



JANUARY 2015

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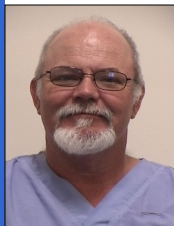
Hidden

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



From the Director

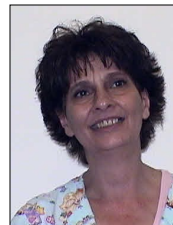
Employees of the Quarter



James Colgate, Psychiatric Aide, Geriatrics, Second Shift

James is a long term employee of SWVMHI. He has been employed as a housekeeper and then transitioned to a certified nursing assistant. He has been on the Geriatric Unit for over 13 years. James serves as a preceptor to new employees. His quick wit and sense of humor make a lasting impression. He always makes new employees feel welcome and no matter what the assignment, he will ensure their understanding. James has a giving heart and is one of the first to reach out to assist peers in any way possible when the need arises. James is also a first responder for fire drills and codes. When the new fire alarm system was implemented, James was a great asset to the unit to orient staff to the use of the system. James readily changes his work schedule to accommodate the staffing needs of the unit and will work extra when acuity is high. James displays a special compassionate attitude towards the Geriatric population. The patients will often ask for him by name when they have an issue or need that needs to be addressed. James readily provides feedback to the teams to aid in continuity of care and provide an environment that is adaptable to the ever changing needs of our patients. Most recently a patient wanted to compliment James for assisting him in the admission process, orienting him to the ward, and providing him with answers to question he had. He reported that James was always friendly, took the time to speak with him, and made his adjustment here much easier. He expressed over and

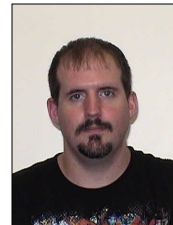
over his appreciation for having a staff member like James that went the extra effort to make his stay pleasant and not being afraid to ask for help. James is an example of following the facility's mission, vision, and values, and is very a valued employee.



Kathy Moore, LPN, ERS, Second Shift

Kathy is an LPN on evening shift, ERS. Kathy's main job duty is as a medication nurse. She does an excellent job with medication administration and she also does a great job with assessing when a patient is in need of PRN medication. She not only does medication administration, but her work with the patients is very impressive. She always takes extra time and effort to encourage the more acute patients with any issues or concerns. At times she is the only nurse that can gain the patient's cooperation and trust to take their medication or to do certain things that they need to do. She demonstrates patience and compassion with the patients that is caring for. She is very soft spoken and gentle and the patients respond very well to her. She gets along great with her coworkers and is always respectful and helpful to them. She never gets caught up in the negative interactions that can sometimes occur between staff members. She is always a team player and is willing to help out where needed. She has a good attitude and her quiet presence on the unit is really appreciated. Kathy has worked here for many years and she always demonstrates a good attitude and a passion for what

she does. She is a great example for other employees to follow. She is a good employee who takes a lot of pride in her work and who is well liked among her coworkers and the patients she cares for. She is certainly an asset to the facility and to the ERS Unit.



Adam Anderson, LPN, Admissions/CD, Second Shift

Adam has gone above and beyond the call of duty. On several days he has administered medications to patients on Ward C and D by himself. Individuals seek him out to talk about medications. He is also very good about getting the patients who refuse medications to take them. Adam uses excellent motivational interviewing skills to de-escalate patients, often avoiding seclusion/restraint events. Adam recently completed TOVA Instructor Training Class and he is trained as a Medication Nurse Preceptor. Adam excels at teaching nursing students or new employees about medication administration. Adam also steps up to the plate to assist with any behavioral issues on the ward without hesitation. He is always ready to support the individuals we serve when they are in a crisis. Adam always remains calm and supportive. He maintains safety as an utmost prior-

Continued on page 12



SWVMHI Values



The SWVMHI Value of Self-initiative can be behavioralized by the notion of *persistence*. One has to be persistent in our business because the changes that the individuals we serve desire in themselves often take years to be realized. By modeling persistence in our hope and healing practices, we encourage individuals to do the same. Individuals often face years of ups and downs in their recovery journey. They persist, as do we. This brings to mind the delightfully powerful poem

by Frank Lebby Stanton. It is reproduced below for your enjoyment and contemplation.

"KEEP A-GOIN'"

If you strike a thorn or rose,
 Keep a-goïn'!
 If it hails or if it snows,
 Keep a-goïn'!
 'Taint no use to sit an' whine
 When the fish ain't on your line;
 Bait your hook an' keep a-tryin'--
 Keep a-goïn'!

When the weather kills your crop,
 Keep a-goïn'!
 Though 'tis work to reach the top,
 Keep a-goïn'!
 S'pose you're out o' ev'ry dime,

Gittin' broke ain't any crime;
 Tell the world you're feelin' prime--
 Keep a-goïn'!

When it looks like all is up,
 Keep a-goïn'!
 Drain the sweetness from the cup,
 Keep a-goïn'!
 See the wild birds on the wing,
 Hear the bells that sweetly ring,
 When you feel like singin', sing--
 Keep a-goïn'!

