



AUGUST 1, 2013

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From The Director

Each Quarter, the Employee Recognition Committee receives and reviews numerous nominations for the Employees of the Quarter. As the nomination form states, the honoree should recognize exemplary performance, initiative, creativity and/or exceptional customer service.

Further the nomination should recognize the contributions of those who go above and beyond expectations and have a positive impact on the SWVMHI Mission, Vision, and Values. Those who are selected for Employee of the Quarter have demonstrated sustained, exemplary individual performance.

I am pleased to formally recognize an individual who has had a positive impact on SWVMHI since his hire in 1998, Allen Hubbard, Storekeeper Senior. The nomination reads, "During 'normal' times, Allen is an exemplary employee. He ALWAYS goes the extra mile to meet the needs of his customers. If staff omit an item or items from an order, he graciously makes an extra trip to meet the needs of the individuals



we serve. If staff give incomplete information, he always clarifies. And if that fails to produce the desired item, he handles the return and new purchase without complaint. He rearranges his schedule so that he can obtain urgently needed patient care items. Every day he gives his job 100% and every day he has a positive attitude. Allen follows all purchasing rules and regulations; he balances his credit card statements prior to the due date. His attendance is exemplary. Recently, he accepted additional job duties due to the illness of a co-worker. He never complained about the additional work, but worked like the team player he is to get the work done and the needs of

the customer met. It is a pleasure to interact with Allen. He frequently asks about your day, and you really believe he wants to know! Every day, Allen honors the SWVMHI Value of 'Honoring day to day tasks' by giving every activity his undivided attention and treating every interaction as if it were the most important thing he has to do."

Thank you Allen, and

Congratulations!

~ Cynthia McClaskey, Ph.D.

Hidden

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





What is Self-Initiative? This



One of the core SWVMHI Values is Self-Initiative. What is it exactly? Let me share a story.

A motivational speaker on the topic of self-initiative asked her audience, “Who wants to be a millionaire?” Every hand rose. She then asked, “Who here is a millionaire?” Every hand fell. She asked, “Who here wants to make a major impact on the

world?” Again, every hand rose. She quickly asked, “And who here has made a major impact on the world?” Every hand fell. She pulled out a \$100 bill and asked, “Who here wants this money?” Every hand rose. She paused, and the hands went down one-by-one. “Who here wants this money,” she asked again, a bit louder. Again, every hand shot upward. Again, she paused as every hand slowly dropped. She asked again,

a bit more urgently, “WHO HERE WANTS THIS MONEY?” After two or three more repetitions, one person in the audience finally got it. He stood up. He walked to the speaker, and took the money.

And, that’s self-initiative.



~ James Moon, Ph.D.
Psychology Supervisor

National Immunization Awareness Month

August is National Immunization Awareness Month. This observance provides the opportunity to remind everyone of the importance of immunization. Make sure that your family and friends are up-to-date on their immunizations. In August, parents are enrolling children in school, older students are entering college, and adults and the health care community are preparing for the upcoming flu season. This makes August a particularly good time to focus community attention on the value of immunization.

Vaccines are responsible for the control of many infectious diseases that were once common in this country. Vaccines have reduced and, in some cases, eliminated many diseases that once routinely killed or harmed tens of thousands of infants, children, and adults. The viruses and bacteria that cause vaccine-preventable diseases and death still exist and can infect people who are not protected by vaccines. Vaccine-preventable diseases have a costly impact, resulting in doctors' visits, hospitalizations, and premature deaths. Sick children can also cause parents to lose time from work.

Maintaining high immunization rates protects the entire community by interrupting the transmission of disease-causing bacteria or viruses. This reduces the risk that unimmu-



nized people will be exposed to disease-causing agents. This type of protection is known as community or herd immunity, and embodies the concept that protecting the majority with safe, effective vaccines also protects those who cannot be immunized for medical reasons.

The Basics

Adults need shots (vaccinations) just like kids do. Make sure you are up to date on your shots.

- Get a flu shot every year. The seasonal flu vaccine is the best way to protect yourself and others from the flu. It is offered to all employees free of charge.
- Get the Tdap vaccine to protect against tetanus (“TET-nes”), diphtheria (“dif-THEER-ee-ah”), and whooping cough (pertussis).

- Get a Td booster shot every 10 years to protect against tetanus and diphtheria.
- If you are age 50 or older, get a shot to prevent shingles. Shingles causes a rash and can lead to pain that lasts for months or years.
- If you are age 65 or older, get a pneumonia shot. This shot is sometimes called PPSV. Most people only need to get the shot once.
- Hepatitis A and B vaccines are recommended for everyone, especially healthcare workers. Hepatitis B is a bloodborne pathogen and transmission can be prevented with a series of vaccines. It is available through our employee health program.

Ask your doctor or nurse if there are any other vaccines you may need to help you stay healthy. Vaccine recommendations for all ages can be found at <http://www.cdc.gov/vaccines/schedules/index.html>.

~ Cindy Jones RN CIC
Infection Prevention & Control/
Employee Health Coordinator

Rehab Department News



The Rehab Department has been busy this month getting ready for the Arts and Crafts Festival at Hungry Mother Park.

We had a lot of wooden crafts, ceramics, and other items that were created by the individuals we serve. As usual, several of the individuals we serve were able to attend the festival to shop and walk around. There was live music and lots of good food. Everyone enjoyed themselves and our sale was very successful. All monies raised go back into funding more patient activities. The staff and the individuals we serve worked very hard to make this annual event a successful adventure.

Continued improvements are being made in our canteen, and we look forward to the end result. We will keep you up to date on the new improvements as they happen.

We are also looking forward to the reopening of Treasure Seekers in the near future.

The special event for this month is our annual Splish Splash. The staff and the individuals we serve will be having fun playing water games and enjoying good food provided by the food service staff. Thanks to John O'Keefe and all his staff our special events are not only fun, but tasty.

