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## From The Director

### Setting Optimistic Goals for 2012

*"An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves."* ~ Bill Vaughn

There is nothing magical about a new year, but for many of us it is a time of reflection. As we turn the calendar page, we also consider the past year's accomplishments and contemplate opportunities upcoming. The new year doesn't clear the slate or change our mental outlook, but each of us has within us the power to have the best 2012 we can imagine.

At SWVMHI, we have achieved many positive accomplishments in 2011 including our survey results: Joint Commission, Medicaid, and many other departmental surveys or audits; our first Annual Consultative Audit, and the many positive efforts that have resulted in the reduction of seclusion and restraint in 2011.

And so we now set our sights on positive and optimistic

goals for 2012. We plan to finish our physical plant projects and our space moves, organize a more welcoming Admissions Suite, and other goals that will assist us in becoming the best, most highly performing organization we can become, including fully incorporating Recovery and what it means to be a Trauma Informed organization into our practices.

We will stay focused on our Mission, "We promote mental health in southwest Virginia by assisting people in their recovery" by using our facility Values of Communication \* Honesty with compassion \* Trust \* Teamwork \* Self-initiative \* Leadership \* and Honoring day-to-day tasks to fulfill our Vision, "SWVMHI, in collaboration with Community Service Boards, will always be the region's center of excellence in the treatment of serious mental illness."

Happy New Year to Your and Yours!

~ Cynthia McClaskey

*"Another fresh new year is here . . .  
Another year to live!  
To banish worry, doubt,  
and fear,  
To love and laugh and give!*

*This bright new year is given me  
To live each day with zest...  
To daily grow and try to be  
My highest and my best!*

*I have the opportunity  
Once more to right some wrongs,  
To pray for peace, to plant a tree,  
And sing more joyful songs!"*

~ William Arthur Ward

**DID YOU KNOW?**  
The first college bowl game ever was played in Pasadena, California in 1902. In 1917, the name of the bowl game was changed to the Rose Bowl.



# Impact of Motivational Interviewing

As I delivered a note to one of the Security Officers today, to remind him to have the A/B classroom door unlocked tonight for the third installment of Motivational Interviewing (MI) Level I training, he asked what I was teaching. I told him I was teaching the MI training and how well the staff seem to be receiving the training and how much fun it is. I also remarked that many staff really grasped the concepts and did well with them.

He went on to indicate that there are some individuals who are very difficult to manage when they are upset and staff are now better able to interact with them and de-escalate the situation. He went on to emphasize his observations that seem to be a direct result of MI training efforts. Wow!

This little interaction really had a positive impact on me, and I wanted to share it with you.

Much to my pleasant surprise, the Officer said, "And it is showing on the wards. There is much less S&R."

~ James R. Moon, Ph.D., MBA  
Psychology Supervisor

*Consult not your fears  
but your hopes and  
dreams. Think not  
about your frustra-  
tions, but about your  
unfulfilled potential.  
Concern yourself not  
with what you tried  
and failed in, but with  
what is still possible for  
you to do.*

~ Pope John XXIII



**DID YOU KNOW?** Laughter may be heart-healthy! Scientists have found that watching a humorous movie for even 15 minutes can help to increase blood flow. So rent a funny film, joke around with family and friends, and switch from a drama or the news to a sitcom. Do your heart good!

## Recovery Heroes

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

We have a lot of Recovery Heroes this month -- the entire day and evening shift staff of Ward E/F. In her nomination, Cindy Jones wrote:



The staff of Ward E/F participated in the start-up of a new Infection Prevention and Control Process of MRSA Surveillance Culturing of individuals we serve, including new admissions. It involved nasal cultures of all individuals on the unit within a 48 hour period and additional paperwork for all. After the results were returned, the protocol was that those with positive results would have to have daily baths for five days. This resulted in an increase of 11 baths

on a daily basis for five days. Since bath time can be upsetting for individuals, the manner in which the E/F staff implemented this requirement helped to further our recovery goals with a minimum of trauma or upset.

In the beginning, we were only asking that the special baths were to be given during (less frequent) regular bath times due to the increased workload, but the staff used

their self-initiative and gave the special baths daily for five days. This increased their work load tremendously but using a great teamwork approach and honoring day-to-day tasks, they met this challenge with flying colors. In doing this, they increased the individual's likelihood of the decolonization.

The teamwork shown by Ward E/F staff has definitely made a difference in the provision of care for those we serve. Please be sure to congratulate this group of heroes when you see them. We appreciate all that you do for the individuals we serve.

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

# DBHDS Email Guidance

## Email Etiquette

- ♦ **Be brief** – Emails are meant to be short.
- ♦ **Be mindful of your tone** – Unlike face-to-face meetings or phone calls, those who read your email messages don't have the benefit of your pitch, tone, inflection, or other non-verbal cues. If something gets "lost in translation," you risk offending the other party. Also, don't assume that using a smiley will diffuse a difficult message. 😊



- ♦ **Do not overuse the high priority option.**

- ♦ **Use cc: Field Sparingly** – Try not to use the cc: field unless the recipient in the cc: field knows why they are receiving a copy of the message.
- ♦ **Receipts** – In most cases, please do not request delivery and read receipts.
- ♦ **"Shouting"** – Do not type in ALL CAPS or in larger than usual letters.

