



OCTOBER 2014



From the Director

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Hidden

There is a jack-o-lantern on every page in this edition, just like the one pictured here. Can you find all 18 of them?



The Vital Role of State Hospitals

In July, 2014, the National Association of State Mental Health Programs Directors published a report, *The Vital Role of State Psychiatric Hospitals*:

“State psychiatric hospitals are a vital part of the continuum of recovery services, providing a treatment component in the healthcare system to assess, evaluate, and treat people with the most complex psychiatric conditions who are at risk of harm to self or others and cannot be effectively treated by existing available services in the community. Only those persons who cannot be safely and effectively treated in another setting should be considered appropriate for state psychiatric hospital admission.”

Congruent with the above, individuals who are admitted to southwest Virginia's safety net hospital, SWVMHI, are required to be judged dangerous to themselves, and/or others, and/or substantially unable to care for themselves. In addition, there is no less restrictive community alternative and no private psychiatric hospital who is willing to accept their care.

Further, the major findings, messages, and recommendations from the NASMHPD report include the following:

- *State psychiatric hospitals are a vital part of the continuum of care and should be recovery-oriented and integrated with a robust set of community services.* – This is why we teach and promote The Road Trip, The Big Picture, TOVA, and Trauma Informed Care. This is why we work so closely with our CSB partners from the liaisons to the Executive

Directors of CSB, with private psych hospitals, and with general hospitals.

- *All people served in state psychiatric hospitals should be considered to be in the process of recovery.* – We can hold the hope for someone else who is suffering and can't see that there is light ahead. We can and do demonstrate a respect for each individual in each interaction.

- *Changing the culture and environment of state psychiatric hospitals are keys to providing effective care. Cultures should be recovery-oriented; trauma-informed; culturally and linguistically competent; and address health and wellness.* – This is a process we continue to work on – we continue to focus on the least restrictive alternative, on motivational interviewing skills and active listening, of offering choices and building appropriate relationships. Recovery happens in relationships – not a vacuum!

- *Peer support services are an integral part of assisting with people's recovery process and should be made available to all service recipients in state psychiatric hospitals.* – The region and SWVMHI work to support peers in recovery. The state is working on a process for certification and statewide recognition of the many contributions to peers. One peer is good – many would be better!

- *A state psychiatric hospital is not a person's home. State psychiatric hospitals should be focused on service recipients returning to the community quickly when they no longer meet inpatient criteria.* – This is hard to

focus on sometimes – but remember to have hope!

- *Leadership and a well-trained, professional and paraprofessional workforce are paramount in ensuring quality care.* – SWVMHI has a great Training Department and many opportunities are offered, both online, webinars, and live. I am particularly proud of The Big Picture Training developed and taught by SWVMHI Nurse Managers. We also support the College of Direct Support Professionals for our psychiatric aide staff. Training for all aides to be Certified Nursing Assistants and tuition reimbursement for those attending R.N. school. It is true that we have high expectations for the leadership staff and for all the SWVMHI staff to incorporate the SWVMHI Values into everyday actions. When we live the SWVMHI Values, we inspire Hope in others. Our own actions, attitudes, and words can serve as a beacon to others, evoking their courage to feel that something positive and desired, such as recovery, may happen. *This is Hope.*

Hope is being able to see that there is light despite all of the darkness.
~ Desmond Tutu

~ Cynthia McClaskey, Ph.D.



SWVMHI Values: A Lesson from Due and Socrates

The Triple Filter Test

A few months ago, colleague Dru-silla Parks appeared at my office door and asked, “Are you aware of the Triple Filter Test?” I replied, “No, I do not drink coffee.” Dru gave me one of her patented “looks.” If you know Dru, you know this “look.” It is the one where she is smiling and thinking, “Wow. I have a lot of work to do here.”

Dru patiently explained to me that Socrates had something called “The Triple Filter Test” he used as a test for gossip. This is what I learned:

When someone approached Socrates with information about another person, Socrates asked three questions. These three questions were good filters for eliminating gossip



from conversations. The Triple Filter Test incorporates several of our SWVMHI Values, and I found it to be worth knowing.

The first test of Socrates’ filter was about Truth. He insisted that the speaker knew that the information about to be imparted was known to be true in order to pass this filter.

The second test of Socrates’ filter was about Goodness. He insisted that the speaker tell something

good about the other person in order to pass this filter.

The third test of Socrates’ filter was about Usefulness. Socrates insisted that the speaker’s information about the third person be useful to Socrates in order to pass this filter.

Socrates reasoned if information is neither true nor good nor even useful, it probably should not be shared at all, and he refused to listen to the information. It is a good practice to ask ourselves and others, (1) Is it true, (2) Is it good, (3) Is it useful? If the communication fails all three of these tests, perhaps it should not be made or heard at all.

~ James Moon, Ph.D.
Psychology Supervisor

October is Breast Cancer Awareness Month



Learn about your possible inherited risk for breast cancer; talk to relatives on both sides of your family.

2 If your risk is high, talk with your doctor about earlier or additional cancer screenings or other procedures.

3 Ask your doctor to assess your personal risk.

4 Reduce your cancer risk by making any necessary lifestyle changes, such as losing weight and limiting alcohol use. Talk to your doctor.

5 Starting in your 20s, consider whether and how often to do breast self-exam.

6 In your 20s and 30s, have a clinical breast exam about every three years.

7 Starting at age 40, have a mammogram and clinical breast exam yearly, or as your doctor recommends

8 Contact your doctor right away if you notice any changes in your breasts.

9 Encourage women you know to get cancer-detection screenings on time.

Early detection is the best protection.

Chaplain's Corner



This month commemorates the 30th anniversary of "Pastoral Care Week," which is observed during October 19 - 25, 2014. In 1983, the National Association of Catholic Chaplains organized a week to commemorate the work of chaplains and spiritual care directors throughout the nation. This week of observance is endorsed by the COMISS Network, the network on ministries in Specialized Settings, whose members provide care in specialized settings such as hospitals, prisons, businesses, industries, long term care facilities, pastoral counseling centers, hospices, military settings, nursing homes, corporations, schools, and universities around the world.

