



SEPTEMBER 1, 2013

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Hidden

There is an apple hidden on every page in this edition, just like the one pictured here. Can you find all 18 of them?



From The Director

Reflections on a Hospital Stay

Recently I spent a number of days and nights at a community hospital helping with the care of my loved one. I walked the floors at all hours, and interacted with many different types and levels of staff. A few thoughts came to me as a result of my experience there, some as a result of all I have learned with my 26 years at SWVMHI and partly in comparison to what I know to be excellent care here.

1. There is a reason that "Communication" is listed first among our facility Values. In a fast paced healthcare environment, we know that there are lots of opportunities for information to be missed or not taken adequately into account, even with the best of staff and the best of care. Each new doctor, nurse, or aide who entered the room was kindly subjected to a review of my loved ones' care, treatment, and progress. Thankfully, all the staff were attentive and appreciative of the longer term perspective that my family was able to provide. I like to think that this helped them to make better decisions. It also makes me appreciate anew the information we gather from our patients and the value of the collateral information we seek from those who love our pa-

tients. We were truly the experts in our loved ones' care and I am glad that they sought our input.

2. Still, one young R.N. staff member stood out for the thoroughness of his assessment, his careful follow-up, the way he explained the decisions he was making, and by the fact that he did not forget to follow-up on requests. This hospital had a program to recognize staff, similar to our Making a Difference program, and I was eager to recognize him.
3. It was discouraging sometimes that the staff seemed to change almost every day. There was a new hospitalist almost every day and nursing staff were rarely assigned the same patients for two days in a row. I know the staff did a good, thorough job during change of shift reports, as I eavesdropped on them several times. And I know the written record was heavily reviewed. I still worry and wonder about the reasoning behind changing assignments so frequently and I am grateful for the amount of consistency that SWVMHI is able to provide.
4. I thought many times about our Value "Honoring Day to

Day Tasks." Remember that this Value captures concepts such as politeness, neighborliness, optimism, good manners, and leading by example. We treat everyone as valued participants and every interaction as a moment of truth. There is no "them," only "us." You know how when you walk the halls here at SWVMHI, almost every person greets you? And maybe they don't know your name, but they ask how you are doing or you stop to share some news? It wasn't quite the same at this hospital. They were very busy professionals, I know, but a smile and a greeting for a weary family member would have done wonders sometimes. I have to say that I was not surprised (from my experiences here) that one of the most friendly and kind staff members was a housekeeper. We chatted about her nine years working for the hospital after immigrating from Bosnia. We never know how our interactions will make a



Hold on, You're Not Important

(Has this ever happened to you?)

One of the core SWVMHI Values is Communication. Communication is often listed as the number one problem in stressed organizations (and stressed interpersonal relationships). As a practicing psychologist, I cannot begin to estimate how many times I have heard, "She just doesn't listen," "Nobody hears me," "We have a communication problem," and similar kinds of laments.

One of things I have learned is that we cannot **not** communicate. A couple who

argues does have a communication problem—they communicate too clearly. Each knows exactly how much they are hated by the other. When we give someone the silent treatment, our silence can be deafening (and devastating). *For good communication to happen, all parties must be engaged.* Distractions must be kept at a minimum while we focus on the immediate conversation. (I am pausing here because I just got a text message. Hold on.)



Ok, I am back. Where was I? Oh yes, for good communication to happen, all parties must... (Sheesh! Another text. Wait a sec ok? If I don't respond, they'll just keep texting.) Ok, back again. Sorry. So, all parties must be engaged. That is all I really wanted to convey this month. I really value your readership, and thought... (Oh, not again! I really have to take this call, and I might be awhile. Next month, ok? Great! Bye for now.)

~ James Moon, Ph.D.
Psychology Supervisor

Top Five Ways to Prepare for Retirement



Financial security in retirement doesn't just happen. It takes planning, commitment and, yes, money. Did you know that the average American spends 20 years in retirement! Putting money away for the future matters. Here are some ways to help you prepare:

1. Start saving, keep saving, and stick to your goals. If you are already saving, keep going! If you're not saving, get started today. Start small and increase as you go. The sooner you start, the more time your money has to grow. Saving for retirement must be a priority so create a plan and stick to it.
2. Know your retirement needs. How much you need to save is different for everyone. Retirement is expensive. You need to know what your current expenses are to maintain your standard of living
3. Contribute to your retirement savings plan. The Commonwealth of Virginia offers a retirement savings plan that includes a cash match program for classified employees. That's free money just for saving! Additionally, your taxes will be lower and automatic deductions make it easy to participate. Find out about the opportunities available and enroll in the deferred compensation and cash match programs.
4. Don't touch your retirement savings (until, of course, you actually retire). If you withdraw your retirement savings now, you'll lose principal and interest; you will lose tax benefits, and may have to pay penalties. If you change jobs, leave your savings invested, roll it into your per-

sonal retirement account or into your new employer's plan.

5. Find out about your Social Security benefits. Social Security pays benefits that are (on average) equal to about 40 percent of what you earned before retirement. Estimate your benefits by using the retirement estimator on the Social Security Administration's website (www.ssa.gov). For more information, visit their website or call 1-800-772-1213.

While these tips are meant to point you in the right direction, you'll need more information. There is plenty of information available so talk to human resources, your bank, or a financial adviser for help. Ask questions and make sure you understand the answers. Get practical advice and start saving now. Your financial future depends on it.

~ Christine Allen
Human Resource Analyst

Chaplain's Corner

The value of **WISDOM** as a spiritual practice has been highly valued by religions of all cultures. From the praise of **wisdom** in the Biblical book of Proverbs to the sayings attributed to Buddha, insights about the meaning of life have always had their valued place of honor.