~ Communications Workgroup



# Happy New Year!

## Special Gym/Gameroom Activities



### Movie Nights

- January 17, 1800 - 2000
- January 18, 1800 - 2000

### January Birthdays

- January 30, 1800 - 2000



### Bingo Night

- January 25, 1800 - 2000



### Church Services

Church Services are held each Thursday from 1800 - 2000 in the Auditorium



### Karaoke Time: Celebrating Elvis Songs

- January 26, 1330 - 1500

## Cervical Health Awareness Month

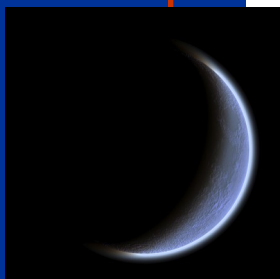
Approximately 11,000 American women will learn they have cervical cancer this year, and nearly 4,000 will die from an advanced form of the disease. This January, during Cervical Health Awareness Month, the National Cervical Cancer Coalition (NCCC) is focused on educating women about the importance of the Pap test as a screening tool for cervical cancer/HPV and about vaccines that can further reduce the burden of this devastating disease.

While routine administration of Pap tests is the best means of detecting cervical cancer at an early stage, vaccines have the potential to protect women from the disease, by targeting cancer-causing types of the human papillomavirus (HPV). HPV, a virus transmitted through sexual con-

tact, is the single known cause of cervical cancer. Two forms of the virus, HPV 16 and HPV 18, account for more than 70 percent of all cervical cancer cases. Some medical experts believe that through a successful education, screening and vaccination program for women, we will have the potential to nearly eliminate cervical cancer in the U.S.

The National Cervical Cancer Coalition (NCCC), founded in 1996, is a grassroots nonprofit organization serving women with, or at risk for, cervical cancer and HPV. The NCCC supports the nation's first Cervical Cancer Hotline for women and family members who are battling issues re-

lated to cervical cancer. In addition, it promotes patient interaction and support through its Phone Pals and E-Pals Programs, which match cervical cancer survivors with other women who are now living with or have experienced similar circumstances. The NCCC raises awareness nationally through a variety of initiatives, including the Cervical Cancer Quilts Project, a traveling exhibit that puts a personal face on the battle against cervical cancer, as well as our Cervical Cancer conference, which allows women, caregivers and family members to come together yearly to learn about the advancements of HPV and cervical cancer. To learn more about the NCCC, visit <http://www.nccc-online.org>.



### January Lunar Phases

**January 1**

First Quarter Moon

**January 9**

Full Moon (also called "Wolf Moon" by Native Americans of New England and the Great Lakes because at this time of the year, the wolves howl in hunger.)

**January 16**

Last Quarter Moon

**January 23**

New Moon

**January 30**

First Quarter Moon

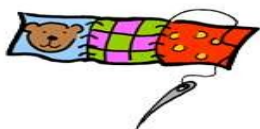


### Did you know?

The first New Year's Eve ball drop occurred on Times Square in 1907.

## Recovery Quilt Home Again

Update from the Virginia Psychiatric Rehabilitation Association (VAPRA) conference: The recovery quilt was a huge success at the VAPRA conference. The quilt was displayed, along with the photo voice projects, in the main event hall at the conference. The recovery quilt served as a backdrop to several exciting events at the conference including a talent show, concert, and main banquet. We received a flood of positive feedback from the mental health consumers and service providers attending the event. The recovery quilt and photo voice projects were a great inspiration to the various clubhouse members in attendance at the conference, with several people stating that they would like to do similar projects at their facilities. The theme for the VAPRA conference was "Recovery...From Dreams to Reality!" The Recovery quilt is a perfect example of this theme, and gave the individuals we serve a voice for expressing their reality and sharing their experiences with the mental health community.



~ Jeannette Heath, Rehab Specialist  
 Nazrin Roberson, Recreation Therapist  
 Lori McClellan, Recovery Educational Coordinator  
 Sue Eller, Peer Support Specialist

## Chaplain's Corner

Where is God?

It's a profound question great minds have pondered from time immemorial. As we begin the new year, our journey on the "alphabet of spiritual literacy" leads us to the letter **D** which reminds us of **devotion**. Developing a sense of **devotion** or spiritual focus is a key element of spiritual awareness and insight which helps address the question "Where is God?"

There is a story about a couple who had two little boys who were always getting into trouble. Their parents knew that if any mischief occurred in their little town, their sons were probably involved.

The boys' mother heard of an elder in the town who had been successful in disciplining children, so she asked him to speak with her sons. The elder agreed and asked to see the boys separately.

The mother sent the younger son to see the elder the next morning. The elder was a huge man with a booming voice. He sat the young boy down and asked him sternly "Where is God?"

The young boy's mouth dropped open but he made no response. The elder repeated the question again in an even more menacing tone, "Where is God?" Still, there was no response from the wide-eyed, frightened boy. Again, the elder raised his voice even more and



bellowed "WHERE IS GOD?"

The boy screamed, bolted from the room, ran directly home, and dove into his closet, slamming the door behind him.

The older brother heard the commotion and opened the closet door demanding to know what had happened. The younger brother, gasping for breath, was barely able to reply, "We are in BIG trouble this time, God is missing and they think WE did it!"

Too often, when we are encouraged to renew our sense of **devotion** to God, it is based on fear, guilt, or a sense of remorse, kind of like a new year's resolution. We're out of shape, so we need to diet, too far in debt, so we must cut back on spending, too negligent of people dear to us, so we must pay more attention to them.

Spirituality however, is intended to enhance our life right where we are. Instead of giving up something, or doing something better, what do you

already do that brings you a sense of peace and harmony? This is your unique way of feeding your soul and enhancing your contentment with life. This may be as traditional a practice as offering a prayer, reflecting on an inspirational reading, or singing a song. It also may be something that is unique to you such as cooking a favorite dish, playing an instrument, visiting an old friend, caring for a pet, or creating something that is meaningful to you. What you do to enhance your sense of well being is totally up to you. You can't do it wrong and no one can tell what you "should" do. The important thing is to cultivate what makes you happy and helps make your life complete. All of these positive inclinations are God's gifts to your soul.

