



In this Issue

| | |
|--|----|
| Values | 2 |
| Chaplain's Corner | 3 |
| Recovery Hero | 4 |
| Rehab News | 5 |
| Welcome Aboard | 6 |
| Personnel Changes | 8 |
| Backpack Program Donations | 11 |

From the Director

As you may be aware, some of Virginia's mental health laws changed on July 1, 2014, which have an impact on SWVMHI. Here is a brief overview of the law in general and some of the changes. This article is based on summaries prepared by Allyson Tysinger of the Office of the Attorney General. More information about Virginia's Civil Commitment laws can be found on the website of the Division of Legislative Services and a training presentation on the mental health law change is on the DBHDS website:

http://dls.virginia.gov/interim_studies/MHS.html

<http://www.dbhds.virginia.gov/civilcommitmentlawchanges.htm>

Emergency Custody Order (ECO):

An ECO is an order issued by a magistrate that requires that any person in their area who is incapable of volunteering or unwilling to volunteer for treatment to be taken into custody (by law enforcement) and transported for an evaluation in order to assess the need for hospitalization or treatment. The ECO is issued when the magistrate finds probable cause to believe that a person meets the commitment criteria in Virginia Code 37.2 – 808(A). The evaluation is conducted by the trained, certified Preadmissions Screener ("prescreener") from the local Community Services Board.

- The ECO is now valid for a period not to exceed eight hours from the time of execution. This applies to both paper ECOs and "paperless" ECOs. The old law permitted the ECO for four hours with possible two-hour extension. Now it is a "straight 8" as the provision for an extension has been removed.

- The law enforcement agency that executes the ECO shall notify the CSB responsible for conducting the evaluation as soon as practicable after taking the person into custody. This applies to both paper ECOs and "paperless" ECOs.
- There is also a provision that if the individual is detained in a state facility at the expiration of the eight-hour period because no other facility of temporary detention could be identified, the CSB and the state facility may continue to attempt to identify an alternative facility for an additional four hours. We believe that this will be a rare occurrence, but we may contact another state facility if we are unable to provide temporary detention and appropriate care.
- Upon receiving notification of the need for an evaluation, the CSB shall contact the state facility serving the area in which the CSB is located and notify it that the individual will be transported to it upon the issuance of a Temporary Detention Order (TDO) if an alternative facility cannot be identified by the expiration of the eight hour emergency custody period. We call this a "heads up" call. The CSB prescreener continues to work diligently to find another bed.
- evaluation by the CBS prescreener.
- Upon completion of the pre-admission screening evaluation, CSB shall provide information about the individual to the state facility to allow it to determine the services the individual will require on admission.
- A state facility shall not fail or refuse to admit an individual who meets the criteria for a TDO unless an alternative facility agrees to accept the individual, and an individual who meets the criteria for a TDO shall not be released.
- The Commitment hearing shall be held within 72 hours of execution of the TDO. If 72-hour period ends on a Saturday, Sunday, legal holiday, or day on which the court is lawfully closed, a person may be detained until COB on the next business day when the court is open. The old law permitted 48 hours.

In addition, DBHDS was tasked to complete and implement a web-based acute psychiatric bed registry to contain information about available acute beds in public and private inpatient psychiatric facilities and residential crisis stabilization units to facilitate identification and designation of facilities for temporary detention.

~ Cynthia McClaskey, Ph.D.

Hidden

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





SWVMHI Values

The Perfect is the Enemy of the Good



As we experience change, several things can happen. If we embrace change, we have a better chance of enjoying the challenges brought on by change. However, it can be very difficult to embrace change. A more common strategy is to resist it. One way we can resist change is to study the change process *ad nauseam* resulting in the phenomenon of “analysis paralysis.” Obviously, some study and planning related to change is necessary because all progress re-

quires change, but not all change is progress.

Another way to resist change is to strive for perfection. Voltaire wrote in part, “The perfect is the enemy of the good,” meaning that insisting on perfection often results in no improvement at all. Aristotle, Confucius, and many oth-

ers have echoed similar sentiments suggesting strongly the need to move forward in a “good enough” manner rather than being concerned with getting everything *absolutely* right.

In times of multiple changes, we should avoid confusing perfectionism with excellence, focusing much more on the latter, and being consistent with the SWVMHI Value of Honoring Day-to-Day tasks.

~ James Moon, Ph.D.
Psychology Supervisor

Career Studies Graduates

Several Nursing staff members recently graduated from Wytheville Community College with a Human Services Career Studies Certificate.

A ceremony was held at the college on June 18, 2014, featuring guest speakers, Melinda Leland, vice President of Workforce Development at Wytheville Community College as well as Karen Poe, Community Resource Consultant at the Department of Behavioral Health and Developmental Services.

