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## From The Director

July brought two groups of special visitors to SWVMHI.

On July 18 & 19, 2011, SWVMHI hosted our first Annual Consultative Audit. The purpose of the audit is to conduct a review of each DBHDS mental health facility's clinical, staffing, and oversight processes for the purposes of identifying opportunities for improvement as well as any problem areas. The audits are conducted by John Pezzoli, Asst. Commissioner, and a team of 6-8 individuals from other DBHDS facilities. The audit team reviewed open and closed records, minutes, data, and plans for most of two days. There was also a comprehensive environment of care/building tour. Audit team members met with their SWVMHI counterparts and there are many good ideas/processes that are being shared.

Several opportunities for improvements are being prioritized for SWVMHI. First, the health information records were noted to be in need of improved organization. And, second, while our Recovery Services Planning process is very good at capturing the input of those we serve, there are aspects that could be improved, particularly individualizing our plans and ensuring that comprehensive reviews are done every 90 days. Two HPO-project teams are being formed to address these issues. If you would like to be part of either of these efforts, be sure to let me and your supervisor know.

Thanks to everyone who spent time in preparation for the audit. Our preparations helped to make it a very effective and informative consultation which will benefit SWVMHI and DBHDS.

On July 25, 2011, Virginia Secretary of Health and Human Resources William



### Secretary Hazel visits SWVMHI

Second row from front, left side: Virginia HHR Secretary William Hazel. Third row from front, right side: Dr. Olivia Garland, Deputy Commissioner, DBHDS.

Hazel, Mrs. Cindy Hazel, and Olivia Garland, Ph.D., DBHDS Deputy Commissioner, spent the day in southwest Virginia, beginning with SWVMHI. They later toured the Mt. Rogers Industrial and Development Center in Atkins, run by Mt. Rogers CSB, and then visited SWVTC in the afternoon. Sec. Hazel is familiar with southwest Virginia, in that he spent part of the weekend at the Remote Area Medical (R.A.M.) event in Wise, Virginia.

The R.A.M. Volunteer Corps, founded by Stan Brock, is a non-profit, volunteer corps dedicated to serving humankind by providing free health care, dental care, eye care, and technical and educational services to people in remote areas of the United States and the world.

Approximately 4000 patient encounters were held at the 2011 R.A.M.-Wise event. For more information or to volunteer, see [www.ramusa.org](http://www.ramusa.org).

While at SWVMHI, Sec. Hazel and Dr. Garland met with regional leadership to discuss challenges and opportunities. Several of us were asked to send additional information to Sec. Hazel on the IMD exclusion rule, telepsychiatry contracting requirements, and the region's Assisted Living Facilities. A brief tour of SWVMHI was also provided and Sec. Hazel met several staff and individuals we serve.

Cynthia McClaskey, Ph.D.

**What Am I?**

I have two arms, but fingers none. I have two feet, but cannot run. I carry well, but I have found I carry best with my feet OFF the ground.

Answer: Page 3

## SWVMHI welcomes back Rev. Dr. Tim Graham



On July 10, 2011, Rev. Dr. Tim Graham returned to SWVMHI as full-time chaplain, working in the Central Rehab Department.

Many of you may remember Rev. Graham when he occasionally filled in for Rev. Nila Tolliver. He then became part-time Chaplain following Rev. Tolliver's retirement, and served both SWVMHI and Marion Correctional Treatment Center between 2001 and 2003. For the past eight years, Rev. Graham and his wife Jackie owned and operated a Bed and Breakfast Inn in Petersburg, Virginia. During that time Rev. Graham served as chaplain at Central State Hospital, the Vir-

ginia Center of Behavioral Rehabilitation, and as an auxiliary chaplain for the United States Air Force.

Prior to his experience working with the Commonwealth of Virginia, Rev. Graham served as a parish minister for over 27 years, including Mt. Carmel and Davis Memorial Methodist Churches in Marion, Byars-Cobbs and Lebanon United Methodist Churches in Glade Spring, and as pastor of a parish in Michigan for 14 of those years.

A native of Ohio, Rev. Graham can trace his ancestors back to Smyth, Wythe, and Washington Counties. Through the Holston Methodist Conference, he and his family relocated from Michigan to Mt. Carmel Methodist Church, the home of his family roots.

Rev. Graham holds a Bachelor's Degree from Asbury College, a Master's of Divinity from the United Theological Seminary, and a Doctor of Ministry from the Lexington Theological Seminary. He and his wife Jackie have two adult children.

Rev. Graham will be providing Spiritual Wellness classes to any individual we serve in both one-to-one and group venues. He will also be co-coordinating the volunteer chaplains as they conduct Thursday evening chapel, Sunday school, and any special requests. You can find Rev. Graham in his office located in the C Building in room 130, or you can call him at Extension 5322.

