



From The Director

Recovery Heroes	2
Dr. Geller's presentation	3
Chaplain's Corner	5
Dr. Preston's Dream	9
History from the Hill	10
Recipes from the past	12
Back Pack Project a Success	13

The theme for this year's series of celebratory events is **Honoring Our Past, Celebrating Our Present, Cultivating Our Future.** I think that one of the most important lessons that I learned from the 125 years of SWVMHI history, and the history of the treatment of mental illness, is not about the odd, unusual, or even dangerous practices that well-meaning individuals attempted. It is that there often seemed to be an attitude that "we know all there is to know, we are the experts, and we are right and correct in our approach to these complicated medical brain illnesses." I hope that is an attitude we are overcoming.

Two famous quotes from George Santayana (who was 24 years old when the first patients were admitted to the hospital in Marion) illustrate this point: *Those who do not learn from history are doomed to repeat it, and We must welcome the future, remembering that soon it will be the past and we must respect the past, remembering that it was once all that was humanly possible.*

We recognize now that the language we use is important: it shapes our thinking and our thinking shapes our language.

Language can be uplifting, or it can be harmful, stigmatizing, and limiting.

A linguist discovered that the Amele language spoken in Papua New Guinea completely lacks the verb "to give." This is not because everyone is selfish! To the contrary, to the Amele, giving is such an integral way of being that the verb for it is absent. No one needs to say giving because everyone is so giving. The cultural value is so intensely ingrained into day-to-day life that the language is freed from the need to specify it.

This reminds me of something I recently heard about our use of language. My friend stated, "I can't wait until we live and work in a world where we don't have to preface the term treatment with the word recovery, because ALL our services and treatments will be recovery oriented and there won't be any other kind." I can envision a world where, like the Amele, the cultural value of recovery will be so intensely ingrained into our day-to-day services that there won't be any need to say it each time we talk about them.

This is how we can continue to strive to improve, to cultivate our future. We must learn from the past, not resting on our laurels, but recognizing that we need to continue to improve. We strive to be in partnership with our community counterparts and, most importantly, with the individuals we serve and their loved ones. I want to live in that land where everyone is expected to recover, where individuals live rich and meaningful lives in a home of their choice, and where the communities are recovery-oriented, trauma-informed, and culturally competent.

"The future belongs to those who believe in the beauty of their dreams."

~ Eleanor Roosevelt



~ Cynthia McClaskey, with Tipi & Chief

Hot Weather Safety Tips

Working in hot weather can result in serious illness or even death. Many people are exposed to heat on the job, either outdoors or in hot indoor environments. Workers exposed to extreme heat may experience symptoms of heat-related illnesses.

Heat Exhaustion

- Headaches, dizziness, or light-headedness
- Weakness, mood changes, irritability or confusion
- Nausea, vomiting
- Fainting
- Decreased/dark colored urine
- Pale clammy skin

What should be done:

- ✓ Move the person to a cool shaded area
- ✓ Try to cool by fanning, with a cool

spray mist of water, or by using a wet cloth or wet sheet



Heat Stroke

- Hot red skin (looks like a sunburn)
- Seizures
- Collapse
- Sweating may be absent

What should be done:

- ✓ If ice is available, place ice packs in the armpits and groin area
- ✓ Call 911

In addition, heat-related illness is linked to injuries from falls, equipment operation accidents, and other on-the-job incidents. Such incidents can happen when someone with heat stress becomes fatigued, dizzy, confused, or disoriented.

The following steps can be taken to prevent heat-related illness:

- ✓ Drink a lot of water, about 1 cup every 15 minutes.
- ✓ Know the signs and symptoms of heat-related illness, and monitor yourself and co-workers.
- ✓ Use cooling fans/air-conditioning; rest regularly.
- ✓ Wear lightweight, light colored, loose-fitting clothes.
- ✓ Avoid alcohol, caffeinated drinks, or heavy meals.

Recovery Heroes

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



Roxanne Evans, RN has been employed at SWVMHI since May 25, 2005. Recently Roxanne has been receiving praise from our Security Staff for her verbal skills. She is noted to be very helpful during code response

situations, preferring to talk to the individuals we serve instead of using hands-on redirection.