A Career Studies Certificate is offered in partnership between the Virginia Community College System and the Department of Behavioral Health and Developmental Services as part of the Direct Support Professional program.



Janice Morris (left) receiving her certificate from Melinda Leland, Vice President, Workforce Development, Wytheville Community College

- Tony Huggins, Psychiatric Aide on AB third shift;
- Janice Morris, Lead Aide on F third shift;
- Jennifer Waller, PA on Float second shift; and
- Johnnie Overbay, Psychiatric Aide on Float first shift.

Congratulations to each of this year’s graduates on a job well done!

~ Norma Brickey, MSN
Assistant Nurse Executive

We would like to recognize those graduates from SWVMHI, who included:

- Cecilia Holman, Lead Aide on AB third shift;



Area schools start back during August, which means more traffic, and more children crossing roads, getting on and off busses, etc. Please drive carefully and stay alert, especially for smaller children who do not always pay attention to the dangers of traffic.

Chaplain's Corner



Don't be afraid of change. You might lose something, good, but you'll gain something better. ~ Unknown



I had the enjoyable experience of attending the Hungry Mother Arts and Crafts Festival with some of the individuals that we serve. It was raining and overcast, but this did not dampen anyone's spirits. The anticipation of people in the van envisioning food, sights, smells, and fun was contagious. Roaming around the displays, listening to music, sampling fudge, and other epicurean delights made our walk in the rain an absolute delight.

The artisans carefully explained the detail of their crafts, their inspiration for writing, and the stories of how they came to Hun-

gry Mother Park for the festivities. The interaction with nature, conversation, sights, and sounds made the day a refreshing experience for everyone.

There was one blue and white tent that was a welcome sight for the individuals we serve. This was the display of artistic and craft creations made by the individuals of SWVMHI. Underneath this soaked awning, people from all over the festival viewed and admired the creative expressions of the woodshop and pottery groups offered as part of the overall Rehab program conducted each week at our facility. Under the careful guidance of our Rehab staff, clay becomes artistic pottery, while sanding and scraping reveal the true beauty of functional wood crafts. The staff who managed the display and those who circulated in and out of this area provided a welcome sight of familiar faces, friendly conversation, and a place to relax. On our final trip back to our facility, the happy voices of everyone in the van expressed the joy the experience had been

for all of us. We listened to Aerosmith on the radio and celebrated the goodness of being alive. I am reminded that our spiritual awareness is enhanced by many factors; often by simply observing what is going on around us and appreciating the experience of sharing one another's contentment.

Lao-Tzu, the Chinese philosopher once wrote, "Be content with what you have; rejoice in the way things are. When you realize that there is nothing lacking, the whole world belongs to you."

There are those days when it seems like (borrowing a phrase from a hymn) "He's got the whole world in his hands." These are the times to cherish and the happy lessons to ponder. A day in the rain, is often good for the soul.

~ Timothy Graham, D. Min.
Chaplain

Don't Can that Aerosol!



Due to EPA regulations, aerosol cans can **NOT** be discarded in the "regular" trash. All empty aerosol cans should be given to House-keeping for proper disposal. The facility is searching for non-aerosol replacements for the aerosol products we currently use, but some products do not have a suitable replacement.

~ Thank you!

OneMind Update



The development of the body of the electronic health record (EHR) continues. Up until now, the EHR has only been used on the medical units of the three pilot hospitals (WSH, ESH, and SWVMHI).

The EHR was tested (integrated testing) at WSH the week of July 14 to find out if all the different pieces of the record shared information correctly and if the information flowed as it should – that was integrated testing.

The week of July 21 was used to "fix" any issues that were discovered during integrated testing. WSH again performed integrated testing the

week of July 28. Any remaining issues will be resolved, and in early September, WSH will go live with OneMind on a small psychiatric unit, the Dogwood Unit.

Prior to our go live, there will be lots of communication regarding the details of go live and extensive training for all staff who will use OneMind. Best of all, we will have the benefit of the "lessons learned" from WSH's and ESH's go lives!

So OneMind is coming soon to a computer near you! Details and training will be provided when go live is closer.

Stay tuned

~ Amanda Currin
Assistant Director



Staff Development

Take advantage of the training Opportunities in August

When: August 21, 2014
Where: B Building/Dogwood Rm
Program: Dr. Gillette — Ethics

Please call Patricia Evans at Extension 854 to register in advance.

The Hazard Communication CAI is due during the month of August.

Please log into the Knowledge Center today and take your required CAIs.

Questions should be directed to any member of the Training Department.

Congratulations!



Congratulations to **Erin Powers**, Ward Clerk on Wards E and F, for being one of 36 recipients of a Regirer Nursing Scholarship,

sponsored by the Commonwealth Long Term Care Foundation.

To receive the award, each recipient completed an extensive application, was personally interviewed by a member of the Foundation's Nurse Scholarship Committee, and agreed to work in a member long term care facility after graduation.