Andrew Harvey, a modern day mystic, says that "Adoration (**devotion**) is nothing less than the oxygen of survival." As we begin the new year, improve yourself if you must, but remember to invest in yourself spiritually for the joy of it. That is where you will find God's grace and peace to face the challenges and enjoy the opportunities of 2012.

~ Rev. Dr. Timothy Graham,  
Chaplain

*You must be the change you wish  
to see in the world.*

*~ Mahatma Ghandi*

# Word Search



How many of the underlined words can you find related to History of ?

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

The oldest of all holiday celebrations is the celebration of the new year. First observed in ancient Babylon around 4000 years ago, it first began as a celebration of the beginning of spring, which happened in late March. Because the calendar was constantly being changed by the various emperors of Rome, the Roman Senate in 153 BC declared that January 1 would mark the start of the new year, which was later synchronized with the Julian Calendar in 46 BC. The tradition of making New Year's resolutions also dates back to Babylonian time. The tradition of using a baby to signify the new year was started in Greece around 600 BC. In many parts of the world, it is thought that certain foods bring good luck if eaten on New Year's Day, including foods shaped like rings, which symbolize "coming full circle," black-eyed peas, and cabbage, considered a sign of prosperity and representative of paper currency. And the current tradition of singing, "Auld Lang Syne" at the stroke of midnight dates back to the early 1700's, and is attributed to an old Scot poem which literally translates to English as "old long since" or "old times."

**Did you know?** The Six-foot diameter, Waterford Crystal Ball dropped on New Year's Eve on Times Square weighs 1,070 pounds.

# Central Rehab News -- December Review



Well we have been pretty busy in the Rehab Department with Christmas activities. We had our craft sale to raise money for Operation Santa Claus and had our pet therapy calendars and recovery quilt note cards on sale. Both sold really well as did all the crafts.

Individuals we serve, along with staff, took part in creating and decorating cards and stockings for those we serve. Staff also created centerpieces for the tables for the "pizza dinner" based on the countries we presented for "Christmas around the World,"

which we presented throughout December. Countries/Regions presented included Celtic (Ireland/Scotland), Belgium, Philippines, Israel (Hanukkah), Aruba, Europe, Germany, and, of course, "Whoville." Along with learning about the traditions from these regions, we also were able to sample foods native to these areas thanks to John O'Keefe and the Food Services staff.

We were lucky enough to have live entertainment from the Hand Bell Choir of Bristol, Virginia, The Senior Show Choir, and Wise Old River. We experienced all kinds of good music, and saw Santa Claus as well as Alvin and the Chipmunks. Everyone had a lot of fun.

Everyone enjoyed pizza from CJ's, salad, cake or chocolate pie, and a soft drink as a special meal from the Patient Activities Committee. On an-

other day, there was a delicious traditional Christmas dinner.

Thanks to the hard work of the Rehab Department and the generosity of all the hospital staff, Operation Santa Claus was a huge success with everyone able to pick out what they wanted for Christmas.

Staff went around to the different wards singing Christmas carols and everyone had a good time. The Christmas spirit is really alive here at SWVMHI. We have great staff who work so well together as a team by putting the needs of the individuals we serve first.

We had a New Year's Eve party on the December 29 with refreshments and dancing. What a great way to end 2011.

~ Sue Eller  
Peer Support Specialist

## SWVMHI's Pony Express

Do you ever receive a piece of mail that makes you think, "What on earth took this so long to get to me?" It could be the way that it is addressed. Whenever you request information, you should always ask the sender to put the mail to your attention so that the Mailroom will know where your mail should be directed. Likewise, whenever you send out mail, you should put your name on the envelope above the return address. That way, if the letter is returned for whatever the reason, the Mailroom will know where your mail should be directed. The way the envelope is addressed is especially important if the receiver (or the sender in the case of returned mail) is not obvious from the contents of the envelope.

**DIRECTOR'S OFFICE**  
SOUTHWESTERN VIRGINIA MENTAL HEALTH INSTITUTE  
340 BAGLEY CIRCLE  
MARION VA 24354

Stamp

SOUTHWESTERN VIRGINIA MENTAL HEALTH INSTITUTE  
**ATTENTION: SALLY SMITH**  
340 BAGLEY CIRCLE  
MARION VA 24354



# PERSONNEL CHANGES

## New Employees

Robert "Bobby" Blevins, Psychiatric Aide	Nov 10
Lesa Holmes, Psychiatric Aide	Nov 10
Bryan Townley, Psychiatric Aide	Nov 10
Tammy Short, Registered Nurse Clinician A	Nov 10
Christie Shockley, PI4 Psychiatric Aide	Nov 10
Marcia Richardson, Secretary Senior	Nov 10
Sara Magnuson, Social Worker	Nov 25
Donna Johnson, PI4 Rehabilitation Specialist	Nov 25

## Separations

Jennifer Dempsey, Clinical Social Work Supervisor	Nov 2
Sandra Herndon, Psychiatric Aide	Nov 3
Leah Braswell, Registered Nurse	Nov 3
Sandra Renfro, Team Nurse	Nov 3
Georgia Kincer, Social Worker	Nov 7
Janet Price, Psychiatric Lead Aide	Nov 15
Adetokunbo Ladenika, Psychiatrist	Nov 23
Staci Davidson, Registered Nurse	Nov 27
Joyce Rouse, Psychiatric Aide	Nov 28

## Promotions/Role Changes

Ashley King, Rehab Resource Coordinator to Recovery Education Coordinator	Nov 10
Gerry Moore, RNCA to Team Nurse	Nov 10

