



OCTOBER 1, 2013

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From The Director

The Eight Dimensions of Wellness, In Our Own Words

The theme for our 21st Annual Family Day on September 19, 2013, focused on SAMHSA's 8 Dimensions of Wellness. These ideas apply to all of us, no matter our station in life or our occupation. Borrowing from the Univ. of Wisconsin-River Falls, here are the eight dimensions, in our own words:

Balance

1. Emotional Wellness

- I am a positive person most of the time.
- I find healthy ways to cope with stress (for example, exercise, relaxation, social support).
- I function independently, but I know when I need to ask for help.
- I take responsibility for my own behavior.
- I know my opinions and values and can talk about them.

Care

2. Environmental Consciousness

- I spend time outdoors enjoying nature.
- I work to surround myself with others who are positive.
- I walk, bike, use public transportation, or carpool.
- I recycle, reduce, and reuse.

Learn

3. Intellectual Inquiry

- I like to learn from books, television, and/or newspapers.
- I enjoy learning in my groups from staff and from my peers.
- I take advantage of opportunities to learn from the experience of others.
- I seek out ways to apply what I learn to my own life and I learn from my own experiences.
- I enjoy being creative and exploring new ways to show my talents.

Move

4. Physical Wellness

- I exercise regularly and try new types of exercise including machines, tai chi, and walking.
- I eat at least five servings of fruit and vegetables a day and keep snacking to a minimum.
- I get six to eight hours of sleep on average per night.
- I practice moderation in all areas of my life.
- I see a health care practitioner if I can't solve a health concern on my own.
- I manage my weight in healthy ways.

Do

5. Finding Meaningful Occupation

- I manage my time effectively.
- I work effectively with others.
- I am developing the necessary skills to achieve my career goals.
- I have confidence in my job search skills (resume writing, interviewing, etc.).
- I spend a portion of my time doing volunteer or service work.
- I have a sense of purpose in my life.
- I am motivated to learn more about what my interests and abilities are.
- It is easy for me to make long-range goals about my future.

Believe

6. Spiritual Awareness

- I have a belief system (e.g., spiritual, atheist, religious).
- My decisions reflect my personal values and ethics.
- I take time for spiritual growth and development.
- I am open to experiencing new things.

Hidden

There is a pumpkin hidden on every page in this edition, just like the one pictured here. Can you find all 20 of them?



Rehab Department News



The leaves are changing and beautiful fall weather has arrived in full force. Warm days and cool nights are here.

Selected Rehab Staff were in attendance for a special training in late August on Dual Diagnosis presented by Dr. Sweetland. This training provided vital information on how to better serve individuals who have both Intellectual Disabilities and Mental Health Disorders.

A contest was held to find a new name for the newly renovated and updated canteen. The canteen will now be known as the "New Day Café" thanks to the contest winner's suggestion from Ward B. The winner received \$25 worth of coupons for use in the New Day Cafe as their prize. Thanks for all the contest entries and to those who helped make the final decision.

Regional Community Empowerment Recovery Council (R-CERC) meeting was held on September 18, 2013, at Hungry Mother Lake. Representatives from the facility were in attendance.

Family Day was held on September 19, 2013. To kick off this event, activities were incorporated all week long that were in conjunction with the eight dimensions of wellness. Monday was Intellectual Wellness day, Tuesday was Financial/Occupational Wellness day, Wednesday was Environmental/Spiritual Wellness day, Thursday was Physical Wellness day, and Friday was Social/Emotional Wellness day. There was also a Line Dance for Recovery activity in the L Hallway. Activities were held daily relating to the theme of the day. On September 19, families and friends were welcomed for lunch, information sharing, and had the opportunity to learn about the prac-

tice of Tai Chi. More information about Family and Friends Day can be found throughout this month's newsletter.

During the month of September, eight new therapy dogs were approved for the AAA/T program. These dogs will be vital in the recovery of many of the individuals we serve, and the facility is very happy to have them on board.

Central Rehab Services will be saying goodbye to Kelsey Tibbs, Education Rehab Specialist, on September 27. Kelsey has been a wonderful member of our department and will be greatly missed.

~The Rehab Department



Computer Lab Now Open

The SWVMHI Computer Lab, located in the B Building's Learning Center, will be open to staff beginning in October, 2013, providing multiple opportunities for skill development in technology-related areas. The lab is set up with computer workstations to accommodate twelve students and one instructor. Departments and workgroups can reserve the lab for group instruction. Individual staff members may use the workstations at any time the classroom is not reserved by a group. Contact the Training Department for more information about availability by calling Extension 854.



Uses of the SWVMHI Computer Lab include:

- Group instruction and individual practice on applications/programs used at the facility

- EHR Training for One Mind implementation
- Computer classes on business applications like Outlook, Excel, Word, Crystal Reports

- New employee orientation curriculum and CAI completion
- College of Direct Support, DSP Career Ladder
- SWVMHI CAIs and DBHDS mandatory training in the Knowledge Center
- Professional development, CME's, degree programs through online courses
- Independent computer skills development and practice

The Computer Lab is an excellent addition to our new Learning Center. We hope you will take advantage of this valuable resource!

~ Merle Obregon, M.Ed.
Training & Staff Development Director



Primum non Nocere

Primum non nocere. First, do no harm.
The foremost responsibility of a doctor is to avoid inflicting needless suffering. Some treatments cause more harm than good, especially if those treatments are applied without caution. Likewise, the individuals we serve and co-workers may not always benefit from a heaping dosage of our honesty.

We often do not need to confront every slipup. We all make mistakes and compassion is essential in assisting a person to correct their mistakes. Compassion differs from other forms of helpful or humane behavior in that



its focus is primarily on the alleviation of suffering. Healing relationships often require a delicate balance of honesty and compassionate restraint from that honesty.

Some truths may initially hurt another's feelings but need to be spoken for the good of the person. When a frank conversation is

needed to resolve an issue, how we deliver our words is critical. A cold, condescending attitude alienates the other person. Honesty can have curative powers, but it should never be delivered in a clinical fashion.

