



MARCH 1, 2013

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Hidden Shamrocks

There is a shamrock hidden on every page in this edition, just like the one pictured here. Can you find all 19 of them?



From The Director



This month's article was written by Amanda Currin, ADA

Employee of the Year

“Really, really nice – to staff and to patients.” “Sweet.” “Caring.” “Solid.” These are just a few of the descriptive terms used by co-workers of Josh Hale, SWVMHI’s Employee of the Year. And perhaps the highest compliment from staff: “He doesn’t complain.”



Josh’s co-workers were more than happy to talk about their co-worker, but all professed to not knowing him very well. They were eager to describe his work habits and the more they talked, the more they remembered.

Josh began his employment at SWVMHI on the Adolescent Unit on second shift as a psychiatric aide; he was great with the kids. He was energetic and friendly with his co-workers, and made a lasting impression on many. Unfortunately the Adolescent Unit closed so Josh transferred to

Admissions C/D second shift where he works today. Josh is described as a wonderful worker. Why? Because you can always count on him, he always has your back, and he is always pleasant. He anticipates well and meets staff and patient needs before they occur. He is on top of everything and alert to the activity on the unit. He has the pulse of the unit and is ready to quickly pitch in wherever needed. He is one of the best at de-escalating individuals with just the right words, tone, and presence.

He is a hard worker, going wherever he is needed and doing whatever is needed without any negative comments. He volunteers for the challenging assignments, not necessarily because he wants the more difficult individuals, but because he wants to make things easier for his co-workers. Staff can always count on him in any situation. He responds quickly and appropriately; “You don’t have to worry about anything if Josh is working.” Josh played football and baseball in high school in Rural Retreat and his love of sports

continues. He umpires youth league games and avidly follows his favorite professional and college teams (go Tar Heels!). After high school he worked at Klockner in Rural Retreat. When he was laid off, he searched for openings on various websites. Fortunately for SWVMHI, he saw an announcement for a position here, and as they say, the rest is history.

Josh is a reluctant “star.” He is self-effacing and humble regarding being chosen Employee of the Year. He credits his mother for instilling the values he displays daily. While the recognition as Employee of the Year is appreciated, the attention is not easy for him to accept. He brushes off compliments as he is “just doing my job.”

Josh, his wife Sarah, and mutt Riley reside in Chilhowie.

Congratulations Josh!

~ Amanda Currin

The Platinum Rule: More Valuable than Gold

Most people know the Golden Rule. Do unto others, as you would have them do unto you. This is a pretty good behavioralization of our SWVMHI Value of Honoring Day-to-Day Tasks.

The one thing about the Golden Rule that is easy to over look, however, is that the Golden Rule presumes that others like what we like. So, if I like chocolate, and I want to practice the Golden Rule, I might give you chocolate. While my intentions might be very good, I might not do you a favor with my gift of chocolate if you are trying to lose weight, or if you have a chocolate allergy, or if you are diabetic. This problem with the Golden Rule is why I like the Platinum Rule.



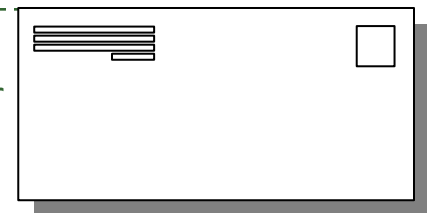
Just as platinum is more precious than gold, the Platinum Rule can help us in situations where the Golden Rule falls short. The Platinum Rule states, "Do unto others, as they would have you do unto them." In other words, the Platinum Rule encourages us to understand the needs,

wants, and desires of others as we interact with them.

Practicing the Platinum Rule is very consistent with our SWVMHI Value of Honoring Day-to-Day Tasks. It is also very consistent with principles of Recovery and Motivational Interviewing. And practicing the Platinum Rule on a regular basis is a sterling way to demonstrate professionalism, respect for others, and respect for our self.

~ James Moon, Ph.D.
Psychology Supervisor

REMINDER: Almost daily, the storeroom receives a lot of returned mail. Frequently, there is no return name on the upper left corner, other than the SWVMHI address stamp. In order to more efficiently return mail to you, please remember to put your name or department name above the return address on all out-going mail. Additionally, if you request information, please be sure to tell the sender to put the mail to your attention. Any mail that is not clearly marked as to who the recipient is must first go through several steps before we figure out who the mail is for and then reroute the mail to the proper recipient.



Don't Overlook a Potential Tax Credit

A Potential Tax Credit

You may be eligible to claim a tax credit on your 2012 and 2013 federal tax returns for up to half of the first \$2,000 you save in the 457 Plan each year if your adjusted gross income does not exceed these limits. For more information, to go www.irs.gov or contact your tax advisor.

| | Tax Year 2012 | Tax Year 2013 |
|---|---------------|---------------|
| Single, married filing Separately, qualifying widow(er) | \$28,750 | \$29,500 |
| Heads of household | \$43,125 | \$44,250 |
| Joint filers | \$57,500 | \$59,000 |

To find the total amount of what you saved in 2012 in your 457 Deferred Compensation Plan for calendar year 2012, look on your Form W-2 in block 12c. The amount of your contributions will be coded with the letter G.

If you have already filed your return and did not take advantage of this credit, you will need to file an amended return to claim the credit.

~ Ruby Wells
Human Resources Analyst

A Bit o' Irish Luck



Our Irish Festival on March 14 is the second skit in a series sponsored by the Cultural and Linguistics Competency (CLC) Committee. Other skits and

festivals will follow as we continue to expand our understanding and knowledge of other cultures.

The skit will be presented to the staff and the individuals we serve by five individuals from ERS. The skit will be incorporated into the Irish Festival with lots of activities for individuals to enjoy.

The festival will include activities that are often held in Ireland, including the Compass

Challenge where individuals will team up and walk through the Enchanted Forest to reach the tree of recovery. While walking through the forest they will have the chance to try out their skills at four obstacle courses.

Individuals will be able to enjoy snacks of diet root beer, shamrock shaped sugar cookies, and potato cakes with a topping of sour cream.

Come and support the individuals we serve. I believe you will enjoy your trip through the beautiful lands of Ireland.

~ Jan Barrom
CLC Committee

Irish Festival

March 14, 2013

1300 - 1500

Auditorium



Employee of the Year Named



On Valentine's Day 2013, The Employee Recognition Committee and the Executive Team distributed breakfast

biscuits to all third shift staff as they were coming off duty, followed by all day shift staff coming on duty. They then served dinner sandwiches or salads to all second staff at 1430. The snacks were the facility's way of saying Happy Valentine's Day and THANK YOU to all the staff at SWVMHI.

But one employee received more than just dinner. After distributing sandwiches at the front entrance, the Executive Team swarmed Ward CD, and presented Josh Hale, Psychiatric Aide on Ward CD, with the **Employee of the Year Award** in front of his peers.