### MONTHLY PATIENT CENSUS

**November  
2011**

**Admissions 53**

**Discharges 57**

**Passes 13**

**Average Daily  
Census  
149**



**All staff must complete the VOPA CAI between January 1 and January 31, 2012.**



## Meals in Minutes -- Tex-Mex Cheese Tortellini Salad

After the November 17, 2011, Employee Recognition Event, numerous requests were received for the tortellini salad that was served. Following is that recipe:

### Ingredients:

1 1/2 lbs pre-cooked cheese tortellini  
1/2 c corn  
1/2 c chili beans  
1/4 c fine diced purple onions  
1/4 c fine diced red peppers  
1/4 c bacon bits  
1 c ranch dressing  
1/4 c boom boom sauce \*

**Directions:** Add all ingredients in a bowl, mix well, and refrigerate at least two hours.

**Yields:** Approximately 3 1/4 pounds or 12 half-cup servings.



\* Boom Boom sauce is a sauce which is made from Green Chilis. Below is the recipe:

### Ingredients:

3 green tomatoes, peeled, seeded & chopped  
1/2 c chopped green onions  
1 clove garlic, pressed  
2 tbsp chopped parsley  
1/4 c chopped green chilies  
2 jalapenos, pickled  
2 peppers, seeded & minced  
1 tsp ground coriander, soak in 1 tsp water  
1/2 tsp salt

**Directions:** Chop all vegetables. Drain the water from the coriander and add it to all ingredients. Chill at least one hour before serving. This sauce keeps well in the refrigerator in a covered jar.

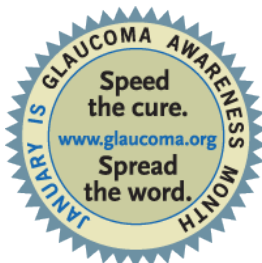
## National Glaucoma Awareness Month

January is National Glaucoma Awareness Month, an important time to spread the word about this sight-stealing disease.

Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40 percent of vision can be lost without a person noticing.

Glaucoma is the leading cause of *preventable* blindness. Moreover, among African American and Latino populations, glaucoma is the leading cause of blindness, and it is more prevalent. Glaucoma is six to eight times more common in African Americans than Caucasians.

Over 4 million Americans, and nearly 70 million people worldwide, have glaucoma. Experts estimate that half of them don't know they have it. Combined with our aging population, we can see an epidemic of blindness looming if we don't raise awareness about the importance of regular eye examinations to preserve vision.



Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.

Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

There are two main types of glaucoma: primary open-angle glaucoma (POAG), and angle-closure glaucoma. These are marked by an increase of intraocular pressure (IOP), or pressure inside the eye. When optic nerve damage has occurred despite a normal IOP, this is called normal tension glaucoma. Secondary glaucoma refers to any case in which another disease causes or contributes to increased eye pressure, resulting in optic nerve

damage and vision loss.

Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization. In the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

Those at higher risk include people of African, Asian, and Hispanic descent. Other high-risk groups include: people over 60, family members of those already diagnosed, diabetics, and people who are severely nearsighted. Regular eye exams are especially important for those at higher risk for glaucoma, and may help to prevent unnecessary vision loss.

For more information on glaucoma and treatment, go to [www.glaucoma.org](http://www.glaucoma.org).

## Clinician's Corner

### Client Involvement in Risk Assessment

Individuals who have been in an inpatient psychiatric hospital and then discharged continue at higher risk for suicide than other individuals. This risk is increased if the client has a history of suicide attempts or self-harm.

It is very important when assessing readiness for discharge to ask appropriate and specific questions about self-harm, which was defined as "deliberate self-injury with or without the intent to kill one's self."

A recent longitudinal study, published in the journal *Psychological Assessment*, assessed the accuracy of patient self-



report of risk for self-harm after discharge. Specifically, individuals were asked, "How concerned should your therapist be that you might cause physical harm to yourself in the next two months?"

The researchers found that patient self-report of their own risk predicted future self-harm independent

of other factors. Patients who indicated a high risk for self-harm were more likely to self-harm. Those who indicated a low-risk, were less likely to self-harm.

Using information gained in a collaborative fashion with the individuals we serve can help clinicians make better decisions about risk for self-harm or suicide in the future.

Peterson, J., Skeem, J., & Manchak, S. (2011) If you want to know, consider asking: How likely is it that patients will hurt themselves in the future? *Psychological Assessment*, 23, 626-634.

## National Blood Donor Month

The American Association of Blood Banks (AABB) estimates that 10.8 million volunteers donate blood each year, 29 percent of which are first time donors. According to the 2009 National Blood Collection and Utilization Report about 17 million units of whole blood and red blood cells were donated in the United States in 2008.

Typically, each donated unit of blood, referred to as whole blood, is separated into multiple components, such as red blood cells, plasma, platelets, and cryoprecipitated AHF (antihemophilic factor). Each component generally is transfused to a different individual, each with different needs.

The need for blood is great. Every day in the U.S., approximately 44,000 units of blood are required in hospitals and emergency treatment facilities for patients with cancer and other diseases, for organ transplant recipients, and to help save the lives of accident/trauma victims. In 2008, more than 23 million blood components were transfused. And with an aging population and advances in medical treatments and procedures requiring blood transfusions, the demand for blood continues to increase.

Although approximately 38 percent of the US population is eligible to donate blood, only about 10 percent actually do. To be eligible to donate blood, a person must be in good health and generally must be at least 16 years of age (or in accordance with applicable state law). Minimum weight requirements may vary among facilities, but generally, donors must weigh at least 110 pounds. Most blood banks have no upper age limit. All donors must pass the physical and health history examinations given prior to donation.

