

# A View From The Hill



DECEMBER 2014

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Look for Halloween photos — Santa even showed up for a visit!

### Hidden

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



## From the Director

### Angels Among Us

*This article is a reprint of an email I sent to all staff in December, 2003. I was reminded recently of the kindness shown to me then and wanted to share this story with you today.*

I was standing in the very long grocery line at a local store, idly reading the headlines on the tabloid magazines. They proclaimed: "Best Celebrity Couples," "How to lose 10 pounds in 10 Days," and so on, when one headline caught my eye. "Angels Among Us," it said, and I was reminded of the two angels I had just met . . .

It had been a long, hectic week at work. And aren't they all? Plenty of alligators (you know the saying, "It's hard to remember that your purpose is to drain the swamp, when the alligators keep biting you . . . ."). Cold, icy, and snowy weather had kept me close to home and my car was in the shop again. I had a loaner, so I should have been counting my blessing for that favor, but I grumbled anyway.

Lack of dog food finally spurred me onto the roadways and I was on my way to the store when I heard a terrible racket. Thumpa-whumpa, thumpa-whumpa. With no place to pull over, I continued until I found a flat place to stop. Two ladies in a grey Ford van pulled in behind me. "Don't you know you have a flat tire?" Uh, no, I really didn't - I knew something was wrong, but, a flat tire! They leapt into action, like a NAS-

CAR pit crew, only in women's bodies. (Here's one lesson I learned that day: Guys, please don't use that machine to put on the lug nuts, it's tough to get them off!) My new friends, Becky and Judy, helped me find the spare tire and the jack, and took turns raising the car and leaning all their weight on the tire iron to remove those pesky lug nuts. They wouldn't let me help. "No," they said, "We're okay, no sense you getting dirty, too." As they worked they talked. I was the third person this week with a flat tire that they'd helped change, the second that day! They stayed with me until the small donut was on, and gave me advice about what to do next. I was embarrassed to offer money, but I did, and they refused as I had expected. With a hug, the **Smyth County Flat Tire Angels** wished me a cheerful "Merry Christmas!" and were off.

If you know Becky or Judy, thank them again for me. They are special ladies who not only had the skill to recognize that help was needed and to be able to give it, but also the grace to give without making the recipient feel incompetent or beholden. This is a lesson we could all be reminded of from time to time. The warm feeling they left with me with is still in my heart, and I plan for it to stay.

If you know someone like Becky and Judy, thank them also. I think the best way to keep that warm, wonderful feeling is to help others,

and I know many of you do that. Through your kindnesses at work, and by giving to Operation Santa Claus, the Salvation Army kettles, the Combined Virginia Campaign, the United Way, Santa's Elves, and your church.

I have never forgotten you, Becky and Judy, and I still wish for you and also for all the employees of SWVMHI, that this holiday season will bring all the love and joy that you and your families deserve.

And as Christmas season arrives, here is one of my favorite Christmas poems to enjoy. It reminds me of us at SWVMHI -- you'll see why:

### Reindeer Report

Chimneys: colder.  
Flight paths: busier.  
Driver: Christmas (F)  
Still baffled by postcodes.

Children: more  
And stay up later.  
Presents: heavier.  
Pay: frozen.

Mission in spite  
Of all this  
Accomplished.

U.A. Fanthorpe.

**Merry Christmas!**

~ Cynthia McClaskey, Ph.D.



## SWVMHI Values Resolutions for 2015

We have many new staff with us who were not with us back in 2010 when a variation of this article was first published. Many things are different now at SWVMHI than they were back in 2010, but one of the enduring constants within our organization has been our SWVMHI Values.

It is the time of the year for reflection and renewal. The year 2014 is about to end. It is good to reflect upon what we have accomplished and what remains to be done. What Values resolutions have we planned as we enter 2015? How well did we do in 2014 living, learning, and leading the Values of SWVMHI? Where can we improve in 2015? What have



we done very well in 2014 that can be carried over into 2015?

The SWVMHI Values of **Communication, Honesty with Compassion, Trust, Teamwork, Self-initiative, Leadership, and Honoring Day to Day Tasks** are part of the fabric of our organization. They have guided us through some very difficult moments, and they have served us well. The fu-

ture is always uncertain and largely out of our control. However, the SWVMHI Values and our expression of those Values through our behaviors and attitudes are well within our abilities to control. In fact, it is expected of us as members of this organization.

As we anticipate the challenges ahead, we can rely on the SWVMHI Values to continue to guide us and serve us well. We can make this our Values Resolution for 2015.

~ James Moon, Ph.D.  
Psychology Supervisor



The traditional three colors of Christmas are green, red, and gold. **Green** has long been a symbol of life and rebirth; **red** symbolizes the blood of Christ, and **gold** represents light as well as wealth and royalty.

## Christmas Market



It's beginning to look and feel a lot like Christmas. This joyous time of year brings holiday music, cheer, and merriment to the facility throughout the month of December. Each year at this time, the season is kicked off in grand fashion with the Annual SWVMHI Christmas Market. This event always provides staff throughout the facility an opportunity to not only shop for gifts and décor, but also enjoy an array of holiday treats, music, and

edible items that can only be found in one place - one day per year.

