



JANUARY 1, 2014



In this Issue	
Values	2
Chaplain's Corner	2
Rehab News	3
Staff Development Corner	6
Important Reminders	6
Recovery Hero	7
Personnel Changes	9
Gameroom Activities	13
Holiday Meal Memories	14

## From The Director

### Employee of the Quarter



It is with pleasure that we announce that Jennifer Tuell, Social Worker, has been selected as the

Employee of the Quarter for October, November, and December, 2013. Jennifer is a very dedicated, hard-working, and cheerful social worker on the Geriatric Unit. The individual(s) who nominated Jennifer described a number of ways in which Jennifer's daily work habits, skills, and abilities exemplify the SWVMHI Values.

Here is what was written about her: "Jennifer is an excellent patient advocate. She goes above and beyond her job duties to ensure that the rights of the individual's we serve are respected."

This is one specific example of her dedication and the dignity with which she treats all those with whom she comes in contact: One of the individuals on her unit was discharged in October to a nursing home. His condition was terminal.

He did not have very much family and what family there was had very few resources for funeral or burial expenses. Even though he was no longer our patient when he passed away, Jennifer spent hours working with the family, with Reimbursement, and with others to ensure that there would be funds available that could be used for his burial expenses. She thought of the family and their impending grief and she didn't want them to have to worry about an expense that they could not afford, and the individual arrangements were made for the burial in accordance with their wishes. We can't always cure, but we can allow folks to live and die with dignity and that is what Jennifer facilitated so well. This is only one example of the endless time she spends trying to help the individuals on our unit and their families.

Jennifer's co-workers know that they can count on her as she shows Honesty with Compassion, Trustworthiness, and great Communication! In every interaction, she shows that she Honors Day to Day Tasks.

Congratulations Jennifer!

### Employee of the Year



I am also pleased to formally announce that Allen

Hubbard, Storekeeper Senior, has been named the Employee of the Year! With the collaboration of his supervisor, Steve Kiley, we surprised Allen with his award and check as he arrived at the Employee Christmas Dinner on December 19, 2013. (Please see the photo on page 14.) SWVMHI is delighted to recognize an individual who has had a positive impact on SWVMHI since his hire in 1998. The nomination reads, "During 'normal' times, Allen is an exemplary employee. He ALWAYS goes the extra mile to meet the needs of his customers—all of us who

Continued on page 5

### Hidden

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



## Honoring Day-to-Day Tasks: Psst, Did You Hear About...

Gossip. Psst, this is just between you and me, ok? *Gossip* as a term originated from the conversations in the bedroom at the time of childbirth. Giving birth used to be a social (ladies only) event, in which a pregnant woman's female relatives and neighbors would gather. As with any social gathering there was chattering and this is where the term gossip came to mean talk of others. (The word gossip is derived from terms that mean godparent.)

Gossip is not one of the Values at SWVMHI. In fact, gossip can be counter to all of the SWVMHI Values. Gossip can communicate real and important information through informal channels, but it can also isolate and harm others. When gossip



is of this type, it is essentially a form of attack.

It is difficult to know how much of gossip communication is true because many gossip communications have partial truths. How do you know when gossip is occurring? It is hard to know for sure, but if the communication stops when you enter a room, it may be a sign of gossip.

Despite their center stage position, individuals who are perceived to engage in gossiping regularly are seen as having less social power and being less liked. Even though gossip can be good or bad, it is bad for the person who gossips. A number of recent psychological studies all conclude, regardless of gossip type (positive versus negative) or relationship type (friend versus stranger) the gossipers were rated as less trustworthy after sharing the gossip.

The best prescription for gossip is to refuse to listen. Psst, rise above it.

~ James Moon, Ph.D.  
Psychology Supervisor

## Chaplain's Corner

January is the month for new beginnings and promises for a better life in the future. As the new year begins, it has been a tradition for many years to sing "Auld Lang Syne" (Old Long Since), a Scottish poem written by Robert Burns in 1788. The phrase may be loosely translated as "times gone by" and refers to the value of remembering friends from the past. The musical version of the poem became an American classic when Guy Lombardo and his Royal Canadians played it at midnight on new year's eve in 1929 at the Roosevelt Hotel in New York City.