According to the Pastoral Care Week website, this year's theme is "Spiritual Well Being" highlighted by the idea of "Nourishing the Wellspring." This refers to supporting and inspiring the spiritual well being of ourselves and others amid times of ease and challenge.

One of my favorite stories about pastoral care comes from the Jewish tradition.

There was once a rabbi who was so open minded that he could see every side of a question. One day a man came to him with the request that he grant him a divorce. "What is your problem with your wife?" the rabbi asked. The man went into a long explanation of complaints about his unhappy life. Finally the rabbi said "You are right, you deserve a divorce from her."

Later the wife visited the rabbi and stated her complaints about the husband. The rabbi listened intently and finally concluded, "You are right, you deserve a divorce from him."

The rabbi's wife had been listening to the conversations and called her husband aside and said, "How can this be? Surely both of them can't be right!" The rabbi, not wanting to spoil the evening by disagreeing with his wife, thought for a moment and said, "You know, you are right, too."

Spiritual Care involves listening, empathy, respect, and tolerance. There are no easy answers in our quest for wholeness. Discovering truth for our lives requires patience, intuition, and application. Finding ways to nourish our spirits that truly enrich our lives is an opportunity for each of us to grow.

A spiritual master once proposed a riddle to his students. "What does an

artist and a musician have in common with the mystic?" No one could come up with an answer. Finally the master stated, "It is the realization that the finest speech does not come from the tongue." Spiritual well being invites each of us to listen to the music of our hearts and offer thanks for the joys of living.

I am honored to be the chaplain of this institution and to work with everyone for the enrichment of all our lives. My experience at SWVMHI has been the highlight of my pastoral career and I value the work each of us does to support each other. One of my favorite prayers is one that was carried by Father Mychal Judge, a Franciscan priest who is best known for his service as a firehouse chaplain in lower Manhattan, who died on September 11, 2001, while offering last rites to a firefighter as Tower One collapsed. This simple prayer nourishes me and often reminds me of the important work we all do, helping each other.

*"Lord, take me where You want me to go;
Let me meet who You want me to meet;
Tell me what You want me to say,
And...Keep me out of Your way."*

~ Timothy Graham, D. Min.
Chaplain

Remember that sometimes, silence is the best answer. ~ Dalai Lama

Drop, Cover, and Hold On



After the earthquake that shook central Virginia in 2011, an annual drill is conducted so residents will know what to do in the event of an earthquake. This year, the drill will be held on October 16, 2014. Drop, cover, and hold on is the recommended response in the U.S. to an earthquake.

Drop to the ground before the shaking drops you. Take **Cover** under a sturdy table or desk if possible, protecting your head and neck. **Hold on** to the table or desk until the shaking stops. Being prepared is always a good safety plan!

Staff Development

Take advantage of the training Opportunities in October

When: Every Thursday starting September 11, 1000 - 1130
Where: AB Classroom
Program: The Joint Commission Breakfast Briefings

When: October 23, 1330-1500
Where: Dogwood Room
Program: Dr. Gillette's Ethics Presentation

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

The Fire, General Safety, & Security CAI is due during the month of October. The Flu CAI will be issued soon.

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

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



Update

On September 9, 2014, OneMind, DBHDS' electronic health record, was successfully implemented at WSH on its Dogwood Unit. OneMind was used for almost the entire patient record for the 19 patients on the unit. Through the Fall, OneMind will be rolled out onto all the units at WSH. Plans for the implementation of OneMind at WSH and at SWVMHI are in development, but no date has been set.

More news as it happens!


ADMINISTRATIVE

Tiabit

Have you ever saved a file only to forget where you saved it? Fear not!

Windows 7 has a handy feature called **Windows Search**, which is the fastest way to locate and open any file on your PC, including documents, email messages, music, photos, and more.

To use Windows Search:

- Click the **Start** button 
- Type one or two keywords,
- See search results appear almost instantly.

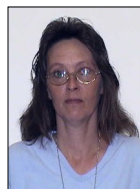
Recovery Hero

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

In TOVA (Therapeutic Options of Virginia) we have learned the therapeutic relationship, or "Helping Relationship," forms the foundation for the therapeutic alliance. This relationship is essential in behavioral health treatment as well as the general promotion of mental health. Ethical professional relationships occur when employees are interacting with the individuals we serve in a realistic, supportive, collaborative fashion based on respect, and a commitment to recovery goals. If the individuals that we serve become angry or aggressive, the employees must remain calm and supportive, attempting to maintain the helping relationship even in difficult circumstances.

Recently, an individual on ERS (Extended Rehabilitative Services) became very angry and he began cursing and threatening

the other individuals on the unit. Drusilla Parks, PA, began talking to the individual since she knew him. By knowing the individual and having established a therapeutic relationship with him, Dru had already gained the individual's trust. He knew that Dru would be honest with him and assist him in making appropriate decisions that would focus on keeping the individuals that we serve safe. After talking for some time to Dru, the individual decided to walk to the seclusion room on his own.



Drusilla is our Recovery Hero this month. She has worked at SWVMHI since January 25, 2000.

Please congratulate her when you see her. We are so glad that she is a part of our team.

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



Rehab Department News



Fall has arrived with beautiful sunshine and warm days. Nights are getting cooler bringing on those changing tree leaves and colors. The

individuals we serve are still enjoying outside groups when possible.

The New Day Café continues coffee sales for the individuals we serve during their morning break period. This much requested change has been met with great interest and individuals are enjoying the addition of coffee to their morning routine.

Family Day was held on September 18, 2014, in the gymnasium area with the "Recovery Around the World" theme. Several speakers brought information about the various cultural special events that took place over the last eighteen months. The day included games and food. There was also a special canvas available for individuals we serve to add artwork to that will be displayed at a later time.

The Rehab Department hosted a Pumpkin sale on September 12, 2014. Many pumpkins grown at the facility garden by the individuals we serve found new homes. Additional pumpkins were taken to the Rural Retreat Farmers market, providing visibility for SWVMHI's programs in the greater community.