Author: Frank L. Stanton (1857-1927)

~ James Moon, Ph.D.
 Psychology Supervisor

My Best Friend

Searching deep within my soul,
 I found a hand, one worth me to hold.
 You pulled me from the darkest realms of my demise,
 You stopped me when I was at last ready to say my goodbyes.
 You have brought me through when the storms raged,
 You brought me through many times unscathed.
 When all my friends walked away you were still there by my side,
 I know that my faith in you is something in which I can confide.
 You gave me strength when I was weak,
 And by your wisdom have given me answers for which I seek.
 My prayers may not always be answered in the ways I think,
 But sometimes they come quicker than I can blink.
 You keep reaching out to me even though there have been times I've pulled away.
 You keep proving your love to me even though I went astray.
 You showed me that you would be there even though I thought I was alone,
 By carrying me through the troubles until they were gone.
 Your love is greater than anything that I will ever know or see.
 You paid the price for it, but you gave it to us all for free.

~ An original poem
 by an Individual on Ward A





Chaplain's Corner

A friend of mine shared this story with me a few weeks ago and it bears repeating as we contemplate the new year...

A man received a parrot for his birthday. The parrot was fully grown, with a bad attitude and worse vocabulary. Every other word was an expletive. Those that weren't expletives were, to say the least, rude.



The man tried hard to change the bird's attitude and was constantly saying polite words, playing soft music, anything he could think of to try and set a good example. Nothing worked. He yelled at the bird and the bird yelled back.



He shook the bird and the bird just got more angry and more rude. Finally, in a moment of desperation, the man put the parrot in the freezer. For a few moments he heard the bird squawk and kick and scream. Then suddenly there was quiet. Not a sound for half a minute. The man was frightened that he

might have hurt the bird and quickly opened the freezer door.



The parrot calmly stepped out onto the man's extended arm and said, "I believe I may have offended you with my rude language and actions. I will endeavor at once to correct my behavior. I really am truly sorry and beg your forgiveness." The man was astonished at the bird's change in attitude and was about to ask what had made such a dramatic change when the parrot continued,

"May I ask what the chicken did?"

It's amazing what a little "attitude adjustment" can do. Sometimes being in the deep freeze of winter can give us a renewed sense of clarity and motivation to make good on those new year resolutions. Here's to hoping you have a great new year filled with something to bring about positive change and always something to laugh at.

~ Timothy Graham, D. Min.
Chaplain

To the New Year

By W. S. Merwin

With what stillness at last
You appear in the valley
Your first sunlight reaching down
To touch the tips of a few
High leaves that do not stir
As though they had not noticed
And did not know you at all
Then the voice of a dove calls
From far away in itself
To the hush of the morning

So this is the sound of you
Here and now whether or not
Anyone hears it this is
Where we have come with our age
Our knowledge such as it is
And our hopes such as they are
Invisible before us
Untouched and still possible.



Thank you to the following who participated in the annual Christmas Caroling on the wards held December 4, 2014:

Gary Lyons, pianist; Leiann Smith, Laura Campbell, Betsi McGee, Missy Dye, Sheila Lapomarede, Dr. Chris Carusi, Augusta Saucer, Dr. Sarah Hazelwood, Vicki Copenhaver, Lisa Berry, Peggy Armstrong, Debbie Kiser, Christina Lishen, Patrick Begley, Kristin Horn, Ashka Patel, Jan Barron, Amanda Currin, Rita Coe, Brandon Rotenberry, Danielle Grogan, and Mallory Jessee. Thank you for sharing your talent with the individuals we serve! The Caroling was well received and enjoyed by all.

~ Jan Barron,
Direct Service Associate/ERS



Staff Development

Take advantage of the training Opportunities in January

When: January 27 and 29, 2015

Where: Commonwealth Classroom

Program: TOVA for Physicians

When: January 28, 2015

Where: Commonwealth Classroom

Program: CPR Instructor Recertification

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

The dLCV (formerly VOPA) CAI is due during the month of January!

Please log into the Knowledge Center today and take your CAI.

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

REMINDERS

During the month of January, we have several holidays. They include:

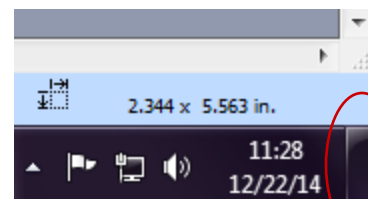
- January 1 New Years Day
- January 2
- January 16 Lee-Jackson Day
- January 19 Martin Luther King Day



ADMINISTRATIVE

Tiabit

If you are like me, you always have a hundred things open on your desktop and the phone rings. The caller needs information that you have in yet another file. You could close or hit the reduce button on each file you have open, which could take a while, or you could hit the "show desktop" button which will reduce all of your files at one time. The show desktop button is located on the bottom right corner of your screen next to the date and time. If you hover your mouse over the button, you will see your desktop, but to go directly to your desktop, click on the button. All of your open files are still open, but just sitting down on your menu bar,