This season, the SWVMHI Christmas Market takes place on Tuesday, December 4, 2014, from 1330 to 1600 in the gymnasium. An array of items will be on display and available for purchase including ceramics, woodcrafts, crafts, and horticulture items all produced within the facility. If you have ever visited a Fund-raiser Friday sale held each month in the Bagley Building Lobby, then you haven't experienced anything yet. The volume of items available at the Christmas Market rivals the facility display at The Hungry Mother Festival.

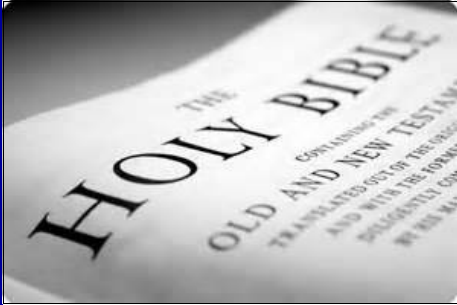
The Christmas Market will also offer a myriad of seasonal food items including homemade cakes, breads, candies, and more. Too sweet for your taste? No

worries, because there will be no shortage of delicious treats for any palate. Come get a bag of popcorn popped on the spot or warm your bones with a gourmet cup of freshly brewed Blanchard's Coffee with a seasonal twist.

The SWVMHI Christmas Market gives staff an opportunity to enjoy many of the things that make the holiday season so special. Food, fun, and shopping all for a great cause. All proceeds from the Christmas Market go directly towards funding consumer programs, activities, and Operation Santa Claus. So stop by the gymnasium on Tuesday, December 4, 2014, and kick off the season with some holiday fun.

~ Jody Powers  
Central Rehab Services Supervisor

# Chaplain's Corner



I recently presented a discussion for the November Dogwood Dialogue entitled "Biblical maxims that torture the soul: An examination of select passages that are problematic for individuals with psychiatric disorders." It is interesting how a sacred text, so rooted in faith and treasured as a wellspring of inspiration, can be a source of torment and unhappiness for some people. In some cases, the Bible is viewed as a mysterious document with specific applications to an individual's life. Select passages are often chosen that match a person's fears, delusions, or agendas. This approach can cause some difficulty for people attempting to apply contemporary relevance to a series of ancient Jewish texts from the middle east, composed between 1000 BCE through the first century CE.

How we look at the writings of any sacred text depends largely on our culture, traditions, imagination, and emotional state of mind. In view of the powerfully symbolic role the Bible plays in our culture, a focus on a specific text or a per-

sistent idea perceived to be supported by a scriptural passage can result in a confirmation of a deeply held belief system or a validation of a delusion. Exploring the motivation behind favored or select Bible passages and themes may provide some insight into the fears, aspirations, and motives of persons dealing with troubling spiritual issues.

Christopher DeHamel, writing in his preface to "The Book: A history of the Bible," observes, "The fact that the Bible still has this emotionally charged place in popular imagination, even our apparently secular age, tells us a great deal about the Bible as part of our long cultural legacy." Without repeating my presentation on specific texts, let's remember that the Bible employs a variety of literary devices, differing forms of argument, symbolism, mysticism, and allegory to present its timeless message. It's overall theme of inspiration ranges from the telling of heroic stories to reflecting upon the inner need of many people to be spiritually grounded and supported in their lives. In spite of the Bible's use of some unusual examples (to our modern way of thinking) to make a point, the intent of the texts have always been to inspire positive change, strengthen confidence, and to increase hope.

It has been said that "Theology is the afterthought of spiritual experience."

Our insights about the significance of our lives and how we choose our response is developed through our experiences that have meaning. The Christmas season we observe this time of year is intended to bring out the best that is within our lives through sharing, celebration, reflection, and connection. The spiritual significance of what we may gain is entirely up to us.

One of my holiday traditions is to read Charles Dickens "A Christmas Carol." I love the defense of the season delivered by Ebenezer Scrooge's nephew who invites his miserly uncle to enjoy the festive day in his home. He states in part, "(Christmas) is the only time I know of, in the long calendar of the year, when men and women seem by one consent to open their shut-up hearts freely, and to think of people below them as if they really were fellow passengers to the grave...And therefore uncle, though it has never put a scrap of gold or silver in my pocket, I believe that it has done me good, and will do me good; and I say, God bless it!"

Merry Christmas and Happy Holidays to Everyone.

~ Timothy Graham, D. Min.  
Chaplain

"It came without ribbons! It came without tags! It came without packages, boxes or bags!"... *Then* the Grinch thought of something he hadn't before! "Maybe Christmas," he thought, "*doesn't* come from a store. Maybe Christmas... perhaps... means a little bit more!"

~Dr. Seuss, *How the Grinch Stole Christmas!*





## Staff Development

Take advantage of the training Opportunities in November

**When:** December 4, 0830 - 1630  
**Where:** Dogwood Classroom  
**Program:** Mental Health (Psychological) First Aid

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

**No CAI is due during the month of December!**

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



Santa Claus is based on a real person, St. Nikolas of Myra (also know as Ni-

kolaos the Wonderworker, Bishop Saint Nicholas of Smyrna, and Nikolaos of Bari), who lived during the fourth century.

Born in Patara (in modern-day Turkey), he is the world's most popular non-Biblical saint, and artists have portrayed him more often than any other saint except Mary. He is the patron saint of banking, pawn-broking, pirating, butchery, sailing, thievery, orphans, royalty, and New York City.

