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From The Director

Increasing Diabetes Awareness

This month, I want to introduce you to a special young woman, "C." She is a registered dietician who has been living with diabetes for a very long time. I have been getting to know her through a blog she writes titled, "C's Life With D." In fact her blog won a BBB Award this year, Best of the 'Betes Blog, for advocacy. You can find her at C'slifewithD.blogspot.com.

I began paying more attention to diabetes first when we began to plan menus for our Employee Recognition events. We want to always offer delicious, yet healthy options, with sugar substitutes when possible. Second, we know that many of the individuals we serve struggle not only with symptoms of mental illness, but also with symptoms of diabetes or metabolic syndrome. Educating ourselves not only will assist us in the support of individuals in their holistic recovery, but can help us to stay healthy too!

November is National Diabetes Awareness Month, and World Diabetes Day is Monday, November 14. As "C" reminds



On October 20 & 21, SWVMHI hosted three Central Office representatives, Dr. Maxcine Maxfield, Neila Gunter, and India Sue Ridout. On Friday, Oct. 21, they attended the meeting of the Southwest Virginia Board for Regional Planning. Pictured from left to right: Lisa Moore, Executive Director, Mt. Rogers Community Services and Chair of the SW Board; Maxcine Maxfield, Facility Operations Manager for Behavioral Health; Neila Gunter, Director of Human Resources Development & Management, DBHDS; and India Sue Ridout, Assistant Human Resources Director & Workforce Development Manager, DBHDS

me, this is the day everyone wears blue and joins together to unite for diabetes. If you are diabetic, you can also do the "Big Blue Test" (BigBlueTest.org). To help yourself and others, you test your sugar, get active ("even 14 minutes helps!") and then test your sugar again. For each person who shares their blood sugar readings between now and Nov. 14, a person with diabetes in need will get life-saving supplies. Now in its third year, Roche donated

75,000 in supplies last year. Thus far, Big Blue Test results have been entered by almost 400 people with a Median Blood Glucose change of 18 mg/dL during activity! You can also read participants experiences online.

November 14 is also the birthday of Dr. Frederick Banting, who, along with Charles Best, discovered insulin.

(continued on page two)

WHAT AM I?

If you drop me I'm sure to crack but give me a smile and I'll always smile back.

Answer on Page 15

From the Director, continued

“C” reminds me that without these two scientists, she would most likely be dead—and that is a very hard thing to contemplate. Learning more about her struggles has made me realize anew that Recovery isn’t about a magic cure, either for diabetes or for a serious mental illness. It’s about living a fulfilling life, to the best of your ability. It’s about never giving up, and remembering that after the rain will come the sunshine. It’s about surrounding yourself with loved ones (“C” loves her puppy and has many supportive friends) who will provide you with a recovery environment, even when you have lost your own ability to hope.

In this season of thankfulness, to paraphrase the theme for this month’s Employee Recognition event on November 17, all three shifts **“I Am Thankful 4”**: for all the staff in all the departments who bring their hearts and minds to work every day, the opportunity to be of service, and the individuals we serve for “keeping it real.” Sincerely,
Cynthia McClaskey, Ph.D.

For more information about living with diabetes, there are many resources online: diabetes.org, the American Diabetes Association has many useful tips and stories.



November 11, 2011, is Veterans Day. SWVMHI honors and thanks all those who served in the United State Armed Forces.

Turkey Trivia

Benjamin Franklin wanted the turkey to be the national bird of the United States. It was Thomas Jefferson who opposed him. It is believed that Franklin then named the male turnkey as “tom” to spite Jefferson.

National Alzheimer’s Disease Awareness Month

In 1982, President Ronald Reagan first signed a proclamation declaring the month of November as National Alzheimer’s Disease Awareness Month. Ironically, the late President eventually had Alzheimer’s disease himself, and his public disclosure about his condition ultimately shed light on the disease in a powerful way.

While the overall intent of the declaration has remained consistent -- raising awareness of the brain disorder -- the message, just like the incidence of the disease, has gotten wider over time. Today, the proclamation talks about both research and care, about both individuals with the disease and their families.

National Alzheimer’s Disease Awareness Month is an opportunity to pay tribute to the courageous individuals facing this disease and remember the precious lives lost due to Alzheimer’s disease. It is important to recognize, not only the individuals who

have the disease, but also the strong support and dedication of the families, medical professionals, scientific researchers, and caregivers. Both research and care are critical to improving quality of life, and both the individual with the disease and the family/caregivers are walking the journey together.