Erin is currently enrolled in the Nursing Program at Virginia Highlands Community College.

Congratulations Erin!

ADMINISTRATIVE Tidbit

Do you use something over and over again in Microsoft Word?

If so, here is a trick you may not know:

- Open Word
- Click on the Office Button located at the top left corner
- You will see recent items
- See the little push pins? If you click the push pin beside the item you frequently use, it will turn green and pin it on your recent item board.

Now, when you need to go to it quickly it will stay in your Recent Items list. (For example, I use this for all my labels).

~ **Debbie Kiser**
 Executive Secretary, Nursing

Recovery Hero

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

We are taught in TOVA that building a therapeutic alliance with the individuals we serve enables us to recognize the early warning signs when an individual becomes upset. Through recognition, early intervention, and effective communication we can help the individual calm down without having a "hands-on" event.

However, there are some times when an individual becomes upset quickly and we don't know the cause. This is what happened recently on Ward CD. An individual was on the telephone when she became upset, picked up a chair, and threw it at another individual. The staff remained calm and called a Code Response. Brandon Lewis,

Psychiatric Aide, was able to redirect the individual, who then sat down to talk to him. Brandon talked to the individual in a calm, reassuring voice and was then able to get the individual to walk to her room.



Brandon Lewis

Because he remained calm and therapeutic, and was able to help the individual calm down, Brandon is our recovery hero this month.

Brandon began working at SWVMHI on August 10, 2011. Please congratulate him when you see him; we are so glad that he is a part of our team.

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

Rehab Department News



Summer keeps rolling and garden food is starting to appear. Groups are held outdoors when weather allows so that the individuals we serve can enjoy this beautiful weather before fall rolls back around.

The Rehab Department hosted a booth at the annual Arts and Crafts Festival at Hungry Mother Park. Items for the sale were created by individuals we serve in groups with staff assistance and included wood crafts, ceramic items, and many other items. Proceeds go into a fund to support special activities and other needed items for the individuals we serve. Sales were very successful. A big thanks for all that had a hand in this event.

The July special event held July 24, 2014, was themed "Splish Splash" and centered around water type activities.

Ice cream and soda was served and the event was held outside.

The New Day Café continues coffee sales every morning. Please come by and try our coffee. Hours of service for SWVMHI staff are:

0800 – 0900 Daily
1100 – 1200 M/W/F
1130 – 1200 T/TH

Hours are also posted at the Café. Available Blends include Breakfast Blend (8 Oz. \$1.00 or 12 Oz. \$1.25); Dark as Dark (8 Oz. \$1.25 or 12 Oz. \$1.50); and Decaf (8 Oz. \$1.00 or 12 Oz. \$1.25). All Prices Include two creamers and two sweeteners

Game Room staff would like to give a shout out to second shift nursing staff for all their help during evening activities.

~ Sheila Thomas,
Rehab Specialist

Joe Arp Retires



Joe Arp, programmer in the Training Department, has retired from service after 15 years with SWVMHI. Joe was a valued and faithful employee and we wish him well in his retirement.

He plans to remain in Marion for the time being, so if you see him around town, tell him hello from all of us at SWVMHI!

~ Training Department

Have You Heard About Employee Direct?



Employee Direct is a system that employees can use to update information regarding

health benefits, personal information, and to check to see if they are receiving their premium rewards.

What is Employee Direct?

Employee Direct provides registered account holders with secure, quick, and easy on-line access to a variety of personnel, compensation, and benefits resources. It allows you to review and make certain changes to your personal information 24 hours a day from any computer with Internet access.

Is Employee Direct secure?

Employee Direct uses Secure Socket Layer (SSL) technology, the highest level of security available over the Internet, to protect your personal information. All information provided to you is scrambled en route and decoded once it reaches your browser.

Why should I use Employee Direct?

Using Employee Direct saves time and improves efficiency. It only takes minutes, eliminates paper enrollment forms, and automatically notifies your agency when you make certain change requests. It also gives you direct links to Payline, Health Benefits Plan Administrators, the Virginia Retirement System, and your agency's Benefits Administrator. Employee Direct

has earned a 99 percent overall satisfaction rating with users.

How do I get started using Employee Direct?

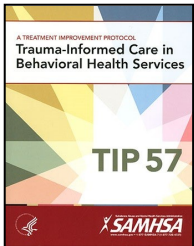
Go to www.DHRM.virginia.gov, click on the Employee Direct link, and register an account. This may take 10 – 15 minutes to complete.

If you have any questions, please contact any member of the Human Resource Team.

