



JANUARY 1, 2013

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From The Director

♥ **26 Acts**

Imagine if everyone could commit to doing one act of kindness for each of the 26 precious lives lost at Sandy Hook? An act of kindness big or small. Are you in? ~Ann Curry

Ann Curry, journalist, came up with this idea while reporting on the Sandy Hook tragedy on December 14, 2012. She, like so many of us, heartbroken, asked herself, "What can I do?"

♥ **It matters not what we call our acts.**

Pay it forward
Practice random acts of kindness

Instead of the "usual" New Year's resolution
Angels among us
Agents of change
Making someone's day or
SWVMHI Value # 7: Honoring Day to Day Tasks

♥ **It matters not if we share our acts or perform them anonymously.** You can gain inspiration and share

your acts on Facebook /26Acts where over 98,000 people have "liked" the page. You can also print small papers to inform others and encourage them to join in! 26 acts. (See page 13.)

♥ **Committing acts of kindness can be transformational for ourselves as well as others.** After Linda Cohen's father died in 2006, she committed to performing 1,000 mitzvahs or good deeds as a way to honor his memory. In the years it took to accomplish this, she found peace and a new way of seeing herself.

Research tells us that people who regularly do volunteer work have higher levels of self-worth and happiness. Importantly, they also have a better sense of their purpose for being" in life. It stands to reason that if we are feeling down or discouraged, committing an act of kindness can improve our mood and take us away from feelings of depression.

♥ **Celebrate SWVMHI Value # 7: Honoring Day to Day Tasks.** We want to

honor those day-to-day tasks and interactions that collectively promote recovery. This value captures concepts such as politeness, optimism, good manners, and leading by example. We treat every interaction as a moment of truth.

♥ **In honor of the 26 children and adults who were taken from us in Newtown, Connecticut; in honor of the 32 lives taken at Virginia Tech in 2007; in honor of the important work we do to provide an opportunity for recovery; in honor of sadness and injustice in the world: **Never stop doing little things for others. Sometimes those little things occupy the biggest part of their hearts.****

Cynthia McClaskey

♥ **Kindness: Pass it on!**

Cohen, Linda. 1,000 Mitzvahs: How small acts of kindness can heal, inspire and change your life, 2011, Seal Press.

Continued on page 13

Did you know?

The purpose of life is to discover your gift. The meaning of life is to give your gift away.

~ David Viscott

Leadership

Last month's column was on the SWVMHI Value of Leadership. It was emphasized that here at SWVMHI shared leadership is *expected of all employees*. If we do not demonstrate leadership, we are less effective in terms of fulfilling our Mission of assisting people in their recovery.

This month's column continues to explore the SWVMHI Value of Leadership specifically emphasizing the important differences between the SWVMHI Leadership philosophy and more traditional (and outmoded) views of leadership.

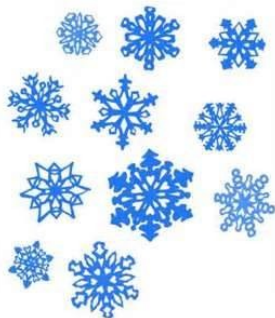
The SWVMHI Leadership philosophy moves us from the traditional top-down



leader-follower model of leadership to the more enlightened and effective *leader-leader* model. Shortly before his death, Stephen R. Covey (author of *7 Habits of Highly Effective People*) wrote this past spring (2012), "Our world's bright future will be built by people who have

discovered that leadership is the enabling art...of releasing human talent and potential." At SWVMHI, the expectation is that we lead each other. This means that we lead the individuals we serve and our co-workers *even as they lead us*. In so doing, we will be better able to solve our complex problems more effectively, more efficiently, more passionately, and more creatively. Covey reminds us that, "Leadership is a choice, not a position."

~ James Moon, Ph.D.
Psychology Supervisor



Out of the bosom of the Air. Out of the cloud-folds of her garments shaken. Over the woodlands brown and bare. Over the harvest-fields forsaken. Silent and soft and slow descends the snow.

~ Henry Wadsworth Longfellow

Phase Two Computer Training

Preparing for the Transition to EHR

In preparation for our transition to the electronic health record (EHR) later in 2013, and to enhance our overall performance as an organization, SWVMHI staff members are participating in a computer skills training initiative during FY13. This is a continuation of a series of classes held beginning in October 2012. Classes are being held twice a week in the computer lab of the Smyth County Education Center in Atkins, Virginia. In October and November, instructors from Wytheville Community College provided basic computer skills classes (Phase I) to 114 SWVMHI staff from multiple disciplines. Phase II training, intermediate and advanced skills classes, will begin in January 2013.

Phase II instruction is designed to increase the knowledge of staff members whose current computer skills are "good" or "very good." Two levels of instruction will be offered in Phase II. Level I (intermediate) and Level 2 (advanced) classes will each provide eight hours of hands-on training with a focus on Microsoft Outlook (e-mail) and Microsoft Word, in addition to basic functions such as search options and data storage. Level 1 classes will take place on Tuesdays (January 8, 15, 22, and 29) and Level 2 classes on Thursdays (January 10, 18, 25, and 31) from 8:15 to 5:00. Classes are open to all disciplines.

Skills assessment surveys are available from Department Heads or the Training Department to assist supervisors in rec-

ommending the appropriate level of instruction for their staff. Supervisors should contact Patricia Evans to register staff for classes.

Future phases of this initiative will include training in Microsoft Excel 1 and 2, Access 1 and 2 and Power-Point. In addition to SWVMHI class offerings, staff can participate in free online training from Microsoft at <http://office.microsoft.com/en-us/training> or can improve keyboarding skills at <http://www.typingweb.com/typingtutor>.

For specific training requests, please contact Merle Obregon, Training Director, at Extension 167.