- <http://facts.randomhistory.com/christmas-facts.html>

## ADMINISTRATIVE

# Tiabit

Checklists can be very useful and helpful tools to utilize for tasks with multiple steps to ensure that you complete all the necessary tasks. Checklists do not have to be formal documents, as they are designed to help keep you on track, but they should be a complete list of all the steps, even if the task is routine.

For example, if you are responsible for keeping up with policies, you might design a checklist that includes such things as making sure all the references at the top are current and correct; if several people have to review and/or sign the policy, add them to the list with the date you sent the policy to them for review/signature; the date you sent the policy to the Director's office for signature, and the date you sent signed copies out and filed the original in the book. Think about all the tasks you do every day and if you have any that involve multiple steps, a checklist might help you keep up with it and ensure it is completed timely.

Ring out the old, ring in the new  
 Ring, happy bells, across the snow  
 The year is going, let him go  
 Ring out the false, ring in the true.

~ Alfred, Lord Tennyson

## December Celebrations

We are all familiar with Christmas being one of the largest celebrations of the year, and that it falls annually on December 25. But there are other December holidays celebrated in the United States as well.



Probably the best known is Hanukkah, or "Festival of Light," which is celebrated by Jews all over the world. Hanukkah celebrates the taking back of the Temple of Jerusalem from the Romans over two thousand years ago. When the Temple was destroyed, the lamp of the Eternal Light, which symbolized the continuation of the Jewish people, was snuffed out. Only enough oil to light the lamp for one day was found, but because of a miracle, the lamp burned for eight days — enough time for the Temple to be rededicated. Hanukkah is celebrated with a menorah — a lamp holding eight candles — to symbolize the miracle. On each of eight days of Hanukkah, a candle is light. Children sometimes exchange gifts and often receive Hanukkah "gelt" or coins and also play a game with a "dreidl" or spinning top with four flat sides.



Another December celebration is Kwanzaa, which is a nonreligious, African-American celebration invented in the 1970's. It is based on various African harvest celebrations. Kwanzaa begins on December 26 and runs for seven days. During each of the days of Kwanzaa, family members gather to light one of seven candles. As each candle burns, the family discusses one of the seven principles on which Kwanzaa is based: unity, self-determination, collective responsibility, cooperative economics, purpose, creativity, and faith. Some communities collect food and clothing for the homeless during this time as well. On the seventh night, there is a feast to which friends and extended family members are invited. Cards and small, handmade gifts are exchanged, and singing and dancing follow.

The common theme among Christmas, Hanukkah, and Kwanzaa is celebrations with family.

~ [www.scholastic.com/teachers/lesson-plan/december-celebrations](http://www.scholastic.com/teachers/lesson-plan/december-celebrations)

# Rehab Department News



The weather has definitely cooled down with many freezing nights and even some snowflakes here and there. It has definitely been football weather.

The New Day Café continues coffee sales for the individuals we serve during their morning break period. This endeavor continues to be a positive factor for individuals and is much talked about before break times each day.

The special activity "Thanksgiving Celebration" was held on November 20, 2014, and was enjoyed by all in attendance. Individuals were able to participate in many fun activities including, build a turkey craft, pumpkin toss, holiday slopes, and the Turkey Trot race. Everyone also was able to enjoy a wonderful pumpkin roll snack.

The Rehab Department held a clearance sale on November 14, 2014, and sold many ceramic and craft items to make room for the many new things being created by the many groups.

The Christmas Market will be held on December 4, 2014, from 1330 to 1600. Come and pick up some beautiful craft and food items for wonderful Christmas gifts.

Continuing the holiday festivities, the Senior Show Choir will be performing at the facility on December 11, 2014, at 1330 in the gymnasium. It has been several years since we have had the pleasure of hosting this choir and we are excited to have them back this year.

Operation Santa Claus will be held on December 18, 2014, in the gym area. Individuals from Admissions and ERS wards will be escorted down to spend their bucks on various gift items. Geriatrics individuals will be given gift boxes on the ward. All individuals will also receive a stuffed stocking on Christmas morning. We would like to thank everyone who contributes to this program throughout the year. This is one of the most anticipated events that individuals have annually and it provides Christmas to many.

**New staff:** Emily Nester, Recreation Rehab Specialist, starts December 1, 2014.

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

~ Sheila Thomas,  
Rehab Specialist

# Did You Know?



Everyone knows the famous song, *The Twelve Days of Christmas*.

But did you know if you were to receive all the gifts that are given according to that song, you would receive a total of 364 gifts? That would be 12 drummers drumming, 22 pipers piping, 30 lords a leaping, 36 ladies dancing, 40 maids a milking, 42 swans a swimming, 42 geese a laying, 40 golden rings, 36 calling birds, 30 French hens, 22 turtle doves, and 12 partridges in a pear tree.

Whew!



# Kronos Workforce Update

Have you logged into Kronos workforce yet? If you have not yet logged on, or it has been a while since you last tried, we urge you to do so as soon as possible. The link from any COV computer is <https://kronos.dbhds.virginia.gov/wfc/logon/logonWFEC.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

- Are you going to lose annual leave this year? Not sure? Here is how to tell. First, you need to know what your maximum carry-over limit is. This information can be found on page 3 of Policy 6011 (General Leave Policy). Now, go to your timecard and change the time period at the top of your timecard to 01/09/2015. Take the total amount of annual leave showing on 01/09/2015, and subtract the total number of hours you can carry

over. This is the amount you will lose. Your accrual for the period ending 01/09/2015 will appear on your timecard on 01/10/2015.

