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COMING ON VALENTINE'S DAY

Please see Page 14 for details!



From The Director

**Employees of the Quarter
October – December 2012**



Josh Hale,
Psychiatric Aide,
Admissions Unit,
Wards C/D, second shift.

Josh Hale was initially nominated for his excellent lifesaving efforts, and his award of Employee of the Quarter was made due to this action as well as the excellent manner in which he demonstrates the facility values in his excellent day to day work. On the evening in question, Josh was assigned as the person to make random 15-minute rounds of the hallway. He found an individual with a sheet wrapped around her neck and standing at the bathroom door. He immediately called for help and moved the patient to the floor, away from the doorway. His quick-thinking, dedication, and alertness to his duties resulted in a positive outcome and the avoidance of a very bad outcome. It is noteworthy that Josh is consistently conscientious about his assignments, and dedicated to keeping the consumers and the ward milieu as safe as possible. He provides excellent patient care, and works very hard to establish therapeutic rapport with client. Because he gets to know the

individuals on his ward, he can step up when needed to de-escalate situations. His attendance is excellent, and he is quick to volunteer to come in early when needed. Josh is always helpful to his co-workers including newly hired or pulled staff, and is attentive to safety issues. He maintains a positive attitude and supports the facility mission, vision, and values.



Wanda Hounshell,
Psychiatric Aide, ERS
Unit, Ward J, second shift.

Wanda is an excellent role model for other employees. There have been many new aide staff hired in the past year and Wanda has assisted in precepting all of these new employees. She is also usually the one who assists with cross training of staff from other units. She is very positive and welcoming to others and treats others with respect. Her attitude is great and, by speaking with her, you can tell that she really enjoys her job. She knows her job very well and is a good teacher and mentor to others. Most of all, Wanda is very patient focused. She is willing to do whatever it takes to provide excellent patient care. She is always up and about assisting patients with whatever they

need. She does not have to be asked or encouraged to do something because if she sees the need, she takes the initiative to get it done. The individuals we serve respond very well to her because they know that she has a genuine regard for them. She has a very good work ethic and is an example of an employee who is putting the 7 facility values into action through her day to day work. She is dependable and honest and an excellent employee.



Bobby McGhee,
Psychiatric Aide,
ERS Unit, Ward
H, third shift.

Bobby is truly an example of the facility's mission, vision, and values. He actively displays the values of honesty with compassion, teamwork, self-initiative, and leadership. He is always looking for ways to better serve others and is described as a truly dedicated employee. He is thoughtful of others, always busy doing what needs to be done. When he is pulled to work in other areas of the hospital, the feedback from the other units is that he at all times

I Got It!

Vision Mission & Values

We all have had the experience of looking at something many times before we really see it. I remember walking out-

side with one of our former psychiatrists who said, "The Mountains are so beautiful. *They are always changing.*" His chance comment altered forever the way I see our mountains. I had a similar experience recently when I just happened to see the signature block on my colleague's (Sue Saltz) email. At the end

of the signature block, Sue placed the Rehab Department's Mission statement: *The Rehabilitation Department Mission: "To make recovery oriented care accessible to all: Recovery-We Get It!"*

Mission statements are very important, but their importance is often overlooked. Mission statements, like organizational values, can have a galvanizing effect on staff and customers. The best mission statements are brief, and have a "gotcha" quality. The good ones do not drone on and on.

I happened to tell Sue that I really liked her Department's Mission statement, and I apologized for taking so long to actually see it. She explained the Rehab group came up with it a couple of years ago at their yearly luncheon and she agreed with the powerful message it conveyed in just those few words. She said, "I think it shows what we are about."

I could not agree more.

**~ James Moon, Ph.D.
Psychology Supervisor**



COMING IN MARCH

Be sure to check the March newsletter for details about the upcoming Irish Festival as well as a Skit on Ireland. Brought to you by the Cultural and Linguistics Competency Committee.

Presidents' Day

Presidents' Day, celebrated each year on the third Monday in February, is a federal holiday, as well as a Virginia holiday. The official name of this holiday is actually Washington's Birthday, although some states, including Virginia, refer to the day as Presidents' Day.

The holiday was originally implemented by an Act of Congress in 1879, and was celebrated on George Washington's actual birthday (February 22) and named Washington's Birthday. On January 1, 1971, the federal holiday was shifted to the third Monday in February by the Uniform Monday Holiday Act. By the mid-1980s, with a push from advertisers, the term "Presidents' Day" began its public appearance, but the name change, despite several legislative proposals, has never officially been adopted.

Washington's Birthday, or Presidents' Day, started as a celebration of George Washington and all of his accomplishments. But do you know that there are three other presidents born in the month of February? William Harrison was born on February 9, Abraham Lincoln was born on February 12, and Ronald Reagan was born on February 6. While Washington's Birthday was originally established to honor George Washington, the term Presidents' Day was informally coined in a deliberate attempt to use the holiday to honor multiple presidents, and is virtually always used that way today.

Because Presidents' Day is not the official name of the federal holiday, there is variation in how it is rendered. Both Presidents Day and Presidents' Day are

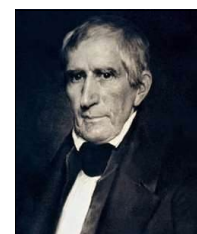
common today, and both are considered correct by dictionaries and usage manuals.