I recently had the good fortune of receiving a copy of an updated version of prayer written by a wise, yet now unknown nun of the 17th century. Her prayer reflects upon the topic of aging and the type of person she hoped to become. Her aspirations for the future are filled with grace and humility in the words of this prayer. The **wisdom** of her soul searching reflection is worth preserving and considering in the 21st century as well.

“Lord, Thou knowest better than I know myself, that I am growing older and will someday be old. Keep me from the fatal habit of thinking I must say something on every subject and on every occasion. Release me from craving to straighten out everybody’s affairs. Make me thoughtful but not

moody; helpful but not bossy. With my vast store of **wisdom**, it seems a pity not to use it all, but thou knowest, Lord that I want a few friends at the end.



WISDOM

Keep my mind free from the recital of endless details; give me the wings to get to the point. Seal my lips on my aches and pains. They are increasing, and love of rehearsing them is becoming sweeter as the years go by. I dare not ask for grace enough to enjoy the tales of others’ pains, but help me to endure them with patience. I dare not ask for improved mem-

ory, but for a growing humility, and a lessening cocksureness when my memory seems to clash with the memory of others.

Teach me the glorious lesson that occasionally, I may be mistaken. Keep me reasonably sweet. I do not wish to be a saint (some of them are so hard to live with), but a sour old person is one of the crowning works of the devil.

Give me the ability to see the good things in unexpected places and talents in unexpected people. And give me O Lord, the grace to tell them so.”

The great Chinese philosopher Lao-tzu once observed, “Those who know are wise. Those who know themselves are enlightened.”

Wisdom can present itself anywhere, it is our spiritual opportunity to be receptive to its call.

~ Timothy Graham, D. Min Chaplain



My heartfelt thanks to my working family for all your thoughts, prayers, cards, gifts, and visits. It's because of special friends and family that I was able to get through such a difficult time.

*With grateful heart,
Harriet Howell, Team Nurse
CD/Day shift*



Rehab Department News



Another month has gone by. Summer is over, school is back in session, and fall is just around the corner. With that, we sadly say goodbye to Mattie Obregon who, with Kelsey Tibbs and the individuals

serve, put on a great music program. We learned about the different genres of music and some of the artists who made them famous. We also learned that a lot of these artists, like the individuals we serve, overcame many obstacles such as alcohol and drug abuse as well as mental illness. We also enjoyed making musical instruments and a tasty snack. We will miss Mattie and her many talents and look forward to her coming back to visit in the near future.

Thanks to Mike Anderson, Derek Davis, and the Horticulture Group, we had a vegetable sale. Fresh squash and tomatoes topped the list of items sold. Money raised goes back into group activities. Thanks to everyone for all their hard work in the garden.

The Community Integration Group has been making dog biscuits again and all our furry friends are really glad. Lily and her housemates

gave them their seal of approval by quickly devouring the biscuits that I brought home. The Community Reintegration Group took a trip to White Top Mountain in August. Individuals had an opportunity to learn about the different plants that grow on the mountain, feel the big change in temperature between the base and the top of the mountain, and enjoyed the views from being up so high.

The Art Journaling Group made a poster of "Alphabet Blocks To Build Your Dreams." For every letter of the alphabet there are positive things to do such as "H" Hang on to your dreams, "L" Love yourself first, and "T" Take control of your destiny," just to name a few. Great idea!

Speaking of great ideas, the Express Yourself Group is working on a project where they are taking pictures of how they look when they are experiencing different moods like sad, happy, and angry. The creativity of the group leaders is amazing.

The Karaoke Group has been performing every Tuesday and Thursday on the Geriatrics Ward. Everyone, the individuals we serve and staff alike, have been joining in on

the singing. If you have a free moment, stop in and enjoy the fun.

We want to welcome back Joyce Han-shew, who has been out for the past few months on sick leave. We are glad to have her back.

Our attendance for nighttime activities has been very high this past month, and we're hoping to keep it up! We have enjoyed playing pool, having basketball tournaments, and drawing during regular game room nights. We are celebrating monthly birthdays. We also have movies twice a month, Bingo once a month, and church services every Thursday night for those who want to attend.

And, we sadly say goodbye to Laura Spelazza. She and her husband Ben, who works in Food Services, will be relocating to Salem, Virginia. We will miss them both and wish them the best in their new adventures.

Until next month.

~ Sue Eller
Peer Support Specialist

2013 Member Benefit Profiles



The 2013 Member Benefit Profiles (MBPs) for Plan 1 and Plan 2 employees were posted in myVRS

in mid-August. The MBP is your annual online benefits statement based on information SWVMHI reported to VRS through June 30, 2013. This is the first time that Plan 2 members will receive an MBP so be sure to check out this valuable retirement planning resource. If you are not registered for myVRS, you can create a secure online account at www.varetire.org/myVRS.

Retirement Income Analysis

One of the MBP's most important features is a retirement income analysis for employees eligible to participate in the Commonwealth's 457 Deferred Compensation Plan. This feature shows a total retirement income estimate compared to a retirement income target of 80 percent of pre-retirement compensation as of June 30, 2013. The retirement income estimate combines your estimated unreduced VRS benefit, a Social Security estimate and an estimated deferred compensation plan annuity, if ap-

plicable. The analysis includes tips for "closing the gap" between members' projected retirement income and your 80 percent target.

If you have any questions, please call VRS toll free at 1-888-VARETIR (1-888-827-3847) to speak with an employer advisor (select menu option 3), or you can contact someone in the SWVMHI Human Resource Office.

~ Human Resource Office



Meals in Minutes: Muffin Pan Eggs

If your mornings are busy, and whose mornings aren't these days, how about a recipe for a quick, on-the-go breakfast that can be made the night before and quickly reheated the next morning?