- If you are under the new, VSDP, leave system, your unused sick leave as well as family and personal leave hours also go away and will be re-loaded for the new year. Your new balances will appear on your timecard on 01/10/2015.

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

# Welcome Aboard!



Please welcome the newest additions to the SWVMHI team!



Left to right: Riley Snow, Alicen Bare, Rebecca Smith, Kayla Winebarger, Angela Arnold, and Betty Walk

**Rebecca Smith** is a registered nurse and has been in nursing almost ten years. She received her ASN from Wytheville Community College (WCC). Currently she and her family reside in Marion. Previous work experience includes working at Johnston Memorial Hospital (JMH) in the Emergency Depart-

ment. Rebecca has six dogs, loves motorcycling, and enjoys running and hiking. Rebecca will be working on Ward CD on second shift.

**Alicen Bare**, who goes by “Ali,” graduated from Marion Senior High School (MSHS) and WCC. Ali lives in Sugar Grove. Previously Ali worked at Smyth County Community Hospital and JMH. Ali will be working on second shift on Ward CD as a psychiatric aide.

**Riley Snow’s** favorite color is purple! She is currently single and lives in Marion. Riley graduated from MSHS and has worked at U.S. Solutions and Ingles. Riley will be working third shift on Ward EF as a psychiatric aide.

**Kayla Winebarger** is our new Physical Therapist. Kayla is married to a “wonderful hubby” and they have two “furry” babies! Kayla graduated from MSHS and received a BS in Public Health from East Tennessee State University

(ETSU) and a Doctorate of Physical Therapy (DPT) from ETSU. She and her husband reside in Marion. Kayla previously worked for Mountain States Health Alliance.

**Betty Walk** graduated from Rural Retreat High School and recently moved back home to Rural Retreat from South Carolina. Betty attended WCC and Endicott College receiving a BS in Psychology. Betty will be working third shift as a float psychiatric aide.

**Angela “Angie” Arnold** is a registered nurse and received her BSN from King University. She has two children and lives in Rural Retreat. Previously Angie worked at Wythe County Community Hospital and Bland Correctional Center. She will be working third shift on Ward E.

**Please welcome all of our new employees who started work in October!**

~ Training Department

## Recovery Hero

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

The fear and heartbreak are unimaginable when serious mental illness strikes families. Families become confused when their loved ones act in an erratic or unfamiliar way. Often times, individuals are hospitalized and families want to be involved and want to help, but don’t know what to do.

The support of the family in an individual’s recovery can be pivotal to the individual’s success. Families give us strength, they

encourage us, and they pick us up when we fall, but what do we do when the individual doesn’t want the support of their family? Recently, an individual on ERS refused a visit from his family. The family was very sad and couldn’t understand why the individual wouldn’t want to see them. Connie Cook, PA, talked with the individual and she encouraged him to visit with his family. After talking with Connie, the individual agreed to the visit and the family was very appreciative.

Because she realizes the importance of family support in recovery and because



Connie Cook

she was able to convince the individual to visit with his family, Connie is our recovery hero this month. Connie has been employed at SWVMHI since August 10, 1998, and we are glad that she is a part of our team.

Please remember to congratulate Connie when you see her.

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





# PERSONNEL CHANGES\*

## New Employees

Rebecca Smith, Registered Nurse Clinician A	Nov 10
Kayla Winebarger, Physical Therapist	Nov 10
Riley Snow, Psychiatric Aide	Nov 10
Betty Walk, Psychiatric Aide	Nov 10
Angela Arnold, Registered Nurse Clinician A	Nov 10
Alicen Bare, Psychiatric Aide	Nov 10

## Separations

Ruth Neitch, PI4 Console Operator	Nov 1
Ashley May, PI4 Food Service Technician	Nov 3
Kimberly Glover, PI4 Psychiatric Aide	Nov 6
Terry Cagle, Psychiatric Aide	Nov 9
Lorrie Mitchell, Psychiatric Aide	Nov 9
Tammy Short, Registered Nurse Clinician A	Nov 10
Jayne Barker, Psychiatric Aide	Nov 14
Katie Ashby, Housekeeping Worker	Nov 14
Patricia Shoemaker, Registered Nurse	Nov 17

## Promotions/Role Changes

Hayley Williams, PI4 to Full-time Psychiatric Aide	Nov 10
Deresa Hall, PI4 to Full-Time Nurse Practitioner/MOD	Nov 25

\* As of the time the newsletter was printed for distribution

### MONTHLY PATIENT CENSUS

**October**  
**2014**

**Admissions 66**

**Discharges 71**

**Passes 20**

**Average Daily  
Census**

**155**



Pictured left to right are Zina Worley, Barbie Honaker, Leiann Smith, and Lisa Berry

## Halloween Fun



Santa showed up early for the Holiday Meal. Maybe he was confused which holiday? Pictured with Santa is Kimberlee Hubbard





# Special Gym/Game Room Activities

Consumer Empowerment Recovery Council (CERC)  
No meeting in December

Birthday Party  
December 30, 2014  
1800 - 2000  
No Café



Operation Santa Claus  
December 18, 2014  
0900—1515



Patient Activity Council (PAC)  
No meeting in December



Church Services  
held each Thursday  
from 1830 - 1930  
No Café



Senior Show Choir  
December 11, 2014  
1330—1445



Movie Nights  
December 8 & 9 2014  
1830—2000

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.



