



## From The Director



**“It takes both rain and sunshine to make a rainbow.”**

This year will soon be over; Thanksgiving is almost here. As an organization, we have experienced many joys and successes. We have seen many individuals begin their recovery journey; we have seen many take the first step towards completing a Wellness Recovery Action Plan, or make an important connection with a helpful staff member or community provider. We have much to be thankful for as an organization that fulfills a higher moral purpose through our mission and vision and contributes to an important system of care. Our organization, friends, and colleagues have also

experienced challenges, losses and sadness, some of which we know about, and others we do not know about because they are private sorrows. I was thinking this week about an interaction I had with one of our colleagues who experienced a significant loss this year. She was graciously thankful for the time with her loved one, even through the pain. She reminded me that even though we do not appreciate the cold and rainy times, the rain helps us to appreciate the sun and the rainbows even more. We are encouraged to take joy in the sun while it shines as we know that “Into each life some rain must fall, some days be dark and dreary.” ~ Longfellow)

Before this year, I might have really wondered about that last statement. All these sayings about appreciating what you’ve got, about living in the moment, about not taking life for granted, I did not truly understand. When we go through the rain ourselves,

when a disappointment or a loss hits us over the head, it makes more sense. As an organization, our work is precious, and each interaction that we have with others can make a difference. The gift of words of appreciation, admiration, support, respect, and hope can fill up an empty heart. When we willingly bring our best selves, our thankful, sunshiny selves to each day, we have a better chance of making a difference in others’ lives. Our time on this earth is precious and what matters most is that we use our days to their fullest and best and that we give something of ourselves to others.

Thank you,

~ **Cynthia McClaskey**

*We make a living by what we get.  
We make a life by what we give.*  
~ Sir Winston Churchill

Recovery Heroes	4
Chaplain’s Corner	5
Central Rehab News	7
Time Change	9
Gym Game Room Activities	12
Personnel Changes	13
History: “Old Laundry”	14
From the Library	16

An estimated 46 million turkeys are eaten on Thanksgiving (the birds weigh, on average, 16 pounds).



*Happy Thanksgiving*

## Honoring Day-to-Day Tasks

This SWVMHI Value is the one with the odd-sounding name. This value could have several names since it captures some basic cultural concepts related to providing high quality, moment-to-moment interactions with people. This Value captures behaviors such as politeness, neighborliness, optimism, good manners, and leading by example. It is considered to be one of the fundamental “building blocks of excellence” in any organization and is a key part of the SWVMHI Mission and Vision.



The value of *Honoring Day-to-Day Tasks* is something that reviewers (Medicaid, Medicare, Joint Commission, etc.) of SWVMHI have

commented positively upon for many years. Virtually every successful organization has a fundamental value similar to *Honoring Day-to-Day Tasks*. It is a key element to long-term organizational success.

These daily, frequently exhibited behaviors, carried out with excellence are the building blocks of overall excellence.

~ James Moon, Ph.D.  
Psychology Supervisor

### ELECTION DAY IS NOVEMBER 2012



Don't forget your vote counts,  
so please get out and vote.

If you need to know where to vote or what hours your polling place is open, please visit the State Board of Elections site at <http://www.sbe.virginia.gov>, as many polling places changed due to redistricting.



## Veterans Day is November 11



Veterans Day originated as "Armistice Day" on Nov. 11, 1919, the first anniversary of the end of

World War I. Congress passed a resolution in 1926 for an annual observance, and Nov. 11 became a national holiday beginning in 1938. President Dwight D. Eisenhower signed legislation in 1954 to change the name to Veterans Day as a way to honor those who served in all American wars. The day honors military veterans with parades and speeches across the nation. A national ceremony takes place at the Tomb of the Unknowns at Arlington National Cemetery in Virginia. (~ PRNews-wire-USNewsWire)

### FACTS

- **21.5 million:** The number of military veterans in the United States in 2011.
- **1.6 million :** The number of female veterans in 2011.
- **9.2 million:** The number of veterans 65 and older in 2011.
- **1.8 million:** The number of veterans younger than 35.
- **9.1 million :** Number of veterans 18 to 64 in the labor force in 2011.

- **3.5 million:** Number of veterans with a service-connected disability rating. Of this number, 810,245 have a rating of 70 percent or higher. Severity of one's disability is scaled from 0 to 100 percent and eligibility for compensation depends on one's rating.
- **7.5 million:** Number of Vietnam-era veterans in 2011; 5.1 million served during the Gulf War (representing service from Aug. 2, 1990, to present); 1.8 million in World War II (1941-1945); 2.4 million in the Korean War (1950-1953); and 5.4 million in peacetime only.

~ SOURCE U.S. Census Bureau

# Strengthening our Response for Improved Refugee Mental Health

*"There is no health without mental health"*  
World Health Organization

**Wednesday November 7, 2012**

**Hotel Roanoke & Conference Center  
110 Shenandoah Avenue  
Roanoke, VA 24016  
9am to 4pm**

<http://www.hotelroanoke.com/index.php>  
**Register here- <http://tinyurl.com/c6m34nv>**

**Thursday November 8, 2012**

**The Boar's Head  
200 Ednam Drive  
Charlottesville, Virginia 22903  
Toll Free: 800.476.1988  
9am to 4pm**

<http://www.boarsheadinn.com/>  
**Register here- <http://tinyurl.com/8goaons>**

Although refugees benefit from protective factors such as spirituality and strong family support, they face enormous social and economic factors that expose them to higher levels of stress and disadvantages due to poverty, unemployment, lack of English proficiency, discrimination and the trauma associated with the immigrant experience. As many states become more diverse, it challenges providers in the mental health system to adopt culturally and linguistically competent ways to prevent, diagnose, treat and address barriers to appropriate and timely mental health services. DBHDS is hosting a **free** training for mental health providers, refugee staff, volunteers dedicated to exploring critical topics in refugee mental health.

## ***Who should attend this conference?***

This conference is ideal for all professionals providing service, formally or informally, to immigrants and refugees. These professionals include health care practitioners, policymakers, settlement practitioners, volunteers, sponsorship agreement holders, educators, general practitioners, psychiatrists, multicultural liaison workers, translators, other human-related service providers, immigrants, refugees and consumers interested in the practice of Mental Health.