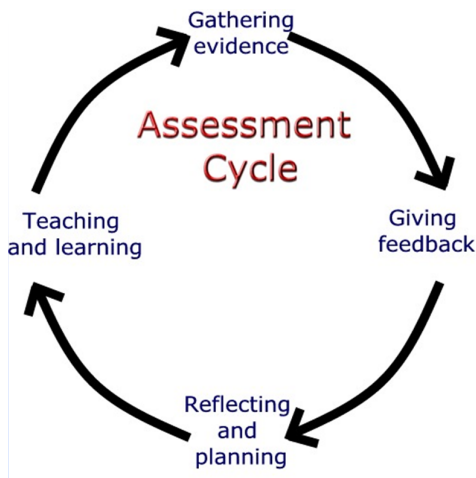
Truth exposes our every emotional nerve. Therefore, honesty should be wielded more like a surgical instrument and less like a machete; harsh verbal treatment rarely cures problems.

Primum non nocere.

~ James Moon, Ph.D.
Psychology Supervisor

Code Blue Tips

The following tips are for when a Code Blue is announced:



- **Third**, perform a quick, thorough assessment including vital signs, blood sugar check, body check for injuries/bleeding, etc., so that the information is readily and immediately available to the MOD when he or she arrives.



Based upon the assessment, know what procedures should be instituted, i.e., unresponsive and with no breathing/pulse,

start CPR; bleeding, stop bleeding, etc.

- **First** of all make sure the scene is safe for responders.
- **Second**, make sure someone takes charge of the scene/rescue/recovery until someone with more advanced training comes.

- **Fourth**, ensure staff know how to use equipment on the Code Cart, e.g., suction, oxygen, and know where items are stored on

the Cart, as well as know who is in charge of the cart.

- Continue to assess the victim's vital signs, responsiveness, recovery and make plans based upon the MOD's orders.

Of course, these tips are not the only things to do, they are just a memory guide to get started and hopefully, save a life or lives.

~ Rebecca Sparger, RN, BSN
Training and Development Coordinator



National Breast Cancer Awareness Month



October is National Breast Cancer Awareness Month in the United States. National Breast Cancer Awareness Month (NBCAM) is a collaboration of national public service organizations, professional medical associations, and government agencies working together to promote breast cancer awareness, share information on the disease, and provide greater access to services.

Since its inception more than 25 years ago, NBCAM has been at the forefront of promoting awareness of breast cancer issues and has evolved along with the national dialogue on breast cancer. NBCAM recognizes that, although many great strides have been made in breast cancer awareness and treatment, there remains much to be accomplished. Today, we remain dedicated to educating

and empowering women to take charge of their own breast health.

Although October is designated as National Breast Cancer Awareness Month, NBCAM is dedicated to raising awareness and educating individuals about breast cancer throughout the year. We encourage you to regularly visit these sites to learn more about breast cancer, breast health, and the latest research developments.

Recent studies suggest that many women in the U.S. are not following recommended guidelines for mammography screening by having their first screening later than recommended, not having one at recommended intervals, or not receiving appropriate and timely follow-up of positive screening results. The best way to detect breast cancer early is through regular mammograms.

~ <http://nbcam.org/>
 ~ www.komen.org

Know the Facts

- Breast Cancer is the most frequently diagnosed cancer and is the leading cause of death among women worldwide.
- Every 19 seconds, somewhere around the world, a case of breast cancer is diagnosed among women.
- Every 74 seconds, somewhere in the world, someone dies from breast cancer.
- One in eight women in the U.S. will be diagnosed with breast cancer in her lifetime.
- There are more than 2.9 million breast cancer survivors alive in the U.S. today.
- Approximately 95 percent of all breast cancers in the U.S. occur in women 40 years of age and older.
- Breast cancer affects everyone, not just the person diagnosed. Co-survivors, including family, friends, and co-workers can feel the effects too.
- Breast cancer is 100 times more common in women than men, with approximately 1 percent of all cases being diagnosed in men.



Thank you for the many expressions of kindness shown to me during my recent illness and retirement. A special thanks for the article about my retirement in the September newsletter. My best to everyone in the future. I am going to miss seeing and being with everyone.

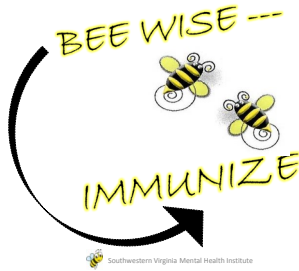
~ Iva Witten



Influenza Prevention



INFLUENZA PREVENTION



Flu season is just around the corner! To kick off our flu prevention program, a contest was held for employees to submit ideas for our 2013-2014 slogan. The Infection Control Committee judged and made the difficult decision.

The winner is: Vicki Copenhaver, Nursing Timekeeper. **Bee Wise—Immunize.** Vicki will receive a \$50 VISA card. We had 72 entries from 46 employees. Thanks to all who participated.

The SWVMHI flu prevention program will begin with a mandatory CAI discussing transmission and prevention of flu. It is available on the Knowledge Center and should be completed by all staff by October 31.

Flu vaccines are considered to be the most effective means to prevent the transmission of the flu. Transmission of the flu in health-care settings is considered a safety issue for the individuals we serve. Flu vaccines are recommended for all persons age six and over (unless there is a medical contraindication).

Vaccines will be available to all staff, free of charge, beginning September 27, 2013. Schedules and locations will be e-mailed and posted for all employees.

For employees who receive the flu vaccine between September 27 – October 21, **one hour of comp-time** will be given to P-3/Q-status employees. P-14 employees will receive a \$5 meal ticket. **All flu vaccine recipients will be entered into a drawing for eight hours of comp-time for P-3/Q-status or \$100 for P14 employees.**

If an employee receives a vaccine from another source, written documentation must be provided.

If an employee chooses not to receive a flu vaccine, a declination form **must** be signed with the reason documented for refusing the vaccine. During the flu season when high levels of influenza are noted in our area, as reported by the local health department and hospitals, **employees who have not received the flu vaccine, will be required to wear a face mask at all times while at work (unless in a room alone with the door closed).** The decision for this timeframe will be made by the Chief of Medicine.