Alzheimer’s is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks. Early diagnosis is the key to slowing the progress of this disease.

To find a medical professional in your area who treats Alzheimer’s Disease, you can access a 24/7 helpline through the Alzheimer’s Association by calling 1-800-272-3900.

~ www.OurAlzheimer’s.com
www.alz.org

FACTS

- ♦ Alzheimer’s Disease is the most common type of dementia.
- ♦ One in eight older Americans has Alzheimer’s Disease.
- ♦ Alzheimer’s Disease is the fifth leading cause of death for those 65 and older.
- ♦ Eighty percent of care provided at home is delivered by family caregivers.
- ♦ The projected cost of care by the year 2050 is expected to be \$1.1 trillion.

~ www.alz.org

The Art of Giving Thanks

As we enter this month of Thanksgiving, it seems appropriate somehow to talk about one of the most basic behavioral manifestations of the SWVMHI Value of Honoring Day-to-Day Tasks. The Value of Honoring Day-to-Day Tasks refers to the little moment-to-moment things we do and encourages us to do each of those little things well.

Every world-class organization has a similar organizational value. This Value refers to those *moments of truth*, or the *teachable moment*, or where the *rubber meets the road*. At McDonald's Restaurants, employees are taught a very simple but effective way to acknowledge the communication of a fellow employee. That way is to answer simply, "Thank you!" Rather than shout, "Ok! I heard you!" or "No cheese on that—got it!" employees are taught to reply, "Thank you!" The effect of a simple heart-felt communication of thanks is one way McDonald's tries to make the atmosphere just a bit more pleasant for employees and customers alike.

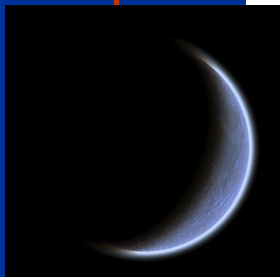


We can do the same here. We can acknowledge an email with a "Thanks!" We can conclude many of our communications, verbal and written, with a "Thanks!" By so doing, we are exhibiting the Value of Honoring Day-to-Day tasks, and making the lives of those around us, just a little more pleasant.

By the way, thanks for reading this!

~ James Moon, Ph.D.
Psychology Supervisor

November Lunar Phases



November 2

First Quarter Moon

November 10

Full Moon (also called "Beaver Moon" by Native Americans of New England and the Great Lakes because at this time of year, those little beavers are industriously preparing for winter.)

November 18

Last Quarter Moon

November 25

New Moon



DID YOU KNOW?

A full-grown turkey has over 3,000 feathers.

Great American Smoke Out



November 17, 2011

ELECTION DAY IS NOVEMBER 8, 2011
DON'T FORGET TO VOTE!



Suicide Risk Factors

A recent article in the journal "Cognitive and Behavioral Practice" describes differences in suicide risk factors among people of different ages, as well as different strategies that can be helpful in reducing suicide risk.

We know that hopelessness and lack of social connections are risk factors for suicide for any age. The years of adolescence/young adulthood are a time for developing friendships and meaningful social connections. If connections are not easily made, or are disrupted for any reason, the young person may become hopeless and believe that nothing will ever change and important social relationships will never be made. The authors of this study suggest concrete ways to offer young adults hope, such as a "hope kit" or "coping cards" due to the often concrete nature of thinking at this age.

During middle age, it is important for the individual to maintain connectedness with others and to achieve in a vocational sense. Disruptions in these processes, such as through divorce, separation, or job loss, can result in hopelessness. Cognitive behavior therapy is recommended for suicidal and hopeless adults. For older adults, stress and hopelessness can rise due to concerns about health, the illness and loss of loved ones, or changes in living or financial circumstances. For these individuals, cognitive therapy may continue to be recommended along with wrap-around care and the opportunity to increase and make new social connections.

It is important to consider the tasks of the different life stages and how there may be different challenges for the individuals we serve, which may result in

hopelessness and increased risk of suicide. If we are aware of the most likely challenges of the different age groups, appropriate treatments and supports can be offered. And active listening /motivational interviewing techniques will also be useful in understanding the origin of the individual's hopelessness.

Daniel, S.S., & Goldston, D.B. (2011) Hopelessness and lack of connectedness to others as risk factors for suicidal behavior across the lifespan: Implications for cognitive-behavioral treatment. *Cognitive and Behavioral Practice*. Advance online publication. Doi:10.1016/j.cbpra.2011.05.003.

What lies behind us and what lies before us are tiny matters compared to what lies within us.

