



FEBRUARY 2015

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From the Director

Inspiration

Just about seventeen months ago, in late summer 2013, I closely followed the progress of Diana Nyad, endurance swimmer, who was making her 5th attempt to swim



from Havana, Cuba, to Key West, Florida. She first began her efforts when she was 28 years old and now she was 64. Previous unsuccessful efforts were plagued by strong currents and deadly jelly-fish.

But Diana prevailed in 2013, swimming for 53 hours and 112 statute miles, 35 miles more than anyone had ever swum!

Her first words after she arose out of the water were these, **"I have three messages. One is, we should never, ever give up. Two is, you're never too old to chase your dream. Three is, it looks like a solitary sport, but it is a team."**

I thought of my hero Diana and her words as I listened to the State of the Union address on January 20, 2015. The President said, *"I want future generations to know that we are a people who see our differences as a great gift, that we*

are a people who value the dignity and worth of every citizen: man and woman, young and old, black and white, Latino and Asian, immigrant and Native American, gay and straight, Americans with mental illness or physical disability. Everybody matters."

Everybody matters.

These are powerful words from the leader of the most powerful nation on Earth.

For individuals with mental illness and those who work alongside them, partner with them, and *hold the hope for them*, we have struggled for years to have their illnesses recognized as brain illnesses and treated without stigma.

I quote Pete Earley, who stated on his blog, "One does not choose to be mentally ill. It is a disease of the brain, a card you are dealt; an illness with which the afflicted individual must learn to cope. . . . In this way they are not defined by their illness, but viewed as individuals who are valiantly struggling with a debilitating illness. Putting those who struggle with mental illness in this context, with other groups who are "different" in one way or another, gives them the same dignity, value and basic humanity as all others."

We still have a ways to go. One way I know this is that each month I ask new staff if they

ever heard the words from a family member, "If you don't behave, we will send you up on the hill." There are always staff who have had this experience. There is still fear and stigma in the world, but I am happy to say that we are seeing change.

But whatever kind of hero we are, whether we are dedicated mental health workers or individuals and their family members who are struggling with the effects of mental illness, to paraphrase Diana Nyad:

- 1. We should never, ever give up,**
- 2. You are never too old to chase your dream, and**
- 3. An individual with mental illness may seem solitary, as if he or she is alone, but, together we can make it a team sport.**

~ Cynthia McClaskey, Ph.D.
Director

When any of us looks back at extended-effort periods of our lives, what are we left with, other than the way in which we conducted ourselves, our display of inner character and strength, our class in facing the tough turns in the road?

~ Diana Nyad
Hero, Endurance swimmer

Hidden

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



SWVMHI Values: Leadership Philosophy

As we go through life, there seems to be implicit and explicit messages telling us that in order for us to win, others must lose. Similarly, these messages seem to imply that when others win, we have somehow lost. This “zero sum” way of thinking is not generally conducive to teamwork, and since one of the SWVMHI Values is Teamwork, it is important to catch ourselves engaging in “zero sum” thinking when it comes to how we think about our fellow SWVMHI teammates.

Stop and consider. If you found that another SWVMHI department just had a success, would you celebrate this? If so, you avoided “zero sum” thinking, and good for you!



If a fellow SWVMHI employee just got a promotion, would you celebrate right along with them? Again, good for you if you would! You are avoiding “zero sum” thinking. You are communicating to others that you truly are a team player and you take the SWVMHI Value of Teamwork seriously.

One of the acid tests of this value comes when we compete for an open position, and that position goes to someone else. While disappointment is surely a normal reaction, can we avoid the temptation to engage in “zero sum” thinking? Can we celebrate the success of others, and wish them more of the same? If we can do this, and do this consistently and honestly, then we have a team with no losers.

~ James Moon, Ph.D.
Psychology Supervisor



February is American Heart Month

February is American Heart Month, and no, I don't mean Valentine's Day. I mean, a time to reflect on your own heart to be sure you stay healthy for yourself and your loved ones.

Cardiovascular disease (CVD), which includes heart disease, stroke, and high blood pressure, is the number one killer of both women and men in the United States.