George Washington



Abraham Lincoln



William Harrison



Ronald Reagan

Recreation Therapy Month



February is National Recreation Therapy Month. Recreation Therapy is an integrate part of the Rehabilitation Department here at our facility. Recrea-

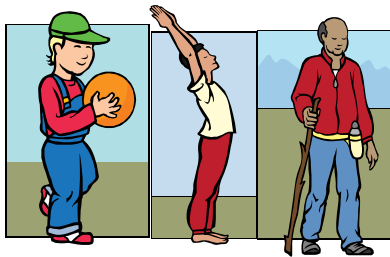
tion Therapy is the provision of Treatment Services and the provision of Recreation Services to persons with illnesses or disabling conditions. The primary purposes of Treatment Services are to restore, remediate, or rehabilitate in order to improve functioning and independence as well as reduce or eliminate the effects of illness or disability.

We also provide Recreation Services to provide resources and opportunities to improve health and well-being. The purpose of the Recreation Therapy process is to improve or maintain physical, cognitive, social, and spiritual functioning in order to facilitate full participation in life.

Individuals are offered the opportunity to give input into their treatment goals and objectives, as well as develop leadership skills within treatment groups and activities.

~ James Caudill CTRS
Recreation Therapy Coordinator

SWVMHI would like to recognize all of its Recreation Therapy Staff: James Caudill, CTRS, Recreation Therapy Coordinator; Laura Sperlazza, CTRS, Rehab Resource Coordinator; Derek Davis, Recreation Assistant; Sue Saltz, Recreation Assistant; and Brittany Williams, Recreation Assistant.



Travel Reminder

If you travel on state business, please refer to SWVMHI Policy 2002, Travel. Following are several deadlines you need to be aware of and follow for any state travel:

- ♦ In-state travel requests must be signed by you and your supervisor/ Executive Team Member and turned in to the Director's Office **at least seven days** prior to the travel date, unless you could not anticipate the travel, in which case it should be submitted as soon as it is known.
- ♦ Out-of-state travel requests must be signed by you and your supervisor/Executive Team Member and turned in to the Director's Office **at least 30 days** in advance, as all of these requests must go to Richmond for approval.
- ♦ Travel reimbursements must be signed by you and your supervisor and submitted to the Fiscal office **within ten days** of returning from the travel. Be sure to attach original hotel receipts, if applicable.

History of Mardi Gras



According to historians, Mardi Gras, which falls on February 12 this year, dates back thousands of years to pagan celebrations of spring and fertility.

When Christianity arrived in Rome, religious leaders decided to incorporate these popular local traditions into the new faith, an easier task than abolishing them altogether. As a result, the excess and debauchery of the Mardi Gras season became a prelude to Lent, the 40 days of penance between Ash Wednesday and Easter Sunday. Along with Christianity, Mardi Gras spread from Rome to other European countries, including France, Germany, Spain and England.

Traditionally, in the days leading up to Lent, merrymakers would binge on all the meat, eggs, milk, and cheese that remained in their homes, preparing for several weeks of eating only fish and fasting. In France, the day before Ash Wednesday came to be known as Mardi

Gras, or "Fat Tuesday." The word "carnival," another common name for the pre-Lenten festivities, may also derive from this vegetarian-unfriendly custom.

Many historians believe that the first American Mardi Gras took place on March 3, 1699, when the French explorers Iberville and Bienville landed in what is now Louisiana, just south of the holiday's future epicenter: New Orleans. They held a small celebration and dubbed the spot Point du Mardi Gras. In the decades that followed, New Orleans and other French settlements began marking the holiday with street parties, masked balls, and lavish dinners. When the Spanish took control of New Orleans, they abolished these rowdy rituals, and the bans remained in force until Louisiana became a U.S. state in 1812.

Lasting customs include street dances and parades, throwing beads and other trinkets, wearing masks, decorating floats, and eating King Cake. Serving a King Cake during Mardi Gras celebrations is a tradition that honors the Magi who visited the Christ child on the twelfth night or Epiphany (January 6). The cake is shaped in a ring with a pecan, bean, or plastic baby placed inside the dough, before baking, to represent the baby Jesus. The cake is then decorated with the purple, green, and gold colors of Mardi Gras, and divided among guests. Whoever finds the baby doll will host the next King Cake celebration.

Louisiana is the only state in which Mardi Gras is a legal holiday, although many places throughout the United States celebrate Mardi Gras.

Chaplain's Corner

"When you are proclaiming peace with your lips, be careful to have it even more fully in your heart."

- St. Francis of Assisi

How are your new year's resolutions turning out? A friend of mine observed last week that the gyms are full of people at the beginning of January but taper off significantly by the end of February. It's hard to follow through in developing a new habit, especially those that are supposed to be "good for us." Some current nutritional proponents suggest that it takes 21-30 days to develop a new eating habit. Ancient spiritual teachers observed that it took at least 40 days to acquire a new spiritual practice or insight (i.e., the 40 day/40 night formula found in the stories of the bible).

As I look at our progress on the "Alphabet of Spiritual Literacy," we are working through a 26 month process that reminds us of a vast array of spiritual practices at our disposal. This month we are ready for the letter P which can remind us of the concept of **PEACE** as a

spiritual practice. **Peace** is one of those concepts that everyone is familiar with, yet often find elusive. It is often the theme of spiritual songs, an iconic symbol of the 1960's, a favorite subject of politicians, but like jello, kind of hard to nail down. I suspect that is why the wisdom literature of the past has always identified the path to **peace** as a process.



One of my favorite spiritual teachers, Rabbi Zalman Schachter-Shalomi, suggests that the things we do for the cause of **peace**, as well as the things we refrain from doing, are truly meaningful. Every person can make a positive difference for **peace** in the world as a result of our "random acts of kindness." One of his delightful spiritual stories concerns a man who wanted to live in **peace** and turn from his behaviors that harmed his neighbors. The man visited the great

teacher, Chofetz Chayim, who said, "bring me your pillow." The man brought him the pillow and the teacher cut it open and let the feathers fly everywhere. The teacher said, "When you have gathered all the feathers and put them back in the pillowcase, then you will have learned about "repentance" or turning your life around. At once, the man realized the enormity of his task and that gaining a sense of spiritual **peace** was no simple matter. The acts we do and the things we say that are hurtful are very difficult to ever recover. Our actions and words that are helpful can also float like feathers and bring healing and grace far beyond our imagination. The rabbi ended the story by suggesting, "committing acts of kindness and refraining from acts of unkindness are more important than you realize...treasure them."