Flu Reminder

Influenza is now widespread in our area of Virginia. Many staff and a few clients at our facility have reported fevers, muscle aches and other symptoms of a likely influenza infection. If an individual exhibits fever (>100), cough, sore throat, runny or stuffy nose, muscle or body aches, headaches or fatigue, please place patient on droplet precautions and notify their physician. Use of masks, good hand hygiene, and diligent environmental cleaning will go a long way in preventing the transmission of the flu.

Employees who exhibit any of these symptoms or who have been diagnosed with the flu, should remain away from the workplace at least 24 hours after the symptoms subside and fever is gone (without the use of a fever reducing medicine). An *Employee Infection Report* (found in the forms directory) must be submitted to Infection Control by faxing to 783-0855.

For the benefit of the individuals we serve and staff, those who were not able to receive the influenza vaccine will be required to wear a face mask while on-duty during high risk periods. If you were vaccinated and have a "12" sticker on your ID badge, you don't need to wear a mask. If you received the flu vaccine and do not have an orange "12" on your badge, they are available from the SNC office.

At press time, individuals have been ward restricted and the wearing of face masks for those not vaccinated is mandatory to decrease the risk of spreading the illness.

Remember, if you think you may have the flu, call your supervisor before coming to work.

~ Andrew Mone MD PhD
Chief of Medicine

Did you Know?

Tennessee is bordered by eight states: Alabama, Arkansas, Georgia, Kentucky, Mississippi, Missouri, North Carolina, and Virginia - more than any other in the United States.



Recovery Hero

A Spotlight on Our Employees Using TOVA Skills and Assisting People with Their Recovery

Early in December, Josh Hale, PA on Ward CD, was making hall rounds. He found an individual in the bathroom who had tied a sheet around her neck and was attempting to hang herself from the bathroom door. Josh yelled for help as he put his arms around the individual and opened the bathroom door, thus allowing the sheet to fall to the floor. Thankfully, the individual was safe, she never lost consciousness, and her vital signs were stable. The doctor assessed the individual and placed her on special precautions to prevent further attempts to harm herself.



This incident could have been much worse had it not been for Josh's strong work ethic. He makes his rounds in a timely manner and he is thorough, making certain that he sees every individual with his own eyes. When Josh found the individual in the bathroom, he stayed calm,

called for help, and immediately opened the bathroom door. Josh's strong sense of responsibility to the individuals we serve kept this particular individual safe at a time when she was attempting to harm herself.

Josh is our recovery hero this month. He began working at SWVMHI on July 10, 2009. Please congratulate Josh when you see him. We are glad he is a part of our team.

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

The Top Winter Driving Danger

And How to Handle it Safely

By SixWise.com



No matter what region of the country you live in, when the weather outside gets frightful, stay safe by following these important guidelines to handle the most common winter driving hazard.

Approximately 1/4 of all automobile accidents in the United States are caused by adverse weather, much of which can occur unexpectedly.

And 70 percent of winter deaths attributed to snow and ice involve motor vehicle accidents.

DON'T LET DANGEROUS BLACK ICE SLIP YOU UP

"Black" ice is clear water that has frozen on dark roadways, presenting a hidden trap for motorists who cannot see the slick pavement. **Black ice is particularly prevalent on bridges, below overpasses, and in areas surrounded by trees.**

The possibility of encountering black ice is greatest when temperatures are near or below freezing. Because road surfaces can freeze long before water freezes (road surfaces can freeze when air temperatures are as warm as 40 degrees F), drivers may think the shiny road surface is water, until their tires start to slip and it's too late.

Black ice can form even when it's not raining or snowing. In freezing areas of the United States, condensation from dew on roadways will freeze, forming a thin layer

of ice that creates one of the slickest road conditions there is. Even in areas that aren't accustomed to freezing temperatures, such as the Gulf Coast and Southeast, a sudden blast of cold air from the north can quickly freeze and leave roadways very slick.

It is because black ice can form so quickly and is so camouflaged on the road that Occupational Safety and Health Administration officials call it **the deadliest of all winter driving hazards**. Here's what to look out for:

- ♦ Pavement that looks dry but appears darker in color.
- ♦ Low-lying areas that may have water runoff from nearby trees or land.
- ♦ Bridges, which typically freeze first.
- ♦ Underpasses and other road areas that are shaded from the sun.
- ♦ Air temperatures that fall below 40 degrees F (expect icy conditions).

There are some precautions you can take to lessen your chances of coming into harm's way. These include:

- ♦ **Traction, traction, traction.** Good tires can mean all the difference when you hit an icy patch. Consider switching to snow tires, and at the very least make sure your existing tires are in good condition.
- ♦ **Engage four-wheel drive.** If you have it, you can use it, but don't let it make you overly confident. Four-wheel drive will NOT keep your car from sliding on ice if you are driving too fast for conditions.
- ♦ **Slow down.** Drive cautiously and don't overestimate the safety of road conditions.

- ♦ **Don't tailgate.** That extra car length can mean all the difference if you lose traction and can't stop.
- ♦ **Keep your windshield clean.** Ice can be hard to see in the best of conditions, but if your windows are dirty or covered in snow and ice, the chances that you'll see an icy patch are slim.
- ♦ **Anticipate traffic lights and intersections.** Give yourself longer braking distances than normal. That extra time to slow down can make all the difference if your car starts to slide out of control.
- ♦ **Wear your seatbelt!**

If you hit a patch of ice, here are some tips to help stay in control:

- ♦ Slow down, but don't brake too quickly. This could lock your brakes and cause you to lose traction completely.
- ♦ Instead, decelerate by taking your foot slowly off the accelerator, and shift the car to neutral or de-clutch (manual transmission).
- ♦ Make smooth steering movements, not jerky turns, and, in the event your car starts to spin, turn your wheel in the direction the spin.
- ♦ If the car is skidding, turn the wheel in the direction you want the car to go.
- ♦ If your car has anti-lock brakes, do not remove your foot from the brake pedal or pump the break. The system should keep the brakes from locking while allowing you to steer and continue to slow down the vehicle.