Promotions and new staff:

Congratulations to Brittany Williams who was promoted to Vocational Rehabilitation Coordinator from the position of Recreational Rehabilitation Specialist.

Welcome aboard, Jennifer Hash, Rehab Resource Coordinator Senior. Jennifer is working on D Team.

The New Day Café continues to offer Blanchard's Coffee each morning to staff from 0800 - 0900 hours. Please come by and try one of our blends.

~ Sheila Thomas,
Rehab Specialist

DSP Career

Are you a Psychiatric Aide? If so, you might want to think about the Direct Support Professional Career Pathway. A new brochure on this program was recently developed by Katherine Hogston, Buddy Heath, and Lynn Henderson and is now available to help answer the many questions you might have about the DSP Career Pathway.

Why? For starters, it's free. You can earn college credits. You receive a bonus after completing each level. And these are just a few of the many benefits you will gain by joining the career pathway.

If you are interested, talk to your supervisor or Nurse Coordinator, or contact Norma Brickey at Extension 243. You'll be glad you!

An Original Poem



Walking through this world searching for a purpose A reason
Wanting to much more for myself than to wander, more than to simply saunter
Through this life with no particular aim.
As if life itself was nothing more than a game.

Whereas the truth remains that life has many complicated twists and turns
With many lessons to teach and to learn.

Sometimes feeling like someone else is doing the driving and you are no more than a mere passenger watching the scenery fly by.

Wondering if anything that you've said or done was even acknowledged or seen for how you meant it as you sit down and cry.

Thinking back on that blur of memories of days gone by.

Thoughts of every truth and all those things found to be lies.

Trying to enjoy every moment for what it is, but actually taking it for granted

not realizing how precious it truly is Till you look back at all the things you could have done differently, all the choices you made ... the course of your past life's kiss.

The realization of how much a moment can change your life, whether it be good or bad.

The thoughts of every opportunity, every chance you've had.

They say we each leave an imprint on others by the things we've said or done, a sort of impression.

How will you be remembered, will your memory be cherished, or only a lesson?

~ Patient from A Team





Welcome Aboard!



Please welcome the newest additions to the SWVMHI team!



Front Row: Junior Hylton, Brittany King, Michelle Smith, Jennifer Stamper

Second Row: Laykn Reinoso, Tychelle Morris, Lorrie Mitchell, Doris Kaufman, Katerina "Katie" Vidinli

Carl "Junior" Hylton is newly hired for Food Services as the Storekeeper. Junior is a native of Marion, Virginia, and graduated from Marion Senior High School (MSHS). Currently he lives in Marion with his wife and two sons. He loves being with his family. Junior has worked for Sara Lee Bakery and been self-employed. A relative who works here is Lisa Berry.

Brittany King is from Clover, South Carolina, and graduated from Clover High School. She loves to ride horses and spend time with her family. She is married with one child. Currently Brittany lives in Atkins, Virginia. Previously, she worked at Evansham Manor in Wytheville, Virginia. Brittany will be working as a Psychiatric Aide on second shift.

Michelle Smith is also a native of Marion and graduated from MSHS. She also resides in Marion with her husband and child; she also has three step children. Michelle also loves spending time with her family. She used to work at Hand of Grace Assisted Living in Seven Mile Ford, Virginia. Michelle will be a Psychiatric Aide on second shift on AB.

Jennifer Stamper will be working as a Psych Aide on AB third shift. She previously worked at Leviton Manufacturing. Jennifer has three children and likes spending time with her family and friends. She graduated from Mt. Rogers High School in 1996 and is currently a student at Virginia Highlands

Community College. She and her family live in Whitetop, Virginia.

Lakyn Reinoso will be working as a Psychiatric Aide on third shift. She loves being outside, loves being with people, and is artistic. She has one child who just started pre-school. Lakyn is a native of Marion, Virginia, and graduated from MSHS and Wytheville Community College. Most recently she worked at Food Lion.

Tychelle Morris is a recent graduate of Ferrum College with a BS in Pre-Professional Science. She has one child and lives in Marion, Virginia. Previously she worked at Walgreens Drug Store. Tychelle will be working second shift as a Psychiatric Aide/float. Her mother Janice Morris is also an employee here.

Lorrie Mitchell is a fan of blue grass and Old Time Music and tries to attend all the Fiddlers Conventions during the summer and fall. She is married to the Chief of Police for Rural Retreat. Previously, Lorrie was the office manager for Mount Rogers Wythe Youth Services. She will be working on AB third shift.

Doris Kaufman, Psy.D., is a very experienced clinical and forensic psychologist who has worked in both the public and private sector in Florida. In addition to extensive clinical experience, she has been in a variety of leadership positions and led successful projects in the reduction of patient aggressive behavior and recovery-oriented and trauma-informed care. Dr. Kaufman will be joining the Ward A treatment team.

Katerina Vidinli who goes by Katie was born in Bulgaria, grew up in Berlin, Germany, and graduated from High School in Germany. She became a U.S. citizen in 2007. Congratulations, Katie! She went to Veterinarian School in Bulgaria and to nursing school at Wytheville Community College where she obtained her RN. Previously, Katie worked at SCCH and Holston Valley Medical Center in Kingsport, Tennessee. She will be on ERS, Ward J on second shift.



Joey Sword has over 30 years of human resource experience in both public and private sectors. She holds the Society of Human Resource Management's

(SHRM) Professional in Human Resources (PHR) certification. Joey is married to Pat Sword and has two grown children, Ashley, and Matthew and his wife and one step-grandson. Joey also holds a B.S. degree in Organizational Management from Virginia Intermont College. She grew up in Saltville, Virginia, and currently reside in Abingdon, Virginia. Most recently, Joey was Director of Human Resources at Emory & Henry College, and prior to that at Radford University. She has also previously worked for the Department of Corrections as well as SWSH. She enjoys reading and is active in the region's master gardener program providing volunteer services for community projects. Joey is the Regional Human Resources Director.