~ Kimberlee Hubbard
Human Resources Assistant

Clinician's Corner

Guiding Principles of Trauma Informed Care



July's Clinicians Corner described the new SAMHSA TIP Trauma-Informed Care in Behavioral Health Services (Trauma TIP), which offers behavioral health service providers and

program administrators information and practices to assist people who have experienced repeated, chronic, or multiple traumas. We know that people who experience trauma are more likely to exhibit pronounced symptoms and consequences, including substance misuse, mental illness, and other health problems. In this edition, we list the SAMHSA Guiding Principles of Trauma Informed care.

1. **Safety** - Throughout the organization, staff and the people they serve feel physically and psychologically safe.
2. **Trustworthiness and transparency** - Organizational operations and decisions are conducted with trans-

parency and the goal of building and maintaining trust among staff, clients, and family members of those receiving services.

3. **Peer support and mutual self-help** - These are integral to the organizational and service delivery approach and are understood as a key vehicle for building trust, establishing safety, and empowerment.
4. **Collaboration and mutuality** - There is true partnering and leveling of power differences between staff and clients and among organizational staff from direct care staff to administrators. There is recognition that healing happens in relationships and in the meaningful sharing of power and decision-making. The organization recognizes that everyone has a role to play in a trauma-informed approach. One does not have to be a therapist to be therapeutic.
5. **Empowerment, voice, and choice** - Throughout the organization and among the clients served, individuals' strengths are recognized,

built on, and validated and new skills developed as necessary. The organization aims to strengthen the staff's, clients', and family members' experience of choice and recognize that every person's experience is unique and requires an individualized approach. This includes a belief in resilience and in the ability of individuals, organizations, and communities to heal and promote recovery from trauma. This builds on what clients, staff, and communities have to offer, rather than responding to perceived deficits.

6. **Cultural, historical, and gender issues** - The organization actively moves past cultural stereotypes and biases (e.g., based on race, ethnicity, sexual orientation, age, geography), offers gender responsive services, leverages the healing value of traditional cultural connections, and recognizes and addresses historical trauma.

For more information, see http://beta.samhsa.gov/samhsaNewsletter/trauma_tip/guiding_principles.html



Welcome Aboard!



This column is a new feature to A View From the Hill. SWVMHI wishes to welcome its newest employees, effective June

25, 2014:

Leeann Risner comes to us from Kentucky. She and her mother recently moved to the area and this is Leeann's first meaningful job! She just graduated from high school and is in the process of obtaining her CNA license. Leeann will be working second shift on ERS.

Shelia Gregory is a CNA and lives with her husband and three children in Rural Retreat, Virginia. Shelia has worked for over ten years in a physician's group in Wytheville, Virginia, and decided it was time for a change in career. Shelia will be working third shift on Geriatrics.

Sylvia Robbins just graduated from Emory and Henry College with a degree in Psychology. Sylvia is from a little town in Eastern Virginia, Smithfield, famous for its Smithfield Ham products. Sylvia will be working day shift as a Rehab Resource Coordinator.



Sheila Lapomarede, Psy.D., comes to us from the Florida Institute of Technology where she earned her degree. She did her post-doctorate in Kansas City, Missouri, in adult inpatient psychology. Sheila is very happy to be here at SWVMHI

and will make a wonderful addition to the Ward C team.



Left to right: Sheila Gregory, PA; Leeann Risner, PA; and Sylvia Robbins, Rehab Resource Coordinator

Please welcome the newest additions to the SWVMHI team!

~ The Training Department

First Aid Tips -- Heart Attack



According to the American Heart Association, heart disease is the leading cause of death in the United States. Heart Disease strikes those from all walks of life, young and old. According to the CDC about 600,000 people die of heart disease in the US every year — that is one in four deaths. Every year about 720,000 people experience a heart attack. About a third of those attacks are a subsequent attack. An estimate of the cost of heart disease is \$108.9 billion annually!

Risk factors for developing heart disease include diabetes; family history of heart disease; obesity; poor diet or a diet high in cholesterol and red meat; lack of physical activity; smoking; and excessive alcohol use.

Heart disease can be treated or minimized by taking charge of your life. This can be done by increasing your physical activity such as 10 minutes of brisk walking or exercise three times a week; losing weight; eating a diet high in fruits, vegetables, and whole grains; minimizing the intake of foods high in fat and cholesterol; watching salt intake; and, if you smoke, quit!

Heart disease is not inevitable, although heredity can and does play a part. Poor choices are another factor. Also, geography makes a difference. The counties where we live in Southwest Virginia/East Tennessee have among the highest rates of heart disease deaths in adults over 35 in the country. Yikes! This doesn't speak well for our lifestyles and choices. It also underscores the higher rates of poverty, illiteracy, and lack of regular healthcare — all factors for a healthier population.

