



JUNE 1, 2013



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Hidden

There is a beach ball hidden on every page in this edition, just like the one pictured here. Can you find all 16 of them?



From The Director

Employees of the Quarter

It is a pleasure, once again, to announce the SWVMHI Employees of the Quarter. Reviewing the accomplishments of all the Recognition Award winners reminds me how far we have come in ensuring that all our staff understand the mission of the hospital and that we live, learn, and lead the values each day. As each individual interaction and job duty is accomplished in the spirit of teamwork, competency, and compassion, we continue to grow as a recovery oriented organization.

Betty Jean Frye, Housekeeper



Betty Jean has been asked to fill in on several different units in recent months. She was noted by staff on the ward to be a very caring person and that she goes out of her way to help patients and staff. The individuals on the unit really appreciate Betty Jean. She enjoys her job and if any of the psychiatric aides need something, she makes sure they get what they need. She is one of the first to help with any bedroom moves and she never complains about what she is asked to do. When there were infection control issues where extra cleaning was needed, she did an exceptional job

with a lot of extra cleaning. She was nominated for Employee of the Quarter because she is the perfect example of a team player. She has all the qualities that our hospital needs to run smoothly. Her supervisor notes that she is always willing to go where she is needed and that he has received several compliments about her work. Her teamwork and self initiative are to be commended!

Kim Hall, Patient Registrar, Health Information Management



Kim was nominated for her ability to place herself in another staff member's shoes, and do, without being asked, what needed to be done to make their job so much easier. She is a great team member who always goes above and beyond. Her positive attitude and her actions make her a great role model for others. One incident that is described was during a time of floor refinishing. Kim accommodated housekeeping needs by clearing everything from the floor in her office, and sweeping and mopping the floor in preparation. When the floor was done, she put the office back together again. In addition, she assisted in the lobby, moving and cleaning furniture. Staff noted that she deserves to be Employee of the

Quarter because she went far above and beyond what is normally encountered. Those who nominated her wrote, "To us, she demonstrated everything we strive for as employees and as a facility including the ability to work across departmental lines as a true team member."

Michael Shaun May, Physical Plant Services



Shaun has demonstrated over and over his dedication to the SWVMHI mission, vision, and values to make a real difference in the quality of services we provide. For instance, over the last 30+ months, he worked closely to ensure that we received a quality fire alarm/sprinkler system. This included educating contract personnel regarding facility policy/procedure, installation of equipment, routinely altering his work schedule, and stopping his usual work to respond to contractor needs. Shaun also responds professionally and promptly to after hours emergency work including false fire alarms, flooded buildings, plumbing issues, and failed equipment. Most recently,

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Self-Initiative: Yes, It's My Job

The SWVMHI Value of Self-initiative encourages us to do things that are in the best interests of our organization. This value, in a sense, enhances the SWVMHI Value of Teamwork.

We do things as a team, and we do things as individuals that are the right things to do. It is sometimes difficult to know what is right. Embedded within the Self-initiative Value is the expectation that we do the right things for the right reasons, and that we ask questions and/or offer opin-



ions when in doubt. "Not knowing" is less of an issue than "not asking."

When Self-initiative is exhibited, we take the initiative, and we do so knowing that prior linkages may be in place and that we are parts of a

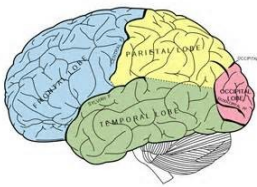
whole. We self-initiate for the good of the organization. The value is that we self-initiate, and we do so with personal, professional, and organizational respect for what might have already occurred. This requires the combination of trust/trustworthiness, passion, communication, and unselfishness. This Value speaks to us in a personal way, "Yes, It's My Job."

~ James Moon, Ph.D.
Psychology Supervisor

I expect to pass through this world but once. Any good, therefore, that I can do or any kindness I can show to any fellow creature, let me do it now. Let me not defer or neglect it for I shall not pass this way again.

~ Quaker saying

Clinician's Corner: Mapping the B.R.A.I.N.



The National Institute of Health has enlisted top neurologists to coordinate a long-term project that has been likened to the Human Genome Project: mapping the mysteries of the human brain. Fifteen experts will coordinate the N.I.H., the National Science Foundation and the

Defense Advanced Research Projects Agency in the Brain Research Advancing Innovative Neurotechnologies, or B.R.A.I.N., project. The initiative will study how the brain is wired at all levels, from the microscopic connections between individual nerve cells to the neuronal highways between the lobes of the brain and the ganglia.

Advancing computer technologies make all this possible, and it is expected that more, amazing advances will occur as the project progresses, as scientists learn and innovate. Starting on the smallest anatomical level, the study of how brain cells are connected, has one project slicing excruciatingly thin slices of mice brains and comparing them one next to the other. This is to see how the cells connect to one another. It is the hope of the neuroscientist that once enough connections are studied, patterns will emerge, and allow theories to be tested.

At the other end of the scale is the Human Connectome Project. The most up-to-date scanning equipment will be used to study brain activity in live beings. One technique will follow water molecules as they traverse the brain. A second study will correlate the brain activity of different areas of the brain. This latter will map paths between important nerve centers in human volunteers, including 300 pairs of twins. Volunteers will complete a battery of assessments, including questionnaires and cognitive tests and have their brains scanned. The hope is to establish which areas of study are common to all, how much they vary from person to person, and how they relate to skills.