## ***Outcomes***

- To gain an understanding of the protective and risk factors associated with mental health issues that refugees experience while resettling in the US.
- To understand the cultural nuances and their impact on stigma and mental health treatment for refugees in the US
- How to build stronger working relationships culturally and linguistically to diverse individuals in mental health programs
- Explore specific topics of concern for refugees in Virginia
- Understand the importance of and strategies for language services for refugee individuals

This conference will be offered for FREE under the Office of Newcomer Services -Virginia Refugee Health Prevention Grant and hosted by the Virginia Department of Behavioral Health and Developmental Services, Commonwealth Catholic Charities, and International Rescue Committee. Six contact hours will be provided by DBHDS.

## Quotation Marks and Punctuation



Are you confused about whether to put periods and commas inside or outside of quotation marks? If so, you are not alone. The reason it is confus-

ing is because American English rules are different than British English rules, and if you regularly view BBC and CNN or read a lot of British novels, you will see it done differently.

In the United States, we use a hard-and-fast rule: We always put periods and commas INSIDE quotation marks. In Britain, they use a rule that requires the writer to determine whether the period or comma belongs with the quotation or if it is part of the larger sentence. Since we are in the United States, remember that “Inside the U.S., periods and commas go inside quotation marks.

But what about other forms of punctuation, you say? In the United States, we always put semicolons, colons, asterisks, and dashes OUTSIDE the quotation mark. But, the rules for exclamation points and question marks, are the same as the British use for periods and commas — it depends on the context of the quotation.

For example, if the whole sentence, including the quotation, is a question or an exclamation,

then the question mark or exclamation point goes OUTSIDE the closing quotation mark. If, however, only the part inside the quotation marks is a question or exclamation, then the question mark or exclamation point goes inside the closing quotation mark. The following may help:

In this sentence, the whole thing is a question, so the question mark goes outside the closing quotation mark: *Did she ask you whether you enjoyed Aardvark’s song “Ode to Ants”?*

However, in this sentence, only the part in quotation marks is a question, so the quotation mark goes inside the closing quotation mark: *I love Aardvark’s song “Where Have All the Ants Gone?”*

**Summary:** In American English, always put periods and commas INSIDE the closing quotation mark; always put semicolons, colons, asterisks, and dashes OUTSIDE the closing quotation mark; and question marks and exclamation points require that you analyze the sentence and make a decision based on context.

~ <http://grammar.quickanddirtytips.com>

## Travel Tip

When submitting Travel Reimbursement Vouchers following a work-related trip, the following items should be attached:

- ✓ Brochure for seminar attended, if applicable
- ✓ Original hotel receipt
- ✓ Cost Comparison Form, if driving your personal vehicle
- ✓ Receipts if parking fees exceed \$10
- ✓ Rental agreement if using a rental car
- ✓ Gas receipt for rental car fill up

Additionally, the following items should be noted directly on the Travel Reimbursement Voucher:

- ✓ Complimentary breakfast offered by the hotel, if applicable
- ✓ Any other meals provided

Your request will be returned if applicable items are not attached and/or referenced.

For questions about these and other travel related items, please contact the Fiscal Department at Ext. 205.

~ Missy Wiles  
Accounts Payable Specialist

## Recovery Heroes

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

In August, an individual on Ward AB went to the game one evening. She had been laughing and interacting prior to leaving for the game room. Upon her return, one nurse noticed the individual was no longer laughing, she had changed into a long sleeve shirt, and had the hood on the shirt pulled up. She wouldn’t make eye contact, and instead of sitting with other individuals in the dayroom, she went to her bedroom. The observant nurse followed the individual to her room where she was found crying. The individual said no one in the game room would sit with her. She said she

started having bad thoughts. When the nurse asked if she had harmed herself, the individual pushed up her shirt sleeves and showed the nurse the scratches she had made on her arms.

With much encouragement and support, the individual took her PRN medication and ate her evening snack. The MOD assessed the individual, placed her on special precautions, and ordered treatment for her wounds. The ward staff continuously monitored her to keep her safe and provide support.

Amy Pauley, RN, is the observant nurse who noted the changes in the individual’s behavior, mood, affect, and clothing on her return from the game room. Amy’s

keen observation skills kept the individual safe at a time when the individual was upset and thinking of self-harm.



Amy began working at SWVMHI on March 10, 2012. She is our recovery hero this month. Please congratulate Amy when you see her.

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

## Chaplain's Corner

This month begins the hectic season of preparation for the holidays. The combined activities of planning, shopping, traveling, budgeting expenses, and coordinating schedules at home, school, and work, cooking, and dozens of other unplanned factors make this time of year a frenzy of activity. Perhaps it is a good thing that the "alphabet of spiritual literacy" we have been following the past year focuses this month on the spiritual practice of **NURTURING**.



Everyone at SWVMHI is in the "helping profession," so we know what it is to care for

others. **NURTURING** is part of our daily occupation and mission. Yet, caring for ourselves may be something that is harder to work into our schedule as responsibilities pile up as this month progresses. Wayne Muller, writing in "Legacy of the Heart," observes that "the Chinese word for 'busy' is composed of two characters: 'heart' and 'killing.' When we make ourselves so busy that we are always rushing around... we kill something vital in ourselves and we smother the

quiet wisdom of the heart." Finding ways to release stress and enhance tranquility may be the secret to "surviving the holidays" as we **NURTURE** the best within ourselves.

I recently heard a story of a man and woman who had been married for more than 60 years. They shared everything, talked about everything, and kept almost no secrets. The exception was that the old woman had a shoe box in the top of her cupboard that she cautioned her husband to never open or ask about. For all those years the husband never thought much about the box, but over time his wife got sick and was not expected to recover.

In trying to sort out their affairs, the old man found the shoebox and took it to his sick wife and asked what was inside. She opened the box and there was two knitted dolls and a stack of money totaling \$95,000. The husband was shocked and wondered what this was about. His wife, weakened from her illness, softly said, "When we were married long ago, my grandmother told me that the secret to a good relationship was to never argue.