### Gone Green!



Did you know that the majority of the 500 or so SWVMHI staff read this newsletter in full color on line, on the Intranet, or on the Knowledge Center? Several years ago, we started making only 165 "hard copies" of the newsletter, which are photocopied in black and white, and distributed. A few go to each department, others are for the Employee Café, and in visitor waiting areas. The copies cost less than \$13.00 to make each month. If you receive or pick up a hard copy, please remember to recycle it when you are done. Thanks!

## Spirituality and Prayer as a Path to Recovery

We know that spirituality can be a powerful path to recovery. New research indicates that those who pray show less anger about negative feedback they have been given and they are less likely to be unpleasant to others.

In one study, psychologists Brad Bushman, Ryan Bremner, and Sander Koole asked research participants to write an essay about an experience that made them angry. They were then given negative feedback about their efforts by unseen (and fictional) partners. The study's participants then read a description of a young woman with cancer and were asked to either pray for her or think about her for five minutes. The scientists found that those who prayed for the young woman were less angry about the bad feedback they had been given than those who merely thought about her.

A second study found that if participants were praying for their unseen partners, they gave shorter and softer bursts of an unpleasant noise after their partners lost a game as opposed to if they were just thinking about their partners.

The results were found whether or not the study participants rated themselves as religious. The results were also found no matter how often they stated that they prayed in their daily life.

Prayer is powerful, it doesn't take expensive equipment, or much time or practice to get good at. It can change your life!

This study was published online in March, 2011, by the Personality and Social Psychology Bulletin. This summary was excerpted from an article in Monitor on Psychology, a publication of the American Psychological Association, June, 2011.

## Recognizing Self-Initiative

In the last newsletter, the SWVMHI Value of Self-initiative was discussed as it applies to one's sense of independence within the work environment. This month, the discussion of Self-initiative continues. How is Self-initiative developed and maintained? Is the employee solely responsible for taking the initiative in the workplace?

Cindy Ventrice, a management consultant and CEO of Potential Unlimited, notes that when employees seek supervisor input on matters to which they probably already know the answer, those employees are seeking an

infusion of recognition. It is very important to give recognition to others when Self-initiative is a value in the workplace.

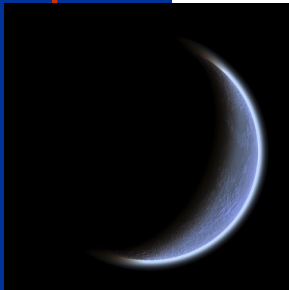
Employee recognition reduces the need for micro managing. With enough recognition, people are confident and motivated. They know what supervisors and others want, and they feel more confident in delivering what is wanted. People generally do want to think for themselves, but without relatively frequent recognition, they lose the confidence to do so. In addition, recognition can sometimes be negative, focusing on what is wrong rather than what is right.

While corrective feedback is important, relying only on corrective feedback destroys self-initiative in others and results in increased demands for micro managing.

And while it is nice to be recognized by supervisors, co-workers can recognize each other. When was the last time you recognized the accomplishment of a co-worker and complimented them for it?

~ James Moon, Ph.D.  
Psychology Supervisor

### August Lunar Phases



- August 6**  
First Quarter Moon
- August 9**  
New Moon
- August 13**  
Full Moon
- August 21**  
Last Quarter Moon
- August 28**  
New Moon (Blue Moon)



**WHAT AM I ANSWER:**  
 A Wheelbarrow

## Recognition Event to be held August 4

Boogey on down to the next Employee Service Awards and Recognition event to be held on all three shifts on August 4, 2011. Day shift starts at 1000 at the picnic shelter (gym in case of inclement weather), second shift begins at 1800 in the employee café, and third shift begins at 2330 in the employee café. In addition to awards, you will have an opportunity to create a groovey tie-dyed t-shirt (t-shirt provided) and make your own ice cream sundae. Hula hoops, horse shoes, and slopes will also be available for pick up games as well.

As an added incentive for coming to this quarterly event, there will be a pizza party awarded to the unit/department on each shift that has the highest percentage of at-

tendance, so grab your co-workers and be sure to sign in with your unit/department name when you arrive.

Additionally, the theme of this event is "Summer of Fun -- 70's Style" so get out those bell bottoms and platform shoes -- you might even win a prize! Judging for the best dressed will take place on each shift as well, so see you on the flipside -- its going to be far out, man!





## SWVMHI Receives Recognition for DSP Career Pathway

SWVMHI was recently recognized as having the **highest percentage of psychiatric aides participating at Level I of the Direct Support Professional (DSP) Career Pathway in the state** (93.55 percent participation) and was ranked sixth in the state for participating at Level II of the DSP Career Pathway. Congratulations go to all aide staff who have participated in this worthwhile program.

Participating in the DSP Career Pathway has its rewards, in that each psychiatric aide who participates receives a bonus. Participation is also a great opportunity for aide staff to gain new knowledge, computer skills, certificates, and free college credit hours.

In addition to the DSP Career Pathway, the College of Direct Support offers even more

opportunities for aide staff to increase their knowledge, skills, and abilities.