Kneeling: Diamond Anderson

Standing: Lockey Anderson, Heather Gren, Augusta Saucer, Meagan Rasnick, and Tasha Smith

Augusta Saucer has her MSW from ETSU and lives in Marion, Virginia. She will be working on ERS. Previously Augusta worked at Mountain Home Veterans Administration Medical Center. She is married and claims to be a "Star Trek lovin, SciFi watching, history buff."

Heather Gren moved from England last year to Marion. She married our own Dennis Hall three years ago and is happy to be living and working in Marion now. She has a 17 year old son, Ethan, who is in college in the United Kingdom. Heather lived at Thornaby, Stockon-on-Tees, England, before moving to the U.S. She studied at Bassleton Comprehensive School and Kirby College in the U.K. Previously she worked in the U.K. at Fulton

Continued on page 9



**MONTHLY
PATIENT
CENSUS**

**August
2014**

Admissions 63

Discharges 53

Passes 14

**Average Daily
Census**

155



PERSONNEL CHANGES

New Employees

Joey Sword, Regional Human Resources Manager	Sep 2
Carl "Junior" Hylton, III, Food Service Storekeeper	Sep 10
Doris Kaufman, Psychologist Senior	Sep 10
Brittany King, Psychiatric Aide	Sep 10
Lorrie Mitchell, Psychiatric Aide	Sep 10
Tyychelle Morris, Psychiatric Aide	Sep 10
Lakyn Reinoso, Psychiatric Aide	Sep 10
Anna "Michelle" Smith, Psychiatric Aide	Sep 10
Jennifer Stamper, Psychiatric Aide	Sep 10
Katerina Vidinli, Registered Nurse	Sep 10
Linda Lester, PI4 Staffing Nurse Coordinator	Sep 24
Diamond Anderson, Food Service Technician	Sep 25
Lockey Anderson, Education Rehabilitation Specialist	Sep 25
Heather Gren, Food Service Technician	Sep 25
Meagan Rasnick, Registered Nurse	Sep 25
Augusta Saucer, Clinical Social Worker	Sep 25
Natasha Smith, Registered Nurse Clinician A	Sep 25

Separations

Judy Powers, Licensed Practical Nurse	Sep 1
Teresa Delp, Psychiatric Aide	Sep 2
Katlyn Keyser, PI4 Food Service Technician	Sep 2
James Turner, PI4 Peer Support Specialist	Sep 2
William "Crag" Brown, PI4 Painter	Sep 15
Desiree Cantrell, Psychiatric Aide	Sep 17
Teresa Martin, Registered Nurse Clinician A	Sep 22
Brittany Boothe, Psychiatric Aide	Sep 24
Jamie Hanshew, Rehab Specialist	Sep 26
Robert Ashley, Registered Nurse	Sep 28
Mary "Helen" Hughes, Housekeeping Worker	Sep 30

Promotions/Role Changes

Brittany Blevins, Psychiatric Aide to Ward Clerk	Sep 10
Felicia Gilbert, Psychiatric Aide to Escort Driver	Sep 10

Special Gym/Game Room Activities

Consumer Empowerment
Recovery Council (CERC)
October 23, 2014
1515 - 1545



Movie Nights
October 6 & 7, 2014
1830—2000



Patient Activity Council (PAC)
October 23, 2014
1545 - 1615

Birthday Party
October 29, 2014
1800 - 2000
No Café



Church Services
Church Services

are held each
Thursday from 1830 - 1930
No Café



Bingo
October 15, 2014
1830 - 2000



Halloweenfest
October 23, 2014
1330—1600
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.



Did you know?

More American Presidents were born in the month of October than any other month (6). They are:

- John Adams was born October 30, 1735
- Rutherford B. Hayes was born October 4, 1822
- Chester Arthur was born October 5, 1829
- Teddy Roosevelt was born October 27, 1858
- Dwight Eisenhower was born October 14, 1890
- Jimmy Carter was born October 1, 1924

October Days to Celebrate

“Off the cuff” October holidays to celebrate:

October 3
World Smile Day



October 6
Mad Hatter Day

October 8
National Pierogy Day



October 15
I Love Lucy Day

October 17
Wear Something Gaudy Day

October 21
Reptile Awareness Day

October 24
World Punkin Chunkin Championships

October 28
National Chocolate Day

October 31
National Caramel Apple Day



Welcome Aboard continued

Foods, Haridian Caravans and in the U.S. at Walmart. Beth Hall is her sister-in-law. Heather will be working in Food Services.

Lockey Anderson comes to us having worked at the Marion Youth Center for eight years. She did the artwork on the walls and ceilings in the B Building. Lockey will be working in Rehab Services as an Education Rehab Specialist. She loves to sew, do crafts, quilting, and food preservation. She is married with one daughter and three grandchildren whom she adores. Lockey received her education at Virginia Highlands Community College and currently lives in Hayter's Gap, Virginia. She has no relatives working here but does count Shelia Thomas as a great friend. Lockey is very happy to be working at SWVMHI!

Diamond Anderson graduated from Marion Senior High School in 2012 and previously

worked as head cook at Francis Marion Manor in Marion, Virginia. Diamond lives on a farm in Marion. She will be working in Food Services.

Meagan Rasnick is a brand new RN, having just graduated from Southwest Community College. She also just recently got married! She loves animals, kayaking, and watching Dateline. Currently she and her new husband, Derek, live in St. Paul, Virginia, but will be moving soon to Abingdon. Derek is a teacher in Honaker, Virginia. This is Meagan's first job since graduation and her first choice of nursing to be working as a psychiatric nurse. She will be working third shift on ERS.

Natasha (Tasha) Smith grew up in Marion, Virginia, and graduated from Marion Senior High School in 2002. She received her RN degree from Wytheville Community College and her BSN from King University. Tasha is

currently pursuing an MBA in HealthCare Administration from King University. She worked at Smyth County Community Hospital for five years and Bristol Regional Medical Center for two years. She loves music, concerts, festivals, etc., and especially family time. Tasha is married and has two daughters and two step-sons. Currently she and her family live in Sugar Grove, Virginia. A relative, Bobby Coe, maintenance supervisor, used to work here but has since retired. Tasha grew up almost across the street from SWVMHI and has and had many friends and relatives working here and she is excited to finally be working here, too. She will be working third shift on AB.