CVD does not affect all groups of people in the same way. Although the number of preventable deaths has declined in people aged 65 to 74 years, it has remained unchanged in people under age 65. Men are more than twice as likely as women to die from preventable CVD.

Having a close relative who has heart disease puts you at higher risk for CVD. Race and ethnicity also affect your risk. For example, African Americans are more likely than any other racial or ethnic group to have high blood pressure and to develop the condition earlier in life.

Many CVD deaths can be prevented through healthier habits, healthier living spaces, and better management of conditions like high blood pressure and diabetes.

As you plan for better heart health, try some of these strategies that can and should become lifelong habits:

- ✓ Work with your health care team — get a checkup at least once each year.
- ✓ Monitor your blood pressure — check it on a regular basis. High blood pressure often has no symptoms.
- ✓ Have your cholesterol checked — your health care provider should test your cholesterol levels at least once every five years, or more often if you are at a higher risk.
- ✓ Eat a healthy diet — choosing healthful meals and snacks can help you avoid CVD and its complications.
- ✓ Maintain a healthy weight — being overweight or obese can increase your risk for CVD. Your health care provider can determine what your healthy range should be.
- ✓ Exercise regularly — physical activity can help you maintain a healthy weight, and lower both cholesterol and blood pressure.
- ✓ Don't smoke — cigarette smoking greatly increases your risk for CVD. If

you are ready to quit, talk with your health care provider for ways to help you kick the habit.

- ✓ Limit alcohol use — drinking too much alcohol and increase your blood pressure.
- ✓ Manage your diabetes — often, heart disease and diabetes go together, so if you have diabetes, monitor your blood sugar levels closely and talk with your health care provider about treatment options.
- ✓ Take your medicine — if you are taking medicine to treat high blood pressure, high cholesterol, diabetes, or another condition, follow the instructions carefully. If you have bothersome side effects, talk with your health care provider about other options.

For more information about CVD or helping you manage heart disease, visit the Centers for Disease Control and Prevention website.

~ www.cdc.gov/Features/HeartMonth

Chaplain's Corner

Heard a good story lately?

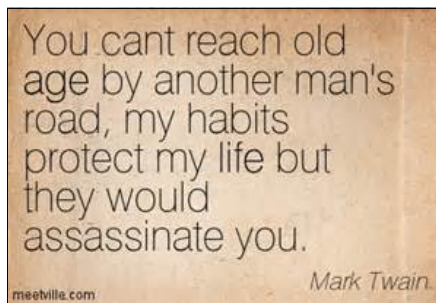
Over the past several years, I have grown to appreciate stories from a wide range of sources such as classic writers, folklore, myths, legends, and fairy tales. These stories excite the imagination and encourage introspection about our lives. Recently, I came across an Appalachian story from long ago about two men from the country who encountered a train for the first time.

“There were these two fellers who had never seen a train before, so they went on a journey to find one. They eventually found a railroad track. It looked exactly as they had been told with long shiny rails. They followed the track for a while and eventually heard an awful noise followed by then largest most fearsome smoke belching monster they had ever seen. Well, they commenced to run ahead of the train, one fella running ahead on the track and another dashing into the woods. Finally, with all the strength he could muster the man on the track yelled to his friend, ‘Bob, if I can’t outrun this darn thing on this purty road, you ain’t never gonna outrun it in the woods.’” (Battle, Great American Folklore, 372)

I have always enjoyed the sense of humor people attached to these types

of stories concerning the adventures of life. Being able to laugh at our misadventures as well as understanding the cost of our victories has been a strength of Appalachian culture that I have always admired. The events that shape us, the families that give us our identity, the stories and traditions that give us a connection with the past provide the framework that gives our lives meaning.

What are some of the stories you treasure? These are the tales of life that make us unique by revealing the heroes in our lives and the memories that make us who we are.