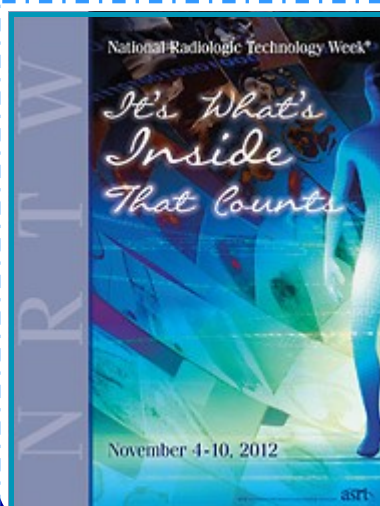
She said if I ever got angry, I should just knit a doll."

The old man was moved to tears to discover that there were only two dolls in the box, reflecting the tranquil relationship that had lasted for six decades. "Honey, that explains the dolls, but what about the money? Where did that come from?"

The wife raised her head off her pillow and smiled, "I made the money from all the dolls I sold."

The ancient wisdom of the book of Ecclesiastes (4:6) has a statement which reads, "Better is a handful with quiet, than two handfuls with toil, striving after the wind." Go easy on yourself this time of year and take some opportunities to **NURTURE** your spirit. Chances are, you probably don't have extra time to knit...

~ Rev. Dr. Timothy Graham,  
Chaplain



**National Radiologic Technology Week®** is celebrated annually to recognize the vital work of Radiologic Technologists across the nation. This year, National Radiologic Technology Week is celebrated November 4 - 10, 2012. The celebration takes place each November to commemorate the anniversary of the x-ray's discovery by Wilhelm Conrad Roentgen on Nov. 8, 1895.

The week-long celebration calls attention to the important role medical imaging and radiation therapy professionals play in patient care and health care safety. SWVMHI is proud to have two Radiologic Technologists on staff: Denise Downey, Radiologic Technologist Director, and Max McClure, PI4 Radiologic Technologist.



# Dysphagia Corner

## Preventing Problems at Mealtime

Follow any special meal preparation and/or eating procedures.

In addition, caregivers should pay attention to the following:

**Diet.** Prepare foods that can be easily chewed and swallowed.



**Mealtime.** Encourage eating slowly and do not do other activities while eating. The person should be alert and calm, not anxious or tired when eating.

**Position.** Help maintain proper eating position: Sitting upright with supports if necessary and NOT lying

down for at least 30 minutes after a meal.

**Remain Nearby.** Encourage slow pace of eating and small (teaspoon-sized) bites.

For questions about dysphagia or to how to refer someone for an assessment, please contact any member of the Dysphagia Team: Sharon Neitch (Extension 108), Ellen Tilson (Extension 259), Coleen Walls (Extension 122), or Deresa Hall (Extension 470).

~ Dysphagia Team



©Ron Leishman \* illustrationsOf.com/442557

## INCLEMENT WEATHER PROCEDURES

Now that winter is approaching, there is the potential for inclement weather that might call for emergency procedures. This is a reminder of the key points of the facility policy on inclement weather:

- ♦ All employees are considered designated employees.
- ♦ During periods of severe weather conditions that constitute an emergency situation, all late arrivals and early departures must be accounted for by use of documented leave slips.
- ♦ After all circumstances are evaluated, and at the discretion of the Director, all absences, including late arrivals or early departures, may be excused up to a reasonable amount of time. Employees are expected to make every effort to report to work as scheduled. However, employees are encouraged to exercise good judgment regarding travel and use leave balances if necessary.
- ♦ Be sure to notify your supervisor if you are unable to report to work according to the Attendance Policy. Employees who fail to report to work without valid justification may be subject to disciplinary action.

You should refer to SWVMHI Policy 6101, Inclement Weather, for further details on inclement weather conditions, or contact the Human Resources Office at Extension 204 with any questions.

# Earthquake Preparedness

We are now one year past the great earthquake of 2011 and geologists and seismologists predict there will be more earthquakes on the east coast. They also predict that they will be stronger than the 2011 quake. While southwest Virginia merely felt momentary shaking of the ground, other areas of the state experienced significant damage. There was \$60 million damage to the schools in Louisa, VA. Repairs on the Washington Monument continue with an estimated completion date of 2014 at a cost of approximately \$12 million.

There is nothing we can do to prevent earthquakes, and there is little advance preparation that can be done. What we can do is what we do for all dangers we face: we can minimize the risk of injury.

In the event of an earthquake there are three actions to take:

1. DROP to the ground.
2. Take COVER by getting under a sturdy desk or table.
3. HOLD ON to your shelter and be prepared to move with it until the shaking stops.

These actions may not be intuitive – that’s why you need to mentally prepare and think through your plan should there be an earthquake. Your mental planning could save you, your patients, and your family.

Check [www.dropcoverholdon.org](http://www.dropcoverholdon.org) to learn how to protect yourself in other situations and locations.

You can’t prevent earthquakes, but you can minimize the risk.

~ Safety Committee



THANKS! I would like to express a BIG Thank YOU to everyone for the cards, phone calls, texts, and emails, and especially for providing coverage during my fractured wrist recovery period. Also, for all the WELCOME BACK comments, not just from Geriatric unit staff. It is very special to know I was missed. It is wonderful to see the facility values apply in my case.

~ Ellen Tilson

# Central Rehab News -- October Review



Things have been going well in the Rehab Department. We are getting ready to do a patient satisfaction survey. James T., Sue E., Angie A. and Jan B. will be going around to each unit to assist in filling out the surveys. Thank you to everyone for their help in encouraging individuals to take part.

Autumn is in the air and ghosts and goblins will be in the gym on the 23<sup>rd</sup> of October when we have our Halloween party. We plan on having eerie games, goolie treats, and a spooktacular time. There will be costume contests, face painting, music, and lots of other fun things to do. We are all looking forward to it.

We are still looking for t-shirts to give as prizes for bingo if anyone has any they think the individuals we serve would enjoy. They don't have to be new, just clean, in good condition, and in good taste.

The night time Rehab staff have been busy with movie nights, birthday parties, bingo, and special entertainers. We have gotten a lot of positive feedback from the individuals we serve as to the good times they have been having in the evenings.

We have reduced the size of our Bonanza and Treasure Seekers inventory and will be opening up two separate places in the B Building plus hopefully a place to sell our crafts. Stay tuned for more information.

We are preparing to attend the Virginia Psychiatric Rehabilitation Association

(VAPRA) conference at the end of November and will be setting up a table of crafts to show off and sell in time for the holidays.