The Sensory Healing Garden, in the courtyard between Wards CD and EF, is already being enjoyed by the individuals we serve as well as staff. Especially nice is being able to sit on the swing and enjoy the tranquility of the garden. If you get a chance and need a few minutes to unwind or take a deep breath, stop by the garden and enjoy.

We have had the pleasure of having Mattie Obregon join us for the summer. The individuals we serve have

been lucky enough to enjoy her many talents over the past few weeks in a new music therapy group. Mattie and Kelsey Tibbs are helping individuals learn the history, and experience different types of music through many different medias. We are getting a lot of positive feedback from the individuals we serve and will miss Mattie when her time with us here is over. Be sure to attend the music program on August 15 in the gym.

Break week is again here. We have taken this time to review the groups we offer and see what is working and what isn't. We are also changing the look of our group meeting rooms and making them more inviting for everyone who uses them.

Until next month.



~ Sue Eller
Peer Support Specialist

Grammar Tips: I vs. Me



The two personal pronouns I and me are often used incorrectly, usually in sentences in which I is being used with another noun. Here are some tips to help you get it right:

Use the pronoun I, along with other **subjective pronouns** such as we, he, she, you, and they, when the pronoun is the **subject** of a verb:

- He went to bed.
- We waited for the bus.
- Clare and I are going for a coffee.

In the last example, the pronoun I, together with the proper noun Clare, forms the **subject** of the sentence, so you need to use I rather than me.

Use the pronoun me, along with other **objective pronouns** such as us, him, her, you, and them, when the pronoun is the **object** of a verb:

- Danny thanked **them**.
- The dog followed John and **me** to the door.

In the last example, the pronoun me, together with the proper noun John, forms the **object** of the verb follow, so you need to use me rather than I.

Use the pronoun me, along with other **objective pronouns** such as us, him, her, you, and them, when the pronoun is the **object** of a preposition:

- Rose spent the day with Jake and **me**.

Me, together with Jake, forms the **object** of the preposition with, so you need to use the pronoun me rather than the pronoun I.

An easy way of making sure you've chosen the right pronoun is to see whether the sentence reads properly if you remove the additional noun:

- ✓ I am going for a coffee.
- X Me am going for a coffee.
- ✓ The dog followed me.
- X The dog followed I.
- ✓ Rose spent the day with me.
- X Rose spent the day with I.

~ <http://oxforddictionaries.com/words/i-or-me>

Meals in Minutes: Blueberry Slump



There is nothing like fresh fruit and berries in the summer. And what better way to eat them than made into a pie, crisp, or cobbler. A sticky biscuit dough is dropped onto blueberries in this classic New England dessert, which is called a

"slump," "grunt," or "cobbler," depending on who you're asking.

SERVES 8



INGREDIENTS

- 2 cups flour
- 1 ¾ cups sugar, plus more for sprinkling
- 4 ½ tsp. baking powder
- 1 tsp. kosher salt

- 4 tbsp. unsalted butter, cubed and chilled
- 1 ¼ cups milk
- 1 ½ lb. blueberries
- 1 cup fresh orange juice
- ¼ cup fresh lemon juice
- Vanilla ice cream, for serving

INSTRUCTIONS

1. Whisk together flour, ¼ cup sugar, baking powder, and ½ tsp. salt in a large bowl; add butter, and using your fingers, rub butter into flour until pea-size crumbles form. Add milk, and stir just until a moist dough forms; cover and refrigerate dough until ready to use.
2. Heat oven to 400°. Bring remaining sugar and salt along with blueberries and citrus juices to a boil in a 12" cast-

iron or enamelware skillet over high heat, stirring to dissolve sugar.

3. Remove pan from heat, and using two tablespoons, portion and form the chilled dough into 2" to 3" oval dumplings, and drop them evenly on top of the blueberry mixture. Sprinkle the dough dumplings with sugar, and transfer skillet to the oven; bake until biscuits are cooked through and blueberry mixture is reduced, about 25 minutes.
4. Serve hot with vanilla ice cream, if desired.

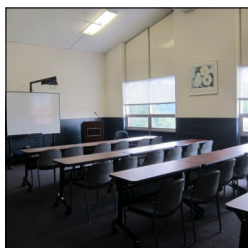
HINT: This recipe can be made with any fresh fruit or berries that are in season.

~ <http://shine.yahoo.com/dessert-guide/easy-blueberry-desserts-summer-quick-cobblers-slumps-crisps-190600666.html>

Welcome to The Learning Center

Learning is not attained by chance; it must be sought for and with ardor and attended to with diligence.
~ Abigail Adams

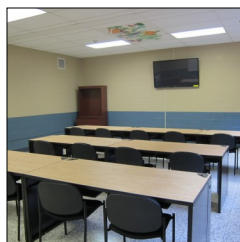
In late June, the Staff Development and Training Department moved its operations to the B Building. In addition to providing staff offices, the new location offers multiple spaces for learning and collaboration, referred to collectively as The Learning Center. The Learning Center (TLC) is comprised of a variety of classrooms designed to meet the wide array of staff development needs, and provide an environment conducive to learning of all types, facilitated by state of the art technology.



On the upper floor is the Dogwood Room, a versatile, lecture-style classroom equipped with an Enovision instructional board. The Dogwood Room is

well-suited to traditional and group instruction, webinars, and seminars.

Directly below the Dogwood Room, on the lower floor, is the Commonwealth Room, a large multi-purpose classroom ideal for learning physical skills, such as TOVA and CPR, but versatile enough for didactic presentations as well.



Around the corner on the lower level is the computer lab, accommodating group instruction for up to 14 participants, but also available for self-paced, independent skill development and coaching sessions. In addition, the lab may also be used for working on the DSP Career Ladder, College of Direct Support, completing CAIs and similar activities. The lab will provide an opportunity for new employees to

work on the online curriculum during the early part of their orientation, with technical assistance from the training staff.

Next door to the computer lab is the Nursing Resource Learning Center (NRLC), designed to meet the specific training and orientation needs of nursing staff. The NRLC includes computer stations, interactive training programs, and a classroom setting for group and individual work.