Last year our compliance rate was 93 percent, which minimized the severity of outbreaks. Our goal for flu vaccine compliance in 2013-2014 is **95 percent. Together we can make this happen!!**

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

Flu Statistics— Know the Facts

- Each year, on average, 200,000 Americans are hospitalized because of flu complications.
- Between 3,000 and 49,000 Americans die each year from flu-related causes.
- In the U.S., influenza and pneumonia were the eighth leading cause of death in males in 2009.
- There were 135 million flu vaccine doses available in the U.S. for the 2012-2013 flu season.
- The CDC recommends that everyone over six months of age get a flu vaccine as soon as it is available.
- It takes about two weeks after vaccination for an adult to develop antibodies against the flu.
- The typical incubation period for the flu is one to four days. Adult can be contagious from the day before symptoms begin through five to ten days after the illness starts.
- A regular case of the flu typically resolves after three to seven days for the majority of people, although cough and fatigue can persist for more than two weeks.
- Two antiviral drugs are approved by the FDA for use in treating or preventing the flu: Tamiflu and Relenza. You should contact your doctor as soon as you suspect you have the flu, as these two drugs are only available with a prescription.

Meals in Minutes: Oktoberfest Pretzels



It's October and that means Oktoberfest. And what says Oktoberfest better than a Bavarian pretzel? Al-

though "authentic" pretzels are first dipped into a lye solution (yes, lye is caustic and dangerous when in contact with skin or eyes, it does become inert when baked), this recipe uses a baking soda method which produces similar results, only the pretzel will be softer and lighter in color.

Ingredients:

- 1 package active dry yeast
- 1/8 cup warm water
- 1 - 1/3 cup warm water
- 1/8 tsp salt
- 1 tbsp brown sugar
- 4 - 1/2 cup flour
- Baking soda
- Pot of water

Directions:

Dissolve yeast in 1/8 cup warm water with brown sugar. Stir in 1 1/3 cups warm water, add salt and flour. Knead dough until smooth and elastic. Dough does not need to rise. Heat oven to 400° F.

In a saucepan, measure 2 tablespoons baking soda to each cup of water. Put enough water to fill the saucepan at least three inches high. Bring soda and water mixture to a light boil and set heat to simmer. Make sure the baking soda is well dissolved.

Cut the dough into eight pieces. Roll a long thick pencil shape with your hands but keep the middle a little thicker. Pick up both ends, cross to form rabbit ears and then twist the ends and pull them back to the rest of the loop. Your pretzel should be about six inches in diameter. Place aside on lightly floured surface and let rise 10 minutes.

Place pretzels one at a time in water/baking soda mixture for 10 - 15 seconds. Use a large slotted plastic spatula and push the pretzel down to ensure good coverage. Remove the pretzel from the bath, let drain a few seconds, and place onto a pan lined with parchment paper.

Use a sharp knife and slit the fattest part of the pretzel lengthwise. Salt the top of the pretzels with course ground sea salt/pretzel salt. Place cookie sheet with pretzels into the oven for 18 - 19 minutes or until pretzel is to desired darkness.

Enjoy while warm! Best served with mustard and your favorite beverage.

NOTE: Do NOT refrigerate this dough. It will become unworkable.

www.theoktoberfest.com

From the Director, continued

- I have a good understanding of where I fit into the world.
- I use resources to improve my well-being.



7. Social Intelligence

- I like myself as a person.
- I interact easily with people of different ages, backgrounds, races, and lifestyles.
- I connect well with others and foster healthy friendships.
- I communicate my feelings effectively.
- I maintain a network of supportive friends/family/social contacts.
- I accept of the diversity of others (i.e., race, ethnicity, religion, gender, ability, or sexual orientation).
- I give priority to my own needs by saying 'no' to others' requests of me when I need to take care of myself.



8. Financial Wellbeing

- I budget my funds so I do not run out of money.
- I know my total amount of debt.
- I understand my sources of income and am interested in learning more.
- I know how to access help and low cost sources of clothing and assistance.

Thank you,

www.uwrf.edu/StudentHealthAndCounseling/Wellness/DimensionsOfWellness.cfm

~ Cynthia McClaskey, Ph.D.



Just for Fun

Would you like to join?

- The Yoko Club? Oh no.
- The German Philosophy Club? I Kant.
- The Ford-Nixon Club? Pardon Me?
- The Ebert Movie Club? Roger.
- The Peter Pan Club? Never. Never.
- The Quarterback Club? I'll pass.
- The Compulsive Rhymers Club? Okey—dokey.
- The Spanish Optometrists Club? Si.
- The Anti-perspirant Club? Sure.
- The Procrastinators Club? Maybe next week.
- The Self-Esteem Builders? No — they probably would not accept me anyway.
- The Agoraphobics Society? Only if they meet at my house.
- The Co-Dependence Club? Can I bring a friend?
- The Prayer Group? God willing!

~ "The good, Clean Funnies List."

Staff Development Opportunities

Take advantage of all the training Opportunities in October

The Joint Commission Breakfast Briefing: Provision of Care, Treatment, and Services
When: October 3, 1000 - 1115
Where: AB Classroom

Webinar: Stewards of Children: Preventing Child Sexual Abuse
When: October 8, 1400 - 1500
Where: Dogwood Room/B Building

The Joint Commission Breakfast Briefing: Human Resources, Nursing
When: October 10, 1000 - 1115
Where: AB Classroom

Webinar: The Family Resource Center Presents: The Effects of Domestic Violence
When: October 15, 1500 - 1600
Where: Dogwood Room/B Building

The Joint Commission Breakfast Briefing: Medication Management
When: October 17, 1000 - 1115
Where: AB Classroom

The Joint Commission Breakfast Briefing: Rights and Responsibilities, Transplant Safety, and Waived Testing
When: October 24, 0830 - 1200
Where: Dogwood Room/B Building

Webinar: Domestic Violence and Protective Orders — VLAS
When: October 24, 1330 - 1500
Where: Dogwood Room/B Building

Human Resources Series: Talent Acquisition
When: October 28, 1300 - 1500
Where: Dogwood Room/B Building

Human Resources Series: Employment Empowerment and Engagement
When: October 29, 1300 - 1500
Where: Dogwood Room/B Building

The Joint Commission Breakfast Briefing: Leadership/PI
When: October 31, 1000 - 1115
Where: AB Classroom

See additional training on page 19

October CAI

Fire, Safety, and Security CAI is required of ALL STAFF and must be completed between October 1 and October 31, 2013.