All employees who were named

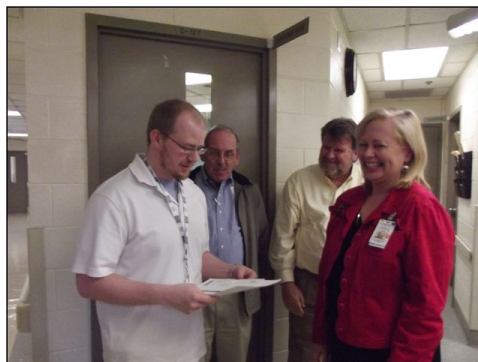


Pictured from left to right, Alicia Alvarado, Chief Nurse Executive; Josh Hale, Psychiatric Aide, and Cynthia McClaskey, Facility Director

Employee of the Quarter during calendar year 2012, were eligible for Employee of the Year. Josh received a cash award, a certificate, and will also be able to choose a priority parking space that will be reserved for him for the next year.

An employee of the year is an individual who has sustained, exemplary, individual performance, not just today, but every day throughout the year, and is an example of SWVMHI's Mission, Vision, and Values in action.

For more information on Josh and the Employee of the Year, please see the article on page 1 of this edition of *A View From the Hill*.



Josh Hale receiving award from Cynthia McClaskey, Facility Director. Pictured in back are Executive Team Members Don Chisler, Physical Plant Services Director (left) and Phil Jones, Quality and Risk Management Director (right)

~ Recognition Committee





History from the Hill



Original Henderson Complex

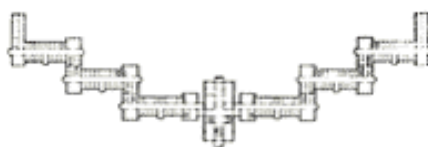
Southwestern Lunatic Asylum opened its doors on May 17, 1887. The photo above, dated 1906, is that of the original Henderson Complex. All that remains today is the center section, just under the bell tower. The bell tower was torn down for safety reasons in 1930, about the same time the present day porch was added. The remainder of the Henderson Complex was demolished in 1989 to make room for the present day Bagley Building, which sits just behind the Henderson Building.

During the nineteenth century, state-sponsored treatment of the mentally-ill was on the rise in the United States, and consequently, so was the rise of the asylum building. A popular plan used throughout the United States was the Kirkbride Plan, influenced by Dr. Thomas Story Kirkbride, Superintendent of the Pennsylvania Hospital for the Insane in Philadelphia, during the middle of the nineteenth century. It is no surprise, then, that Southwestern Lunatic Asylum was also built using the Kirkbride Plan.

Kirkbride asylums were built predominately between 1848 and 1890, and each followed the same basic floor plan and general arrangement of facilities. However, different architects designed individual buildings and gave them their own unique character. So although the general floor plan was the same at the dozens and dozens of asylums built during this period, they all looked a little different on the outside.

Dr. Thomas Story Kirkbride was born in 1809, and received his medical degree in 1832. He interned at Friends Asylum in Pennsylvania while

at medical school. From 1835 to 1840, Dr. Kirkbride ran his own practice until he accepted a position as superintendent of the new Pennsylvania Hospital for the Insane. In 1844, he helped to found the AMSAII, the precursor of the American Psychiatric Association. However, Dr. Kirkbride is best known for his influential work on asylum design and patient treatment.



Linear Plan
Kirkbride's floor plan

Dr. Kirkbride advocated moral treatment of all patients, and firmly believed that patients could make a successful recovery if they were treated in appropriate facilities and followed strict regiments every day. He suggested that an appropriate facility would have the following qualities:

- Use of short and narrow wards
- Arrangements of wards in the shape of a shallow V
- All corridors of wards must connect
- Single patient rooms
- Double loaded corridors
- Wide corridors
- Parlors on each ward
- Staff quarters in each ward

- Lavatories located on ends of wards
- Carpet in hallways and other appropriate areas to reduce noise
- No barred windows so patients could look out

A typical floor plan included long, rambling wings arranged *en echelon* (staggered, so each connected wing received sunlight and fresh air), and was meant to promote privacy and comfort for patients. Dr. Kirkbride believed that the building form itself had a curative effect.

Some of Dr. Kirkbride's ideas for a daily regiment for each patient included:

- Plethora of entertainment options, including golf, billiards, and croquet
- Patient rooms used strictly for sleeping
- Plenty of natural ventilation
- Access to natural landscape and picturesque grounds
- Opportunity for patients to do tasks or work inside the asylum or on the grounds
- Separation of male and female patients

Dr. Kirkbride's plan quickly spread throughout the United States. Ironically, the Pennsylvania Hospital for the Insane did not use his plan until overcrowding became a problem and he successfully lobbied for a new building. Buildings based on Dr. Kirkbride's plan were expensive to build, sources of community pride, and most were built out of either stone or brick. Southwestern Lunatic Asylum was built with bricks made on site. Asylums built on this plan were considered "technological advancements." According to an article that appeared February 3, 1887, in *The Conservative Democrat*, a precursor to the *Smyth County News*, "The Southwestern Asylum was considered 'the most modernized and convenient institution as well as the most economical in cost that has yet been built.'" Southwestern's building was designed by McDonald Bros of Louisville, Kentucky, a firm considered to be one of the most prolific architectural firms of the last quarter of the nineteenth century.

Southwestern Lunatic Asylum used Dr. Kirkbride's Linear Plan, show above, which consisted of a central administration building flanked by two wings of tiered wards. Male patients were housed in one wing, and

Continued on page 15

March Training Opportunities:



Take advantage of all the training opportunities this month!!

Conflict Resolution Webinars

When: March 19, 25 and 26 from 1300 - 1500 hours

Where: In the A/B Classroom

Interventions to Reduce Falls & Falls Injury Webinars

When: March 13 and 27 from 1300 - 1400

Where: In the A/B Classroom

This web-based program will teach participants to implement procedures and assessments that can reduce the degree of injury individuals experience as the result of a fall. Participants will learn to rely on medical science and clinical judgment to assess which individuals are in most danger of injury from a fall and plan accordingly.

Dr. Gillette on Ethics

This follow-up discussion on the Ethics vs. Legality presentation in January is sure to be engaging! If you couldn't attend in January and would like to view the session, call the Training Department for a copy of the DVD!

When: March 21 from 1330 - 1500 hours

Where: In the A/B Classroom

COMPUTER TRAINING:

The nineteen (19) computer training classes in Outlook and Word will conclude on March 26.

The next computer training will be in Excel (I and II) and Access (I and II). Skills assessment surveys will be distributed and collected by supervisors to assist with identification of the appropriate level of instruction. Classes will be held on Tuesdays and Thursdays in April and May at the computer lab of the Smyth Ed Center in Atkins.