~ The Safety Committee



FUN FACT

Dogs can see movement up to 985 yards (900 meters) away. That's the length of more than nine American football fields.

Influenza Update from the CDC

According to the CDC's weekly FluView report for the week of December 16-22, 2012, (the latest report available), nationally, influenza activity is elevated and continues to increase across most key indicators. High influenza-like-illness (ILI) activity is still concentrated in the South Central and Southeastern regions of the nation. Other parts of the country are seeing increases in activity as well.

- ◆ Sixteen states and New York City are now reporting high ILI activity. Last week 12 states reported high ILI activity. States reporting high ILI activity for the week ending December 22 include Alabama, Georgia, Illinois, Indiana, Louisiana, Minnesota, Mississippi, Missouri, New Jersey, North Carolina, Ohio, South Carolina, Tennessee, Texas, Utah, and Virginia.
- ◆ Since October 1, 2012, 1,522 laboratory-confirmed influenza-associated

hospitalizations have been reported; an increase of 509 hospitalizations from the previous week. This translates to a rate of 5.5 influenza-associated hospitalizations per 100,000 people in the United States.

- ◆ Hospitalization rates are highest among people 65 and older, which is typical for seasonal influenza.

Important questions for the CDC:

Has CDC received reports of people who have gotten a flu vaccine and then tested positive for influenza?

Yes. CDC has received reports of some people who were vaccinated against influenza becoming ill and testing positive for influenza. This occurs every season. It's not possible at this time to say whether or not there is more of this happening this season than usual. This is an early

season, with more influenza activity being reported at this time than has been seen during recent flu seasons. CDC is watching the situation closely and will provide additional information, including interim vaccine effectiveness (VE) estimates, as it becomes available. There are, however, a number of reasons why people who got an influenza vaccine may still get influenza this season:

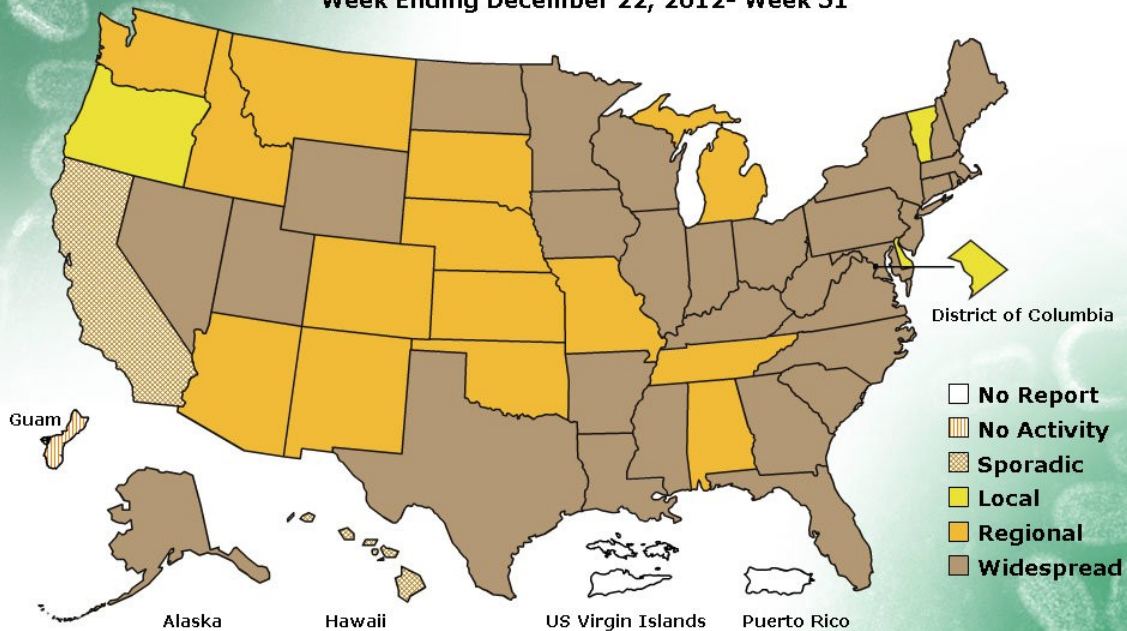
1. People may be exposed to an influenza virus shortly before getting vaccinated or during the two-week period that it takes the body to gain protection after getting vaccinated. This exposure may result in a person becoming ill with flu before the vaccine begins to protect them.

Continued on Page 15

FLUVIEW

A Weekly Influenza Surveillance Report Prepared by the Influenza Division
Weekly Influenza Activity Estimates Reported by State and Territorial Epidemiologists*

Week Ending December 22, 2012- Week 51



*This map indicates geographic spread and does not measure the severity of influenza activity.



Combined Virginia Campaign

Have you ever provided a homeless family with a warm and safe place to sleep? Have you ever delivered a hot meal to a homebound senior? Have you ever given a group of kids a safe place to play away from the street? Have you ever helped a disabled adult realize his potential to be an active member of the community? If you have ever given to the Commonwealth of Virginia Campaign (CVC), the answer is "yes."

The staff here are caregivers, giving of themselves everyday to this facility and to the individuals we serve. The CVC offers the opportunity to continue to give to the community and to create a positive change in the community by supporting the local area agencies. If every full time SWVMHI employee donated just \$2 per pay period, we could raise over \$20,000!

When you give to the CVC, you pick what agencies receive your money. If you designate an agency, NONE of your contribution will be



used for the overhead expenses associated with running the campaign.

The charities to which you can contribute are listed at www.cvc.vipnet.org/donors/directorylist.htm. There are more than 1,300 charities listed so take some time to look it over and determine which one(s) should receive your hard earned money. If you want help looking for a specific agency, please call one of us.

The United Way of Smyth County (CVC # 9500) is one of the agencies. We're asked to remember that agency in that it is already being called upon to help support those in the county who are being affected by the closing of Merillat.