~ Ralph Waldo Emerson

Upcoming Special Gym/ Gameroom Activities

- Veterans Celebration -- November 15, 1330
- Thanksgiving Celebration - November 22, 1830 - 2000

Thanksgiving

NURSING FORUMS

Wednesday, November 9, 2011

A/B Classroom

1315, 2115, and 2330



Chaplain's Corner

As we approach the holiday seasons of Thanksgiving and Christmas, it is a time to celebrate the high holy days of our American culture. We decorate our homes, travel to visit family, and dine on delicious traditional foods that make the festivities complete. This can be a time of spiritual enrichment as we recall the things that make our lives worthwhile and bring us fulfillment.

During this time of year we appreciate the colors of autumn, feel the chilling reminders of the change of seasons, and often marvel at the natural **beauty** of everything around us. A well known hymn of the season reminds us,

“For the **beauty** of the earth,
For the **beauty** of the skies,
For the love which from our birth,
over and around us lies.
Lord of all to thee we raise,



This our hymn of grateful
praise.” (F.S. Pierpoint, 1864)

This is an excellent time of year to appreciate the **beauty** of our good earth. We can also reflect on the value of many things we are grateful for. This simple exercise of thankfulness helps us to keep life in perspective by reminding us of what is going right in our world. Surrounding our-

selves in nature invites us to slow down, turn inward, pause for reflection, and be at peace.

While the weather permits, you may enjoy a walk outdoors. Hear the crunch of the leaves, witness the flight of birds, and

let the changing of the seasons enrich your soul. Whatever you choose to do that enriches your life this time of year, may you (in the words of the Navajo blessing) “Walk in **Beauty**.”

~ Rev. Dr. Timothy Graham,
Chaplain

Whenever an employee is planning an in-state business-related trip of any kind, the following three forms must be completed and submitted in advance (out of state travel requires different forms):

1. Travel Request Form (705-07-015, Rev. 3/11)
2. Request For Use of Motor Vehicle (705-29-006, Rev 1/11) -- even if you choose to drive your personal vehicle or a state vehicle is not available, this form must still be completed.
3. Cost Comparison Calculator (Rev. Jan/2011) -- this form is used when you take your personal vehicle, regardless of whether a state car was not available or you chose to use your own vehicle.

These forms are all found in the Intranet under Forms and Travel folders, and must be completed and submitted to your Department Head/Executive Team Member as far in advance of the travel as possible, or at least ten days in advance. All necessary attachments, such as conference brochures, must also be attached, and the form must be approved by the Assistant Director, Administrative as well as the Facility Director.

Questions regarding these forms and other travel-related questions should be directed to the Fiscal Office by calling Extension 205.



~ Missy Allison Wiles
Accounts Payable Coordinator

Word Search



How many of the underlined words can you find related to the November holiday of Thanksgiving?

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

Thanksgiving is celebrated on the fourth Thursday in November in the United States. The Plymouth Pilgrims were the first to celebrate Thanksgiving and the first Thanksgiving celebration, which lasted three days, occurred in the fall of 1621. The Pilgrim leader, Governor William Bradford, organized the first feast, and invited the neighboring Wampanoag Indians. President George Washington issued the first national Thanksgiving Day Proclamation in 1789. In 1817, the state of New York officially made Thanksgiving Day an annual custom. President Abraham Lincoln officially declared the last Thursday of November as the national day for Thanksgiving, and Congress declared that Thanksgiving would be observed as legal holiday annually.

Thanksgiving Trivia: The annual Macy's Thanksgiving Day Parade tradition began in the 1920's.

Central Rehab News -- October Review



Things slowed down to a moderate pace in October following our extra busy month in September. However, we are still busy getting ready for the upcoming holiday season, including Thanksgiving and Operation Santa Claus. The Patient Activity Council (PAC) and Rehab Activity Committee (RAC) have a lot of planned events for November and December, and it is going to be a really exciting and fun time.

"Korny Day" was held on October 13, 2011. Sue Saltz, the PAC, and RAC put together a fun party with a maze and a

cake decorated to look like candy corn. There was also a "decorate your pumpkin" activity, as well as the "All Ghouls Party," complete with good food, a costume contest, dancing, and games. Everyone had a good time.

Our very own Lori King had some major changes recently. She is not only our new Educational Rehabilitation Coordinator, but she is also now Mrs. McClellan -- Congratulations Lori!

Our Leadership Empowerment Advocacy Program (LEAP) participants graduated on October 28, 2011, with a celebration at Hungry Mother Park. Each individual received a certificate and heard guest speaker Moe Armstrong, a celebrated NAMI officer, mental health consumer, and advocate for Veterans Affairs.