If you think someone is having a heart attack or is experiencing one or more of these symptoms, make sure he or she stays still and calm. Immediately phone 911 or call a Code Blue. Call for a first aid kit and/or code cart and an AED, if one is available. If the victim doesn't have an allergy to aspirin and is alert and can swallow, have him take a regular aspirin or two low dose aspirins. Chewable aspirin is preferable. Should the victim become unresponsive with no pulse and no breathing or only gasping, be prepared to administer CPR or Hands Only CPR, if no micro-shield is available.

Early action is most important. Most people know that chest pain is a prominent symptom of heart attacks; but then they don't know to call 911. Nearly half of all sudden cardiac deaths occur outside of a healthcare setting, meaning victims aren't acting on the early warning signs.

The chain of survival is early recognition of cardiac arrest, activation of the emergency response system, early and effective CPR, transport to a cardiac care unit, and appropriate follow up cardiac care.

The most common warning signs and symptoms include chest pain or discomfort, pressure in the chest that comes and goes or comes and stays; discomfort or pain in the jaw, arms, or back; shortness of breath; nausea; lightheadedness and/or cold sweats. With or without a personal or family history of heart disease, these signs and symptoms should warrant a trip to your nearest emergency department. You should be thinking Heart Attack with a capital H and A!

Don't forget the basics of CPR, checking for responsiveness and breathing for five to ten seconds, activating the emergency response, taking five to ten seconds to determine if the victim is in cardiac arrest (no pulse), then beginning CPR. Continue CPR until advanced help arrives. Your rapid, effective, and knowledgeable intervention can save a life!

However, women and the elderly may experience some or none of these typical symptoms. Also, people may think, I'm too young to have a heart attack, or heart attacks happen only to men, or it's probably nothing but indigestion, or I'll feel so silly if it isn't a heart attack or, heartbreakingly, they don't have insurance and can't afford the cost. So victims delay going to the Emergency Department, sometimes at the cost of their life.



~ Rebecca Sparger, RN, BSN
Training Coordinator



August Lunar Phases

August 3

First Quarter Moon

August 10

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

August 17

Last Quarter Moon

August 26

New Moon





PERSONNEL CHANGES



New Employees

| | |
|--|--------|
| Shelly Jones, Psychiatric Aide | Jun 10 |
| Cassandra Stinson, Psychiatric Aide | Jun 10 |
| Veronica Tapia, Psychiatric Aide | Jun 10 |
| Sheila Lapomarede, Psychologist Senior | Jun 25 |

Separations

| | |
|---|--------|
| Hannah Keene, PI4 Patient Registrar | Jun 1 |
| Leah Sauls, Psychiatric Aide | Jun 1 |
| Savannah Edwards, Psychiatric Aide | Jun 1 |
| Traci Carroll, PI4 MOD | Jun 6 |
| Mindy Long, PI4 Registered Nurse | Jun 12 |
| Anna Lyles, Food Service Technician | Jun 15 |
| Courtney Ratliff, Psychiatric Aide | Jun 19 |
| Megan Snead, Food Service Storekeeper | Jun 20 |
| Martha Delp, Licensed Practical Nurse (retirement) | Jun 24 |
| Larry Hubble, Wellness Rehabilitation Coordinator | Jun 24 |
| Linda Lester, Staffing Nurse Coordinator (retirement) | Jun 24 |
| Dickie Harrison, Security Manager (retirement) | Jun 30 |

Promotions/Role Changes

| | |
|---|--------|
| Shirley Burton, Psychiatric Aide to Registered Nurse | Jun 10 |
| Brandy Davidson, RN to Registered Nurse Clinician A | Jun 10 |
| Tanya Horton, RN to Registered Nurse Clinician A | Jun 10 |
| Charlene Johnson, RN to Registered Nurse Clinician A | Jun 10 |
| Amy Pappas, PI4 to Full-time Psychiatric Aide | Jun 10 |
| Tina Whitt, PI4 to Full-time Registered Nurse Clinician A | Jun 10 |
| Tamara Bellinger, Full-time to PI4 Psychiatric Aide | Jun 25 |

MONTHLY PATIENT CENSUS

June
2014

Admissions 68

Discharges 65

Passes 11

Average Daily

Census

153

To be *successful*, you must accept all challenges that come your way.
You can't just accept the ones you like.

~ Mike Gafka

Special Gym/Game Room Activities

Consumer Empowerment
Recovery Council (CERC)
August 28, 2014
1515 - 1545



Movie Nights
August 11 & 12, 2014
1830—2000



Patient Activity Council (PAC)
August 28, 2014
1545 - 1615

Birthday Party
August 27, 2014
1800 - 2000
No Café



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



Bingo
August 6, 2014
1830 - 2000



Summer Fun
1330—1500
No Café

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.



