



NOVEMBER 1, 2013



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From The Director

The second Director's Communication Meeting for 2013 was held with the Executive Team and 15 randomly selected staff representatives on October 29. Staff did a great job preparing for the meeting by gathering any questions and concerns from co-workers. For your information, this is some of the discussion that we held:

Some newspapers reported that the Governor was asking for potential budget reduction plans from state agencies. This occurred during the federal budget shutdown. SWVMHI was required to propose some reductions and made every effort to do so without impacting patient care services. The plans are considered Governor's Confidential Working Papers at this time and until the final plans are released to the legislature, we cannot discuss the details.

You may know that the historic Henderson Building will be getting a new roof, and dome/skylight within the next 180 days due to extensive leaks in the old roof and dome. The new dome will be brought here in pieces and put together on site. A giant crane will lift the old dome off and the new dome on. We look forward to documenting this on film! The project is paid for by capital improvement funds, not the facility budget.

We are due for our unannounced triennial Joint Commission survey soon. They may show up as early as January through March, 2014. Please assure that documentation, training, competencies, licenses, etc. are up-to-date, and that you are following all requirements for safety.

Several patient safety improvements that have been made in the last year or are currently being implemented to reduce the risk for suicide. These include: commode pipe covers, new patient bathroom doors and anti-ligature handles, and new railings in the L hallway that are flush to the wall. Improvements for staff safety have been made to the dock behind the Blalock Building. A question was raised about lighting near the trash compactor beside Ward K. As a result of this, Physical Plant services have installed an additional dusk to dawn light there and are cutting back a tree which was obscuring a second light.

Staff present asked for additional opportunities for recycling can and plastic. The facility does recycle paper, magazine, and cardboard. Some quick brainstorming discussed the idea of additional participation by the individuals we serve and reviving the Waste Minimization Committee for further recommen-

dations. Great idea and we thank you!

A concern was raised about a leak in a room in the Harmon Building where papers are stored. This was investigated and a window in the room above this room was open, letting rain pour in. Staff are reminded NOT to open windows in the Harmon Building and, also, to turn off all lights when you leave that building, including hallway lights. As part of Waste Minimization, we should turn off the lights when we leave any room. This helps our environment and the facility budget!

Staff present praised and recognized the efforts of Environmental Services and Physical Plant Services staff for our clean and well-maintained buildings and grounds. Your work is evident to all visitors and surveyors and helps to make a great first impression. You enable us to meet our mission at SWVMHI!

Thank you,

~ Cynthia McClaskey

Hidden

There is a cornucopia hidden on every page in this edition, just like the one pictured here. Can you find all 15 of them?





Rehab Department News



The leaves have changed and the cool nights have arrived with the first frost of the season. Fall is in full force and is incredibly beautiful to behold.

A contest is currently being held to come up with a new and fresh name for the area formerly known as the Smoker's Porch. The porch is located between the woodshop and the tube. Contest entries are being collected in the New Day Café and a winner will be awarded a \$50 Wal-Mart gift card. Good luck to all contestants.

The Regional Consumer Empowerment Recovery Council (R-CERC) meeting was held on October 16, 2013, at Hungry Mother Lake. Representatives from the hospital were in attendance.

The Rehab Department will be hosting a Halloween Event in the gym on October 31. Individuals we serve will be invited to attend and enjoy such activities as games, face painting, music, and yummy snacks. This event is a favorite among the individuals we serve and staff alike and you never know what you might see in the hallways!

The Animal Assisted Activities Therapy (AAA/T) program is going strong and all of the new pet therapy animals are adjusting to their new roles. It is a bright spot in the day for the individuals we serve and also brings a lot of love to the pets.

The Rehab Department would like to welcome Mike Ketner and Sara Looney, who joined our department as Rehab Resource Coordinators. Please make them welcome.

Break week was October 28, 2013, through November 1, 2013, and no regular Rehab Groups were held during that week. Special activities were held and it is a time to fine tune and re-tool our group offerings as necessary. We will resume with groups as regularly scheduled beginning Monday, November 4, 2013.

We will be having the Grand Re-Opening of Treasure Seekers on Tuesday, November 5, 2013, from 14:35-15:45. Please come over to the B Building (bottom floor Room 6) and take a look at all of the crafts that many of the individuals we serve have made for this re-opening celebration. You never know how many Christmas presents you will be able to find!

~The Rehab Department

First Aid Tips for November — Frostbite



With cold weather approaching, we need to be prepared to safely be out in the weather.

Frostbite can happen in low temperatures or low temperatures combined with a wind chill. Workers who work in very cold temperatures or with very cold materials without adequate protection of gloves, coats, hats, etc., may also develop frostbite. Exposed areas can quickly become frostbitten.

