being evaluated and may be recommended by the USPSTF for use in colorectal cancer screening in the future, including CT colonography (also known as “virtual colonoscopy”) and stool DNA testing.

~ <http://www.cdc.gov/Features/ColorectalAwareness/>

The U.S. Preventive Services Task Force (USPSTF) recommends screening for colorectal cancer for all people until they reach 75 years old and for some people when they are older than 75. If you are in this age group, ask your doctor if you should be screened.

Colorectal Cancer Screening saves lives. If everyone aged 50 years old or older were screened regularly, as many as 60 percent of deaths from this cancer would be avoided.

History From The Hill - Dr. E.H. Henderson, Superintendent



Dr. E. H. Henderson served as the fifth Superintendent of Southwestern Virginia Mental Health Institute, then known as Southwestern State Hospital, from November 10, 1915, until his death on February 25, 1927. He also served as first assistant physician from 1908 until November, 1915. He had the third longest tenure of all of the Superintendents, serving for over twelve years.

Dr. Henderson was born in Giles County on December 4, 1871, to J. B. and Sarah A. Henderson, and was one of eight children. He received his medical degree from the University College of Medicine, Richmond, in 1898, and was first admitted to practice medicine in Virginia on July 21, 1898. He was a member of the Medical Society of Virginia, as well as the American Psychiatric Association. On November 27, 1901, he

married Lou E. Wallace in Pulaski, Virginia. He died of heart disease and is buried in Round Hill Cemetery in Marion, Virginia, not far from the famous author, Sherwood Anderson.

Dr. Henderson had a successful administration by all historical accounts, as many improvements were made, including the excavation of the underground tunnel from a new power plant to the main hospital building that carried all of the steam, hot water, electric, and telephone lines. Also during Dr. Henderson's administration, additional lands were purchased, including the 194 acres known as the Killinger Farm three miles south of the hospital, which provided the hospital all of the water it needed from a spring located on the farm.

The most recognized accomplishment, however, was the opening of the Davis Clinic on September 15, 1921. The Davis Clinic



(shown above) was established by special agreement that required the building be equipped to meet the high standards of the United States Public Health Service hospitals with the installation of hydro-therapeutic and electro-therapeutic equipment, operating rooms, and special kitchens, and that only ex-

service men with mental and nervous disorders could be treated. The Bureau of War Risk Insurance required that the unit be known as a clinic and that a special name to designate it from the Southwestern State Hospital be given. It was unanimously agreed by the board of directors to name the building in honor of Governor Westmoreland Davis, who materially assisted Dr. Henderson in making and perfecting the agreement to build the facility.

Also during his administration, a new addition to the main building, which was later named after Dr. Henderson, was erected.

Following the death of Dr. Henderson in 1927, the Special Board of Directors wrote, "In reviewing his past record and noting the many high traits of character, the many kind acts and words of good cheer, the bright hope of encouragement inspired, are but symbols of the many deeds of kindness performed for those for whom he died. We, the Special Board of Directors, feel deeply and keenly the loss his death has meant to us, as a friend and coworker, to the institution over which he presided so efficiently and well, and to the State as a loyal and faithful official."

References: *jama.ama-assn.org*. death notices, April 23, 1927 ed.; *US Census, 1880*; *www.newriversnotes.com/smythcem/roundhillmysythcemag.htm*, burial record; *American Medico-Psychological Association*; *Annual Reports of Southwestern State Hospital of Virginia, 1919, 1921, 1924-25, 1926, and 1927.*

March Factoid

March is the third month of the year in the Gregorian Calendar, and one of the seven months which are 31 days long. March in the Southern Hemisphere is the seasonal equivalent of September in the Northern Hemisphere.

In the Northern hemisphere, the beginning of the meteorological spring is 1 March. In

the Southern hemisphere, the beginning of the meteorological autumn is 1 March.

The name of March comes from ancient Rome, when March was the first month of the year and named *Martius* after **Mars**, the Roman god of war. In Rome, where the climate is Mediterranean, March was the first month of spring, a logical point for the begin-

ning of the year as well as the start of the military campaign season. January became the first month of the calendar year either under King Numa Pompilius (c. 713 BC) or under the Decemvirs about 450 BC (Roman writers differ). March starts on the same day of the week as November every year and February in common years only. March ends on the same day of the week as June every year.

“Big Read” events scheduled

Barter Theatre Production: Journey Through the Mind: Edgar Allan Poe

Written and performed by Will Stutts, “Nevermore” will you experience a show so intriguing! Stutts provides insights and revelations into the work and mind of “The Master of Macabre.” Don’t miss this unique and powerful production hailed by the Philadelphia Inquirer as “a performance of commanding stature.”

Admission prices vary. Call the Barter Theatre Box Office for more information! (276) 628-3991.

Event Location: Barter Stage II, 127 W. Main Street, Abingdon

Date: Tue, Mar 1, 2011 **Time:** 7:30 pm – 9:00 pm
Date: Fri, Mar 4, 2011 **Time:** 10:30 am – 12:00 pm
Date: Thu, Mar 10, 2011 **Time:** 7:30 pm – 9:00 pm
Date: Fri, Mar 11, 2011 **Time:** 11:00 am – 1:30 pm
Date: Fri, Mar 18, 2011 **Time:** 8:00 pm – 9:30 pm
Date: Fri, Mar 25, 2011 **Time:** 10:30 am – 12:00 pm

2011 Big Read Discussion: The Stories and Poems of Edgar Allen Poe

Join your local Washington County branch Library for an interesting discussion about the 2011 Big Read book of choice: The Stories and Poems of Edgar Allen Poe. Your favorite stories and poems will be talked about and you can join in the discussion with your thoughts and ideas, as the group is guided to look at the themes of madness, evil, fear, and dark beauty in Poe's writings. What is the line between madness and creativity that Poe walked all his life? How did his mental illnesses and addictions fuel his genius? And how do artists harness their "demons" to create their works of art? All this and more: what makes Poe scary, and yet keeps him one of the most popular American writers of all time? Did you know he invented the modern detective story? Come find out more at this Library Book Discussion!

This event is free and open to the public.

For more information call 276-676-6391.

Event Location: Washington County Public Library @ 205 Oak Hill Street, Abingdon

Date: Mon, Mar 14, 2011

Time: 2:00 pm – 4:00 pm



Sunday with Friends: Scott Peeples

After Poe’s death, evaluations of his writings have frequently been bound up in debates over his character: Was Poe an alcoholic? drug addict? manic depressive? necrophile? racist? misogynist? How have the countless plays, films, novels, comic books, and pop music experiments based on his images and works distorted the serious academic regard for Poe? Dr. Scott Peeples, the president of the Poe Studies Association and author of “The Afterlife of Edgar Allan Poe,” as a finale to the community Big Read on Poe will try to clarify some of the myths, distortions and responses to Poe’s writings in the century and a half since his death.

Event Location: Washington County Public Library @ 205 Oak Hill Street, Abingdon

Date: Sun, Mar 27, 2011

Time: 3:00 pm – 5:00 pm

**WHAT AM I
ANSWER:**

A River



**Southwestern Virginia
Mental Health Institute**

**Address: 340 Bagley Circle
Marion, Virginia 24354**
Phone: 276-783-1200
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

					N	O	I	T	I	D	A	R	T				
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Please submit articles for the next newsletter to Cheryl Veselik by March 18, 2011.

The next newsletter will be published April 1, 2011.