*Summer afternoon, summer afternoon.
To me, those have always been the two most beautiful
words in the English Language.*

~ Henry James

August Days to Celebrate

“Off the cuff” August holidays to celebrate:

August 1
World Wide Web Day

August 3
National Watermelon Day

August 6
National Root Beer Float Day

August 10
S'mores Day



- August 12**
Sewing Machine Day
- August 18**
Cupcake Day
- August 24**
National Waffle Iron Day
- August 27**
Tug-of-War Day
- August 30**
Bacon Day



Little League Celebrates 75th Anniversary



My childhood growing up in Williamsport, Pennsylvania, was influenced by Little League. My brothers, sister, and I were all in Little League baseball or softball, my father coached, my brothers coached ... we were a Little League family.

Every August though was even more special, because it was time for the Little League World Series. And we didn't just watch the series on TV, we went to watch games live throughout the week. After all, it was held in our very own town. Family would come up from Philadelphia, we would load up in a few cars, and spend the day at the ball field,

sitting on hard benches, eating hot dogs and cracker jack, and cheering on the U.S. teams. One year, I remember Hank Aaron was there to throw out the first pitch.

This year, the Little League World Series is celebrating its 75th anniversary. For those of you unfamiliar with the Little League World Series, it is an international tournament for boys and girls who compete in baseball and softball in various age divisions. The series you are likely to see on TV is the 9-12 year old boys, but there are actually nine divisions, each with their own tournament.

Today, there are 16 teams that compete — eight from the U.S. and eight international teams. When I was growing up, there were only eight teams that competed — four from the U.S. and four international teams.

The format of the tournament and the places where the teams are from have changed, even since I sat in the Little League Stadium many years ago (we won't say how many), but the guiding principles remain the same. The field looks almost unchanged, but whenever August rolls around, I can almost smell that familiar ball-park smell, and hear the crack of a bat in the background.

Did I mention that the final game almost always fell on or near my birthday? I spent many a birthday growing up in Williamsport on one of those familiar bleacher seats. August is here once again.

Play Ball!

~ Cheryl Veselik
Executive Assistant to the Director



Dogwood Discussions



Jason Von Kundra and Dawn Evens gave a wonderful talk at our monthly Dogwood Discussion on July 8, 2014. They shared information about Sprouting Hope, the community garden located at the Lutheran Retreat Center at Hungry Mother State Park.

The garden houses many varieties of vegetables and is expanding to include fruit this year. Sprouting Hope staff and volunteers work closely with many peo-

ple in the community. They partner with folks from Mt. Rogers Community Services Board and Prudence Day Care Center to work in the garden. Harvested food is shared with all who come and work and also distributed weekly to local food pantries.

Jason and Dawn would love to have you come see the garden or even work a little and take some fresh produce home. Scheduled volunteer times are

Tuesdays from 1800 –2000 hours and Fridays from 0900-1200 hours. You can also schedule a visit by calling 276-780-0420.

For more information, please check out the website at <http://www.sproutinghope.org>

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

Accepting Donations

Back to School Backpack Program



For: All Smyth County Schools
Collecting: May 12 – August 8
Drop Offs: SNC Office, HIM Office, Bldg & Grounds Office, Cheryl Veselik’s office in Henderson Bldg.
Contact: Cindy Blevins ext. 208, April Varney ext. 476
Monetary Donations: Please contact Debbie Kiser ext. 360

PLEASE CHECK EXPIRATION DATES ON FOOD PRODUCTS



- Graham and/or Animal Crackers
- Peanut Butter Crackers
- Peanut Butter
- Light Popcorn
- Whole Grain Cereal/Granola Bars
- Individual Cereal Boxes
- Canned Fruit/Fruit Cups in Light Syrup
- Dried Fruit
- Raisins, Plums, Cranberries
- Applesauce
- Spaghetti and Meatballs
- Ravioli
- Beefaroni
- Lasagna



- Crayons
- Colored Pencils
- Construction Pap
- Kleenex
- Hand Sanitizer
- Safety Scissors
- Pencils
- Paper
- Highlighters
- 2 Inch Binders
- Back Packs
- Pencil Boxes
- Regular Spiral Notebooks
- Journal Notebooks
- Glue Sticks



Word Search



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

If you do what you always did, you will get what you always got. ~Anonymous

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

August is the height of the summer here in the northern hemisphere. Hot days and cool nights are quite the norm. August is also a very popular birth month. For example, both Meriwether Lewis and William Clark of the Lewis and Clark Expedition were both born during August. Other famous names include English poet Alfred Lord Tennyson; U.S. President Herbert Hoover; sharpshooter, Annie Oakley; American frontiersman Davy Crockett; pioneer American aviator and airplane designer Orville Wright; U.S. President Benjamin Harrison; American composer, conductor, and pianist Leonard Bernstein; U.S. President Lyndon Johnson; American physician Oliver Wendell Holmes, and inventor and automobile pioneer Charles Kettering. Also during August, Colorado became a state in 1876, Missouri became a state in 1821, and Hawaii became a state in 1959; Thomas Edison invented the phonograph in 1877; U.S. Social Security Act was approved in 1935; the Panama Canal was opened to traffic in 1914; the first chapter of the American National Red Cross was founded by Clara Barton in 1881; and in 1920, the Nineteenth Amendment was passed, giving women the right to vote in the United States.