A second component of the NRLC is the skills room, a simulated hospital room, for learning the practical skills of nursing and providing hands-on experience to LPNs, RNs, and PAs who are preparing for the CNA exam.

Continued on page 15

Staff Development

Take advantage of all the training opportunities in August

Human Resources Series: How to Handle Difficult Employees

When: August 13, 1300 - 1500
Where: A/B Classroom

Human Resources Series: Conflict Resolution

When: August 19, 0900 - 1100
Where: A/B Classroom

Human Resources Series: Performance Management Documentation

When: August 20, 1300 - 1500
Where: A/B Classroom

Dual Diagnosis Training: Treating MI/ID with Dr. Darlene Sweetland

When: August 29, time TBD
Where: B Building/Dogwood Room

August CAI

The following CAI is required of ALL STAFF and must be completed between August 1 and August 31, 2013:

- ◆ Hazard Communication

Sign into the Knowledge Center and find it today!

Did You Know?

The month of August has seen some important events occur in United States history. Check out some of these facts:

Several states became official states during the month of August:

- Colorado became the 38th state on August 1, 1876.
- Missouri became the 24th state on August 10, 1821.
- Hawaii became the 50th state on August 21, 1959.

Several U.S. Presidents were born during August:

- Herbert Hoover, 31st President, was born in West Branch, Iowa, on August 10, 1874.
- Benjamin Harrison, 23rd President, was born in North Bend, Ohio, on August 20, 1833.
- Lyndon Johnson, 36th President, was born near Stonewall, Texas, on August 27, 1908.

~ www.entourages.com/barbs/august.htm

REMINDER

Area students start back to school during August. Small children often do not think or look before running out into the road, so please drive carefully, abide by school-zone speed limits, and watch for small children, particularly around school buses.



Backpack Collection Project

The Administrative Professionals Group will continue to take donations for the Back to School Backpack Program through August 5, 2013. Drop off locations can be found in the SNC Office, HIM Office, Building & Grounds Office, Food Service Manager's Office, or the Director's Office. Monetary donations are also being accepted by Debbie Kiser, who can be reached at Extension 360.

Suggested items include:



Food items: graham crackers; animal crackers; peanut butter crackers; peanut butter;

microwave light popcorn; whole grain cereal bars; granola bars; individual cereal boxes; canned fruit or fruit cups in light syrup; dried fruit such as raisins, plums, or cranberries; applesauce; spaghetti and meatballs; ravioli; beefaroni; lasagna.



School supplies: crayons; colored pencils; construction paper; Kleenex; hand sanitizer; safety scissors; pencils; paper; highlighters; two-inch binders; backpacks; pencil boxes; regular spiral notebooks (wide rule or college rule); journal notebooks; glue sticks.

If you have any questions, please contact Cindy Blevins at Extension 208 or Christy Hall at Ext 210.

Thank you for helping the Administrative Professionals Group provide needed food and school supplies for Smyth County students.

~ Administrative Professionals Group



Clinician's Corner:

Assessing Suicidality in Substance Users

Suicide kills more than 32,000 people in the United States each year. This means that there is a death by suicide every 16 minutes. In addition to the tragedy of lives lost, the total lifetime cost of self-inflicted injuries occurring in 2000 was approximately \$33 billion. This includes \$1 billion for medical treatment and \$32 billion for lost productivity.

In southwest Virginia, a recent study by the medical examiner's office indicated that our region had twice the expected deaths by drug overdoses compared to the remainder of Virginia; that is, while southwest Virginia has 20 percent of the population, we had 40 percent of the state's overdoses.

It is no surprise to clinicians that experience and evidence suggests that alcohol and drug abuse are second only to depression and other mood disorders when it comes to risk factors for suicide. Individuals with alcohol and substance use disorders are at six times the risk for suicide attempts and therefore it is vitally important for clinicians to thoroughly and reliably assess and document this risk.

The overall rates for suicide have basically not changed in the last fifty years, despite a growing realization that suicide is a problem demanding public health attention. Due to the social stigma or lack of understanding, many individuals and health care providers do not recognize the signs or treat mental and substance use disorders with the same urgency as other medical conditions.

Suicide and suicidal behavior also affects family and community and their health. Loved ones often feel guilt, sadness, anger, and shame. There is still a stigma surrounding suicide, substance abuse, and mental illness that keeps people from reaching out. But there is evidence that this stigma is lifting. The need for treatment and for suicide prevention are



becoming a matter for public discussion in an unprecedented way.

Calling for a public health approach to suicide prevention, a recent SAMHSA White Paper urges practitioners in both the mental health and substance abuse fields to use that knowledge to improve suicide prevention efforts.

"The paper underscores the need for people in the mental health field to be aware of substance abuse issues and co-occurring disorders as well as for substance abuse professionals to be aware of the risk of suicide," said Dr. McKeon. "There needs to be increased collaboration."

A public health approach is an approach that targets the entire population, relies on best practices, and addresses the full range of risk factors, adding substance abuse to better-known risk factors such as mental illness and certain biological and environmental characteristics. The approach should focus on prevention just as much as diagnosis and treatment.

The Center for Substance Abuse Treatment at the Substance Abuse and Mental Health Services Administration recently released detailed recommendations on assessing the risk for suicide in individuals using alcohol or drugs. Through TIP 50, the Treatment Improvement Protocol No. 50, substance abuse counselors, clinicians and their supervisors will find a stepwise method of thoroughly assessing and intervening. Part I consists of two chapters; chapter 1 presents the "what" and "why"

of working with clients with substance use disorders who have suicidal thoughts and/or behaviors. In a very thorough manner it reviews:

- a. Basic suggestions for addressing suicidal thoughts and behaviors,
- b. Background information about suicide and substance use disorders, including risk factors and warning signs for suicide,
- c. A four-step process for addressing suicidal thoughts and behaviors in substance abuse treatment, summarized by the acronym GATE (Gather information, Access supervision, Take responsible action, and Extend the action), and
- d. A set of competencies for those who work effectively with clients who are suicidal.