Frostbitten skin can be waxy looking, whitish, blue-gray, or purplish in color. The area will be numb to the victim and to the rescuer, cold and hard with

no movement, i.e., no indentation from pressure.

When you discover a victim of frostbite, as always with any victim of any type of problem, accident, etc., make sure the scene is safe. This is critical because the rescuer does not need to become another victim!

Call for help. Make sure to obtain a first aid kit. The kit may have a light blanket in which to wrap the victim.

If possible, move the victim to a warmer area. Remove any tight clothing and/or jewelry. Remove wet clothing and help the victim

into dry clothing. Dry the skin, if it is damp, to prevent further heat loss; however, do not rub the frostbitten area because this may further damage the skin. Do not try to thaw the skin by running it under hot water. The victim's skin is numb and he or she will not be able to tell if the water is too hot.

Reassure the victim that you, the rescuer, can provide first aid and that advanced help is coming (if needed).

Stay with the victim and do what can be done, directing others as needed.

~ Rebecca Sparger, RN, BSN
Training and Development Coordinator

The Most Important Person on a Team

Who is the most important person on a team? The answer may surprise you.

You are the most important person on your team according to Richard Templar. Templar is the pen name of a very popular British observer of human behavior who has written extensively. Especially popular are his "Rules of..." series.

Templar says that you are the most important person on your team, not because you think you are better than anyone else, or that you are the most experienced, or that you are the most egotistical. You are the most important person on your team because *you are the only person on your team over which you*



have complete control. If you don't set the standard, raise the tone, be the person you want your team to be, then who else will do so? Just as we watch others and tend to match our behavior to the behavior we see around us, so do others watch us.

Many classic experiments in social psychology (the Asch social conformity experiments, the two-factor theory of

emotion experiments, etc.) demonstrate the power we can have to influence the thoughts, perceptions, and emotions of others. If we whine about a challenge, others will tend to whine with us. If we embrace a challenge as an opportunity, others will be more likely to see the opportunity as well. Therefore, it is up to us to exhibit the behaviors and attitudes for which we want our team to be known. Others will take their cues from us, for better or for worse.

~ James Moon, Ph.D.
Psychology Supervisor

Diabetes Awareness Month



The vision of the American Diabetes Association is a life free of diabetes and all of its burdens.

Raising awareness of this ever-growing disease is one of the main efforts behind the mission of the Association. American Diabetes Month® is an important element in this effort, with programs designed to focus the nation's attention on the issues surrounding diabetes and the many people who are impacted by the disease.

Here are just a few of the recent statistics on diabetes:

- Nearly 26 million children and adults in the United States have diabetes.
- Another 79 million Americans have prediabetes and are at risk for developing type 2 diabetes.

- The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$245 billion.

Diabetes is a serious disease. If it isn't managed, it can damage many parts of the body, leading to heart attacks, strokes, amputation, blindness, kidney failure, and nerve damage. But there is good news: diabetes complications can be prevented or delayed by properly managing blood glucose, blood pressure and cholesterol levels. Eating healthy, being physically active, and quitting smoking also can help lower the risk of diabetes complications.

American Diabetes Month takes place each November and is a time to come together as a community to Stop Diabetes®!

~ <http://www.diabetes.org>

FACTS

- 25.8 million children and adults in the U.S. (8.3 percent of the population) have diabetes.
- 1.9 million new cases of diabetes were diagnosed in people aged 20 years and older in 2010.
- About 1 in every 400 children and adolescents has diabetes.
- 25.6 million people aged 20 years or older have diabetes.
- 10.9 million people aged 65 years or older have diabetes.
- 13.0 million men aged 20 years or older have diabetes.
- 12.6 million women aged 20 years or older have diabetes.
- In 2007, diabetes contributed to a total of 231,404 deaths in the U.S.
- The risk of stroke is two to four times higher among people with diabetes.
- Diabetes is the leading cause of new cases of blindness among adults aged 20—74 years.
- About 60—70 percent of people with diabetes have mild to severe forms of nervous system damage.





Slips, Trips, and Falls

One of our nation's leading causes of workplace injuries is from slips, trips, and falls. At SWVMHI, some slips, trips, and falls occur in snowy and icy conditions, and others occur inside and outside our facility regardless of weather conditions.

THINGS WE SLIP OR TRIP ON

- Ice
- Water puddles
- Spilled liquids
- Boxes
- Stairs
- Rugs and mats
- Holes in ground, sidewalks, or pavement
- Uneven sidewalks or pavement
- Loose gravel
- Power cords
- Table legs/Chair legs
- Other: purses, files sitting on the floor

THINGS WE FALL FROM

- Stairs/steps
- Chairs
- Ladders

PREVENTING SLIPS, TRIPS, and FALLS

- Wear appropriate footwear for weather conditions.
- Watch for holes or uneven surfaces in pavement or sidewalks.
- Practice situational awareness (watch where you are going).
- Watch for fluid spills.
- Carry small loads to prevent your vision from being blocked.
- Do not rush going up or down stairs.
- Watch for power cords in walking areas.
- Store items in designated storage areas.