Donating to CVC is easy. Full time employees can contribute through payroll deduction by going to www.cvc.virginia.gov and click on GIVE NOW. Your donation will appear on your pay stub on Payline, which you can print at the end of the year and use as a receipt for your taxes.

If you don't want to contribute via payroll deduction, or if you are a P-I4 employee, you may use a pledge card to designate your donation and your charity of choice. If you need a pledge card, call one of the campaign members.

If you have questions about the campaign, if you need a pledge card, or if you want some assistance, please give us a call.

Thanks for continuing to help others.

Amanda Currin ext. 270
Denise Deel, ext. 826

Winter Weather Safety for Your Pet



Winter has arrived and it's cold outside. Don't forget your best friend (s) as it gets cold outside. Use these cold weather tips to keep your pets safe.

- ♦ Don't keep your pets outside. This is the easiest way to make sure they stay healthy.
- ♦ Wipe their paws. Snow can cake in their paws and in between their toes. To make sure that they do not get frost bitten, clean them out with a towel. You also do not know what stuck to them: antifreeze, salt, ice melt, all of which can be poisonous to your pet.
- ♦ Let the hair grow, never shave your pet in the winter. Their hair is there for a reason - to keep them warm. How would you like it if someone took out all the stuffing in your warm winter jacket? Got a short hair pet? Help a puppy out. There are a plethora of cool and silly looking coats and sweaters out there for your dog.
- ♦ Never leave them alone in the car. We all know better than the leave them in the car during the summer. In the wintertime your car can act like a fridge making it unbearably cold inside.
- ♦ Keep the antifreeze away, it is poisonous. It tastes sweet to animals so they want to drink it.
- ♦ Keep a warm bed. Just like you, pets like a warm bed too. Not only do they like it, they need it in the winter. Make sure they have some place out of the elements and the wind with something warm on the ground to collect heat.
- ♦ Water freezes, make sure your pet's water hasn't. Dehydration is just as bad in the winter as it is in the summer.
- ♦ Keep away from frozen lakes/water. Your pets don't understand that the ice is just a couple of centimeters thick and they can fall through.

Keep safe this winter.

National Blood Donor Month

Since 1970, January has been National Blood Donor Month. Typically, blood donations are down in winter months because of weather, cold and flu symptoms, or post-holiday blues. Yet winter weather can lead to more traumatic injuries that will call for an increase in the need for blood.

The Red Cross urges everyone who is eligible, to consider donating blood this winter. Your help could mean hope to someone in need. To schedule a time to donate, to find out if you are eligible to donate, or to find a local donation drive near you, visit www.redcrossblood.org or call 1-800-RED CROSS.



Give Blood Today American Red Cross

The Keebler® elves and the American Red Cross are partnering up to recognize acts of kindness with a delicious treat. When you give blood, you'll get a Keebler® cookie - baked just for you.

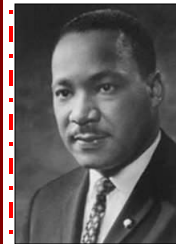
~ www.redcrossblood.org

FACTS

- ◆ Every two seconds, someone in the U.S. needs blood.
- ◆ The blood type most often requested by hospitals is Type O.
- ◆ More than 1 million new people are diagnosed with cancer each year. Many of them will need blood, sometimes daily, during their chemotherapy treatment.
- ◆ A single car accident victim can require as many as 100 pints of blood.
- ◆ The number of blood donations collected in the U.S. in a year is approximately 16 million.
- ◆ The actual blood donation typically takes less than 10-12 minutes. The entire process, from the time you arrive to the time you leave, takes a little over an hour.
- ◆ The average adult has about 10 pints of blood in his body. Roughly 1 pint is given during a donation.
- ◆ All donated blood is tested for HIV, hepatitis B and C, syphilis and other infectious diseases before it can be released to hospitals.
- ◆ Information you give to the American Red Cross during the donation process is confidential. It may not be released without your permission except as directed by law.

Martin Luther King Day

January 21, 2013



Martin Luther King, Jr. Day is a United States federal holiday marking the birthday of Rev. Dr. Martin Luther King, Jr. It is observed on the third Monday of January each year, which is around the time of King's birthday,

January 15. The floating holiday is similar to holidays set under the Uniform Monday Holiday Act, though the act predated the establishment of Martin Luther King, Jr. Day by 15 years.

King was the chief spokesman for nonviolent activism in the civil rights movement, which successfully protested racial discrimination in federal and state law. The campaign for a federal holiday in King's honor began soon after his assassination in 1968. Ronald Reagan signed the holiday into law in 1983, and it was first observed on January 20, 1986. At first, some states resisted observing the holiday as such, giving it alternative names or combining it with other holidays. It was officially observed in all 50 states for the first time in 2000.

~ http://en.wikipedia.org/wiki/Martin_Luther_King,_Jr._Day

Shining Stars



The following was taken from the November edition of "Twilight Times," a SWVMHI third shift nursing staff newsletter:

★ **ERS:** Winky Holman is an "excellent team member. Winky believes in pulling her weight, is helpful to everyone, and always ready to jump in when needed. She maintains a calm demeanor when interacting with patients."

★ **AB:** Joe Woods is "good with difficult patients and easy going."

★ **CD:** Jessica Smith is "great talking with patients."

★ **EF:** Belinda Mowl is a "really attentive nurse and very helpful when needed."

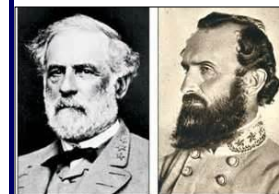
★ **Float:** Donna Albert "jumps in and helps with whatever."



Lee-Jackson Day

January 18, 2013

Lee-Jackson Day is a Virginia Holiday that celebrates the lives of two Virginia Civil War Generals: General Robert E. Lee and General Thomas J. 'Stonewall' Jackson, both of whom spent their final years as residents of Lexington, Virginia, and are buried there.