Roxanne knows that hands-on redirection can often be detrimental to the helping relationship. The helping relationship forms the foundation for the therapeutic alliance. In

TOVA we have learned the therapeutic alliance is “the observable ability of the staff and individuals we serve to work together in a realistic, collaborative relationship based on mutual respect, liking, trust and commitment to the work of treatment.” By talking to the individuals we serve and actively listening to them, Roxanne demonstrates respect and sincerity. They know Roxanne is genuinely concerned for their well-being and recovery.

Roxanne is our recovery hero this month. Be sure to congratulate her when you see her.

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

Trauma Informed Care Conference

If you are planning to attend the Trauma Informed Care Conference at Marion Baptist Church on June 7 (see page 10 for details), please remember to register with Christy Bise at Extension 202 or email her at christy.bise@dbhds.virginia.gov.



LATTE: What to Do When Anger Brews

Charles Duhigg has studied individual and institutional habits. Good habits can improve lives. In an example that is similar to the SWVMHI Value of Honoring Day-to-Day Tasks, he shows how an excellent organization, Starbucks, helps its employees develop the habit of good customer service when faced with angry customers.

He writes, "As Starbucks planned its growth strategy in the '90s, managers realized that employees regularly cracked under pressure. (Tears were common.) Starbucks implemented institutional habits for their coffee servers, called the LATTE method: **L**isten, **A**cknowl-

edge, **T**ake action, **T**hank the customer, and **E**xplain why the problem occurred. Customer (and employee) satisfaction skyrocketed."



Perhaps the next time one of us has to deal with an angry, dissatisfied consumer, we can imagine a big aromatic cup of flavorful coffee to trigger our own LATTE response.

Listen to the anger or complaint. *Acknowledge* that complaint by repeating it back calmly and clearly. *Take some action*, telling the consumer what you are going to do next. *Thank* the consumer for bringing the matter to our attention. *Explain* why the problem occurred if you know, and if not, explain that you will take the matter further.

Enjoy your LATTE. Cheers!

~ James Moon, Ph.D.
Psychology Supervisor

Dr. Geller kicks off 125th Celebrations

Dr. Jeffrey Geller, Professor of Psychiatry at the University of Massachusetts, kicked off a month-long celebration of events at SWVMHI, in celebration of the 125th anniversary of accepting its first patient.



In his keynote address, Dr. Geller spoke about the first two patients admitted on May 17, 1887, and walked the guests through 200 plus years of mental health history, including SWVMHI's history.

The commemoration event brought back two former Directors, Jerry Deans and David Rosenquist, as well as representatives of federal, state, and local government. Jim Stewart, Commissioner for the Virginia

Department of Behavioral Health and Developmental Services, delivered a proclamation from Governor Bob McDonnell, and several local, state, and federal officers addressed the guests including David Helms, Town of Marion Mayor, U.S. Senator Mark Warner's Office, Del. Annie B. Crockett-Stark, and former State Senator Edd Houck.



Following the formal address at The Lincoln Theatre, guests were invited back to the Henderson Building Rotunda for cake followed by tours of the historical exhibits in the B Building, tours of the SWVMHI cemetery, and some even took part in self-guided walking tours of the facility grounds.

Written guides for the walking tour are available any time in the lobbies of the Henderson Building and Bagley Building or by contacting the Director's Office. Historical Exhibits will be open on June 7, 2012, from 1300 to 1600 hours, with cemetery tours offered on the hour, and again on June 14, 2012, from 1000 to 1300, with cemetery tours offered on the hour. Cemetery tours will be weather permitting. Other times may be arranged depending on interest. For information on upcoming events planned for June, please see Page 10 of this issue of A View From



Historical Exhibit "old patient room"

Photo Scavenger Hunt

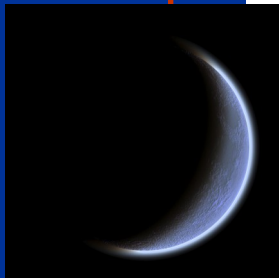
As a special activity for the individuals we serve as part of the 125th anniversary, individuals throughout the hospital were given the opportunity to test their powers of observation in a scavenger hunt. The scavenger hunt featured pictures of locations throughout the common areas of the Bagley, Blalock, and Auditorium buildings. Sharon Neitch and Phyllis Miller combed the building for locations to photograph and individuals were given the task of finding the 18 sites that were pictured.