Eligibility requirements for Level I are:

1. 12 months of employment as a Psychiatric Aide.
2. Successfully complete the probationary period.
3. Receive a performance evaluation of contributor or better on last evaluation.
4. An aide who has received a standards of conduct (SOC) may apply for the Level I, but will not receive any rewards until the SOC has expired.

Eligibility requirements for Level II are:

1. 12 months as a Level I DSP.
2. Receive a performance evaluation of

contributor or better on last evaluation.

3. Complete 24 months service enrolled in the DSP Career Pathway.
4. An aide who has received a standards of conduct (SOC) may apply for Level II, but will not receive any rewards until the SOC has expired

Information sessions will be held on all three shifts during August, so any aide staff interested in participating in the DSP Career Pathway should plan to attend one of these sessions, or should contact Norma Brickey at Extension 243. Dates and times will be announced soon. Applications to participate are available outside of Sarah Parris' office, just off the L Hallway.

~ Norma Brickey, MSN  
Assistant Nurse Executive

## Staff members attain certifications

A belated congratulations to:



Dr. Ladenika

Ade Ladenika, M.D., Attending Psychiatrist on the Geriatric Unit, for achieving his Board Certification in Psychiatry and Neurology, and

Michelle Melton, Ph.D., Psychologist on the C Team, for receiving her Virginia license in Clinical Psychology.

Congratulations on a job well done!



Dr. Melton

## Social Security and You

Visit [www.socialsecurity.gov](http://www.socialsecurity.gov) to avoid unneeded trips to a Social Security office. There is a library of online publications containing all the information you might want to know on an array of Social Security, retirement, and Medicare subjects. The publications can be found at [www.socialsecurity.gov/pubs/index.html](http://www.socialsecurity.gov/pubs/index.html). If you're thinking about retirement, for example, you may want to check out "When To Start Receiving Retirement Benefits" at [www.socialsecurity.gov/pubs/10147.html](http://www.socialsecurity.gov/pubs/10147.html).

You can apply online for Social Security without having to leave your home. Visit [www.socialsecurity.gov/applyonline](http://www.socialsecurity.gov/applyonline) where you can apply for retirement benefits in as little as 15 minutes. Once you click the "submit" button, you're done; in most cases there are no forms to sign or documents to mail in.

Did you know Social Security is on Facebook and Twitter too? Just go to [www.socialsecurity.gov](http://www.socialsecurity.gov) and click the Facebook and Twitter icons on the main page.



Dendra Whitt, Social Security Administration District Manager, is the local contact. She may be reached by mail at 2484 Lee Hwy., Bristol VA 24202; by phone, (866) 504-5013, or e-mail [feaures@bristolnews.com](mailto:feaures@bristolnews.com). Visit [www.socialsecurity.gov](http://www.socialsecurity.gov) for more information.

## Chaplain's Corner

I'm not sure where this originated, or who is the author, but its message lets us know of God's never-ending love.

Dear Precious Friend:

I am sending you this letter by way of one of my disciples. I just wanted to let you know how much I love and care about you and how I greatly desire to become a meaningful part of your life.

This morning when you awoke, I was already there with you in the light of my beautiful sunshine that filled your room. I was hoping that you would say good morning to me, but you didn't. So I thought maybe it was just a little too early in the day for you to notice me.

Again, I tried to get your attention when you stepped out of your door. I kissed your face with a soft gentle breeze. I then sang you a love song through the birds in the trees. You just walked right pass me.

Later on in the day, I watched over you as you were talking with some of your friends. Oh! How I wished that you would talk to

me also. I waited and waited, but you just went along your way.

This afternoon, I sent you a refreshing shower and glistened to you from each rain drop. I even shouted to you a time or two with thunder trying to get your attention. Then, I painted you a lovely rainbow in the midst of my fluffy white clouds, I just knew you would see me then, but you were unaware of my presence.

This evening to close your day, I sent you a beautiful sunset. After that, I winked at you a thousand times through my stars hoping that you would see me and wink back. You never did.

Tonight when you went to bed, I spilled moonlight upon your face to let you know that I was there with you. I was hoping that you would talk to me a little while before you went to sleep. You never said a word. It hurt me deeply; however, I continued to watch over you all through the night thinking that maybe, just maybe, you would call out my name sometime throughout the night.

Each and every day, I have revealed myself to you in many strange and wondrous ways, hoping that you would accept me as your

shepherd. For I am the only one that can supply you with all your needs. My love for you is deeper than the deepest ocean and bigger than the great blue sky. I have so very much to give to you and also share with you, please let me hear from you.

Your Loving Friend Forever,

JESUS.....



**R**emember that all travel must be approved in advance.

The Travel Request Form (form number 705-07-018) needs to be completed at least ten days in advance of travel. If your only travel expense is mileage, you only need complete the Request for the Use of Motor Vehicle Form (form number 705-29-006).