Biology's Most Mysterious Problem: How the Brain works. It is hoped that this research will shed some light on disorders of the mind, such as schizophrenia and clinical depression. These disorders do not leave obvious traces of disorder that can be seen in the brain anatomy. It is likely, however, that by tracing how the brain cells, pathways, and lobes connect, that traces of the disorders can be identified. The hope, of course, is that as we better understand the brain, that disorders of the mind, including dementia, will be able to be prevented, or at least, identified early and treated more effectively.

Rehab Department News



We had a very productive month in the Rehab Department during May. We started our new group schedule and the individuals we serve are enjoying their groups.

Thanks to the maintenance department, a new television has been installed in the gym/auditorium for the individuals we serve.

On May 10, 2013, approximately 45 staff and consumers from SWVMHI attended the Mental Health Awareness Day at Emory and Henry College. We were entertained with music by other mental health consumers from southwest Virginia, and also heard two professional storytellers. We were all very proud when our Director Cynthia McClaskey received the "Going the Extra Mile" award for all the good work that she does. *[Editorial note: please see the article below for more details on this event.]*

We held our very own annual version of the Kentucky Derby on May 23, 2013. Laurie Goral headed up the derby, assisted by other rehab staff, who took bets, handed out prizes, and acted as jockeys for the "live" races. The individuals we serve got to wear hats and cheered loudly for their favorite horses. A delicious snack was served after the races were over. Everyone had a good time and we look forward to doing it again next year.

We also held our monthly PAC (Patient Activity Committee) meeting, where the individuals we serve decided what special events we would have over the next few months, including what kind of food would be served. They also participated in the CERC (Consumer Empowerment Recovery Council) and caught up on what is going on at the regional level (R-CERC).

For our monthly fund raiser, we sold plants and Mother's Day gifts to benefit the Patient Activities fund, and the Community Integration Group sold "toilet roll art." Both fund raisers were successful thanks to the support from staff throughout the hospital who made purchases.

Several staff from the Rehab Department, along with other departments throughout the hospital, participated in the American Cancer Society's "Smyth County Relay for Life." We raised quite a bit of money for the cause and everyone who came out had a good time in spite of the rain. It is good to see our staff at SWVMHI come out and take part in such a good cause.

Until next month.

~ Sue Eller, CPSS
Peer Support Specialist

Mental Health Awareness Day

The Annual Mental Health Awareness Event was held on the Emory & Henry campus on Friday, May 10, 2013. This was the first year having the event on a Friday. That change proved to be the right move, as we had record attendance! Over 550 people attended the event, with all of the region's Community Services Boards being represented, as well as SWVMHI.

This year's event lunch featured a pasta bar provided by Emory & Henry College. Darrell Eads with many special guests provided music, as did Gerald Anderson and his band. Ms. Della McGuire and Ms. Bonnie Jessee were our featured storytellers for the event. SWVMHI Rehab Services, especially the OT Department,

did an outstanding job with the sensory and relaxation area for all of the attendees, and we were pleased to offer stress balls for all those in attendance.



At the event, our own Dr. Cynthia McClaskey was the recipient of the region's annual **GEM Award – Going the Extra Mile**. This award is an acknowledgment of her advocacy for person-centered care and recovery principles. She is highly regarded throughout the region and state. Dr. Olivia Garland,

Associate Commissioner for DBHDS came down from Richmond to present the award, and offered congratulations, stating that, "Cynthia is the best of the best." After the event, Commissioner James Stewart, expressed the following: Congratulations on this well-deserved recognition and thank you for all that you do every day to advance the cause of recovery in Southwest Virginia and throughout the Commonwealth."

Many CSB Administrators were there to celebrate with her. Congratulations Dr. McClaskey!

~ Robyn Anderson, LCSW
Community Services Director

Tips for Living Life to Its Fullest

Healthy Gardening



Gardening is one of the most popular pastimes for Americans, but doing it incorrectly can lead to back pain, joint aches, and muscle strains. Gardening can also be difficult for people

with health conditions that limit movement (such as arthritis) or cause fatigue. But with a few easy strategies, gardening can be a pleasurable and safe activity for all.

Developed by Occupational therapy practitioners, the following tips will help decrease the aches, pains, and strains that often occur during gardening. Occupational therapy practitioners take a holistic approach and develop strategies to help people do the things they want and need to do no matter their limitations, disability, disease, or condition. Don't let physical limitations hinder your ability to create and care for a garden that you love.

If you want to:

- **Plant and weed without pain** — Start with a small garden that you can manage easily. The garden should be located near your house and water supply to reduce time spent hauling the hose or watering can. Self-coiling hoses are lightweight and easy to use. Use a kneeler seat, which is a combination kneeling platform and seat. Many kneeler seats fold for easy storage. Make sure that the folding mechanism is easy to operate and does not cause stress on your hands.
- **Avoid back pain from heavy lifting** — Bags of mulch, soil, and fertilizer are heavy. Instead of lifting the whole bag, divide it into smaller loads, and use a two-wheeled garden cart to move materials, as it is more stable than a wheelbarrow. When lifting a bag, use your leg muscles (not your back). Ask

for help or consider hiring someone to assist with heavier tasks.