Please extend a warm welcome to our newest employees!



Autumn is like a second spring

When all the *leaves* are flowers.

~ Albert Camus



October is American Pharmacists Month

American Pharmacists Month



Pharmacists are experts in helping patients get the most out of today's complicated medications. They are an integrated member of the health care team, and are directly involved in patient care. Pharmacists advise patients and health care providers on the selection, dosages, interactions, and side effects of medications. Pharmacists have a significant role

in assessing medication management in patients, and in referring patients to physicians, as they are often the first point-of-contact for patients with health inquiries. They have a passion for the profession and a strong commitment to patient safety.

American Pharmacists Month is a time to recognize pharmacists for the vital contributions they make to health care in the United States through improved medication use and advanced patient care. It is celebrated annually during October and serves to promote pharmacists as medication experts and an integral part of the health care team.

SWVMHI wants to recognize and thank our Pharmacy Staff for all the work they do every day, including Jim Suhrbier, Pharmacy Director; Jonathan Johnson, Pharmacist; Gale Leonard, Pharmacist; Paulette Sinnett, Pharmacist/Hillsville; Jessica Taylor, Pharmacist; Heather Lanter, Pharmacy Assistant/Hillsville; Marsha Lawson, Pharmacy Assistant; Michelle Roberts, Pharmacy Assistant; Sarah Shaver, Pharmacy Assistant; and Heather Stanley, Pharmacy Assistant/Hillsville.

Thank you for all you do for the individuals we serve at both SWVMHI and SWVTC!

National Safety Month

Every month has a National “fill in the blank” day or month with a very worthy or catchy or funny title. For instance September was National Preparedness Month and “Talk like a Pirate Day” was on September 18, 2014. Arghh!

October is National Safety Month. Of course that is not to say we shouldn't practice safety every day of every month of every year. In particular October is Fire Prevention month. With the advent of fall and dry leaves on the ground, we must all be vigilant in fire prevention. When we grill our last steak for the summer or go on that last camping trip and roast s' mores around the campfire, we need to be especially careful about windblown embers or sparks. They can travel for miles and start fires far from their origin.

We all know that when daylight savings time ends and begins, we are to change the batteries in our smoke detectors. However, it is never too early to change the batteries. It could be too late, though, if our house catches on fire and our smoke detector batteries were dead. Besides smoke detectors, all homes should have a fire extinguisher in the kitchen and everyone in the home should know how to use it.

Other fire prevention things we can do are inspect the cords of our electrical

appliances and throw away any that are frayed or have exposed wires. Cover the outlet plates with childproof covers to prevent anything from accidentally being placed in the outlet sparking a fire. Do not keep flammables or those items with the potential to start or support combustion in confined spaces, especially near a heat source.

It is always a good idea to have a fire drill in your home so that all the inhabitants know how to get out and then where to meet after escaping a burning building. Fire drills are conducted in our places of business, schools, hospitals, etc., so why are so many people not safeguarding their homes and families? Also, for people residing on upper floors of homes, alternate escape routes or methods (rope ladders, for instance) should be planned.

We should all know the RACE and PASS acronyms. RACE equals **R**escue people, **A**ctivate the alarm system (or call 911, if at home), **C**ontain the fire and **E**scape or **E**xtinguish the fire, if it is small.

If you have a fire extinguisher the PASS acronym is a simple way to remember how to use it: **P**ull the pin or locking mechanism, **A**im the nozzle at the base of the fire, **S**queeze the handles together to release the fire retardant and, **S**weep the nozzle from side to side.

Another safety tip for October is to take care while driving. The days are getting shorter and darkness falls sooner. There may be farm vehicles driving slowly on the highways as they gather their crops in. Deer are ever present in our yards, our fields, and, unfortunately, on our roads. Deer are active at twilight, moving around to graze, and they use the roads to get from here to there just as we do. Watch out for the deer: if there is one, there are probably more. So, don't speed!

October is also **Domestic Violence Awareness Month.** SWVMHI, along with several other organizations, are partnering to host a free conference on Domestic Violence at the Lincoln Theater, October 3 from 0830 to 1700. During that day there will be a discussion panel, a talk, and play by a nationally known actress, Wambui Bahati, who is herself a survivor of domestic violence. Ms. Bahati will also present a performance at Emory and Henry College on Thursday evening, October 2 from 1630 to 1800 and she will also present a community performance at the Lincoln Theater from 1900 to 2100.

Remember, stay safe, work safe, play safe, be safe!

~ Safety Committee



From "October's Party"
By George Cooper

October gave a party;
The leaves by hundreds came,—
The Ashes, Oaks, and Maples,
And leaves of every name.
The sunshine spread a carpet,
And every thing was grand;
Miss Weather led the dancing;
Professor Wind, the band....
The sight was like a rainbow
New-fallen from the sky....

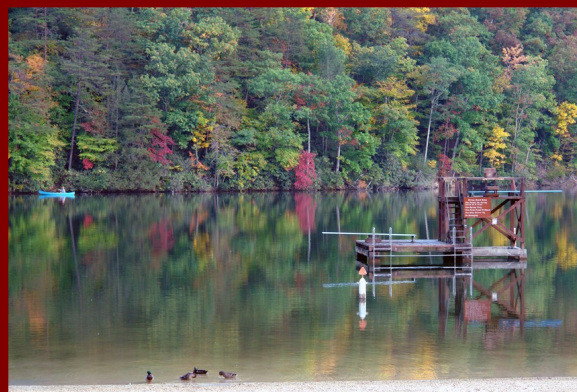


Photo courtesy of Bill Veselik
Hungry Mother Lake



Word Search

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

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

- acorn
- apple
- bonfire
- brown
- candy corn
- cider
- cool
- fall
- gourd
- Halloween
- harvest
- hayride
- leaves
- October
- orange
- pumpkins
- rake
- red
- World Series
- yellow



Did you know? Over one billion pounds of pumpkin are produced in the U.S. every year.