Once you return from your trip, you must complete the Travel Reimbursement Voucher (form number 705-07-116) within ten days of your return. If your travel reimbursement will be less than \$100, you need to complete the Travel Reimbursement Less Than \$100 Trip Voucher (form number 705-07-037) instead.

Administrative professionals can help to remind you, but it is your responsibility as the traveler to comply with these regulations.

Questions about the these and other travel rules should be directed to Missy Wiles in the Fiscal Department at Extension 205.

*Travel Tips*  
Travel Tips



# Word Search

How many of the underlined words can you find related to historical events that occurred in August?

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

Looking back through history, many famous events occurred during the month of August. For example, the first article proposing women's rights in America was written by Thomas Paine for the *Pennsylvania Magazine* on August 1, 1775; the Statue of Liberty cornerstone was laid on August 5, 1884; George Washington created the "Purple Heart" decoration medal on August 7, 1782; Thomas Edison received a patent for his mimeograph on August 8, 1876; Isaac Merrit Singer was granted a patent for his sewing machine on August 12, 1851; The Woodstock Music Fair ended on August 17, 1969; Virginia Dare, the first child born in America, was born in Virginia on August 18, 1587; Amelia Earhart became the first woman to fly across the United States on August 24, 1932; and the renowned manager of the New York Mets, Casey Stengel, announced his retirement after 55 years in baseball on August 30, 1965.

# Central Rehab News

We have been busy in the Rehab Department with several patient activities, including celebrating Earth Day as well as the 4th of July picnic outside on the grounds. A special thank you to all the caring volunteers who help make these events possible and to the kitchen, rehab, nursing staff, and everyone else for all the extra hard work that goes into planning these events. We couldn't do any of it without everyone working together to make life a little bit nicer for the individuals we serve. Thanks also to Larry, Doug, Michelle, and Joyce for the monthly birthday party for the individuals we serve.

We now have shades for the gym windows, which means we can now enjoy movies in the afternoon and evening along with game room activities. Individuals on ERS who do not attend groups have been having morning activities in the gym. This seems to be working out well. Thanks to the psychiatric aides for providing the activities -- you're doing a great job.

Sadly Donna and Whitney left us last month. We had a staff appreciation/good-bye picnic at Hungry Mother Park and enjoyed Smokey's barbeque. We miss them already.



On July 15, we set up a tent at the Hungry Mother Arts and Crafts Festival. Thanks to the Rehab staff who volunteered to set up, clean up, and man the tent. This is a good way for the rehab department to make money that goes back into the patient fund for future activities. Also, the individuals we serve get to make a little extra spending money if they decide to sell some of their work. I hope everyone got a chance to go out and support us.

We are actively participating monthly in the local CERC (Consumer Empowerment Recovery Council) by attending meetings here at the hospital and at the Regional CERC at Hungry Mother Park Restaurant in Marion. Representatives from the hospital let every-

one know what we are accomplishing, and then come back and let the individuals we serve know what is going on with the consumer movement. One of our representatives attended the Southwest Virginia Clubhouse Association retreat in Wise, Virginia, where she gave a report on our activities. This is a great opportunity for the individuals we serve to be more involved in what's going on outside the hospital.

There have been several community integration activities and trips. One group visited Friendship House Clubhouse in Marion. Trips like these help individuals stay in touch with others in the community and aid in his or her recovery, which is what we are all about.

If anyone has any news they would like reported in the newsletter about what's going on in the rehab department, please get in touch with me on or before the 15th of the month.

~ Sue Eller  
Peer Support Specialist

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

~ Helen Keller



**All staff are reminded that the CAI on Emergency Management must be completed between August 1 and August 31, 2011.**

## Upcoming Special Gym/Gameroom Activities:

- August 3, 1800 - 2000 -- Slopes Tournament
- August 8, 1800-2000 -- Movie Night
- August 9, 1800 - 2000 -- Movie Night
- August 19, 1800 - 2000 -- BINGO
- August 23, 1330 - 1530 -- Bristol Senior Show Choir
- August 29, 1800 - 2000 -- August Birthday Celebration



# PERSONNEL CHANGES

## New Employees

|   |        |
|---|--------|
| Jasmine Dent, Psychiatric Aide                    | Jun 10 |
| Felicia Gilbert, Psychiatric Aide                 | Jun 10 |
| Megan Hollandsworth, Registered Nurse Clinician A | Jun 10 |
| Donna Kearney, PI4 Psychiatric Aide               | Jun 10 |
| Tina Webb, Psychiatric Aide                       | Jun 10 |
| Dawn Keyes, Psychiatric Aide                      | Jun 10 |
| Mark Freeman, Security Officer, Sr.               | Jun 10 |
| Staci Davidson, Registered Nurse                  | Jun 10 |
| Brittney Armbrister, Registered Nurse             | Jun 10 |
| Amber Sword, Registered Nurse                     | Jun 10 |
| Breanne Jackson, Psychiatric Aide                 | Jun 10 |
| Christina Lischen, Secretary Senior               | Jun 10 |
| Kimberly Moss, Social Worker                      | Jun 25 |
| Barbara Honaker, PI4 Social Worker                | Jun 27 |