- Use only an appropriate ladder, never a chair or desk, to reach overhead items.

Slipping, tripping, and falling is usually avoidable. We want you to be safe and healthy so please be aware of your surroundings, use stair railings whenever possible, do not store items in the floor where you or others walk, and be proactive in keeping work areas free of potential tripping hazards.

~ Safety Committee



Thank you to everyone for your support, sympathy, and concern over the recent death of my mother. Your encouragement means so much.

~ Jennifer Snow, Psychiatric Aide

Chaplain's Corner

The holiday season of Thanksgiving and Christmas is fast approaching. It is a festive time of traditional foods, familiar sights, and intense memories. Something within us desires the warmth and closeness the season promises or dread it's approach because of wishes left unfulfilled. The deep stirrings within us are fundamentally elements of spiritual **YEARNING**, the desire for something more that will bring fulfillment to our soul. **YEARNING** can be viewed as an unfulfilled hope or serve as a guide to what our spirits need for refreshment. The journey of searching and finding that "thing" can shape our outlook on life with wonder or disappointment.

I have always appreciated the lessons I have learned from people who find spiritual fulfillment in the simple things we might not always associate with spirituality. While "burning bush" experiences

make great religious reading (Exodus 3), the common experiences of life and death are what generally shape our spiritual viewpoint. Gary Paulsen, in his book, "Clabbered Dirt, Sweet Grass," reminds us how a simple joy of a favorite dessert can create a spiritual experience.

Eating Pie

"The pie is religious, something from God. The only part of the meal to be eaten slowly. Huge pieces, a quarter pie per person, and between each bite a drink of coffee and when the pie is done, the fork is held sideways in the hand and swiped around the plate to get the absolute last juice and crust."

Ahh, the holidays... maybe something as simple as a dessert can make our world seem to be a kinder, safer place. In 1946, composer/songwriter Leroy

Anderson wrote the words to "Sleigh Ride," which has now become a traditional Christmas song. It was not composed as a Christmas song, but an idea to help cope with a torturous heat wave he was enduring in the month of August.

*"There's a happy feeling nothing in the world can buy.
When they pass around the coffee and the pumpkin pie.
It'll nearly be like a picture print by Currier and Ives,
These wonderful things are the things we remember all through our lives..."*

May there be a slice of happiness waiting for you this season!

~ Timothy Graham, D. Min
Chaplain



Election Day 2013

November 5 is election Day, and millions of people across the country will be going to the polls today.

The first federal election under the U.S. Constitution was held in 1788, and it had the lowest turnout in the history of American elections. Only 11 percent of eligible voters voted. To be eligible to vote at the time, you had to be a white male property owner. But different states had trouble defining what a property owner was.



For the first 50 years of American elections, only 15 percent of the adult population was eligible to vote. A member of the Rhode Island legislature, Thomas Dorr, argued that all white adult men should have the vote, regardless of their wealth. He incited a riot to protest the governor's election of 1842 and went to prison for treason, but most states began to let poor white men vote soon after. Women won the right to vote in 1920, and many African-Americans were prevented from voting throughout the South until the passage of the voting rights Act in 1965.



Meals in Minutes: Thanksgiving Sides



This healthy revision of green bean casserole skips the canned soup and all the fat and sodium that come with it. Our white sauce with sliced fresh mushrooms, sweet onions, and low-fat milk

makes a creamy, rich casserole.

Ingredients

- 3 tablespoons canola oil, divided
- 1 medium sweet onion, (half diced, half thinly sliced), divided
- 8 ounces mushrooms, chopped
- 1 tablespoon onion powder
- 1 1/4 teaspoons salt, divided
- 1/2 teaspoon dried thyme
- 1/2 teaspoon freshly ground pepper
- 2/3 cup all-purpose flour, divided

- 1 cup low-fat milk
- 3 tablespoons dry sherry (not “cooking sherry”)
- 1 pound frozen French-cut green beans, (about 4 cups)
- 1/3 cup reduced-fat sour cream
- 3 tablespoons buttermilk powder
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder

Directions

1. Preheat oven to 400°F. Coat a 2 1/2-quart baking dish with cooking spray.
2. Heat 1 tablespoon oil in a large saucepan over medium heat. Add diced onion and cook, stirring often, until softened and slightly translucent, about 4 minutes. Stir in mushrooms, onion powder, 1 teaspoon salt, thyme, and pepper. Cook, stirring often, until the mushroom juices are almost evaporated, 3 to 5 minutes. Sprinkle 1/3 cup flour over the vege-

tables; stir to coat. Add milk and sherry and bring to a simmer, stirring often. Stir in green beans and return to a simmer. Cook, stirring, until heated through, about 1 minute. Stir in sour cream and buttermilk powder. Transfer to the prepared baking dish.