Afraid of needles? You are not alone. Many people share that fear but find that they can still give blood. What most say is that the slight initial pinch pales in comparison to the feeling of accomplishment they get at the end of a successful donation!

For more information about giving blood, or to find out about a local blood drive near you, contact your local chapter of the American Red Cross. The Smyth County Chapter can be contacted at 276-783-5681.

~ American Association of Blood Banks (AABB) [www.aabb.org](http://www.aabb.org) and American Red Cross [www.redcross.org](http://www.redcross.org).

You might consider the following benefits the next time you are thinking about donating blood:

- ♦ It feels great to donate!
- ♦ You get free juice and delicious Keebler® cookies. (Keebler® expects to donate around six million cookies a year. That's six million delicious reasons to donate blood. And one simple way you can make a difference.)
- ♦ It's something you can spare – most people have blood to spare... yet, there is still not enough to go around.
- ♦ You will help ensure blood is on the shelf when needed – most people don't think they'll ever need blood, but many do.
- ♦ You will be someone's hero – in fact, you could help save more than one life with just one donation.

# Library Corner

## A Better Year

The human mind needs fresh starts. We sleep every night, not just because our body needs a rest, but also because it is healthy for our mind to get a fresh start every day. By sleeping, we purge the events of yesterday and start with a clean slate in the morning.

We all believe in, and hope for a fresh start - a chance to wipe the slate clean of today's failures and mistakes, and begin again. No matter how bleak today is, we look forward to a new day.

And that's what this New Year is for us. It is a chance to forget about all the bad that happened previously, and work for a better day and a brighter future. Never has this been more important than now when a tough year has seen a rarely equaled economic downturn that saw many people unemployed and widespread foreclosures and hopelessness.

<http://controllersadvice.com/ArticleHopeforaBetterYear.aspx>

## Donations



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

- |                   |              |
|-------------------|--------------|
| Laurie Goral      | Karen Arnold |
| Lori McClellan    | Kathy Moore  |
| Christy Hall      | Mary Dotson  |
| Alicia Alvarado   | Vicky Keen   |
| Jennifer Snow     | Denise Mance |
| Sharon Winebarger |              |

The Library is also very thankful for the many anonymous cards, magazines, and books, and anyone I may have accidentally left off the list.

## New on the Shelves

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:



*Cross-Country Quilters*, by Jennifer Chiaverini

*Free Range Knitter*, by Stephanie Pearl-McPhee

*Thunder from Jerusalem*, by Bodie Thoene

*Ten Minutes from Normal*, by Karen Hughes

*Light the Stars*, by Raeanne Thayne

*The Conspiracy Club*, by Jonathan Kellerman

*Born in Death*, by J.D. Robb (Nora Roberts)

*The Scarpetta Factor*, by Patricia Cornwell

*61 Hours* by Lee Child

*The Crowning Glory of Calla Lily Ponder* by Rebecca Wells

~ Christina Quillen, Librarian

# January Days to Celebrate

“Off the cuff” January holidays to celebrate:

- January 1**  
Mummer's Parade
- January 4**  
Dimpled Chad Day
- January 8**  
Bubble Bath Day
- January 9**  
National Clean Off Your Desk Day



- January 13**  
Rubber Duckie Day
- January 16**  
Appreciate a Dragon Day
- January 19**  
Popcorn Day
- January 22**  
Answer Your Cat's Questions Day
- January 24**  
Talk Like a Grizzled Prospector Day
- January 28**  
National Kazoo Day



## News from HR

Employees not enrolled in the state's health insurance are not covered by the Employee Assistance Program. However, they can still explore helpful information from Value Options!

- ~ Have you or someone you know experienced divorce?
- ~ Have you ever been diagnosed with a medical condition and not known how to cope with the news?
- ~ Have you lost a loved one?
- ~ What happens if unmarried couples accumulate property and then break up?
- ~ Did you know that it can be more difficult to break up co-ownership of a house than to get a divorce?
- ~ Why is it good to have a will?
- ~ What's the difference between a will and a trust?
- ~ Are you having trouble getting along with co-workers?
- ~ Do you have a performance evaluation coming up soon?

These are just a few questions Value Options addresses on its website:



Although employees not enrolled in the state's health benefits do not have access to the Employee Assistance Program or mental health benefits, they do have access to the Value Options website. The website itself offers much information including articles, audios and videos on topics from A to Z - all at the click of your mouse and at no cost! Check it out the next time you surf the Net.

Are there topics that you would like to see covered by the Human Resources Department in upcoming issues? Topics can include any human resource-related item. To make suggestions for future topics, please contact any member of the Human Resources Team via email, inter-departmental mail, or give us a call at Extension 204.

~ **Annasue Cook, PHR**  
Human Resources Analyst

## CVC Campaign 2011



Each year the Commonwealth of Virginia offers employees the opportunity to make a donation to favorite tax exempt charities through the Commonwealth of Virginia Campaign (Campaign). The Campaign at SWVMHI will begin December 1 and run through January 15, 2012.

The Campaign allows an employee to designate a donation to a specific, approved charity. The list of approved charities has over 1300 listings so surely there will be something on the list that is of interest to everyone. A list of the approved charities is on the CVC website ([www.cvc.vipnet.org/donors/directorylist.htm](http://www.cvc.vipnet.org/donors/directorylist.htm)).

BTW: the CVC was active in helping those who suffered from the tornadoes in the spring.

A full-time employee may pledge on-line (<https://edirect.virginia.gov>) or may complete a paper pledge form; part-time employees may complete a paper pledge form. If you need a pledge form or if you have questions, please contact Christy Bise (Extension 202), Denise Deel (Extension 826), or Amanda Currin (Extension 270).