By 1946, the popular song was featured at the conclusion of the movie "It's a Wonderful Life," starring Jimmy Stewart and Donna Reed. I will always treasure that scene because I am reminded how important it is to say "thank you" even if it seems unnecessary. Several years ago, I decided to express my appreciation to Jimmy Stewart for the message of that classic movie. I wrote a letter and described what the movie meant to me

and how I had enjoyed his career. Much to my surprise, a few months later I received a personal note from Jimmy Stewart that read,

*Dear Tim Graham,*

*Thanks for your kind words. May you have a wonderful life.*

*God Bless you,  
Jimmy Stewart*



It doesn't get much better than receiving such a gracious greeting from George Bailey himself. I'm always glad I acted on my impulse and expressed my appreciation to Jimmy Stewart. I never expected a personal reply, but for a moment he knew I valued his contribution to my life. He died not long afterwards and I am so glad I took the opportunity to express my gratitude.

"Should old acquaintance be forgot and never brought to mind?"

Of course not! We do well to remember old friends and heroes who have shaped who we are and have had a positive impact on our lives. Maybe it's not too absurd to widen our awareness of gratitude as we face the possibilities of a new year. Who means something special to you? It's worth thinking about.

~ Timothy Graham, D. Min  
Chaplain





# Rehab Department News



This past month has shown some cold days and some snow showers. There were even snow flurries for Christmas Eve.

Treasure Seekers continues to be open for business on Tuesdays and Thursdays from 1445 to 1530 and has many nice donated and handmade items for sale. Christmas and Fall items are currently 50 percent off. There is a wonderful assortment of handmade ceramic items, clothing, and woodcrafts as well. Come on over and find your treasure.

The Regional Consumer Empowerment Recovery Council (R-CERC) meeting was held on December 18, 2013, at Hungry Mother Lake. Representatives from the Institute were in attendance. Handmade Christmas ornaments were exchanged among the members at the meeting and wonderful food was served. Plans were discussed for the upcoming year.

The Rehab Department hosted Operation Santa Claus on December 19, 2013. Individuals from each ward were escorted down to do their Christmas shopping. An assortment of clothing, hygiene items, books, puzzles, art supplies, and

electronic devices were among the many choices. The individuals were greeted by Rehab staff and offered assistance with their shopping. Holiday music was playing in the background, and the day was enjoyed by all.

The Animal Assisted Activities Therapy (AAA/T) program continues to grow and develop. The addition of the AAA/T Pet Grooming group has been a success and individuals that we serve have enjoyed learning about therapy dog Wrangler and the care he requires.

~ Sheila Thomas,  
Rehab Specialist

“Gossip is the Devil's radio.” ~ George Harrison

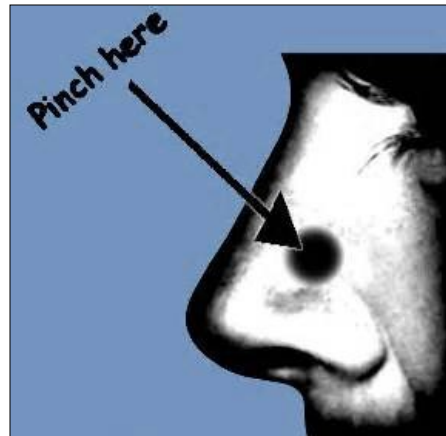
## First Aid Tips -- Nosebleeds



Who hasn't had a nosebleed? When I was young and got one, my grandmother always said I needed to drink more orange juice.

I always wondered how that can help, but of course, fresh orange juice is delicious and I knew it couldn't hurt. Now as an adult with access to the internet, I Googled nosebleeds and orange juice and guess what!? My grandmother was right, vitamin C is necessary for the formation of collagen which helps create a moist lining for our noses.

The cold dry air during the late fall and winter coupled with dry, warm air in our home present perfect conditions for nosebleeds. Nosebleeds occur for many reasons. Some reasons are dry air, “picking your nose” (you should pick only flowers, not your nose!), allergies, trauma, high altitudes, blowing or rubbing your nose too hard, and high blood pressure.