3. Whisk the remaining 1/3 cup flour, paprika, garlic powder, and the remaining 1/4 teaspoon salt in a shallow dish. Add sliced onion; toss to coat. Heat the remaining 2 tablespoons oil in a large nonstick skillet over medium-high heat. Add the onion along with any remaining flour mixture and cook, turning once or twice, until golden and crispy, 4 to 5 minutes. Spread the onion topping over the casserole.
4. Bake the casserole until bubbling, about 15 minutes. Let cool for 5 minutes before serving.

~ http://www.eatingwell.com/recipes/green_bean_casserole.html_0

Pumpkin Decorating Contest

The Employee Recognition Committee recently held a pumpkin decorating contest. Good imagination and artistic talent went into designing the entries for the Pumpkin Contest last month. The winners, who will each receive a \$25 gift card, were:

- First Place: Janie Atwell & Martha Parlier
- Second Place: Cindy Jones
- Third Place: Sherry Austin
- Fourth Place Tie: Missy Wiles and Michelle Roberts



First Place Winner



Second Place Winner



Third Place Winner



Fourth Place Winners Missy Wiles (above) & Michelle Roberts (right)

Twilight: After Haying

Excerpts
By Jane Kenyon

...
The moon comes to count the bales, and the dispossessed “Whip-poor-will, Whip-poor-will” sings from the dusty stubble.

These things happenthe soul’s bliss and suffering are bound together like the grasses

The last, sweet exhalations of timothy and vetch go out with the song of the bird; the ravaged field grows wet with dew.



Congratulations to all our winners!



Staff Development Opportunities

Take advantage of all the training Opportunities in November

Training

Knowledge
useful abilities
backbone of
quired for a tr
oday

The Joint Commission Breakfast Briefing: Medical Staff

When: November 7, 1000 - 1115

Where: AB Classroom

Peer Practice and Context: Developing Quality Standards Webinar

When: November 7, 1400 - 1530

Where: Dogwood Room/B Building

Ethics Presentation: Dr. Gillette

When: November 14, 1330 - 1500

Where: Dogwood Room/B Building

Human Resources Series: Progressive Discipline

When: November 18, 1300-1500

Where: Dogwood Room/B Building

Human Resources Series: How to Handle Difficult Employees

When: November 19, 1300-1500

Where: Dogwood Room/B Building

~ **Ginny Moorer, M.Ed.**

Training and Development Coordinator

November CAI

Back Injury CAI is required of ALL STAFF and must be completed between November 1 and November 30, 2013.

Sign into the Knowledge Center and find it today!

Daylight Savings



Daylight Savings Time ends at 0200 on Sunday, November 3, 2013. Don't forget to set your clocks **BACK** one hour before going to bed.

For those of you who work third shift, be sure to use clock **IN** and **OUT** using the same clock so your time will be properly credited. Supervisors please remember that staff will receive an hour of overtime unless schedules are adjusted prior to 0200!



It's time to sign up for your follow-up health screening with the My Health Counts program. This is a very important step to see if the lifestyle changes you made have lowered your health risks. It can also show you where you need more assistance. Follow-up screenings are being held at SWVMHI on Tuesday, November 5, 2013, from 0600 to 1000 and 1300 to 1430, in the B Building. Your privacy will be maintained through the

follow-up health screening. **Sign up today.** Be sure you have your supervisor's approval. There is no cost to you. **To take part, you must have participated in the first screening in July.**

How to Prepare for Your Health Screening

Fasting – For accurate results, do not eat food for 8-10 hours before your Health Screening. You may have 1 cup of black coffee the morning of the screening, with no cream or sugar. Be sure to drink plenty of water so you are well hydrated.

Medication – Take your regular medications as scheduled with water.

Lab Form – Bring your lab form that you printed when you registered for the Health Screening. Please check that the information about your doctor is correct.

Clothes and Shoes – For an accurate body composition reading, you will need to remove shoes, socks, and hose. The scale measures body fat percentage through bare-skin contact. For the blood pressure reading many people prefer to wear short sleeves or loose-fitting long sleeves that can roll up easily.