Sign into the Knowledge Center and find it today!



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.



I was recently hospitalized and was encouraged by the cards, texts, flowers, prayers, and inquires from my friends and co-workers. Sometimes we fail to realize the impact we have on others' lives. I am thankful that I have people in my life that care.

~ Lisa Taylor
 Head Nurse A/B Day Shift

To All the Geriatric Ward Nurses, Aides, and Maintenance: There aren't enough words to express how very grateful and appreciative I am for the excellent care you gave me while being a patient there. You treated me with much love and care, and I'll never forget any of you. I love each of you with all my heart. You gave me the comfort, support, hope, and strength to survive and the willpower to continue my recovery at home. I will miss all of you very much. But hopefully, I can come back to say hello and you'll see an even more improved me.

Until then, please know you'll always be in my heart, mind, and prayers. May God Bless you!





Library Corner

National Medical Librarians Month

October is National Medical Librarians Month. Most of our staff are able to visit the library at some are point and see all of our great resources for the individuals we serve. But in the back room are just as useful resources in our staff library.

We subscribe to 28 different medical and professional journals, we have EBSCO databases, and we can interlibrary loan most anything. We have books on many medical topics ranging from diabetes to urology and psychological topics ranging from how to treat alcoholism to how to involve family members in the treatment of depression.

We have a wide assortment of information. We have professional videos on many topics ranging from how to communicate with someone who is hallucinating to how to help someone cope after a loved one's death.

This year's theme for National Medical Librarians Month is, "Saving You Time So You Can Save Lives." Medical professionals are some of the busiest people around, working long hours and there is not always time to track down the research needed to keep current in the field. That is where medical librarians come in. We can find the needed information so all our professionals have to do is ask for what they want and then read it. That's so much easier than spending free time at home scanning through books, journals, and websites. So come on down and check out our staff library.

Donations

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

Sharon Winebarger
 Dr. Melissa Robinson
 Dr. Cynthia McClaskey
 Gaynelle Davis
 Brandy Thomas

Laurie Goral
 Mary Dotson
 Sheila Thomas
 Mary Williams

The library staff are also very thankful for the many anonymous cards, magazines, and books donated anonymously or by someone we may have accidentally left off the list.



New Books

The following are new books related to things we have seen in the news:

The Trouble with Islam Today by Irshad Manji

Bringing Elizabeth Home by Ed Smart

Memo to the President Elect by Madeline Albright

America: Our Next Chapter by Charles Timothy Hagel

Taking Heat by Ari Fleischer

Why Women Should Rule the World by Dee Dee Myers

How Would Jesus Vote by D. James Kennedy

For Laci by Sharon Rocha

Dictionary of Cultural Literacy by E.D. Hirsch

The Cell: Inside the 9/11 Plot by John Miller'

The Day Diana Died by Christopher P. Anderson

Blinded by the Right by David Brock

The Dark Side of Camelot by Seymour Hersh

The Century by Peter Jennings

Islam Unveiled by Robert Spencer
Bad Stuff in the News: A Guide to Handling ... by Marc Gellman

Down Range: To Iraq and Back by Bridget Cantrell

NYPD: A City and Its Police by James Lardner

God's Grace from Ground Zero by Jim Cymbala

Ferraro: My Story by Geraldine Ferraro

Under Fire: An American Story by Oliver North

A Woman in Charge: The Life of Hillary Rodham Clinton by Carl Bernstein

William and Kate by Christopher Anderson

Another huge thank you to all of the staff who have been so generous with such great donations.

~ **Christina Quillen**
Librarian

Travel Tip

Within five (5) days of the completion of travel, Travel Expense Reimbursement Voucher Form AD-2002-04 must be completed, submitted for approval by supervisor, and submitted to Fiscal Services.

It is the responsibility of the traveler to attach required receipts and, where applicable, documentation of registration and attendance at conference, workshop, etc.

Questions regarding travel procedures should be directed to the Fiscal Office by calling Extension 151.

~ **Lonzo Lester,**
Fiscal Director

Recovery Rap



THE JOURNEY TO WELLNESS BEGINS WITH ONE STEP

The SWVMHI Family Day crowd was treated to an encore performance of the Recovery Rap song that was written and developed this summer during the special music program.

“Recovery, We Got It!”

Do you feel blue like I do?
Can you stay true to what works for you?
With music, expression and learning new tunes,
Work this with me and our recovery will be true!

Hey, Hey Recovery makes you feel,
But if you work it you can deal.
Hey, hey Recovery makes you feel,
But if you work it you can heal.
[Repeat from the beginning]

[Spoken, eight times, starting at a whisper, building in intensity]
RECOVERY, WE GOT IT!

Hey, hey Recovery makes you feel,
But if you work it, you can deal.
Hey, hey Recovery makes you feel,
But if you work it you can HEAL.

[Spoken, four times]
RECOVERY, WE GOT IT!



Terrace Talks at the B Building

Terrace Talks are informal learning opportunities for SWVMHI staff to grow professionally and personally. They are held on the front porch of the B Building the first Tuesday of each month from 12:05 – 12:45. You are invited to bring a friend, your lunch, and extra goodies to share or trade! Come fellowship, learn, and enjoy the beauty of the season.



Borderline Personality Disorder and suggest

Join us on October 1 to take a closer look at Borderline Personality Disorder. Dr. Jim Moon will lead a discussion about what causes the seemingly chaotic interpersonal behavior seen in those suffering from those suffering from

practical tips for interacting with those who suffer from this Disorder.