Interested in on-site Weight Watchers Meeting? As state employees, the monthly fee is approximately \$34 per month. After you attend 9 out of 12 meetings, you can submit for reimbursement and you receive 50 percent of that fee back! You must sign up through the [DHRM website](http://www.dhrm.virginia.gov). Human Resources staff has the code for you to sign up. You may contact Melissa Dye at Extension 810 or Cindy Jones at Extension 231 if interested in attending an on-site meeting. We need a total of 15 participants.

For more information, visit <http://www.dhrm.virginia.gov/employeeprograms/weightwatchers>



## DID YOU KNOW?

The use of evergreen trees to celebrate the winter season occurred before the birth of Christ?

## December Days to Celebrate

“Off the cuff” December holidays to celebrate:

- December 3**  
Rockefeller Center Tree Lighting Day
- December 7**  
National Cotton Candy Day
- December 8**  
Pretend to be a Time Traveler Day
- December 12**  
National Ugly Christmas Sweater Day

- December 15**  
Cat Herders Day
- December 18**  
Answer the Phone like Buddy the Elf Day
- December 24**  
Egg Nog Day
- December 30**  
Bacon Day
- December 31**  
Look on the Bright Side Day







# Early Reminders from Human Resources

Following are some reminders for all employees:

**Outside Employment:** All employees of SWVMHI who engage in any other paid employment, public or private, must obtain the prior written approval of the facility. January is the month to renew your request by submitting to your supervisor a Request to Engage in Outside Employment Form. This requirement is contained in the Human Resources Policy 6114, Outside Employment/Conflict of Interest. If you gain outside employment any time during 2015, you must complete the outside employment form and present it to your supervisor.

**FMLA Renewals:** The new FMLA leave year begins on January 10, 2015. All FMLA leave requests must be renewed at the

beginning of each leave year according to Human Resources Policy 6601. The FMLA policy can be found on the SWVMHI Policy Index and the forms can be located on the SWVMHI Forms Index, and must be submitted to the Human Resources Office for approval. If you are eligible and experience a need for FMLA during 2015, please submit a Family and Medical Leave Request Form to Human Resources. An eligible employee is a full-time, part-time, quasi or wage employee who has been employed by SWVMHI for a total of at least 12 months in the past seven years and has physically worked at least 1,250 hours in the preceding 12 month period. Please contact the Human Resources Office for questions by calling Extension 145 or 148.

**State and Federal Tax Form:** Complete a new state and/or federal tax form if

you experience a status change (IE: married, divorced, birth or adoption of a child)

**Life Insurance:** Verify that your life insurance beneficiaries are correct by calling Minnesota Life at 1-800-441-2258.

**Emergency Contact & Personnel Record:** Update your personnel record if you have changed your phone number, address or emergency contact by completing the Employee Personnel Records Summary & Emergency Contact Form located on the SWVMHI Forms Index.

~ Kim Sayers, PHR  
Human Resources Analyst

# Wrangler Williams Earns Canine Good Citizen Title



Shown above is Wrangler holding his Prized Ribbon

Wrangler, the Beagle/Blue Heeler/Australian Shepherd therapy dog has earned the right to be considered a **Canine Good Citizen**. The Canine Good Citizen Program is offered through the American Kennel Club and is designed to recognize dogs who have good manners at home and in the community. It is a nationally recognized title that stresses responsible dog ownership for owners and good manners for dogs.

The test, which is very much like the test administered at this facility for inclusion in to the Animal Assisted Activities/Therapy (AAA/T) program, consists of ten steps, including greeting and accepting other dogs and strangers, sitting politely for petting, walking through a crowd, reaction to distractions, come when called, and supervised separation from the owner. Wrangler passed each skill with complete ease.

Four year old Wrangler is owned by Brittany Williams, who has had him since he was about seven months old. He was dropped off with a fractured pelvis at the Veterinary clinic where she was working. Following treatment for the fracture, Brittany adopted him and nursed him back to health. No stranger to notoriety, Wrangler has won countless prizes at local and regional competitions and fairs with his array of tricks and good looks.

Next time you see Wrangler and Brittany, offer your congratulations on this accomplishment. We are proud of them both!

If you would like more information on the Canine Good Citizen Testing, please visit: [http://www.akc.org/events/cgc/training\\_testing.cfm](http://www.akc.org/events/cgc/training_testing.cfm)

~ Lesu Cole, ADC  
Recreation Therapist



## Clinician's Corner



A new study published in the *American Journal of Psychiatry*, published online on September 15, 2014, gives new hope that individuals prescribed long-term antipsychotic medication can lose weight instead of just gain weight.

Much research has shown that individuals with serious mental illness are at greater risk to gain weight. This puts them at a greater risk for the medical comorbidities of heart disease and diabetes. We also know that many of the antipsychotic medications run the risk of increased incidence of metabolic syndrome.

A recent study, however, shows that individuals with serious mental illness on antipsychotics can benefit from interventions that help them have a healthier lifestyle and lose weight.

In the study, Dr. Carla Green selected individuals who had diagnoses of schizophrenia, bipolar disorder or affective psychosis, or post-traumatic stress disorder. Approximately 100 patients were in each of two groups. The first group was assigned to receive an intervention called STRIDE. This included six months of weekly, two-hour-long group meetings and then after that, a further six-month maintenance, follow-up phase. Included in the weekly meetings were exercise sessions (usually walking) a weigh-in, problem-solving, and education about healthy foods. The other group received the usual care.