Gen. Robert E. Lee Gen. Stonewall Jackson

The Lee-Jackson holiday used to be celebrated together with Martin Luther King Day (called Lee-Jackson-King Day) from

1984 until 2000, when the Virginia General Assembly separated the holidays into two, with Martin Luther King Day being celebrated on the third Monday of January, and Lee-Jackson Day being celebrated on the Friday prior.

~ www.virginia.org

Meals in Minutes - - Lentil Soup



Lentil soup is one of those recipes that should be in every cook's repertoire. Lentils are available in most grocery stores and are high in protein, healthy, and very inexpensive. This vegetarian lentil soup recipe uses plenty of spices to perk up the soup.

Ingredients:

- 1 tsp vegetable oil
- 1 onion, diced
- 1 carrot sliced
- 4 cups vegetable broth
- 1 cup dry lentils
- 1/4 tsp pepper
- 1/4 tsp dried thyme

- 2 bay leaves
- dash salt
- 1 tbsp lemon juice

Preparation:

In a large pot, sautee the onions and carrot in the vegetable oil for 3-5 minutes until onions turn clear.

Add the vegetable broth, lentils, pepper, thyme, bay leaves and salt.

Reduce heat to a simmer. Cover and cook until lentils are soft, about 45 minutes. Remove bay leaves and stir in lemon juice

before serving. Makes 4 servings of lentil soup.

Nutrition Facts from Calorie

Count: One serving provides approximately:

Calories: 230; Calories from Fat: 27; Total Fat: 3.0g, 5%; Saturated Fat: 0.7g, 3%; Cholesterol: 0mg, 0%; Sodium: 852mg, 36%; Total Carbohydrates: 33.0g, 11%; Dietary Fiber: 15.6g, 62%; Sugars: 4.6g; Protein: 18.7g; Vitamin A 37%; Vitamin C 12%; Calcium 5%; Iron 28%; *Based on a 2000 calorie diet*

~ <http://vegetarian.about.com/od/soupsstewsandchili/r/>

January Lunar Phases

January 4

Last Quarter Moon

January 11

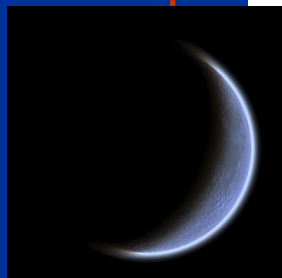
New Moon

January 18

First Quarter Moon

January 26

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



Training Corner



REMINDER: The VOPA CAI must be completed by all staff between January 1 and January 31, 2013.

Also during January, the following training opportunities are available:

- ♦ January 8, 1300 - 1500, Empowerment & Engagement, AB Classroom
- ♦ January 15, 0800 - 1600, Advanced Mindfulness Webinar at MCTC Academy West
- ♦ January 22, 1300 - 1500, Progressive Discipline, AB Classroom
- ♦ January 24, 1330 - 1500, Dr. Gillette/Ethics Training, AB Classroom
- ♦ January 28, 0900 - 1100, Progressive Discipline, AB Classroom
- ♦ January 30, 1230 - 1400, Introduction to Preventing Patient Falls & Injury From Falls Webinar Session I, AB Classroom

Please contact Patricia Evans at Extension 854 to sign up in advance for all training courses.

DID YOU KNOW?

If you keep a goldfish in the dark, it will eventually turn white.



Word Search

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

Did you know? Did you know that President Lincoln issued the EMANCIPATION PROCLAMATION on New Years Day in 1863, ending slavery in America?

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

Blizzard

Boots

Cold

Earmuffs

Gloves

Hibernate

Hockey

Icicle

Icy

January

Mittens

Scarf

Shovel

Skating

Skiing

Sled

Snow

Snowball

Snowman

Superbowl

Windy

Winter





PERSONNEL CHANGES

New Employees

Michael Alexander, General Medical Physician	Nov 1
Brittney Frye, Psychiatric Aide	Nov 10
Tammy Markle, Psychiatric Aide	Nov 10
Virginia "Ginny" Moorer, Training & Instructor II	Nov 10
Philip Ward, Rehabilitation Program Director	Nov 10
Terry Richards, PI4 Security Officer	Nov 13
Elaine Davis, PI4 Staffing Nurse Coordinator	Nov 16
Christie Allen, Human Resource Analyst I	Nov 19

Separations

Melissa Worrell, Clinical Social Worker	Nov 15
Darryl Brown, Psychiatric Aide	Nov 26
Regina Hawkins, Psychiatric Aide	Nov 27

Promotions/Role Changes

Cindy Wright, Full-time to PI4 Registered Nurse	Nov 3
Stephanie Butler, PI4 to Full-time Food Service Technician	Nov 10
Harriett Howell, Registered Nurse to RNCA Team Nurse	Nov 10
Edwina Lambert, Admin & Office Specialist II to Admin & Office Specialist III	Nov 10
Randy Reedy, Psychiatric Aide to Registered Nurse	Nov 10
Rebecca Sparker, PI4 RNCA to Q32 Trainer & Instructor II	Nov 10

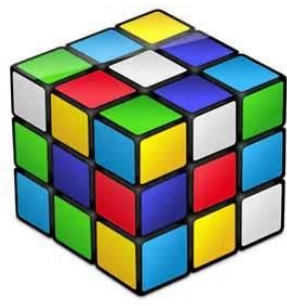
MONTHLY PATIENT CENSUS

**November
2012**

**Admissions 61
Discharges 63
Passes 25**

**Average Daily
Census
151**

Did you know



There are 1,929,770,126,028,800 different color combinations possible on a Rubik's Cube.

From the Library



January is National Clean Up Your Computer Month. I know I, for one, can use some tips on how this can be accomplished, so here goes.