The Admissions Unit was first to take a try at the task and made quick work of it. Within seven minutes both A/B ward team and the C/D ward team returned with all locations found. Smaller ERS unit teams took their turn the next day and in another close competition the H team found all locations in 21 minutes, and the J team was finished in 22 minutes. All of the participants enjoyed the activity and wanted to know when they could do it again. The participants will all be rewarded for their efforts with an ice cream sundae party.

~ Jan Barrom
Human Care Specialist III, ERS

June Lunar Phases



June 4

Full Moon, also called "Strawberry Moon" by Native Americans of New England and the Great Lakes because at this time of the year, the strawberry ripened.

June 11

Last Quarter Moon

June 19

New Moon

June 26

First Quarter Moon



Mental Health Awareness Day



The Annual Mental Health Awareness Event was held on the Emory & Henry Campus on May 12, 2012. Most of the regions' clubhouses were represented, as was SWVMHI. In all, over 300 people participated in the regional event. Mount Rogers Powerhouse Players and The Ledgerwoods provided fantastic musical entertainment. Our very own Cheryl Rhey was one of the recipients for the GEM Award – she is appreciated across the region for "Going the Extra Mile" to promote mental health recovery. The other GEM award recipient was Mrs. Carolyn Peterson, with Highlands Community Services. Ms. Sue Eller, of SWVMHI, was the key note speaker and along with other committee members, facilitated the participants each telling their own recovery story. Sandy Herbert led an activity that allowed each participant to start their own journal and learn about different ways to journal that can promote mental health. The food was outstanding and a good time was had by all.

~ Robyn Anderson
Community Services Director

~ Sue Eller
Peer Support Specialist

Chaplain's Corner



Last month I had the opportunity to visit relatives in Arizona for a few days through the courtesy of former Olympian/NFL player, Jeremy Bloom and his "Wish of a Lifetime" foundation. My wife and I visited many interesting places in the Phoenix area during this whirlwind adventure. The most memorable was a day trip to Sedona, where we hiked a trail that led to the famous landmark Cathedral Rock. This is a majestic, towering, red rock formation that is also known as "the lovers" from ancient Native American legend. This formation, believed to be created by the Great Spirit, features twin columns of stone depicting two lovers at the top of the mountain. The legend says that the couple argued constantly and could not find a way to get along. They were asked by the Great Spirit to climb the mountain, look at the beautiful surroundings, and count their blessings. The couple obeyed the Great Spirit and has never argued since, standing side by side in perfect harmony.

On the trail facing the towering monument to harmony, there is an area

called "Buddha Beach" along Oak Creek that features thousands of rock cairns, small hand crafted rock piles from stones, along the shore. To get a better idea of what I am referring to, do a Google search on your computer at home for "Cathedral Rock" and "Buddha Beach, Sedona" for some beautiful pictures of this majestic place. Buddha Beach is a "living" garden of rocks that is ever changing. People passing by build and add on to existing forms demonstrating our connection with each other along the pathway of life as we strive to achieve balance and harmony. The rock formations were a delight to see, and I enjoyed creating my own formation as I paused to meditate and pray.

This month our letter in the "Alphabet of Spiritual Literacy" is "I", which stands for **IMAGINATION**.

Imagination, is, in the words of Henry Ward Beecher, "the secret marrow of civilization... it is the very eye of faith." As the warm weather invites us to explore the great outdoors of Southwest Virginia, our **imagination** can help us feed our spirituality in deep and meaningful ways. I came across a poem by Linda Moyer who expresses her sense of connection with ancestors and nature in the following manner:

Listen

*"Standing in the garden,
left hand laden with ripe strawberries.*

*The sun beams off the glassy backs
of flies.*

Three birds in the birch tree.

They must have been here all year.