The members of the intervention group were encouraged to walk on their own throughout the week and to follow the DASH

(Dietary Approaches to Stop Hypertension) diet with an emphasis on fruits, vegetables, and low-fat dairy. There was an emphasis on how to do this using a limited budget, which many of the individuals were on. They also received a workbook to guide them throughout the program and were taught strategies on how to discuss weight gain and medications with their physicians in a constructive manner.

At the end of six months, the STRIDE group lost more weight than the "as usual" group and their fasting blood glucose levels showed a decrease. The control group's fasting glucose had increased. At the end of six months, the glucose findings continued to show that the STRIDE group continued to improve. In addition, the hospitalizations for medical reasons decreased in the STRIDE group compared to the control group, while the number of psychiatric hospitalizations was no different for the two groups (about 15 percent for each group).

The study's author notes that, so far as she is aware, this is the first study to show that individuals with serious mental illness can successfully lose weight, have healthier lives, AND continue to take their medications. This is an important message! She believes that coming together in a group was especially helpful for them to receive support and learn from each other.

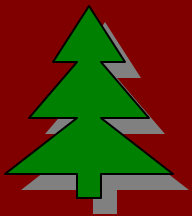
For more information on the DASH diet, please see:

<http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/dash-diet/art-20048456>

For information on the STRIDE program:

<http://www.kpchr.org/research/public/stride/stride.htm>

Weight Loss Possible on Antipsychotics. *Medscape*. Sept. 29, 2014.



24.5 million farm-grown Christmas trees were purchased in the United States in 2012, with a real market value of \$1.01 billion.



Jennifer Armstrong from Food Service



ET members serving "Halloweenies" to staff. Pictured front to back: Merle Obregon, Phil Jones, Joey Sword, Amanda Currin, and Alicia Alvarado



Lee "Indiana Jones" Osborne from Human Resources

More Halloween Fun



## Grammar School

### Assure vs. Insure vs. Ensure

Often used interchangeably, modern usage shows a distinction between the words assure, ensure, and insure.

To **assure** is to remove doubt, confidently tell someone about something, or make a promise. It's generally followed by an object, so you **assure** someone. You can also tell someone to rest **assured** when you know everything's under control.

**Assure** also implies the removal of doubt and suspense within someone's mind. Here is an example: "As he was running away, he turned around to **assure** that no zombies were following him."

**Ensure**, on the other hand, means to make certain a thing will (or won't) happen: "When staff leave a conference room, they should **ensure** that the windows are closed, the lights are off, and the door is locked."

Finally, use **insure** when you need insurance. To **insure** is to arrange for financial compensation against the loss of something or against someone getting hurt or dying.

"After signing a contract with a professional baseball team, Jack decided to **insure** his pitching arm for \$1 million."

There are some newspapers and magazines, such as *The New York Times* and *The New Yorker*, that still use **insure** and **ensure** interchangeably, but it's fairly archaic to do so. Most publications differentiate the two.

We **assure** you that there is a difference, and by reading this you've **ensured** that you know your (almost) homonyms, but alas we can't **insure** you.

Here's another example:

If your friend is heartbroken because her boyfriend dumped her (again), you **assure** her that things will get better. But if you are secretly in love with your friend, you will do everything you can to **ensure** that her happiness is restored, even if it means giving her ex a beat down. If you go through with the beat down, you had better hope he doesn't try to sue, as there is no way to **insure** yourself against that lawsuit!

See if you can correctly identify the proper use of **assure**, **ensure** or **insure** below. Answers on page 14.

1. It's my job to \_\_\_\_\_ that you don't misuse terms like these.
2. Remarkably, younger and healthier individuals in other industrialized countries have long accepted the

mandate to be \_\_\_\_\_ in return for community-rated premiums.

3. Roast brussel sprout mixture on sheet pan for 12 to 15 minutes, shaking pan about halfway through to \_\_\_\_\_ even cooking
4. I \_\_\_\_\_ him that I would not clean out his tool and hardware collection.
5. The valuables are \_\_\_\_\_.
6. The government \_\_\_\_\_ the safety of the troops during the time they would be airlifted out of the country.
7. We will \_\_\_\_\_ that the abusive coach will not return next year.
8. Euro-area finance chiefs meeting tonight also will discuss using the European Financial Stability Facility to \_\_\_\_\_ bonds of troubled governments.
9. I \_\_\_\_\_ you I meant no harm.
10. The "feed kids first" policy is designed to \_\_\_\_\_ that parents can eat in peace.
11. She was \_\_\_\_\_ against loss in the homeowner's policy.
12. "Rest \_\_\_\_\_ that Brazil will have a great World Cup in 2016," he said.
13. He considered retirement before doctors \_\_\_\_\_ him he could still fight.
14. Aides said the leaders conferred by telephone to \_\_\_\_\_ that their speeches, while different in tone, would not be incompatible.
15. You know our house was \_\_\_\_\_ for a good deal of money.

## New Year's Eve Fun Facts

New Year's Eve celebrations go back for centuries and traditions and New Year's Eve fun facts are littered through countries and civilizations.

- It is often thought that the first visitors you see after ringing in the New Year would bring you good or bad luck, depending on who you keep as friends and enemies. That's why most people celebrating on New Year's Eve often do so with friends and family.
- Black-eyed peas (usually with ham) are often consumed in certain parts of the

United States. These are thought to bring good fortune in cultures around the world, not just in the U.S.