The Administrative Group is taking orders for a 16 month Calendar ~September 2014 to December 2015~ which features photos by an Administrative Group member with inspirational quotes and holidays

The cost of the calendar is \$12 each.

Proceeds from the sale of this calendar will go towards purchasing food for

The Backpack Program for Smyth County Schools

Kronos Workforce Updates

Hopefully by now, all staff have taken an opportunity to log onto Kronos Workforce and check out their own punches and leave balances. If you have not yet logged on, we urge you to do so as soon as possible. The link from any COV computer is <https://kronos.dbhds.virginia.gov/wfc/logon/logonWFC.html>. Please remember that your logon begins with 705 followed by the first initial of your legal first name (not your middle name), followed by your last name. For example, 705cveselik. Should you have any questions, you should first contact your timekeeper or your supervisor for assistance.

Keep in mind that it is YOUR responsibility to keep up with your own leave balances, so be sure to check your timecard periodically.

Helpful Hints

- If you see a **solid red box** on your timecard, that means you have a missing punch. Either you forgot to swipe your ID badge or your punch (whether you swipe your badge or manually key your punch) did not register. In either event, you need to see your timekeeper or supervisor to complete a missed punch form. This form must be completed and held in the timekeeper's file for auditing purposes.
- Swiping your badge vs. keying your ID number using the keypad seems to work best. If keying manually and your punches are not showing, try swiping your badge. If that does not work, you may need a new ID badge and should contact HR.

- When reviewing your leave balances, make sure to highlight today's date on the timecard (indicated by the tan line) if you want to see your current leave balances.
- When you log onto Kronos, please be patient as your timecard loads — it may take several seconds to a minute or so to load your information. While you wait, it is important not to press buttons, as this just makes your wait longer.

If you see errors or you just don't understand what you are reading, be sure to contact your timekeeper or your supervisor.

~ Kronos Implementation Team



Attracting Fairies to Your Garden

The Dogwood Discussion for August has been moved to the Sensory Garden off the L Hallway in the Bagley Building. The date is Thursday, August 7, 2014, at 1215 hours.



The Rehab staff are eager to show off the lovely, beautiful blooms in the garden.

Also, Shane Stallard and Emily DePew of Petals and Lace in Abingdon, Virginia, will be giving a talk on fairy gardens and fairy garden containers.

Shane and Emily will demonstrate how to develop these fairy gardens in dif-

ferent containers or vessels and we hope to have a hands on demonstration for a fairy garden to be introduced into the Sensory Garden.

Bring your lunch and enjoy a fairy tale discussion in the Sensory Garden on Thursday, August 7, 2014, at 1215 hours! Tables and umbrellas will be provided for shade.

Should the weather be inclement, the discussion will be held in the Dogwood Room in the B Building.

See you there!

You Light Up My Life



All light bulbs must be given to Maintenance staff for disposal. Do **NOT** place light bulbs of any type in the trash.

~ Thank you!

Who is reading the newsletter?

If you read the newsletter, please send an email to Cheryl Veselik. What are your favorite features? Are there features you would like to see in future editions? We want to know!

Café Changes

If you buy groceries or shop for anything, you have noticed that prices are increasing. Factors such as the increasing cost of fuel for transportation of goods, increasing cost of labor, limited resources, etc., contribute to the rising costs. The SWVMHI Employee Café is experiencing the same price increases in its purchasing of raw materials that you experience in the grocery store. Unfortunately, prices must be increased in order to cover the costs associated with the Employee Café and catering. Effective September 1, there will be a new pricing structure in place.



Interesting Facts --Just for Fun

- Twelve people have walked on the moon but the last time was 1972 so it's now been over 40 years since anyone has stepped foot on the moon.
- Over 3 million people globally every month search for something online with the words **interesting facts** in it according to the most popular search engine.
- Each year Disneyland uses over 5,000 gallons of paint to maintain the clean appearance of the park.
- Almonds are members of the rose flower family or rosaceae family. The peach is also a member of the rose family.
- There is only one metal that's in liquid form at room temperature and that's Mercury.
- In the state of Kentucky it is against the law to carry an ice cream in your back pocket.
- The color of a hens earlobes will usually determine the color of the egg shell. Farmers know hens with red or darker colored earlobes are most likely to lay brown eggs and hens with lighter colored or white earlobes will usually lay white eggs.
- There are 722 miles of subway track in New York City.
- Honey is the only food that doesn't spoil. To make one pound of honey, bees would have to visit over two million flowers.
- Many people who read the word yawn or yawning begin to feel the urge to yawn.