Ingredients

8 eggs
7 links breakfast sausage
1/4 cup chopped green onions
1/2 cup chopped mushrooms
1/4 cup pre shredded cheese
Fresh pepper and seasoned salt
Nonstick spray

You will need: medium fry pan, mixing bowl, muffing pan, chopping board, knife, and whisk.

Instructions

1. Lightly spray frying pan and cook sausage. Turn frequently until well done.
2. Chop green onions and mushrooms while keeping a close eye on the sausage.



3. Remove sausage from pan. Cool on a paper towel. Chop sausage into pieces once cooled.
4. Divide and place a single layer of sausage, onions, and mushrooms in each muffin cup, sprayed with nonstick spray. Sprinkle cheese in each cup.
5. Crack eggs into a bowl. Add salt and pepper to taste. Beat until frothy.
6. Pour eggs into muffin cups (about 2/3) full. Place in a 350° oven.

7. Bake 20—25 minutes until lightly browned on top and firm to touch.
8. Remove baked eggs from pan to cool and prevent sticking. Store in refrigerator. Reheat in microwave 1—2 minutes.

~ Apostrophe Magazine, Fall 2013

Mix it up

Variations of Muffin Pan Eggs are endless. Spice them up with diced green chilies, salsa, and creamy Mexican Cheese. Or try a Denver omelet with chopped ham, onions, bell peppers, and sharp cheeses.

Fall Lawn Care Safety

Most of us think of our yards as a safe peaceful place. And of course, they are, but lawn care can expose us to safety hazards that we might not be aware of.

The following are points that we need to keep in mind, when performing fall lawn care.

Mowers and Lawn

The Minnesota Department of Agriculture recommends keeping the lawn about two inches tall in the fall. The longer height allows the grass to sufficiently make nutrients for the upcoming winter to protect against disease. Remove all potential hazards such as rocks, toys, sticks, or other debris. Make sure the machinery does not have any exposed wires or damaged parts. Wear long pants, safety goggles, closed toed shoes, and ear plugs. Do not smoke around gas-powered mowers and never run them in enclosed spaces.



Leaf Blowers

Do not direct the blowers at nearby people or use it as a vacuum to clean debris off yourself. Always inspect the blower for exposed or damaged parts. Wear goggles and ear plugs. Do not use an electric blower around puddles or in wet conditions. Do not smoke around gas-powered mowers or operate in an enclosed area.

Chemicals

Fall is an ideal time to apply one last dose of lawn fertilizer or broadleaf weed control product. Make sure the

product is applied in an area that is free of people, pets, and food. Always follow the manufacturer's instructions for how long to wait before reentering the area after treatment. Avoid exposure to eyes, nose, and mouth during application, by wearing goggles and masks. Store chemicals in a secure area. Wash and change clothing after application of chemicals.

As always, follow the manufacturer's recommendations for use of all machinery and products. Give clear instructions to children to stay in clear view, to avoid flying debris, or from accidentally being hit by machinery. Always be sure pointy objects like hoes and shears aren't lying on the grass for people to step on or trip over.

Adapted from: eHow: Discover the Expert in You

Staff Development Opportunities

Take advantage of all the training opportunities in September

Training

developing the skills... experience, a employees need to per improve their performance skills, and abilities, specific

The Joint Commission Breakfast Briefing: Information Management, Record of Care, Treatment, and Services
When: September 5, 1000 - 1115
Where: AB Classroom

Terrace Talks: SAMHSA's Wellness Week
When: September 11, 1200 - 1300
Where: Learning Center (B Building) Terrace
Bring your lunch!

The Joint Commission Breakfast Briefing: Environment of Care/Life Safety
When: September 12, 1000 - 1115
Where: AB Classroom

Latuda luncheon: Bipolar Depression in Adults
When: September 17, 1130 - 1300
Where: Dogwood Room/Learning Center

The Joint Commission Breakfast Briefing: Emergency Management
When: September 19, 1000 - 1115
Where: AB Classroom

Human Resources Series: Introduction to Supervision
When: September 24, 0830 - 1200
Where: Dogwood Room/Learning Center

The Joint Commission Breakfast Briefing: Infection Prevention and Control
When: September 26, 1000 - 1115
Where: AB Classroom

Grand Rounds: Ethics with Dr. Gillette
When: September 26, 1330 - 1500
Where: Dogwood Room/Learning Center

Human Resources Series: Employment Law
When: September 30, 1300 - 1500
Where: Dogwood Room/Learning Center

September CAI

The following CAI is required of ALL STAFF and must be completed between September 1 and September 30, 2013:

- ◆ Corporate Compliance

Sign into the Knowledge Center and find it today!

Donations Needed



The Central Rehab Department is collecting DVDs that can be shown on movie nights in the gym.

If anyone has any DVD movies that are appropriate for the individuals we serve (G or PG only) please contact:

Larry Hubble,
Rehab Resource Coordinator,
at Extension 162.

Backpack Collection Project



Thanks to everyone who participated in the recent backpack collection project, the Administrative Professionals Group collected 794 individual school supplies and 1,166 food items for the School Backpack program.

Monetary donations in the amount of \$230 were collected, and an additional \$248 was raised in a bake sale sponsored by Nursing Services. The \$478 was used to purchase food and school supplies to supplement donations and are included in the totals above.

All food and supplies were delivered to the Smyth County School Board, who will combine our donations with that of several other organizations throughout Smyth County, then divided among the Smyth County schools according to need.

Dr. Michael Robinson, Superintendent of Smyth County Schools, was excited and very appreciative of our donations.

Thanks to your generosity, many children in Smyth County will not go home on weekends hungry, and many more will have the needed supplies to help them learn come Monday.

~ Administrative Professionals Group



Preparing for Emergencies Doesn't have to Cost a Lot

September is National Preparedness Month

Within the past two years, many Virginians have been affected by natural disasters, from the historic Mineral earthquake to hurricanes Irene and Sandy, to Tropical Storm Lee, to a severe derecho wind storm and also winter storms. Being ready for emergencies is essential, and there is no better time to prepare than September, which is National Preparedness Month.