Our local Consumer Empowerment Recovery Council (CERC) has announced its new officers, who are look-

ing forward to good things happening in the next year. The CERC is very important to the individuals we serve, as they help facility changes, and are also responsible for letting the facility know about what is going on in the local communities, as well as on the state and national levels of government as it pertains to mental health, the individuals we serve, and their family members. CERC representatives also go to the Regional CERC meetings each month at Hungry Mother Park where they take part in committees such as education, budget and finance, nominations, and legislation, and make decisions about such things as special training, telephone and letter writing campaigns to legislators. They advocate for the rights of all consumers in southwest Virginia. They do an excellent job and we appreciate all they do.

~ Sue Eller
Peer Support Specialist



All staff are reminded that the CAI on Corporate Compliance must be completed between November 1 and November 30, 2011.

Daylight Savings Time is Ending



Daylight Savings Time ends on Sunday, November 6, 2011, at 0200. Remember to set your clock **BACK** one hour before you go to bed.

For staff who are working third shift on Saturday going into Sunday, please remember to use the same time clock so you can be properly credited for the extra hour of time you work.

The Joint Commission Hospital Breakfast Briefings

The 2011 Joint Commission Hospital Breakfast Briefings will be held once again this year, beginning on Thursday, September 8, 2011. The weekly series is a great opportunity to learn about The Joint Commission Standards, including a complete overview of the standards by chapter. This year's series will focus on updates and revisions for 2012, National Patient Safety Goals, best practices and strategies for meeting the most challenging standards, and more.

Each weekly session will be in the **A/B Classroom** on Thursdays from 1000 to 1115, and will cover the following topics:

<u>Dates</u>	<u>Standard</u>
September 8	Environment of Care; Life Safety
September 15	Human Resources; Nursing
September 22	Infection Prevention and Control
September 29	Management of Information; Record of Care
October 6	Provision of Care
October 13	Medication Management
October 20	Emergency Management
October 27	Medical Staff
November 3	Rights and Responsibilities; Transplant Safety; Waived Testing
November 10	Leadership; Performance Management



Miss a session: No problem! Each briefing will be replayed on the Tuesday following the original web conference from 1400 - 1515 in the A/B Classroom.

So mark your calendars, and plan to join us each Thursday as we focus on survey readiness.

November is National Adoption Month

November is National Adoption Month, and November 19, 2011, has been set aside as National Adoption Day. Since 2000, over 4,800 adoptions have been finalized in all 50 states, the District of Columbia, Guam, and Puerto Rico on National Adoption Day.



The goals of National Adoption Month/Day include:

- ♦ Finalization of adoptions from foster care nationwide.
- ♦ Celebrate and honor ALL families who adopt.
- ♦ Raise awareness about more than 107,000 children in foster care waiting for adoption.
- ♦ Encourage others to adopt.
- ♦ Build collaboration among local adoption agencies, courts, and advocacy organizations.
- ♦ Communicate availability and need for post-adoptive services.

Following are some myths and facts about adoption:

Myth: There are not enough loving families available who want to adopt children from foster care.

Fact: Research indicates that there are many families that are interested in foster care adoption but that more needs to be done to find ways to connect these families with waiting children. A national survey conducted in 2007 revealed that 48 million Americans have considered adoption from foster care.

Myth: Adoptive parents must be a modern version of Ozzie and Harriet.

Fact: Prospective adoptive parents do not have to be rich, married, own a home, or be of a certain race or age to become an adoptive parent. In fact, families are as diverse as the children who are available for adoption through foster care or through private adoption agencies, both domestically and internationally. Patience, a good sense of humor, a love of children, and the commitment to be a good parent are the most important characteristics.

Myth: It's too difficult to find information on how to adopt.

Fact: There are resources available to help potential parents take the first step towards adoption. A simple Google search will overwhelm you with choices. However, several resources that can help you choose the right type of adoption and get you started are www.nationaladoptionday.org, www.adopt.org, or www.adoption.com.