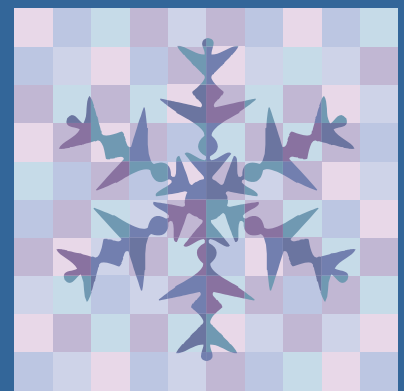
Mark Twain once wrote, “We can’t reach old age by another man’s road. My habits protect my life but they would assassinate you.” You can’t be more unique than that!

~ Timothy Graham, D. Min. Chaplain

Snowflakes

Out of the bosom of the Air,
 Out of the cloud-folds of her garments shaken,
 Over the woodlands brown and bare,
 Over the harvest-fields forsaken,
 Silent, and soft, and slow
 Descends the snow.

- Henry Wadsworth Longfellow



DID YOU KNOW: The Valentine's Day chocolate boxes were introduced in 1868 by Richard Cadbury.

MOD Room Change

In early February, the MOD office/sleep room is moving from Ward K to Ward G. This move was requested by the MODs due to the noise in the L Hallway and the disruption from the frequent opening and closing of the door into the Ward K Suite. Staff may remember that when the current occupants moved onto Ward G, staff were asked not to use that ward as a “short cut” since the area was designed as office space. We ask that staff continue to be respectful of the Ward G space and our MOD colleagues so that the MOD is able to rest after hours when not needed. Thank you.

~ Amanda Currin, ADA



Staff Development

Take advantage of the training opportunities in February

When: February 19, 1500 - 1700
Where: Computer Training Lab
Program: Basic Outlook & Word Computer Class

When: February 24, 1300 - 1400 and 1500 - 1600
Where: Dogwood Classroom
Program: Annual CPR and TOVA Instructor Meeting

The Workplace Violence/ Harassment CAI is due during the month of February!

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

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

Email Tips

Microsoft Outlook 2007's "Deleted Items Folder" contains copies of deleted e-mails, tasks, notes, and other items. This way you can easily retrieve information you may have accidentally removed.

Depending on your usage, the contents of this folder may grow to be quite large, taking up much hard drive space. If you forget to occasionally purge its contents, you can have Outlook do so for you automatically.

1. Select "Tools" - "Options."
2. The "Options" multi-tabbed dialog box appears. Click the "Other" tab.
3. Underneath "General," check "Empty the Deleted Items folder upon exiting."
4. Click "OK" to close the dialog box.

Valentine's Day

A few fun facts about Valentine's Day:

- About one billion Valentine's Day cards are exchanged in the U.S. each year. That's the largest seasonal card-sending occasion of the year, next to Christmas.
- Women purchase 85 percent of all valentines.
- In order of popularity, Valentine's Day cards are given to teachers, children, mothers, wives, sweet-hearts and pets.
- Valentine's Day and Mother's Day are the biggest holidays for giving flowers.
- Worldwide, over 50 million roses are given for Valentine's Day each year.
- 73 percent of people who buy flowers for Valentine's Day are men, while only 27 percent are women.
- About 3 percent of pet owners will give Valentine's Day gifts to their pets.

~ <http://www.stvalentinesday.org/>

Human Resources Corner



The Managing Virginia Program (MVP) is a comprehensive management development program sponsored by the Department of Human Resource Management for all

Commonwealth supervisors and managers. *Training*, outlines MVP modules that shall be completed within the first 24 months of an employee's classification in a supervisory or management position. For example, anyone serving on an interview panel for the first time should take the modules on Fundamentals of EEO Law and Employee Selection Procedures before serving on the panel.

Commonwealth supervisors and managers.

There are modules covering various aspects of Human Resources Policy and Law, as well as other topics such as Enhancing Employee Performance or Conflict Management Skills.

Any employee may take this training; however, Departmental Instruction 312, *Staff Development &*

The modules of the Managing Virginia Program may be accessed through the [Knowledge Center](#). Just type "MVP" in the search text. For more information about MVP, please contact any member of the Human Resources Department or the Training Department. We will begin assessing completion rates in 2015. Thanks to those who have already completed the training!