Families and individuals should plan as though they will be without electricity, water service, access to a supermarket, or other local services for at least three days. Follow these steps:

- **Make a plan.** This may be the single most important thing you can do, and it's free. Make sure everyone in your family understands where to go and what to do in case of an emergency. Update your contact informa-

tion and post it in visible places in your home and workplace. Get a free emergency plan worksheet at www.ReadyVirginia.gov or download the Ready Virginia app from the App Store and Google Play.



- **Set aside emergency supplies.** Don't wait for a storm. Buy preparedness items throughout the year instead of all at once. Get a list at www.ReadyVirginia.gov.
- **Store water.** You don't have to buy expensive bottled water. Just make sure your water containers are disinfected and airtight. Have at least a

three-day supply of water on hand – that's one gallon per person per day.

- **Check your policy.** Take a few minutes to review your insurance policy during National Preparedness Month. Get with your agent to make any necessary changes. Consider adding flood insurance because most policies don't include it. Renters can get flood insurance, too. Visit www.floodsmart.gov for more.
- **Stay informed.** Stay aware of changing weather conditions by monitoring local media reports.

To learn more about National Preparedness Month and to join the national community of people and organizations who have pledged to prepare in September, go to www.Ready.gov.

From the Director, continued

positive impact on someone else or distract them from their cares and that is what we try to encourage.

5. I am so thankful to have learned much over the years from Sharon Neitch, OTR/L, and the Dysphagia team about swallowing difficulties. This resulted in an assessment early on and nectar-thickened liquids and small cut-up portions. No straws, sitting up at 90 degrees, and remaining upright for 30 minutes after meals were also recommended. The knowledge that I had gained at SWVMHI helped me to explain the importance of this issue to other family members. I hope that we were able to prevent further difficulties, including aspiration or pneumonia, by sticking to these rules,

even if they were hard to remember or implement.

6. From Mike Jones, Ph.D., LNHA, and all my social work friends and colleagues, I was much better prepared to manage discharge notices, nursing home levels of care, and the medicare.gov nursing facility comparison website. When we visited our top selections of nursing homes, we purposely went at a busy time in order to gauge their responsiveness and level of organization. If you didn't ask who we were wandering your halls, maybe you are not the right nursing home for us! I would think back to the importance of first impressions when welcoming visitors to SWVMHI. From our excellent front desk staff to our welcome of visitors

on the units and how we work to provide a good experience, I am grateful.

7. We know to celebrate the small victories and achievements and to appreciate the still, calm moments of love and caring that are shown. There are still precious moments to be spent together, and good times to be had. Every kindness shown by staff during this difficult time will be remembered. This we know from our work at SWVMHI also.

Thanks to all who have kept me and my family in your thoughts and prayers.

~ Cynthia McClaskey, Ph.D.



Travel Tip

When preparing for a trip, employees are permitted to use their personally owned automobile when a State-owned vehicle or Office of Fleet Management Services (OFMS) rental vehicle is not available, or when the use of a personally owned vehicle is cost-beneficial to the agency. In addition, employees may elect to use their personal vehicle as a matter of convenience and will be reimbursed for mileage at the lower personal vehicle mileage rate of \$.283.

Moreover, when a personal vehicle is driven, the traveler must complete the Travel Cost – Benefit Calculator AD-2002-06 Form located in the Travel Folder on the Intranet Forms Directory. The trip calculator will determine the vehicle cost for the proposed trip comparing an Enterprise Vehicle and the personal vehicle rate. Remember to scroll to the bottom of the page and click “Trip Calculator” to complete the form and attach it to your Travel Request.

~ Lonzo Lester,
Fiscal Director

Recovery Month

September is National Recovery Month. Recovery Month promotes the societal benefits of prevention, treatment, and recovery for mental and substance use disorders, celebrates people in recovery, lauds the contributions of treatment and service providers, and promotes the message that recovery in all its forms is possible.

Recovery Month spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective, and people can and do recover.

~ www.recoverymonth.gov



Congratulations



The Virginia Department of Agriculture and Consumer Services recently conducted an administrative review of the USDA Commodity program in the SWVMHI Food Service Department.

All commodities were received, stored, and utilized according to proper procedures, and all paperwork was well organized and readily available for review. Temperature charts and perpetual inventory were also on-hand and up to date. “It is a very well run USDA program,” stated Melanie Monroe, Regional Commodity Manager.

Congratulations to John O’Keefe and his staff in the Food Services Department for a successful review!

AAAT Program Loses a Therapy Dog and Friend



I’m sad to report that Paco Cole passed away on July 23, 2013. He was a handsome Boxer who served as an Animal Assisted Therapy dog at SWVMHI for several years. He brightened many lives and helped countless people in their recovery.

When he was younger, he loved to race around the courtyards - jumping on picnic tables, in and out of the raised garden beds on Geriatrics – moving so gracefully, he looked like a deer. He would also obey commands such as “sing,” “sit,” “down,”

and “roll over,” and just generally make people smile.

Despite his size and exuberance, he was a gentle soul, who had a keen sense of peoples’ needs. Famous for the “Boxer lean” when greeting people, he knew who had to have extra care and with whom he could “rough-house.”

In the last couple of years, he had problems with arthritis and had to retire. I believe he really missed coming to work, but he was uncomfortable walking on the slick floors. I like to think that Perry kept him around a few more years by making him play. They seemed

to be great friends and would wrestle at home. Even though Perry would chew on him, Paco never once showed any aggression toward him – even sharing the same food bowls.

It was an honor to share Paco with everyone here, and I feel blessed to have had the opportunity to have such a wonderful dog in our lives. He was surrounded by our family when he died, at home. Thanks to all of you who loved Paco – you made his life more special.