Contact Patricia Evans to register.



March CAI:

Cultural and Linguistic Competency

Sign into the Knowledge Center and find it today!

***This is a required training for ALL STAFF!**





Chaplain's Corner

March has been designated as "Spiritual Wellness Month" according to several websites that keep record of monthly observances. It is listed along with "kite month, frozen food month, cheerleading safety month, caffeine month, and deep vein thrombosis month." In case none of those capture your attention, March is also "adopt a rescued guinea pig" month. I suspect that March got the nod for spirituality due to the historic observances of St. Patrick's Day on 3/17, the beginning of the Eastern Orthodox observance of Lent on 3/18, and the beginning of Spring on 3/20. The last week of March includes the celebration Jewish Passover, beginning on 3/26, as well as Christian observances of Palm Sunday on 3/24, "Maundy Thursday" on 3/28, "Good Friday" on 3/29, and Easter on 3/31.

The letter of the "Alphabet of Spirituality Literacy" for this month is "Q" which can apply to the concept of **QUESTING** as a vital part of our spiritual growth and development. Jungian analyst Jean Shinoda Bolen has observed that, "If we are spiritual beings on a human path rather than human beings who may be on a spiritual path, then life is not only a journey, but a pilgrimage or **QUEST** as well."

Spiritual Wellness refers to the willingness to integrate beliefs and values that are foundational to our sense of well being with practices that enhance our relationships with others. The experiences we have, the lessons we learn, and the people we share them with are a vital part of the spiritual **QUEST** each of us travel throughout a lifetime.



The word Question is derived from the Latin *quaerere* (to seek) which has the same root as the word **QUEST**. Questions are important motivators on our spiritual journey — they empower us to explore the depths of our mind, body, and soul.

One of my favorite spiritual observations from the Buddhist tradition, offers this insight:

"Do not believe in anything simply because you have heard it. Do not believe in anything simply because it is spoken and rumored by many. Do not believe in anything simply because it is found written. Do not believe in anything merely on the authority of your teachers and elders. Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it."

That is the challenge and opportunity of our spiritual experience. We are all on a

QUEST for meaning, purpose, and wholeness in life.

The National Wellness Institute recognizes spirituality as an important dimension of overall human wellness. They suggest that a spiritually healthy person is one who:

- ♦ Examines personal values and beliefs
- ♦ Searches for the deeper meanings of life
- ♦ Has a clear understanding of right and wrong
- ♦ Reflects and meditates
- ♦ Finds joy in everyday life

Anything that can encourage our spiritual enrichment in these areas is worth paying attention to, even if it is through the prompting of designated days in March that connect us to our spiritual roots. The questions we ask keep us spiritually awake as we search for answers.

~ Timothy Graham, D. Min
Chaplain

"Our real journey in life is interior; it is a matter of growth, deepening, and of an ever greater surrender to the creative action of love and grace in our hearts"

- Thomas Merton

An Irish  Blessing
Have A Good Day Always And..
In All Ways.

Tornado Preparedness



When it comes to tornadoes, there's no such thing as a "tornado season." Tornadoes can strike any-

where, anytime, and you need to know the drill.

Tornadoes are nature's most violent storms. They can appear suddenly without warning and can be invisible until dust and debris are picked up or a funnel cloud appears. Be prepared to act quickly. Know the signs:

- ♦ Strong, persistent rotation in the base of a cloud
- ♦ Whirling dust or debris on the ground under a cloud base – tornadoes sometimes have no visible funnel
- ♦ Hail or heavy rain followed by dead calm or a fast, intense wind shift. Many tornadoes, especially in Virginia, are wrapped in heavy precipitation and can't be seen.
- ♦ Loud, continuous roar or rumble, which doesn't fade in a few seconds like thunder does
- ♦ If it's night, look for small, bright, blue-green to white flashes at ground level (as opposed to silvery lightning up in the clouds). These lights are power lines being snapped by very strong wind, perhaps a tornado.
- ♦ Persistent lowering of the cloud base

Watches and Warnings

Learn the terms that are used to identify a tornado:

Tornado Watch: a tornado is possible in your area. You should monitor weather-alert radios and local radio and TV stations for information.

Tornado Warning: a tornado has been sighted in the area or has been indicated by National Weather Service Doppler radar. When a warning is issued, take cover immediately.

Preparing for a Tornado

Before:

- ♦ Get a NOAA Weather Radio with warning alarm tone and battery backup to get information directly from the National Weather Service. This is the quickest way to learn that a tornado is heading your way. Many models are available.
- ♦ Know what tornado watch and tornado warning mean.
- ♦ Determine in advance where you will take cover in case of a tornado warning. Keep this safe location uncluttered.
- ♦ Storm cellars or basements provide the best protection.
- ♦ If underground shelter is not available, go into a windowless interior room, closet or hallway on the lowest floor possible.
- ♦ Stay away from windows, doors and outside walls. Go to the center of the room. Stay away from corners because they attract debris.
- ♦ If you are in a high-rise building, you may not have enough time to go to the lowest floor. Pick a place in a hallway in the center of the building.
- ♦ A vehicle, trailer or mobile home does not provide good protection. Plan to go quickly to a building with a strong foundation, if possible.
- ♦ Get a kit of emergency supplies. Store it in your shelter location.
- ♦ Practice tornado drills at least once a year

During:

- ♦ When a tornado watch is issued, stay tuned to local radio, TV, and NOAA weather radio for further information and possible warnings. Be prepared to take cover.

After:

- ♦ Stay out of damaged buildings and stay clear of downed power lines

- ♦ Help injured or trapped people. Check on those who might need special assistance, such as the elderly, children, and people with disabilities.
- ♦ When a tornado warning is issued, take cover in your safe location immediately or on the lowest level of the nearest substantial building. Protect your body from flying debris with a heavy blanket, pillows, sofa cushions, or mattress.
- ♦ If you can't get to your safe location or the lowest level of a substantial building:
 - **Open buildings** (shopping mall, gym or civic center): Try to get into a restroom or interior hallway. If there is no time, get up against something that will support or deflect falling debris. Protect your head by covering it with your arms.
 - **Cars and trucks:** Get out of your vehicle and try to find shelter inside a sturdy building. A culvert or ditch can provide shelter if a substantial building is not nearby. Lie down flat and cover your head with your hands. Do not get under an overpass or bridge. You are safer in a low, flat location.
 - **Outdoors:** Try to find shelter immediately in the nearest substantial building. If no buildings are close, lie down flat in a ditch or depression and cover your head with your hands.
 - **Mobile homes:** Do not stay in mobile homes. Leave immediately and seek shelter inside a nearby sturdy building, or lie down in a ditch away from your home, covering your head with your hands. Mobile homes are extremely unsafe during tornadoes.
- ♦ Stay in your safe location until the danger has passed.