Guide to Human Resources

Have you ever wondered who to get in touch with when you have a question for Human Resources? Have you ever needed to look up a state policy or wanted to check on your retirement benefits and it was Saturday morning? Look no further. The following information is provided to assist you reach who you need to in the Human Resources Office, as well as help you find the web links you need to find more information about your state benefits:



SWVMHI Human Resources Staff

| | |
|---|---|
| Tom Rose, Regional HR Manager | Extension 289 or (276) 783-1204 – SWVMHI (276) 728-1113 – SWVTC |
| Christine Allen, HR Generalist (Nursing Department) | Extension 145 or (276) 783-1255 |
| Kim Sawyers, HR Generalist (All other Departments) | Extension 148 or (276) 783-1254 |
| Kimberlee Hubbard, HR Assistant | Extension 363 or (276) 782-7363 |
| Vacant – HR Assistant | Extension 204 or (276) 783-1204 |
| Rick Delp, HR Analyst (general information) | Extension 144 |
| Ruby Wells, HR Analyst (general information) | Extension 142 |
| SWVMHI Policies and Forms | http://swvmhi02:1337/SWVMHI-INTRANET/ |
| Payline | https://payline.doa.virginia.gov/ |
| SWVMHI Website | http://www.swvmhi.dbhds.virginia.gov/swvmhi/ |

Department of Human Resource Management (DHRM)

| | |
|-------------------------------------|---|
| Recruitment Management System (RMS) | http://jobs.virginia.gov |
| DHRM Policies | http://www.dhrm.virginia.gov/hrpolicy/policy.html |
| Employee Benefits | http://www.dhrm.virginia.gov/employeebenefits.html |

Department of Behavioral Health and Developmental Services (DBHDS)

| | |
|---------------------------|---|
| Departmental Instructions | http://www.dmhmrzas/DIs/DI-DepartmentalInstructions.htm |
|---------------------------|---|

Virginia Retirement System (VRS)

| | |
|--|---|
| MyVRS Log-in | https://www.varetire.org/myVRS/ |
| VRS Home | http://www.varetire.org (1-888-827-3847) |
| Virginia Sickness and Disability Program | http://www.varetire.org/pdf/publications/vsdp-handbook.pdf |
| Unum (VSDP Claims) | 1-800-652-5602 |

Great American Smokeout



The Great American Smokeout is November 21, 2013. If you are serious about quitting for good, here are some helpful tips to help you:

- Think of your health! Smoking is a leading risk factor for many diseases, including heart disease and several cancers.
- Avoid harming others. The secondhand smoke from your cigarettes can cause health problems for everyone around you.
- Remember that quitting smoking leaves your hair, clothing, and breath smelling better, and slows the wrinkling of your skin.
- Identify your triggers, such as a drink you associate with lighting up or a place where everyone smokes, and try to avoid them.
- Write down your three top reasons for quitting and re-view them daily.
- Eliminate all traces of tobacco. Throw out cigarettes and ashtrays, have your teeth cleaned, dry-clean your clothes, and air out your home and vehicles.
- Make a plan to quit and stick to it. If you need help, ask your doctor about effective methods for quitting.
- Request support and encouragement from those who care about you.
- Put the money you save by not smoking into a piggy bank. You'll be amazed at how quickly it will add up.

Visit www.cancer.org to learn more about quitting smoking, improving your health, or just call your American Cancer Society anytime at 1-800-227-2345.

November Lunar Phases

November 3

New Moon

November 10

First Quarter Moon

November 17

Full Moon, also called "Beaver Moon" by Native Americans of New England and the Great Lakes because at this time of the those little beavers are industriously preparing for winter.

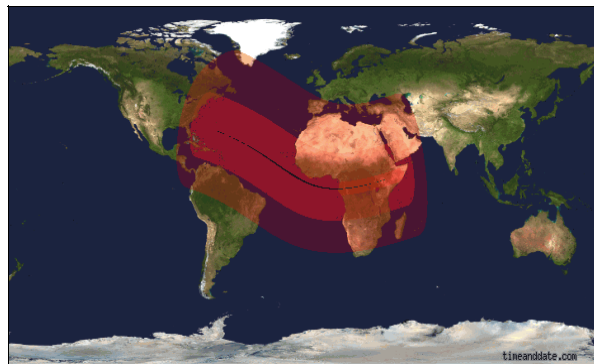
November 25

Last Quarter Moon



Solar Eclipse

A total solar eclipse is expected to occur on November 3, 2013. While we will not be in the best location to view the total eclipse, we will still be able to view part of the event here in southwestern Virginia. Solar Eclipses occurs when the Moon passes between the Sun and the Earth and directly blocks the light of the sun. Because the moon is located between the Sun and Earth the dark side of the moon is facing Earth and is in a New Moon phase.



The dark strip in the center indicates the best locations for viewing the eclipse. Here, the Moon moves centrally in front of the Sun.