Human Resources Corner

As we begin a new year, it is a good time to review some important policies and best practices. Several are listed below:

SWVMHI Policy 6500, Tobacco Products - SWVMHI promotes a healthy environment. Therefore, the facility and surrounding campus are tobacco free. The use of tobacco products by all employees, contractors, consumers, interns, students, and visitors is prohibited while on the campus of SWVMHI; in the presence of SWVMHI consumers; or while inside a state-owned vehicle. Additionally, visible possession of tobacco products is prohibited in the same situations. "Out of sight" storage of tobacco products is allowed. Employees who use or possess any tobacco product(s) in violation of this policy are subject to the provisions of progressive disciplinary action according to guidelines set forth in DHRM Policy 1.60, Standards of Conduct.

Personnel Records - It is important that your personnel record reflect the most up-to-date information about you such as address, telephone, emergency contact, etc. Incomplete or inaccurate information could negatively impact your benefits, salary/paycheck, training eligibility, and other personnel related matters. Any time you have a change in your personal data, please use the Employee Per-

sonnel Records Summary and Emergency Contact Information Form located in the Forms Index on Intranet to update your information and forward the form to the HR Office.

SWVMHI Policy 6114, Outside Employment – Approval for outside employment must be renewed at the beginning of each new year. Outside employment is defined as employment with another state agency, employment by any private business concern, and self-employment, including the private practice of any health care profession. Please review the policy for very specific guidance, especially regarding private practice of licensed health care professionals. The Request to Engage in Outside Employment Form is located in the Forms Index on the Intranet.

Beneficiary Information – Please remember to keep your beneficiary election(s) on your life insurance and VRS benefit up-to-date. Significant life events such as marriage, divorce, birth of a child, or death of a loved one will often result in your need to change your beneficiary designation. You may log into [myVRS](#) and make changes, or come by the Human Resource Office to complete the necessary form.

~ Ruby Wells, HR Analyst



Rehab Department News



Still waiting and waiting and waiting... for SNOW. Excitement has filled the air through the holidays.

The New Day Café continues coffee sales for the individuals we serve during their morning break period. This endeavor continues to be a positive thing for individuals and is well received as a nice addition to morning snacks.

The special activity, Operation Santa Claus, was held on December 18, 2014, in the gym area. Individuals from Admissions and ERS wards were escorted down to spend their "Christmas bucks" on various gift items. Individuals from Geriatrics were delivered gift boxes on the ward. All individuals also received a stuffed stocking on Christmas morning. We would like to thank everyone who contributed to the Operation Santa Claus program this year. The individuals we serve were very happy with the

selections made available, and were cheerful throughout the event.

Continuing the holiday festivities, the Senior Show Choir performed at the facility on December 11, 2014, at 1330. in the gymnasium. It was a well attended event and brought Christmas joy to all in attendance.

The Christmas Market was held on December 4, 2014, from 1330 to 1600. Many staff were able to pick up beautiful Christmas gifts made in Rehab groups by many of the individuals we serve. Proceeds will be used to purchase new supplies for groups.

The New Day Café also sells coffee Monday through Friday to staff. Please come by and try our coffee. Hours of service are posted at the Café.

~ Sheila Thomas,
Rehab Specialist

Backpack Update

Last summer, the Administrative Professionals Group at SWVMHI held a backpack drive and collected food, school supplies, and backpacks for children in the Smyth County schools who are in need of assistance. Each week during the school year, eligible students receive a backpack filled with enough food for the weekend.

Donations were taken up throughout the summer and delivered to the Smyth County School Board last fall for distribution. The group collected over 338 pounds of items, thanks to the generosity of SWVMHI employees.



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/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

- For those of you who are under the "new" leave program (VSDP), you will see your new leave loads in sick and family personal leave on January 10.
- For those of you who lost annual leave on January 9, you will see your maximum carryover plus your pay period accrual appear on January 10.
- To find out how much annual leave you may lose, go to My Information Tab → My Reports → Accrual Balances and Projections → change

date to 01/09/2015. Subtract the maximum carryover (from chart on Page 3 of Policy 6011) from the period ending balance = annual leave loss *Example: 383.2 – 336 = 47.2 hours that will be lost if not used by COB 01/09/15*

- Everyone will see new balances appear in FMLA, Military Leave, and Community Services Leave. *Please be reminded that these balances are for tracking purposes and you must be approved by Human Resources to use FML and Military Leave.*

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

Welcome Aboard!



Please welcome the newest additions to the SWVMHI team!



Left to right: Robin Shaw, Emily Nestor, Ashley Sears

Robin Shaw is our newest Psychologist. He will be on the D Team, go D! Robin has worked in the mental health field for 25 years. He just moved to Marion from eastern North Carolina the day before he started work. Robin is divorced with one son, Dustin, who is a senior in High School in Florida. Robin received his Ph.D. from Walden University and his M.S. from San Diego State. He is well traveled, having lived in Scotland, Rhode Island, California, North Carolina, and now Virginia.