- Other foods that are eaten on New Year's Eve are cabbage because the leaves represent prosperity. Ham (or a hog) also symbolizes prosperity. In Asian cultures, rice is a hearty and lucky staple that is eaten around midnight to signify the coming year of fortune.
- Stats of the first New York ball: 700 pounds; 5 feet in diameter. The ball was made from wood and iron.

- The modern ball that is dropped is made from Waterford Crystal and weighs over 1,000 pounds. There are over 9,000 LED lights, but uses hardly any energy. The ball begins to drop at 11:59 and completes the journey exactly at midnight to ring in the New Year.
- On New Year's Eve, about 75 percent of American Parties are with 20 people or less.

~ <http://www.2020site.org/fun-facts/New-Years-Eve-Fun-Facts.html>



# Word Search



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

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

- |             |            |             |             |
|-------------|------------|-------------|-------------|
| candles     | cards      | caroling    | celebrating |
| Christmas   | cold       | customs     | December    |
| festivities | food       | gingerbread | Hanukkah    |
| holidays    | holly      | Kwanza      | ornaments   |
| peace       | poinsettia | presents    | reindeer    |
| Santa       | snow       | stocking    |             |
| traditions  | wreath     | winter      |             |



It is estimated that the single, "White Christmas" by Irving Berlin is the best selling single of all time, with over 100 million sales worldwide.

# First Aid Tips: Holiday Safety



Christmas is coming soon. It seems as if we just celebrated it! Time flies when you're having a good time!

So, with Christmas just around the corner and gift giving on our collective minds, we also must think of safety in oh so many ways and forms. Safety in driving, safety in holiday

foods, safety in choosing the appropriate gift for our loved ones, and on and on.

I remember when my nineteen year old son wanted a rifle for Christmas. That was a shocker! He said he wanted to be able to go hunting with his cousins. I explained that if he did indeed "bag" a deer, he would have to field dress it, and that results in lots of blood and gore (according to the video). I knew he fainted at the sight of blood, so I had my doubts. He assured me he watched a video on field dressing deer and didn't faint or even become queasy.

Naturally I was concerned for his safety handling guns, but my husband assured me our son had just completed Army National Guard training using an M-16 rifle, and if the army trusted him with one, we should, too. Also, he had had gun training with the Boy Scouts. But they're not his mother, I thought.

Christmas came, he got his rifle, and he and his dad went out to target shoot. I was thinking of *The Christmas Story* and "No, you'll shoot your eye out" scenarios. When they didn't come home and they didn't come home, my worrying got worse! When they did get home, my son had a big bandage over his right eye. Apparently the new rifle had quite a kick, unlike his trusty "no-kick" M-16 rifle, and he obtained a split over the

skin of his right eye. So an emergency room visit and nine sutures later, we were even more understanding of the multiple needs for gun safety. Everyone was fine, just a little shaken up for a Christmas Day, but all eyes were intact! Eye injuries happen when something hits the eye or punctures the eye. Luckily our eyes are surrounded by hard bones that protect our eyes from big hits, but small hits like BB's, twigs, rocks, etc., can be directed right at our eyes.

Signs and symptoms of eye injuries are pain or intense pain, redness, tearing, bleeding, bruising, and/or vision difficulties. Immediately check the scene for safety and instruct the person to keep their eye(s) closed. If available, gently place a sterile dressing over the eye(s) or tape a small cup over the eye and call for help.

Should the eye be punctured, don't remove the object. Have the victim transported to an emergency department as soon as possible, again gently taping a cup over the eye. Trying to remove the object yourself could result in more damage.

If the eye is injured by something in it like dirt or sand, help the victim to an eye wash station and instruct them to hold their eyes open (or help them do that) and flush for 15 minutes. If no eye wash station is available, gently flush eye(s) with warm water.

Take care with gift giving this holiday season, and protect your eyes!

~ Rebecca Sparger, RN, BSN  
Training Coordinator

## December Lunar Phases

### December 6

Full Moon, also called "Cold Moon" by Native Americans of New England and the Great Lakes because at this time of the year the nights are long, the days are short, and so less sunlight means more cold days.



### December 14

Last Quarter Moon

### December 21

New Moon

### December 28

First Quarter Moon



## CVC Campaign

On October 31, 2014, the CVC Campaign held its kickoff event in the Lobby of the Bagley Building. Other upcoming events include:

- **Week of December 8 - 12:** Silent Basket Auction on Ward G. Please contact Ginny Moorer or Becky Sparger today if you'd like to donate an item or basket for the auction!

## Flu Vaccines



If you have not yet received your flu vaccine, or if you have questions about the flu vaccine, contact Cindy Jones, Infection Prevention and Control Coordinator at Ext. 231.

Full-time employees who received their vaccine prior to November 19 should look for one-hour of comp time on their timecards. P14 employees should have received a gift certificate at the time of the vaccine. If you did not, contact Cindy Jones today.

## Grammar School



Answers to quiz on page 11.