This is NOT a hard sell campaign, and there is no arm twisting to encourage participation. But please remember: it could be your neighbor who is helped by a donation to the CVC. It could be you.

## Making a Difference

Recently, Stephanie McGuire, a Psychiatric Aide on Ward E/F, was working on the ward painting project, when an individual served on the unit stood and watched her for a few moments. I was at the nursing desk and was able to catch this interaction. As he stood back, with his arms crossed admiring her work, he said to her, "You do good work." Stephanie thanked him and then the individual said something that may have just been a simple statement, but I believe it was very profound. His exact words to her were, "It makes it feel more like home instead of an institution." Then he just went on his way. This individual has been at SWVMHI for a long time, and it is likely he will be with us for the foreseeable future, so for him, this is home.

*Thank you, Stephanie, for Making a Difference!*

~ **Ashley Untiedt, RNCA**  
Ward E/F

# How to Avoid Post-Holiday Depression

We all try to do too much during the holidays and usually spread ourselves very thin. Hey, we're expected to feel obligated to make sure everyone has a good Christmas, aren't we? These pressured expectations can lead to easy exhaustion and fatigue, frustration, guilt, and possibly even depression.

Most of us are really emotionally charged for any holiday. After all, a holiday and time off or time spent with family and friends, is something to look forward to. We spend weeks and sometimes months getting ready for the event, only to have it last a short time and disappear abruptly. As a result, about 25 percent of us will suffer such a letdown, that depression will set in within a few days or even a week later. Here are a few suggestions to help you deal with post holiday blues:

- ✓ When you first feel the blues coming on, sit quietly for 20 to 30 minutes and think of all the good things that happened during the season. Write down a new year's resolution list to help make sure those good things happen again. Remember all the things you did receive and don't dwell on what you didn't receive. Start next year's gift list now. That will allow you to buy a few after Christmas bargains.
- ✓ Make a call list and personally phone each person who gave you a gift. Thank them for the present and offer to help in some

special way. Bake an "after New Year's" cake or buy a special "It's winter" food and give it to friends or family as a treat, sort of like the Kings cake at Mardi Gras.

- ✓ Try to set up a "help the needy" winter fund and give assistance in January and February to those you helped during Christmas. Being needy is not limited to Christmas, yet that's when we tend to think about helping others the most.
- ✓ Send out Happy New Year or "Have a great winter" cards to the very same persons you sent Christmas cards. Design your own "hope it snows" card. Start a birthday card list of friends and relatives and go ahead and prepare your cards for the next three months. Have them ready to mail and put them on the fridge.
- ✓ Call an old friend. Pick one you haven't spoken to in a long time and get acquainted again. Once you start talking, you'll find you still have a lot more in common than you think.
- ✓ Have a "hat party." Everyone has to wear a hat to attend. Have a best hat and craziest hat award. Everyone will have more fun than you can imagine.

- ✓ Start planning your next vacation and send for all the information available. It pays to plan even for a weekend get away, as that gives you control over time well spent and helps make the trip much more enjoyable.
- ✓ Rededicate you life or your family at church. Nothing makes us feel better than to have all those burdens lifted off of our shoulders. Set goals for what church work you and your family can do for the year.
- ✓ Teach yourself a new way to pray. It doesn't matter how old you are, most persons were never taught how to pray. Children were usually just taught "program prayers" and not how to pray from the heart. Most of us forget that prayer can be done at any time and for any reason. So, offer a prayer in thanks for all the good things you received and those who gave them.

These are just a few ways to keep the blues away. The methods can be expanded and modified as you wish. And yes, I'm sure you can think of many others, now that I've gotten you started. (Adapted from [www.dr.huggiebear.com](http://www.dr.huggiebear.com))

~ The Safety Committee

## January reminders from Human Resources

January is a good time to:

- ✓ Verify that life insurance beneficiaries are correct by calling Minnesota Life at 800-441-2258
- ✓ Update your personnel record if you have changed your phone number or address
- ✓ Complete a new state and/or federal tax form if you experienced a status change (i.e. gotten married, become a parent)
- ✓ Renew your FMLA requests, if applicable

January is also the time that all employees who have outside employment must renew their Outside Employment Request forms. If you don't have outside employment in January but gain outside employment anytime throughout the year, the form must be completed at that time. The form can be found on the Intranet under HR Forms, or you can get a copy from any member of the Human Resources Department.

And remember, the maximum contribution for tax year 2012 for the Deferred Contribution Plan (DCP) 457B increases to \$17,000. If you would like additional information, you should contact *ING* toll-free at 877-327-8261.

## History From The Hill -- The Henderson Building



On July 16, 1884, the Atkins Farm, consisting of 199 acres, was selected as the site of the Southwestern Lunatic Asylum. The original Henderson Complex was completed on February 12, 1887, and the first two patients were admitted on May 17, 1887. The main patient buildings were attached to the rear of the current Henderson Building. The initial building contained six wards and



could accommodate 280 patients. It was expected that 800 patients could be housed when the wings were extended. This was accomplished in 1896 with the construction of the East and West Wings adding six additional wards to the Asylum.

The building also housed a kitchen, laundry, bakery, two dining rooms (one for men and one for women), a sewing room, elevator, and patient and attendants' rooms. An extra \$30,000 had been appropriated for the incandescent electric system. It was considered the most modern asylum built by the Commonwealth of Virginia at that time.

The Henderson Building was renovated in 1925 with the addition of 2 patient wards, a general kitchen, sewing room, laundry, storeroom, bakery, employees' dining room, and living quarters for the employees. The building was named after Dr. E. H. Henderson who served as Superintendent from November 10, 1915, until his death on February 25, 1927.