National Health Care Food Service Week



In October, 1989, President George Bush announced the first annual “National

Health Care Food Service Week,” to observe the contributions of professionals in the health care food service industry. The week of observation reaches out to professionals such as chefs, dieticians, and food service workers who not only keep waistlines

in check, but who provide delicious and health conscious meals for health care facility patients and staff. This year, National Health Care Food Service Week will be celebrated October 6 to 12, 2014.

From the preparation to the delivery of foods in hospitals and other healthcare facilities, these professionals work behind the scenes, but play an integral role in the nourishment of staff and patients.

SWVMHI would like to recognize

and thank its Food Service Staff for not only providing delicious, nutritious meals to the individuals we serve, but also for providing daily meals on all three shifts so that staff can spend more time enjoying a lunch break instead of going to through the drive-thru.

Thank you for all you do to help SWVMHI fulfill it’s mission to promote mental health in Southwestern Virginia by assisting people in their recovery.

DSP Career Pathway Grant

SWVMHI received approximately \$14,500 to promote the Direct Support Professional Career Pathway. A reception for nursing staff was held on September 17, 2014, to honor the psychiatric aides who are actively involved in the career pathway, to promote and encourage other aide staff members to participate in the pathway, and to thank the nurses who serve as Validators. Approximately 100 nursing staff members attended the event. Guest speakers were Vicki Delp, Wytheville Community College Grant and Program Coordinator, and David Diesel, Jansen representative. Ms. Delp noted that

395 psychiatric aides, statewide, are actively participating in the on-line classes and encouraged others to participate. Mr. Diesel presented a program entitled *Mind Storm*, which allowed the participants to experience what it might feel like to have auditory/visual hallucinations.

Polo shirts with the logo Southwestern Virginia Mental Health, Level I or Level II, were on display. Psychiatric aides participating in the Direct Support Professional Career Pathway will be given a polo shirt.

A special thanks goes to: Food Services for preparing the delicious food; Housekeeping for cleaning the Harmon Building Rotunda; and to Angie Routh and Ellen Tilson for decorating the Rotunda. Mums were ordered from Williams Orchard and were given as door prizes to the psychiatric aides.

~ Norma Brickey, MSN
Assistant Nurse Executive

Kronos Workforce Update

Have you logged into Kronos workforce yet? 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, or at least once each pay period or even once each week. Before you

request time off, it is also a good idea to check your leave balances so that you can request the appropriate leave type.

Helpful Hints

- The leave balances you see on Payline are as of June 24, 2014, the day we stopped keying leave into the “old” leave system. We are no longer using Payline for leave; therefore, **you must look in Kronos for your current leave balances**. Be sure to put your cursor on today’s date to see today’s leave balances! Payline is still used for payroll to show where your pay check was deposited, the amount of your paycheck, withholdings, etc.

- To see your leave accruals, keep in mind that Kronos gives you your appropriate accrual on the first day of the pay period for the previous pay period. For example, you will see your accrual on the 10th and 25th for the periods ending the 9th and 24th. You can follow your leave on your own timecard; however, if you need a more detailed report, talk to your timekeeper.

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



First Aid Tips: Head Injuries



With football in the hearts and minds of all Americans (well, many, anyway) we watch high school, college, and professional games sometimes with trepidation as we see the players get hit and knocked down, repeatedly. Usually with all the padding the players wear, they are not seriously hurt, but perhaps bruised. Usually, they are able to “shake it off” and play again the next week.

Unfortunately, some players do experience more serious injuries such as broken bones or concussions, and also, occasionally injuries involving the spine, neck, or head. These can be very serious, life threatening, career ending, or end-of-way-of-life ending.

Football is not the only way to incur a serious injury, though. You should suspect a head injury if the person fell from a height, hit their head, was involved in a motor vehicle accident, played contact sports, or riding a bike or motorcycle without a helmet.

Signs of a head injury include if the person only moans, is not moving any extremities or only the upper body, complains of a severe headache, vomits, complains of double vision, has a seizure, or seems sleepy or confused, or complains of a tingling sensation or no sensation in parts of his/her body.

Unless there is a compelling reason to do so, such as in the middle of traffic, do not move the victim, as this may further injure the spine, neck, or head. If you must perform CPR and you suspect this type of injury, do not perform the head tilt/chin lift to open the airway. Either perform Hands Only CPR™ or use the

jaw thrust method, which is grasping the lower jaw with both hands and pulling it forward along the Temporomandibular Joints (TMJ) on either side of the cheeks. Also, if you must move the victim, support the head and spine and move them as a single unit.

As always, make sure the scene is safe. Call 911 or an emergency response team immediately. Avoid, if at all possible, movement of the head and neck. Stay with the person until advanced help arrives. Again, do not move the victim. If the victim has vomitus in their mouth, roll him/her as a unit to their side so the vomitus can drain out, then very carefully roll the person back onto their back.



Not all head injuries are life changing but all head injuries should be treated as if they might be. So when you ride your bike or motorcycle, or your children do, everyone should always wear a helmet. Use your seatbelt so your head won't go crashing into

the windshield if you are in an accident. Be alert for signs and symptoms of concussion (sleepy, groggy, vomiting) when you or your children play contact sports and get help immediately if you suspect any problems.

Be safe, play safe.

~ Rebecca Sparger, RN, BSN
Training Coordinator

October Lunar Phases

October 1

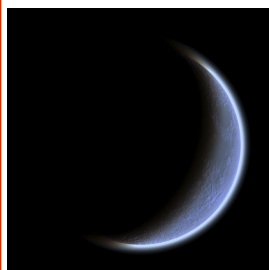
First Quarter Moon

October 8

Full Moon, also called “Hunter’s Moon” by Native Americans of New England and the Great Lakes because at this time of the year the deer are fattened and it’s time to hunt (as well as many other animals).



There will also be a **Lunar Eclipse** on October 8. If the skies are clear, we should be able to see the event.