The eclipse is also visible in the areas that are shaded red, but less of the Sun's disk is obscured. The fainter the red shading the less of the Sun's disk is covered during the eclipse.

REMEMBER: do not look directly at the eclipse!

~ <http://www.timeanddate.com/eclipse/>

Always vote for principle, though you may vote alone, and you may cherish the sweetest reflection that your vote is never lost."

~ John Quincy Adams



Word Search

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

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

Lobster, seal, and swans were on the Pilgrims' menu.

Thanksgiving is a day when many Americans gather with family and friends and celebrate with food and football. But did you know that it was President Abraham Lincoln who declared the final Thursday in November as a national day of thanksgiving, and that Congress did not make Thanksgiving an official national holiday until 1941? Here are a few other bits of information about Thanksgiving that you might not know: Sarah Josepha Hale, author of the classic nursery rhyme, "Mary Had a Little Lamb," waged a campaign for nearly fifty years to make thanksgiving a national holiday during the mid-19th century; the American Automobile Association estimated that 42.2 million Americans traveled 50 miles or more from home over the Thanksgiving weekend in 2010; according to the U.S. Census Bureau, six states, including Minnesota, North Carolina, Arkansas, Missouri, Virginia, and Indiana, account for nearly two-thirds of the 248 million turkeys raised, 46 million of which are estimated to be consumed on Thanksgiving; Illinois, California, Pennsylvania, and New York are the major pumpkin growing states, and together produced 1.1 billion of the 1.5 billion pounds of pumpkins grown in the U.S. in 2010; Snoopy has appeared as a giant balloon in the Macy's Thanksgiving Day Parade more times than any other character in history; the first time the Detroit Lions played football on Thanksgiving Day was in 1934 when they hosted the Chicago Bears, and since that time, the Lions have played every Thanksgiving except between 1939 and 1944.



PERSONNEL CHANGES

New Employees

| | |
|---|--------|
| David Burrow, PI4 MOD | Sep 10 |
| Katlyn Keyser, PI4 Food Service Worker | Sep 10 |
| Deborah Orr, Registered Nurse Clinician A | Sep 10 |
| James "Keith" Hagy, PI4 Security Officer Senior | Sep 10 |
| Daniel Hamm, PI4 Security Officer Senior | Sep 10 |
| Jeff Jackson, PI4 Food Service Worker | Sep 10 |
| Freddie Varney, PI4 Painter | Sep 10 |

Separations



| | |
|--|--------|
| Lisa Sheets, Psychiatric Lead Aide | Sep 9 |
| Robert Bellinger, Psychiatric Aide | Sep 10 |
| Nellie Plummer, Psychiatric Aide | Sep 10 |
| Melissa Puckett, Psychiatric Aide | Sep 10 |
| Elizabeth Tompa, PI4 Food Service Worker | Sep 15 |
| Lori Blevins, PI4 Patient Registrar | Sep 25 |
| Rozanna Blizzard, Psychiatric Aide | Sep 26 |

Promotions/Role Changes

| | |
|---|--------|
| Brandy Davidson, PI4 to full-time Registered Nurse | Sep 10 |
| Lisa McGhee, Food Service Worker to Cook | Sep 10 |
| Courtney Quinley, PI4 to full-time Psychiatric Aide | Sep 10 |

MONTHLY PATIENT CENSUS

September
2013

Admissions 64

Discharges 65

Passes 11

Average Daily
Census
148

It happened in November

- November 18, 1901: Birthday of American Statistician George Gallup, born in Jefferson, Iowa. He was a pioneer in scientific polling techniques, and his name became a household word synonymous with the opinion poll.
- November 18, 1928: Mickey Mouse was born when Walt Disney's "Steamboat Willie," premiered. The black and white cartoon featured Mickey Mouse, Minnie Mouse, and Pegleg Pete and lasted seven minutes.
- November 19, 1863: President Abraham Lincoln delivered the Gettysburg Address. It consisted of 10 sentences, a total of 272 words. Lincoln did not mention any of the specifics of the war or any of the details of the battle of Gettysburg. Instead, he explained, in ordinary language, that our nation was founded on the idea that all men are created equal, and that we must continue to fight for that principle, in honor of those who have died fighting for it. The Gettysburg Address begins: "Four score and seven years ago, our fathers brought forth, on this continent, a new nation, conceived in Liberty, and dedicated to the proposition that all men are created equal."
- November 21, 1877: Thomas Edison announced that he had invented a new device for recording and playing back sound, which he called the phonograph. The first thing he recorded was himself reciting the poem, "Mary Had a Little Lamb."