If possible, determine the cause of the nosebleed. Then, of course, the rescuer should make sure the scene is safe. Instruct the victim to lean forward. Leaning back allows blood to flow down into the stomach and causes or can cause vomiting.

Obtain a PPE box, apply pressure (wearing gloves, if possible), or instruct the victim to apply constant pressure to the bridge of the nose, just below the bony part.

After a short while, the bleeding should stop. If the bleeding does not stop, press harder. Instruct the victim not to blow their nose, pick it, or mess with their nose in any way.

Call for help if bleeding lasts longer than 15 minutes, is gushing, the victim is having trouble breathing, or is feeling faint.

~ Rebecca Sparger, RN, BSN  
Training and Development Coordinator



## Human Resource Updates



The New Year brings new things and new changes, and benefits are no exception. There are changes with the Commonwealth of Virginia Defined Contribution Plan and a new Virginia Retirement Hybrid Plan.

### Commonwealth of Virginia Defined Contribution Plan Changes

The Virginia Retirement System recently selected ICMA-RC as the third party administrator for the Commonwealth of Virginia Defined Contribution Plan. The transition from ING (our former administrator) began in late December and will be completed around January 10, 2014. ICMA-RC sent letters to all participants at the beginning of September containing information about the changes in record keeping and what it means. Employees who participate can find more information, register for educational seminars, and explore in-depth educational materials by visiting the VRS Employee Transition Website at [www.varetire.org](http://www.varetire.org) and clicking the Defined Contribution Plans tab.

After the transition, participants can continue to access plan specific information and materials on the Employer Resource Center under the Defined Contribution Plan tab. Beginning on January 10, 2014, participants must register for Account Access and create a User ID and password under the Defined Contribution tab of [www.varetire.org](http://www.varetire.org). After logging in, you can check your account balances or request transactions, such as a fund transfer, through their accounts. Employees can also contact the Defined Contribution Plan Call Center at 1-877-327-5261 and select option 1. Participants will need to create a new PIN on the Voice Response system.

ING will send a closing statement to all participants showing the amount transitioned to ICMA-RC and a zero ending balance on the statement. Participants with assets in the Self-Directed Brokerage Accounts will need to set up a new User ID and Password for self-directed brokerage accounts with TD Ameritrade.

Participants will receive a separate mailing from ICMA-RC regarding the brokerage transition and accounts set-up process. Any questions regarding this process should be directed to VRS Defined Contribution Plan at 1-877-327-5261.

### New Virginia Retirement System Hybrid Plan

The Virginia Retirement System will implement a brand new Hybrid Retirement Plan. The new plan will become effective for all new eligible members beginning January 1, 2014. Most current Plan 1 and Plan 2 members may opt into the plan beginning January 1 – April 30, 2014.

**What is the VRS Hybrid Plan?** The Hybrid Retirement Plan combines the features of a defined benefit plan, which pays a monthly retirement benefit based on age, total service credit, and average final compensation, and a defined contribution plan, which provides a retirement benefit based on contributions to the plan and the investment performance of those contributions.

**How does the plan work?** Hybrid plan members contribute four percent of creditable compensation to the defined benefit plan and one percent to the defined contribution plan each month. Members may voluntarily contribute up to an additional four percent in half (0.5) percent increments to the defined contribution plan each month. Members can increase or decrease their voluntary contributions on a quarterly basis. With the mandatory and voluntary contributions to the defined contribution component of the plan, members can contribute a maximum of five percent with a three and one-half (3.5) percent match from the employer. Members invest in various investment options that best fit their needs.

**Is the new plan right for you?** The Opt-In period begins early in January and ends in April. Go to [myVRS](#) Plan 1 or Plan 2 account to use the Hybrid Plan Calculator to compare your future retirement benefits under the Hybrid Retirement Plan to a future estimated benefit in your current plan. You can complete the opt-in process by submitting the Election of VRS Retirement Plan (VRS-120) to VRS by April 30, 2014. Access to this form is only available through the Hybrid Plan Calculator.