Emily Nester will be joining her father, Doug Smith, and stepmother, Melanie Smith, in the Rehab Department (all in different sections of the Department). Emily loves to travel, loves music, especially karaoke, and is a huge Virginia Tech football fan. She has a nine year old son and they live in Tazewell, Virginia. She received a BS in Animal Science from Virginia Tech and has a Master's of Sci-

ence in Career and Technical Education. Emily previously worked for the Carroll County Schools and the Virginia Cooperative Extension program.

Ashley Sears is joining the housekeeping team. They are so excited and so is she. She likes being outdoors and going to football games. Ashley graduated from Marion Senior High School in 2005 and lives in Marion, Virginia. Previously she worked at



Left to right: Dora Brooks, Ashley, Frye, Autumn Haulsey. Not pictured: Andrea Riley

Francis Marion Manor.

Dora Catherine Brooks will be joining her brother and mother, Jay and Lisa Howell, and cousin Sarah Parris here at SWVMHI. Jay is a Psychiatric Aide and Lisa works in Food Services. Sarah is an administrative assistant in Clinical Services. Dora has three dogs, a Dalmatian named Hank, a pit bull named Rosalind, and a yellow lab named Bailey Jo. She graduated from Chilhowie High School in 2006 and from UVA-Wise in

2011 with a B.S. in Psychology. Previously Dora worked at General Dynamics. She draws, paints, plays music, and lifts weights in her free time. Dora will be a Psychiatric Aide on Ward AB, third shift.

Autumn Haulsey graduated from MSHS in 2014 and is a nursing student at Wytheville Community College working on her RN degree. She is married and she and her husband live in Sugar Grove with their two dogs. Autumn previously worked at Smyth County Community Hospital. Her mother-in-law, Tina Hafer is a Psychiatric Aide who also works at SWVMHI. Autumn will be working on Ward J, second shift.

Andrea Riley lives in Saltville, Virginia, and is joining Environmental Services as a housekeeper. She is married and has seven grandchildren. Her daughter, Alicia Richardson, works here as an LPN. Andrea also has a sister working here, Lynn Henderson, who works as a Psychiatric Aid.

Ashley Frye is a transfer from Catawba Hospital. She and her husband recently moved from Roanoke to Marion. Ashley graduated from Northwood High school in 2005 and from Emory and Henry in 2011. She will be working as a Psychiatric Aide on Geriatrics, first shift. Relatives who work here are her father-in-law, Stan Frye from maintenance, and her sister-in-law, Britney Griffey.

Please join us in welcoming our newest employees to the SWVMHI Team.

Recovery Hero

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

It's never easy to comfort someone who is visibly upset, but it's really not easy to comfort someone while traveling. In early November, during a trip to the University of Virginia Medical Center an individual received some difficult news. During the return trip back to the facility, the individual became upset and began to cry, saying he was in pain.



Dreama Wilkinson, PA was sitting with this individual and she held his hand, wiped his tears, and rubbed his back in an attempt to comfort and soothe him.

Dreama used empathy and therapeutic touch to comfort the individual and ease his pain. The staff also called back to SWVMHI to discuss the situation. Upon return to the facility the individual was

assessed by his nurse and pain medication was administered.

Because of her devotion to the mission, vision, and values of this facility and the individuals that we serve, Dreama is our recovery hero this month. Dreama has been employed at SWVMHI since June 16, 1991. 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 Development





PERSONNEL CHANGES*

New Employees

Ashley Sears, Housekeeping Worker	Dec 1
Emily Nester, Recreation Rehab Specialist	Dec 1
Robin Shaw, Psychology Associate	Dec 1
Ashley Frye, Psychiatric Aide	Dec 10
Andrea Riley, Housekeeping Worker	Dec 10
Autumn Haulsey, Psychiatric Aide	Dec 10
Dora Brooks, Psychiatric Aide	Dec 10

Separations

Dr. Salim Dahlvani, P14 MOD	Nov 26
Barbara Wallace-Roark, Psychiatric Aide	Dec 1
Karol Shepard, Admissions Coordinator (retirement)	Dec 1
Dawn Sessoms, Registered Nurse	Dec 4
Robert "Mike" Phillips, Case Manager (retirement)	Dec 9
Elizabeth Sharitz, Psychiatric Aide	Dec 10
Ashley Armbrister, Patient Registrar	Dec 18

Promotions/Role Changes

Kimberly Cregger, full-time to P14 Psychiatric Aide	Dec 10
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* As of the time the newsletter was printed for distribution

MONTHLY PATIENT CENSUS


November
2014

Admissions 37
Discharges 42
Passes 9

Average Daily
Census
156



Snowman Soup



When the weather outside is frightful,
Snowman Soup can be delightful!

May it warm your spirit & soul,
Let it snow, let it snow, let it snow!

When you feel a chill or "burr",
Use the peppermint stick to stir

Add hot water & sip it slow,
Let it snow, let it snow, let it snow!