PERSONNEL CHANGES

New Employees

Ellen Boothe, Psychiatric Aide	Sep 10
Shelia Pulliam, Psychiatric Aide	Sep 10
Paulette Turpin, Psychiatric Aide	Sep 10
Megan Sneed, Storekeeper	Sep 10
Cynthia "Renee" White, P14 Registered Nurse Clinician A	Sep 12
Laura Repass, P14 Psychiatric Aide	Sep 12
Traci Carroll, P14 MOD	Sep 22

MONTHLY PATIENT CENSUS

September
2011

Admissions 51

Discharges 48

Passes 13

Average Daily
Census

148

Separations

Brittney Armbrister, Registered Nurse	Sep 7
Mary Beach, Psychiatric Aide	Sep 13
Adam Butler, Storekeeper	Sep 17
Jasmine Dent, Psychiatric Aide	Sep 28

Promotions/Role Changes

Kristy Gregory, P14 to full-time cashier	Sep 10
Sue Eller, P14 to full-time Peer Support Specialist	Sep 10
Kimberlee Hubbard, Office Services Assistant to Human Resources Assistant	Sep 25



Meals in Minutes -- Baked Zucchini with Parmesan

This is a tasty, easy side dish, that would go great along side your Thanksgiving Day turkey.

Ingredients:

- ♦ 4 small zucchini, washed and halved lengthwise
- ♦ 1 tbsp olive oil
- ♦ Salt and freshly ground black pepper
- ♦ 1/3 cup freshly grated Parmesan cheese
- ♦ 2 garlic cloves, minced



Directions:

1. Preheat the oven to 400°F (200°C). Arrange the zucchini, cut sides up, in an ovenproof dish large enough to hold them in a single layer. Lightly brush with the

olive oil. Season with the salt and pepper. Mix the Parmesan and garlic together, then sprinkle over the zucchini.

2. Bake for about 15 minutes, or until the zucchini are tender and the cheese is browned.

Notes:

Prepare ahead: Step 1 can be prepared several hours in advance.

~ <http://recipes.aarp.org/recipes/baked-zucchini-with-parmesan>

Recovery Quilt

The recovery quilt (shown on the right) was designed and sewn by members of various therapeutic groups at SWVMHI. Each square in this quilt is recovery oriented, with themes such as “what recovery means to me,” or “things that help me in my recovery.”

The purpose of creating recovery quilt squares was to allow the group members to visually represent their unique recovery experience. Each person chose a theme, designed the layout, selected fabric, cut, and sewed their own square. The individual squares were then pieced together to create a comprehensive recovery quilt. The quilt can now be used as a tool to educate the community about recovery and to increase awareness about mental illness.

In the future we hope to display the quilt in the facility for everyone to see.

~ Nazrin D. Roberson, MS, AT,
Recreation Therapist



Farewell from Jerry Street

As most you probably know by now, October 28, 2011, was my last day serving as liaison. I just wanted to let everyone know that I appreciate the work here that you guys do on a daily basis. It has made my job a lot easier. We both have difficult jobs and each day seems to present itself with a different, more difficult problem to solve. Together, it seems that we always get it solved.

I have a lot of respect for the Social Work staff in particular. Having been one here myself I fully know what a grind it is each day. All I can say is

that all of you have been great and I consider each of you friends whether I have known you for years or just a few months.

I also want to thank all the doctors, psychologists, nurses, and aids. All of you have helped me in some way or another over the years. Even the receptionists and security guards up front seem to always make things a little better as soon as you walk through the door.

Also thanks to Robyn Anderson, Russ McGrady, Cynthia McClaskey, Debbie Boelte, and

Mike Jones. You guys were always there for me if I had questions or concerns.

I will miss everyone and I wish everyone the best for the future.

Thanks

~ Jerry Street, Liaison
Highlands CSB

DBHDS Email Guidance

Avoiding Email Trouble

Double-check – Read the email and spell check it before you send.

Keep the content professional and appropriate – Do not forward chain letters or emails containing political, libelous, defamatory, or offensive remarks from your state email account. It's also a good idea to be careful with your use of humor and sarcasm. Be very careful about including your personal opinions in emails; it might be better to stick to the facts.

Assume the Internet is not secure – Do not use email to discuss confidential information.

Protecting privacy – Our work at DBHDS often involves transmitting sensitive or protected health information that is excluded

from FOIA. At minimum, we ensure we comply with HIPAA. We can also make sure the sensitive information we need to do our business is not where others can easily see it. For example, please do not write or forward an email with someone's full name in the subject line.

“Reply to all” – Is often unnecessary and can be problematic.

Message Threads – Be very careful when forwarding messages that include long discussions – you might be sending information you shouldn't send. When the message threads aren't necessary, it might be a good habit to simply start a new message or only include the parts of the thread needed to understand the situation. This will also avoid repeating information again and again and will reduce the size of the email you are sending.

Once it's out of your hands it's out of your control – Always remember anything you send can be forwarded by recipients...intentionally or unintentionally.