### MONTHLY PATIENT CENSUS

June  
2011

Admissions 60

Discharges 58

Passes 5

Average Daily  
Census

143

## Separations

|  |        |
|--|--------|
| Joseph Jones, Psychiatric Aide               | Jun 6  |
| Elizabeth Dawn Testerman, Psychiatric Aide   | Jun 8  |
| Donna Johnson, Recreation Therapy Supervisor | Jun 24 |
| Judy Phillips, Psychiatric Aide              | Jun 24 |
| Whitney Asher, Rehab Specialist              | Jun 24 |

## Promotions/Role Changes

|  |        |
|--|--------|
| Sarah Garcia, Registered Nurse to Registered Nurse Clinician A | Jun 10 |
|--|--------|



## Meals in Minutes -- Chex School Fuel

School starts this month, and many parents are already wondering what to put in that lunchbox that is both nutritious, and something the kids will eat. Well, look no further. Try this delicious, nutritious, and easy-to-make recipe:



### INGREDIENTS:

- 3/4 cup packed brown sugar
- 6 tablespoons butter or margarine
- 3 tablespoons light corn syrup
- 1/4 teaspoon baking soda
- 4 cups Corn Chex® cereal
- 4 cups Rice Chex® cereal
- 1/4 cup semisweet chocolate chips

1. Cover cookie sheet with waxed paper. In large microwavable bowl, microwave

brown sugar, butter and corn syrup uncovered on High 1 to 2 minutes, stirring after 1 minute, until melted and smooth. Stir in baking soda until dissolved. Stir in cereals.

2. Microwave on High 3 minutes, stirring each minute. Spread on cookie sheet to cool, about 10 minutes. Break into bite-size pieces.

3. In microwavable bowl, microwave chocolate chips uncovered on High about 1 minute 30 seconds or until chocolate can be stirred smooth (bowl will be hot). Drizzle chocolate over snack. Refrigerate about 30 minutes or until chocolate is set. Store in airtight container.

### TIPS:

Pretzel or nut lovers will want to stir in 1 cup broken pretzels or 1/2 cup of a favorite honey-roasted nut with the cereal.

~ [www.bettycrocker.com](http://www.bettycrocker.com)

Remember, if you ever need a helping hand, you'll find one at the end of your arm ....As you grow older you will discover that you have two hands. One for helping yourself, the other for helping others.

~ Audrey Hepburn



**The Perseid Meteor Showers** will peak this year between August 9 and 13 and are among the most popular and spectacular of the meteor showers. As many as 50-500 can be seen in a single night! The best place to observe the Perseid meteor shower (or any meteor shower for that

matter), is somewhere dark, away from light pollution, and with the moon out of the field of vision. The less light visible, the more brilliant the meteor shower will be.

How do you know the sky is dark enough to see meteors? If you can see each star of the Little Dipper, your eyes have "dark adapted," and your chosen site is probably dark enough. Under these conditions, you will see plenty of meteors. The best time of the night for watching meteors is between midnight and dawn. The Perseids tend to strengthen in number as late night deepens into midnight, and typically produce the most meteors in the wee hours before dawn.

~ <http://earthsky.org/astronomy-essentials/earthskys-meteor-shower-guide>

Life is an opportunity ... benefit from it. Life is beauty ... admire it. Life is a dream ... realize it. Life is a challenge ... meet it. Life is a duty ... complete it. Life is a game ... play it. Life is a promise ... fulfill it. Life is sorrow ... overcome it. Life is a song ... sing it. Life is a struggle ... accept it. Life is a tragedy ... confront it. Life is an adventure ... dare it. Life is luck ... make it. Life is life ... fight for it.

~ Mother Theresa

# Back-to-School Sales Tax Holiday

**RICHMOND** – Governor Bob McDonnell announced that Virginia's sixth annual back-to-school sales tax holiday will take place August 5 -7, 2011. During this three-day period, many school supplies and clothing items will be exempt from the state and local sales tax, easing the financial burden of families as they prepare to send their children back to school.

As in past years, a variety of school supplies, including notebooks, pens, binders, calculators, paints, and crayons, will be tax-free as long as each item costs \$20 or less. Most clothing items and footwear will also be exempt from the 5 percent sales tax as long as they are priced at \$100 or less each. There is no limit on the number of items you can purchase tax-free as long as each item qualifies. Lists of eligible items, along with guidelines and

frequently asked questions for both consumers and retailers, are posted on the Department of Taxation website at [www.tax.virginia.gov](http://www.tax.virginia.gov).

The sales tax holiday is available to anyone – not just those preparing for school – and all Virginia retailers who sell the exempt products must participate. During the sales tax holiday, retailers may also choose to save taxpayers even more by opting to pay the sales tax themselves on items that are not exempt under the guidelines.