- **Conserve energy to be able to garden longer** — Sit while gardening to decrease stress on your back, knees, and hips. Take rest breaks every 15 minutes and stop work before you become overtired. Vary your tasks to avoid overstressing one part of the body. Change your position frequently to avoid becoming stiff. Tightly gripping or pinching a tool for a long time can lead to swelling in your hands and arms, and prolonged hunching or kneeling can cause back strain and knee pain. Resist the urge to focus on just one area of the garden at a time, and instead, move around doing various tasks.
- **Protect your joints and avoid awkward positions while using pruners and other garden tools** — Select garden tools that have padded and curved handles to protect the joints in your hands and fingers from excess pressure and strain. If you have a weak grip, use pruners and clippers that have ratcheting or spring-action self-opening features. Avoid twisting and reaching while planting or pruning.
- **Spend more time enjoying the fruits of your labor** — Carefully consider how much maintenance your garden will need. When possible, use native plants. Plant groundcovers to keep weeds to a minimum. Once established, perennials require less work than planting annuals every year. Think about how large each plant will get, and the amount of pruning that will be required.

The following is adapted from Amy Wagenfeld, Ph.D., OTR/L, CAPS; and Bernice Buresh, BA, "Ergonomic gardening: Teaching safe movement patterns," *OT Practice*, 17(9), 8-11:

Planting and Weeding. Kneeling without cushioning and with your back arched strains your knees and back. Keeping

your body straighter, using a kneeler and kneeling with one leg up reduces the strain.

Lifting. Lifting from your waist strains your neck, shoulders, and back. Lifting with your knees bent uses the much stronger leg muscles.

Reaching. Your body is off balance when you reach overhead with your arms outstretched. Keep your feet firmly on the ground (no tip-toes) and use a reacher or pull branches down to your level before pruning them.

Need More Information?

If you would like to see an occupational therapy practitioner for more strategies on gardening or any other activities that you're having difficulty



completing, ask your physician for a referral or look for occupational therapists with private practice in your community. Occupational therapy practitioners are employed by private and community outpatient clinics, hospitals, and home-care services. Medicare and other health insurance policies cover their services. You can find additional information through the American Occupational Therapy Association at www.aota.org.

Occupational therapy is a skilled health, rehabilitation, and educational service that helps people across their lifespan participate in the things they want and need to do through the therapeutic use of everyday activities (occupations).

Adapted from the American Occupational Therapy Association, Inc. webpage.

~ Sharon Neitch, OTR/L
Occupational Therapist



June Staff Development Opportunities

Take advantage of all the training opportunities in June!!

Webinar: Puppy Power — Putting Animal-Assisted Interventions to Work

When: June 3, 1500 - 1600

Where: A/B Classroom



Animal-assisted interventions can provide persons with intellectual disabilities countless benefits including increased self-esteem, memory recall, socialization, and mobility. Participants will have the opportunity to observe a therapy dog team and learn about possible goals and activities to put in place at their agency.

Human Resources Series: Performance Management

When: June 11, 1300 - 1500

Where: A/B Classroom

Human Resources Series: Talent Acquisition

When: June 17, 0900 - 1100

Where: A/B Classroom

Human Resources Series: Empowerment and Engagement

When: June 18, 1300 - 1500

Where: A/B Classroom

Computer Class: Power Point

When: June 17, 1300—1700

June 18, 0800—1200

Where: Smyth Ed Center, Atkins

Computer Class: Excel 1

When: June 24, 0800—1200

Where: Smyth Ed Center, Atkins

Computer Class: Excel 2

When: June 24, 1300-1700

Where: Smyth Ed Center, Atkins

Computer Class: Access 1

When: June 25, 0800—1200

Where: Smyth Ed Center, Atkins

Computer Class: Access 2

When: June 25, 1300—1700

Where: Smyth Ed Center, Atkins

~ Ginny Moorer,
Training Coordinator

June CAI

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

- ✧ Infection Control

Sign into the Knowledge Center and find it today!



"How do you like to go up in a swing,
Up in the air so blue?
Oh, I do think it the pleasantest thing
Ever a child can do!
Up in the air
and over the wall,
Till I can see so wide,
River and trees
and cattle and all
Over the countryside.
Till I look down
on the garden green,
Down on the roof so brown,
Up in the air I go flying again,
Up in the air and down!"

- Robert Louis Stevenson,
The Swing

Meals in Minutes — Grilled Strawberry Pie

Summer grilling season is upon us. But why settle for burgers and hot dogs when you can grill a pie? Yes, you heard that correctly — grilled pie. Try this twist on a summer fruit pie for something different and delicious:

Ingredients

- 1 lb fresh strawberries (about 2 2/3 cups), cut
 - 1/4 cup sugar
 - 1 tablespoon cornstarch
 - 1 refrigerated pie crust, softened as directed on box
 - 2 (9-inch) disposable foil pie pans
 - 1/4 cup strawberry preserves
- Heat grill to around 400° Fahrenheit.
 - Mix strawberries, sugar, and cornstarch;



- set aside.
- Unroll refrigerated pie crust. Place in ungreased pie pan. With back of spoon, spread one-fourth cup strawberry preserves evenly on crust. Spoon strawberry mixture on top.

- Slightly fold crust over filling.
- Place second pie pan upside down on grill to make elevated surface. Place pan with pie on top of the first pie pan so it is elevated off grill.
- Cover grill.
- Cook 20 to 25 minutes or until crust is golden brown and filling is bubbly.
- Remove from grill; cool 10 minutes before serving.