It says on wikihow.com that a computer that is full of unwanted clutter can run slowly and not be as efficient. It recommends the following steps:

First, update your antivirus software and run a full scan. Anyone can have a computer virus and not even know it, so it makes sense to start there.

Second, clean up some space on the hard drive by deleting unnecessary files. Sometimes, it's easy to forget about all of those files we saved months or even years ago, thinking they could be useful again someday. Those files take up hard drive space, so it is good to get rid of those.

Third, uninstall programs that you do not use. This one is a little difficult because there is the psychological aspect of thinking, "Well, how do I know I won't accidentally delete something that my computer is using without realizing it? Isn't it just my luck that as soon as I delete it, tomorrow, I will think 'Oh no, if only I had that program on my computer!'" I guess the rule of thumb here should be to be very careful. If you are sure about what the program is and that you have not used it in years, uninstalling it could free up some space.

Fourth, download and install a spyware removing program. Anyone who has had spyware can tell you that it can be very aggressive and can really slow you down. Getting rid of spyware can make a great improvement.

Fifth, defragment your hard drive. To do this while in windows, go to *My Computer*, then *Properties*, then *Tools*, and then *defragment*. It can take some time.

Finally, the site recommends to check your RAM to make sure you have enough memory. To do this in Windows, right click *My Computer*, then select *Properties*. These are just a few easy steps we can do to keep our computers running smoothly.

DONATIONS

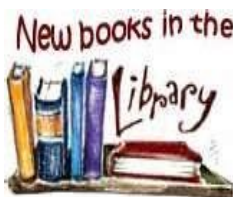
The library would like to thank the following people for donating items:

- Charlene Wilson
- Alicia Alvarado
- Sharon Neitch
- Sharon Winebarger
- C.J. Copenhaver
- Dr. Cynthia McClaskey
- Sue Eller
- Dr. Denise Mance
- Tina Hamm
- Mary Williams
- Mary Dotson



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

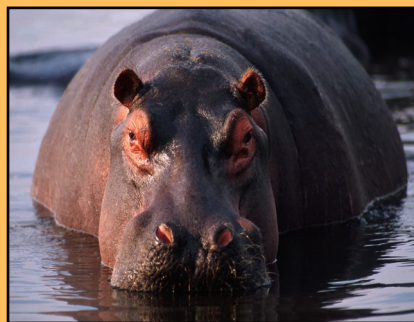
NEW BOOKS



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

- ♦ Saturday by Ian McEwan
- ♦ The Bible Salesman by Clyde Edgerton
- ♦ Knee-Deep in Wonder by April Reynolds
- ♦ My Sister's Keeper by Jodi Picoult
- ♦ At First Sight by Nicholas Sparks
- ♦ Lisey's Story by Stephen King
- ♦ Cross Bones by Kathy Reichs
- ♦ Portrait in Sepia by Isabel Allende
- ♦ Girl with a Pearl Earring by Tracy Chevalier
- ♦ Bridget Jones: The Edge of Reason by Helen Fielding
- ♦ The Samurai's Garden by Gail Tsukiyama
- ♦ Blue Shoe by Anne Lamott
- ♦ Mutant Message Down Under by Marlo Morgan
- ♦ In Sunlight, In a Beautiful Garden by Kathleen Cambor
- ♦ Serena by Ron Rash
- ♦ The Emperor's Children by Claire Messud

~ Christina Quillen
Librarian



FUN FACT

A sunbathing hippo has no need for SPF. Scientists believe that hippopotamus sweat, which is reddish-orange, acts as a sunscreen.

Hope for Undocumented Students

The following article appeared in the *National Association of Social Workers Practice and Professional Development Blog, Social and Economic Justice and Peace Section Connection, Fall 2012, Pages 5 - 6, and is reprinted here with permission of the author, Tara Brewster. Tara Brewster is an MSW student at the University of Southern California, and works full time at SWVMHI as a Central Rehab Resource Coordinator Supervisor.*



Today in America, many young people find themselves caught in a painful predicament. Approximately 1.8 million American children receive elementary and secondary education, but they are not given the opportunity to make the dream of higher education and a rewarding career a reality. Each year, about 65,000 undocumented children who have lived in the United States for five years or longer graduate from an American high school (Gonzales, 2009). Without some means to legalize their status as residents of a state, these children are seldom able to attend college and cannot legally work in this country. In some states, these students can legally attend college, but most are eligible for neither in-state tuition nor any financial assistance. Some states have gone so far as to pass legislation to prevent undocumented students from even being accepted into colleges and universities.

On May 11, 2011, Senator Dick Durbin (D-IL) and 34 fellow Senators introduced the Development, Relief, and Education for Alien Minors (DREAM) Act before the United States Senate. This bipartisan legislation sought to address the educational adversity faced by young people who have grown up in the United States and have graduated from high school but who are not granted access to higher education due to current immigration laws. The DREAM Act of 2011 was intended to enact two major changes to current immigration law. The first would allow certain immigrant students who

have grown up in the United States to apply for and eventually obtain legal status and become eligible for citizenship if they go to college or serve in the U.S. military. To qualify for this legal status, students would be required to meet specific criteria. These students must have come to the U.S. at age 15 or younger and must have spent at least five years in the country before the date of the bill's enactment. The student must have maintained good moral character while in the United States and have never committed a crime or been considered a security risk. Also, these students must have graduated from a U.S. high school or have been awarded a GED in the United States. Finally, under the Senate bill, a qualifying student must be under the age of 35 (DREAM Act, 2011).

The DREAM Act would offer conditional, permanent resident status to undocumented students similar to lawful permanent resident status, except it would only be awarded for the limited duration of six years instead of indefinitely. Students with this kind of conditional resident status would be able to work, drive, and attend school on the same terms as other Americans. These students would not be allowed to travel abroad for lengthy time periods or be eligible for Pell Grants; however, they would qualify for federal work study programs and student loans. At the end of the conditional residency period, the students would be granted lawful permanent resident status as long as they maintained good moral character, avoided lengthy trips abroad, graduated from a two-year college or vocational college, studied for at least two years toward a bachelor's degree or higher, or served in the U.S. armed forces for at least two years (National Immigration Law Center, 2011).