“When the General Assembly unanimously approved this sales tax holiday in 2006, it did so with the

intent of giving families preparing for school a needed tax break,” said Governor McDonnell. “Returning to class is an exciting time for students, but it can also be a stressful time for their parents. Saving 5 percent on their purchases is not a great deal, but every bit helps in this struggling economy. I urge all Virginians to go out and save money, while supporting our retail community.”

The 2011 holiday is expected to save Virginians an estimated \$4.3 million in sales tax this year. Virginia also holds sales tax holidays for Energy Star- and WaterSense-qualified products in October and for hurricane preparedness in May.

~ **Office of Governor Bob McDonnell**

## National KidsDay is August 7



National KidsDay, an annual event, is celebrated on August 7 this year, and is an opportunity to celebrate childhood; to demonstrate our commitment to nurturing children; to inspiring our nation, our communities, and our families to love and appreciate children; and to prepare our children for a healthy, happy, successful future.

For decades, children across America have asked their parents, grandparents, and guardians why America celebrates "Mother's Day" and "Father's Day," but has no "Kid's Day." National KidsDay fills that gap and seeks to provide a reminder of children's year-round need for meaningful time and interactions with adults.

Ideas on how to celebrate KidsDay include:

- Read a favorite book together
- Watch a kids movie together
- Get out the coloring books and crayons and draw together
- Turn on your favorite music and sing together like no one is watching
- Go on a picnic together and let your child decide what foods you'll take
- Go on a bike ride or a trip to the

amusement park together

- Go out and get ice cream cones or popcicles, even if your child lets it drip down their arm and on their clothes (it will all come out in the wash)
- Get together with other families and organize games and events just for the kids such as face painting, beanbag toss, or a craft table, and just have fun

There are lots of things to do with our children, and they don't have to cost a lot of money -- the important thing is to spend time with our children -- that is what they crave the most.

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

## By the Numbers

### Some Fun “Numbers” Facts

**108:** Stitches on a major-league baseball. The balls are stitched by hand with two straight needles.



**15:** Major-league bases are 15 inches (38.1 centimeters) square.



**I in 4:** The chance that a hot dog eaten in an American ballpark originated in Iowa. The Hawkeye State raises more than a quarter of the nation’s hogs.



~ *The New Yorker*, “*The Daily Extra*”

## High heat and Diabetes

Hot weather – temperatures of 80°F (26.7°C) or above, especially with humidity – can affect medication, testing supplies, and your health. If you have diabetes, it is harder for your body to handle high heat and humidity. The heat index, which measures how hot it really feels by combining temperature and humidity readings, advises caution starting at 80°F with 40 percent humidity. The following information from the CDC might help you manage your health during this record-setting hot weather we are experiencing this summer in southwest Virginia:

- Heat can affect your blood glucose (sugar) levels and also increase the absorption of some fast-acting insulin, meaning you will need to test your blood glucose more often and perhaps adjust your intake of insulin, food, and liquids.
- Drink plenty of fluids, especially water, to avoid dehydration. Avoid sugar-sweetened beverages such as sweet tea and sodas. If your doctor has limited how much liquid you can drink, ask what to do during times of high heat.
- Check package inserts with medications to learn when high temperatures can affect them. Take medications

with you if you will need to take them while you’re away from home, and protect them from the heat.

- If you're traveling with insulin, don't store it in direct sunlight or in a hot car. Keep it in a cooler, but do not place it directly on ice or on a gel pack.
- Check glucose meter and test strip packages for information on use during times of high heat and humidity. Do not leave them in a hot car, by a pool, or on the beach.
- Heat can damage insulin pumps and other equipment. Do not leave the disconnected pump or supplies in the direct sun.
- Get physical activity in air-conditioned areas, or exercise outside early or late in the day, during cooler temperatures.
- Use your air conditioner or go to air-conditioned buildings in your community.

~ **The Safety Committee**

## August Days to Celebrate

“Off the cuff” August holidays to celebrate:

**August 1**  
Spiderman Day

**August 3**  
Watermelon Day

**August 7**  
Particularly Preposterous Packaging Day

**August 10**  
S’mores Day



**August 12**  
Kool-Aid Day

**August 18**  
Cupcake Day

**August 19**  
Hug Your Boss Day

**August 26**  
National Dog Day

**August 30**  
National Toasted Marshmallow Day



# Mosquitoes, West Nile Virus, and You



The “Fight the Bite” campaign championed by the Centers for Disease Control and Prevention (CDC) has one focus – to eliminate or radically reduce diseases in humans

that are carried by mosquitoes. One of those diseases is West Nile Virus (abbreviated WNV), which was first recognized in the United States in 1999. Since then, a lot has been learned about this virus which is thought to have originated in Africa, west Asia and Europe.