Serve with whipped cream or ice cream for a mouth-watering, summer dessert.

More information and unique grilling recipes can be found at www.pillsbury.com.

My Life as A Service Dog

Joez Belle belongs to Sue Eller, in the Rehab Department, who obtained her as a puppy. She has been a therapy dog for most of her life,, and eventually learned to recognize when Sue was in a PTSD crisis and how to bring Sue back around. She joined the AAA/T program about a year ago and participated until recently. This article is written from her perspective.

For those of you who don't know me, my name is Joez Belle Eller. I am a Mexican Chihuahua. I was born twenty years ago and when I was five weeks old I went to live with my best friend Sue, or better known to me as Mama. I didn't know it at the time, but Mama had a mental illness called Bi-polar Disease. This meant that there were times that Mama was very happy and would play with me, take me for walks, and lots of other fun stuff, but it also meant that she had times that she cried a lot and just wanted to stay in bed. Sometimes she got so sad that she had to leave me for a while and go to a place called a hospital until she got better and came back home to me. Those times were sad for me too because I love Mama and missed her very much. But I'm getting a little ahead of myself. I want to tell you how I became Mama's service dog.

When I was five weeks old I went to live with Mama, my Daddy R.C., and my older sister Bambi, who was Daddy's pride and joy.

Mama went to a place called a Drop-in Center every day and spent the day with a lot of friends who also had a mental illness. I got to go with Mama every day and made a lot of new friends myself. My job was to make everyone happy. Being a puppy, everyone wanted to hold me and love me, so that was easy. I couldn't wait for Mama to get up in the mornings so I could go play with my new friends. We did this for a long time. Mama got a job at the Drop-in Center and then in a group home where I got to go with her and help her and her friends.

I learned how to behave, what to do, and what not to do when I went out with Mama. Mama went to her doctor called a psychiatrist who tested me and certified me as Mama's service dog. I am what they call an "emotional support" service dog. Being with my Mama since I was five weeks old, I have gotten used to my Mama's ups and downs.

When Mama is down or sad I try to get her to play with me, get her to get up and out of bed,

and maybe take me for a walk if I can. If that doesn't work I just lay down in the bed with her and give her kisses and let her know that I'm there if she needs me. Sometimes Mama cries and it makes me sad because I can't do anything but let her hold me. She gets my fur all wet because I am only 6 pounds, but I don't mind because I know holding me makes her feel better.

When Mama is high she is really, really happy and wants to play, talk, clean, and do lots of things that are sometimes fun. But sometimes she wears me out because she is so happy she doesn't want to lay down, rest or eat, or any of those things we usually do. Then it's my job to try and get her to slow down. This is the hard part of my job and I'm not always successful, but I love Mama and we always get through it together.

Over the years I have gone to college with my Mama, gone out to eat, gone to different jobs that my Mama worked, gone to meetings, conferences, so many different places I can't name them all. I get to meet all kinds of different people. It's one of the most funnest things I do.

I have seen my Mama through lots of life changes. Job changes, money problems, physical illness, and a lot of losses. Daddy died four years ago, my human sister Robin died three years ago, and my sister Bambi died at age 20 years of age, one year ago. These were really sad times for Mama, but I stayed by her side and helped her come to terms with these. She was never alone because I have always been with her.

Not all of the things we have been through together have been bad stuff. As I mentioned before we have gone to many places together. One thing I really like is when we go to the Mental Health Walk every year. I get to see a lot of my friends that I have made over the years and don't get to see very often.

I also get to go to work with Mama at the state hospital in Marion, Virginia, and of course we still play and spend time together. Because I am getting older, Mama and I decided that maybe I should retire or at least not go with Mama all the time. I love spending time with my friends at the hospital, but after spending a full day there I am so tired that sometimes all I want to do is sleep for a couple of days afterwards.

Mama has two new dogs to help her out now and I don't mind at all because I still take care of Mama at home.

Lily is a prissy black poodle that really loves Mama and loves going to work with her. She loves the people at the hospital, and from what I heard, they love her. She is nine years old and Mama rescued her last year from a shelter. She is okay as a sister, and she is real good at being a service/therapy dog even though she isn't me.

Maggie is the other dog Mama got to train to take my place. She is a ten month old Basset Hound and full of energy. Mama is working very hard to get her trained so she can be a certified service/therapy dog when she celebrates her first birthday. She goes to work with Mama sometimes, but Mama says she gets car sick, whatever that is, so she doesn't get to go as often as Mama would like her to. She really loves Mama and I can tell Mama really loves her.

I hope things work out with Lily and Maggie because I am getting older and won't be able to stay with Mama much longer. I get around pretty good in spite of cataracts on my eyes. But Mama and I know that someday I will go to live with Daddy, Robin, and Bambi. I will miss being with Mama, but I know one day she will join us. In the meantime, knowing that Lily and Maggie will be there to help Mama deal with the sadness helps me not be so sad.

Mama is getting Lily okayed as a service dog for when she goes on trips and/or when Maggie doesn't feel like working (e.g. the car sickness thing). Looks like it takes two dogs to do the job of one little Chihuahua with a big, big heart.

I have had a good and fulfilling life. I'm sorry that Mama had to have a mental illness, but I am so glad she adopted me.