Check the Intranet for monthly Terrace Talk topics. If there is a subject you would like to learn more about or if you would like to facilitate a discussion, please give the Training Department a call.

Terrace Talk # 1 Eight Dimensions of Wellness

The first Terrace Talk was held on Wednesday, September 11. Sharon Neitch, Occupational Therapist, shared information about SAMHSA’s Eight Dimensions of Wellness, A Holistic Guide to Whole-Person Wellness. She discussed how they relate to our personal and professional lives, emphasizing that if any one aspect of the eight dimensions is not up to par, we are not well.

For people with mental health and substance use conditions, wellness is not the absence of disease, illness, or stress, but the presence of purpose in life, active involvement in satisfying work and play, joyful relationships, a healthy body and living environment, and happiness.

Wellness means overall well-being. It incorporates the mental, emotional, physical, occupational, intellectual, and spiritual aspects of a person's life. Each aspect of wellness can affect overall quality of life, so it is important to consider all aspects of health. This is especially important for people with mental health and substance use conditions because wellness directly relates to the quality and longevity of your life.

~ **Merle Obregon, M.Ed.**
Training & Staff Development
Director

Chaplain's Corner

It was with a sense of accomplishment and joy that we gathered on September 18, 2013, to dedicate the "Sensory Garden" as an important component of our healing milieu at SWVMHI. The Stained Glass window, dedicated in memory of Cheryl Rhey, has found a fitting location overlooking the garden with the multicolored image of the "Tree of Life." The inspiring and instructive words of Russ McGrady, Vicki Legg, and Stacy Brown reminded us of our connectedness to one another and the earth on which we live. The times we can assemble as a hospital family helps bring us together so we can remember to value everyone and appreciate the gift each of us brings in the service of mental health.

Since many staff were busy honoring the daily tasks of our profession, I wanted to share my contribution of the day as a tribute to everyone who worked so diligently to make the garden a reality and the window, a lasting reminder of the hope found in Recovery.

Spirituality and Nature

This morning we formally recognize the hard work and vision of everyone involved in making this "Sensory Garden" project a living reality. As long as humanity has gathered to contemplate the meaning of life, or solitary individuals have reached deep within themselves to touch the essence of their experience, the quest to find inner harmony and solitude has been valued.

In the words of Thomas Moore, "The garden is a proper place for the soul." It is through nature we have been fed, provided with our earliest shelters, and developed our earliest medications. Moore reminds us that it is in the garden where we may see "the butterfly, an ancient image of the soul as well as the bee, representing the work the soul does - unheroic, hidden, mysterious and sweet" (Moore, "The Re-Enchantment of Everyday Life" p.97).

A place of quiet refuge in the midst of institutional life is a treasure all of us can value. It is here in this garden where people of all faiths, all races, all backgrounds can find a sense of meaning and hope. The sensory garden is intended to be a welcome respite from the inner battles which torment our souls and erode the delicate balance of our mental health.

The garden, filled with its mysteries of nature and endless cycles of life, remind us to pause, to appreciate our connectedness with the world around us, and to remember that we are an important part of the natural order of our world. It is here in nature where spiritual awareness is aroused, the birth of religions begin, and the human spirit finds rest. May this garden be a delight for the senses and a place of spiritual refreshment for all who enter it's gates and invite a fresh breath of air to sustain their lives.

~ Timothy Graham, D. Min
Chaplain

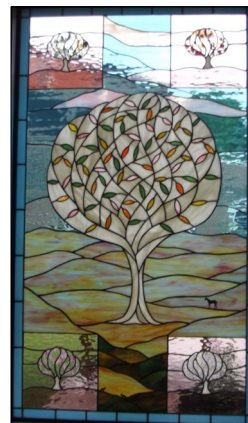
Dedication and Open House

On Wednesday, September 18, 2013, the Sensory Garden as well as a new stained glass window were dedicated. Both are now available for staff and the individuals we serve, as well as visitors to enjoy. A simple plaque hangs next to the glass window and reads:

Seasons of Life

In memory of Cheryl E. Rhey
SWVMHI Rehab Director (12/7/98 to 7/10/12)
And all those who have dedicated their lives to
recovery.

If the simple things of nature have a message that
you understand, rejoice for your soul is alive.
~Eleonora Duse



Window made possible through donations of family and friends of Cheryl Rhey.

Staff and individuals we serve with appropriate privileges are invited to visit the Sensory Garden and enjoy the beauty of the outdoor location, as well as enjoy the stained glass.



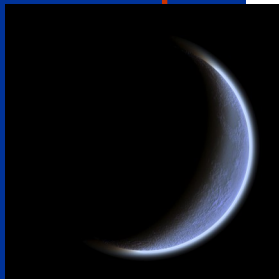
Garden gazebo



Paint it Purple

October is Domestic Violence Awareness Month. As part of this awareness, SWVMHI will host several training events on the subject of Domestic Violence during the month of October, including the **Silent Witness Project**. Details of these events can be found on Page 19 of this newsletter.

Also in conjunction with Domestic Violence Awareness Month, SWVMHI encourages all employees to **Paint it Purple** on October 15, 2013, by wearing the color purple to raise awareness, honor survivors, and remember those victims who have lost their lives due to domestic violence.



October Lunar Phases

October 4

New Moon

October 11

First Quarter Moon

October 18

Full Moon, also called "Hunter's Moon" by Native Americans of New England and the Great Lakes because at this time of the year the deer and other animals are fattened and it's time to hunt. Since the crops are harvested, it's now time to gather food by hunting animals

October 26

Last Quarter Moon



Family and Friends Day 2013

The 21st Annual Family and Friends Day was held on September 19, 2013. A program was held in the gymnasium, and despite a rainy day, everyone seemed to enjoy the day immensely.

During the program, Dr. Cynthia McClaskey provided an overview of Recovery Month and the SAMHSA's Eight Dimensions of Wellness; one of the individuals we serve spoke about what recovery means to her; Brittany Williams, Rehab Specialist, introduced our pet therapy dogs in attendance; several residents performed the Recovery Rap (see page 9 for more information); and Bill and Linda Pickett, Tai Chi Instructors from Knoxville, Tennessee, provided some lessons in Tai Chi for both standing and seated positions.