Complete the “TO” Line LAST – This tip will help safeguard you from sending unintended information to the wrong person.

When in doubt...don't! – If you're unsure whether or not to send a particular email, then don't send it. Once you push the send button, it's usually irrevocable; the recall feature doesn't always work.

General Rule of Thumb – Think before you send.

~ Communications Workgroup

No More Excuses -- You Need a Flu Vaccine!

“The flu isn’t so bad...right?” Wrong.

The flu (influenza) is a contagious disease which affects the lungs and can lead to serious illness, including pneumonia. While pregnant women, young children, older people, and people with certain chronic medical conditions like asthma, diabetes, and heart disease are at increased risk of serious flu-related complications, even healthy people can get sick enough to miss work or school for a significant amount of time or even be hospitalized.

“I’m healthy. I don’t need a flu vaccine.”

Anyone can become sick with the flu and experience serious complications. Older people, young children, pregnant women, and people with medical conditions like asthma, diabetes, heart disease, or kidney disease are at especially high risk from the flu, but kids, teens, and adults who are active and healthy also can get the flu and become very ill from it. Flu viruses are unpredictable, and every season puts you at risk. Besides, you might be around someone who’s at high risk from the flu...a baby...your grandparents, your patients, or even a friend. You don’t want to be the one spreading flu, do you??

“But what if the flu vaccine makes me sick? I can’t risk missing work or school.”

The flu vaccine cannot give you the flu. The most common side effects from a flu shot are a sore arm and maybe a low fever or achiness. If you do experience them at all, these side effects are mild and short-lived. And that’s much better than getting sick and missing several days of school or

work or possibly getting a very severe illness and needing to go to the hospital.

“Wait a minute I got a flu vaccine once and still got sick.” Even if you got a flu vaccine, there are still reasons why you might have felt flu-like symptoms:

- ◆ You may have been exposed to a non-flu virus before or after you got vaccinated. The flu vaccine can only prevent illnesses caused by flu viruses. It cannot protect against non-flu viruses.
- ◆ Or you might have been exposed to flu after you got vaccinated but before the vaccine took effect. It takes about two weeks after you receive the vaccine for your body to build protection against the flu.
- ◆ Or you may have been exposed to an influenza virus that was very different from the viruses included in that year’s vaccine. The flu vaccine protects against the three influenza viruses that research indicates will cause the most disease during the upcoming season, but there can be other flu viruses circulating.

“I got a flu vaccine last year so I don’t need another one.” Your body’s level of immunity from a vaccine received last season is expected to have declined. You may not have enough immunity to be protected from getting sick this season. You should get vaccinated again to protect yourself against the three viruses that research suggests are likely to circulate again this season.

“I don’t trust that the vaccine is safe.”

Flu vaccines have been given for more than 50 years and they have a very good safety track record. Flu vaccines are made the same way each year and their safety is closely monitored by the Centers for Disease Control and Prevention and the Food and Drug Administration. Hundreds of millions of flu vaccines have been given safely.

“I’ll get vaccinated only if my family and friends get sick with flu.”

If you wait until people around you get sick from flu, it will probably be too late to protect yourself. It takes about two weeks for the flu vaccine to provide full protection, so the sooner you get vaccinated, the more likely it is that you will be fully protected once the flu begins to circulate in your community. Flu vaccines are easy to find. They are offered in various locations like your doctor’s office, chain pharmacies, grocery stores, and health clinics.

INFLUENZA VACCINES available free of charge on Ward K for all employees or you may contact Cindy Jones for appointment.

November Days to Celebrate

“Off the cuff” November holidays to celebrate:

- November 2**
Cookie Monster Day
- November 4-6**
Pumpkin Chunkin Day
- November 5**
Sadie Hawkins Day
- November 12**
Domino Day



- November 13**
International Tongue Twister Day
- November 17**
Homemade Bread Day
- November 18**
Mickey Mouse Day
- November 20**
Name your PC Day
- November 21**
World Hello Day
- November 27**
National Day of Listening



Child Safety and Protection Month

Did you know that November is Child Safety and Protection Month? Parents should update their child safety protection plans annually. As children grow and change they require different levels of protections. Child Safety and Protection Month give us a reminder to check out everything from our homes, to the sports gear our children use, to cyber safety education. With children, you never want to leave anything to chance.

Make sure you use a car seat, booster seat, or seat belt as age appropriate. It's not just the law -- using these protection devices helps to save lives.

Make it a point to talk to your child regularly and get to know his or her friends. If you don't know them, take the kids out for pizza or a movie so you can meet them. They'll love the treat and you might have a good time too.