If I could talk I would say, "Thank you Mama for giving me a great life. I love you. Your faithful baby and bestest friend forever, Joez Belle."

Chaplain's Corner

Over the past 20 months, I have been reflecting on the simple idea of Fredric and Mary Ann Brussat of applying the letters of the English alphabet to traditional spiritual practices. The book, "Spiritual Literacy: Reading the Sacred in Everyday Life," has encouraged me to be aware of the lessons of spiritual enrichment in the normal experiences of living.

The letter for this month "T" is a reminder that spiritual **teachers** are all around us. Whether they come to us as ministers, priests, rabbis, or gurus, **teachers** make a lasting impression on each of our lives. Sometimes our **teachers** are the many people we encounter in daily life. Buddha is often quoted as saying, "Imagine that every person in the world is enlightened but you, they are your **teachers**, each doing just the right things to help you learn patience, perfect wisdom, perfect compassion." Often it is our life experience that becomes our **teacher**, which in turn forms the shape and color of our soul.

Learning to be open to **teachers** and lessons learned can be an enriching part of daily life. Considering all the people who have influenced us,



instructed us, and shaped our lives can fill us with a sense of gratitude for the human connections we have enjoyed. Our **teachers** remind us that the time we spend with each other and the lessons we learn is a treasure beyond compare. Rabbi Ben Azzai, a wise sage from the second century, once wrote, "Treat no one lightly and think nothing is useless, for everyone has a moment and everything has its place."

One of my favorite story tellers, Mitch Albom, wrote a bestselling tribute to one of his college professors in the book "Tuesdays with Morrie." The book reflects the lessons Albom learned from his former professor Morrie Swartz as he spent Tuesdays visit-

ing with his **teacher** in his final months of life. Albom concludes his book with the question, "Have you really had a **teacher**? One who saw you as a raw but precious thing, a jewel that, with wisdom, could be polished to a proud shine? If you are lucky enough to find your way to such a **teacher**, you will always find your way back. Sometimes it is only in your head, sometimes it is right alongside their beds..."

When we are open and willing, we can learn from many sources. It may be beneficial to take some time and consider the **teachers** who have made a difference in our lives — they are blessings worth remembering. These people have been our guides and our mentors. They may be from our formal education, our work experience, our family, our friends, but they all made a difference in shaping who we are today. A great **teacher** is one who practices what they preach, and they may preach very little at all.

~ Timothy Graham, D. Min
Chaplain

MEXICO AT A GLANCE



The Patient Activity Council and the Cultural and Linguistics Competency Committee will hold a skit about "Mexico at a Glance," on Thursday, June 20, 2013, from 1330—1530, in the gym. Several of the individuals we serve will take part in the skit.

Immediately following the skit, the individuals we serve will enjoy a festival complete with snacks that will include virgin margaritas, churros, and chips with salsa.





Punctuation and the Comma



The dreaded comma. Do I use one? Do I leave it out? Help is on the way! Following are some basic rules for comma usage:

1. Use the comma to **separate the elements in a series** (three or more things), including the last two. Example: He hit the ball, dropped the bat, and ran to first base. The last comma is often called the **serial comma**.
2. **Use a comma plus a little conjunction** (and, but, for, nor, yet, or, so) to **connect two independent clauses**. Example: He hit the ball well, but he ran toward third base.
3. **Use a comma to set off introductory elements**. Example: *Running toward third base*, he suddenly realized he was running the wrong way.
4. **Use a comma to set off parenthetical elements**. Example: The Founders Bridge, *which spans the Connecticut River*, is falling down. A parenthetical element is the part of the sentence that can be removed without changing the essential meaning of the sentence. Another example of a parenthetical element is when both a city's name and that city's state or country's name are mentioned together. The state or country name is treated as a parenthetical element. Example: We visited Hartford, Connecticut, last summer.
5. Use a comma to **separate coordinate adjectives**. If you can put an *and* or a *but* between the adjectives, a comma should be used. Example: He is a tall and distinguished fellow could also be written as, He is a tall, distinguished fellow. You would not say, "I live in a little and purple house," so it should be written without a comma as, "I live in a little purple house."
6. Use a comma to set **off quoted elements**. This is probably the most difficult comma usage rule to remember, as it is a bit tricky. Generally, use a comma to separate quoted material from the rest of the sentence that explains or introduces the quotation. Example: Summing up this argument, Peter writes, "The purpose of the teleconference is to communicate recent changes to all staff." If an attribution of a quoted element comes in the middle of the quotation, two commas are required. But be careful not to create a comma splice. Example: "The question is," said Alice, "whether you can make words mean so many things." A comma splice would be using a comma to join two **independent clauses**. Example: "I should like to buy an egg, please," she said timidly. "How do you sell them?"
7. Use commas to **set off phrases that express contrast**. Example: Some say the world will end in ice, not fire.
8. Use a comma **to avoid confusion**. Example: For most, the year is already finished.
9. Grammar English's Famous Rule of Punctuation: **Never use only a comma between a subject and its verb**. Example: Believing completely and positively in oneself is essential for success. [Although readers might pause after the word "oneself," there is no reason to put a comma there.]
10. Use a comma for **typographical reasons** between a city and a state [Hartford, Connecticut], a date and the year [May 24, 2013], a name and a title when the title comes after the name [Bob Downey, Professor of English], in long numbers [5,432,678], etc. **Note:** We also use a comma, or set of commas, to make the year **parenthetical** when the date of the month is included. Example: July 4, 1776, is regarded as the birth date of American liberty. Without the date itself, however, the comma disappears. Example: July 1776 was one of the most eventful months in our history.
11. **Use commas with caution**. There are many reasons for using commas, not all of which have been listed here. It is important to remember that a pause in reading is not always a reliable reason to use a comma.
12. This is the simplest comma rule of all. In the United States, **commas always go inside quotation marks**. Example: "Diane," she said, "put the book down and go outside for a little while."