Special Gym/Game Room Activities

Consumer Empowerment
Recovery Council (CERC)
January 22, 2015
1515 - 1545

Birthday Party
January 28, 2015
1800 - 2000
No Café



Patient Activity Council (PAC)
January 22, 2015
1545 - 1615



Winter Games
January 22, 2015
1330

Church Services
held each Thursday
from 1830 - 1930
No Café



Movie Nights
January 5, 6, 20, and 21,
2015
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.

Activity Professionals Week



January 18 through 24, 2015, is National Activity Professionals Week. Activity Professionals continuously share their talents, creativity, spirit, enthusiasm, energy, love, and compassion for the work they do to enhance the recovery of the individuals that we serve. SWVMHI would like to recognize and thank its Activity Staff for the work they do every day:

Lockey Anderson, Michael Anderson, Jason Bolling, Tara Brewster, James Caudill, Lesu Cole, Sara Crouse, Derek Davis, Gaynell Davis, Laurie Goral, Tim Graham, Joyce Hanshew, Jeannette Heath, Justin Hughes, Mike Ketner, Emily Lockart, Lori McClellan, Jill McKinnon, Brandy Meadows, Emily Nester, Jody Powers, Ashley Privett, Sylvia Robbins, Rhonda Roten, Sue Saltz, Doug Smith, Melanie Smith, Amanda Stallard, Sheila Thomas, Brittany Williams, Ashley Wilson, and Shannon Wilson.

Thank you!

January Days to Celebrate

“Off the cuff” January holidays to celebrate:

January 3
Fruitcake Toss Day

January 12
National Clean Off Your Desk Day

January 14
Dress Up Your Pet Day

January 16
Appreciate a Dragon Day



January 20
Penguin Awareness Day

January 23
National Pie Day

January 24
Belly Laugh Day

January 24
Visit Your Local Quilt Shop Day

January 28
National Kazoo Day





History of the Tournament of Roses Parade



Rose Parade

What began as a small effort by Pasadena's distinguished Valley Hunt Club to promote the city's charm and beautiful weather, the Tournament of Roses has since become America's New Year Celebration. The Rose Parade is celebrating its 126th year in 2015.

In the winter of 1890, the club members brainstormed ways to promote the "Mediterranean of the West." They invited their former East Coast neighbors to a mid-winter holiday, where they could watch games such as chariot races, jousting, foot races, polo, and tug-of-war under the warm California sun. The abundance of fresh flowers, even in the midst of win-

ter, prompted the club to add another showcase for Pasadena's charm: a parade to precede the competition, where entrants would decorate their carriages with hundreds of blooms.

The Tournament of Roses has come a long way since its early days. The Rose Parade's elaborate floats now feature high-tech computerized animation and natural materials from around the world. Although a few floats are still built exclusively by volunteers from their sponsoring communities, most are built by professional float building companies and take nearly a year to construct.

More than 80,000 hours of combined manpower is supplied by 935 volunteer members of the Tournament of Roses Association. Each volunteer is assigned to one of

31 committees, with responsibilities ranging from selecting parade participants to directing visitors on New Year's Day, to serving food to band members at the end of the parade route, to giving presentations about the Tournament to community groups. Nicknamed "White Suiters" because of the distinctive white uniform every volunteer wears, these community-spirited men and women give up their evenings, weekends and holidays to ensure the success of the Parade and Game. A small full-time staff provides support and continuity to the volunteer organization.

~ <http://www.tournamentofroses.com/history/association>

Tips For Keeping Pets Safe in Winter Weather



Winter weather is here to stay. Here are some tips to keep your pets safe in cold temperatures.

1. Keep indoor cats inside. Cats can get lost in wintery weather and become injured or worse. They also have a higher risk of exposure to diseases including rabies from other animals they may encounter.
2. Dogs that are let off-leash during the winter, especially during a snowstorm, have a higher chance of becoming lost. Make sure your dog is wearing ID tags and has been microchipped to increase the chances of being reunited with you if he becomes lost.
3. Check twice before starting your car. Outdoor cats often climb under the

hoods of cars to keep warm. When the motor starts, the cat may be injured or killed by the fan belt. Knock or bang loudly on the hood of your car before starting it to give cats a chance to escape.

4. Never leave your cat or dog in a vehicle in cold weather. The vehicle acts as a refrigerator, keeping the cold in and causing the animal to freeze.
5. Antifreeze may be good for your car, but it is lethal for dogs and cats. Clean up any spills thoroughly and consider using products that contain propylene glycol rather than ethylene glycol.
6. Towel dry your dog's paws, legs, and stomach when he comes in out of winter weather. Chemical agents used to melt ice can be dangerous for your dog to ingest while licking his paws. Snow and encrusted ice may also cause your dog's paw pads to bleed.
7. Never shave your dog to the skin in the winter. Dogs need their coat to provide warmth. When you give your dog a bath in the winter, be sure he is thoroughly dry before letting him outside. For dogs

with shorter coats, consider getting a coat or sweater that covers his body from the base of the tail to the belly.