## Important Facts about WNV

- WNV is spread to humans by the bite of an infected mosquito. The mosquitoes become infected when they bite birds already infected with WNV.
- Horses and other mammals can also be infected by the bite of an infected mosquito but these animals cannot pass the disease to humans.
- You cannot get infected with WNV from contact (includes touching and kissing) with a person who has the disease.
- Even if you get bitten by an infected mosquito, there is only a 20 percent chance that you will have symptoms. This means that four out of five people who have WNV disease have no symptoms. There’s an even smaller chance of becoming seriously ill after infection.
- Once you have had the disease, regardless of whether or not you had symptoms, you probably won’t get it again.

## How to Prevent WNV

The best way to prevent WNV and other mosquito-associated diseases is to prevent mosquito bites. According to the CDC, these should be your top six strategies to “Fight the Bite”:

1. Apply insect repellent containing DEET to your exposed skin before going outdoors
2. Be aware that the early morning and evening hours are peak mosquito hours; try to avoid outside activities during these times.
3. If possible, wear long sleeves, long pants and socks when spending time outdoors, especially during peak mosquito hours. Because mosquitoes can bite through thin clothing, spray clothes with repellent containing permethrin or DEET. However, don’t spray permethrin on your skin and don’t spray DEET on skin covered by clothing.
4. Reduce the number of mosquitoes on your property by eliminating or reducing standing pools of water, where mosquitoes lay their eggs.
5. Reduce the number of mosquitoes inside your home by patching, repairing or replacing screens with holes or screens that don’t fit tightly to the door or window frame. If your outside doors are ever propped open, make sure there is a screen door and that it remains closed.
6. Report dead birds to your local health department or whoever in your community requests this information. Research how best to share this information by accessing the links to your State and Local Government sites. Testing dead birds for WNV is one method used by the public health to determine if WNV is circulating in your community.

During the summer months, most of us spend time outside for long walks, picnics, golf, fishing and volleyball. Some basic mosquito bite prevention strategies can mean the difference between a summer remembered as full of fun or a summer during which the fun was cut short by something as small as the bite of a mosquito.

## Symptoms of WNV

- If symptoms develop, they usually include a headache, fever, tiredness, and body aches. Sometimes a skin rash develops as well as swollen lymph glands. These symptoms usually describe what is known as WNV Fever.
- With severe disease, nervous system symptoms appear and usually include a high fever and a severe headache. Neck stiffness, sleepiness, shakiness, muscle weakness, paralysis and coma can also be experienced. These particular symptoms occur because the brain and/or the spinal cord are affected by the infection are named “WNV encephalitis, meningitis, or poliomyelitis.”
- When someone is infected with West Nile virus (WNV) they will typically experience one of three outcomes:
  1. No symptoms, which is most likely – remember that four out of five infected people have no symptoms, or;
  2. West Nile Fever with milder symptoms, which occurs in about one out of five infected people, or;
  3. Severe West Nile Disease in which the nervous system is affected, which occurs in less than 1 out of 100 of those who get infected.
- *Call your doctor if you have high fever with a severe headache, even if you can’t remember getting bit by a mosquito.*



# History From The Hill - C.W. "Bill" Brett, Ph.D. Director

C. W. "Bill" Brett, Ph.D., served as the first "Director" from 1978 - 1980, a shift from the Superintendent title. He was the first non-physician head of at Southwestern State Hospital (SWSH).

A native of Richmond, Dr. C.W. "Bill" Brett, began his career with service in for the U.S. Air force from 1963 - 1966, serving a 12 month tour of duty in Vietnam. In 1971, he received his Bachelor's Degree in Psychology from Old Dominion University, his Master's in Psychology from Virginia Tech in 1973, and his Ph.D. in Psychology, also from Virginia Tech, in 1977. While pursuing his Master's Degree, he worked in the Department of Psychology at Virginia Tech.

From 1973 - 1976, Dr. Brett served as a Clinical Psychologist at SWSH. From 1976 - 1977, he served as the Director for Mount Rogers Community Services Board Community Mental Health and Mental Retardation Services Clinic System.

In March, 1978, Dr. Brett was appointed as the tenth Director of SWSH. During his administration, several initiatives were completed, including:

- Completion of the reorganization of special treatment units unit into five distinct areas, all with an Assistant Director as the unit leader. These five areas included:
  1. Administration, which consisted of logistics and support services.
  2. Medical, which consisted of medical and dental services, medical records, pharmacy, utilization review, and medical consultations.
  3. Training and Research, which consisted of staff development, grants administration, mental health planning, and the library.
  4. Geriatrics, which was a semi-autonomous section for the 260 elderly patients, as well as physical health services.
  5. Clinical, which consisted of six distinct units: Admissions and Acute Care Treatment Center; Living Skills Unit; Adult Development Treatment Center (multi-handicapped); Adolescent Treatment Center; Substance Abuse Treatment Center; and Secure Confinement (criminal) services)
    - While the patient population decreased by about 50 percent, the staff increased



records, pharmacy, utilization review, and medical consultations.

by about 50 percent as well, allowing better treatment opportunities.