~ www.ReadyVirginia.gov



March is Social Work Month

Social Work is the profession of hope, fueled by resilience and advocacy. Social Workers matter because they help millions of struggling people every day dream differently.

In the United States, more than 650,000 of these highly trained professionals know how daunting and immobilizing life's tragedies and obstacles can be. But they also witness the sheer determination of countless individuals and families to achieve different lives. Sometimes, all it takes to help people get on the right path is guidance toward what is possible. Other times, social workers are an immediate lifeline in crisis, providing access to resources and new life options.

Those served by social workers possess many strengths that keep them fighting for a better future despite personal and systemic barriers to success. They climb toward what is possible rather than simply accepting what the current situation may be. Professional social workers help combine these client strengths with effective personal and public advo-



cacy. It is with these concepts in mind that NASW (National Association of Social Workers) has announced the theme for Social Work Month 2013 as "Weaving Threads of Resilience and Advocacy: The Power of Social Work."

A Nation's Fabric

Our national fabric is comprised of many diverse lives. It is vibrant and strong because it has been woven from the stories of people from every continent into a compelling narrative of struggle, renewal, and success. Each thread helps make a brilliant tapestry that continues to be the envy of the world.

Stronger Safety Nets

Resilience and determination alone cannot overcome all crises, but weaving those strengths with targeted advocacy often

can. The Social Work profession has a distinguished history of not only providing social safety nets to the most vulnerable, but also challenging systems that impede social mobility.

Positive Futures

Stories of hope in the face of tragedy share a common theme: better times are ahead. Illness, loss, abuse, and poverty shape our lives in profound ways, but how we learn to deal with each circumstance can determine how much those experiences define our limitations — or our opportunities.

~ **Debbie Boelte, LCSW**
Social Work Director

For additional information about Social Workers or Social Work Month, please visit the National Association of Social Workers (NASW)'s website at <http://socialworkers.org/>.

Meals in Minutes - - Chocolate Chip Cookie Dough Dip

Need a quick and easy dip to take to your next pot luck supper? Try this sweet dip for something a little different!

For the cookie dough:

6 tbsp unsalted butter at room temperature
1/2 c packed brown sugar
1/4 c granulated sugar
1 tbsp milk or cream
1 tsp vanilla extract
1/2 tsp salt
1/4 c all purpose flour
3/4 c mini chocolate chips

For the dip:

2 (8 oz) packages cream cheese, softened
2 c confectioners' sugar

6 tbsp milk
1 tsp almond extract
Pinch of salt
1/2 c sour cream
10 Oreo (or similar cookies, crushed)



To make cookie dough, in a large bowl use an electric mixer to beat the butter and both sugars until light and fluffy. Add milk, vanilla, and salt. Mix well. Add flour and mix just until thoroughly blended. Mix in chocolate chips

Divide the mixture into chunks, about 1 teaspoon each. Arrange them without touching on a parchment paper-lined baking sheet.

Place in freezer for 15 minutes.

Meanwhile, in a food processor, combine the cream cheese and confectioners' sugar. Process until smooth and creamy. Add milk, almond extract, pinch of salt, and sour cream, then process. Transfer to a bowl, then use a spatula or spoon to gently stir in crushed cookies.

Once the cookie dough chunks have chilled, gently stir them into the dip. Transfer to a serving bowl and serve immediately or chill until ready to serve. Goes well with graham crackers.



~ **J. M. Hirsh, AP**
Chicago Sun Times

Rehab Department News



We are finally back into a routine in the Rehab Department. New groups have started and seem to be well attended.

We have also started back with our Consumer Empowerment Recovery Council (CERC) and Regional Consumer Empowerment Recovery Council (RCERC) meetings. We met for the first time this year on February 20 at Hungry Mother Park. For those who are not familiar with RCERC, we have four consumer advocates that attend on a monthly basis. They include the chairperson, vice chairperson, secretary, and an alternate from our hospital CERC. These individuals go to the regional meeting and tell of the activities that have been going on here at the hospital and report back to the individuals we serve at our hospital CERC meeting and let them know what is being accomplished at the regional level meetings. These individuals also are on several different committees at the regional meetings. These include: Budget and Finance, Legislation, Education, Nominating, and Steering Committees. They also represent the individuals we serve by contacting local and

federal legislature representatives to support us in keeping budget cuts for the mentally ill from happening. What these individuals do is very important, and they need to be commended for their willingness and dedication to take time out to participate.

We have also had some very nice and enjoyable activities recently. We had a Super Bowl party and a Valentine/Mardi Gras party. As usual the individuals we serve vote on the activities we have available at these celebrations, as well as the food provided. Everyone who attends has a good time and hopefully encourage others to attend the next event that is scheduled.

We are looking forward to next month's event that will be something to do with Saint Patrick's Day. Remember to wear green that day or you might get pinched.

Until next month.



~ Sue Eller,
Peer Support Specialist

Listen

When I ask you to listen to me and
You start giving me advice,
You have not done what I asked.

When I ask you to listen to me and
You begin to tell me why I shouldn't
feel that way,
You are trampling on my feelings.

When I ask you to listen to me and
You feel you have to do something
To solve my problem,
You have failed me, strange as that
may seem.

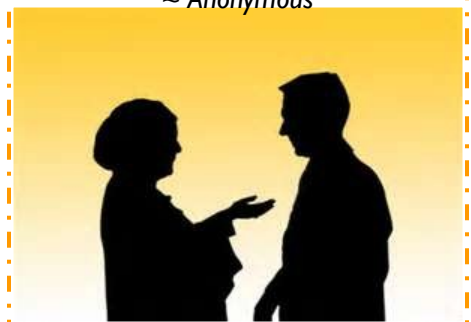
Listen: All that I ask you to do
is listen.
Not to talk or to do – just hear me.

When you do something for me
That I can and need to do for
myself,
You contribute to my fear and
inadequacy.

But when you accept as a simple
fact
That I feel what I feel, no matter
how irrational,
Then I can quit trying to
convince you
And get about this business of
understanding
What's behind this.

So please listen and just hear me.
And, if you want to talk, wait a
minute for your turn.
And I'll listen to you.

~ Anonymous



Out of Service

REMEMBER!!!

For your safety and for the safety
of our patients:

- ✓ If you find broken equipment, complete a yellow OUT OF SERVICE tag.
- ✓ Place tag on the equipment.
- ✓ Take equipment and tag to Materials Management or call Materials Management to pick up at Extension 225.

~ Safety Committee

TAG NO. 5568

OUT OF SERVICE

DO NOT USE

REASON _____

SIGNED _____ DATE _____

TAG NO. 5568

LOCATION _____

SIGNED _____ DATE _____

HEALTH TIP

Eat a variety of colorful fruits and vegetables in order to get a wide range of nutrients.