~ **Rick Delp, SPHR**
Human Resources Analyst





Rehab Department News



The New Year has come and groups are in full swing. Still no snow... but hoping for a pretty one in the near future!

The New Day Café is now offering Espressos in addition to our Premium Coffee choices. Not up for a full cup? Then Espresso shots for your cup of coffee can also get you going on these cold winter mornings. Stop in any weekday morning between 0800 and 0900 hours.

The New Day Café also continues to provide coffee sales for the individuals we serve during their morning break period. This endeavor continues to be a much talked about change by individuals, and has been well received.

The Rehab Department held a special activity for the individuals we serve

on January 22, 2015. The Winter Games activity included many different games and also a penguin craft activity. Individuals enjoyed a snack of ice cream sundaes and drinks. The event was well attended.

The Rehab Department was on break week from January 26, 2015, through the January 30, 2015. This time was utilized to re-organize meeting areas and plan for upcoming groups and events. It also gives the individuals we serve a break from their daily routine.

The Housekeeping Department sponsored a pizza party on January 28, 2015, for the individuals we serve who work in vocational groups in the Laundry area. This was to show appreciation for all that they do to help out with laundry services.

~ Sheila Thomas,
Rehab Specialist

One Mind Update

OneMind, DBHDS's electronic health record, has successfully gone live on four units at Western State Hospital (WSH). The entire WSH will be live on OneMind by the end of February. Staff at WSH who are using OneMind have indicated that, "I never want to go back to paper," and staff who are awaiting go live on their units say that it can't happen soon enough.

SWVMHI is beginning to gear up for our go live, tentatively scheduled for late summer (it could be earlier, it could be later). Soon, we'll set up "sand boxes," which are opportunities for staff to use the system in the test environment and become familiar with the screens. In addition, staff will go to WSH to observe activities and work flow.

Prior to going live, there will be lots of training provided by people who know the system inside and out. WSH has been highly complimentary of the training they have received, both in terms of quality of training and the timing of training.

We have some exciting times ahead!

~ Amanda Currin

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.

REMEMBER TO DISREGARD ANY MESSAGES YOU RECEIVE FROM PAYLINE PERTAINING TO LEAVE. Payline leave balances are not accurate and therefore, should not be used when determining your actual leave balances.

Helpful Hints

- Kronos keeps track of leave earned and leave used in real time. Therefore, to see what your leave balances are on any given day, be sure your cursor is on that day. For example, if you want to see your leave

balances as of today, click on today's date on your timecard and then check your leave balances. Click up and down the timecard if you have leave used or earned and you will see your balances change as leave is earned or used.

- If you forget your password, try using the "forgot your password?" link just below the logon entry. It will ask you one of the security questions you set up when you first accessed Kronos.

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: Frances Smith, Tangie Rose, Tammy Blevins, Jordan Moretz, and Eric Rhodes

Tammy Blevins worked here for 12 years on ERS. She left in 2011 to care for her elderly parents and also remarried. Tammy has two sons and with her remarriage gained a stepson and stepdaughter. She graduated from R.B. Worthy High School in Saltville, Virginia, and received her associate degree in nursing from Virginia Highlands Community College. Currently, Tammy and her new family live in Saltville. Previously, she worked at Valley

Health Care and Smyth County Community Hospital (SCCH). Tammy will be working on Ward EF as an RN in a Baylor position.

Tangie Rose used to be a secretary for the Department of Corrections, but had a recent career change, and in 2013 received her associate degree in nursing from Southwest Virginia Community College. Tangie has one son. She has worked at Johnston Memorial Home Care and Bristol Regional Medical Center. Tangie will be working second shift on Ward F. Tangie enjoys walking, baking, and reading.

Frances “Frankie” Smith has one son and graduated from Rural Retreat High School. She has previously worked at Carrington Place in Wytheville and Kissito Healthcare. Frankie will be working as a psychiatric aide on Ward EF on third shift.