We also have a couple of staff members getting ready to take the WRAP facilitator training (provided by VOCAL Virginia) in Abingdon November 5- 9. This will enable us to help more individuals we serve create their own WRAP plan and possibly break the cycle of re-admittance to this facility.

Finally, we are getting ready for Operation Santa Claus. More on that next month.

~ Sue Eller,  
Peer Support Specialist

## American Diabetes Month

During American Diabetes Month this November, the American Diabetes Association will launch a socially-focused initiative, "A Day in the Life of Diabetes," to demonstrate the increasing impact diabetes has on families and communities nationwide. Using imagery, social engagement and a larger-than-life stage, light will be shown on the issue of diabetes and those who live with it each and every day. Successfully managing diabetes can be a herculean task, making what might seem like an otherwise ordinary life rather extraordinary.

Recent estimates project that as many as one in three American adults will have diabetes in 2050, and an additional 79 million Americans are at high risk for developing type 2 diabetes. The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$174 billion. Further published studies suggest that when additional costs for gestational diabetes, pre-diabetes, and undiagnosed diabetes are included, the total diabetes-related costs in the U.S. could exceed \$218 billion.



Diabetes is a serious disease. If it isn't managed, it can damage many parts of the body, leading to heart attacks, strokes, amputation, blindness, kidney failure, and nerve damage. But there is good news: diabetes complications can be prevented or delayed by properly managing blood glucose, blood pressure and cholesterol levels. Eating healthy, being physically active and quitting smoking also can help lower the risk of diabetes complications.

American Diabetes Month is sponsored by CVS/pharmacy's ExtraCare Advantage® for Diabetes savings program exclusively for those living with diabetes and their caregivers. Visit [CVS.com/diabetes](http://CVS.com/diabetes) to learn more.

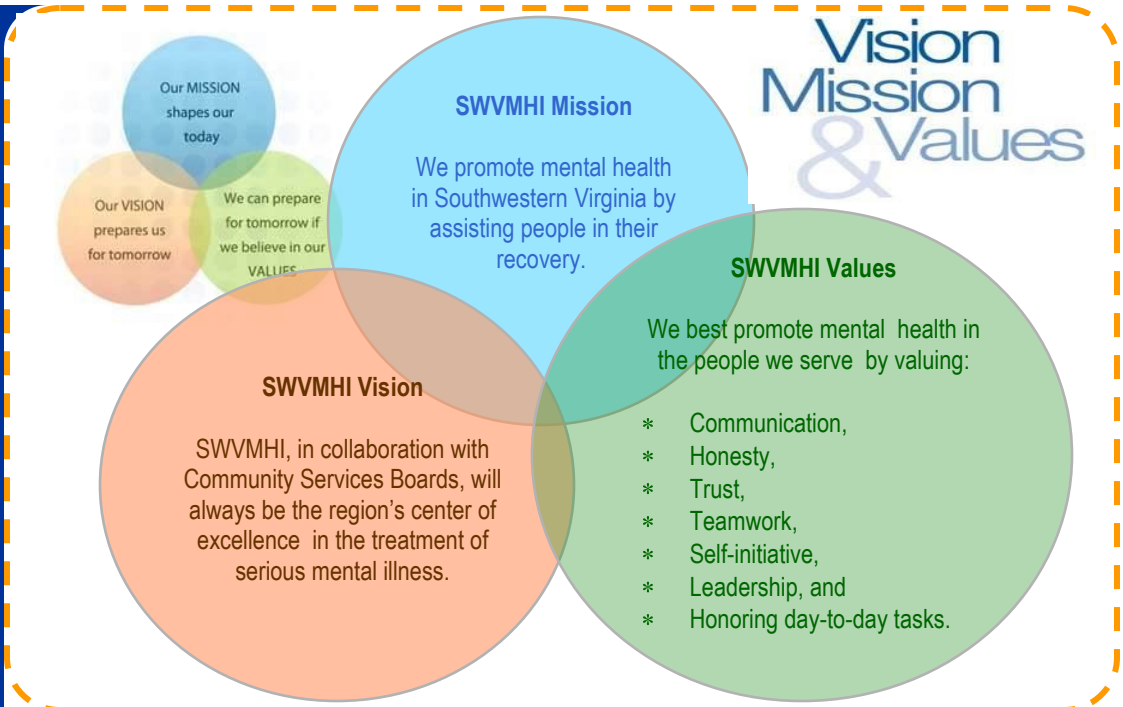
For more information in English and Spanish call 1-800-DIABETES or visit [stopdiabetes.com](http://stopdiabetes.com). Also, follow us on Facebook ([www.facebook.com/AmericanDiabetesAssociation](http://www.facebook.com/AmericanDiabetesAssociation)) and Twitter ([www.twitter.com/AmDiabetesAssn](http://www.twitter.com/AmDiabetesAssn))

### DIABETES FACTS

- Nearly 26 million children and adults in the United States have diabetes.
- Another 79 million Americans have pre-diabetes and are at risk for developing Type II diabetes.
- Two out of three people with diabetes die from heart disease or stroke.
- Diabetes is the leading cause of kidney failure.
- Diabetes is the leading cause of new cases of blindness among adults.
- The rate of amputation for people with diabetes is 10 times higher than for those without diabetes.
- The average medical expenditure among people with diabetes is 2.3 times higher than those without the disease.
- Indirect costs amount of \$58 billion (disability, work loss, premature mortality).
- The cost of caring for someone with diabetes is \$1 out of every \$5 in total healthcare costs.

*Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.*

*~Melody Beattie*



**November Lunar Phases**

**November 6**

Last Quarter Moon

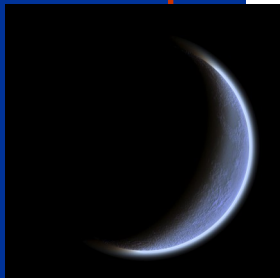
**November 13**

New Moon

**November 20**

First Quarter Moon

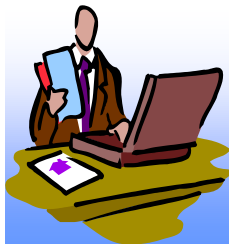
**November 28**



Full Moon (also known as the “Beaver Moon” by Native Americans Of New England and the Great Lakes because at this time of year those little beavers are industriously preparing for winter).