The second major change is the elimination of the federal provision penalizing states that provide in-state tuition without regard to a student's immigration status (DREAM Act, 2011). This is a change to section 505 of the Illegal Immigration Reform and Immigrant Responsibility Act of 1996 (IIRIRA), which discourages states from providing in-state tuition or any other higher education benefits without regard to immigration status. Under the current section 505, any state that provides a higher education benefit based on residency to an undocumented immigrant must also provide that same benefit to any U.S. citizen, regardless of their state of resi-

dence (National Immigration Law Center, 2011).

The debate over education and undocumented immigrants is not new. In 1982, the U.S. Supreme Court ruled in *Plyer v. Doe* that undocumented children are in fact "persons" under the Fourteenth Amendment of the Constitution and are covered under the Equal Protection Clause just as any native-born American. This court ruling went on to pose that children cannot be denied access to public elementary and secondary education on the basis of their legal status (Gonzales, 2008). In 1996, however, the IIRIRA and the Personal Responsibility and Work Opportunity Reconciliation Act (PRWORA) put federal rules in place that allowed undocumented students to attend college, but it required states that wished to allow these students to be eligible for in-state tuition to pass legislation permitting the student to establish in-state residency (Olivas, 2009).

Many people might ask the question: Why is the DREAM Act needed, or why is this even a problem? The current education and immigration laws fail not only undocumented students but also the community at large. By allowing these children to receive elementary and secondary education and then not permitting them to go on to receive college degrees, the initial investment these communities make into the students is lost. Additionally, undocumented children are incredibly susceptible to exploitation, as employers can threaten them with deportation. Unauthorized immigrant workers routinely face violations of minimum wage, overtime, and workplace safety laws (Jimenez, 2011). Not only would the DREAM Act affect the lives of the students, but it would also positively influence the United States economy. If students are given the opportunity to receive additional education and move to better paying jobs, then they would pay more taxes and have money to spend in the U.S. economy (Gonzales, 2009). So, this act could also help to stimulate more revenue for the U.S. economy. A study by the University of California, Los Angeles, has shown that DREAM Act

Continued on page 13

Hope for Undocumented Students

participants could generate between \$1.4 trillion and \$3.6 trillion over 40 years (North American Integration and Development Center, 2010). If there are more highly skilled students coming into the workforce, the United States could also be more globally competitive in the areas of science, technology, and medicine.

There is much debate about allowing undocumented students to qualify for in-state tuition, with the main argument against it being that it will displace native-born students. In the ten states that have passed laws permitting undocumented students who graduate from high school to qualify for in-state tuition, this has not been the case at all. It has been noted that allowing undocumented students to qualify for in-state tuition has increased school revenues by bringing in tuition from students who might not otherwise be able to attend (Gonzales, 2009). This kind of research should be evidence enough that the DREAM Act of 2011 can be successful and contribute not only to the education attainment of undocumented students but also to the growth of the economy.

The DREAM Act offers the opportunity for undocumented students to gain citizenship and join the middle class. It also serves as a gateway for entire families to enjoy a middle-class standard of living and to reduce their depend-

ence on public assistance. All of these things substantially benefit the American public as well as undocumented immigrants.

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NASW Practice & Professional Development Blog is a blog designed for NASW Social and Economic Justice and Peace Section members and social workers in practice. It offers trending topics, valuable resources, and professional development opportunities. Learn more at www.socialworkblog.org/practice-and-professional-development.

From the Director, continued: 26 Acts of Kindness Cards

26 Acts of Kindness in honor of the Sandy Hook Elementary shooting victims. You are the recipient of # ___ in honor of _____.

- ♥ 1. Charlotte Bacon, 6
- ♥ 2. Daniel Barden, 7
- ♥ 3. Rachel Davino, 29
- ♥ 4. Olivia Engel, 6
- ♥ 5. Josephine Gay, 7
- ♥ 6. Ana M. Marquez-Greene, 6
- ♥ 7. Dawn Hochsprung, 47
- ♥ 8. Dylan Hockley, 6
- ♥ 9. Madeleine F. Hsu, 6

- ♥ 10. Catherine V. Hubbard, 6
- ♥ 11. Chase Kowalski, 7
- ♥ 12. Jesse Lewis, 6
- ♥ 13. James Mattioli, 6
- ♥ 14. Grace McDonnell, 7
- ♥ 15. Anne Marie Murphy, 52
- ♥ 16. Emilie Parker, 6
- ♥ 17. Jack Pinto, 6
- ♥ 18. Noah Pozner, 6
- ♥ 19. Caroline Previdi, 6
- ♥ 20. Jessica Rekos, 6
- ♥ 21. Avielle Richman, 6
- ♥ 22. Lauren Rousseau, 30

- ♥ 23. Mary Sherlach, 56
- ♥ 24. Victoria Soto, 27
- ♥ 25. Benjamin Wheeler, 6
- ♥ 26. Allison N. Wyatt, 6

The extra blank sheet is given to you so you can photocopy it and keep the 26 Acts of Kindness going in their honor. Share what was done for you and/or what you have done for others on facebook.com26acts

Special Gym/Game Room Activities

Patient Activity Council (PAC)

January 3, 2013
1600 - 1630

Consumer Empowerment
Recovery Council (CERC)

January 17, 2013
1600 - 1630

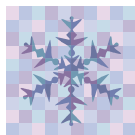


Bingo Night

January 9, 2013
1830 - 2000
Canteen open

Winter Event

January 24, 2013
1330 - 1500



Movie Nights

January 7 and 8, 2013,
and January 22 and 23,
2013, 1830 - 2000



Birthday Party

January 30, 2013
1800 - 2000
No Canteen

Church Services

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



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

Thanksgiving Skit



On November 20, 2012, five individuals from ERS presented a skit, sponsored by the Cultural and Linguistics Committee, to staff and individuals we serve. The skit was part of our thanksgiving celebration and was used to educate everyone on the traditions and beliefs of Native Americans. On display were some cultural items such as woven baskets, pottery, apparel, a bow, jewelry, and nice colorful blankets.