Peace be with you.

~ Timothy Graham, D. Min
Chaplain

Benefits of Chocolate



On Valentine's Day, make a date with — what else? Chocolate. During Valentine's week, Americans are expected to buy more than 58 million pounds of chocolate candy. And more than 36 million heart-shaped boxes of chocolate will be sold, according to the National Confectioners Association.

If chocolate, indeed, is the way to your sweetie's heart, it may be truer than ever. Ongoing research supports the health benefits of chocolate, particularly the dark variety.

Cocoa beans contain flavanoids that have antioxidant qualities. Antioxidants combat free radicals that damage cells. They also help reduce cholesterol, lower blood pressure, and improve cardiovascular health. The higher the cocoa content of the chocolate, the better.

Despite all the good health news about chocolate, that shouldn't be a license to overindulge. (Ok, it is Valentine's Day.) Chocolate still has calories, fat, and saturated fat. There are no hard-and-fast guidelines, but a moderate portion of chocolate - 1 ounce - a few times a week is fine.

~ Detroit Free Press

Healthy Food Choices

Five Ways to Navigate Fast Food Menus Like a Pro



Whether we like it or not, fast food plays a role in our lives. As children, we think of greasy, salty meals obtained from the drive thru as a treat, but as we grow we (hopefully) learn to opt for veggies, whole grains, and lean protein to both fill our stomachs and satisfy our palates.

No matter your age or dietary preference, there are times when fries and a cheeseburger seem like your only, or best option – whether it's due to the low cost, your need for a splurge, or general convenience. But that doesn't mean you should sabotage your diet and your health.

Here are five ways to navigate fast food menus to keep your health, and heart, in check:

1. Avoid portion distortion

You're starving, it's a great deal... the excuses are many. But when it comes to fast food it's imperative to be mindful of your portions. "Most meals are already above recommended serving sizes, so there is no need to go bigger. Make sure to avoid the words 'double' and 'extra.' Skip the fries and soda, order a side salad, baked potato, or apple slices instead," says Bridgett Swinney, a registered dietitian who taught weight loss classes for the American Heart Association.

2. Be sauce savvy

Dunking carrots in ranch dressing may seem like a great way to eat your veggies, but high-fat toppings and sauces can be almost as caloric and damaging to your heart as an oversized beef patty. A good rule of thumb: Order your meal with sauce on the side. But this doesn't mean your meal should be bland. There are plenty of heart-healthy alternatives to the

creamy, fatty staples. "Healthier options include avocado, mustard, salsa, jalapeños, or just extra lettuce, tomato, and onion," says Swinney.

3. Say no to "fried"

Let's face it: fried foods simply taste good. But unfortunately they don't have the same affect on your heart as they do on your taste buds. "When foods are fried they soak up the oil, doubling or tripling the calories," warns Swinney. Excessive consumption of fried foods also leads to clogged arteries and veins, which can result in a heart attack. Opt for baked, grilled, or broiled options instead, and stray from other red flag terms like breaded, crunchy, and creamy. It may not seem as satisfying, but your heart will thank you.

4. Sip smart

A soda sounds refreshing, but it is sugar-heavy beverages you should drink with caution – even diet drinks. "A number of studies have shown that diet soda may have similar pitfalls to its sugar-sweetened cousin," says Swinney. She suggests sticking to water, iced tea, a small juice, or low-fat milk. "People who eat out a lot often miss out on their milk, which contains calcium, vitamin D, potassium, and magnesium - all important for heart health," says Swinney.

5. Go in prepared

You're standing at the register debating a smoothie or chicken fingers. When entering situations unprepared, it's easy to make the wrong decision. Fortunately, most fast food restaurants post nutrition information on their websites and mobile apps. So before you order, scan the nutrition facts, make a heart-healthy decision, and order confidently.

For more information on heart-healthy choices, please visit www.heart.org.



The Heart-Check mark takes the guesswork out of spotting heart-healthy options while dining out. Nutritional criteria for certified meals includes the following:

- ♦ **Calories** - 700 calories or less per the entire meal.
- ♦ **Total Fat** - 3 grams or less total fat per 100 grams, and 30 percent or less calories from total fat in the meal, and 26 grams or less total fat per the entire meal.
- ♦ **Saturated Fat** - 1 gram or less saturated fat per 100 grams, and less than 10 percent calories from saturated fat in the meal, and 5 grams or less saturated fat per the entire meal.
- ♦ **Cholesterol** - 20 milligrams or less cholesterol per 100 grams, and 105 milligrams or less cholesterol per the entire meal.
- ♦ **Trans Fat** - Less than 0.5 grams trans fat per the entire meal
- ♦ **Sodium** - 900 milligrams or less sodium per the entire meal (through June 30, 2013); 800 milligrams or less sodium per the entire meal (starting July 1, 2013).
- ♦ **Beneficial Nutrient** - 10 percent or more of the Daily Value of one of the following nutrients per the entire meal: vitamin A, vitamin C, calcium, iron, dietary fiber or protein.

Additionally:

- ♦ If the meal includes a beverage, the nutritional values for the beverage must be included as part of the nutritional profile of the overall meal. Acceptable beverages include: water, fat-free or low-fat (1%) milk, and beverages containing less than 10 calories per serving.
- ♦ The following food and beverage items are not allowed as part of the certified meal: alcoholic beverages, desserts, products that do not align with American Heart Association Diet and Lifestyle Recommendations.
- ♦ To verify compliance, the American Heart Association will review the standardized recipes and conduct nutrient data analysis for certified meals. Additionally, the AHA will perform random secret shopper sampling of certified meals. These samples will be sent to an accredited laboratory for testing.