### Important Dates to Remember

**January 1: Hybrid Retirement Plan is Effective and Member Opt-In Period Begins.** New eligible members with no prior service will begin coverage under the Hybrid Retirement Plan upon employment. Most current Plan 1 and Plan 2 members have a one-time, irrevocable option to opt into the hybrid plan January 1 through April 30, 2014.

**Early January: Member Resources Available.** Current Plan 1 and Plan 2 members can use the Hybrid Plan Calculator in [myVRS](#) to compare the current plan to the Hybrid Retirement Plan. VRS will hold member information sessions around the state, as well as provide online webinars, giving an overview of the Hybrid Retirement Plan benefit provisions.

**April 30: Member Opt-In Period Ends.** The last day for eligible Plan 1 and Plan 2 members to opt into the Hybrid Retirement Plan.

**July 1: Members Who Opt In Begin Plan Coverage.** The Hybrid Retirement Plan becomes effective for Plan 1 and Plan 2 members who opted into the plan.

Questions about these changes should be directed to a member of the Human Resource Office by calling Extension 201 or 363, or by visiting the VRS website at [www.varetire.org](http://www.varetire.org).

~ Kimberlee Hubbard,  
Human Resources Assistant

## Clinician's Corner - Language and Mental Health Part II



At SWVMHI, we ask that all staff use Person First language. Sometimes it seems easier to take a shortcut in the way we speak, chart, and write Recovery Service Plans, but as part of following our facility Values, we use compassion and caring in our communications with others. By retraining ourselves as necessary to put the “person first,” we acknowledge that the disability is not as important as the person’s individuality and humanity. We remember that individuals with mental illness are whole people with hopes and dreams, and whose personal power we can use to inspire when setting and meeting recovery goals.

For instance, we say “an individual with paranoid schizophrenia,” rather than “a schizophrenic.” A catch-all means of describing an individual (“She’s a 22 year-old borderline.”) does not convey the individuality that is most helpful to oth-

ers. While slightly longer, the difference in the amount of respect that this shows is immeasurable.

Using Person First language does not mean that the person’s illness or diagnosis is hidden or irrelevant. To make a diagnosis the sole focus of our conversation, thinking, and planning is depersonalizing and is no longer considered an acceptable practice. While diagnostic terms are required for other purposes, such as reimbursement and communication with other professionals, their use should be limited elsewhere.

Describing the person’s actual experience or manifestation of their illness is much more useful. If we describe the behavior, the coping strategy, the motivation, or the relevant history, we communicate maximum information.

We also insist that the language we use be empowering rather than pitying. We

do not want to cast individuals with mental illness in a passive, victim role. Words such as “hope” and “recovery” are used frequently in documentation and delivery of services.

It is important for us as mental health professionals to interpret perceived deficits within a strengths- and resilience-based framework, as this will allow the individual to identify less with the limitations of the disorder. For example, if we merely label an individual who does not take medication regularly as “noncompliant,” we miss out. By focusing on compliance alone, we tend not to explore the reasons for these decisions. This same individual could be seen as making use of alternative coping strategies, and the coping strategies could be a new focus for intervention.

## From the Director, continued

use items from the Store-room! If staff forget something from an order, he graciously makes an extra trip so that we can more easily meet the needs of the individuals we serve. If staff give incomplete information, he always seeks to clarify so the order can be correct. And if that fails to produce the desired item, he handles the return and new purchase without complaint.”

Every day he gives his job 100 percent and every day he has a positive attitude. Allen follows all purchasing rules and regulations; he balances his credit card statements prior to the due date. His attendance is exemplary. Allen demonstrates fantastic Teamwork

in order to get the work done and the needs of the customer met. Allen demonstrates the very best of SWVMHI Values. For example, he frequently asks about your day, and you really believe he wants to know! Allen honors the SWVMHI Value of Honoring Day to Day tasks by giving every activity his undivided attention and treating every interaction as if it were the most important thing he has to do.

*Congratulations* Allen and thank you!



The above photo of the Henderson Building shows work being completed on seven of the eight chimneys. Replacement of the slate roof is scheduled to begin on January 13, 2014.