~ Lesu Cole
Recreation Therapist

First Aid Tips: Bleeding



Bleeding
With all types of bleeding, it's important to stop the flow of blood as quickly as possible.

Small cuts: Small cuts in the veins stop bleeding and clot within a few minutes. The area should then be washed, and a bandage placed gently on top.

Deeper cuts: Deeper cuts in the veins produce dark blood that seeps out slowly and steadily. It can be stopped by gentle pressure on the wound with a

sterile or clean cloth, followed by the application of a clean or sterile bandage. Often, these wounds need sewing or gluing, and therefore medical treatment will be necessary after first aid.

Arterial bleeding:
WARNING! Arterial bleeding must always be treated by a doctor.
Bleeding from an artery can cause death within a few minutes – so urgent first aid is essential. This type of bleeding pulsates and squirts blood, as the pulse beats. The blood is often a light red color.

To stop bleeding from an artery:

- Apply hard pressure on the wound, and keep this up until the patient receives medical treatment.
- Press with a sterile cloth or just use your hand, if nothing else is available.
- Put a bandage on the wound if possible. If the blood soaks through the bandages, press harder until the bleeding stops.
- Do not remove the soaked bandages, but place another on top if necessary.
- Do not attempt to clean the wound.

The person must be made to lie down, preferably with their head lower than the rest of their body. This will ensure that enough oxygen gets to the brain.

If possible, position the wounded area higher than the rest of their body – so that the pressure, and therefore the bleeding, will be reduced.

~ Rebecca Sparger, RN, BSN
Training and Development
Coordinator

September Lunar Phases

September 5

New Moon

September 12

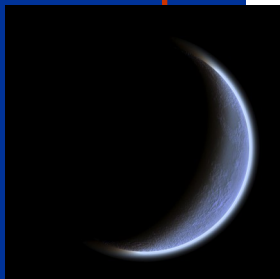
First Quarter Moon

September 19

Full Moon on the 19th is the traditional "Harvest Moon" because this is the one that falls closest to the autumn equinox. Most of the time the Harvest Moon is in the month of September and gets its name because farmers could harvest their crops late at night, by moonlight.

September 26

Last Quarter Moon



World Suicide Prevention Day

The International Association for Suicide Prevention (IASP) and the World Health Organization (WHO) are co-sponsoring World Suicide Prevention Day on September 10th. The theme of this 11th anniversary event is "Stigma: A Major Barrier for Suicide Prevention."

According to the WHO and the latest Burden of Disease Estimation, suicide is a major public health problem in high-income countries and is an emerging problem in low- and middle-income countries. Suicide is one of the leading causes of death in the world, especially among young people. Nearly one million people worldwide die by suicide each year. This corresponds to one death by suicide every 40 seconds. The number of lives lost each year through suicide exceeds the number of deaths due to homicide and war combined. These staggering figures do not include nonfatal suicide attempts which occur much more frequently than deaths by suicide.

World Suicide Prevention Day provides a special opportunity to refocus our collective energies on addressing this fundamental problem. Changing cultural attitudes about mental illness and suicidal behavior requires a scientific awareness of the many forces that influence community norms and the concerted effort of a wide range of community stakeholders over a prolonged period of time. World Suicide Prevention Day is an ideal time to inspire people to work towards the goal of developing creative new methods for eradicating stigma.

*Take the first step
in faith. You don't
have to see the whole
ladder, just take the
first step.*

~ Martin Luther
King, Jr.



Word Search

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

A single day is enough to make us a little larger or, another time, a little smaller. ~ Paul Klee

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

- | | | | |
|--------------|---------|----------|------------|
| acceptance | change | choice | community |
| counselor | courage | groups | healing |
| health | hope | joy | motivation |
| prevention | program | process | recovery |
| spirituality | team | together | treatment |



CELEBRATE RECOVERY



PERSONNEL CHANGES



New Employees

Kelly McKinell, Psychiatrist	Jul 22
Robert Baranowsky, Clinical Social Worker	Jul 25
LaKenya Brown, PI4 Food Service Technician	Jul 25

Separations

Christopher Shupe, Psychiatric Aide	July 3
Timothy Neitch, Psychiatric Aide	July 12

Promotions/Role Changes

None	
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MONTHLY PATIENT CENSUS

July
2013

Admissions 72

Discharges 71

Passes 15

Average Daily

Census

149

Autumn Fires

by Robert Louis Stevenson

In the other gardens
And all up the vale,
From the autumn bonfires
See the smoke trail!

Pleasant summer over
And all the summer flowers,
The red fire blazes,
The gray smoke towers.

Sing a song of seasons!
Something bright in all!
Flowers in the summer,
Fires in the fall!

In the other gardens
And all up the vale,
From the autumn bonfires
See the smoke trail!

Pleasant summer over
And all the summer flowers,
The red fire blazes,
The gray smoke towers.

Sing a song of seasons!
Something bright in all!
Flowers in the summer,
Fires in the fall!



Special Gym/Game Room Activities



Consumer Empowerment
Recovery Council (CERC)
September 26, 2013
1545-1615



Bingo
September 4, 2013
1830 - 2000

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

Patient Activity Council (PAC)
September 26, 2013
1615- 1645

Birthday Party
September 18, 2013
1800 - 2000
No Canteen



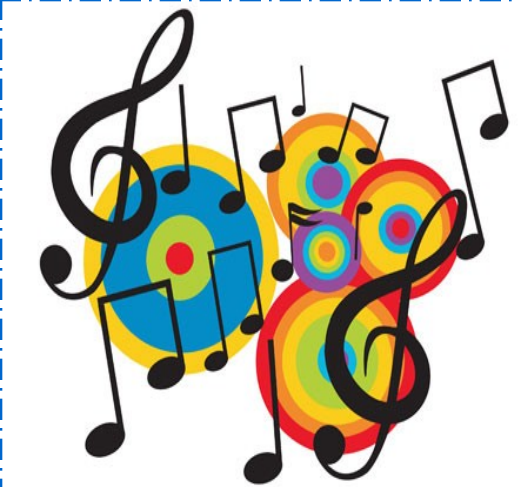
Movie Nights
September 9 & 10, 2013
and September 23 & 24,
2013
1830 - 2000



Family and Friends
Day
September 19, 2013



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.