In 1969 the main dining area was moved to the Blalock Building. This area was then remodeled with offices for the Record Room, File Room (with their necessary offices), the



Nursing and Social Services Department, and the Personnel Department. On February 19, 1970 the Social Services Department was relocated to the Henderson Building.

Demolition of patient wards attached to the Henderson Building was begun in April 1986 to build the current Bagley Building. What remains of the original Henderson Complex is listed on the National Register of Historic Places, and currently houses the Office of the Director and Assistant Director, Information Technology and computer servers, Human Resources, and the Fiscal Department.

**References:** SWVMHI historical documents, and employees Phyllis Miller and Sharon Neitch.

### Special Thanks:

*Thank you for your kindness and sympathy during our time of loss. All of your thoughts, prayers, calls, and cards were greatly appreciated during this time of need. It is comforting to know that I am blessed with such friends and co-workers. May God Bless each of you. Thanks so much,*

*~ Leslie Warden*

## The Longest Word

We value clear communication, and have listed it as one of the SWVMHI Values. It is easy to forget that non-verbal communication is used much more often than verbal communication, and is *more difficult to control*.

Fortunately, one item of non-verbal communication is very easily controlled, our smile. Our smile may be the very first thing someone notices about us. Our smile, especially a genuine smile, tells others that we are happy to be there with them.

Smiles also convey a sense of hospitality and confidence. Smiles should



never be in short supply in an environment like ours. After all, we want others to feel welcomed and comfortable when they are around us.

We also want to project our *personal confidence*. This helps to put those around us at ease. Confident people

inspire calm in those who are frightened, needy, and unsure of themselves.

Smiling is done with our lips, but also with our eyes and our posture. A smile can dribble out, or it can radiate. Your smile can make all the difference. Use it often.

Oh, and about that longest word... it is "smiles." There is a mile between the two "s"s. 😊

~ James Moon, Ph.D.  
Psychology Supervisor

## National Activity Professional's Week



The third week of January is designated as National Activity Professionals' Week. Although most Certified Activity Directors (ADC)

are found working in Nursing Homes, we have several Certified Activity Directors at SWVMHI, serving in the Rehab Department as Rehab Resource Coordinators. They are Lesu Cole on Geriatrics, Laurie Goral on D Team, and Sherri Wheeler on the B Team.

The governing body for Activity Professionals is the **National Certification Council for Activity Professionals** (NCCAP). The mission statement of this organization is: "The National Certification Council for Activity Professionals is a credentialing body which sets standards and criteria for those working to meet the leisure needs of those in their care." NCCAP sets the following goals as means to achieve its mission:

- ♦ Directly provide opportunities for and/or information about educational offerings thereby enabling its members and potential members to pursue professional development.
- ♦ Educate on behalf of its membership on issues regarding credentialing in the political and industry spheres.

There are several ways to become certified as an ADC:

- ✓ Academic education (60 hours college semester credits, Associate's Degree or Bachelor's Degree)
- ✓ Activity experience (4000 -6000 hours within past 5 years)
- ✓ Continuing education (30 clock hours from The Body of Knowledge within the past 5 years)
- ✓ Completion of MEPAP (Modular Education Program for Activity Professionals)
- ✓ National Exam

The Body of Knowledge topics are expansive. ADCs may choose to take courses in

anything from Exercise, Outdoor Activities, Religious issues, Management, Quality Assurance, Writing Skills, Professional Development, Consulting, Volunteers, and the list goes on. Certification must be renewed every two years and must include at least 30 hours of education/training in topics from The Body of Knowledge.

The local chapter is **Appalachian Regional Association of Activity Professionals** (ARAAP), a very small but active group. Due to budget cuts and other expenses, this group is proud to offer, at a very reasonable cost, courses that not only apply to Activity Professionals, but to many disciplines in the Nursing Home/Health Care field, as well. These local workshops are offered twice a year. Last year's topics were Hospice related, this year's topics were focused on issues with the MDS. For 2012, the Chapter hopes to offer workshops focusing on Montessori-based activities.

~ Lesu Cole  
Rehab Resource Coordinator

## Resolve to be Ready in 2012

As 2011 - one of the most active years for disasters in recent history - comes to a close and Americans get ready to ring in a new year, the Federal Emergency Management Agency is encouraging all Americans to *Resolve to be Ready* by making a new year's resolution to be prepared for emergencies.

As a recent report by the National Climatic Data Center highlights, 2011 has seen more billion-dollar natural disasters than any year on record. This year alone, the U.S. experienced its first hurricane landfall since 2008, the most deadly series of tornadoes since the 1950s, significant earthquakes, and severe flooding - hazards that impacted every region of the country. All of these events have served as important reminders that disasters can strike anytime, anywhere, and being prepared is one of the most effective things we can do to protect our homes, businesses, and loved ones.

FEMA kicked off its annual campaign, *Resolve to be Ready in 2012*, which urges Americans to make preparedness a priority during the holiday season by making a new year's resolution to be ready for



disasters or by thinking about preparedness tools for last minute gift ideas.

"One of the most important lessons we can take away from this year is that disasters can impact all of us, no matter what part of the country we live in," said FEMA Administrator Craig Fugate. "While we can't control where or when they might hit, we can take steps in advance to prepare for them - efforts that can go a long way toward protecting our families, homes, and business. Resolving to be Ready in 2012 could be the most important pledge you make this year."

By making a resolution to take a few simple steps in advance, Americans can minimize the impact

of an emergency on their families, homes, or businesses. To take the pledge, visit [www.ready.gov/resolve](http://www.ready.gov/resolve) or [www.listo.gov](http://www.listo.gov), which includes free information, checklists, and guidelines about how to put together a kit, make a plan, and stay informed.