Statewide Tornado Drill

Each year the Governor of Virginia designates a day for a statewide tornado drill. This year that day is March 12, 2013. SWVMHI will have a tornado drill on each shift, but all the drills may not be held on March 12.

Please review SWVMHI Policy 2009, Severe Weather, to refresh your memory regarding your response to a severe weather event.

In addition to being prepared for severe weather while at work, everyone should also be prepared for severe weather at home. The Virginia Department of Emergency Management's website, www.vaemergency.gov/readyvirginia has information regarding helpful tips on how to prepare for a severe weather event, including contents of an emergency kit, making a plan, and how to stay informed during an event.

We are all well aware that tornadoes do occur in our area. Now we also need to be prepared.

~ Safety Committee



March Lunar Phases

March 4

Last Quarter Moon

March 11

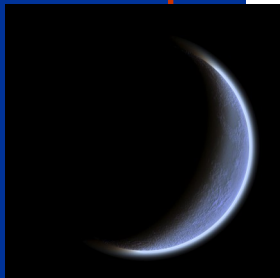
New Moon

March 19

First Quarter Moon

March 27

Full Moon, also called the "Worm Moon" by Native Americans of New England and the Great Lakes because this time of year there are signs of earthworms as the ground thaws in preparation for spring.



Irish Blessing

May your troubles be less
And your blessings be more
And nothing but happiness
Come through your door



Irish Blessing

May the blessing of the rain be on you—the soft sweet rain.
May it fall upon your spirit so that all the little flowers may spring up, and shed their sweetness on the air.
May the blessing of the great rains be on you, may they beat upon your spirit and wash it fair and clean, and leave there many a shining pool where the blue of heaven shines, and sometimes a star.



Word Search



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

| | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Q | W | E | R | T | Y | U | I | Y | R | U | T | N | E | C | O | P | A |
| S | D | F | G | A | M | E | R | I | C | A | N | G | H | J | K | L | S |
| Z | C | S | T | P | A | T | R | I | C | K | X | C | V | B | N | M | O |
| J | H | Y | N | C | V | B | N | M | G | F | D | T | S | A | W | E | L |
| R | I | M | T | A | V | B | N | M | D | F | G | R | D | W | R | T | I |
| X | C | B | V | B | K | F | H | A | D | G | H | A | C | V | B | R | D |
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Every year on March 17, “everyone is Irish” and dons the traditional green colors to celebrate the Irish with parades, good cheer, and maybe even a pint of beer. But St. Patrick's Day is actually an American tradition created by Irish-Americans and was considered a minor religious holiday in Ireland until the 1970's. Sometime during the 19th century, St. Patrick's Day parades started to flourish in major cities across the United States, and the wearing of the color green became a show of commitment to Ireland. In 1962, as a show of solidarity, the City of Chicago decided to dye the Chicago River green and thus started an annual tradition that continues to this day each March 17. A few other traditions are associated with St. Patrick's Day, one of which is the wearing of a shamrock each year. Another tradition that is more symbolic, is the claim that St. Patrick banished all the snakes from Ireland. To this day, no snakes can be found in Ireland. However, there never were any snakes in Ireland to begin with because the climate is too cold for our slithering friends. The claim is actually a reference to driving the evil, pagan ways out of Ireland to make way for new age, Christian ideals.



Did you know? St. Patrick was not Irish — he was actually born in Brittan to an aristocratic Christian family with a townhouse, a country villa, and many slaves.



PERSONNEL CHANGES

New Employees

| | |
|---------------------------------------|--------|
| Dr. Everett Jones, Psychiatrist | Jan 1 |
| Julie Ann Anderson, Psychiatric Aide | Jan 10 |
| Alexis "Kara" Queen, Psychiatric Aide | Jan 10 |
| Rhonda Roten, Psychiatric Aide | Jan 10 |
| Crystal Smith, Psychiatric Aide | Jan 10 |
| Valerie Hicks, Secretary Senior | Jan 25 |

Separations

| | |
|--|--------|
| Mary Fuqua, Recreation Therapist | Jan 3 |
| Kelly Widener, Psychiatric Aide | Jan 5 |
| Amy Sieb, PI4 Registered Nurse | Jan 11 |
| Payton Totten, PI4 Food Service Technician | Jan 11 |
| Amy Peake, Psychiatric Aide | Jan 12 |
| Shelia Pulliam, Psychiatric Aide | Jan 14 |
| John Wright, PI4 Food Service Technician | Jan 15 |
| Hayley Williams, PI4 Psychiatric Aide | Jan 21 |
| Donna Albert, PI4 Psychiatric Aide | Jan 22 |
| Tyler Delp, PI4 Housekeeping Worker | Jan 25 |
| Aaron Deel, PI4 Housekeeping Worker | Jan 25 |
| Evan Cole, PI4 Housekeeping Worker | Jan 25 |

Promotions/Role Changes

| | |
|--|----------|
| Donna Musick, Rehabilitation Resource Coordinator | Jan 10 |
| Peggy Musser, PI4 to Full-time Housekeeping Worker | Jan 10 * |
| Helen Hughes, PI4 to Full-time Housekeeping Worker | Jan 10 * |

* Inadvertently listed in February edition as December 10

MONTHLY PATIENT CENSUS

January
2013

Admissions 47

Discharges 47

Passes 6

Average Daily
Census
153



DON'T FORGET!



It's time to "spring forward" into Daylight Savings on Sunday, March 10, 2013, at 02:00. Remember to set your clocks FORWARD one hour.

For those working third shift, please be sure to use the same time clock for both in and out punches to be sure you are properly credited.

In Celebration of National Nutrition Month



March is National Nutrition Month. Following is information to help you make healthy choices not just during March, but all year:

Body Facts:

What is Accomplished in 24 Hours

The human body is an amazing machine. Do you know what it accomplishes in 24 hours? The following are some facts for an adult of average height and weight.

In 24 hours:

- ✓ Your heart beats about 100,000 times.
- ✓ Your blood travels 168,000 miles.
- ✓ You take approximately 20,000 breaths.
- ✓ You move 750 major muscles.
- ✓ You exercise 7,000,000 brain cells with each thought.

It pays to take care of this incredible machine with proper nutrition, water, and exercise.