Name that "SLOGAN"

Help kick-off the flu vaccine season and win a \$50 gift card!!!! Enter your suggestions for a slogan to inspire employees to receive their seasonal flu vaccine. Send your creative, smart, witty ideas to Cindy Jones by e-mail or mail by September 6th. Judging will be by the Infection Control Committee. Help make our flu vaccine program a success and win a special gift too!!

September Days to Celebrate

"Off the cuff" September holidays to celebrate:

September 7
Google Commemoration Day



September 8
National Hug Your Hound Day

September 13
International Chocolate Day

September 14
National Kreme Filled Donut Day

September 18
National Cheeseburger Day

September 22
Elephant Appreciation Day

September 24
Punctuation Day

September 25
National One-Hit Wonder Day

September 29
National Coffee Day



Elephant Appreciation Day



National Payroll Week

National Payroll Week is September 2 through 6, 2013. National Payroll Week celebrates the hard work by America's 156 million wage earners and the payroll professionals who pay them. Together, through the payroll withholding system, they contribute, collect, report, and deposit approximately \$1.78 trillion, or 70.5 percent, of the annual revenue of the U.S. Treasury.

Payroll professionals are responsible for the lifeblood of America's workers -- their pay-checks.

In addition to withholding for child support payments, Social Security, health insurance premiums, and retirement plans, payroll professionals, to put it plainly, put money in people's pockets every payday.

Whether it's cash in an envelope, an electronic deposit, or a paycheck, this is where the buck stops, or from a worker's perspective, where it begins. America's workers rely on and trust the nation's payroll system and the people who administer it. In addition to paying workers accurately



and on time, these men and women work tirelessly to maintain compliance with ever-changing federal, state, and local regulations, helping their employers avoid costly penalties. (www.nationalpayrollweek.com.)

On average, the SWVMHI payroll department pays approximately 570 staff members resulting in approximately 680 direct deposits every payday, and requiring over 675 manual transactions that include shift pay, overtime, and short-term disability payments. The payroll department works to ensure accurate and timely payments and deductions.

Ninety-five percent of all employees enjoy the benefits of Payline, a

secure website, with state of the art security for strict confidentiality of your personal payroll information, which allows you to see current and year-to-date earnings information. It also allows you to view your current payday information at least four days prior to payday. If you have not activated your account, please do so today by visiting www.payline.doa.virginia.gov.

~ Sharon Bullins
Payroll Officer

Editorial Note: Special acknowledgement goes to Sharon Bullins, Payroll Officer, and the Human Resources Department. Their performance on the recent Central Office Audit of our Payroll Process was outstanding. The auditors did an extensive review covering everything from the hiring process to retirement, and everything in between. Because of their teamwork, dedication, and hard work, no major findings were found and they were left with only two recommendations. Thanks for a job well done!



It's not how far you fall,
but how high you bounce
that counts.

~ Zig Ziglar



Employee Retires after 54 Years

The year is 1959. Dr. Blaylock is the eighth Superintendent of Southwestern State Hospital (now SWVMHI); Dwight Eisenhower was the thirty-fourth President of the United States; both Alaska and Hawaii became states; and James Lindsay Almond Jr. was the fifty-eighty Governor of Virginia. In 1959, the average home cost \$12,400; a gallon of gas cost 25 cents; a movie ticket cost \$1.00; a loaf of bread cost 20 cents; and you could buy a brand new Ford T-Bird for just \$3,250. That same year, Barbie made her first appearance, *The Sound of Music* debuted on Broadway, the Etch-A-Sketch and Mountain Dew were both invented, and popular singers that year included Frank Sinatra and Ella Fitzgerald.

The year 1959 also found a young Iva Witten starting her new career as a Switchboard Operator at Southwestern State Hospital on July 1. Ms. Iva, as many know her, worked full time on the Switchboard until her retirement on September 30, 1991. Four days later, on October 4, 1991, she returned to the switchboard on a part-time basis until she resigned for health reasons on August 14, 2013. For those of you who are trying to keep up with the math, that is 54 years of service to Southwestern Virginia Mental Health Institute and the Commonwealth of Virginia. As a comparison, according the Department of Human Resource Management (DHRM), the aver-

age length of service for all state employees in Virginia is 12.1 years, with 55.9 years being the longest service on record.



Who is Iva Witten?

Miss Iva has worked as a Switchboard Operator since she began work on July 1, 1959. She served under eight of the fourteen facility superintendent/directors, including:

Dr. Joseph Blalock, Dr. Bernard Kasinoff, Dr. Frank Merker, Dr. Bill Brett, Mr. David Rosenquist, Dr. Leo Kirven, Mr. Jerry Deans, and Dr. Cynthia McClaskey.

Ms. Iva saw many changes occur during her tenure, including:

- The 40-hour work week was instituted.
- Seven facility buildings were constructed.
- Most of the Henderson Building was demolished.
- The Circle was widened, new sidewalks were added, and walking tubes were constructed and most demolished.
- The cemetery was relocated to its present location by the Virginia Department of Transportation to make room for Interstate 81.