It takes a lot of courage to stand before your peers and talk. The presenters did an excellent job and the reviews were all positive. We look forward to doing more skits in the future that will highlight other cultural groups.

~ Jan Barrom
Direct Service Associate, ERS

January Days to Celebrate

“Off the cuff” January holidays to celebrate:

January 1

Mummer’s Parade in Philadelphia

January 4

Dimpled Chad Day

January 9

National Static Electricity Day

January 11

Learn Your Name in Morse Code Day

January 12

Fruitcake Toss Day

January 19

Popcorn Day

January 21

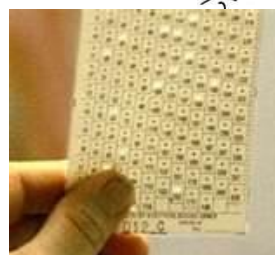
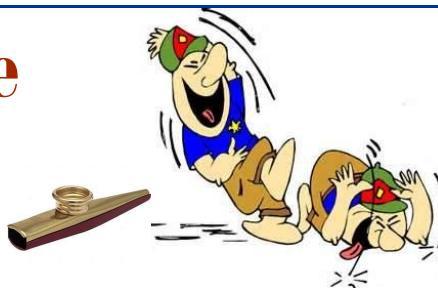
Squirrel Appreciation Day

January 24

Belly Laugh Day

January 28

National Kazoo Day



Influenza Update from the CDC, continued

2. A person may be exposed to an influenza virus that is not included in the seasonal flu vaccine. There are many different influenza viruses that circulate every year. The composition of the flu shot is reviewed each season and updated if needed to protect against the three viruses that research suggests will be most common. Characterization of influenza viruses collected this season in the United States indicates that most circulating viruses are like the vaccine viruses; however, there is a smaller percentage of viruses that would not be expected to be covered by the vaccine.
3. Unfortunately, some people can get infected with an influenza virus that is included in the vaccine despite getting vaccinated. Protection provided by influenza vaccination can vary widely, based in part on health and age factors of the person getting vaccinated. In general, the flu vaccine works best among young healthy adults and older children. Some older people and people with certain chronic

illnesses may develop less immunity after vaccination. While vaccination offers the best protection against influenza infection, it's still possible that some people may become ill after being vaccinated. Influenza vaccination is not a perfect tool, but it is the best tool currently at our disposal to prevent influenza.

To estimate how well influenza vaccines work each year, CDC has been working with researchers at universities and hospitals since the 2003-2004 influenza season conducting observational studies using laboratory-confirmed influenza as the outcome. At this time, there is insufficient data to provide estimates about VE for this season. CDC hopes to have interim VE estimates within the next five weeks. These estimates will provide more information about how well this season's vaccine is working.

Can the vaccine provide protection even if the vaccine is not a "good" match?

Yes, antibodies made in response to vaccination with one flu virus can sometimes provide protection against different but related viruses. A less than ideal match may result in reduced vaccine effectiveness against the virus that is different from what is in the vaccine, but it can still provide some protection against influenza illness.

In addition, it's important to remember that the flu vaccine contains three viruses so that even when there is a less than ideal match or lower effectiveness against one virus, the vaccine may protect against the other viruses.

For these reasons, even during seasons when there is a less than ideal match, CDC continues to recommend flu vaccination. This is particularly important for [people at high risk for serious flu complications](#), and their close contacts.

~ <http://www.cdc.gov/flu/about/season/flu-season-2012-2013.htm>

Clinician's Corner

Free Learning!

In addition to traditional seminars and workshops, bricks and mortar universities, and online learning opportunities, there is a relatively new no-cost opportunity to expand your mind and knowledge: iTunes U.



If you download a free app from iTunes U, you can listen or watch college courses and lectures from hundreds of colleges and universities – all without cost. Although the Clinician's Corner Series does not normally endorse a specific product, this is the world's biggest catalog of **free** online education. Professors from prestigious universities and institutions are sharing more than 500,000 free lectures, vid-

eos, books, and other resources on thousands of subjects with students of all ages.

For us in our chosen field and in our workplace, there are a number of fascinating and top rated courses. Here are just a few that some of the 14 million iTunes U users are signing up for.

“Environmental Psychology” Daniel Stokols, Ph.D., University of California, Irvine.

“Health Psychology” Brian Yates, Ph.D., American University

“Human emotion” Dacher Keltner, Ph.D., University of California, Berkeley

“Autism and related disorders” Fred Volkmar, M.D., Yale University

“Psychology” Paul Bloom, Yale University

“Introduction to Psychology” Jeremy Wolfe, MIT

“Great ideas in Psychology” Todd Daniel, Missouri State University

“Abnormal Psychology” David Bailey, Central Pennsylvania Community College

To access the courses, download the iTunes U app for your personal computer, iPad, iPhone, or iPod touch, then search the catalog for a lecture or course of interest! Hooray for life-long learning!

~ <http://www.apple.com/apps/itunes-u/>



**Southwestern Virginia
Mental Health Institute**

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Marion, Virginia 24354
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Fax: 276-783-9712

Comments, Suggestions or Ideas?

SHARE THEM!

Please send any comments, suggestions, or ideas you have regarding the newsletter to the Office of the Director.



This Month's Word Search Answer Key

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

Please submit articles for the next newsletter to Cheryl Veselik by January 22, 2013.

The next newsletter will be published February 1, 2013.