*My mother, my grandmother, stood
like this in their gardens.*

*I am 43. This year I have planted
my feet on this ground and am
practicing growing up out of my legs
like a tree."*

A renewed awareness of our connection with nature, ancestors, creeks, and gardens can stimulate our **imagination** and remind us of the things that matter. I will always treasure my visit to Arizona and the memories I now share with my family. What we fill our minds and memories with shapes our spirituality. This is something the world religions agree upon. Buddha reminds us "what we think, we become." St. Paul affirms this same idea by reminding us "whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things." (Phil. 4:8)

**~ Rev. Dr. Timothy Graham,
Chaplain**



*"Your imagination is your preview
of life's coming attractions."*

~ Albert Einstein

Central Rehab News -- May Review



June is here and hopefully the frosts are over and summer is almost here. There are signs of spring outside as the Horticulture group is

planting a vegetable garden, and, if all goes well, it will become an annual tradition here at SWVMHI. They are planting potatoes, tomatoes, and lots of other good healthy vegetables. Almost makes you look forward to harvest time. Wonder if we'll have any pumpkins?

We are looking forward to continuing our 125th anniversary celebration in June. The last day will be carnival day on June 19 with hayrides, horseshoes, pitching pennies, spoon and egg races, cup and saucer races, the dunking tank, and lots of good food. Sounds like some good, "old fashion" fun.

We took part in the Mental Health Awareness Day at Emory and Henry College on May 12. We had a good day of visiting with old friends, learning how to share our stories, and learning how to keep a journal. We also had a great lunch of chicken, cole slaw, potato salad, (furnished by our kitchen — thank you), macaroni salad, rolls, and desert with bottled water to drink.

We had a special event on the May 22, complete with a lot of great games and more good food.

The new groups seem to be doing real well. We have so many good things going on and everyone seems pleased with the groups. I will get more information on them for next month and keep you up to date with what's going on.

~ Sue Eller
Peer Support Specialist

What is Trauma Informed Care?

Trauma-informed care is an approach to engaging people with histories of trauma that recognizes the presence of trauma symptoms and acknowledges the role that trauma has played in their lives.

Trauma-informed care seeks to change the paradigm from one that asks, "What's wrong with you?" to one that asks, "What has happened to you?"



Radiology Department has Deficiency Free Inspection



On May 16, 2012, the Radiology Department at SWVMHI had its annual Radiation Safety Inspection. The Radiation Safety Inspection is required by the Virginia State Bureau of Radiological Health. Since SWVMHI is accredited by The Joint Commission, the Inspector is required to survey the department by The Joint Commission standards. During the inspection process, Dr. Lee Anthony examined Radiation Dosimeter Reports, staff qualifications, documentation of assisting individuals we serve for radiation exposures, and equipment inspection. I am pleased to announce that Dr. Anthony found no deficiencies within the Radiology Department. Dr. Anthony's report will be filed

with the State Division of Radiological Health and the SWVMHI Radiology Department will be licensed through June, 2012.

~ Denise Downey, RT (R)(M)
Radiology Supervisor

Word Search



Just for fun, how many of the following words can you find related to summer ?

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

Barbeque

Beach

Camping

Father's Day

Garden

Hot

Ice Cream

Picnic

Pool

Sandals

Shorts

Sprinklers

Sunburn

Sunglasses

Swimming

Vacation

Watermelon





PERSONNEL CHANGES

New Employees

Timothy Aker, Psychiatric Aide	Apr 10
Lindsey Hayden, PI4 Psychiatric Aide	Apr 10
Jennette Hurt, PI4 Psychiatric Aide	Apr 10
Angela Wright, PI4 Psychiatric Aide	Apr 10
Susan Nutter, PI4 Psychiatric Aide	Apr 10
Joseph Woods, PI4 Psychiatric Aide	Apr 10
Amy Taylor, Office Services Assistant/Nursing	Apr 25



In the May edition of "A View From the Hill," we inadvertently listed Amy Pauley as a Psychiatric Aide under New Employees. Amy is a Registered Nurse and is working on CD Second shift. Sorry Amy!