*Gratitude is the sign of noble souls.*

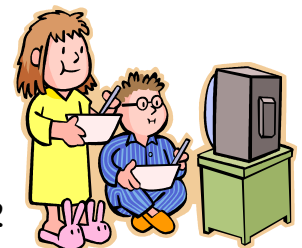
*~ Aesop*



**Did you Know??**

Sitting more than three hours per day can cut a person's life expectancy by two full years! People with desk jobs should get up and walk around a bit every hour, some researchers say.

And spending more than two hours a day sitting in front of the TV could cut life expectancy by 1.4 years.



~ BMJ Open, July 2012



## Time Change

Daylight Savings Time will end on Sunday, November 4, 2012. Don't forget to change your clocks and turn them **back** one hour before you go to bed Saturday night.

For those employees working third shift during the time change, please remember to clock IN and OUT using the same time clock so your time can be properly recorded.



## Staff Development and Training Update



All employees are expected to complete the **Corporate Compliance CAI** by November 30, 2012, available now on the Knowledge Center. If you experience any problems with the CAI, please report them to the Training Department immediately by calling Extension 854.

Also in November, the following special training opportunities are available:

- Spirituality in the Mental Health Setting on Nov. 8 from 1930 to 2100 hours in the A/B with Dr. Tim Graham
- The Joint Commission Breakfast Briefings:
  - Thursday, November 1, from 1000 to 1115.
  - Thursday, November 8, from 1000 to 1115.
  - Thursday, November 15, from 1000 to 1115.

All classes are in the AB Classroom unless otherwise specified, and require registration. Please call Extension 854 to register today.

For these and other upcoming training opportunities, please be sure to check the Intranet and click on the Training Calendar link.

~ Merle Obregon  
Staff Training and Development Director

## Meals in Minutes — Light and Easy Leftovers

If you're like most people, the time between Thanksgiving and Christmas is a busy one. You probably also have a lot of leftovers in your refrigerator. And while all that "heavy" food tastes good, it is also good to serve a "light" meal several times each week.

Here are three light, simple, and easy ways to use your turkey leftovers:

### 1. Turkey Quesadillas.

Spray a whole wheat flour tortilla with your favorite cooking spray with butter. Place in frying pan and sprinkle with shredded cheddar cheese, chopped turkey pieces, and sliced green onion. Place another tortilla on top and spray with



cooking spray. Brown on both sides until cheese is melted. You can add some chopped olives or jalapeno peppers if you desire. Serve with salsa.



### 2. Spinach and Turkey Salad.

Mix chopped turkey, bacon flavored almonds, dried cranberries, and fresh spinach. Serve with your favorite vinaigrette or honey mustard salad dressing.

3. **Turkey Soup.** You can either cook the turkey carcass after Thanksgiving, or you can use canned chicken broth. Add



to the broth, chopped turkey and a bag of your favorite frozen vegetables. Pour everything in a pan and heat through until vegetables are crisp and tender, about fifteen to twenty minutes. Serve with a good brown bread.

Each of the above meals can be made in 30 minutes or less, leaving you more time to relax, spend with family, (or shop).

For these and other light recipe ideas, visit:

<http://ezinearticles.com/?Three-Light,-Simple-and-Easy-Meals-from-Turkey-Leftovers&id=90200>

# Thanksgiving Trivia Just for Fun — Texting for Seniors

Every year, the President of the United States pardons a turkey and it goes to a public farm called Frying Pan Park in Herndon, Virginia. Which President is believed to be the first to pardon a turkey and start this annual tradition?

- A) President Andrew Jackson
- B) President Millard Fillmore
- C) President Harry Truman
- D) President Warren Harding



**Answer:** President Truman started this tradition in 1947 and it continues to this day.



Teens have their texting codes (LOL, OMG, TTYL, etc.). Not to be outdone by them, now, finally, long-suffering seniors have their own texting codes!

## Texting for Seniors

- ATD - At the Doctor's
- BFF - Best Friend's Funeral
- BTW - Bring the Wheelchair
- BYOT - Bring your own teeth
- CBM - Covered by Medicare
- CUATSC - See You at the Senior Center
- DWI - Driving While Incontinent
- FWBB - Friend with Beta Blockers

- FWIW - Forgot Where I Was
- FYI - Found Your Insulin
- GGPBL - Gotta Go, Pacemaker Battery Low
- GHA - Got Heartburn Again
- IMHAO? - Is My Hearing-Aid On?
- LMDO - Laughing My Dentures Out
- LOL - Living on Lipitor
- ROFL...CGU - Rolling on the Floor Laughing ... Can't get Up!
- WAITT? - Who Am I Talking To?



# Great American Smokeout 2012

The American Cancer Society is marking the 37th Great American Smokeout on November 15, 2012, by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk.

Tobacco use remains the single largest preventable cause of disease and premature death in the US, yet more than 45 million Americans still smoke cigarettes. However, more than half of these smokers have attempted to quit for at least one day in the past year. As of 2010, there were also 13.2 million



cigar smokers in the US, and 2.2 million who smoke tobacco in pipes.

Quitting is hard, but you can increase your chances of success with help.

The American Cancer Society can tell you about the steps you can take to quit smoking and provide the resources and support that can increase your chances of quitting successfully.

To learn about the available tools, call the American Cancer Society at 1-800-227-2345. You can also find free tips and tools by clicking on the link below: [~ http://www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/](http://www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/)

~ American Cancer Society



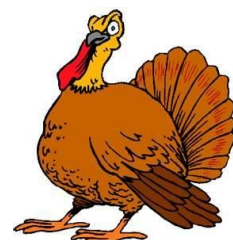
# Word Search

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

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

*Did you know? The average American consumes 4500 calories on Thanksgiving Day!*

Turkey, pumpkin pie, parades, family — all associated with Thanksgiving. But the first Thanksgiving was not quite so familiar. Those in attendance at the first celebration were the surviving 53 Pilgrims who arrived on the Mayflower in December 1620. It is believed that the voyage started out with 102 Pilgrims, 49 of whom perished the first year due to cold and disease. The first Thanksgiving was held for three days in October, 1621, and was shared with the Wampanoag Indians, in thanksgiving for helping the Pilgrims survive the first winter and show them how to cultivate the land. The first 'National Day of Thanksgiving' was proclaimed by President George Washington 168 years later, in 1789. Thanksgiving is now celebrated on the fourth Thursday in November in the United States, and was made an official national holiday by Congress in 1941. The first president to make Thanksgiving a national holiday was Abraham Lincoln, who acknowledged Thanksgiving to be a holiday in 1863. At the time, Lincoln had declared the final Thursday in November to be Thanksgiving Day. In 1939, President Franklin D. Roosevelt declared the fourth Thursday of November as Thanksgiving Day. He did so to make the Christmas shopping season longer and thus stimulate the economy.