Adapted from "Rules for Comma Usage: Guide to Grammar and Writing. ~ <http://grammar.ccc.commnet.edu/grammar>



"Kind hearts are the gardens;
kind thoughts are the roots;
kind words are the flowers;
kind deeds are the fruits."
- English Proverb

College Open House a Success

To assist staff in getting information about area schools of Nursing, the Nursing and Human Resource Departments hosted a College Open House on May 7 with the following colleges represented: Bluefield College, King University, Liberty University, Old Dominion University, Radford University, Shenandoah University, The University of Virginia's College at Wise, Wytheville Community

College, and Virginia Highlands Community College. Forty-five SWVMHI employees attended the open house.

Liberty University discussed SWVMHI becoming a partner in their efforts to provide educational assistance to our staff by offering a 15 percent tuition discount. The representative will be sending information about the partnership soon. RN to BSN programs are all on-line.



Radford University hopes to have traveling Nursing instructors come on site to several southwestern Virginia facilities, such as SWVMHI, to offer BSN programs. All colleges have both on campus and on-line BSN courses.

The college representatives were impressed with the number of staff attending the open house, as well as the questions asked by the attendees and the facility. All stated they were eager to assist staff in their educational goals. Staff attending the open house were complimentary of the event and appreciated the colleges coming to the facility.

~ Norma Brickey, MSN
Assistant Nurse Executive

June Lunar Phases

June 8

New Moon

June 16

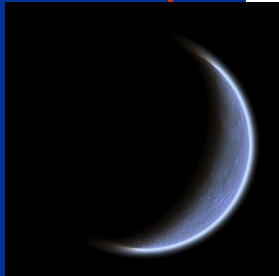
First Quarter Moon

June 23

Full Moon, also called "Strawberry Moon" by Native Americans of New England and the Great Lakes because at this time of year, the strawberry ripens

June 30

Last Quarter Moon



Per Diem Reimbursement

The per diem covers meals, taxes, tips, and other incidental expenses, and is payable to an overnight traveler. Receipts are not required. The traveler shall not claim a per diem for anyone other than him or herself.

There is no provision to exceed per diem amounts; however, the per diem is adjusted for different locations throughout the Commonwealth. Please consult the CAPP Topic 20335, located in the Forms Directory under the travel folder, for a listing of the non-standard locations.

If the hotel provides a continental breakfast or the seminar includes lunch and/or dinner, the per diem is reimbursed at a reduced rate to account for the meals that were provided.

In general, per diem rates only apply when overnight travel occurs; however, there is some meal reimbursement for day travel if a patient is involved.

For questions regarding per diems or travel in general, please contact the Fiscal Office by calling Extension 205.

~ Missy Wiles
Accounts Payable Specialist



"An idea is worthless unless you use it."

— John Maxwell
Injoy, Inc

Word Search



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

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

Beach

Camping

Cookout

Father's Day

Flag Day

Graduation

Hot

June

Mosquitoes

Play

Pool

School's out

Summer

Sun

Swimming

Vacation

Weddings





PERSONNEL CHANGES



New Employees

Sherri Austin, PI4 Staffing Nurse Coordinator	Apr 10
Charlotte Beavers, PI4 Psychiatric Aide	Apr 10
Shirley Burton, Psychiatric Aide	Apr 10
Miranda Cowan, Psychiatric Aide	Apr 10
Ethan Cress, PI4 Housekeeping Worker	Apr 10
Micheal Cregger, PI4 Housekeeping Worker	Apr 10
Jonathan Davis, PI4 Housekeeping Worker	Apr 10
Richard "Sam" Doane, Psychiatric Aide	Apr 10
Anastasia Harris, Housekeeping Worker	Apr 10
Kristin Hash, PI4 Housekeeping Worker	Apr 10
Charlene Johnson, Registered Nurse	Apr 10
Cathy Jones, Registered Nurse	Apr 10
Janet Miller, PI4 Staffing Nurse Coordinator	Apr 10
Karen Puckett, Psychiatric Aide	Apr 10
Betty Sheets, Psychiatric Aide	Apr 10
Douglas Wright, Psychiatric aide	Apr 10
Nazrin Roberson, PI4 Recreation Assistant	Apr 18
Rebekah Hayes, PI4 Food Service Worker	Apr 25
Rebecca Kidd, PI4 Housekeeping Worker	Apr 25
Kayla Carter, Clinical Social Worker	Apr 29

MONTHLY PATIENT CENSUS

April
2013

Admissions 55

Discharges 58

Passes 16

Average Daily

Census

146

Separations

Connie Rowland, Psychiatric Aide	Apr 1
Melissa Medley, Psychiatric Aide	Apr 3
Dawn Keyes, Psychiatric Aide	Apr 18
Mickey Whitt, Trades Technician/Grounds Worker	Apr 18
Lindsey Hayden, Psychiatric Aide	Apr 25
Rebecca Kidd, PI4 Housekeeping Worker	Apr 30