MONTHLY PATIENT CENSUS

April
2012

Admissions 65

Discharges 66

Passes 16

**Average Daily
Census**

147

Separations

Charity Ward, Psychiatric Aide	Apr 6
Robin Heldreth, Psychiatric Aide	Apr 23
Loretta Phipps, PI4 Registered Nurse Clinician A	Apr 24
Gladys "Carol" Cox, PI4 Registered Nurse Clinician A	Apr 29

Promotions/Role Changes

Jennette Hurd, PI4 Psychiatric Aide to Full time Psychiatric Aide	Apr 25
---	--------

Hope is the thing with feathers
That perches in the soul
And sings the tune
Without the words
And never stops at all.

 ~ Emily Dickinson

Employee of the Quarter



The employee of the Quarter for January through March, 2012, is Kathy Church, Psychiatric Lead Aide on CD second shift. Her nominator wrote this about Kathy:

"I am nominating Kathy Church who day-to-day reflects our facility's mission, vision, and values. Kathy is always willing to help others. She consistently works beyond her regularly assigned duties. She is skillful in developing a therapeutic rapport with clients. She quickly identifies when a client is becoming upset and is skillful in

deescalation by talking with them in a calming manner. However, this recognition in particular acknowledges Kathy's self-initiative in that she has compiled an excellent "How to Guide" for newly hired or transferred Psych Aides. This is a detailed notebook that helps orient the new employee to the unit and their duties. It gives step-by-step details on various subjects such as what to do when assigned to a new admission from the time that they arrive through the front door until they arrive to the unit. It is written in a concise, easy to understand way. It also offers helpful information on equipment and supplies needed to perform tasks. It gives a clear picture of what happens during a shift and general

times of activities on the unit and when assignments/ chores should be completed. Since developing this on her own initiative last year, she has used this as a teaching tool with two newly hired Psychiatric Aides. It is apparent that Kathy applied a lot of time and thought in the development of this notebook. The notebook is not only an excellent resource and teaching guide, but it also is a personal welcoming tool to new staff. Thank you Kathy for your commitment to both helping our clients in their recovery and helping new staff to be successful in their new roles."

Congratulation Kathy!

Dr. Preston's Dream



*Dr. Tony Cavender
East Tennessee State Univer-*

On May 24, 2012, in conjunction with Employee Recognition, Dr. Tony Cavender, Professor of Anthropology at East Tennessee State University,

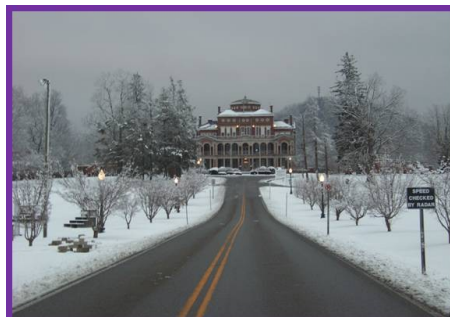
addressed employees and presented a program entitled, "Dr. Preston's Dream: Southwestern Lunatic Asylum 1887—1937." The event was the second in a month-long series of events commemorating the 125th anniversary of the facility. Employees and several retired employees came together in the gymnasium for an informative presentation about who Dr. Preston was and that his dream is really the same dream SWVMHI has today. Dr. Preston believed in the moral treatment of patients "faithfully applied," and felt that the mind-body connection was very important to recovery. Dr. Cavender took guests back in time to the beginning years of the institute, and discussed the progressive nature of Dr. Preston's dream for the facility, especially for the time.

During the event, several employees were recognized for their many years of service at the facility, as were those receiving Making a Difference, Cash, Leave, and Team awards,

and the Employee of the Quarter, Kathy Church, was highlighted.

Following the formal presentation, winners of the three employee contests, as well as the Making A Difference drawing were announced:

- Photography contest winner: Patricia Evans
- Scavenger Hunt contest winner: Kristy Gregory
- History Contest winner: Don Bonham
- Making a Difference winners receiving a \$50 Walmart gift card were:
 - ◆ Dreama Wilkinson
 - ◆ Donna Musick
 - ◆ Darlene Rouse
 - ◆ Barbara Bartnick
 - ◆ Miranda Fulton



Winning photo by Patricia Evans

Cemetery tours and tours of the historical exhibit also followed throughout the afternoon and were enjoyed by all.