- Marion Correctional Treatment Center took over the Finley-Gayle Building and the criminally insane individuals were transferred to the Department of Corrections.
- The facility was first accredited by The Joint Commission.
- Dirt from the old Henderson Complex was used in the construction of the current track around the picnic shelter.
- Deinstitutionalization took place, taking the census from approximately 1600 to 637 in a two-year time frame.
- The Department of Corrections took over two buildings and the County took over one building.
- The Adolescent Unit was closed.
- The facility celebrated its centennial and its quasiquicentennial with large celebrations.

For the last 54 years, anyone calling the facility had a good chance of hearing Miss Iva's voice greet them. She dedicated over a half century to the Commonwealth of Virginia and this facility, and she will be dearly missed.

Best Wishes, Miss Iva!

Recovery Hero

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

The acuity of Acute Admissions Ward CD has increased this summer. The nursing staff remain busy ensuring that the individuals we serve are safe.



One RNCA on the ward was named as someone who is especially admired during these times of high acuity. Bridgett Ford, D Team Nurse, is

described as being calm and soothing when talking to individuals who become agitated. Sherri Austin, P-14 Staffing Nurse Coordinator, says Bridgett speaks to the individuals very quietly, almost in a whisper; subsequently the individual becomes quiet in order to hear Bridgett.

Bridgett is utilizing the skills she learned in TOVA when talking to agitated individuals. TOVA teaches us when an individual is agitated we should not ignore the individual, tell them to go to their room, tease them, have too many people around, or use a loud tone of voice. Instead we should be physically oriented

toward the person, lean in to them to indicate interest and concern. and maintain eye contact that is steady, but not staring.

Bridgett is our recovery hero this month. She began working at SWVMHI on June 25, 2004. Please congratulate Bridgett when you see her. We are glad that she is a part of our team.

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

Family and Friends Day 2013

The 21st Annual Family and Friends Day at Southwestern Virginia Mental Health Institute will be held on Thursday, September 19, 2013, from 1000 to 1400 hours in the Auditorium. Registration will begin at 0930 in the lobby of the Bagley Building. This year's theme is **Pathways to Wellness**.

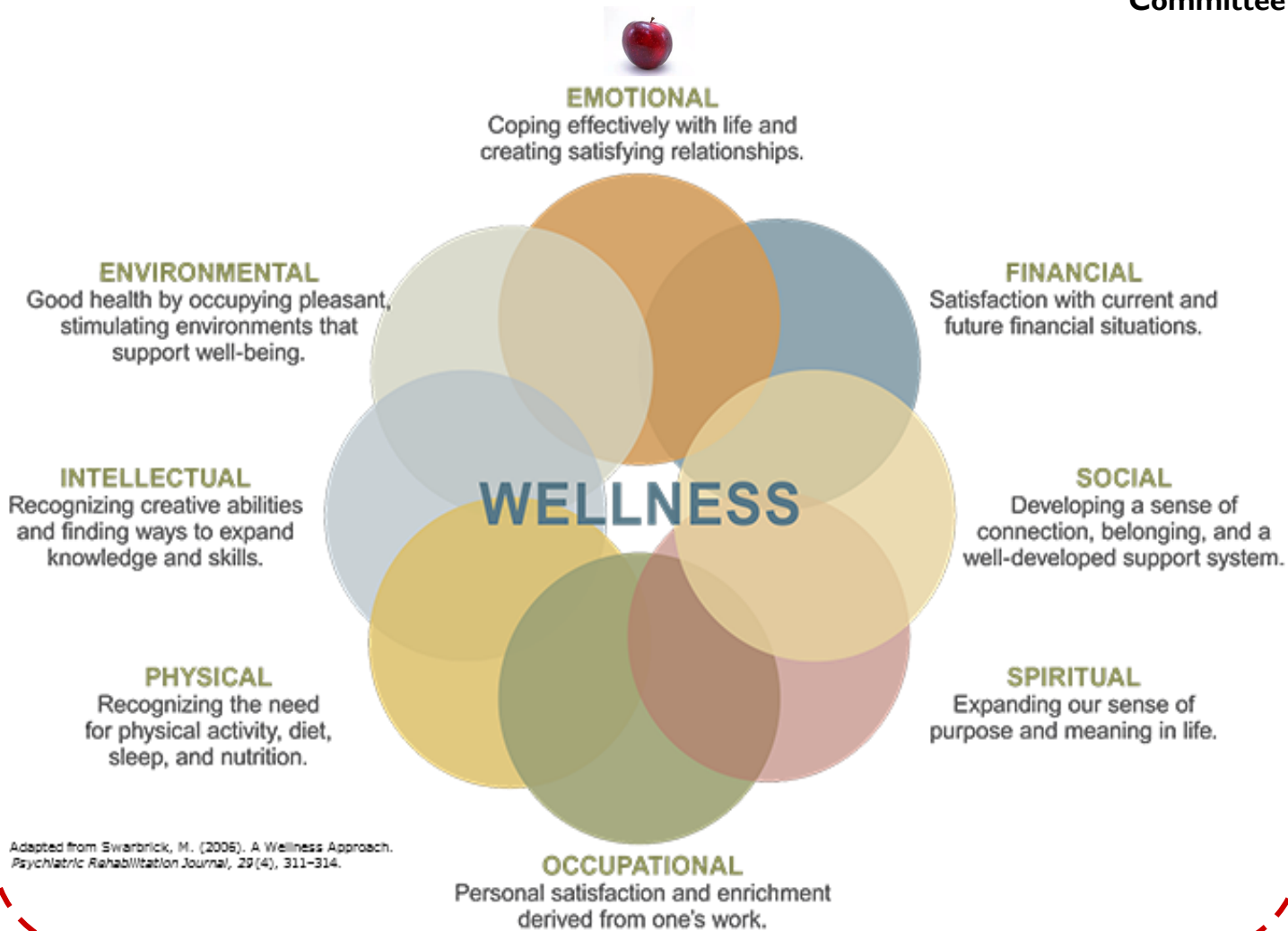
The event focuses on the eight different aspects of Wellness, including emotional, financial, social, spiritual, occupational, physical, intellectual, and environmental. Each day during the week leading up to Family and Friends Day will focus on one or two different wellness aspects, and for Family and Friends Day, the spotlight will be on *physical wellness*. Guests will be able to see many different parts of the facility, including our new Sensory Garden. Tai Chi demonstra-

tions and classes will also take place, as well as a basic health screening.