~ Training Department

Black History Month

At the Crossroads of Freedom and Equality: The Emancipation Proclamation and the March on Washington

"I do order and declare that all persons held as slaves within said designated States, and parts of States, are, and henceforward shall be free"

~ Abraham Lincoln
From The Emancipation Proclamation

The year 2013 marks two important anniversaries in the history of African Americans and the United States. On January 1, 1863, the Emancipation Proclamation set the United States on the path of ending slavery. A war-time measure issued by President Abraham Lincoln, the proclamation freed relatively few slaves, but it fueled the fire of the enslaved to strike for their freedom. Increasingly those in bondage streamed into the camps of the Union Army, reclaiming ownership of their bodies. As Fredrick Douglass predicted, the war for the Union became a war against slavery. The actions of both Lincoln and the slaves made clear that the

Civil War was in deed, as well as in theory, a struggle between the forces of slavery and freedom. The dismantlement of slavery had begun.

A century later in 1963, America once again stood at the crossroads. Nine years earlier, the Supreme Court had outlawed racial segregation in the public schools. Yet, the nation had not committed itself to equality of citizenship. Segregation and innumerable other forms of discrimination made second-class citizenship the extra-constitutional status of non-whites. In the White House, John F. Kennedy, another progressive president, temporized over the legal and moral issue of his time. Like Lincoln before him, national concerns out-weighed his personal beliefs. On August 27, 1963, hundreds of thousands of Americans, blacks and whites, Jews and gentiles, Protestants and Catholics, marched to the memorial of Abraham Lincoln, the author of the Emancipation Proclamation, in pursuit of the ideal of equality of citizenship. It was on this occasion that Martin Luther King, Jr. gave his famous speech, "I Have a Dream." Just as the Emancipation Proclamation marked the beginning of the end of slavery, the

March on Washington, as it became known, numbered the days of second-class citizenship.

"I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident: that all men are created equal.'"

~ Dr. Martin Luther King, Jr.
"I Have a Dream"

In marking the sesquicentennial of the Emancipation Proclamation and the 50th anniversary of the March on Washington, the Association for the Study of African American Life and History invites all Americans to join us in studying and celebrating how two different generations of African Americans each transformed America.

~ Submitted by the **SWVMHI Cultural and Linguistics Competency Committee**

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Meals in Minutes -- All Wrapped Up Salad

It seems that we are always on the go, and sometimes, when we stop to eat, it generally isn't healthy food. But here is a recipe for a quick and easy lunch that is both good and good for you. Toss together a salad featuring Mexican favorites such as spicy cheese and avocado, then wrap it up to-go style in a whole grain tortilla to get your veggie servings on the run.

Makes: 2
Prep time: 20 minutes
Chill 6 hours before serving

Ingredients

- ♦ 2 whole grain, whole wheat, or flour tortillas
- ♦ 3/4 cup shredded romaine and/or fresh



- ♦ spinach or other leaf lettuce of your choice
- ♦ 1/2 avocado, halved, seeded, peeled, and sliced
- ♦ 1/4 cucumber, halved lengthwise, seeded, and thinly sliced

- ♦ 1 ounce Monterey Jack cheese with jalapeno peppers, shredded (1/4 cup)
- ♦ Purchased salsa (optional)

Directions

On each tortilla, layer romaine, avocado, cucumber, and cheese. Roll up tightly.

If desired, halve tortillas diagonally. Wrap each tightly with plastic wrap. Chill for up to 6 hours.

If desired, serve with salsa.

~ <http://my.hearthealthyonline.com/recipes>

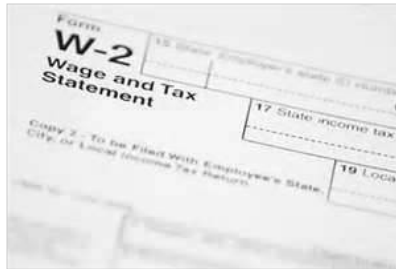
W-2s Now Posted

Your 2012 W2s are now posted on Payline.
<https://payline.doa.virginia.gov/Login>

Some information about your reportable income:

- If you have health insurance or other pre-tax deductibles, your Federal Taxable wages will not equal the YTD amount reported on your final check for 2012.
- With our new retirement contributions, your Federal Taxable wages will be different than your Social Security Taxable wages. On this deduction, you must pay the social security tax now but reporting for federal tax purposes is deferred until the time you receive this money. Deferred Compensation contributions are treated the same way and are shown separately as item G in box 12. Also in box 12 you may find item C - Imputed Life. The addition of the value of non-cash compensation to an employee's taxable wages in order to properly withhold income and employment taxes from the wages. For group insurance, imputed life is the taxable value of group life coverage in excess of \$50,000.

Do you need to review your Federal and/or State tax withholding status?



- From the Main Menu, Select *Employee Profile Data* from the left vertical menu.
- At the bottom of the page it will show your current withholding status, number of exemptions, and any additional amounts you may have chosen to have deducted. On your state of Virginia status, all employees are shown as single since the state does not distinguish between married and/or single.
- If you need to make updates, use the links provided, complete, print, sign, and date then submit to Payroll. Payroll must have a physical signed copy before any changes can be made.

If you have additional questions or need any help with Payline, please do not hesitate to contact Sharon Bullins in Payroll, Ext 533, 3rd floor Henderson, office hours 0700 to 1530.