Employees enjoying the meal

Employees on all three shifts were treated to a meal "honoring our past," including Brunswick Stew, cracklin' cornbread, cat-head biscuits, apple sonker, tea, and lemonade. Look for recipes for the Brunswick Stew and apple sonker in this issue.

Dr. Cavender will be back later this summer for a grand rounds presentation, and will talk more about the history of SWVMHI. Details on his visit will be posted as they become available.

Special Gym/Game Room Activities

Patient Activity Council (PAC)

June 5, 2012
1600 - 1630

Consumer Empowerment Recovery Council (CERC)

June 12, 2012
1600 - 1630



Bingo Night

June 13, 2012
1830 - 2000
Canteen open 1800 - 1830

Old Fashioned Carnival

June 19, 2012
1030 - 1430
Picnic Shelter (weather permitting)

Movie Nights

June 25 & 26, 2012
1830 - 2000
No Canteen

Birthday Party

June 27, 2012
1830 - 1945
No Canteen



Church Services

Church Services are held
each Thursday from
1830 - 1930
in the Auditorium
No Canteen



Please note that game room activities, in addition to those listed here, are held every weeknight, except Thursday, from 1830 - 2000. Canteen hours are from 1800 - 1830 unless otherwise noted.

History from the Hill: Celebrating 125 Years

As part of the 125th Anniversary Celebration of SWVMHI receiving its first patient, several events are being planned. Look for details of each of the following events:

- **June 7, 2012, 0830 –1330**
- co-sponsored by SAMHSA, SWVMHI will present a Trauma Informed Care conference at Marion Baptist Church, Marion, Virginia with three national speakers. **Staff are encouraged to attend, but you must register for this event by calling Christy Bise at Extension 202. Brochures with additional details about the speakers and the agenda can be obtained by contacting Cheryl Veselik at Extension 201.**
- **June 14, 2012, 1330,** Sarah Hoover, Student of Anthropology at ETSU, will present “Oral History of Southwestern Virginia Mental

Health Institute,” followed by “In Our Own Voice” presentations by Sue Eller and Renee Turman, former SWVMHI consumer, at SWVMHI Gym. Posters created by the ETSU Anthropology Department will be on display as part of historical exhibits in the B Building.

- **June 19, 2012, Closing Ceremonies, 1030—1230,** including an old-fashioned carnival, complete with games and food, for the individuals we serve as well as staff, and a tree planting, at the SWVMHI picnic shelter (weather permitting). There may even be a dunk tank!

Campus and cemetery tours, as well as historical exhibits, quilts, etc. will be open to employees, retirees, the public, as well as individuals we serve who have appropriate privileges. If you cannot make one of the sched-

uled tours, please call Christina Lishen at Extension 221 to arrange a cemetery tour or Amanda Currin to arrange a tour of the historical exhibits.

If you would like to volunteer to assist with any of these events, please call the Director’s Office at Extension 201 to find out what opportunities are available.

SWVMHI Established in 1887



**Honoring Our Past
Celebrating Our Present
Cultivating Our Future**

In Honor of Nurse's Week, May 2012

In honor of the nurses, aides, and clerical staff who form the SWVMHI nursing department, here are some observations of our unified team that put into practice an amazing array of skills, training, and knowledge:

- ♦ We're a collaborative team that generates excellence in providing patient care.
- ♦ We recognize that a good patient experience requires a supportive, healing, and patient-centered care environment.
- ♦ We're integral caregivers, working side-by-side with our healthcare colleagues in leading the delivery of the most skilled, compassionate, and highest quality care possible.
- ♦ We're proud of our work this past year and proud to be at the forefront of behavioral health initiatives in Southwestern Virginia.
- ♦ We are honored to have earned the trust of our patients and their families.
- ♦ We are committed to maintain our delivery on the promise of assistance in mental health recovery.

SWVMHI nursing staff make an essential contribution to quality outcomes through clinical practice and leadership, and positively impact the patients, the hospital, and their professions.

It is indeed a great pleasure to acknowledge observations of each individual nursing staff member who does his or her best to achieve great things for patient care.