Chapter 2 presents the "how to" of working with clients with suicidal thoughts and/or behaviors, with detailed case studies, vignettes, and practice exercises. This is an extremely useful resource and like all SAMHSA publications can be ordered free of charge (there may be a small shipping charge) or downloaded.

References:

- 1) [Substance Abuse and Suicide Prevention: Evidence and Implications: A White Paper](http://www.samhsa.gov/matrix2/508SuicidePreventionPaperFinal.pdf), or <http://www.samhsa.gov/matrix2/508SuicidePreventionPaperFinal.pdf>
- 2) Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment: A Treatment Improvement Protocol TIP 50 <http://store.samhsa.gov/product/TIP-50-Addressing-Suicidal-Thoughts-and-Behaviors-in-Substance-Abuse-Treatment/SMA09-4381>
- 3) Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment: A Review of the Literature—Updates* at http://store.samhsa.gov/shin/content/SMA09-4381/TIP50_Lit_Review_Updates.pdf



Chaplain's Corner

This is a great month for vacations, travel, and relaxation. Doing things that refresh our spirits, enrich our lives, and connect us with each other are spiritual activities worth pursuing.



This month, the letter “V” in our journey through the “Alphabet of Spiritual Literacy” reminds us of the value of **VISION** as part of our spiritual awareness. **VISION** involves the discovery of new insights and enlarging our perspectives on how we view our world.

There is a story about a man who lived in the same farmhouse all his life. With the passing of years the man grew tired of the same old familiar thing. He longed of change and something new. As the days passed, he found reason to criticize the old place. Finally, he decided to sell and listed the farm with a real estate broker. The agent knew the farm would

sell and wrote a glowing description of the farm listing its location in the country, the homes advantages, the ideal peaceful setting. The realtor called the owner and reviewed the sale description. When he had finished describing the farm the owner said, “Why would I sell this piece of paradise? I’ve been looking for a place like this all my life!”

It is interesting how our views can change when we look at something through a different perspective. The French writer Marcel Proust observed, “We do not receive **vision** or wisdom, we must discover it for ourselves after the journey through the

wilderness which no one else can make for us.”

The practice of **VISION** can assist us in evaluating what is truly important in our lives.

- Life is a gift...accept it.
- Life is an adventure...dare it.
- Life is a mystery...unfold it.
- Life is a game...play it.
- Life is a struggle...face it.
- Life is a puzzle... solve it.
- Life is an opportunity...take it.
- Life is a challenge...meet it.
- Life is sorrowful...overcome it.
- Life is a song...sing it.
- Life is a goal...achieve it.
- Life is a duty...perform it.
- Life is a mission...fulfill it.
- Life is knowledge...learn from it.

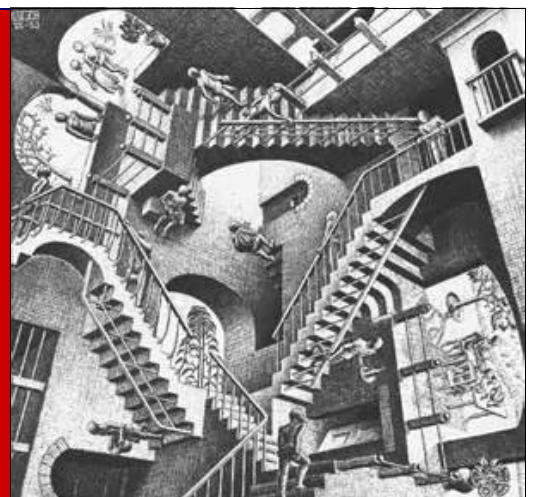
(Author unknown)



~ Timothy Graham, D. Min
Chaplain

It all depends on how we look at things, and not on how things are in themselves. The least of things with a meaning is worth more in life than the greatest of things without it.

~Carl Jung



Travel Tip

Travel expenses that involves transporting individuals we serve inside or outside the Facility's official travel station will be reimbursed for all staff and/or patient meals purchased at cost. The Facility's official travel station is defined as being within a 25 mile radius, so any travel beyond 25 miles would be outside the travel station.

The maximum amount eligible for reimbursement inside the official travel station is \$5.00, or \$7.50 if outside the official travel station.

Signed receipts must be attached to a completed Travel Expense Reimbursement Voucher Form (found on the forms directory), and turned into the Fiscal Department with all applicable signatures within 10 work days following the travel. Please note that this is different from overnight travel procedures.

Questions can be directed to the Fiscal Department at Extension 151.

~ **Lonzo Lester,**
Fiscal Director

Blood Drive Success First Aid Tips

Thanks to all who participated in the Red Cross Blood Drive, held on July 17, 2013.

The Blood Drive was very successful. Just look at the awesome things that we did:

- 54 people showed up to donate
- 44 units of blood were collected
- 8 participants were first time donors!

You made a difference — thank you!

~ **Ginny Moorer, M.Ed.**
Training & Development
Coordinator

Thank You!



Following are some first aid tips specifically for the hot, summer months:

- Remove embedded ticks with tweezers.
- Remember “leaves of three, leave them be!” (Poison Ivy!)
- Heat stroke can be a life threatening condition; be sure to cool the victim.
- Bee stings should be washed with soap and running water and the stinger removed with a stiff plastic object. Stay with the person for 30 minutes after the bee sting to ensure he or she does not develop a severe allergic reaction.
- Swelling of the face, lips, tongue, and throat with difficulty swallowing can be symptoms of a severe allergic reaction.
- Apply cold but not ice water to burns that are not severe. Apply **only** a light dressing unless advised otherwise.