Diet advice is everywhere -- on the Internet, in our favorite magazines, and passed on by word of mouth. Sometimes it is just overwhelming. To make it easier, here are five guidelines that are foolproof to help you develop a healthy eating lifestyle:

1. **If you cannot pronounce the ingredients, pass it up.** Many people look at the front of the package or the nutrition label before purchasing any food, but fail to look at the ingredient list. Many of the foods that look healthful at first glance contain ingredients that you cannot even pronounce -- a sure sign that the item is highly processed and not nearly as good for you as the manufacturer would like you to believe.
2. **Apple pie is not a fruit.** It is easy to play games with yourself when you are trying to watch the way that you eat. Sure, some broccoli possibly is buried under that cheese sauce, or that drink may contain some fruit juice, but if you are honest with yourself, you know better. How your food is prepared is often as important as what type of food it is.
3. **Eating all your pasta is not going to save any starving children.** Membership in the "clean plate club" does not offer any benefits. Stop eating when you are full. Have your leftovers boxed, or

put them away for tomorrow's lunch. Listen to your body.

4. **A moderate diet is a healthy diet.** Plato wrote this in *The Republic* in 360 B.C: "A moderate diet is a healthful diet." He continued, "And with such a diet they may be expected to live in peace and health to a good old age, and bequeath a similar life to their children after them." This is sound advice today. Eat what you like from every food group, and do not overdo any one food or food group, or completely neglect another.
5. **Choose whole foods.** Select whole fresh foods, not fresh fruit that is squished into a "100 percent real fruit" fruit snack or a vegetable that is dehydrated, salted, and baked into a cracker. No, we are talking about the kind of whole foods that grow out of the ground and on trees. If you choose these foods more often and their processed counterparts less often, you already have won half the battle.

~ Coleen Walls, MS/RD

Information from RD 411--website for dietitians

Recovery Heroes

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

In mid November a new individual was admitted to the geriatric unit. The individual has glaucoma and therefore is visually impaired. Imagine being visually impaired and trying to adapt to new surroundings. Now imagine that English is your second language and your grasp of the language is very limited. This was the experience of our new admission.

This situation was very frustrating for the individual, but also frustrating for the geriatric staff. They wanted to help the new

individual, but the visual impairment and the language barrier made it very difficult to establish a therapeutic relationship. The treatment team utilized the language interpretation line, thus obtaining the services of a certified translator; however, the use of the language interpretation line is limited since you must have telephone access and there are no telephones in the bedrooms of individuals that we serve. That's when Melina Ruiz's name was mentioned. Melina is a psychiatric aide on evening shift who works out of the house office in a float position. Melina, who is fluent in Spanish, agreed to work primarily on the geriatric unit and interpret the day to day communication between the new individual and the staff. Ellen Tilson, UNC, stated that Melina's will-

ingness to help in this situation has made the experience less frustrating for the individual receiving services, his family, and the facility staff.



Melina is our recovery hero this month. Her willingness to help this individual demonstrates her commitment to assist people with their recovery. Melina began working at SWVMHI on January 10, 2012. Please congratulate

Melina when you see her. We are glad she is a part of our team.

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

Special Gym/Game Room Activities

Patient Activity Council (PAC)

March 7, 2013
1600 - 1630

Consumer Empowerment
Recovery Council (CERC)

March 21, 2013
1600 - 1630



Bingo Night

March 13, 2013
1830 - 2000
Canteen open

Movie Nights

March 4 - 5 and
March 18 - 19, 2013
1830 - 2000



Birthday Party

March 27, 2013
1800 - 2000
No Canteen

Irish Festival

March 14, 2013
1330 - 1530

Will include a skit
See Page 3 of this
issue for more information



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.

Annual Credit Report



You may have seen the catchy commercial on TV, but it's true: you are permitted by law once a year to obtain your free credit report from EACH of the three consumer credit reporting agencies. The three agencies are: Equifax, Experian, and TransUnion. You can do this easily by visiting www.AnnualCreditReport.com, by calling 877-322-8228, or by writing Annual Credit Report Request Services, P. O. Box 105281, Atlanta, GA 30348-5281. You will generally receive your reports within about two to three weeks following your request. Experts recommend requesting a report from ONE of the agencies every FOUR months; this will help you monitor the accuracy of your credit report throughout the year.

March Days to Celebrate

"Off the cuff" March holidays to celebrate:

March 2

Dr. Seuss Day

March 4

National Grammar Day

March 6

Oreo Cookie Day

March 10

International Day of Awesomeness



March 14

Pi Day (3.14159265 that is)

March 15

Ides of March (Beware!)

March 19

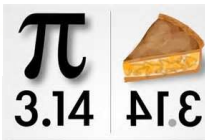
National Chocolate Carmel Day

March 21

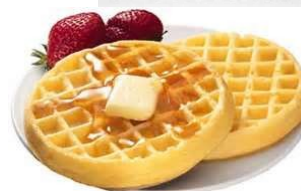
National Common Courtesy Day

March 25

Vaffeldagen (Waffle) Day



A DELICIOUS COINCIDENCE?





History continued

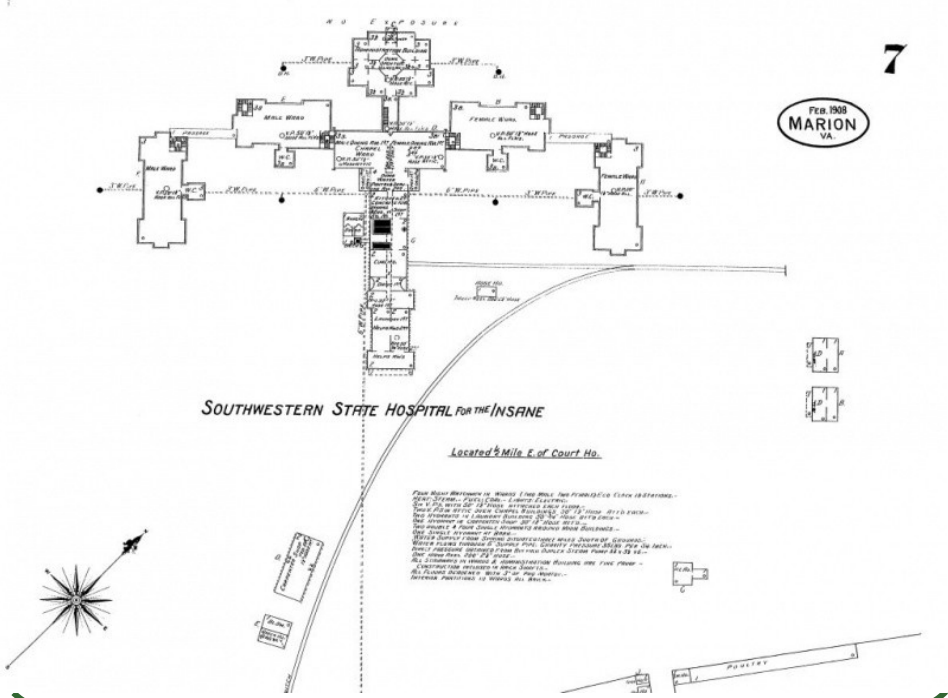
female patients in the other. The center of the building contained a beautifully tiled floor in a large vestibule under a “grand octagonal rotunda, lighted by heavy plate glass in the dome.” It contained offices, a kitchen, laundry, bakery, two dining rooms (one for male and the other for female patients, a sewing room, elevator, patient and attendant rooms, and an incandescent electric system that provided lighting for both the building and the grounds. The grounds were also home to abundant farmland, which many patients worked on each day as part of their therapy. The article from *The Conservative Democrat*, which appeared February 3, 1887, said the following about the then, newly-constructed asylum: “Massive walls with grand spires and lofty domes are rarities in these mountain wilds, and you must not blame us if we get a little enthusiastic in praise of our one big public building. God seems to have designed the very spot for the purpose it has been chosen, and surrounded it with every advantage needed.”