Super Bowl 2013



New Orleans is not only host to the annual Mardi Gras celebrations in February, but this year, The Big Easy will also host the 47th Annual Super Bowl on Sunday, February 3, 2013. If you are one of the lucky few who plan to attend this year, you might want to check out <http://neworleanssuperbowl.com/> for information on events, lodging, restaurants, and tours of New Orleans. For the rest of you who plan on watching it on TV, please check your local listings for game time.

This year's matchup is between the San Francisco 49ers and the Baltimore Ravens. What makes this year's game a little more interesting is that the head coaches of both teams are brothers: Jim Harbaugh, who coaches the 49ers, and John Harbaugh, who coaches the Ravens. Should be an interesting game!

Pointers for Safely Shoveling Snow

- Dress appropriately for the weather and dress in layers.
- Make sure you have a good snow shovel. A small shovel with a curved handle helps decrease injury.
- Make sure you are in good enough physical condition to undertake hard labor; warm up prior to shoveling.
- Separate your hands on the shovel to increase your leverage.
- Lift with your legs, not with your back.
- Work toward the areas where you are depositing the snow so that you have less distance to move it as you tire.
- When possible, push the snow rather than lift it.
- Pace yourself.
- Drink plenty of water and skip caffeine, nicotine and alcohol prior to and while shoveling.
- Spread rock salt over cleared areas to avoid icing; sand any areas that remain slippery.

~ Safety Committee



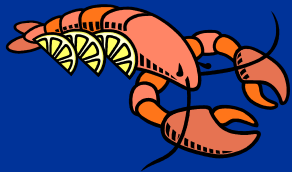
Don't Forget

National
Wear Red Day

February 1, 2013



HEALTH TIP



Have fish or shellfish two or more times each week for their heart-healthy omega-3 fatty acids.

Rehab Department Update

In December, Operation Santa Claus was a big success. We had a group come in and sing for the individuals we serve. We also had a great Christmas dinner with all the fixin's and pie for desert.



January has been kind of a slow month. We had our regular groups when we could, but the flu bug hit all of us here at SWVMHI pretty hard. Therefore,

we conducted some activities on the wards for those who felt like participating.

We ended January with a Winter Celebration of fun, games, and good refreshments.

We have just finished break week when we reevaluate the groups that we have been having and add new ones to start out our new year.

~ Sue Eller,
Peer Support Specialist

February Lunar Phases

February 4

Last Quarter Moon

February 10

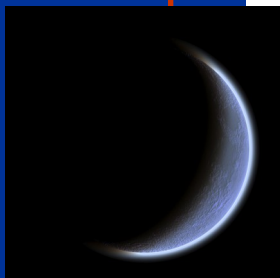
New Moon

February 17

First Quarter Moon

February 25

Full Moon, also called the "Snow Moon" by Native Americans of New England and the Great Lakes because this time of year experiences heavy snowfalls. It is also called "The Hunger Moon" because of the meager hunting during this time of year.



Training Corner



REMINDER: The Workplace Violence/Harassment CAI must be completed by all staff between February 1 and February 28, 2013.

Also during February, the following training opportunities are available:

- ♦ February 1, AB Classroom, 1300 - 1500: Progressive Discipline Make Up Class
- ♦ February 13, AB Classroom, 1300 - 1400: Webinar/Session 2: Injury Risk Assessment and Communication of Risk
- ♦ February 19, AB Classroom, 1300 - 1500: How to Handle Difficult Employees
- ♦ February 25, AB Classroom, 0900 - 1100: How to Handle Difficult Employees
- ♦ February 26, AB Classroom, 1300 - 1500: How to Handle Difficult Employees
- ♦ February 27, AB Classroom, 1300 - 1400: Webinar/Session 3: Interventions to Reduce Falls and Falls Harm, Part I

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

DID YOU KNOW?

The phrase "Sweets for the sweet" is a line from Shakespeare's Hamlet, Act 5, Scene 1.





Word Search

Just for fun, how many of the following words can you find related to Valentine's Day ?

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

Did you know? Worldwide, over 50 million roses are given for Valentine's Day each year.

When you think of Valentine's Day, you probably think of things like the red roses, pink hearts, chocolates, sweet cards, and even romance, but you probably don't think of the many famous (and some infamous) individuals that were born on the fourteenth day of February. Some of those individuals include: Meg Tilly, actress, who starred in The Big Chill; Jack Benny, actor and comedian; Jimmy Hoffa, Teamster leader; Frederick Douglas, American abolitionist; Gregory Hines, actor and dancer; Michael Bloomberg, mayor of New York City; Florence Henderson, a/k/a Carol Brady of The Brady Bunch; Hugh Downs, ABC News anchor; Dave Dravecky, pitcher for the San Francisco Giants; Rob Thomas, lead singer for the group Matchbox Twenty; Joseph "Boom Boom" Geffrion, hockey player for the Montreal Canadiens and New York Rangers; Carl Bernstein, American journalist who investigated the Water-gate Scandal; and British King George VI.





**MONTHLY
PATIENT
CENSUS**

**December
2012**

Admissions 63

Discharges 61

Passes 9

**Average Daily
Census**

151

PERSONNEL CHANGES

New Employees

Tamara Bellinger, Psychiatric Aide	Dec 10
Sarah Blackwell, Food Service Technician	Dec 10
Jonathan Delp, Psychiatric Aide	Dec 10
Teresa Gillespie, Registered Nurse	Dec 10
Benjamin Sperlazza, Food Service Technician	Dec 10

Separations

Stephanie McGuire, Psychiatric Aide	Dec 1
Roxanna Boothe, Food Service Technician	Dec 2
Kayla Woods, Psychiatric Aide	Dec 11
Tommie Wiles, Psychiatric Aide	Dec 12
Kelsey Ervin, Psychiatric Aide	Dec 24

Promotions/Role Changes

Helen Hughes, PI4 to full-time Housekeeping Worker	Dec 10
Peggy Musser, PI4 to full-time Housekeeping Worker	Dec 10
April Varney, PI4 to full-time Health Information Clerk	Dec 10
Galina Berenshteyn, full-time to PI4 Psychiatric Aide	Dec 19
Angela Gentry, full-time to PI4 Psychiatric Aide	Dec 10



Old Groundhog stretched in his leafy bed.
 He turned over slowly and then he said,
 "I wonder if spring is on the way,
 I'll go and check the weather today.
 If I see my shadow between eleven and noon,
 I then will know that I'm out too soon.
 I'll crawl back in bed for six weeks more,
 Pull up the warm covers and snore and snore.
 But if no shadow gives me a scare,
 I know that spring is in the air,
 I'll wake my friends and wish them cheer,
 With glorious news that spring is here."