~ **Rebecca Sparger, RN, BSN**
Training and Development
Coordinator

AAAT Program Spotlight

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



Registered name: Blazin Fritz also known as “Galena”
Breed: American Quarter Horse
Age: 6
Hometown: Marion, Va
Owner/handler: Lori McClellan

I raised and trained Galena from the time she was born on my father’s farm in Atkins,

Virginia. Using natural horsemanship techniques, I trained Galena to be a trusting partner.

Galena was shown as a halter horse her first two years, then I trained her to ride. From the age of two to five, I used Galena for trail riding, cowboy challenges, and other events. Galena has been ridden hundreds of miles on various trails in various states. Last summer, I started training Galena to be a barrel horse, and then Galena was sent to Richmond to a professional barrel horse trainer for many months in the fall. Galena is currently home now and is doing well.

Galena was tested to be an equine therapy horse in 2011, and has been working at SWVMHI ever since.

It takes a great deal of time to have a well behaved and mannered horse. It also takes dedication and patience to have a safe and willing horse that will do everything. I spend every afternoon and countless hours each week at the barn working with all of my horses.

See also the article, *Horses and Healing* on Page 13.



~ **Lori McClellan**
Recovery Education Coordinator

Mexico at a Glance Recap

On June 20, 2013, a number of individuals we serve on the ERS Unit presented a program entitled, "Mexico at a Glance." A total of 39 individuals attended the skit and festival.

The skit spoke about the culture of Mexico with individuals having fun connecting puzzle pieces that showed off the wonderful beauty of the Mexican culture.

Following the skit, individuals had the opportunity to indulge in virgin margaritas, cinnamon churros, and chips with salsa. Once finished with the delightful snacks, individuals entered the gym to hear a presentation by Dr. Judy Britt, ERS Psychologist, on how people mask their feelings. Dr. Britt involved the individuals who yelled out answers to her questions as she spoke.



Afterward, Melinda Ruiz, Psychiatric Aide, hosted our Spanish Jeopardy. Each individual was given the opportunity to walk up and take a turn to match up an English word with a Spanish word. The individuals who participated matched them all!

The last activity of the event was an opportunity for the individuals we serve to choose and decorate their own mask. They had so many decorations to choose from such as buttons, feathers, glitter, pom-poms, foam shapes, sequins, beans, and a variety of beads. There was lots of fun and laughing among those who participated.

~ Jan Barrom
Direct Service Associate/ERS

August Lunar Phases

August 6

New Moon

August 14

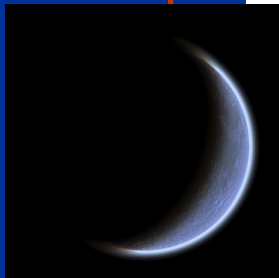
First Quarter Moon

August 20

Full Moon, also called "Sturgeon Moon" by Native Americans of New England and the Great Lakes because at this time of year, this important food was plentiful.

August 28

Last Quarter Moon



What Am I?

You saw me where I never was and where I could not be. And yet within that very place, my face you do often see.

Answer:

A Reflection



The Commonwealth of Virginia will hold its annual sales tax holiday for school supplies and clothing the first full weekend of August (August 2 - 4, 2013).

During this three-day period, purchases of certain school supplies, clothing, and footwear will be exempt from the Virginia sales tax. Each eligible school supply item must be priced at \$20 or less, and each eligible article of clothing and footwear must be priced at \$100 or less.

For a complete listing of qualifying items, frequently asked questions, and guidelines, please visit www.tax.virginia.gov/site.cfm?alias=SchoolSuppliesandClothingHoliday.

Two neighboring states will also hold sales tax holidays the same weekend: The State of Tennessee (<http://tn.gov/revenue/salestaxholiday/>), and the State of North Carolina (http://www.dor.state.nc.us/taxes/sales/salestax_holiday.html).

Word Search



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

Hanging onto resentment is letting someone you despise live rent-free in your head. ~ Ann Landers

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

Students around the country will start back to school in the coming weeks. Can you find the following words all having to do with going back to school?

- | | | | |
|-----------|----------|---------|----------|
| alphabet | backpack | books | bus |
| chalk | classes | crayons | homework |
| library | math | paper | pencils |
| principal | reading | ruler | scissors |
| student | study | teacher | tests |



PERSONNEL CHANGES

New Employees

Christian Lishen, PI4 Housekeeping Worker	Jun 3
Jennifer Alverson, Registered Nurse	Jun 10
Daniel Baker, PI4 Housekeeping Worker	Jun 10
John Canter, Registered Nurse Clinician A	Jun 10
Jessica Caudell, Psychiatric Aide	Jun 10
Brandy Davidson, PI4 Registered Nurse	Jun 10
Franklin Griffey, PI4 Housekeeping Worker	Jun 10
Dawn Griffith, Registered Nurse	Jun 10
Aaron Lundy, PI4 Housekeeping Worker	Jun 10
Kimberly Martin, Psychiatric Aide	Jun 10
Timothy Neitch, Psychiatric Aide	Jun 10
Tanya Owens, Psychiatric Aide	Jun 10
Tasha Pickle, Psychiatric Aide	Jun 10
Kari Roberts, Psychiatric Aide	Jun 10
Patricia "Trish" Shoemaker, Registered Nurse	Jun 10
Constance "Connie" White, Registered Nurse	Jun 10
Mattie Obregon, Music Therapist	Jun 20

MONTHLY PATIENT CENSUS

June
2013

Admissions 57

Discharges 54

Passes 14

Average Daily
Census
151

Separations

Eugene Owsley, Psychiatric Aide	Jun 1
Marlene Doyle, Administrative & Office Specialist II	Jun 3
Diana Price, PI4 Pharmacy Assistant	Jun 6
Douglas Wright, Psychiatric Aide	Jun 11
Richard Williams, Psychiatric Aide	Jun 14
Teresa Easter, Psychiatric Aide	Jun 20
Jennifer Ward, Psychiatric Aide	Jun 27

Promotions/Role Changes

Missy Wiles, Accounts Payable Specialist to Administrative & Office Specialist II (Clinical Services)	Jun 25
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School Safety



At various times during this month, a total of 25 million children will be starting back to school. It is extremely important that parents, teachers, and others having responsibility for our children should endeavor to each and guide them through sound safety practices to keep injuries as low as possible.