Towards the end of the nineteenth century, however, Dr. Kirkbride’s vision lost is prominence due to a lack of concrete evidence indicating substantial numbers of permanently cured patients, and no reduction in the incidence of mental illness. The mental health-care establishment of the time sought different forms of treatment, and so the Kirkbride Plan became obsolete. By the turn of the century,

asylums were no longer being built using the Kirkbride Plan, though many continued to operate well into the twentieth century. Today, many Kirkbride buildings are rapidly deteriorating due to years of neglect, and many more have been demolished as they were deemed too expensive to renovate. The wings to the original Southwestern Lunatic Asylum were demolished between 1986 and 1989 to make way for the present Bagley Building, which opened in 1990. All that remains is the central section with its original glass dome, known as the Henderson Building.

The Henderson Building was placed on the National Register of Historic Places in 1990. Today, the Henderson Building is the oldest existing structure in use by any of the facilities of the Virginia Department of Behavioral Health and Developmental Services.

References: “Kirkbride Buildings – Historic Insane Asylums,” www.kirkbridebuildings.com/buildings/; “Thomas Story Kirkbride,” www.kirkbridebuildings.com/about/kirkbride.html; “19th Century Mental Healthcare Architecture – Health Architecture,” <http://healtharchitecture.wetpaint.com>; “Kirkbride Plan,” http://en.wikipedia.org/wiki/Kirkbride_Plan; “A Brief History of the Southwestern State Hospital 1887 - 1987” by Joan Tracy Armstrong, May 31, 1987; “Southwestern Lunatic Asylum: Virginia’s New Home for the Insane, a Full Description of the Building,” *The Conservative Democrat*, Smyth County, Virginia, February 3, 1887.



Irish Toast

Here's to you and yours
And to mine and ours.
And if mine and ours
Ever come across to you
and yours,
I hope you and yours will do
As much for mine and ours
As mine and ours have done
For you and yours!



TRAVEL TIP

REMEMBER:

KEEP RECEIPTS FOR GAS
IF YOU TAKE A STATE
VEHICLE AND HAVE TO
PAY WITH YOUR
OWN MONEY

ALL GAS RECEIPTS MUST
BE ATTACHED TO THE
TRAVEL REIMBURSEMENT

~ Missy Wiles
Accounts Payable Specialist

National Poison Prevention Week



March in the mountains can occasionally bring with it the first signs of spring. It makes us start to think about gardens, household repairs, cleaning winter grime

off the car, and yes, the dreaded spring cleaning.

March also brings us National Poison Prevention week. Slated for the third week of March each year it will be March 17 through the 23 this year. It's a good time to think about some things related to accidental poisonings in our country. Did you know...

- ♦ That there are 57 poison control centers in America?
- ♦ The National Poison Helpline is open 24/7 and staffed by nurses, pharmacists, doctors and other experts?
- ♦ That over 2 million calls are made to these centers annually?
- ♦ That 90 percent of all non-fatal poisonings occur in children under the age of six?
- ♦ That poisonings are one of the leading causes of death among adults?

Please remember, almost anything can be poisonous if used in the wrong concentra-

tion and in the wrong way. Children are especially sensitive to many of the products that we use during spring cleaning, painting, automobile maintenance, and gardening.

The toll free number for the National Poison Help line is **1-800-222-1222**. They offer help in more than 161 languages. Here are some hints for keeping yourself and family safe:

- ♦ Keep household cleaning products and other chemicals in the containers they came in, and always store them away from food and out of the reach of children.
- ♦ Never use empty food containers to store left over chemicals. Never use empty chemical containers to store food.
- ♦ Read and follow directions for use and disposal of any cleaning compounds, pesticides, fertilizers or any other chemical product.
- ♦ Never mix chemicals, including household cleaners, or detergents.
- ♦ Turn on fans and open windows when using chemicals or household cleaners.
- ♦ Don't sniff containers to see what is inside.

- ♦ When spraying chemicals, direct the nozzle away from people and pets.
- ♦ Bug and weed killers can be taken in through the skin or inhaled and can be poisonous. Even leather shoes and gloves do not offer full protection, so stay away from areas that have been sprayed for at least one hour or until the spray has dried.
- ♦ Wear protective clothing when using any chemical products. Information on the type of personal protective equipment and safe use guides can be found on the label for the product. If you have questions contact the manufacturer or call the poison control hot line.
- ♦ If pesticides are splashed onto the skin, rinse with soap and running water. Wash your clothing after using chemicals too.
- ♦ Remember to always put every medicine and vitamin up and away and out of a child's reach and sight – every time they are used.

National Safety Council and Health Resources and Services Administration (www.PoisonHelp.hrsa.gov)



~ Safety Committee

Risk Management Committee News



As we are all aware, patient/client falls are problematic and dangerous in any healthcare setting.

SWVMHI is no different. With the aging of the "baby boomer" population, many experts feel that the risk of falls in any setting will continue to grow.

Over a period of months now, the SWVMHI Falls Team has worked to make changes and to provide education and training opportunities to staff from a variety of disciplines. The Risk Management Commit-

tee extends appreciation to the Nursing Department, Occupational Therapy, Medical Services, Pharmacy, Housekeeping, and the Falls Team Committee who have all worked hard and made the issue of falls a priority. Data over the calendar year (CY) 2012 shows that we may be experiencing real successes. Note the data on average number of falls per quarter below:

CY 2012

| | |
|-------------|------------|
| 1st quarter | 27 falls |
| 2nd quarter | 36.6 falls |
| 3rd quarter | 31.3 falls |
| 4th quarter | 23.6 falls |

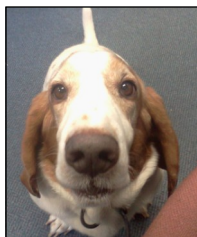
As everyone worked hard on issues such as changes to footwear, application of nonskid surfaces, routine review of medications, and the all important heightened sense of awareness and urgency that so many staff have developed concerning falls, there seems to be a continued decline in the second and third quarter data. This is GREAT news. The Risk Management Committee thanks all of you for your hard work in this area.