Jordan Moretz loves hunting and fishing and he is a beef cattle and goat

farmer. Jordan graduated from Holston High School and is close to finishing an associate degree in electricity at Virginia Highlands Community College. He lives outside of Damascus, Virginia, and previously worked at Lowes. Jordan will be working nights on acute admissions.

William “Eric” Rhodes lives in Wytheville, Virginia, but grew up in Marion. He graduated from Marion Senior High School and then Radford College in Radford, Virginia, with degrees in computer science and physics. Eric worked at TEDS, Inc. for ten years before making the move to SWVMHI. Eric will be working in the Training Department as a programmer and IT technician. Interestingly, Eric is also a part-time auctioneer.

Please welcome our newest employees to SWVMHI!

~ Training Department

Recovery Hero

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

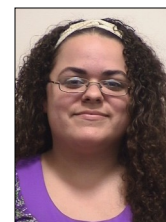
Many of the individuals who come into our facility bring all of their possessions with them. They become very protective of these possessions because many don't have a lot and they like to keep what they have with them at all times.

Recently an individual made his own coat by hand over the course of many weeks. Through this experience the individual was able to identify some new, effective coping skills.

When it became time to wash the coat, the individual became resistive to the idea, concerned that his coat would fall apart in the washing machine. Melissa Frailey, PA, talked with the individual about his concerns, provided reasons why the coat needed to be washed, and what he considered an acceptable way to clean the coat. After talking with Melissa, the individual agreed to have his coat washed.

Melissa demonstrated exceptional therapeutic skills in talking with the individual about a sensitive matter. Her communication with him has

resulted in a positive rapport between the individual and all of the nursing staff on the ward.



Because of her excellent communication skills with this individual, Melissa is our recovery hero. She has been employed at SWVMHI since August 10, 2014, and we are glad that she is a part of our team. Please remember to congratulate Melissa when you see her.

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



PERSONNEL CHANGES*

New Employees

William "Eric" Rhodes, Programmer	Jan 5
Tammy Blevins, Registered Nurse	Jan 10
Frances Smith, Psychiatric Aide	Jan 10
Tangie Rose, Registered Nurse	Jan 10
Jordan Moretz, Psychiatric Aide	Jan 10

Separations

Suzanne Eller, Peer Support Specialist	Jan 1
Rebecca Smith, Registered Nurse Clinician A	Jan 1
Jennifer Hash, Rehabilitation Resource Coordinator Senior	Jan 9
Betsi McGee, Case Manager	Jan 9
Randy Reedy, Registered Nurse	Jan 9
Beverly Surber, Psychiatric Aide	Jan 9
Patricia Roark, Registered Nurse (retirement)	Jan 10
Regina Hawkins, P14 Licensed Practical Nurse	Jan 12
Teresa Gillespie, Registered Nurse Clinician A (retirement)	Jan 31

Promotions/Role Changes

None	
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* As of the time the newsletter was printed for distribution

MONTHLY PATIENT CENSUS

December
2014

Admissions 50

Discharges 50

Passes 14

Average Daily

Census

151

Thirty days hath September,
 April, June, and November,
 February has twenty-eight alone,
 All the rest have thirty-one;
 Excepting leap year, that 's the time
 When February's days are twenty-nine.



Special Gym/Game Room Activities

Consumer Empowerment
Recovery Council (CERC)
February 26, 2015
1515 - 1545

Birthday Party
February 25, 2015
1800 - 2000
No Café



Patient Activity Council (PAC)
February 26, 2015
1545 - 1615



Valentine Gala
February 26, 2015
1330

Church Services
held each Thursday
from 1830 - 1930
No Café



Movie Nights
February 2, 3, 17, and
18, 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.

President's Day

In the United State, we celebrate President's Day on the third Monday in February. It is a Federal holiday that honors President George Washington. Many states have also declared it a state holiday and also honor President Abraham Lincoln along with President Washington. But did you know that there were two other Presidents also born in the month of February? George Washington, the first president, was born on February 22, 1732; William Henry Harrison, ninth president, was born February 9, 1773; Abraham Lincoln, sixteenth president, was born February 12, 1809; and Ronald Reagan, the fortieth president, was born February 6, 1911.