~ Cynthia McClaskey



# Staff Development Corner

Take advantage of the training Opportunities in January



**Basic Computer Skills**

**When:** January 22, 1500-1700  
**Where:** Computer Lab/B Building

**Human Resources Series: Employment Performance Documentation**

**When:** January 27, 1300-1500  
**Where:** Dogwood Room/B Building

**Human Resources Series: Conflict Resolution**

**When:** January 28, 1300-1500  
**Where:** Dogwood Room/B Building

**Basic Microsoft Word**

**When:** January 29, 1500-1700  
**Where:** Computer Lab/B Building

**Dogwood Dialogue: 12 Step Program with CJ Copenhaver and Tim Graham**

**When:** January 9, 1200 noon  
**Where:** Dogwood Room/B Building

**Human Resources Series: Employment Performance Documentation**

**When:** January 14, 1300-1500  
**Where:** Dogwood Room/B Building

**Windows 7 Overview**

**When:** January 15, 1500-1700  
**Where:** Computer Lab/B Building

~ Ginny Moorer, M.Ed.  
 Training and Development Coordinator

**CAI due in January:**  
**dLCV (formerly VOPA)**  
 Log onto the Knowledge Center today and complete this CAI between January 1 and January 31, 2014.

## Dust of Snow

By Robert Frost (1923)



The way a crow  
 Shook down on me  
 The dust of snow  
 From a hemlock tree

Has given my heart  
 A change of mood  
 And saved some part  
 Of a day I had rued.

# Important Reminders

### Outside Employment/Conflict of Interest

SWVMHI Policy 6114, *Outside Employment/Conflict of Interest*, requires every SWVMHI employee engaged in outside employment to renew the approval no later than January of each year. If you currently work outside SWVMHI, you must complete the form and present it to your supervisor by January 30, 2014. If you gain outside employment any time during 2014, you must complete the outside employment form and present it to your supervisor.

### Emergency Contact Information

Please remember that if you have a change of address and/or phone number, you must complete an Emergency Contact form and turn it into Human Resources immediately. You can also change your address and phone number through [Payline](#).

### FMLA Renewals

The new FMLA leave year begins on January 10, 2014. All FMLA requests must be renewed at the beginning of each leave year according to policy. The FMLA policy and forms can be located on the Intranet Forms Directory and must be submitted to the Human Resources office for approval. Please contact the Human Resources Office for questions by calling Extension 145 or 148.



# New CPR Equipment

We are so excited to be using new equipment in the Training Department. When we were planning for our move to the B Building, we realized that much of the equipment used for CPR was outdated, in disrepair, or just not really user friendly.



New manikin

We were able to purchase new manikins for CPR that are more life-



New mats

like, cushier mats for our knees, and new choking trainers that simulate choking relief much more realistically than good ole' "Choking Charlie!"

Other Training Sites, such as Marion Correctional Treatment Center, like the equipment so much that they are recommending it to their sibling facilities.

We put the new equipment into service with our July, 2013 classes.



Choking trainer

Staff response has been overwhelmingly positive regarding realism and ease of use. As a bonus, the equipment is much easier to clean and requires less in the way of supplies.

~ Rebecca Sparger, RN, BSN  
Training and Development Coordinator

# Recovery Hero

## A Spotlight on Employees Using TOVA Skills and Assisting People with Their Recovery

Employees are nominated to be Recovery Heroes for many reasons, but they are most often referred when they intervene during a time of crisis for one of the individuals that we serve. Our Recovery Hero this month was nominated for her daily interactions with the individuals we serve.

This month's Recovery Hero is Cynthia Harvey, who is the B Team



Nurse on Acute Admissions. When Cynthia was nominated for Recovery Hero, she was described by Sherri Austin, Staffing Nurse Coordinator, as, "an awesome nurse, someone who knows the individuals on her team, she takes the time to read their medical records, and she talks with them daily." Sherri also said that Cynthia is always active in early intervention when an individual is upset, she makes eye contact with them, she actively listens, her

demeanor is very calm, her voice is steady, and clear.

Because she knows the individuals that she serves so well, Cynthia is our Recovery Hero this month. Cynthia started working at SWVMHI on May 1, 1995. Please congratulate Cynthia when you see her. We are glad that she is part of our team.