- In 1978, a new tube was constructed that connected the patient dormitories to the dining facilities.
- A legislative feasibility study was conducted for the need of major renovations and/or replacements of buildings in 1979. This study eventually led to the building of the Bagley Building.
- Also in 1979, SWSH received an award for its energy conservation efforts from the Governor.
- Dr. Brett coordinated the implementation of the first full project of pre-admission screening in the community.

In May 1980, Dr. Brett was named Deputy Commissioner for the Department of Mental Health, Mental Retardation, and Substance Services. From September 1981 until February 1983, he again served as the Executive Director for Mount Rogers Community Services Board. Since 1983, Dr. Brett has worked for several private hospitals in Central Virginia, Macon, Georgia, Indiana, and he currently resides with his wife in Pennsylvania.

**References:** *Smyth County News*, February 28, 1978; *Smyth County News*, March 7, 1978; *Smyth County News*, February 27, 1979; *Smyth County News*, March 29, 1979; *Smyth County News*, May 6, 1980; *Norma Phillippi*, *Mount Rogers CSB*.



**Area schools start back this month. Please drive carefully and watch for small children, especially getting on and off school buses.**

**Household hint:** To remove tar from your car's exterior, rub mayonnaise onto the tar, let sit for a few minutes, and then rub gently with a soft cloth.

# Admit You're Happy Month



Sometimes in our modern world of always wanting more and pushing ourselves to succeed, it is hard to take a look at

where we are now and simply admit we are happy. Happiness is something that everybody strives for and there seems to be as many ways to go about trying to catch this elusive creature as there are people trying to catch it.

Reader's Digest suggests that to be happy one can start by practicing mindfulness – living in the moment instead of worrying about the past or the future – and by being grateful for what one has. Some people may not realize they are happy because they

are too focused on what they are missing to acknowledge what great things they do have. Volunteering and taking care of one's spiritual life also made the list of happiness inducers, and both can help greatly with making one more thankful for the positive things he or she has.

Reader's Digest also suggests taking time to enjoy the smaller things in life including listening to music, planting a garden, taking a walk, and spending some time relaxing alone. These activities slow down the pace of life to a more manageable one in which we have time to enjoy life and see it more clearly, instead of rushing toward a goal at full speed without distraction. Reader's Digest also suggests ignoring the news and the stock market because these can be very discouraging

and it is just as important to keep the bad news out as to let the good news in to maintain happiness.

Friends, animals, and the positive feelings and laughter they can bring are also valuable for keeping a positive mood as is decluttering one's possessions, financial records, and mental state. Making lists and focusing on one thing at a time also keeps our brains organized and not overwhelmed.

[www.rd.com/health/20-simple-ways-to-get-happy](http://www.rd.com/health/20-simple-ways-to-get-happy)

~ Christina Quillen,  
Librarian

## From the Library



The following is a list of some of the newer books we have in the library:

"Out of Range," by C. J. Box

"Crisis," by Robin Cook

"Whispers at Midnight," by Karen Robards

"The Forbidden," by Beverly Lewis

"Hornet Flight," by Ken Follett

"Step on a Crack," by James Patterson

"Fireflies in December," by Jennifer Valent

"What Time is it? You Mean Now?" by Yogi Berra

"High Tide in Tucson," by Barbara Kingsolver

"Captain Trips: A Biography of Jerry Garcia," by Sandy Troy

"Rough Country," by John Sandford

"Up Close and Dangerous," by Linda Howard.

A huge thank you to all of the staff who have been so generous in donating these items, and more:

|                |                   |
|----------------|-------------------|
| Russ McGrady   | Karen Branson     |
| Lesu Cole      | Jan Barron        |
| Tina Goodman   | Kathy Moore       |
| Debbie Borders | Peggy Brooks      |
| Whittney Asher | Marsha Lawson     |
| Chris Carusi   | Sharon Winebarger |

And a special thank you for all of the anonymous cards, magazines, and books.

~ Christina Quillen,  
Librarian

"Summer afternoon -  
summer afternoon;  
to me those have always  
been the two most  
beautiful words in the  
English language."

-Henry James





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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

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|
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|   |   |   | M | A | N | A | G | E | R |   |   |   | M |   |   |   |     |
|   |   |   |   |   |   |   |   |   |   |   |   | E | N | I | A | P |     |
| W | O | M | A | N |   |   |   | H |   |   | A |   | M |   | U |   |     |
| A |   |   | Y | T | R | E | B | I | L |   | R |   | E |   | R |   |     |
| S |   |   |   |   |   |   |   | S |   |   | H |   | O |   | P |   |     |
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| G | C |   |   |   |   | G |   | T |   | E |   |   | P |   | E |   | N   |
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**Please submit articles for the next newsletter to Cheryl Veselik by August 22, 2011.**

**The next newsletter will be published September 1, 2011.**