Following are some basic rules that can serve as a “heads up” or a refresher in school safety:

Walking to School

- Walk on a sidewalk, if one is available. If not, walk on the side always facing the traffic.
- Before crossing streets or intersections, look in both directions, twice, before crossing, for oncoming vehicles.
- Do not “dart” out in front of a parked car.
- Practice walking to school or the bus with your child.

- Riding a Bicycle
- Make sure your children are wearing a helmet when they leave home for school.
- Teach your children the “rules of the road” for riding bicycles: ride on the right side of the road in a single file.
- Come to a complete stop before crossing a street.
- Riding a Bus to School
- Go to the bus stop with your children to teach them how to safely get on and off the bus.
- Make sure that they stand at least six feet away from the curb.
- If you and your child need to cross the street in front of the bus, walk on the side of the road until you are 10 feet ahead of the bus. You should always be positioned so that you can see the driver and he can see you.

~ **The Safety Committee**
excerpts from www.nsc.org

Then and Now

Just for fun, here are some statistics about how things were about 100 years ago compared to 2013:

- In 1906, the average life expectancy was 47 years. In 2013, women are expected to live to the age of 81, and men to the age of 76.
- In 1906, there were only 8,000 cars on the road in the United States. In 2013, there are an estimated 254.4 million cars.
- In 1906, there were 144 miles of paved road in the United States. In 2013, there is an estimated 55,650,943 miles of paved road in the United States!
- In 1906, the maximum speed limit in most U.S. cities was 10 mph. In 2013, the maximum speed limit is 80 in specific counties of West Texas, but 70 most everywhere else in the U.S.
- In 1906, the tallest structure in the world was the Eiffel Tower, standing at 1,063 feet. In 2013, the tallest structure is Burj Khalifa, a skyscraper in Dubai, United Arab Republic, standing at 2,722 feet.

~ www.lifsmith.com/trivia
www.wikipedia.com



I Have Been Lucky Enough

I have been lucky enough to have known Cheryl Rhey for a number of years. The original bond is our mutual love for BIG dogs. I have had big dogs in the past and she wanted me to take her biggest, Baby. I didn't feel I could give him the time he would have deserved so I missed the opportunity to have one of her dogs.

I worked at another job before I started here at SWVMHI and I would call Cheryl and always ask her, “How are things in Dog Town?” She would always have a humorous reply

such as “wet and hairy” or “full of muddy holes.”

The important thing for me was she always took the time to talk to me. It is only when I started working here that I became aware of her role at SWVMHI. She never let on that she was any more than just another person assisting the individuals we serve.

I miss her. She passed so quickly. I always thought she would come back and be here again to help me meet

the challenges. I will always feel she wanted me to work here and I see my being here as part of her wishes. She valued me as a person and I will always treasure her for that.

~ **James Turner**
Peer Support Specialist

Editor's Note: July 10, 2013, was the one year anniversary of the passing of Cheryl Rhey, Rehab Director, 1998—2012.



Special Gym/Game Room Activities

Consumer Empowerment
Recovery Council (CERC)

August 15, 2013
1530-1600



Bingo
August 7, 2013
1830 - 2000

Church Services

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

Patient Activity Council (PAC)

August 15, 2013
1600 - 1630

Birthday Party
August 21, 2013
1800 - 2000
No Canteen



Movie Nights

August 12 & 13, 2013
and August 26 & 27, 2013
1830 - 2000



Tune Into Your Recovery
Mattie Obregon & Kelsey

Tibbs presenting
August 15, 2013
1330 - 1500



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.

Horses and Healing at SWVMHI



The Horses and Healing program was started in 2007 by Lesu Cole, Ashley Privett, and Lori McClellan who all have a love of horses. So why not bring it to the individuals we serve! This program has been successful with the individuals at SWVMHI, each year they look forward to seeing the horses.

are able to learn about themselves while interacting with horses. This will allow the individual to improve self-esteem and self-awareness; develop trust in a safe environment; make decisions; promote positive attitudes through care giving experiences; improve communication and teamwork skills; learn to deal with stressful/intimidating situations; learn boundaries; and explore alternative leisure pursuits.

Some activities used at SWVMHI include leading the horse; grooming; feeding; cleaning up after the horse; and many more that will enable the individual to connect to the horse and learn things about themselves that they would normally not see.

partially because of their size, can act as a powerful metaphor as well. They can represent other people in the individual's life, relationships, challenges, addictions, etc. In learning to interact with horses, individuals become aware of how to more effectively overcome fears and obstacles in their own lives and recovery.

This approach does not focus on riding; the individual interacts with the horse on the ground. They

Why Horses? Horses are very effective at reading and reacting to nonverbal behavior. In a way they act as a mirror. Horses,

~ Lori McClellan
Recovery Education Coordinator

August Days to Celebrate

"Off the cuff" August holidays to celebrate:

August 1

Spiderman Day

August 2-4

Satchmo Days

August 3

National Mustard Day

August 10

S'mores Day



August 12

Sewing Machine Day

August 13

International Lefthander's Day

August 19

"Black Cow" Root Beer Float Day

August 25

National Second-hand Wardrobe Day

August 30

National Toasted Marshmallow Day





What To Do About Unwanted Phone Calls

Has your evening quiet time or dinner been interrupted by a call from a telemarketer? If so, you're not alone. Congress first passed the Telephone Consumer Protection Act (TCPA) in 1991 in response to consumer concerns about the growing number of unsolicited telephone marketing calls to their homes and the increasing use of automated and prerecorded messages. In response, the Federal Communications Commission (FCC) adopted rules that require anyone making a telephone solicitation call to your home to provide his or her name, the name of the person or entity on whose behalf the call is being made, and a telephone number or address at which that person or entity can be contacted. The original rules also prohibit telephone solicitation calls to your home before 0800 or after 2100 hours, and require telemarketers to comply with any do-not-call request you make directly to the caller during a solicitation call. Telemarketers covered by the National Do-Not-Call Registry have up to 31 days from the date that you register your telephone number to remove it from their call lists and stop calling you. In June 2003, the FCC supplemented its original rules implementing the TCPA and established, together with the Federal Trade Commission (FTC), the national Do-Not-Call list.