February Days to Celebrate

"Off the cuff" February holidays to celebrate:

February 1
Super Bowl XLIX

February 6
National Doodle Day

February 11
Get Out Your Guitar Day

February 14
Ferris Wheel Day



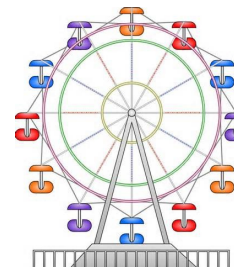
February 17
Mardi Gras Day

February 22
Daytona 500 Day

February 23
Curling is Cool Day

February 24
National Cupcake Day

February 28
National Tooth Fairy Day





February is Recreation Therapy Month



Recreation Therapy is an integrated part of the Rehabilitation Department here at SWVMHI. Recreation Therapy is the provision of

treatment services and the provision of recreation services to persons with illnesses or disabling conditions.

The primary purposes of treatment services are to restore, remediate, or rehabilitate in order to improve functioning and independence as well as reduce or eliminate the effects of illness or disability.

We also provide recreation services to provide resources and opportunities to improve health and well-being. The purpose of the recrea-

tion therapy process is to improve or maintain physical, cognitive, social, and spiritual functioning in order to facilitate full participation in life.

The individuals we serve are offered the opportunity to give input into their own treatment goals and objectives, as well as develop leadership skills within treatment groups and activities.

~ James Caudill, CTRS
Recreation Therapist, Sr.

Retirement Reception held for Karol Shepard

Karol Shepard's (Admissions Coordinator) Retirement Reception was held Thursday, January 29, 2015. There was a great turnout of staff to thank Karol for her many contributions in 27 years of service.

Several SWVMHI gave tributes to Karol's hard work, dedication, and strong working relationships with staff and CSBs. It was especially delightful to hear Susan Coleman, Director of Emergency Services, Cumberland Mountain Community Services, read the following in tribute to Karol:

"Wow! I can't believe you aren't going to be working at the Institute. It will NEVER be the same. I recall when I first began working at the CSB and how everyone spoke of SWVMHI being an invaluable resource. It was clear to me that the facility and the staff were to be respected. I heard

again and again how they took care of our clients, how the staff and services exemplified the highest standard of care, and how we should treat it as the precious resource it is.

When I called and had to staff the case with you, I was awestruck. Let me tell you and anyone else right now: you taught me just as much as any professor at UNC about differential diagnosis and its direct contextual application to the environment! You not only held me to a higher standard, you used me to hold community partners to a higher standard of care for those people who needed it.

My goodness, what the next generation of preadmission screeners, emergency services clinicians, or crisis intervention specialists — whatever we are — is going to miss. YOU are a treasure, and your contribution to the standards we should all aspire to will be



*Retirement Reception
Dr. Cynthia McClaskey, Director,
presents plaque to Karol Shepard*

remembered by me and the staff I supervise for as long as I am here. You are loved!"

Thank you and best wishes to Karol.



Safe Winter Driving Tips



Into every life a little rain must fall. And this time of year a little snow and ice may as well. Winter presents a unique challenge for everyone who must face driving in ice and snow. A little preparation and common sense will go a long way in helping make winter driving as safe as possible for everyone.

The Best Tip of All

Stay home if your trip isn't critical. In the face of bad weather and treacherous road conditions, avoidance is the best policy. When you really don't need to go anywhere, stay off the roadways. Allow the Department of Transportation (DOT) personnel to do their job and clear the ice and snow. You may be the best winter driver the world has ever seen, but you can never count on others on the roadways to be as good as you are. If you absolutely cannot stay put, allow yourself more time to get where you are going, and, if possible to wait until DOT crews have scraped or salted your road are always good ideas.

It's All About the Tires

Successful race car drivers know that where the rubber meets the road can make the difference between first place and the back of the pack. To have adequate snow traction, a tire needs at least 6/32 of an inch in tread depth. Tires will still pass for an inspection sticker with a lot less tread, but will be almost useless in snow or ice. Tires begin their life with an average of 10/32 of an inch of tread depth, so a tire with half its useful life might not be a good choice for safe winter driving.