## Special Gym/Game Room Activities

### Patient Activity Council (PAC)

November 1, 2012  
1600 - 1630

### Consumer Empowerment Recovery Council (CERC)

November 8, 2012  
1600 - 1630

### Bingo Night

November 14, 2012  
1830 - 2000

Canteen open 1800 - 1830



### Harvest Special Event

November 20, 2012  
1330—1500



### Movie Nights

November 5, 6,  
26, and 27, 2012  
1830 - 2000  
No Canteen



Veterans Day  
November 12, 2012

Thanksgiving  
November 22,  
2012



### Birthday Party

November 28, 2012  
1800 - 2000  
No Canteen



### Church Services

Church Services are held each  
Thursday from  
1830 - 1930



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.

## National Family Week

National Family Week is an annual celebration observed during the week of Thanksgiving. The Alliance for Children and Families and its member organizations have annually promoted National Family Week for more than 40 years. National Family Week is designed to build community connections and honor those who strengthen families.

National Family Week was founded in 1968 by Sam Wiley, a former teacher and administrator from Indianapolis. Wiley partnered with the Alliance around 1970.

National Family Week has proven to be a celebratory time to honor the special connections that support and strengthen families. It is built on the premise that children live better lives when their families are strong, and families are strong when they live in communities that connect them to economic opportunities, social networks, and services.

National Family Week takes place during the week of Thanksgiving, a time when many families traditionally gather and celebrate with one another. It's also a great time to say thanks to the individuals and organizations that help families thrive.

**NATIONAL FAMILY WEEK**  
Nov. 18-24,  
2012

The Alliance for Children and Families represents nearly 350 member organizations across the United States and Canada, including:

**Human Service Organizations:** Private, nonprofit human service organization that provide services to children, families, and communities, or that focus on economic empowerment. This includes both religiously affiliated and secular organizations.

**State Associations:** State or regional councils and associations that primarily represent private, nonprofit human service organizations serving children, families, and communities, or that offer programs focused on economic empowerment.

Members of the Alliance share a common vision of creating a healthy society and strong communities for all children and families. Alliance members provide an array of programs and services, including:

- Domestic abuse counseling and shelters

- International and domestic adoption
- Foster care and aging-out-of-foster care services
- Credit counseling and financial literacy services
- Head Start and after-school programs
- Older adult services
- Employee wellness programs and service
- Crisis management services
- Teen pregnancy counseling and prevention
- Sexual abuse counseling
- Civic engagement programs and training
- In-home health care services
- Clinical research and training
- Youth residential treatment

To learn more about National Family Week, visit their website at <http://alliance1.org>.

~ Alliance for Children and Families



## PERSONNEL CHANGES

### New Employees

Helen Fuqua, Rehabilitation Therapist	Sep 10
Kristen Gardner, Psychology Associate	Sep 10
Tina Graham, PI4 Registered Nurse Clinician A	Sep 10
Jessica Smith, Psychiatric Aide	Sep 10
Rebecca Sparger, PI4 Registered Nurse Clinician A	Sep 10
Timothy Neitch, Boiler Operator	Sep 25
Benjamin Snyder, PI4 Food Service Technician	Sep 25

### MONTHLY PATIENT CENSUS

September  
2012

Admissions 65

Discharges 57

Passes 14

Average Daily  
Census  
148

### Separations

Monika Pelly, Staff Psychiatrist	Sep 3
Aimee Baldwin, Psychiatric Aide	Sep 4
Christy Bise, Administrative Assistant	Sep 9
Elizabeth Zier, Registered Nurse	Sep 11
Betty Testerman, Health Information Clerk (Retirement)	Sep 24
Samantha Tipton, Registered Nurse Clinician A	Sep 25
Kayla Hull, Psychiatric Aide	Sep 27

### Promotions/Role Changes

Mindy Long, Psychiatric Aide to Registered Nurse	Sep 25
Hayley Williams, Full time Psychiatric Aide to PI4 Psychiatric Aide	Sept 25



## FLU VACCINES

### WE REACHED OUR GOAL!

If you did not receive your flu vaccine during October, there is still time to get it. Contact Cindy Jones at Extension 231 to find out how.

The goal for the 2012 Flu Season is to have at least 85 percent of employees vaccinated. As of October 29, 2012, we are just over our goal at 87 percent — way to go!

**Thanks for Taking One for the Team.**



# Safe Leaf Raking



It's fall and time to get the leaves off the yard! Removal of leaves from your yard contributes to

the health of your lawn and to its general appearance. You may choose to use a leaf blower or a mower (wear ear protection and goggles. Or you may decide to get some exercise and do the leaf removal the old fashioned way — with a rake.

In 2006 over 76,000 people were treated for injuries related to non-powered garden tools, including rakes. You can ease the strain and pain of raking -- fall's most taxing task by taking the following precautions to

minimize your risk of sustaining an injury:

1. **Avoid twisting your body while raking.**
2. **Use a properly-sized rake** for your height and strength.
3. **Wear gloves** to help prevent blisters on the hands.
4. **Bend at the knees.**
5. **Warm up the muscles** prior to raking.
6. **Vary your movements** as much as you can to avoid over-use of muscle groups.

7. **Wear shoes with skid-resistant soles** to minimize the risk of falling.
8. **Don't overdo!**
9. **Drink plenty of fluids** to prevent dehydration.
10. **When you're done, gentle muscle stretching** can help relieve tension in the muscles. A hot bath can relax muscles.

~ excerpted from the **American Academy of Orthopedic Surgeons** submitted by **Safety Committee**

# History — Old Laundry

I recently had an opportunity to sit down and talk with Betty Clapp. Betty has worked in the Laundry since she started working at SWVMHI on February 2, 1974.

In 1974, the laundry was located in its own building, which sits just behind the old Carpenter Shop and Garage. This building was completed in 1949, but today is used for storage.



When Betty started working, there were 37 staff members in the laundry — today, she and one PI4 staff member are the entire laundry department. But Betty is very happy with her job and says that there is no place else she would rather work.