THE NATIONAL DO-NOT-CALL LIST

Once you have placed your home phone number or numbers, including any personal wireless phone numbers, on the national Do-Not-Call list, callers are prohibited from making telephone solicitations to those number(s). Your number or numbers will



remain on the list until you remove them or discontinue service – there is no need to re-register numbers.

A telephone solicitation is a telephone call that acts as an advertisement. The term does not include calls or messages placed with your express prior permission, by or on behalf of a tax-exempt non-profit organization, or from a **person or organization with which you have an** established business relationship (EBR). An EBR exists if you have made an inquiry, application, purchase or transaction regarding products or services offered by the person or entity involved. Generally, you may put an end to that relationship by telling the person or entity not to place any more solicitation calls to your home. Additionally, the EBR is only in effect for 18 months after your last business transaction or three months after

your last inquiry or application. After these time periods, calls placed to your home phone number or numbers by that person or entity are considered telephone solicitations subject to the do-not-call rules.

You can register your home phone number or numbers on the national Do-Not-Call list by phone or by Internet at no cost. To add a phone number to the [national Do-Not-Call list via the Internet](#). To register by phone, call 1-888-382-1222 (voice) or 1-866-290-4236 (TTY). You must call from the phone number you wish to register. For more information on the national Do-Not-Call list, [visit our Do-Not-Call website](#).

FOR MORE INFORMATION

For information about this and other communications issues, visit the [FCC's Consumer website](#), or contact the FCC's Consumer Center by calling 1-888-CALL-FCC (1-888-225-5322) voice or 1-888-TELL-FCC (1-888-835-5322) TTY; faxing 1-866-418-0232; or writing to:

Federal Communications Commission
Consumer and Governmental
Affairs Bureau
Consumer Inquiries and
Complaints Division
445 12th Street, SW
Washington, DC 20554

~<http://www.fcc.gov/guides/unwanted-telephone-marketing-calls>

Life is not about waiting for the storm to pass.

It's about learning to Dance in the Rain



The Learning Center continued

All Training Department staff offices are located on the upper floor. The Training Coordinators' offices are adjoined by an equipment room and



Top: Instructor work area

We are excited about our new location and look forward to seeing you in The Learning Center. Please, come to the "B"... be enriched, be enlightened, be inspired.



Our Open House is scheduled for September 9, 2013, from 0715-0915 and 1400-1600 hours, but we welcome you at any time by appointment.

Two roads diverged
in a wood, and I-
I took the one less
traveled by,
And that has made
all the difference.

~ Robert Frost



Left: Conference Room

an instructor work area. The Training Director's office connects to a small conference room. On each floor, quiet spaces have been designated as training break rooms for participants to pause and reflect. And of course, there is a great view from most any window, including the terrace. In addition, the building is equipped with a recycling center and vending machines.

Live as if you were to die tomorrow. Learn as if you were to live forever.

~ Mahatma Gandhi

We share the building with colleagues from other departments, including the Regional Human Rights Advocate, DMAS, Reimbursement, Treasure Seekers, and Bonanza, to name just a few.

~ Merle Obregon, MA
Staff Training & Development
Director



Recovery Hero

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

Assisting people with their recovery can be challenging for the caregivers as well as the individuals we serve. One such day was a recent Saturday on the Acute Admissions Unit.

The milieu was unusually loud, tense, stressful, and demanding and impacted not only the individuals we serve, but the staff as well.

Staff kept busy all day long making certain that the individuals we serve were safe and that no injuries occurred to anyone.



The next day, Daniel Eastridge, RN, decided to provide the individuals we serve with an opportunity to relax and enjoy themselves. Daniel brought out the Karaoke machine and eighteen individuals took part in Karaoke for two hours. What a difference Karaoke makes! Daniel recognized

that sometimes we all need to relax and enjoy ourselves.

Because he provided a fun way for the individuals we serve to relieve stress and create a more therapeutic milieu for all, Daniel is our recovery hero this month. He began work on July 10, 2012, and currently works on Acute Admissions, Ward C/D. Be sure to congratulate Daniel when you see him. We are so glad that he has joined our team.

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

Service Awards



The following employees received a service award on July 2, 2013, for service earned between January 1 and June 30, 2013:

Twenty-five Years

Leiann Smith, Clinical Social Work Supervisor/Geriatics
Charlene Wilson, Psychiatric Aide/ERS

Twenty Years

Lisa Berry, Administrative Assistant/Medical Director's Office

Fifteen Years

Alicia Alvarado, Chief Nurse Executive
Lois Bordwine, Registered Nurse/ERS
Allen Haulsey, Housekeeping Worker
Allen Hubbard, Storekeeper/Materials Management
Tamera Jenkins, Psychiatric Aide/Admissions
Virginia Parsons, Psychiatric Aide/Geriatics
Karla Robinson, Escort Driver/Nursing
Michel Stockburger, Registered Nurse Clinician A/ERS
Steve Tilson, Power Plant Supervisor
Ella Wingate, Housekeeper
Tina Woods, Psychiatric Aide/Geriatics

Ten Years

Lorene Blevins, Psychiatric Aide/Ward K
Deresa Hall, Nurse Practitioner/Medical Services
Michael Hash, Power Plant Operator
Tiffany Hayton, Food Service Technician
Gale Leonard, Pharmacist
Gerry Moore, Registered Nurse Clinician A/ERS
Debbie Poe, Housekeeper
Robin Poe, Nursing Staff Development Coordinator
Mary Ratliff, Registered Nurse Clinician A/Geriatics
Julie Stoots, Unit Nurse Coordinator/Admissions -- CD
Pam St. John, Psychiatric Aide/Geriatics

Five Years

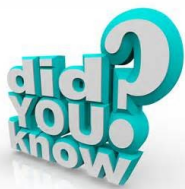
Barbara Bartnik, Registered Nurse Clinician A/Admissions
Steve Kiley, Materials Management Director
Edwina Lambert, Health Information Management Assistant
Amy Martin, Registered Nurse Clinician A/Admissions
Donna Musick, Recreation Therapist
Merle Obregon, Staff Development & Training Director
Daryll Thacker, Security Officer
Darlene Turman, Food Service Technician

Congratulations and thank you for your dedication and service to the Commonwealth of Virginia and to SWVMHI!