8. Know how much cold your pet can tolerate. Puppies, small dogs, and older dogs have a lower tolerance for cold temperatures. Let them outside only to relieve themselves, or you may choose to train them to use paper pads indoors.
9. If your dog is built for colder weather and enjoys playing in the cold, increase the amount of food he is given, especially extra protein, to keep him and his fur healthy and in good shape.
10. Make sure your pet has a warm place to sleep, off the floor and away from drafts. A warm blanket or pet bed will be much appreciated by your companion!

From <http://www.arl-iowa.org/news-articles/tips-for-keeping-pets-safe-in-winter-weather.aspx>

~ Safety Committee

CVC Silent Basket Auction



Thanks so much to everyone who was part of the CVC Silent Basket Auction! We raised over \$1,200 this year for the Employee Emergency Fund.

The winners of the baskets were:

- ♥ 50 Shades of Red — Alicia Alvarado
- ♥ All Dolled Up with Somewhere to Go — Kellie Gilley
- ♥ Beaks and Feathers — Cheryl Veselik
- ♥ Cozy Quilt — Melissa Robinson
- ♥ DIY Home Décor Basket — Sherri Austin
- ♥ Family Fun Time — Jeff Gordon
- ♥ Gift Wrap Station — Missy Wiles
- ♥ Grandma's House — Tina Goodman
- ♥ Holiday Cheer — Donna Goodbrod
- ♥ Holly Jolly Christmas — Renee Van Dyke
- ♥ Hoo's Ready for the Movies — Jeff Gordon
- ♥ Instant Christmas — Connie Adams
- ♥ Jeweled and Bedazzled — Cynthia Harvey
- ♥ Lovely Ladies Day — Laura Campbell
- ♥ Mr. Fix-it — Ed Buskill
- ♥ Oh Baby, Baby — Renee Van Dyke

- ♥ Out of the Dog House — Alicia Alvarado
- ♥ Puppy Power — Denise Mance
- ♥ Pampered Pup Basket — Angie Anderson
- ♥ Pretty Little Picnic Basket — Jonathan Johnson
- ♥ Relax and Unwind — Peggy Crouse
- ♥ Saturday Night on the Couch — Michelle McCloskey
- ♥ SWVMHI Pen & Ink Prints — Denise Mance
- ♥ Take It To Vegas — Steve Perry
- ♥ Taking Care of Business — Melissa Frailey
- ♥ Trades of Hope — Michelle McCloskey
- ♥ VT Basket — Cindy Osborne.

Way to go and thanks again!

~ Ginny Moorer and
Becky Sparger
CVC Campaign Coordinators



National Soup Month



It's warming, nostalgic and even medicinal! It's Chicken Soup. There have been many studies on the health benefits of chicken soup. Although studies

have shown it's not a cure for the common cold, it does help alleviate some of the uncomfortable symptoms that come with it.

January is National Soup Month. It is also one of the colder months of the year. So why not warm up with a hot bowl of home made chicken soup?

Ingredients

- ✓ 2 (32oz) containers reduced-sodium chicken broth
- ✓ 1 (14 oz) can reduced-sodium chicken broth
- ✓ 12 ounces (¾ lb) chicken breasts, (boneless, skinless), cubed
- ✓ 1½ cups carrots, chopped
- ✓ 1½ cups celery, sliced
- ✓ 1 cup onions, chopped
- ✓ ½ teaspoon dried thyme
- ✓ Fresh ground pepper, to taste
- ✓ 3 ounces "no yolk" egg noodle (about ⅓ of an 8 oz bag)

Instructions

1. In a large pot, add all the ingredients, except the noodles. Bring to a boil.
2. Reduce heat to low, cover and simmer for 10 minutes.
3. Remove the cover, stir in noodles. Cook uncovered for 8 more minutes.

Serves 6 (each serving 2 cups)

~ <http://www.skinnykitchen.com/recipes/comforting-chicken-soup/>





On This Day

January 20

It was on this day in 1892 that the first official game of basketball was played in Springfield, Massachusetts. It was invented by a 31-year-old Canadian graduate student named James Naismith, who was teaching at the International YMCA Training School (now Springfield College).



James Naismith holding the first basketball equipment

Naismith graduated in theology from the Presbyterian College in Montreal, but his real love was sports, so he went to the YMCA

Training School to study the relatively

new subject of physical education. The undergraduates were divided into two groups: half wanted to be physical directors, and the other half wanted to be YMCA administrators. In fall, the daily physical activity was football, which everyone loved. But winter indoors, in a small gym, proved a challenge. Instructors led the undergraduates in calisthenics and marching. The future physical directors were fine with this curriculum, since they considered it part of a well-rounded education in athletics; but the future administrators were bored and rebellious. One particularly difficult class, of 18 students, went through two instructors — after the first instructor's marching and calisthenics failed, the school brought in their most respected professor, who tried to make the young men do potato races and various kids' games to keep them active. The students complained

that they were starting to hate athletics in general. At faculty meetings, the group was labeled as hopeless.