Following the program, individuals and their families were able to tour the facility, participate in health screenings, and eat lunch together in the game room, while others had boxed lunches back on their respective units.

Special thanks to Sharon Neitch and the Family and Friends Day Committee for putting together an excellent day of activities for the individuals we serve.

Behavioral health is essential to overall health. Prevention works, treatment is effective, and people can and do recover.

~ SAMHSA

Word Search



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

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

- | | | | |
|-------------|-------------|-------------|-----------|
| apple cider | autumn | bonfires | candy |
| corn maze | crisp air | festival | frost |
| ghosts | goblins | gourds | Halloween |
| harvest | hayride | leaves | pumpkins |
| October | Oktoberfest | orange | |
| scarecrow | Spooky | sweatshirts | |
| treats | witch | yellow | |





PERSONNEL CHANGES



New Employees

Morgan Armstrong, Psychiatric Aide	Aug 10
Molly Bellinger, Psychiatric Aide	Aug 10
Kayla Kell, Psychiatric Aide	Aug 10
Teresa Martin, Registered Nurse Clinician A	Aug 10
Kayla Mullins, Psychiatric Aide	Aug 10
Scott Oldham, Psychiatric Aide	Aug 10
Casey Palmer, Psychiatric Aide	Aug 10
Marie Turley, Psychiatric Aide	Aug 10
Jeffrey Davis, PI4 Security Officer	Aug 14
Sarah Shaver, PI4 Pharmacy Assistant	Aug 26

MONTHLY PATIENT CENSUS

**August
2013**

**Admissions 75
Discharges 73
Passes 20**

**Average Daily
Census
153**

Separations

Sandra Hamm, Psychiatric Aide (Retirement)	Aug 1
Vickie Phipps, Cook (Retirement)	Aug 1
Tawnee Rogers, Psychiatric Aide	Aug 3
Jennifer Dean, PI4 Food Service Technician	Aug 5
Pamela McGrady, PI4 Psychiatric Aide	Aug 5
Walter Pennington, Grounds Worker	Aug 11
Mattie Obregon, PI4 Music Therapist	Aug 20
Dr. Rafael Semidei, PI4 MOD	Aug 27
Benjamin Sperlazza, Food Service Technician	Aug 27
Laura Sperlazza, Rehabilitation Resource Coordinator	Aug 30

Promotions/Role Changes

Tanya Owens, PI4 to Full Time Psychiatric Aide	Aug 10
Alan McGhee, PI4 Painter to Full Time Grounds Worker	Aug 25



HR Benefits News

The Human Resources Department will be hosting **FREE** Biometric Screenings on Monday, October 21, 2013, from 0900 to 1500 in the Rehab Building. These screenings are available to all employees and non-Medicare retiree group participants as well as their spouses in the COVA Care and COVA HDHP through Anthem, and/or the COVA Health Aware program through Aetna.

These screenings are the second part of the Premium Rewards Program. Participation in these screenings will reduce your monthly health insurance premium by \$17.00 per month for the employee, and by \$34 per month if the employee also covers a spouse and the spouse participates in the biometric screening. The reduction(s) in your health insurance monthly premiums become effective January 1, 2014, which begins the second half of the health insurance plan year (the plan year runs from July 1, 2013, through June 30, 2014). Those employees who participated on July 9, 2013, in the My Health Counts screening through Health Diagnostic Laboratory, Inc. (HDL, Inc.) are not required to have a biometric screening, since the HDL, Inc. screening qualified the employee only (not spouse) for the monthly premium reduction, effective January 1, 2014.

WellAdvantage is the company who will perform the biometric health screenings on October 21. The following ten things are included in the biometric screenings: Height, Weight, Blood Pressure, Waist Circumference, Total Cholesterol, Triglycerides, HDL, LDL, and Glucose. Employees are encouraged to make an appointment for a biometric screening as there will be limited walk-in slots available. To make an appointment you can visit www.myactivehealth.com/cova



Biometric Screening

and go to the Welcome to My Active Health section or block, then click on "click here" for biometric screening information, OR you can contact WellAdvantage at 1-800-658-5821. If you have not accessed this information previously on myactivehealth.com, you can choose between:

- (1) Participate in an on-site agency screening,
- (2) Visit a LabCorp Patient Service Center,
- (3) Submit a Physician Form

If you click on the on-site agency screening, please click on "Marion" and you will see the option of SWVMHI, or the VDOT Marion location. Please click on SWVMHI and select a time for the screening. If you have accessed information previously on the biometric screenings on myactivehealth.com, you will be required to contact WellAdvantage's toll free number 1-800-658-5821 to verbally schedule an appointment. However, if you elect to visit a LabCorp facility, or your personal physician for the biometric screening instead of participating in the October 21 on-site

biometric screening, you are required to take a specific form from MyActiveHealth.com to LabCorp, or your physician and at least five of the ten measurements must be taken. You can find the required forms:

- (1) lab requisition form, or
- (2) the physician's form on www.myactivehealth.com/COVA.

Members who are eligible for the Premium Rewards Program (to be eligible you must have become effective with health insurance as of July 1, 2013), but did not complete their Health Assessment during the month of May 2013, can complete it at www.myactivehealth.com/COVA and complete their biometric screening by October 31, 2013, to receive the 6-month premium rewards beginning January 1, 2014. If you cover an adult dependent on your health insurance plan, your dependent can participate in the biometric screening free of charge, but the premium rewards does not apply to your adult dependent.

Please remember to schedule your appointment for the biometric screening, and please remember if you already participated in the HDL, Inc. screening in July, you, the employee already qualify for the premium reward. We look forward to seeing you there on October 21.

If you have any questions please do not hesitate to contact the HR Office at Extension 204.

~ HR Department

Special Gym/Game Room Activities

Consumer Empowerment
Recovery Council (CERC)

October 31, 2013
1545-1615



Bingo
October 9, 2013
1830 - 2000

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

Patient Activity Council (PAC)

October 31, 2013
1615- 1645

Birthday Party
October 23, 2013
1800 - 2000
No Canteen



Movie Nights

October 15 and 16, 2013
And October 28 and 29,
2013
1830 - 2000



Halloween Event
October 31, 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.