~<http://www.interestingfacts.net/>

Cell Phone Fraud Awareness



What is Cell Phone Fraud?

Cell phone fraud is defined as the unauthorized use, tampering or manipulation of a cellular phone or service. At one time, cloning of cellular phones accounted for a large portion of cell fraud. As a result, the Wireless Telephone Protection Act of 1998 expanded prior law to criminalize the use, possession, manufacture, or sale of cloning hardware or software. Currently, the primary type of cell fraud is subscriber fraud. The cellular industry estimates that carriers lose more than \$150 million per year due to subscriber fraud.

What is Subscriber Fraud?

Subscriber fraud occurs when someone signs up for service with fraudulently-obtained customer information or false identification. Lawbreakers obtain your personal information and use it to set up a cell phone account in your name. Resolving subscriber fraud could develop into a long and difficult process for victims. It may take time to discover that subscriber fraud has occurred and an even longer time to prove that you did not

incur the debts. Call your carrier if you think you have been a victim of subscriber fraud.

What is Cell Phone Cloning Fraud?

Every cell phone is supposed to have a unique factory-set electronic serial number (ESN) and telephone number (MIN). A cloned cell phone is one that has been reprogrammed to transmit the ESN and MIN belonging to another (legitimate) cell phone. Unscrupulous people can obtain valid ESN/MIN combinations by illegally monitoring the radio wave transmissions from the cell phones of legitimate subscribers. After cloning, both the legitimate and the fraudulent cell phones have the same ESN/MIN combination and cellular systems cannot distinguish the cloned cell phone from the legitimate one. The legitimate phone user then gets billed for the cloned phone's calls. Call your carrier if you think you have been a victim of cloning fraud.

Summary

Remember, to prevent subscriber fraud, make sure that your personal information is kept private when purchasing anything in a store or

on the Internet. Protecting your personal information is your responsibility. For cell phone cloning fraud, the cellular equipment manufacturing industry has deployed authentication systems that have proven to be a very effective countermeasure to cloning. Call your cellular phone carrier for more information.

For more information on protecting your personal information, see the FCC's [Protecting Your Privacy guide](#).

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

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

~ from
<http://www.fcc.gov/guides/cell-phone-fraud>

Summer Meals in Minutes

The lazy, hazy days of summer are upon us. Time for relaxing with family, taking in a good book under a shady tree, taking a swim in a favorite watering hole. But no one wants to spend long hours in a hot kitchen at this time of year. How about trying some of these fast, summery meals so you have more time to enjoy the outdoors?

- Toss a cup of chopped mixed herbs with a few tablespoons of olive oil in a hot pan. Serve over angel-hair pasta, diluting the sauce if necessary with pasta cooking water.
- Put three pounds of washed mussels in a pot with half a cup of white wine, garlic cloves, basil leaves, and chopped tomatoes. Steam until mussels open. Serve with bread.
- Call it Panini: grilled cheese with prosciutto, tomatoes, thyme or basil leaves.

- Cut eggplant into half-inch slices. Broil with olive oil, turning once, until tender and browned. Top with crumbled goat or feta cheese and broil another 20 seconds.
- While pasta cooks, combine a couple cups chopped tomatoes, a teaspoon or more minced garlic, olive oil and 20 to 30 basil leaves. Toss with pasta, salt, pepper, and parmesan.
- Quesadilla: Use a combination of cheeses like Fontina mixed with grated pecorino. Put on half of a large flour tortilla with pickled jalapenos, chopped onion, shallot or scallion, chopped tomatoes, and grated radish. Fold tortilla over and brown on both sides in butter or oil until cheese is melted.
- Cobb-ish salad: Chop bacon and begin to brown it; cut boneless chicken into strips and cook it with bacon. Toss romaine and watercress or arugula with chopped

tomatoes, avocado, onion, and crumbed blue cheese. Add bacon and chicken. Dress with oil and vinegar.

- Taco salad: Toss together greens, chopped tomato, chopped onion, sliced avocado, a small can of black beans, and kernels from a couple of ears of corn. Toss with crumbled tortilla chips and grated cheese. Dress with olive oil, lime, and chopped cilantro leaves.
- Brown bratwursts with cup-up apples. Serve with coleslaw.
- Hot dogs on buns — with beans.
- Miso steak: Coat beef tenderloin steaks with a blend of miso and chili paste, thinned with sake or white wine. Grill or broil for about five minutes.

For more simple meal ideas, visit http://www.nytimes.com/2007/07/18/dining/18mini.html?pagewanted=all&_r=0

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

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

Please submit articles for the next newsletter to Cheryl Veselik by August 20, 2014.

The next newsletter will be published September 1, 2014.