~ Alicia Alvarado, MSN
Chief Nurse Executive

To accomplish great things, you must not only act, but also dream, not only plan, but also believe.

~ Anatole France



Celebrate nurse's week
It's such a happy time
To feel the pride inside yourself
And ease your busy mind.

Celebrate 125 years
It's passed by us so fast
The nursing field is very diverse
And possibilities are vast.

Celebrate! Come one, come all
RN's, LPN's, and CNA's
Recollect the career of nursing
From the very olden days.

Celebrate SWVMHI
There are so many of us
This is our time to shout for joy
It's just an added plus!!

Darlene Rouse, PLA
Unit CD, First Shift

Written in honor of Nurse's Week 2012



The Knowledge Center will be down for system upgrades for the month of June, 2012. During that time, policies can be accessed through the intranet; CAIs will NOT be available.



June Days to Celebrate

"Off the cuff" June holidays to celebrate:

- June 1**
Say Something Nice Day
- June 6**
Drive-in Movie Day
- June 10**
Ball Point Pen Day
- June 12**
National Peanut Butter Cookie Day
- June 15**
National Flip Flop Day



- June 18**
Ride to Work Day
- June 20**
National Daylight Appreciation Day (aka Summer Solstice)
- June 23**
Pink Flamingo Day for Lawn Ornaments
- June 24**
International Fairy Day
- June 30**
Tour De France



Just for the Fun of It

Just for the fun of it, we found some useless, yet interesting, pieces of trivia that we thought might be fun to share:

- ♦ Katydid's have ears on their knees.
- ♦ Mickey's ears are always pointing towards you, no matter which direction he is facing.
- ♦ The King of Hearts is the only king without a moustache.
- ♦ A quarter has 119 grooves around the edge, a dime has 118.
- ♦ Most stress balls are just balloons with sand in them.
- ♦ The heart pumps 1800 gallons of blood per day.
- ♦ The volume of the earth's moon is the same as the volume of the Pacific Ocean.
- ♦ The house fly hums in the middle octave key of F.
- ♦ Hummingbirds are the only animal that can fly backwards.
- ♦ Kermit the Frog has 11 points on his collar.
- ♦ Each year there is one ton of cement poured for each man, woman, and child in the world.
- ♦ An ostrich's eye is bigger than its brain.
- ♦ A cat's jaw cannot move sideways.
- ♦ Women blink nearly twice as much as men.
- ♦ No piece of paper can be folded in half more than seven times.
- ♦ Men get hiccups more often than women.
- ♦ The average lead pencil will draw a line 35 miles long or write approximately 50,000 English words.
- ♦ It is impossible to sneeze with your eyes open.
- ♦ The placement of a donkey's eyes in its head enables it to see all four feet at all times!

Recipes "from the past"



BRUNSWICK STEW

Ingredients:

1 1/4 cup + 3 tbsp water
 2 1/8 tsp chicken base dissolved in hot water
 1 lb + 12 1/2 oz diced chicken
 1 lb + 12 1/2 oz pork barbeque chopped
 2 3/4 cup diced tomatoes (canned)
 14 1/2 oz baby lima beans
 14 1/2 oz cut corn
 1/2 cup + 3 1/3 tbsp tomato catsup
 1/2 cup + 3 1/3 tbsp diced onions, frozen

Combine all ingredients, bring to a boil, stirring often. Cover, reduce heat to low, and simmer 25 minutes (stir occasionally) or until thoroughly heated and lima beans are tender. Yields one gallon.

APPLE SONKER

A sonker is a deep-dish pie or cobbler served in many flavors, including apple, strawberry, peach, sweet potato, and cherry. In some areas of North Carolina, the dish is also referred to a zonker. The community of Lowgap at the Edwards-Franklin House in Surry, North Carolina, holds an annual Sonker Festival.



In some areas of North Carolina, the dish is also referred to a zonker. The community of Lowgap at the Edwards-Franklin House in Surry, North Carolina, holds an annual Sonker Festival.