Some Fun Facts

So the following facts may not top your list of useful things to know, but they are interesting and fun:



- American Car horns beep in the tone of F.
- One in every four Americans has appeared on television.
- A Boeing 747's wingspan is longer than the Wright brother's first flight.
- The 57 on the Heinz ketchup bottle represents the number of varieties of pickles the company once had.
- Barbie's full name is Barbara Millicent Roberts.
- Betsy Ross is the only real person to ever have been the head on a Pez dispenser.
- Walt Disney was afraid of mice.
- Average life span of a major league baseball: seven pitches.
- There are approximately ten million bricks in the Empire State Building.
- The brightest man-made place visible from space is Las Vegas, Nevada.
- The "WD" in WD-40 stands for Water Displacer.
- Oak trees do not produce acorns until they are at least fifty years old.

Donations Needed



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

If anyone has any DVD movies that are appropriate for the individuals we serve, please contact Larry Hubble, Rehab Resource Coordinator, at Extension 162.

Important Points Regarding the 2013 Employee Raise



The Virginia General Assembly authorized a 2 percent increase to base pay for P-3 classified state employees contingent on there being no downward adjustment in the

Commonwealth's revenue forecast. Fortunately, revenues remained good and we were notified that the raise would go into effect.

To qualify for the 2 percent salary increase, employees must have been employed in a P-3 classified position by April 24, 2013 and have remain employed on July 25, 2013.

In addition, employees who have completed at least five years of continuous state service as of July 25, 2013 are eligible for the salary compression adjustment of \$65 per full year of service. Prior service does not count towards the compression adjustment. You can calculate the adjustment by multiplying your complete years of state service by \$65.00. This action is to partially compensate for what is called "salary compression." It is assumed

that individuals in similar "non-state" jobs have continued to receive raises during the time that revenues did not permit state employee to earn raises. State salaries are said to "compress" during such times.

Additionally, employees must have received a rating of Contributor or higher on their last performance evaluation (from Fall 2012 for most).

In accordance with Appropriation Act language, the 2 percent increase will be calculated and applied first. If the employee is also eligible for the salary compression adjustment, that amount will then be calculated and applied.

The 2 percent salary increase and the salary compression adjustment will first appear in the August 16, 2013, paycheck.

Employees on leave: Otherwise qualified employees who are on short-term disability or other paid leave will receive the 2 percent salary adjustment and compression adjustment effective July 25, 2013. Employees on

long-term disability-working will also have the 2 percent salary adjustment and compression adjustment applied to their current rates of pay upon their full time return to work. The adjustments do not apply to individuals who are on long-term disability-non-working. Employees on leave without pay are not eligible for the 2 percent salary adjustment or compression adjustment until they return to work or paid leave.

For P-14 (wage) employees: The base rates of pay for wage employees will be adjusted by 2 percent no earlier than July 25, 2013. The cost of such increases for wage employees shall be borne by existing funds appropriated to each agency.

For further questions, you can go to the website of the [Department of Human Resource Management](#) or contact SWVMHI Human Resources. Remember the Human Resource Office is open for third shift employees at 0630 on Wednesday mornings.

What Never to Do on Email



Email messaging is the top form of business communication. That means that one misstep at work could reveal confidential documents or vital information. There are just as

many threats to personal email. Here are several things never to do on email to protect your computer -- at work and at home.

Never click on or respond to unsolicited emails. Be especially wary of those that contain attachments, links, or forms to fill out. If the email comes from a stranger, an unknown company, or simply seems bogus, delete it. Should you respond, you've confirmed your address and are likely to be deluged with unwanted email solicitations or to have your computer infected with a virus.

Never unsubscribe from a suspicious email. Unsubscribing from an unsolicited

newsletter, promotion, or other suspect email verifies your address to a spammer. Your address could then be sold to other spammers, or, again, used to infect your computer with malware. Again, just delete it.

Never email confidential information. That includes sensitive company files, passwords, phone numbers, and account information, as well as personal information such as date of birth, social security number, credit card number, or a home address. If you absolutely must send someone confidential material, send it in multiple emails, and make your subject lines vague. "The information you asked for" is far better than, "Here are the latest year-to-date sales numbers." And if transmitting PHI, be sure you have encrypted email pursuant to DBHDS guidelines.

Never choose weak passwords. Strong passwords contain letters, numbers, and

special characters. Make up a different password for each account, and change passwords often.

Never give out coworkers' email addresses. Protect your colleagues' privacy. Unless you have their consent, don't give their email addresses to outside organizations or friends, or post their emails on Internet forums or chat groups. Additionally, delete their email addresses from messages that you forward to others.

Never forget that email is public. Email is considered company property and can be used in court. Assume that email is never secure, and remember that it can be forwarded to anyone, at any time, without your knowledge.

~ <https://www.asaporg.com/Print.aspx?id=10192>



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

		H	O	M	E	W	O	R	K										
	S		A																P
		T										C							R
	H	E	U			Y	R	A	R	B	I	L							I
		S		D			B	A	C	K	P	A	C	K					N
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Please submit articles for the next newsletter to Cheryl Veselik by August 20, 2013.

The next newsletter will be published September 1, 2013.