With over 600,000 registered sex offenders in the United States and more and more children being abducted every day, a parent has to be on their toes. Know who lives in your neighborhood. Virginia has a child predator sex offender registry that is online. You can search this at The Virginia State Police website, <http://sex-offender.vsp.virginia.gov/sor/>. Remember, though, that not every person who is a risk to children is on this Registry. You will still need to take reasonable precautions regarding your child's safety. Teach your children

about home safety. There are [free printables](#) online for almost every safety subject.

When your children are playing sports, there are many different injuries that can happen. Make sure that your child is playing age appropriate sport with all the protective gear that is available for their sport. When your child starts to play organized team sports, you should ask a few questions before allowing your child to participate. Make sure that your child is playing with children that are at his or her skill and weight level. Check to see if there is a person certified in CPR in attendance during all games and practices.

One of the most dangerous places a child can be in is in a parking lot. One thing that is important is to stress to your children the danger of cars and the fact that "they can hurt you."

The Internet is a vast and growing network of people and information. With millions of individuals all over the world logging in on a daily basis, this complex community hosts sites of all kind with true and false information on a vast amount of subjects. The sites children or teens frequent should be constantly monitored. Computers should be moved to public areas of the home, and there should be a limit on the amount of time spent on the Internet. The more children and teens know about the dangers of the Internet, the better.

Teen Dating Violence

There are some warning signs that a relationship may be dangerous. If the partner has one or more of the following behaviors, seek help:

- ◆ A history of discipline problems or violent behavior
- ◆ Blaming others for their problems
- ◆ Serious substance abuse issues
- ◆ Isolating the partner from friends, family
- ◆ Threatening or intimidating others
- ◆ Insulting the partner
- ◆ Controlling what the partner wears, who they talk to, what they do

Trying to keep your child safe is a challenge in itself. Taking all the protective measures that you can will greatly reduce your child's chances of getting a serious injury or dangerous situation. It could be the difference between life and death.

~ The Safety Committee

Human Resources Reminder

EWPs are due to the Human Resources Office by close of business on November 25, 2011. Supervisors, be sure to include all essential elements and requirements. Questions should be directed to Kim Sayers at Extension 148.

History From The Hill - Leo E. Kirven, Jr., M.D., Acting Director

Dr. Kirven served as Acting Director of Southwestern Virginia Mental Health Institute for two years.

Leo Kirven, Jr. was born on July 18, 1923, in Pinewood, South Carolina. Dr. Kirven was a pilot in the Army Air Corps during World War II, serving in the European theater of operations.

Following his discharge from the Army, Dr. Kirven graduated from Clemson University, and then the Medical College of South Carolina. After completing his residency in Psychiatry, Dr. Kirven served for many years as the Director of Central State Hospital in Petersburg, Virginia, and was later named Commissioner of the Virginia Department of Mental Health, Mental Retardation, and Substance Abuse Services. Dr. Kirven served as Commissioner for the Department from 1976 through 1981. He also served as staff Psychiatrist at SWVMHI for several months in the early 1980's when we had no full-time Psychiatrist on our medical staff. Dr.



Kirven came back to SWVMHI again to serve as Acting Medical Director following the unexpected death of the Medical Director at the time and stayed on to serve as Acting Facility Director from 1990 to 1992.

Following his retirement from state service, Dr. Kirven served as a Hospital Surveyor for The Joint Commission, a position he held until he retired for medical

reasons in October, 2008. He died on May 25, 2009, in Lakeland, Florida, following a brief illness. He visited SWVMHI again during his role as a Joint Commission Surveyor.

Dr. Kirven was a strong advocate for active patient care and was frequently found in the dayroom with patients or talking with direct care staff about their interactions and perspectives rather than being in his office. He had an edge that quickly cut to the heart of issues, especially with hidden agendas or when he thought people were not being straight with him. He had a reputation for being direct while compassionate with those for whom he cared. He had an impact on all who had the pleasure to know and work with him.

References: *Richmond Times Dispatch, Richmond, Virginia; The Progress-Index; Petersburg, Virginia; SWVMHI "A View From The Hill," July 1, 2009.*

Recovery Heroes

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

Our October Recovery Hero has always worked in factories prior to his employment with SWVMHI on February 10, 2010. But you wouldn't know that to meet him now, because Michael Townley seems to have taken to his new role as a psychiatric aide like a fish takes to water.