During our conversation, Betty told me about some of the machines in the old laundry, including the gigantic washers and dryers, each able to hold several hundred pounds of laundry. In contrast, the average

home washing machine holds about 10 pounds. The workers would load the dirty laundry in one side and then empty the clean laundry from the other side of the machine, which was built into the wall.



Large washer (Betty on left)

In the 1970's the laundry department washed, pressed, and folded approximately 4,600 pounds of laundry per day. Large machines called flatwork irons (nicknamed the "mangle" by the workers) were used to press and fold sheets, pillow cases, and towels. This machine still sits in the old laundry building, and is very heavy.

There were seven clothes presses used to press shirts, pants, and dresses — shirt sleeves would be pressed on one machine and passed along to the next worker who would press the body of the shirt or dress. The machines were various sizes, depending on the article of clothing to be pressed. There were also two seam-



Shirt press



Workers using the flatwork ironer to press and fold sheets

Continued on page 17

# National Alzheimer's Disease Awareness Month

November has been designated National Alzheimer's Disease Awareness Month. Alzheimer's is a form of dementia that attacks brain cells diminishing a person's memory and becoming fatal over time. It impairs memory, thinking and behavior, and is responsible for more than 50 percent of all dementia cases. The onset of symptoms most often develop slowly and worsen over time, until they become severe enough to interfere with daily life.

The fear of Alzheimer's may be in part due to the fact that there is no cure and the treatments that exist for Alzheimer's are not extremely effective in slowing the progression of the disease.

Current drugs for Alzheimer's help to subdue the symptoms for only half of those who try them and, on average, the drugs are only effective for a year.

The Alzheimer's Association says early diagnosis and evaluation can bring the following benefits:

- Treatment of reversible causes of impairment.
- Access to drugs that help treat symptoms.

- Inclusion in clinical trials that give expert care.
- Avoiding drugs that can worsen cognition.
- Letting others know of a need for help managing medicines and daily life.
- Easing anxiety about the cause of symptoms.
- Access to education, training and support services.
- The ability to plan for the future.

Meanwhile, an international expert group is proposing new guidelines that would revise the definition of Alzheimer's to take into account recent scientific developments—including the use of biomarkers, which are able to show if a person is at risk of the disease before they begin exhibiting any symptoms.

Called a "pre"-clinical stage, the proposed criteria for a diagnosis of Alzheimer's, would not necessarily rely on clinical symptoms of dementia, but would include episodic memory impairment with at least one positive biomarker shown on a brain scan or in a test called cerebrospinal fluid (CSF) analysis.

## QUICK FACTS

- In 2012, there are 5.4 million Americans living with Alzheimer's disease. Of those, 5.2 million are aged 65 and over.
- Of Americans aged 65 and over, 1 in 8 has Alzheimer's, and nearly half of people aged 85 and older have the disease.
- In 2011, 15.2 million family and friends provided 17.4 billion hours of unpaid care to those with Alzheimer's and other dementias — care valued at \$210.5 billion.
- Alzheimer's disease is the 6th leading cause of death in the United States and the 5th leading cause of death of those aged 65 and older.
- Alzheimer's is the only cause of death among the top 10 in American without a way to prevent, cure, or even slow its progression.
- Deaths from Alzheimer's increased 66 percent between 2000 and 2008.

For more information about Alzheimer's visit the Alzheimer's Association website at [www.alz.org](http://www.alz.org).



As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

~John Fitzgerald Kennedy

## November Days to Celebrate

**"Off the cuff" November holidays to celebrate:**

**November 2-4**

Pumpkin Chunkin Days

**November 9**

Domino Day

**November 17**

Homemade Bread Day

**November 18**

Mickey Mouse Day



**November 19**

Rocky and Bullwinkle Day

**November 20**

National Peanut Butter Fudge Day

**November 21**

World Hello Day

**November 24**

Celebrate Your Unique Talent Day

**November 25**

You're Welcomegiving Day

**November 29**

Electronic Greeting Day



# From the Library

## Family Stories Month



November is Family Stories Month. Family stories are stories about one's family members both living and ancestral, whose stories are told around the holiday table. Tales that have been passed down from grandparents to grandchildren bring joy to all who hear them, but they are more important than that. Family stories help us piece together where we come from, they teach us what our families have been through, and they teach us about the big-picture historical elements that factor into the stories. Family Stories Month encourages people to interview their family members and write down what they say to keep a preserved record so the family will always know what happened long ago. It is fun to research one's genealogy, but it's just names and facts and figures until stories make it come to life. That's when you realize that these people were real, and as long as their stories are alive in our minds, they will be relevant parts of our families.

It is also beneficial for individuals to write down their own stories both for their descendents to know what happened in their lives, and also for personal therapeutic purposes. It can help to get one's thoughts in one place on paper and to see how all of the parts of a person's life fit together to get him or her to where they are now. What I like

about writing is that you don't have to share it with anyone. You can destroy it as soon as you are done writing it if you want to, so it gives you such a sense of security, more than say, from talking with your friends. You can trust a sheet of paper not to blab your secrets or to judge what you have to say. We have a really nice book here in the library about therapeutic writing to help anyone get started who is interested and there are many websites to help with genealogical interviewing and story writing.

## New Books



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

- The Unquiet by John Connolly
- Point Blank by Catherine Coulter
- Look Again by Lisa Scottoline
- Saving Faith by David Baldacci
- The Alibi by Sandra Brown
- Justice by Faye Kellerman
- The Investigators by W.E.B. Griffin
- Promises in Death by J. D. Robb
- Cat and Mouse by James Patterson
- Even the Stars Look Lonesome by Maya Angelou
- Message in a Bottle by Nicholas Sparks

- By the Rivers of Babylon by Nelson Demille
- Final Jeopardy by Linda Fairstein

The Cultural Competency Committee has also supplied us with some new *Cultural Sensitivity Pocket Guides*.

## Donations

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



Rev. Dr. Tim Graham  
Sharon Winebarger  
Dr. Chris Carusi  
Russ McGrady  
Gaynelle Davis  
Angela Routh  
Alicia Alvarado  
Linda Havens  
Colleen Walls  
Mary Williams  
Barbie Honaker  
Debbie Boelte  
Lesu Cole  
Robert Farmer

We are also very thankful for the many anonymous cards, magazines, and books as well as anyone I may have accidentally left off the list.