Promotions/Role Changes

Regina King, RN to Registered Nurse Clinician A	Apr 25
Catherine Phillips, RN to Registered Nurse Clinician A	Apr 25

From the Director (continued)

Shaun was contacted at 11:00 pm on Christmas Eve to respond to a water main leak which had disrupted water for steam production at the Power Plant. He immediately came to the facility and secured the six-inch water main that had ruptured. Shaun then reviewed utility prints and determined that there was an alternate piping alignment which would supply water to the Power Plant. After opening and closing requisite valves to restore the water, he inspected every building "on the hill" to ensure that each had potable water and that sprinkler systems were operational. Shaun's high level of knowledge and dedication prevented a potential evacuation, as there would have been no steam to heat the buildings, cook meals, or warm water for showers. Whew!

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



Dr. Moon consistently performs his job duties in an exemplary manner, but this specific nomination focuses on the multiple ways in which he seeks to be of service to all his "customers." He defines customers broadly as anyone who is affected

by his work. This includes the individuals we serve, teammates, co-workers, supervisors, administration, and our outside customers like CSBs and courts. He seeks feedback from these customers on a regular basis and constantly asks, "What can I do to be of greater service." This is demonstrated when we ask for a volunteer and hear him say, "I'd be willing to do that." Or when he is given an additional short notice assignment and he says, "I'll get right on that and get back with you by the end of the day." He involves himself in college and internship center activities to enhance the image of the facility, writes a monthly column for the facility newsletter, *A View From the Hill*, and helps with training inside and outside the facility with CIT officers. His contributions to the psychology department, to the ERS unit, and to the facility are substantial.

Congratulations to each of the Employees of the Quarter!

~ **Cynthia McClaskey, Ph.D.
Director**



President Ronald Reagan signed legislation that made the rose the United States' National Floral Emblem. People everywhere have been passionate about roses for centuries. Roses represent beauty and love to millions. Roses are an ancient symbol of festivals and the commemoration of historic events. Is it any surprise then that June is National Rose Month?

Did you know that:

- More than 1.2 BILLION fresh cut roses are sold each year.
- Rose hips contain more Vitamin C than many other fruits and vegetables.
- The world's oldest living rose is thought to be 1,000 years old. Today it continues to flourish on the wall of the Hildesheim Cathedral of Germany.

Recovery Heroes

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



Our recovery hero this month is Harriet Howell, a Registered Nurse Clinician A on the Acute Admissions Unit. Harriet was hired as an entry level RN on May 10, 2006. On November 10, 2012, she was promoted to a RNCA, and became the Ward D Treatment Team Nurse.

Our recovery hero this month is Harriet Howell, a Registered Nurse Clinician A on the Acute Admissions Unit. Harriet was hired as an entry level RN on May 10, 2006. On November 10, 2012, she was promoted to a RNCA, and became the Ward D Treatment Team Nurse.

Julie Stoots, UNC, states, "Harriet has demonstrated confidence and assertiveness in dealing with challenging issues. Most recently, Harriet worked one-on-one with a challenging individual to encourage and assist her in following her contingency plan." In TOVA, we learn about the positive behavior support approach. This approach helps the individual learn other ways to solve the same problems or get their needs met. The old, negative behavior patterns, including aggression, are no longer necessary to get their needs met. Harriet utilized this approach with this particular individual, which, according to Julie, has been very

successful, and the individual's behavior has improved with a significant reduction in seclusion/restraint episodes.

Harriet is our Recovery Hero this month. Please congratulate her when you see her.

We appreciate her hard work and dedication to the individuals we serve and to her co-workers.

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



Special Gym/Game Room Activities



Patient Activity Council (PAC)

June 20, 2013
1600 - 1630



Birthday Party

June 19, 2013
1800 - 2000
No Canteen

Church Services

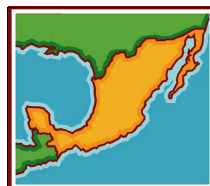
Church Services are held each Thursday from 1830 - 1930 in the Auditorium
No Canteen

Consumer Empowerment Recovery Council (CERC)

June 20, 2013
1530-1600

Mexico at a Glance

June 20, 2013
1330 - 1530



Movie Nights

June 10 and 11, 2013 and June 24 and 25, 2013
1830 - 2000



Please see page 7 for more details.

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.



If you want to be successful, it's just this simple:
Know what you're doing.
Love what you're doing.
And believe in what you're doing.

~ Will Rogers

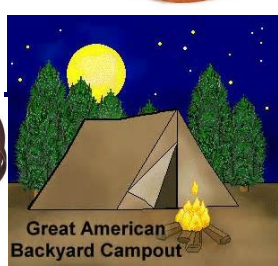
June Days to Celebrate

"Off the cuff" June holidays to celebrate:

- June 1**
Say Something Nice Day
- June 7**
Donut Day
- June 8**
Upsy Daisy Day
- June 10**
Ball Point Pen Day



- June 11**
Corn on the Cob Day
- June 15**
World Juggling Day
- June 21**
National Flip Flop Day
- June 22**
Great American Backyard Campout
- June 23**
Pink Flamingo Day



Lyme Disease



Lyme disease is caused by the bacterium *Borrelia burgdorferi* and is transmitted to humans through the bite of infected blacklegged ticks. Typical symptoms include fever, headache, fatigue, and a characteristic skin rash called erythema migrans. If left untreated, infection can spread to joints, the heart, and the nervous system. Lyme disease is diagnosed based on symptoms, physical findings (e.g., rash), and the possibility of exposure to infected ticks; laboratory testing is helpful if used correctly and performed with validated methods. Most cases of Lyme disease can be treated successfully with a few weeks of antibiotics. Steps to prevent Lyme disease include using insect repellent, removing ticks promptly, applying pesticides, and reducing tick habitat. The ticks that transmit Lyme disease can occasionally transmit other tickborne diseases as well.