Jean Powers, SNC on night shift, says that she has been with Mike on several occasions when an individual has been agitated and she says each time that Mike would talk to the individual and deescalate the situation with no restraints being used. Jean says, "Mike has an ability to connect to the patients and they listen to



him. He is calm and soft spoken." TOVA teaches us the helping relationship and working alliance are formed when the individual respects, likes, and trusts us and believes we are committed to his or her welfare, and genuinely understand and respect him or her. By implementing what he has learned in TOVA, Mike has gained the trust and respect of the individuals we serve, and this partnership has enabled us to use the least restrictive means necessary when working with agitated individuals.

him. He is calm and soft spoken."

TOVA teaches us the helping relationship and working alliance are formed when the individual respects, likes, and trusts us and believes we are

Mike is currently working on Acute Admissions, Ward C/D night shift and each time that you see him, he always has a big smile on his face and greets everyone like they are a long, lost friend. In fact, Mike does so well communicating with the individuals we serve and our staff that he became a trained preceptor for new hires in May of this year.

Thanks, Mike, for joining the team at SWVMHI. We are very lucky to have employees like you. If you see Mike, be sure to congratulate him on a job well done and for being our October Recovery Hero.

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

From the Library

October was National Book Month

Have you ever wished you could instantly go to another place? Travel from the comfort of your recliner to an exotic land without having to hop a flight? Maybe, you've wished you could travel to outer space or live someone else's life just for a little while. With a good book and a good imagination, one can experience whole new worlds without leaving home and with the help of the library, it doesn't even cost anything.

This month is National Book Month, a month set aside to celebrate books and encourage reading. There are many ways a person can celebrate this month and get involved in reading. Maybe there is a book you've been hearing about and want to try. This might be just the excuse you need to go borrow or buy it or gift a great read to someone else. We might even have it here at our library in our fiction collection. Our generous staff members donate many excellent books to help keep our library at its best for the individuals we serve and for each other. Reading together is also a fun way to get everyone in-



involved. Sharing a book as a family, with friends, or with a book club is a great way to get a lot out of a great book. Sharing a great book gets people interested in reading and that opens doors to both imaginary worlds and information.

The following is a list of some of the newer books we have in the library and another huge thank you to all of the staff who have been so generous with such great donations:

- ♦ *What Matters Most* by Luanne Rice
- ♦ *Simple Genius* by David Baldacci
- ♦ *Not My Daughter* by Barbara Delinsky
- ♦ *A Bravo Christmas Reunion* by Christine Rimmer
- ♦ *Look Again* by Lisa Scottoline
- ♦ *I, Alex Cross* by James Patterson

- ♦ *Angel Song* by Sheila Walsh
- ♦ *Broken Angels* by Richard K. Morgan
- ♦ *Pandora's Daughter* by Iris Johansen
- ♦ *Jerusalem's Heart* by Bodie Thoene
- ♦ *Capital Crimes* by Jonathan and Faye Kellerman

The library would like to thank the following people for donating items:

- ♦ Sharon Winebarger
- ♦ Sue Eller
- ♦ Christy Hall
- ♦ Lori King
- ♦ Mary Henry
- ♦ Kathy Moore
- ♦ Robin Heldreth
- ♦ Angela Berry
- ♦ Dolores Boehm

We are also very thankful for the many cards, magazines, and books from anonymous donors as well.

~ Christina Quillen
Librarian

ANSWER TO WHAT AM I? A mirror

Employee Recognition Event -- What are you Thankful 4?

The next Employee Recognition Event has been scheduled for Thursday, November 17, 2011, in the gym. Day shift will be held from 1000 - 1230, second shift from 1800 - 1930, and third shift from 2330 - 0100.

The theme for November will be "Celebrating The Holidays -- What Are You Thankful 4?" Staff from across the facility will be invited to write what they are thankful four on a large poster that will be on display. Be on the lookout



for this the display so you can participate.

In addition to service awards and recognition awards, we will also have fun activities available such as Pumpkin Bowling, a Bake Sale

with ALL proceeds going to Operation Santa Claus, and drawings on each shift for homemade cakes. You have to attend to enter your name into the drawing, but you do not have to be present to win.

Please join us on November 17, 2011, to celebrate each other and the Thanksgiving Season, and don't forget to bring some money for your purchases at the bake sale in support of the individuals we serve to help make their Christmas just a little bit brighter.



**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	V	E	M	B	E	R					H		
					D	E	V	R	E	S	B	O			O		
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Please submit articles for the next newsletter to Cheryl Veselik by November 18, 2011.

The next newsletter will be published December 1, 2011.