-Unknown

Human Resource Update

If you are injured while performing your job, tell your supervisor AND, before the end of the same shift, go to the Staffing Nurse Coordinator's (SNC) office, located off the main L-hallway in the Bagley Building, and complete an Employee Incident form. The form is available in the SNC Office as well as on the forms directory located on the Intranet. Leave the form with the SNC on duty.

Completing Section I of the Employee Incident form requires personal information, including your name, address, phone number, birthday, SOCIAL SECURITY NUMBER (not employee ID number), marital status, number of dependents, and your hire date. Additionally, this section requires the department where you work and specific details about the incident. **THIS INFORMATION IS EXTREMELY IMPORTANT!** Personnel in the Human Resource Office rely on this form to file your claim with the office that determines whether you qualify for Workers' Compensation benefits. Furthermore, this form can be used in court and is a legal document.



Workers' Compensation

List the exact location where the incident occurred and the time of the incident. List any witnesses, and if it involves an individual we serve, list the Register Number, not his or her name. In the incident description area, be concise, and use appropriate wording. For example, if using a TOVA maneuver when injured, one might describe the incident as "while applying [the specific type of] TOVA hold" rather than "while holding patient's hands." (FYI: you are not supposed to "hold an individual's hands," rather you should use a supine TOVA hold to

the lower arm.) If an individual opposes getting an injection, one could write, "individual didn't want an injection and therefore tried to push my hand away" or "individual was resistant to injection so he/she used his/her hand to push me away, and his/her fingernail scratched my lower right forearm breaking the skin ~ 2 inches" rather than "patient didn't want shot, became aggressive and scratched my right arm."

Always choose a panel doctor regardless of whether you feel the need for medical treatment, sign and date the form, and leave it with the Staffing Nurse Coordinator on duty.

If you have questions, please call any member of Human Resources.

~ Missy Osborne
Human Resources Assistant

Winter Water Land

At approximately 2300 hours on Christmas Eve, 2012, the SWVMHI Power Plant Operator contacted Shaun May, SWVMHI Plumbing Supervisor, at his home to request that he return to the facility to respond to water flooding the driveway to the Bagley Building Mechanical Room. Mr. May immediately returned and determined that a water main under the Bagley Building driveway, which supplied water to the Power Plant, had ruptured. He then retrieved utility prints from the Maintenance Building to determine which valves to close to stop the water flow and an alternate piping method to provide water to the Power Plant. Mr. May also requested that the Power Plant Supervisor, Steve Tilson, return to the facility to assist with opening/closing valves and to ver-

ify that the Power Plant had an adequate water supply.

After valves were properly aligned and it was determined that the Power Plant had a stable supply of water, Mr. May and Mr. Tilson checked every building on the "Hill" to ensure that potable water was available and all sprinkler systems were operational. Mr. May and Mr. Tilson's prompt and professional response to this emergency enabled the Power Plant to continue providing steam for heating, hot water, and cooking, without which the facility may have been forced to evacuate.

SWVMHI experienced a second water main failure Saturday morning, January 5, 2013, when a ten-inch

underground water main ruptured adjacent to the west end of the "C" Building. This leak quickly covered the intersection of State Street and Porterfield Lane with a sheet of ice, posing a danger for pedestrian and vehicular traffic. Town of Marion personnel, Bobby Coe (retired SWVMHI Plumbing Supervisor), and Don Chisler responded and secured the water main and treated the icy streets. Both water mains were repaired by SWVMHI maintenance personnel, assisted by Teater's Trucking, and normal potable water service was restored on January 7, 2013.

~ Don Chisler, CHSP
Physical Plant Services Director

American Heart Month



February is American Heart Month. Heart disease and stroke affects all of our lives, but we can all play a role in ending it. Prevention starts with everyone. Protect yourself and your loved ones from heart disease and stroke by understanding the risks and taking these steps:

- ♦ Get up and get active by being physically active for at least 30 minutes on most days of the week.
- ♦ Know your ABCS:
 - ♦ Ask your doctor if you should take an **A**spirin every day.
 - ♦ Find out if you have high **B**lood pressure or **C**holesterol, and if you do, get effective treatment.
 - ♦ If you smoke, get help to quit.
- ♦ Make your calories count by eating a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans fat.
- ♦ Take control of your heart health by following your doctor's prescription instructions.

American Heart Month is also a great time to become familiar with Automated External Defibrillators, or AEDs. These devices ad-

minister an electric shock to the heart in certain heart related emergencies.

CPR/AED Facts:

- ♦ The most effective rate for chest compressions is at least 100 compressions per minute – the same rhythm as the beat of the BeeGee's song, "Stayin' Alive."
- ♦ About 5,800 children 18 years old and under suffer out-of-hospital cardiac arrest each year from all causes – including trauma, cardiovascular causes and sudden infant death syndrome.
- ♦ An AED will only deliver a shock if its on-board computer determines the victim needs it.
- ♦ Sudden cardiac arrest can happen to anyone at any time. Many victims appear healthy with no known heart disease or other risk factors.
- ♦ Sudden cardiac arrest is not the same as a heart attack. Sudden cardiac arrest occurs when electrical impulses in the heart become rapid or chaotic, which causes the heart to suddenly stop beating. A heart attack occurs when the blood supply to part of the heart muscle is blocked. A heart attack may cause cardiac arrest.