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



# Outdoor Safety

Working during winter feels more like survival of the fittest than an every-day challenge. The risks are even tenfold for employees who have to work and drive outdoors. Here are nine tips that should keep you safe during this trying season:

## 1. Bring out those hands!

Hold it! Don't remove those gloves or mittens yet. I mean, just think twice before walking outside with your hands in your pockets. Why? Keeping your hands in your pockets increases the risk of you falling or completely losing your balance in case you slip while walking on ice or snow.



## 2. Mittens vs. Gloves

Gloves sure look fashionable but donning mittens can actually save your life. With your fingers touching each other inside mittens, they generate more body heat than when they're inside gloves.



## 3. Warm up before shoveling.

Before you get rid of all the snow and ice

at your workplace, do some stretching exercises first. You can also march in place or walk for a couple

of minutes. With your muscles all warm, not only will you work more efficiently, you also reduce the risk of injuring yourself.

## 4. Forget coffee and cigarettes.

Before shoveling or doing any strenuous work, avoid caffeine and nicotine. They increase your heart rate and may cause your blood vessels to constrict.

## 5. Rock salt + Kitty Litter = Safer walkways



Have some rock salt and kitty litter on hand. Rock salt helps melt

the ice on slippery surfaces. Kitty litter gives temporary traction.

## 6. Tin can + Matches + Candle + Paper Cup + Snow = Drinking water



Yes, you read the equation right. Before going on the road, you better prepare a tin can, candle, paper cup, and some matches. Should you get stuck in the middle of the road and

run short on water, you can always melt some snow with the supplies above as part of your emergency kit.

## 7. Warm up before driving off.

While it pays to do some stretching exercises before delivering goods or

driving to work, you should warm up your vehicle, too. This helps reduce the moisture condensation on the inside of your car windows. Remember, though, not to warm up your vehicle in a closed garage.

## 8. Six inches equals danger.



Be wary of floods. Be doubly cautious of running water that is six

inches deep or more, or you run the risk of getting swept off your feet.

## 9. Report those damaged lines!



After a winter storm, immediately report any downed power lines or broken gas lines in your area or workplace.

~ Safety Committee

Don't Be 'Left Out In The Cold'... Practice Winter Safety

Envy is usually the mother of gossip.





## PERSONNEL CHANGES



### New Employees

Brittany Boothe, Psychiatric Aide	Nov 10
Shana Hamrick, PI4 LPN	Nov 10
James Jones, Psychiatric Aide	Nov 10
Joyce McCormick, PI4 Patient Registrar	Nov 10
Mushell Shazier, Food Service Technician	Nov 10
Renee VanDyke, Human Resources Assistant	Nov 10

### Separations

Danny Hall, Psychiatric Aide	Nov 1
Michael Cregger, Seasonal Housekeeping Worker	Nov 3
Claiborne "Kenny" Edwards, Psychiatric Aide	Nov 12
Rushiraj Laiwala, PI4 MOD	Nov 21
Robert Baranowsky, Clinical Social Worker	Nov 22
Klarissa Croson, Food Service Technician	Nov 26
Phillip Ward, Rehabilitation Programs Director	Nov 29

### Promotions/Role Changes

Karen Greer, PI4 to full-time Psychiatric Aide	Nov 10
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## MONTHLY PATIENT CENSUS

**November**  
**2013**

**Admissions 46**

**Discharges 46**

**Passes 17**

**Average Daily  
Census**

**149**

# Happy New Year

# 2014

*Best Wishes*

## Say Cheese

Have you heard the saying, “laughter is the best medicine?” It is actually true. Smiling can boost your mood and your immune system. Keep reading for some interesting facts about smiling:

1. **Forcing yourself to smile can boost your mood:** Psychologists have found that even if you're in a bad mood, you can instantly lift your spirits by forcing yourself to smile.
2. **It boots your immune system:** Your body is more relaxed when you smile, which contributes to good health and a stronger immune system.
3. **Smiles are contagious:** In a study conducted in Sweden, people had difficulty frowning when they looked at other subjects who were smiling, and their muscles twitched into smiles all on their own.
4. **Smiles relieve stress:** Your body immediately releases endorphins when you smile, even when you force it. This sudden change in mood will help you feel better and release stress.
5. **It is easier to smile than to frown:** Scientists have discovered that your body has to work harder and use more muscles to frown than it does to smile.
6. **It's a universal sign of happiness:** While hand shakes, hugs, and bows all have varying meanings across cultures, smiling is known around the world and in all cultures as a sign of happiness and acceptance.
7. **We still smile at work:** While we smile less at work than we do at home, 30 percent of subjects in a research study smiled 5 to 20 times a day, and 28 percent smiled over 20 times per day at the office.
8. **Babies are born with the ability to smile:** Babies learn a lot of behaviors and sounds from watching the people around them, but scientists believe that all babies are born with the ability, since even blind babies smile.
9. **Smiles are the most easily recognizable facial expression:** People can recognize smiles from up to 300 feet away, making it the most easily recognizable facial expression.
10. **There are 19 different types of smiles:** UC-San Francisco research identified 19 types of smiles and put them into two categories: polite “social” smiles, which engage fewer muscles, and sincere “felt” smiles that use more muscles on both sides of the face.
11. **Babies start smiling as newborns:** Most doctors believe that real smiles occur when babies are awake at the age of four to six weeks, but babies start smiling in their sleep as soon as they are born.



Read more at <http://www.pickthebrain.com/blog/15-fascinating-facts-about-smiling/#uuPIA9t4qzZ8efIA.99>

### January Lunar Phases

**January 7**

First Quarter Moon

**January 15**

Full Moon, also called “Wolf Moon” by Native Americans of New England and the Great Lakes because at this time of the year, the wolves howl in hunger.

**January 24**

Last Quarter Moon

**January 30**

New Moon



## Meals in Minutes: Loaded Potato Soup

What meal could be better on a cold, winter night than some hot soup? And even better, one that is low fat and delicious? Try this loaded potato soup after an afternoon of playing in the snow to warm you right up:

### Ingredients

- 4 (6-ounce) red potatoes
- 2 teaspoons olive oil
- 1/2 cup pre-chopped onion
- 1 1/4 cups fat-free, lower-sodium chicken broth
- 3 tablespoons all-purpose flour
- 2 cups 1% low-fat milk, divided
- 1/4 cup reduced-fat sour cream
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 3 bacon slices, halved
- 1.5 ounces cheddar cheese, shredded



- 4 teaspoons thinly sliced green onions

### Preparation

1. Pierce potatoes with a fork. Microwave on HIGH 13 minutes or until tender. Cut in half; cool slightly.

2. While potatoes cook, heat oil in a saucepan over medium-high heat. Add onion; sauté 3 minutes. Add broth. Combine flour and 1/2 cup milk; add to pan with 1 1/2 cups milk. Bring to a boil; stir often. Cook 1 minute. Remove from heat; stir in sour cream, salt, and pepper.
3. Arrange bacon on a paper towel on a microwave-safe plate. Cover with a paper towel; microwave on HIGH for 4 minutes. Crumble bacon.
4. Discard potato skins. Coarsely mash potatoes into soup. Top with cheese, green onions, and bacon.

*Cooking Light, November 2012*

<http://www.myrecipes.com/recipe/loaded-potato-soup-10000002012818/>

## Code Blue Tips



Over the past several months, Code Blue Drills have been conducted on each shift. The first drill occurred on third shift and involved a “dressed” manikin who was “experiencing” low blood sugar. As Dr. Andrew Mone’s and my techniques evolved and improved, the first and second shift drills involved a “live” actor and both involved a scenario of “choking.”

Great feedback was gleaned from each drill. Also, during our CPR competencies, we have obtained additional feedback for applied practice versus drills or “ideal conditions.”

All of these considerations are important and no one aspect is more or less important than the other. Code Blue drills are held to enhance our learning and to provide the practice we need to be the best responders we can be. Leadership always comes up in our debriefing after the code blue drills. Basically it consists of a “who is in charge” comment. It is vitally important to make sure someone is in charge of the scene/rescue/recovery and does whatever the situation calls for and continues doing it until someone with more advanced training directs or changes the action.