Individuals served by SWVMHI will be assisting in presentations at the event, and will also be displaying their crafts and artwork. A boxed lunch will be served. Family and Friends and will also be invited to meet with treatment teams during their visit. Advanced notice will be appreciated.

For more information about this year's event, please contact Connie Adams in Clinical Services at extension 822. You may also contact members of this year's committee, including Sharon Neitch at extension 108 or Robyn Anderson at extension 827.

~ Family and Friends Day Committee



Adapted from Swarbrick, M. (2006). A Wellness Approach. *Psychiatric Rehabilitation Journal*, 29(4), 311-314.



Recovery Facts

Mental Illness...

- In 2011, 45.6 million U.S. adults aged 18 or older had a mental illness in the past year.
- In 2011, 31.6 million adults aged 18 or older reported receiving mental health services in the past year.
- Serious mental illness is associated with an estimated total economic cost of \$317 billion per year.
- In the United States, a person dies from suicide every 15 minutes.

Substance Use Disorders...

- In 2011, 20.6 million people aged 12 or older were classified with substance dependence or abuse in the past year. In 2011, 19.3 million people aged 12 or older needed treatment for an illicit drug or alcohol use problem, but did not receive treatment at a specialty facility in the past year.
- Substance use costs the country an estimated \$510 billion annually, including specialty alcohol and drug services, medical consequences, lost productivity due to death and illness, and injury or legal costs.

Behavioral Health is Essential to Health...

- In 2011, eight million adults reported having co-occurring disorders, meaning they have both a mental and a substance use disorder.
- Individuals with mental illnesses have increased risk for a number of physical health problems, including diabetes, cardiovascular disease, obesity, and smoking. Half of all lifetime cases of mental and substance use disorders begin by age 14 and three-fourths by age 24.
- Untreated mental and substance use disorders lead to more deaths than traffic accidents, HIV/AIDS, and breast cancer combined.

Behavioral Health and Insurance...

- Centers for Medicare and Medicaid Services (CMS) data show nearly one in four people with mental or substance use disorders lack health insurance. For those with both mental illness and substance use issues the figure is 30 percent.
- Open enrollment for the expansions in coverage under the Affordable Care Act (ACA) begins on October 1, 2013.
- SAMHSA is engaging in an aggressive communications effort that reaches the more than 11 million currently uninsured individuals with behavioral health needs.
- For help finding information on health insurance options, the Affordable Care Act, and information on prevention and wellness resources visit <http://www.healthcare.gov>.

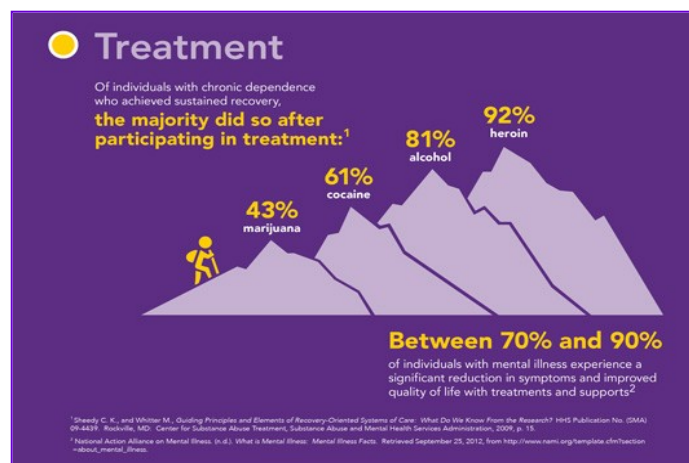
Prevention Works...

- The first symptoms typically precede a mental and/or substance use disorder by two to four years, offering a window of opportunity to intervene early and often.

- Research shows that for every \$1.00 invested in prevention and early treatment programs, \$2.00 to \$10.00 could be saved in health costs, criminal and juvenile justice costs, educational costs, and lost productivity.
- A well-implemented public awareness campaign raises cognizance of the signs and symptoms of mental disorders and risks for suicide.
- In 2011, approximately one in eight youths aged 12 to 17 reported that they had participated in drug, tobacco, or alcohol prevention programs outside of school in the past year.
- In 2011, the prevalence of past month use of illicit drugs or marijuana was lower among those who reported having exposure to drug or alcohol prevention messages.

Treatment is Effective...

- Scientific research shows that treatment can help patients addicted to drugs stop using, avoid relapse, and successfully recover their lives.
- Approximately 80 percent of patients with depressive disorders improve significantly with treatment and recovery support services.



- [Text description of "Treatment" infographic](#)
- [PDF version of "Treatment" infographic \(284.1 KB\)](#)

People Recover...

- Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.
- Approximately three-quarters of Americans believe that recovery is possible from addiction to substances such as alcohol, prescription drugs, and marijuana.
- Two-thirds of Americans believe that treatment and support can help people with mental illnesses lead normal lives.

~ <http://www.recoverymonth.gov/Recovery-Month-Kit/Resources/Fast-Facts.aspx#Introduction>

SWVMHI
Established in 1887



Honoring Our Past
Celebrating Our Present
Cultivating Our Future

**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

T	O	G	E	T	H	E	R						P				
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Please submit articles for the next newsletter to Cheryl Veselik by September 20, 2013.

The next newsletter will be published October 1, 2013.