Summer only tires should not even be considered for winter driving. These are normally original equipment on higher performance cars. The qualities that make summer tires handle so well in warm weather do not translate to driving in snow and ice. Rubber, which becomes rock hard in cold weather, acts like ice skates on your car when the temperatures drop.

Winter tires (with the snowflake on the mountain symbol) offer the best driving bite for winter driving, but should always be mounted in full sets of four. Mounting winter tires on the front of a front-wheel-drive car will make it prone to spinning out in snow and plowing straight off on wet or dry roads. Likewise putting them only on the rear axles of a rear-wheel-drive car make the car difficult to turn in snow and eager to spin on dry roads.

Electronic Stability Control (ESC) and All Wheel Drive (AWD)

Electronic Stability Control found on all model vehicles 2012 and newer helps with driving in snow, but only within the limitations of

the tires on your car and the speed at which you are going. It helps a lot but isn't a magic bullet, allowing you to drive at the same speed on icy roads as you would on dry roads in the summer.

All Wheel Drive also helps tremendously in allowing the vehicle to apply power from the wheels that slip to wheels which need the power. Again, drivers sometimes get into trouble by thinking that All Wheel Drive allows them to drive like they would when the road is dry and clear. You may be able to accelerate well with AWD, but stopping distances are greatly extended when the road is wet or icy and AWD does nothing to help you stop shorter.

Visibility

Make sure that you can see and be seen in snowy conditions. If you can't remember when you last replaced your wiper blades, it is probably time to replace them. Keep your windows clean, make sure that your wiper fluid is the kind rated for use without freezing in winter temperatures, and use air conditioner (even with the temperature set at hot) and outside air when trying to defog interior windows.

Check to be sure that all lights on your car are operational and clear of ice or snow before driving. A sheet of ice or pile of snow built up over your headlights greatly reduces the amount of light given off. Snowed over taillights are nearly impossible for other drivers to see.

What If You Skid

If you find yourself in a skid follow these rules. Generally you should smoothly release the accelerator, land your hands on the wheel where they are and allow the car to slow down. Using your brakes during a skid usually makes things worse.

Be Prepared

In the winter it is more important than ever to check your battery, tire tread, wiper blades, and antifreeze. To help out if you do get stuck, have on hand: a flashlight, jumper cables, kitty litter (for help getting unstuck), a shovel, snow brush and ice scraper, warning devices (like flares), and blankets. For longer trips add food, water, necessary medication, and a cell phone.



Stay Safe This Winter

~ Safety Committee



Library Corner



February is Library Lovers' Month. I hear that all the time around here. People tell me, "I just love the library. I love books. I love the feel of the place, the hominess of it." I love to hear that from the individuals we serve because the library probably is a place that does feel like home and it should.

Reading is something that carries from home to hospital and back. People who love to read can do it anywhere, and people who love libraries can find one close-by no matter where they are, even when they are here in the hospital.

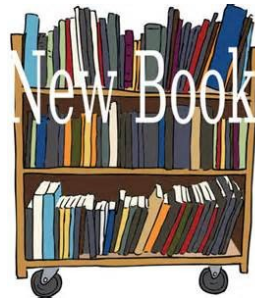
For those of us who love libraries, books are like friends who are always ready to share a tale and their knowledge. Everyone can use a wise and entertaining friend.

The best thing about libraries are that they are full of information and stories that can take us out of our own experience and into any world we wish. Just by reading a book, watching a movie, or listening to music, we can feel like we are in a different world, a beautiful world of wonder, imagination, and things never known before.

Libraries love to get help from our library lovers too and I found a great list on www.librarysupport.net that tells many ways library lovers can love their libraries. This list includes such ideas as donating

books, remembering your library in your estate planning, volunteering your time, and encouraging government officials to support libraries. They also suggest buying a magazine subscription for the library, becoming a literacy tutor, and writing a letter to the editor about how great the library is. These are great ideas to help any library that you love.