Special Gym/Game Room Activities

Consumer Empowerment
Recovery Council (CERC)
November 21, 2013
1530-1600



Singing Bee Showcase
November 4 and 5, 2013
1830 PRACTICE
November 8, 2013
1830 - 2000 SHOW

Birthday Party
November 20, 2013
1800 - 2000
No Cafe



Patient Activity Council (PAC)
November 21, 2013
1600- 1630

Nutrition Mixer
(Juice Social)
November 15, 2013 1830
In the New Day Café



Movie Nights
November 12 & 13, 2013
1830 - 2000



Jeopardy
November 19, 2013, 1830

Church Services
Church Services are held each
Thursday from 1830 - 1930
except Thanksgiving
in the Auditorium
No Cafe



Bingo
November 6, 2013
1830 - 2000



Thanksgiving Celebration
November 21, 2013
1330—1500

Rehab (Staff) Activity Council
November 7, 2013, 1600

Please note that game room activities, in addition to those listed here, are held every weeknight, except Thursday, from 1830 - 2000. New Day Café hours are from 1800 - 1830 unless otherwise noted.

Flu Vaccine Update



Thanks to all staff who have received their flu vaccine this year — we are almost at our goal of 95 percent! As of press time on October 30, 2013, 94 percent of employees have received a flu vaccine. But it isn't too late if you haven't received your vaccine yet. Just call Cindy Jones at Extension 231 to schedule your appointment today. All those who received their vaccine prior to October 21 were entered into a drawing for either leave (for full time) or cash (for P14). The winner chosen at random is: **Kara Queen**, Psychiatric Aide on AB. Kara will receive eight hours of recognition leave. *Congratulations Kara!*

November Days to Celebrate

“Off the cuff” November holidays to celebrate:

November 3

Cliché Day

November 4

Fill Our Staplers Day

November 6

Saxophone Day

November 14

National Pickle Day



November 16

National Button Day

November 19

Rocky and Bullwinkle Day

November 21

World Hello Day

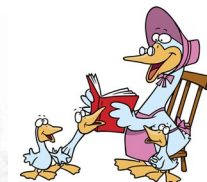
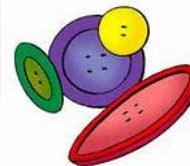
November 23

Dr. Who Day

November 24

Mother Goose Day

مرحبا العالم! **Hallo Welt!**
Hej Värld! **Hello World!**
Ciao Mondo
ハローワールド!
iOlá mundo! 世界您好!
Salut le Monde!



Five Things You Might Not Know About the Pilgrims

1. **Not all of the Mayflower’s passengers were motivated by religion.** The Mayflower actually carried three distinct groups of passengers within the walls of its curving hull. About half were in fact Separatists, the people we now know as the Pilgrims. Another handful of those on board were sympathetic to the Separatist cause but weren’t actually part of that core group of dissidents. The remaining passengers were really just hired hands—laborers, soldiers, and craftsmen of various stripes whose skills were required for both the transatlantic crossing and those vital first few months ashore. Community leader John Alden, for instance, was originally a cooper, and brought along to make and repair barrels on board the ship. Myles Standish, who would eventually become the military leader of Plymouth Colony, was a soldier hired for protection against whatever natives the settlers might encounter.

2. **The Mayflower didn’t land in Plymouth first.** The Mayflower first landed at the tip of Cape Cod, in what is now Provincetown. The settlers had originally hoped to make for the mouth of the Hudson River and find fertile farmland somewhere north of present-day New York City, but bad weather forced them to retreat. They intended to try again for the Hudson, but the approaching winter and dwindling supplies eventually convinced

them to continue on across Cape Cod Bay to Plymouth.

3. **The Pilgrims didn’t name Plymouth, Massachusetts, for Plymouth, England.** In fact, the Pilgrims didn’t name Plymouth, Massachusetts, at all. It had been dubbed that years earlier by previous explorers to the region, and was clearly marked as Plymouth (or Pli-moth—spellings varied somewhat) on maps that the Mayflower’s captain surely had on hand. It’s sheer coincidence that the Mayflower ended up sailing from a town called Plymouth in England and then landing in a town called Plymouth in America.

4. **Some of the Mayflower’s passengers had been to America before.** Several of the Mayflower’s crew had made the journey at least once before, on either fishing or exploration trips. One notable figure, Stephen Hopkins, had even tried to settle in the New World 10 years earlier, in the Jamestown colony of Virginia. On his way to join the settlement, his ship was wrecked off the coast of Bermuda, stranding him and his fellow passengers for several months. The story of the Virginia settlers’ shipwreck and rescue made waves back home in England, and William Shakespeare freely admitted that he based his play “The Tempest” on the tale. Hopkins eventually returned to England and later joined the

Mayflower as a member of the sympathetic group of supporters from London.