~ Phil Jones, Chair
SWVMHI Risk Management Committee

AAAT Program Spotlight

The Animal Assisted Activities Therapy Program will be spotlighting each of its pet therapist over the next several newsletters.

Sam



Breed: Lemon Basset
(they originated in France)
Age : 7 years old
Hometown: Troutdale, VA
Owner/Handlers: Donna Musick, Jeremy Plummer
Favorite pastimes: Running in the snow, eating biscuits

and gravy, eating Twizzlers, long naps on the couch, fleece blankets, belly rubs, car rides, and his job at SWVMHI

Sam was born in Elk Creek, Virginia, in early summer. He was the last puppy of the bunch (no one really wanted him because he was not the typical tri color basset hound). Sam originally belonged to Jeremy Plummer (Donna Musick's boyfriend). Jeremy picked up Sam that night and paid \$100.00 for him. The first night Jeremy and Sam were together, Sam had his first experience at Elk Creek Dragway. Jeremy said, "I knew Sam was a good dog when he fell right asleep to the sounds of the cars roaring down the drag strip." Sam lived for a long time with Jeremy and his parents and two other dogs (both Daschunds), Rudy and Buddy. They

soon found out the Sam had a very strong personality. Sam is very independent and very social (as most of you know, he refuses to ever be alone). As Sam continued to grow older, he wandered off from time to time. He would even venture down to the Troutdale Medical Clinic where he was welcomed with open arms (the Doctor even offered Jeremy \$1000.00 for Sam!) Sam also made his daily rounds in the nearby neighborhood near the Troutdale Park. You could often find him laying in the road or on some neighbor's porch where he had his own food and water bowls.



Sam with Donna Musick

People in Troutdale loved Sam so much that they had pictures with him on their Christmas cards that they mailed to Jeremy. Two years ago, Jeremy met Donna and Donna very quickly fell head over heels for Sam. At first she was instantly

intimidated by his size (he was 70 pounds when Donna met him), but realized he was just a big, sad eyed, teddy bear. Over time, Donna noticed how well Sam did with all of the family, especially Jonathon, Jeremy's older brother, who has special needs. Sam appeared very understanding and loving towards Jonathon and demonstrated instant compassion and love towards others. Donna asked Jeremy's permission to have him tested for Animal Assisted Therapy and Jeremy agreed. Donna and Jeremy both came to assist with the testing and Sam passed with flying colors.

Sam now resides with Donna Musick at her home, and fosters back and forth between Troutdale and Marion. Sam loves his job as a "pet therapist" at SWVMHI. It has been observed by family and all those that love him that this has given Sam a purpose in his life. Sam loves to come to groups, see people individually, and just get a pat on the head in the hallway. If he doesn't get what he wants, he quickly lets you know by his loud bark and bayings, and nudging with his nose, sometimes even scratching your leg with his monstrous paws.



IRISH BLESSING

Always remember to forget
The things that made you sad.
But never forget to remember
The things that made you glad.



National Doctors Day is March 30

SWVMHI appreciates all our physicians, full-time, part-time, and locum tenens.

Happy Doctors Day!



First Aid Basics



According to the American Heart Association, First Aid is the immediate care that you give someone with an illness or injury before someone with more advanced training arrives and takes over.

First aid may help someone recover completely or more quickly and may mean the difference between life and death.

Most of the time, you will give first aid for minor illnesses or injuries. You may also give first aid for more serious illness or injury, such as a heart attack or major bleeding, seizures or stroke, among others.

Providing first aid may be part of your job description. Also, providing first aid can be something you render to anyone in need, if you know the basics, until someone with more expertise arrives to help. So, in the coming months' newsletters, this first aid column will cover basic first aid components based upon *The American Heart Association Heartsaver First Aid Handbook*.

When rendering first aid, the first thing to do is assess the scene. That means checking for danger to yourself, the victim, or others to prevent further injury or additional injury. Move the injured person only if further danger is imminent or in order to effectively render first aid. Secondly, call for help. Call or ask someone to call 911 or the facility/agency equivalent, Code Blue for SWVMHI. Thirdly, determine who is injured, are there others, and what happened. Lastly, but not least, determine the location of the injury and tell responders the specific location of the injured person.

Skills to Know and Use

- ♦ Assess the scene
- ♦ Wash your hands with soap and water or with an alcohol based cleaner
- ♦ Obtain first aid kit, if available
- ♦ Use Universal Precautions to avoid being exposed to blood or bodily fluids
- ✓ Gloves, face shields, goggles

~ Rebecca Sparger, RN, BSN
Training and Development Coordinator

Basic First Aid

- ♦ First of all, it is important to ask the injured person if you may help
- ♦ Secondly, introduce yourself
- ♦ If the person agrees, you may provide first aid
- ♦ If the person refuses, call 911 or appropriate code and stay with him until help arrives
- ♦ If the person is confused or cannot answer, assume he needs your help

Always

Assess the Scene:

Danger: Look out for danger

Help: Look for people to help you
Who: Is injured

Where: Is the person injured and where is the person located

First Aid Basics for Seizures

First Aid for Seizures

(Convulsions, generalized tonic-clonic, grand mal)



Cushion head, remove glasses



Loosen tight clothing



Turn on side



Time the seizure with a watch



Don't put anything in mouth



Look for I.D.



Don't hold down



As seizure ends...



...offer help

First Aid Action for Seizures

Make sure the scene is safe and protect the Person by:

- ✓ moving furniture or objects out of the way
- ✓ placing a small pillow under the person's head
- ✓ Call a Code Blue if seizure lasts longer than 30 seconds

Signs of Seizures

The person may:

- ♦ Lose muscle control
- ♦ Fall to the ground
- ♦ Jerk arms, legs or other body parts
- ♦ Stop responding

Aftercare for seizures

- ♦ See if the person needs CPR, if so,
 - ✓ start the CPR sequence
- ♦ Stay with the person
- ♦ If the person has no known spine injury, roll him to his side to allow liquids to drain out of his mouth
- ♦ The person may be sleepy, assist to rest

Causes of Seizures

- ♦ Mainly caused by Epilepsy
- ♦ Low blood sugar
- ♦ Heat related injury
- ♦ Poisons
- ♦ Caused by head injury

SWVMHI
Established in 1887



Honoring Our Past
Celebrating Our Present
Cultivating Our Future

**Southwestern Virginia
Mental Health Institute**

**Address: 340 Bagley Circle
Marion, Virginia 24354**
Phone: 276-783-1200
Fax: 276-783-9712



Comments, Suggestions or Ideas?

SHARE THEM!

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



This Month's Word Search Answer Key

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

The next newsletter will be published April 1, 2013.