The “who is in charge” begins as the first responder but may not necessarily be the one

who first called for help. The first responder could be anyone on the floor who is trained in American Heart Association Basic Life Support (AHA BLS). Those folks comprise about 2/3 of our staff!!

Another extremely important piece of the best practice for code blue scenarios is to perform a quick, thorough assessment of the victim including vital signs, blood sugar check, body inspection for injuries/bleeding (all when and as appropriate), etc., so that the information is readily available to the MOD when he or she arrives. Based upon the initial assessment, the responders will know what procedures should be instituted, i.e., unresponsive and with no breathing/pulse, start CPR; profuse bleeding - stop bleeding; respiratory distress -give oxygen via cannula or ambubag, etc.

A third aspect is being heard when giving information during the code. There is generally lots of noise and many times, even though the information was obtained and given, it was not heard by the SNC or recorder. Participants in the drills were heard to ask, “What did they say?” Or, “Did you get that?” Communication is vital in every aspect of what we do.

When the crash cart is utilized, knowing

where things are located is especially important, as seconds count. Staff who may use the cart should be aware of and familiarize themselves with the contents and their location. The drawers are labeled for contents, but being unfamiliar with the cart presents problems.

When Code Blue situations occur, obviously it is important to know what to do, but sometimes, not so obviously, it is important to know what not to do. People not involved in a real Code Blue situation should avoid being a spectator. We are all human and curiosity is innate in our being; however, we need to recognize the victim’s need for, and right to, privacy during this challenging time. So we should try to actively suppress this curiosity. This is what we might call a kind of Code Blue “etiquette” that we owe to the victim, to each other, and our Code Blue team.

Fortunately, Code Blue situations do not happen often, but that is also the reason we continue to have drills to keep our skills sharp.

~ Rebecca Sparger, RN, BSN  
Training and Development Coordinator

# Word Search



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

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

Auld Lang Syne

beginning

bowl games

celebration

clock

confetti

countdown

dancing

first

friends

football

January

midnight

music

New Year's Eve

noisemakers

parade

party

resolutions

singing

time

Times Square

toast



# Special Gym/Game Room Activities

Consumer Empowerment  
Recovery Council (CERC)  
January 23, 2014  
1515—1530



Movie Nights  
January 13 & 14, 2014  
1830—2000

Pizza Party  
January 31, 2014  
1830



Patient Activity Council (PAC)  
January 23, 2014  
1530—1545

Jeopardy  
January 21, 2014  
1830—2000

Dance-Off  
December 2 and 3, 2013  
1830 PRACTICE  
December 6, 2013  
1830-2000 SHOWCASE



Birthday Party  
January 22, 2014  
1800 - 2000  
No Cafe



Church Services  
Church Services are held each  
Thursday from 1830 - 1930  
No Cafe



Bingo  
January 8, 2014  
1830 - 2000



Mardi Gras  
January 23, 2014  
1330 - 1500

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.

**We** must accept finite **DISAPPOINTMENT**,  
but we must never lose Infinite **HOPE**.

~ Martin Luther King, Jr.



## January Days to Celebrate

“Off the cuff” January holidays to celebrate:

January 3  
J.R.R. Tolkien Day

January 8  
Argyle Day

January 11  
Learn Your Name in Morse Code Day

January 16  
Appreciate a Dragon Day



January 19  
Popcorn Day  
January 20  
Penguin Awareness Day

January 23  
National Pie Day

January 25  
Visit Your Local Quilt Shop Day

January 27  
Bubble Wrap Appreciation Day



# Holiday Meal Memories



SWVMHI  
Established in 1887



Honoring Our Past  
Celebrating Our Present  
Cultivating Our Future

### Southwestern Virginia Mental Health Institute

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



### Comments, Suggestions or Ideas?

**SHARE THEM!**

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



### This Month's Word Search Answer Key

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

Please submit articles for the next newsletter to Cheryl Veselik by January 21, 2014.

The next newsletter will be published February 1, 2014.