James Naismith disagreed. He said at one meeting: "The trouble is not with the men but with the system that we are using. The kind of work for this particular class should be of a recreational nature, something that would appeal to their play instincts." In response, the head of the faculty assigned the class to Naismith. Naismith was already teaching canoeing, wrestling, swimming, boxing, psychology, and Bible study. He tried to get out of this new assignment, but to no avail.

Naismith tried modifying football to play it indoors, but had to eliminate tackling because there wasn't enough space, so no one liked it anymore. He tried a modified version of soccer, but the students were required to wear soft-soled shoes inside, and no matter how many times Naismith warned them to kick the ball softly, they kept forgetting and injuring their feet — plus they broke several windows. He tried lacrosse, but almost everyone ended up with serious injuries to their hands or faces. Naismith was desperate to come up with something before his two-week report to the faculty. He said: "It was worse than losing a game. All the stubbornness of my Scotch ancestry was aroused, all my pride of achievement urged me on; I would not go back and admit that I had failed."

The night before his two-week review, he sat in his office above the locker room and

considered the theory of games, determined to come up with something new. He wanted a game with simple rules and a lightweight ball so anyone could throw it or catch it without much practice. He chose a large ball because small-balled games like baseball and lacrosse needed additional equipment. By the end of the night, he had a framework, and the next morning before class, he wrote a list of 13 rules for the game. He grabbed a soccer ball and asked the janitor for boxes to use as goals. The janitor didn't have boxes but he had peach baskets in the storeroom, so Naismith nailed those on the walls.

The game was such a success that his students didn't want to quit playing at the end of class time. Soon everyone wanted to play, not just the troublemakers in Naismith's class. In a couple of weeks, spectators were packing into the gym to watch, including a group of female teachers from a nearby school, who soon put together the first women's team. One of Naismith's students suggested that they name the game "Naismith ball," but Naismith refused. So the student proposed "basket ball," which was written as two words until the 1920s. Naismith introduced basketball to his students on December 21st, 1891. A few weeks later, on this day in 1892, the first official game was played at the YMCA in Albany, New York — it was the first time it had been played outside of the Training School where it was invented.

Continued on Page 12

"Someone painted pictures on my
Windowpane last night --
Willow trees with trailing boughs
And flowers, frosty white,

And lovely crystal butterflies;
But when the morning sun
Touched them with its golden beams,
They vanished one by one."

- Helen Bayley Davis, *Jack Frost*





From the Director, continued

ity. Adam develops therapeutic, trusting relationships with patients. He encourages them to take medications, and often is able to get them to take medications when they initially refuse or refuse for other nurses. Adams also works with patients through music therapy and has made a CD collection on the ward with various music selections for patients to listen in in the comfort room or during music groups.

Congratulations to each of these employees for being selected as Employees of the Quarter!

Employee of the Year

Steve Tilson, Power Plant Supervisor



As Power Plant Supervisor, Steve excels at ensuring all shifts are manned by trained and qualified operators who then ensure that equipment is properly maintained; equipment

is operated in a safe and cost efficient manner; operators are capable of responding to changing circumstances including demand for increased steam production, natural gas curtailment notices, and boiler failure, as some examples; staff are cognizant of and trained to respond to the various alarms (fire, energy management, computer, etc.), and telephone notifications that the Power Plant monitors; staff conduct hourly rounds of the Power Plant and tank farms to ensure proper operation of equipment and document readings from gauges, thermometers, etc.

Steve daily reviews shift reports, documented hourly temperatures, weather conditions, gas meter readings, amount of steam produced, water utilized, etc. This review enables Steve to identify and respond to trends, including potential equipment/ transportation problems, wasteful processes, and opportunities for improvement. One trend that Steve noted in recent months was that the amount of natural gas invoiced to Atmos Energy was considerably higher than the readings recorded by Power Plant personnel for the same timeframe. Knowing that Compass, our supplier of natural gas, utilized the Atmos meter reading to prepare their monthly invoices, Steve brought this discrepancy to his supervisor's attention. In subsequent meetings with Atmos Energy and

Compass personnel, it was agreed that Atmos had been misreading their meter and that both firms owed SWVMHI a significant credit.

Another example of Steve's dedication to the Power Plant mission and attention to detail is his management of the 38,000 gallons of No. 2 diesel fuel maintained for emergency use when natural gas is curtailed. Steve treats this stored fuel and has chemical analysis conducted/documentated annually. As we have not been curtailed for over five years, the most recent analysis indicated that the cetane level of the fuel was nearing the level which could prevent the fuel from igniting. Again, Steve brought this condition to his supervisor's attention and a decision was made to burn this fuel in January rather than natural gas to preclude having to dispose of the fuel as a hazardous waste.

Steve routinely goes "above and beyond" in accomplishing his EWP responsibilities. Identifying invoice errors resulting in credits of over \$13,000 from Atmos and Compass, and his action to avert the cost of disposing of No. 2 diesel fuel as a hazardous waste are truly characteristic of an employee of the quarter, as well as employee of the year. **Congratulations!**

On this Day, continued

January 30



Is the birthday of the 32nd president of the United States, [Franklin Delano Roosevelt](#), born in Hyde Park, New York (1882).