*Resolve to be Ready in 2012* is a nationwide effort to increase awareness and encourage individuals, families, businesses, and communities to take action and prepare for emergencies in the New Year. This effort is led by FEMA's Ready Campaign in partnership with Citizen Corps and The Advertising Council. For more information, visit [Ready.gov](http://Ready.gov) and [CitizenCorps.gov](http://CitizenCorps.gov) or follow the campaign on Twitter using the hashtags #ready2012 and #resolve.

FEMA's mission is to support our citizens and first responders to ensure that as a nation we work together to build, sustain, and improve our capability to prepare for, protect against, respond to, recover from, and mitigate all hazards.

~ Cindy Jones R.N. CIC  
Infection Control/Employee  
Health Coordinator

## Facebook Provides First-of-a-Kind Service To Help Prevent Suicides

SAMHSA and the National Suicide Prevention Lifeline are collaborating with Facebook to help those in crisis. In partnership with the National Action Alliance for Suicide Prevention, Facebook is announcing a new service that harnesses the power of social networking and crisis support to help prevent suicides across the Nation and Canada. The new service enables Facebook users to report a suicidal comment they see posted by a friend to Facebook using either the [Report Suicidal Content link](#) or the report links found throughout the site. The person who posted the suicidal comment will then immediately receive an email from Facebook encouraging them to call the [National Suicide Prevention Lifeline](#) at 1-800-273-TALK (8255) or to click on a link to begin a confidential chat session with a crisis worker.

### About the National Action Alliance for Suicide Prevention

The National Action Alliance for Suicide Prevention (Action Alliance) is the public-private partnership advancing the National Strategy for Suicide Prevention. The Action Alliance envisions a Nation free from the tragic experience of suicide. [Learn More](#)



# Auld Lang Syne Martin Luther King, Jr.

We sing it every New Year's at the stroke of midnight, but what exactly does "Auld Lang Syne" mean anyway?

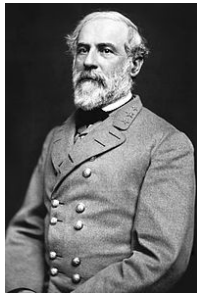
"Auld Lang Syne" is actually a Scotch poem written by Robert Burns in 1788. It is best known in English-speaking countries and it's traditional use has been to celebrate the start of the new year. It is also used in many countries at funerals, graduations, and as a farewell or ending to other occasions.

Literally translated, "Auld Lang Syne" means "old long since," or more idiomatically, "long, long ago," "days gone by," or "old times."

Canadian band leader, Guy Lombardo, is often credited for making the song "Auld Lang Syne" popular, and recorded the song on at least two occasions. It became known as his "trademark" song, as he led his band every New Year's in playing the tune beginning around 1929.

"Auld Lang Syne" has also been sung in films by many famous artists, including Elvis Presley.

~ wikipedia.com



Robert E. Lee

**Lee-Jackson Day** is a holiday celebrated in the Commonwealth of Virginia, for the birthdays of Robert E. Lee and Thomas J. "Stonewall" Jackson. The original holiday, created in 1889, celebrated Lee's birthday. Jackson's name was added to the holiday in 1904. In 1983, the holiday was merged with the new federal holiday Martin Luther King, Jr. Day as Lee-Jackson-King Day in Virginia. This merge was reverted in 2000.

Lee-Jackson Day is currently observed on the Friday before Martin Luther King, Jr. Day, which is the third Monday in January. State offices are closed for both holidays.

On January 16, 2012, state offices will be closed in observance of Martin Luther King, Jr. Day.

Martin Luther King, Jr. (January 15, 1929 – April 4, 1968) was an American clergyman, activist, and prominent leader in the African-American Civil Rights Movement. He is best known for being an iconic figure in the advancement of civil rights in the United States and around the world, using non-violent methods following the teachings of Mahatma Gandhi. King has become a national icon in the history of modern American liberalism.



A Baptist minister, King became a civil rights activist early in his career. He led the 1955 Montgomery Bus Boycott and helped found the Southern Christian Leadership Conference (SCLC) in 1957, serving as its first president. King's efforts led to the 1963 March on Washington, where King delivered his "[I Have a Dream](#)" speech. There, he expanded American values to include the vision of a color blind society, and established his reputation as one of the greatest ora-

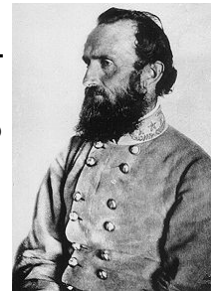
tors in American history.

In 1964, King became the youngest person to receive the Nobel Peace Prize for his work to end racial segregation and racial discrimination through civil disobedience and other nonviolent means. By the time of his death in 1968, he had refocused his efforts on ending poverty and stopping the Vietnam War.

King was assassinated on April 4, 1968, in Memphis, Tennessee. He was posthumously awarded the Presidential Medal of Freedom in 1977 and Congressional Gold Medal in 2004; Martin Luther King, Jr. Day was established as a U.S. federal holiday in 1986, and is observed on the third Monday every January, closest to King's birthday of January 15.

A memorial to King has been constructed along the Tidal Basin at the National Mall in Washington, D.C., by the Martin Luther King, Jr. National Memorial Project Foundation. The official address of the monument, 1964 Independence Avenue, S.W., commemorates the year that the Civil Rights Act of 1964 became law.

~ wikipedia.com



Stonewall Jackson



**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**

				S	N	O	I	T	U	L	O	S	E	R			
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		C	A	B	B	A	G	E		N							R
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**Please submit articles for the next newsletter to Cheryl Veselik by January 20, 2012.**

**The next newsletter will be published February 1, 2012.**