October 15

Last Quarter Moon

October 23

New Moon

There is also be a **Solar Eclipse** on October 23.

We should also be able to see this event. CAUTION: Never look directly at the sun!

October 30

First Quarter Moon



Halloween Safety

Autumn holidays like Halloween and Harvest Day are fun times for children of all ages, who can dress up in costumes, enjoy parties, enjoy fall fruits and vegetables, and eat yummy treats. These celebrations also provide a chance to give out healthy snack, get physical activity, and focus on safety.

Check out these tips to help make the festivities fun and safe for trick-or-treaters and party guests:

Going trick-or-treating?

Swords, knives, and similar costumes accessories should be short, soft, and flexible.

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

Fasten reflective tape to costumes and bags to help drivers see you.

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.

Always test makeup in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

Look both ways before crossing the street. Use established crosswalks wherever possible.

Lower your risk for serious eye injury by not wearing decorative contact lenses.

Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

Enter homes only if you're with a trusted adult. Only visit well-lit houses. Don't stop at dark houses. Never accept rides from strangers.

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

Expecting trick-or-treaters?

- Provide healthier treats for trick-or-treaters such as low-calorie treats and drinks. For party guests, offer a variety of fruits, vegetables, and cheeses.
- Use party games and trick-or-treat time as an opportunity for kids to get their daily dose of 60 minutes of physical activity.
- Be sure walking areas and stairs are well-lit and free of obstacles that could result in falls.
- Keep candle-lit jack o'lanterns and luminaries away from doorsteps, walkways, landings, and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.
- Remind drivers to watch out for trick-or-treaters and to drive safely.

~ www.cdc.gov/family/halloween



Happy
Halloween





Family and Friends Day Thank you



There are many people to thank for the hard work that resulted in a successful **Family and Friends Day** Event on September 18, 2014. This was our 22nd annual Family and Friends Day! First I would like to thank those on the planning committee: Jan Barrom, Brandy Thomas, Missy, Wiles, and Robyn Anderson. A very special thanks to Jennifer Snow for the special artwork that is the centerpiece of our *Recovery Around the World* picture.

The Food Services Staff did a wonderful job providing snacks that represented the various cultures the individuals we serve have been studying over the past year. The

snacks were well received (*devoured*) and I heard many compliments from individuals, who thoroughly enjoyed them.

Thanks to Nursing Staff for escorting and picking up all the individuals who participated.

Thanks to Rehab. Staff for making the games happen. This included tattooing, slopes, coconut throw, and canvas painting. They also helped in taking down the artwork and cleaning the gym after the event.

Thanks to the Administrative Professional Staff and Rehab. Staff who served the snacks.

Thanks to Dr. Timothy Graham for being the emcee of the event.

Thanks to Dr. Cynthia McClaskey for her welcoming and introductions of upcoming speakers.

Thanks to Store Room Staff for setting up the podium.

A very special thanks to Jan Barrom for being an inspiration to the rest of us, and for coordinating all of the details that resulted in a successful event.

Also, thank you to anyone else who I may have inadvertently left out. This was a true team effort that could not have been done without the help of everyone!

The theme was *Recovery Around the World*. This represented the many cultures the individuals we serve have learned about over the past year. They created wonderful artwork representing each culture, which was displayed in the gym at the event. Many thanks to all of the individuals who participated and to the staff who assisted.

~ **Debbie Boelte, LCSW**
Clinical Social Director
Chair, Family and Friends Day Planning Committee

Did you find last month's intentional error?

We hope you read the newsletter regularly and encourage your co-workers to do **the the same**.

Clinician's Corner

BRAIN: Launching America's Next Moonshot



By Dr. Francis Collins, NIH

Some have called it America's next moonshot. Indeed, like the historic effort that culminated with the first moon landing in 1969, the Brain Research through Advancing Innovative Neurotechnologies (BRAIN) Initiative is a bold, ambitious endeavor that will require the energy of thousands of our nation's most creative minds working together over the long haul.

Our goal? To produce the first dynamic view of the human brain in action, revealing how its roughly 86 billion neurons and its trillions of connections interact in real time. This new view will revolutionize our understanding of how we think, feel, learn, remember, and move, transforming efforts to help the more than 1 billion people worldwide who suffer from autism, depression, schizophrenia, epilepsy, traumatic brain injury, Parkinson's disease, Alzheimer's disease, and other devastating brain disorders.

When on May 25, 1961, President Kennedy announced plans to go to the moon by the end of the decade, most Americans (not to mention space scientists!) were stunned because much of the technology needed to

achieve a moonshot didn't yet exist. Likewise, medical research today faces a wide gap between our current technologies for studying the brain and what will be needed to realize BRAIN's ambitious goals. Right now, we're pretty good at studying individual brain cells and we also are able to image the whole brain when someone is holding very still inside a neuroimaging machine (such as a PET or MRI scanner). What's missing are tools to see what's really going on within the brain's neural circuitry—the crucial middle level at which most of human cognition and behavior is generated, as well as ways to look at the brain when people are moving around and interacting in the real world.

Continued on page 16



Clinician's Corner, continued

I'm proud to say the National Institutes of Health (NIH) today took a major step towards bridging this gap when we awarded \$46 million to more than 100 researchers in 15 states and three nations.

Supported by NIH's initial investment, researchers will begin to develop innovative tools, technologies, and approaches that will serve as a foundation for the entire, multi-year BRAIN endeavor. Among the 58 projects funded by NIH in Fiscal Year 2014 are efforts to:

- Develop innovative technologies to advance basic neuroscience
- Generate methods for classifying and analyzing the brain's diverse cells and circuits
- Create and optimize technologies for recording and modulating large groups of cells that act together in circuits; and
- Form interdisciplinary teams to develop new non-invasive tools for human brain imaging.