Preventing Tick Bites



While it is a good idea to take preventive measures against ticks year-round, be extra vigilant in warmer months (April-September) when ticks are most active.

- Avoid Direct Contact with Ticks.
- Avoid wooded and bushy areas with high grass and leaf litter.
- Walk in the center of trails.
- Repel Ticks with DEET or Permethrin
- Use repellents that contain 20 percent or more DEET (N, N-diethyl-m-toluamide) on the exposed skin for protection that lasts up to several hours. Always follow product instructions. Parents should apply

this product to their children, avoiding hands, eyes, and mouth.

- Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks, and tents. It remains protective through several washings. Pre-treated clothing is available and remains protective for up to 70 washings.
- Other repellents registered by the Environmental Protection Agency (EPA) may be found at <http://cfpub.epa.gov/oppref/insect/>.

Erythema migrans (EM) or "bull's-eye" rash

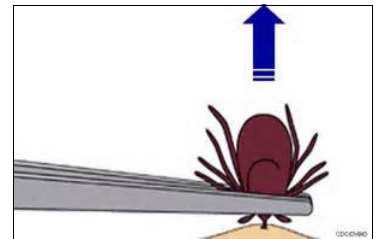


- Rash occurs in approximately 70-80 percent of infected persons and begins at the site of a tick bite after a delay of 3-30 days (average is about 7 days).
- Rash gradually expands over a period of several days, and can reach up to 12 inches (30 cm) across. Parts of the rash may clear as it enlarges, resulting in a "bull's-eye" appearance.
- Rash usually feels warm to the touch but is rarely itchy or painful.
- EM lesions may appear on any area of the body.

Tick Removal

If you find a tick attached to your skin, there's no need to panic. There are several tick removal devices on the

market, but a plain set of fine-tipped tweezers will remove a tick quite effectively.



How to remove a tick:

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.

Avoid folklore remedies such as "painting" the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. Your goal is to remove the tick as quickly as possible--not waiting for it to detach.

For more information about ticks and Lyme Disease, please contact the Centers for Disease Control and Prevention, 1600 Clifton Rd. Atlanta, GA 30333, USA 800-CDC-INFO (800-232-4636) TTY: (888) 232-6348 - Contact CDC-INFO. Or you can visit their website at: <http://www.cdc.gov/lyme>.

~ Safety Committee

First Aid Tip: Recognizing Shock



Shock develops when not enough blood flows to parts of the body.

Shock can occur due to several reasons including, but not limited to, severe blood loss, trauma, allergic reaction, and heart attack. A person who is going into shock may complain of weakness, faintness, dizziness, or feel thirsty, and may look pale and have cold, clammy skin.



As always, after recognizing the symptoms of shock, make sure the

scene is safe. Call for help such as a Code Blue at SWVMHI or call 911, then call for a first aid kit. Staunch any bleeding with supplies from the first aid kit. Help the person to lie on their back and cover the person to keep them warm. Ask the person if they have any medical condition that would contribute to or cause shock or check for medi-alert bracelets/necklaces/tattoos indicating this.

Continue to monitor and assess the person until help arrives. If needed, raise the person's feet to facilitate blood return to the heart/brain. Lastly, administer CPR if the person becomes unresponsive and you are trained in CPR or Hands-Only CPR (chest compressions), if you are not CPR trained.

~ Rebecca Sparger, RN, BSN
Training and Development Coordinator

To Dads
everywhere
June 16, 2013

Happy
Father's
Day



**Red Cross Blood
Drive**

**July 17, 2013
1000—1500**

B Building Classroom 1

Summer Pet Safety



Hot weather can make us all uncomfortable, and it poses special risks for your dog. Keep the following safety concerns in mind as the temperature rises, and follow our tips to keep your dog cool.

- If your dog is outside on a hot day, make sure he has a shady spot to rest in.
- Doghouses are not good shelter during the summer as they can trap heat.
- You may want to fill a child's wading pool with fresh water for your dog to cool off in.
- Never leave your dog in a closed vehicle on a hot day. The temperature inside a car can rise to over 100 degrees in a matter of minutes.
- Always provide plenty of cool, fresh water.
- Avoid strenuous exercise on extremely hot days. Take walks in the early mornings or evenings, when the sun's heat is less intense.
- Try to avoid prolonged exposure to hot asphalt or sand, which can burn your dog's paws.
- Dogs that are brachycephalic (short-faced), such as Bulldogs, Boxers, Japanese Chins, and Pekingese, have an especially hard time in the heat because they do not pant as efficiently as longer-faced dogs. Keep your brachycephalic dog inside with air-conditioning.

~ http://www.akc.org/public_education/summer_safety.cfm

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

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

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



The next newsletter will be published July 1, 2013.