Ingredients:

46 oz canned unsweetened apples
 1 cup apple juice
 1 tbsp margarine
 3/4 cup brown sugar
 2 tsp cinnamon
 1/4 tsp vanilla extract

Combine ingredients, heat to simmer, allow to simmer 20 minutes

3/4 cup Biscuit mix

Follow directions on biscuit mix package, except for the liquid: substitute half the called-for amount of water or buttermilk with apple juice. Add 1 tbsp sugar and 1 1/2 tsp cinnamon.

2 cups apple juice

Bring apple juice to a boil and scoop biscuit dough into balls about 1 inch big and drop into boiling apple juice, reduce to a simmer and cook until dough balls are done in the center. Gently stir the dumplings into the apple mixture. Serve warm with ice cream for an extra special treat.

Yields six pounds.

~ John O'Keefe
 Food Service Director

A Nursing Promise

You know people are real
It shows in how you care
How you make people feel
The dedication -- its rare.

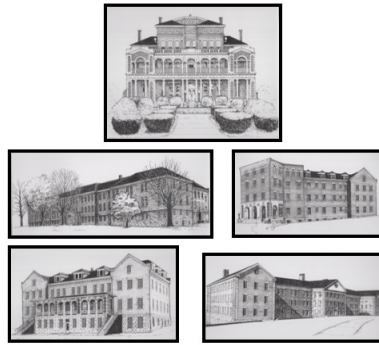
You comfort through hugs
And provide a gentle hand
You give people your love
Their concerns you understand.

You listen to people's fears
When others have no time
You wipe away their tears
As you ease their minds.

Your feelings for people run deep
And your compassion shines through
For the promise you must keep
Sacrifices -- you'll make a few.

*From the SWVMHI Nursing Week
Newsletter, May 2012*

Limited Edition Prints for Sale



As part of the 125th anniversary celebration of the facility, we will have six commemorative, black matted, 8 x 10 prints for sale at each event for \$10 each. The prints are limited edition prints and are each signed and numbered by the artist. Five of the drawings were completed by Jennifer Snow and depict either the Harmon, Henderson, Wright, Morrison, or C Building. The sixth print is a watercolor of the Henderson Building that was painted by Iris Moon, wife of Dr. Jim Moon.

Additionally, prints will be for sale on Monday, June 4, 2012, in the lobby of the Bagley Building beginning at 0615. If you are unable to make a purchase at an event, you may contact Denise Downey at Extension 826 or Wendy O'Brien at Extension 532. All proceeds will go the Patient Welfare Fund.



~ Denise Downey, RT(R)(M)
Radiology Supervisor

Back Pack Project a Success

May 6-12, 2012, the Nursing Department celebrated Nursing Week. During this week, the desire was to give back to the community. This year we chose to assist the "Back Pack" program of Smyth County. The back pack program is sponsored by Smyth County schools, local food banks, churches, and civic groups. These groups rely on donations so that children who meet the back pack program criteria do not go hungry when school is not in session.

Each Friday, these organizations prepare back packs loaded with food to help sustain a child during the weekend. On Monday mornings, the children bring their back packs to school for refills for the upcoming weekend. This cycle continues throughout the school year. After contacting each elementary school, we heard a resounding need for assistance of food, back packs and toiletries to help get our children ready for the remaining weeks of school.

Chilhowie. Please know that your gifts will go a long way toward helping children in our community not go to bed hungry. The 90+ children who are served by our program will be fed. God bless you all. ~ The Back Pack Committee at Chilhowie Christian Church" (Chilhowie Christian Church supplies back packs to Chilhowie Elementary, Middle and High Schools.)

~ Norma Brickey, MSN
Assistant Nurse Executive



Some of the nearly 1800 pounds of food collected and delivered

There was an overwhelming positive and appreciative response from our schools and churches for our community project celebrating Nursing Week and our 125th Celebration. Thanks to the employees of SWVMHI, the Nursing Department collected and delivered nearly 1800 pounds of food! Here is the thank you we received that captures the heart of our outreach:

"Staff at Southwestern Virginia Mental Health Institute: Thank you so much for collecting food items for the back pack program in



Food delivery to Rich Valley Elementary



**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

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

Please submit articles for the next newsletter to Cheryl Veselik by June 20, 2012.

The next newsletter will be published July 1, 2012.