Line Dance for Recovery



The Line Dance for Recovery was a great success! We had excellent participation by teams (and on a court day), and patients were there from all units.

Our official person-counter reported we had about 108 people in the L hallway and we really did stretch from one end of the Bagley Building to the other (549 ft)!

It was great! Everyone had a really good time as evidenced by the smiles on their faces. We even went through the song twice.

We should do this more often!

~ Sharon Neitch, OTR/L
Family Day/Wellness Week Committee

October Days to Celebrate

“Off the cuff” October holidays to celebrate:

October 4
National Taco Day

October 6
Mad Hatter Day

October 8
National Pierogy Day

October 14
Spiderman Day



- October 17**
National Pasta Day
- October 18**
National Chocolate Cupcake Day
- October 21**
Reptile Awareness Day
- October 23**
iPod Day
- October 25**
National Breadstix Day
- October 31**
National Knock-Knock Jokes Day



SWMHI Celebrated Housekeeping Services Week



September 8 through 14, 2013, was National Healthcare Housekeeping Services Week. It was a time for us to recognize our Housekeeping and Laundry Team

as essential personnel in the execution of infection control cleaning protocols, patient safety goals, and customer satisfaction.

Housekeeping and Laundry personnel fill a large role in infection control, patient safety, and customer satisfaction. These workers certainly deserve a hearty dose of respect for the job they do.

Not only must staff work hard to clean the facility and maintain an environment that meets the needs and stringent demands of regulatory agencies, hospital personnel, visitors, and individuals we serve, they also bear the burden of knowing the health of others often relies on the effectiveness of their practices.

The environment is everything people see when they walk through our doors and everything the individuals we serve see on their stay, from the floors to the walls to the tables, and everything in between, including the beds, linens, towels, and the washcloths they use. Not only does the environment have to have a clean appearance, but also must be maintained as germ free as possible.

Some facts about your Environmental Services staff:

- 17 fulltime Housekeepers
- 3 fulltime Laundry workers
- 2 fulltime Supervisors
- 1 Administrative Assistant shared with the Security and Purchasing Departments

- Environmental Services Manager/ Director
- All Housekeeping and Laundry employees are cross trained and able to work all units and the Laundry.
- Each team member receives detailed department specific training and completes competencies on infection control, isolation cleaning, cleaning procedures for patient rooms and offices, using various housekeeping equipment, chemical selection, and use and project related skills.
- All team members are also required to complete specialized training on how to handle, store, package for shipment, and label requirements for Regulated Medical Waste (RMW).
- Housekeeping employees are responsible for the daily cleaning of all patient units and weekly cleaning of office areas in six separate buildings as well as project-related cleaning such as refinishing of floors, washing walls and windows, etc.
- The Housekeeping staff clean 108 bathrooms daily in the Bagley Building alone!
- Housekeeping staff wash approximately 140 beds each week.
- The Laundry staff sort, wash, dry, and fold approximately 28,000 pounds of laundry per month, with 4,000 pounds of that being patient clothing.

Our Housekeeping and Laundry program has continued to evolve over the last several years and we have been fortunate to have been able to have several patient groups working as part of our team. These groups are both productive and worthwhile for not only the individuals, but for our department as well. These groups as well as the Rehab Staff who

run the groups should be commended for the great job they do.

Another very successful program that continues to evolve is the summer help program. Last year we had four young men working and completing a tremendous number of projects which included lots of furniture moving, pressure washing, floor refinishing, window washing, and other Housekeeping related tasks. This year, our program expanded to include eight young men who also provided assistance with cleaning vents throughout the hospital, mowing the courtyards weekly, assembling furniture, moving offices, and normal housekeeping projects. This group of employees were very professional in the way they interacted with all those they came in contact with, and we are very proud to have them on our team.

These facts are only a portion of the duties your Housekeeping and Laundry staff are responsible for on a daily basis, and, as Environmental Services Manager, I can not say enough about our team. They are very dedicated to their jobs and take pride in their areas of the facility. I am very happy to be able to work with such a great crew and to recognize them for the hard work they do. We need to continue to recognize and show them they are appreciated not only during National Healthcare Housekeeping Services Week, but throughout the whole year.

~ Nathan Shelton
Environmental Services Manager/
Director

To Autumn

Season of mists and mellow fruitfulness,
Close bosom-friend of the maturing sun;
Conspiring with him how to load and bless
With fruit the vines that round the thatch-eaves run;
To bend with apples the moss'd cottage-trees,
And fill all fruit with ripeness to the core.

~ John Keats



Halloween Safety Tips



For many of us, dressing up in fun costumes at Halloween, attending parties, and eating all sorts of not good for us treats is an annual rite. We may use this event to overindulge in the candy we may deny ourselves otherwise. However, this time is also an opportunity to provide nutritious snacks and as always, and perhaps more so, focus on safety.



The following are a few tips to help us have fun and practice safety for trick-or-treating:

- If you have children who are going **trick-or-treating**, costumes and trick-or-treating bags should have reflective tape or strips so that drivers will quickly see the children. Costume accessories should not be real or pose a danger to the child or others and should be age appropriate.
- Everyone needs a friend, so don't trick-or-treat alone, always travel on well lighted streets, and go to neighborhoods you know and to houses that

have their lights on. Use a flashlight. Walk, don't run. Use cross walks. Walk facing traffic.

- All treats should be examined for tampering and be age appropriate along with dietary appropriate. Don't let your child (or you!) eat all they want. Limit the amount, and throw away candy that is not appropriate, old, or is questionable. Eat homemade treats only if you know the person who made them (Grandma or Aunt Susie, for instance); throw others away. Throw away candy that is not in a wrapper.

- Children shouldn't wear masks that obscure their vision. Makeup is more appropriate, but should always be tested for reactions on a small patch of skin first. Then, always remove the makeup before bedtime.
- Make sure to never enter homes unless the child is with a trusted adult or you know the homeowners (Grandma or Aunt Susie).
- Lastly, make sure all costumes and accessories for everybody are flame retardant and stay away from candles and luminaries.