1. It's my job to **ensure** that you don't misuse terms like these.
2. Remarkably, younger and healthier individuals in other industrialized countries have long accepted the mandate to be **insured** in return for community-rated premiums and guaranteed issue.
3. Roast Brussels sprout mixture on sheet pan for 12 to 15 minutes, shaking pan about halfway through to **ensure** even cooking
4. I **assured** him that I would not clean out his tool and hardware collection.
5. The valuables are **insured**.
6. The government **ensured** the safety of the troops during the time they would be airlifted out of the country.
7. We will **ensure** that the abusive coach will not return next year.
8. Euro-area finance chiefs meeting tonight also will discuss using the European Financial Stability Facility to **insure** bonds of troubled governments.
9. I **assure** you I meant no harm.
10. The "feed kids first" policy is designed to **ensure** that parents can eat in peace.
11. She was **insured** against loss in the homeowner's policy.
12. "Rest **assured** that Brazil will have a great World Cup in 2014," he said.
13. He considered retirement before doctors **assured** him he could still fight.
14. Aides said the leaders conferred by telephone to **ensure** that their speeches, while different in tone, would not be incompatible.
15. You know our house was **insured** for a good deal of money.

## Adult Education Program Update



During Fall Break week, Mount Rogers Regional Adult Education Program hosted an Open House for their class at Southwestern Virginia Mental Health Institute. Interested staff and individuals that we serve were invited to visit the classroom to find out more about the learning opportunities that are offered.

Assorted pastries and beverages were served and projects and artwork by current students were displayed. Visitors had a

chance to learn more about the GED® exam, Career Readiness Certificate, and college placement tests. Textbooks, software, and other learning materials were viewed. Shirley Carlson, MRRRAEP program manager, Sharon Neitch, SWVMHI Occupational Therapist, and Sharon Hutchinson, Adult Education Instructor, were on hand to answer questions about referrals and classroom activities.

The class is open to individuals that we serve and staff alike for improvement of basic academic skills or test preparation. Those who were unable to attend the event are still welcome to schedule a visit to learn more about the program. Please contact Sharon Neitch, Ext 108, for further information.

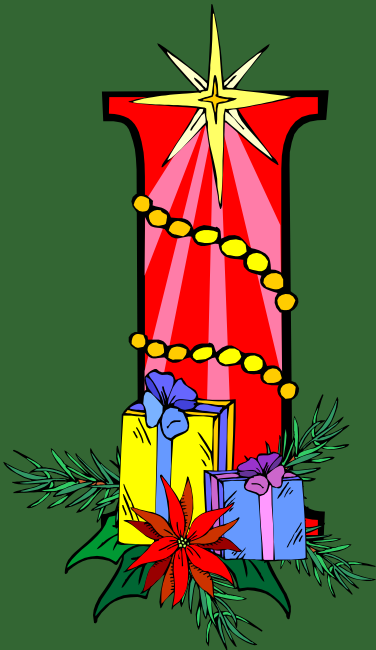
~ Sharon Hutchinson,  
Adult Education Instructor



## Pumpkin Factoids

During the months of October through December, the pumpkin often shows up in many forms from Halloween Jack-o-Lanterns to pumpkin pie, pumpkin rolls, pumpkin jam, and a variety of other forms at our dining room tables. But did you know that:

- 80 percent of the U.S. pumpkin supply is available annually in October
- 90 percent of a pumpkin is water
- A pumpkin can grow up to 1,000 pounds (yes, that is three zeros!)
- The average slice of pumpkin pie eaten during the holidays contains 320 calories.



## Recycling Tips



At SWVMHI, you may recycle plastic, newspapers, magazines, paper, cardboard, and aluminum cans. We do NOT recycle glass.

- Please remove the tops from plastic bottles and rinse them, as well as aluminum cans, before recycling.
- Cardboard should be broken down flat before recycling.
- Papers with HIPAA protected information should be placed in labeled Shred-It containers.
- Papers without HIPAA protected information should be placed in the recycling bins in labeled containers and separated (office paper in one, magazines, catalogs, and newspaper in the other).

The recycling bins are located outside the Henderson Building, the Bagley Building near the L Hallway entrance by the Staffing Nurse Coordinator's office, and behind the Blaylock Building.

All funds received from recycling stay at SWVMHI, so please recycle, reduce, and reuse whenever possible.

~ Safety Committee

## Just for Fun

Just for the fun of it, check out some of these interesting, random facts:

- An earthquake on Dec. 16, 1811 caused parts of the Mississippi River to flow backwards.
- An olive tree can live up to 1,500 years.
- A dime has 118 ridges around the edge, a quarter has 119.
- Astronauts cannot burp in space.
- At their closest point, the Russian and U.S. borders are less than two miles apart.
- Babe Ruth wore a cabbage leaf under his cap to keep him cool. He changed it every 2 innings.
- Bamboo plants can grow up to 36 inches in a day.
- Bill Gates' house was designed using a Macintosh computer.
- Astronauts get taller when they are in space.
- Antarctica is the only land on our planet that is not owned by any country.
- Bob Hope and Billy Joel were both once boxers.
- Butterflies taste with their feet.
- When possums are playing 'possum', they are not "playing." They actually pass out from sheer terror.
- There are more than 10 million bricks in the Empire State Building.
- Camels have three eyelids to protect themselves from blowing sand.
- Dolphins sleep with one eye open.
- Recycling one glass jar, saves enough energy to watch T.V. for three hours.
- A jellyfish is 95 percent water.
- Owls are one of the only birds who can see the color blue.

~ <http://www.funfunnyfacts.com> and <http://uselessfacts.net/interesting-facts>

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**

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

**Please submit articles for the next newsletter to Cheryl Veselik by December 19, 2014.**

**The next newsletter will be published January 2, 2015.**