~ SWVMHI Training Department

"Heart disease takes the lives of far too many people in this country, depriving their families and communities of someone they love and care for—a father, a mother, a wife, a friend, a neighbor, a spouse. With more than 2 million heart attacks and strokes a year, and 800,000 deaths, just about all of us have been touched by someone who has had heart disease, heart attack, or a stroke."

- Department of Health and Human Services Secretary Kathleen Sebelius

For more information about heart disease or American Heart Month, please visit www.cdc.gov or www.heart.org.



National Wear Red Day February 1, 2013

Ask any stylist, job coach, or dating expert and they'll tell you that red stands out. Eyes are immediately drawn to it. Some even say that the color red is a confidence booster and makes you feel powerful. Maybe that's why we chose the color red to signify our fight against the Number 1 killer in women. Maybe it's just a coincidence that it's also the color of our hearts.

In 2003, the American Heart Association and the National Heart, Lung, and Blood Institute took action against a disease that was claiming the lives of nearly 500,000 American women each year – a disease that women weren't paying attention to. A disease they truly believed, and many still believe to this day, affects more men than women.

Stemming from that action, National Wear Red Day was born. It's held on the first Friday in February every year to raise awareness about heart disease being the Number 1 killer of women.

This coming National Wear Red Day, February 1, 2013, marks the 10-year anniversary. And looking back on all we've accomplished, we've really made tremendous strides. They include:

- ♦ 21 percent fewer women dying from heart disease.
- ♦ 23 percent more women aware that it's their Number 1 health threat.
- ♦ Publishing of gender-specific results, established differences in symptoms and responses to medications, and women-specific guidelines for prevention and treatment.
- ♦ Legislation to help end gender disparities.

But despite our progress, women are still dying. They're still unaware of their risks and the facts. And now's not the time for complacency. It's time to stand stronger, speak louder, and join us in the fight this National Wear Red Day.

Special Gym/Game Room Activities

Patient Activity Council (PAC)
February 7, 2013
1600 - 1630



Birthday Party
February 27, 2013
1800 - 2000
No Canteen

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

Consumer Empowerment
Recovery Council (CERC)
February 21, 2013
1600 - 1630



Gala in Motion
February 28, 2013
1330 - 1500



Bingo Night
February 13, 2013
1830 - 2000
Canteen open



Movie Nights
February 4 - 5 and
February 19 - 20, 2013
1830 - 2000



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.

Then and Now



	<u>1913</u>	<u>1966</u>	<u>2013</u>
Average Patient Census	655	1544	151
Total Expenditures	\$ 116,291	\$ 2,934,493	\$34,426,114
2011 Equivalent using:			
Consumer Price Index:	\$2,720,000	\$20,300,000	
Gross Domestic Product:	\$2,020,000	\$16,200,000	

1913 and 1966 information found in the Friday, April 15, 1966, edition of the Southwestern State Hospital Newsletter, "Passing the Word"

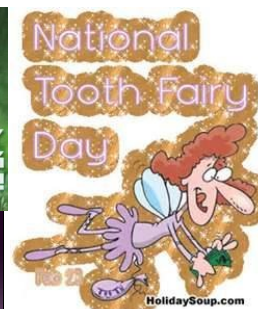
February Days to Celebrate

"Off the cuff" February holidays to celebrate:

- February 1**
Bubble Gum Day
- February 2**
Ground Hog Day
- February 3**
Super Bowl XLVII
- February 11-12**
Westminster Dog Show



- February 12**
Mardi Gras
- February 15**
National Hippo Day
- February 24**
Daytona 500
- February 26**
For Pete's Sake Day
- February 28**
National Tooth Fairy Day



Operation Santa Claus a Success

The sights and sounds of the holiday season were alive and well throughout the halls of SWVMHI this past December. The yuletide spirit was strong throughout the facility, but on a few special days, staff and individuals we serve alike were afforded the opportunity to celebrate one of the most successful Operation Santa Claus campaigns in recent memory.

The Primitive Holiday Bazaar kicked festivities off with a sale of various items from different creative disciplines on Thursday, December 6. The gymnasium was full of items ranging from delicious homemade treats, to baked goods, to items crafted by individuals we serve, and even many nostalgic items pulled from Treasure Seekers. Staff patronage of this event went far beyond our greatest expectations, and with your help we were able to raise over \$1100.00. The majority of funds raised went directly to Operation Santa Claus with the remaining amount dispersed among the specific programs that had booths at the event: Woodshop, Treasure Seekers, and Community Integration.

The Primitive Holiday Bazaar began a special month of holiday activities and events for the individuals served by SWVMHI, but more importantly, it afforded the opportunity to help fund one of our most anticipated events - Operation Santa Claus (OSC). OSC was held this year on December 19 and attended by all individuals on the ERS and Admission Units. If you have never had the pleasure to participate in the OSC activity, know that it is always greatly appreciated by all of the individuals during the holiday season.

As in years past, the OSC store was located in the gymnasium. Individuals from ERS and Admissions were given "hospital bucks." They were given the opportunity to choose from items that "cost" from \$1 to \$20. The items available included: watches, jewelry, games, cosmetics, CDs, DVDs, CD players, as well as health and beauty items. Some of these items were donated, but many were

purchased with funds provided through donations, sales such as The Primitive Holiday Bazaar, and monetary donations from individuals and corporations throughout our region. Individuals shopped for themselves, but many took this opportunity to make purchases to give as gifts to family members. This provided an outlet for many to give that otherwise may not have been available. Through the hard work and support of facility staff and the greater community, many individuals expressed that this was the very best Christmas they had ever had. This event not only celebrated the holiday season, but offered opportunities for individuals to practice recovery principles such as choice, responsibility, and a meaningful contribution.