5. **The Pilgrims were relatively tolerant of other religious beliefs.** The Puritans, who settled the region north of Plymouth, were known for their strict approach to how religion was practiced within their borders. The Pilgrims, on the other hand, never made any attempts to convert outsiders to their faith, including the Native Americans they encountered in America and the nonbelievers who’d joined them as laborers in England. Generally speaking, they didn’t even try to impose their unique observances on their friends and neighbors. They also apparently had no problem with the intermarriage of believers and nonbelievers. As a matter of fact, they didn’t consider marriage to be a religious matter at all, preferring instead to view it as a civil contract outside the church’s jurisdiction.

~ http://www.history.com/news/5-things-you-may-not-know-about-the-pilgrims?cmpid=INT_Outbrain_HITH_HIS&obrf=obnetwork



Recovery Hero

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



Tommy Terry

Respect can be defined in many ways: “to show deferential regard for, to refer to with concern, and to display appreciation or thoughtfulness toward.” The individuals we

serve aren’t concerned with the definition of respect, as long as we treat

them with respect. This is why **Tommy Terry**, third shift Psychiatric Aide on ERS, was selected as this month’s Recovery Hero.

One of Tommy’s coworkers said that Tommy is the only person that one particular individual listens to on third shift.

When quizzed as to why this individual listens to Tommy, his coworker said Tommy didn’t really do anything special, but he took the time to talk with the individual and he listened when the individual asked to speak with him. But, to the individuals that we serve, having someone consistently listen to them when they need to talk is indeed very special.

Because he is always thoughtful and respectful in his interactions with the individuals that we serve, Tommy is our Recovery Hero this month. Tommy started working at SWVMHI on July 25, 2007. Please congratulate Tommy when you see him. We are glad that he is part of our team.

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



National Adoption Month

November is National Adoption Month, a time to raise awareness about the urgent need for adoptive families for children and youth, particularly in foster care. However, children of all ages, whether in foster care or not, are still in need of forever homes because their biological/birth parents are unable to care for them. For children and youth, permanent connections are people who are there when you need them—people you can count on to provide you with assistance and support. National Adoption Month has been celebrated for 18 years.

The Children's Bureau, within the U.S. Department of Health and Human Services, funds the National Adoption Month initiative each November through a partnership with AdoptUSKids and Child Welfare Information Gateway. The Commonwealth of Virginia has also launched its own campaign called Virginia Adopts, to find forever homes for the more than 1,000 waiting children in the Virginia Foster Care program.

You do not need to be Ozzie and Harriet to be eligible to adopt a child. You just need to be willing and able to provide a forever home to a child, whether that child is in the foster care system, or whether that child is placed for adoption through a licensed agency.

Do you know of anyone who was adopted? Following are some famous people you may not know where adopted:

1. **Dave Thomas**, founder of the fast food restaurant, Wendy's, was placed for adoption at birth. He later founded the Dave Thomas Foundation for Adoption to promote adoption law simplification and reduce adoption costs in the United States.
2. **Deborah Harry**, best known as the lead singer of Blondie, was placed for adoption at three months of age.
3. **Malcolm X**, an influential civil rights activist, was placed in an orphanage and later fostered by various families. His father, a Christian minister, was killed in

1931 when he was a small boy. His mother suffered a nervous breakdown following his father's death and was committed to a mental hospital.

4. **Steve Jobs**, cofounder of Apple Computers, was adopted as an infant.
5. **Scott Hamilton**, gold medal Olympic figure skater, was adopted at six weeks of age.
6. **Melissa Gilbert**, best known for portraying Laura Ingalls in the TV show, *Little House on the Prairie*, was adopted at birth. Her brother, Jonathan Gilbert, was also adopted (he portrayed Willie Oleson on the same TV program.)
7. **Harry Caray**, famous baseball announcer, was born in 1914 in one of the poorest sections of St. Louis. His father died when he was an infant and his mother died by the time he was ten. He would eventually be adopted and raised by his aunt.
8. **Faith Hill**, country music superstar, was adopted when she was a few days old. She and her adoptive family formed a good relationship with her biological mother later in life.
9. **Jamie Foxx**, actor and comedian, was born in 1967, shortly before his parents divorce. He was adopted at the age of seven months by his maternal grandmother, and is an outspoken advocate of adoption.
10. **Ray Liotta**, actor, was adopted at the age of six months. He also had a sister, who was also adopted.

*Not flesh of my flesh,
nor bone of my bone,
but still MIRACULOUSLY my own.
Never forget for a single minute,
you didn't grow under my heart,
but in it.*



*The 3 C's of life: Choices, Chances, Changes.
You must make a **choice** to take a **chance** or your life will never **change**.*

~ Boston University Center for Psychiatric Rehabilitation