~ Christina Quillen  
Librarian





## History, continued

stresses who would do all the sewing and mending needed. At that time, several patients worked in the laundry department as well.

Today, the laundry department washes and folds (by hand) about 767 pounds of laundry per day, with the help of several patient groups. In fact, while I was talking with Betty, a patient group was in the laundry room folding clothing.

When Betty first started working in the laundry, the average patient census was around 1400, compared to today's average daily census of 145. Sheets and other linens were changed daily, so you can imagine how much work it would have been to wash, iron, and fold, that much laundry, even with the help of huge machines.

The clothing for all 1400 patients was also washed, pressed, and folded daily. Betty remembered that sometimes, the laundry would be so much on Friday afternoon, that they would have to save some of it for Monday morning because they simply could not get it all done. Today, there are personal-sized washing machines on the Admissions and Extended Rehab Units for those individuals who wish to do their own laundry, but there is still a lot that goes through the laundry department.

About the time the Bagley Building was opened, in 1990, the laundry department was moved from the original building to its present location in the Blalock Building

across from the woodshop. Betty remembers though, that the staff were moved back to the original laundry building at least three times because the new washing machines were not anchored properly to the floor and would literally walk across the floor while running. Imagine several large, commercial sized washing machines, walking across the floor and the danger that would pose!

Not long after moving to the Blalock Building, some laundry services were contracted out and many staff members either retired or took other positions at the facility, including Food Service. Up until a few years ago, linens were sent out to be washed and folded, leaving clothing to be washed here. However, all laundry is once again taken care of by Betty and a small crew of assistants. I have even walked past the laundry to find folks helping her such as the Environmental Services Director, the Assistant Director, or even the Director!



*Pictured left: Laundry staff in 1980's. The old Henderson complex is in the background. Betty Clapp is pictured third from the right.*

Betty remembers fondly that the laundry department was her family away from home, and despite the fact that the work was hard and days were long, they had fun and really enjoyed their work, and each other. One of her supervisors, Bessie Haga, who worked in the laundry for thirty-one years, would bring cake for her staff on a regular basis, and the department would have frequent get-togethers. They always worked together as a team to get the job done.



Betty Clapp has served SWVMHI for 38 years. She can be found across the hall from the woodshop, working happily folding laundry. The next time you are on your way to the cafeteria or the woodshop, stop by and say hello. I guarantee you will be greeted with a smile and a friendly hello.

~ Cheryl Veselik  
Executive Assistant to the Director

*Most of the photographs contained in this article were provided by Betty Clapp. Special thanks to Betty for sharing her story, her photographs, and a piece of SWVMHI history.*

## Computer Training Update

In November, SWVMHI will be completing phase one of a computer skills training initiative designed to facilitate our successful transition to the Electronic Health Record (EHR). As of October, 119 staff have participated in Phase one training, and there are several classes remaining in November! The goal of Phase one training is to provide basic computer skills classes for approximately 140 staff members from multiple departments and disciplines. Phase two of the initiative will provide training to intermediate and advanced computer users. Skills assessment surveys for these two groups will be distributed in November. Based on the results, classes for Outlook I, Outlook II, Word I, and Word II will be scheduled for December and January. Staff members will work with supervisors and the Training Department to determine which class level best meets the individual's job-related computer skills needs. All classes will take place in the computer lab at Wytheville Community College's (WCC) Smyth County Education Center in Atkins, Virginia. The initiative will continue into 2013 and will include training in other areas of Microsoft Office (Excel, Access, and PowerPoint). For additional information, please contact the Training Department at Extension 854 or 167.



~ Merle Obregon, Training Director

## Successful Social Security Audit

On October 16, 2012, representatives of the Social Security Administration (SSA) met with members of our staff to discuss the work that SWVMHI does as a representative payee for individuals who receive Social Security and/or Supplemental Security Income (SSI) benefits.

The audit team interviewed four individuals who receive benefits from SSA. From those interviews and an audit of our records, the SSA learned that we managed the funds so that the beneficiaries had no unmet current needs. They also learned that staff are very knowledgeable about the individuals we serve, and responsive to their needs.

The individuals interviewed confirmed that they know how to request money or items they need as well.

The audit team also reviewed financial records for five beneficiaries. We were able to show that we accounted for all funds received and spent. We were also able to show that we conserved any unspent funds in an appropriate manner, and have complied with representative payee accounting and reporting responsibilities.



Thank you to all the staff who participated with this audit, and congratulations on a job well done.



## Peer Support

The holiday season is here once again. It's a time of being thankful for everything we have, a time to be spent with family and friends, a time to celebrate the birth of Christ, exchange gifts, and look forward to the coming of a new year and new opportunities. It is also, for some of us, a time of sadness, and perhaps even melancholy. It is a time to be there for our family and friends and let them know that we are there to support them. Holidays can be especially hard for those of us who have lost loved ones and will be missing their presence at this year's festivities. So what can we do to help the individuals we serve as well as our co-workers?



1. Lend an ear or even a shoulder to cry on if it is needed.
2. If the individual can go outside, ask them if they'd like to go for a walk

with you. Sunlight is great medicine and the company of others works wonders.

3. Spend time with the individual. Allow them to feel their loss. Do not offer solutions or platitudes (e.g., things will be better).
4. Remember that loss of a loved one could also be a four-legged friend and not just the human kind. Loss is loss.
5. Take the individual out for a meal, if possible.
6. Offer to do something for the individual (e.g. go to the store, pick up dry cleaning, etc.).
7. Give or send the individual a card to let them know you are thinking of them.
8. Pray for the individual and perhaps with them.

9. Empathize with the individual if you are able, but don't turn it around to be all about you and your loss.
10. After everything has calmed down, if the loss is new, call the individual and let them know you are still here for them.

We are each other's greatest support. Being in a caring profession, sometimes we forget to take care of ourselves and those who work with us. Remember we cannot help the individuals we serve if we don't take care of ourselves first. The greatest gift we can give others is ourselves. We have all had a lot of personal losses this year, but knowing that we are not alone will help us all get through.

So, enjoy the holidays, and if you should see someone who looks like they can use a friend, don't hesitate to go up to them and ask them how they are doing.

~Sue Eller



**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**

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

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

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