Individuals on the Geriatric Unit made wish lists and hospital staff put together gift boxes and stockings for them. In December, all individuals had the opportunity to make and decorate their own stockings. The stockings were delivered on Christmas Eve and they and gift boxes were opened on Christmas Day.

The collaboration between all staff who worked so hard and those who attended the holiday bazaar or otherwise made donations enabled this year's Operation Santa Claus to be one of the best yet. A special thank you also to our Nursing staff who not only ensured that individuals could partake in OSC, but determined the safety and appropriateness of items included in the events. Thank you to each and everyone who brought such Christmas cheer to SWVMHI! We look forward to growing OSC even further in 2013.

~ Jody Powers, Vocational Rehabilitation Supervisor & Doug Smith, Wellness Rehab Educator

From the Director

performs his duties as would someone who normally works in that area. He is eager to do what is assigned and goes above what is expected. Bobby is very active in keeping daily paperwork updated for all 3 shifts on Ward H. He is self-motivated and will perform these tasks without prompting from the charge nurse. His interactions with others are always appropriate, he is always smiling and looking for ways to help make someone else's day better. He is diligent about encouraging a patient with poor fluid intake to drink something and has been successful at this. This is just one example of how Bobby is very active and aware of the needs of the individuals we serve. He makes a special effort to see that their needs are addressed.

Congratulations Josh, Wanda, & Bobby! ~ Cynthia McClaskey

Valentine's Day

On February 14, 2013, the Recognition Committee and Executive Team members will be serving hot breakfast biscuits to all third shift staff at the end of their shift, as well as all day shift staff at the beginning of their shift. Chicken sandwiches and salads will be served to all second shift staff.



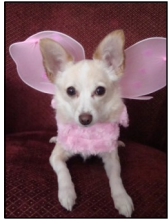
We will be handing out these goodies to all staff as a way to say thank you for all you do to care for the individuals we serve every day.

Details about exact times and distribution locations will be announced via email, so be on the lookout for your breakfast biscuit (or dinner sandwich), coming to you this Valentine's Day!



Animal Assisted Activities Therapy Program

A very important part of the recovery process for some of the individuals we serve here at SWVMHI is our AAAT (Animal Assisted Activities Therapy) Program. This program is vital to individuals that may have self-esteem issues, difficulty forming relationships, trusting, communicating, or who may not be reachable any other way.



Tipi

The animals in the program are screened and tested very carefully by staff as well as a veterinarian. They are screened for suitability both behaviorally and physically before being accepted into the program.

The animals that are chosen for our program provide unconditional love and acceptance to those who may be lacking both of these from their family and friends.

We have several wonderful animals in our program, including:

- Perry, the veteran of them all, belonging to Lesu Cole.
- Tipi, the grand little lady, belonging to Cynthia McClaskey.
- Sandy, the miracle rescue dog, belonging to Debbie Boelte.
- Sammy, the big boy basset, belonging to Donna Musick.
- Lily, the little French girl with the ever-wagging tail, belonging to Sue Eller.
- Galena, the beautiful female horse, belonging to Lori McClellan.
- Ruger and Spaghetti, the handsome fellow horses, belonging to Ashley Privett.

We also have other staff who help with the pets and escort them around to visit individuals, including, Brittany Williams, Stacy Brown, and Vicki Legg.



Galena

It is no easy task to bring an animal to work, be responsible for it all day, and still do all that is expected of you. These staff go above and beyond to provide a service that is needed and, for the most part, well received throughout the hospital.

That being said, it is only fair to remember that even though these animals are an important part of the recovery process, as well as beloved family members to their human families, they are still animals and not people.

Being animals, sometimes they behave like animals. A dog may communicate by barking. Some, especially our big boy, Sammy, has a deep and loud bark. Even though we try to keep it at a minimum, sometimes he just has to "express himself."



Sammy

Also, animals shed. We try to control this by bathing and brushing the animals regularly, but animals sometimes have no control over this seasonal and natural phenomenon.

On occasion, animals may have an "accident" and relieve themselves where and when they



Ruger

shouldn't. These are dealt with swiftly within the guidelines of infection control through the use of bleach and/or disinfectants. We do our best to prevent these by providing frequent outdoor breaks. But, in spite of the best of efforts, "accidents may occur."

One of the reasons we bring these situations up is to give everyone a better understanding of how important these animals are to the individuals we serve. We want the individuals and the staff to be able to experience the positive affects these animals have on all of us.

So the next time you see one of these little guys or gals in the hallway, on the ward, or maybe in the courtyard, stop and say hi and give them a pat on the head. It'll make your day, and they will never forget you.

~ Sue Eller
Peer Support Specialist

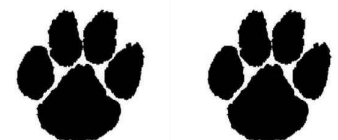
The greatest healing therapy is friendship and love.
— Hubert Humphrey



Pictured at left are SWVMHI's animal handlers, from left to right.

Front row: Lori McClellan, Ashley Privett, Lesu Cole, Debbie Boelte, Sue Eller, and Donna Musick.

Back row: Brittany Williams, Stacy Brown, and Cynthia McClaskey.





**Southwestern Virginia
Mental Health Institute**

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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

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

Please submit articles for the next newsletter to Cheryl Veselik by February 20, 2013.

The next newsletter will be published March 1, 2013.