These tips are geared for children, but are easily transferable to adults who attend parties, are having fun, and driving home.

~ Safety Committee

Recovery Hero

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

When we experience stressful times or a personal crisis, most of us choose to talk to someone that we trust — a confidante. Usually we choose a loved one, family member, friend, spouse, or significant other. These are people we know well, who have proven to us that they can be trusted.

The individuals we serve can't talk to their trusted loved ones as easily as we can when they are hospitalized.

They have to wait for visiting hours and telephone privileges. So the individuals we serve turn to us when they need to talk. If an individual has been hospitalized more than once, they look for the employee(s) with whom they have previously developed a therapeutic relationship. They feel more comfortable with someone they already know and trust.



Diann Marshall

Recently on Ward CD, an individual was very upset and a code response was called. Diann Marshall, Staffing Nurse Coordinator, responded to the code. Diann knew this individ-

ual from previous hospitalizations and was able to talk to the individual and calm her down. The individual already had a therapeutic relationship with Diann and recognized Diann as someone she knew and trusted.

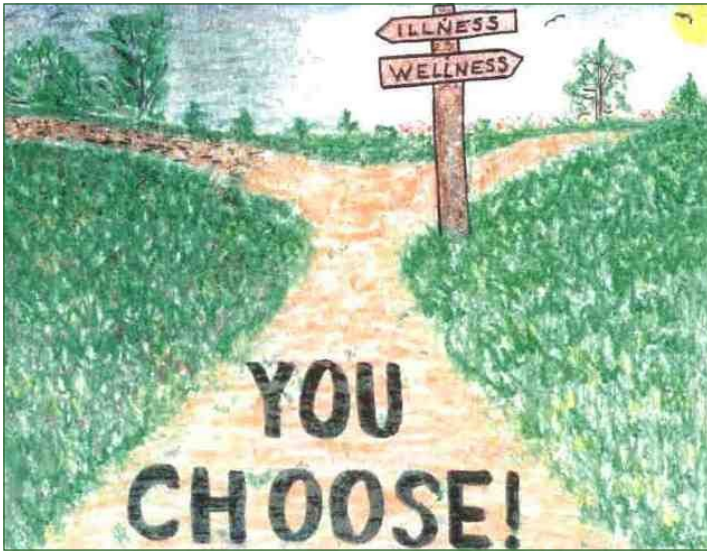
Diann is our recovery hero this month. She knows that trust and respect are very important components in the therapeutic relationship.

Diann began working at SWVMHI on May 1, 1997. Please congratulate Diann when you see her.

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



Family and Friends Day 2013



Winning art chosen for front cover of this year's Family and Friends Day Program.



Both the artwork to the left and beneath were chosen as honorable mention pieces and both featured in this year's Family and Friends Day Program.

Thank you to all those who submitted art work and congratulations to the winning artist and to the honor mention artists featured in this year's program. Great Work!



~ Family and Friends Day Committee



I am very grateful for the many prayers and condolences for my family on the recent passing of my father. Your kind words buoyed my spirit when it was most needed and your prayers brought me much comfort. I treasure each card and note received from you -- my work family -- and I will re-read them when I am feeling alone; then I know that I will not be alone. My family and I are also grateful for your donations to the Shriners Hospitals for Children in his name. In this way, his work on behalf of the children can be carried on as part of something larger.

With gratitude, Cynthia McClaskey

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us. ~ Albert Schweitzer

National Domestic Violence Awareness Month



October is National Domestic Violence Awareness Month. In observance, SWVMHI staff are invited to participate in the following staff development opportunities:

WEDNESDAY, OCTOBER 9 to TUESDAY, OCTOBER 15
The Silent Witness Project



SWVMHI will be hosting **The Silent Witness Project**, a state and nationwide public awareness campaign and a visual memorial to victims of domestic violence homicide. The “silent

witnesses” are life – sized plywood silhouettes painted red. Each one bears a shield on which is written the story of a woman, child, or man who was killed in a domestic violence homicide. *Silent Witness* began in 1990 as part of a national initiative. Look for the “silent witnesses” at various locations around the facility, concluding with the entire display in The Bagley Lobby on Monday, October 14. Be sure to see each victim’s story! To learn more about the history of the project, you may visit <http://www.silentwitness.net>

TUESDAY, OCTOBER 8 from 1400 to 1500
Stewards of Children: Darkness to Light

SWVMHI is hosting an informational event to raise awareness about child sexual abuse in the Dogwood

Room of The Learning Center (upstairs classroom of the B Building). Marcia Hicklin from the Children's Advocacy Center of Bristol/Washington County, Virginia, will introduce the *Darkness to Light* program whose goal is to provide adults with an increased awareness of the prevalence, consequences, and circumstances of child sexual abuse. Ms. Hicklin will share facts about the problem of child sexual abuse and what adults need to do to prevent child sexual abuse. For more information, go to http://www.d2l.org/site/c.4dICIjOkGcISE/b.6035035/k.8258/Prevent_Child_Sexual_Abuse.htm.

TUESDAY, OCTOBER 15 from 1500 to 1600
Family Resource Center

Veronica Goad and Robbie Patton from the Family Resource Center will lead a discussion in the Dogwood Room of The Learning Center (upstairs classroom of the B Building) on the *Effects of Domestic Violence*.

THURSDAY, OCTOBER 24 from 1330 to 1500
Virginia Legal Aid Society

Elizabeth Bruzzo from the Virginia Legal Aid Society and Judy Clark from Abuse Alternatives, will lead a discussion in the Dogwood Room of The Learning Center (upstairs classroom of the B Building) about best practices and policies for serving domestic violence and sexual assault victims holistically and competently. Presenters will provide their experiences working together to best serve victims, coordinate the community’s response, and working within the court system on behalf of victims.

To sign up for any of these events, please call the Training Department at Extension 854.

~ Merle Obregon, M.A.
Director of Staff Development and Training