Roosevelt possessed a zest for life, an easy confidence, and an optimistic outlook, traits that stayed with him even in his darkest days. He was diagnosed with polio in 1921, and Eleanor Roosevelt later recalled: "I know that he had real fear when he was first taken ill, but he learned to surmount it. After that I never heard him say he was afraid of anything." He never gave up hope of a com-

plete recovery, and managed to conceal the extent of his paralysis from the public for the rest of his life.

Even while steering the country through the Great Depression and World War II, Roosevelt still had time for his favorite hobbies. He enjoyed collecting stamps, playing cards, bird-watching, and swimming in a pool he had built at the White House. Above all, Roosevelt enjoyed entertaining. He was gregarious and loved to be surrounded by people. There were the usual formal state dinners one might expect, but the Roosevelts also hosted teas, children's parties, dances, cocktail parties, and game nights. Sometimes, Roosevelt would lead his guests in an impromptu sing-along, and his birthday parties usually featured friends

and family members acting in comedy skits.

Through it all, his beloved Scottish terrier, Fala, was never far away. Fala — whose full name was "Murray, the Outlaw of Fala-hill," accompanied the president on his travels and slept in a special chair at the foot of his bed. He was brought a bone every morning, and Roosevelt fed him his dinner every night. The dog was so popular with the American people that he needed his own secretary to deal with the overwhelming volume of mail that he received. When Roosevelt died of a cerebral hemorrhage in 1945, the little dog was inconsolable. Eleanor reported that Fala grew to tolerate her, but spent the rest of his life waiting for the master to return.



Word Search



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

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

- | | | | |
|---------------|----------|-------------|---------|
| boots | cold | fireplace | frost |
| hot chocolate | icicles | jacket | January |
| mittens | New Year | resolutions | scarf |
| shovel | skates | skiing | sled |
| snow angel | snowman | soup | winter |



DID YOU KNOW? January in the Northern Hemisphere is the seasonal equivalent to July in the Southern Hemisphere and vice versa.

First Aid Tips: Burns



Christmas has come and gone and now 2015 (Gasp!) is upon us. We are now firmly in the throes of Old Man Winter. Kwazimodo, a woolly worm from Banner Elk, North Carolina, during the 37th Annual Woolly Worm Festival in October, 2014, won the right to predict the 2014-2015

winter weather.

Kwazimodo predicted that during the end of December and first of January, the weather would be snowy and the temperatures would be below average. Then during the middle of January there would be light snow, again with below average temperatures. Towards the end of January and beginning of February, the weather would be relatively dry but temperatures will remain below average. Apparently, according to the Asheville (NC) *Citizen-Times* newspaper this is in line with what human weather people are forecasting.



Additionally, NOAA is predicting colder, below average temperatures for the Southeast during winter and the National Weather Service is predicting a wet winter with wintery blasts including ice storms. Better bundle up!!

So, with all this cold, snowy, wet weather predicted for this coming winter we all want to stay warm and light our fires or get out the trusty space heater to warm our rooms. That sounds great; however, house fires are common in winter as people try to stay warm.

The first safety tip is to ensure your smoke detector is working. Then build the fire in the fireplace with care. Never squeeze fire starter liquid on a burning fire. Use a screen to

keep the embers in the fireplace. Don't place flammables on, near, or around fires or space heaters. Inspect wiring for frayed areas.

Should you or someone with you be burned by a fire or chemical, cool the skin with cool, running water. Do not use ice, which can damage already damaged skin or cause the victim to become hypothermic (temperature is too low). Continue to run the cool water over the burn until it no longer stings. Then, gently cover the burn with a clean, dry dressing. A first degree burn is a reddened area of skin like a sun burn. A second degree burn causes a blister to form. Do not "pop" the blister as it acts as a bandage and protects the damaged skin underneath.

If the burn is large or very bad, or if you are unsure of what to do, call for help.

If the person is burning, instruct them to stop, drop, and roll. Pat the flames with a coat or better yet, wet blanket. Carefully remove clothing or jewelry, if it is not stuck to the burned skin; if it is stuck, do not try to remove it. Cover the victim with a clean, dry blanket and check for signs of shock. Call 911 or the emergency number immediately. Offer reassurance that help is on the way.

Be warm, stay safe.

Information for this article came from the American Heart Association Heartsaver® First Aid Student Workbook, the NOAA, the NWS and the Asheville (NC) *Citizen-Times*.

~ Rebecca Sparger, RN, BSN
Training Coordinator

January Lunar Phases

January 4

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

January 13

Last Quarter Moon

January 20

New Moon

January 26

First Quarter Moon



SWVMHI
Established in 1887



Honoring Our Past
Celebrating Our Present
Cultivating Our Future



Comments, Suggestions or Ideas?

SHARE THEM!

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

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This Month's Word Search Answer Key

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

Please submit articles for the next newsletter to Cheryl Veselik by January 20, 2015.

The next newsletter will be published February 1, 2015.