While it's impossible to predict exactly what such research might yield, there are some tantalizing possibilities on the horizon. Researchers at West Virginia University in Morgantown plan to work on developing a Positron Emission Tomography (PET) brain imager that can be worn when a person is in motion, during the proverbial "walk in the park," or while walking

on a treadmill. Another project that's aimed at imaging brain function in real-world environments will take place at the University of Minnesota in Minneapolis, where researchers will strive to advance development of portable Magnetic Resonance Imaging (MRI) and Magnetic Resonance Spectroscopy (MRS) technologies. Announced by President Obama last year, the BRAIN Initiative involves four federal agencies — NIH, the National Science Foundation, the Food and Drug Administration, and the Defense Advanced Research Projects Agency (DARPA). Planning for the NIH component is guided by a long-term scientific plan, entitled BRAIN 2025: A Scientific Vision, which details seven high-priority research areas and calls for a sustained federal commitment of \$4.5 billion over 12 years.

So, just as NASA kept the nation informed about the many successes (and a few notable failures) of the space flights that paved the way for the Apollo 11 moon landing, you can expect to hear a lot more from NIH and its partners in coming years as we gear up for our big goal: capturing a dynamic picture of the human brain—and enabling the use of such knowledge to advance human health.

For more information see: <http://directorsblog.nih.gov/2014/09/30/brain-launching-americas-next-moonshot/> and <http://www.braininitiative.nih.gov/index.htm>

What is BRAIN?

The Brain Research through Advancing Innovative Neurotechnologies (BRAIN) Initiative is part of a new Presidential focus aimed at revolutionizing our understanding of the human brain. By accelerating the development and application of innovative technologies, researchers will be able to produce a revolutionary new dynamic picture of the brain that, for the first time, shows how individual cells and complex neural circuits interact in both time and space. Long desired by researchers seeking new ways to treat, cure, and even prevent brain disorders, this picture will fill major gaps in our current knowledge and provide unprecedented opportunities for exploring exactly how the brain enables the human body to record, process, utilize, store, and retrieve vast quantities of information, all at the speed of thought.

Save for Retirement Week

Celebrate Your Future During Save for Retirement Week – October 19-25

Start a new habit during **National Save for Retirement Week**. If you are not putting money away for retirement, start. If you're already saving, increase the amount. Even \$10 more per pay period could have a big impact on your future. To live comfortably during retirement you will need from 80 to 100 percent of your pre-retirement income, so:

- If you save just \$10 per week in a tax-deferred savings plan, earning an average

rate of return of 7 percent, you could have more than \$100,000 in your account in 40 years.

- If you are saving now and increase your contributions from \$100 biweekly to \$125 biweekly, your account can grow from \$264,327 to more than \$330,409 in 30 years. This assumes an average return of 7 percent.

Small sacrifices now can add up quickly when it comes to retirement savings. If you're a member of the **Hybrid Retirement Plan** and are thinking about starting or increasing

voluntary contributions to your defined contribution component, check out the power of investing over time:

- Packing your lunch one day instead of going out, saving \$7 each week, invested at 5 percent could add up to more than \$212,000 in 30 years.

To start making all that money, visit <http://www.varetire.org/hybrid> and enter your User ID under Defined Contribution Log-in. (Hybrid Plan members only). For VRS Plan 1 and Plan 2 members, please visit www.varetire.org for more information.

Library Corner

National Medical Librarians Month

October is National Medical Librarians Month. This year's theme for National Medical Librarians Month is "Critical Knowledge for Challenging Times." These are challenging times for everyone, but here in the world of hospitals and medical care, we are seeing many changes from budget cuts, healthcare reform, technology upgrades, new drugs and treatments, and many more changes. While our staff members are busy adapting to all of these changes and still doing a superb job of taking care of the individuals we serve, it is not always easy to get the best information to help them make the best decisions. This is where the library comes in. Medical librarians can find the needed information so all our professionals have to do is ask for what they want and then read it. That's so much easier than spending free time at home scanning through books, journals, and websites.

Most of our staff come down at some point with individuals we serve to see our library and see all of our great resources for those we serve. But we also have a staff library that is filled with excellent medical information. We subscribe to numerous medical and professional journals, we have EBSCO databases, and we can interlibrary loan from other libraries. We have many books on both medical and psychological topics. We also have professional videos on many topics ranging from how to help an individual cope with stigma or get through a crisis, to how to help literacy and prescription drug abuse. So come on down and check out our professional library.

New on the Shelves

Following is a list of some of our newer books about medical, psychological, and self-help topics:

- | | |
|--|-------------------|
| <i>Cognitive Behavior Therapy</i> | Judith Beck |
| <i>Loving Someone with Borderline Personality Disorder</i> | Shari Manning |
| <i>Cognitive Therapy for Challenging Problems</i> | Judith Beck |
| <i>Recovery from Compulsive Behavior</i> | Lane Lasater |
| <i>Psychopharmacology of Anti-Psychotics</i> | Stephen Stahl |
| <i>Handbook of Psychoneuroendocrinology</i> | Charles Nemeroff |
| <i>Consultant Pharmacist Handbook</i> | ASCP |
| <i>Prostate and Cancer: A Family Guide</i> | Sheldon Marks, MD |
| <i>Ready to Win Over Depression</i> | Thelma Wells |
| <i>Anger</i> | Thich Nhat Hahn |
| <i>Addiction</i> | Gilda Berger |
| <i>Madness Explained: Psychosis and Human Nature</i> | Richard Bentall |
| <i>Management of Headache and Headache Medications</i> | Lawrence Robbins |
| <i>Living Well Emotionally</i> | Montel Williams |
| <i>Intellectual Disability and Mental Health</i> | Sharon McGilvery |

Donations

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

Jan Barrom, Gaynelle Davis, Robert Farmer, Vicky Melvin-Keen, Sheila Thomas, and Sharon Winebarger.

We are also very thankful for the many anonymous cards, magazines, and books and anyone I may have accidentally left off the list.

~ Christina Quillen,
Librarian



Flu Vaccines



Flu Vaccines will be given out starting in October, 2014. Be on the lookout for announcements via email regarding dates and times.

Questions about the flu vaccine should be directed to Cindy Jones, Infection Prevention and Control Coordinator at Ext. 231.



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

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

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

The next newsletter will be published November 1, 2014.