Following is a list of some newer fiction books we have received in the library:



A Happy Marriage by Raphael Yglesias

Skylark Farm by Antonia Arslan

Stones from the River by Ursula Hegi

Under the Dome by Stephen King

The Killing Tree by Rachel Keener

In Her Shoes by Jennifer Weiner

The Smoke Jumper by Nicholas Evans

The Northern Lights: A Novel by Howard A. Norman

Dreamcatcher by Stephen King

From a Buick 8 by Stephen King

Dazzle by Judith Krantz

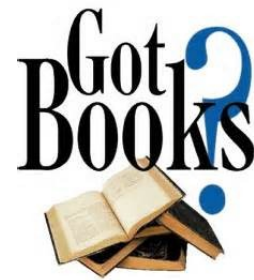
The Apostle: A Thriller by Brad Thor

Lunch at the Piccadilly by Clyde Edgerton

Blue Moon by Alyson Noel

Please stop by today and check out all the books in our collection.

We would also like to thank the follow-



ing individuals for donating items:

Alicia Alvarado
Jan Barrom
Gaynelle Davis
Sue Eller
Dr. Cynthia McClaskey
Vicky Melvin-Keen
Mike Phillips
Rhonda Roten
Leiann Smith
Sheila Thomas
Sharon Winebarger

Thank you for the many anonymous donations of cards, magazines, and books, and to anyone I may have accidentally left off the list above.

~ **Christina Quillen**
Librarian

Everything you need for better future and success has already been written.
And guess what? All you have to do is go to the library.

~ Henri Frederic Amiel



Revision to DHRM Policy on Types of Employees

If you are “Q32” status employee, a revision to DHRM Policy 2.20, Types of Employees, which was effective June 24, 2014, now places you and an “F” status employee at the same accrual rates for the Virginia Sickness and Disability Program Sick Leave and Family & Personal Leave Hours/Days. The new balances were loaded into Kronos for the new leave year on January 10, 2015, based on the following:

Current Full-Time Employees (F & Q)

Months of Service	Sick Leave Hours/ Days	Family & Personal Leave Hours/Days
Less than 60	64 hours(8 days)	32 hours (4 days)
60 to 119	72 hours (9 days)	32 hours (4 days)
120 or more	80 hours (10 days)	40 hours (5 days)

Current Part-Time Employees (P)

Less than 120	32 hours (4 days)	32 hours (4 days)
120 or more	40 hours (5 days)	40 hours (5 days)

DHRM Policy 2.20 was revised due to the 2013 Amendment to the Manpower Control Program, in response to the Affordable Care Act, to re-define “Q” and “P” status. All employees are assigned to one of the following status types based on scheduled hours of work:

- F: Full-time employees whose work schedule is the equivalent of 40 hours per week for 12 months per year.
- Q: Quasi-full-time employees whose work schedule is either
 - (1) **30-39.9** hours per week for 12 months per year or
 - (2) 40 hours per week for 9, 10, or 11 consecutive months per year **for at least 1560 hours per year.**
- P: Part-time employees whose work schedule is either
 - (1) **20-29** hours per week for 12 months per year or
 - (2) less than 40 hours per week and at least 1040 hours per year **but no more than 1500 hours** for 9, 10, or 11 consecutive months per year.

Other leave types for Q status employees continue to accrue at a rate proportionate to the number of hours worked. Please contact HR at Extension 204 if there are questions concerning this information.

~ **Joey Sword, PHR**
Regional Human Resource Manager

Just for Fun: Use Happy Emoticons and Improve your Mood :) <3 ;)

Consider the following interesting facts:

- Singing exercises your heart and lungs, and releases endorphins which make you feel good.
- An average heart beats 100,000 times a day, pumping some 2,000 gallons of blood through its chambers. Over a 70-year life span, that adds up to more than 2.5 billion heartbeats.
- Quality dark chocolate contains flavonoids which help reduced the risk of heart disease.
- Chocolate is associated with the release of serotonin, the hormone that makes you feel relaxed, calm, and happy.
- Acts of kindness make us happier and healthier.
- Bananas contain a natural chemical which can make a person happy.
- This same chemical is also found in Prozac.
- The average person walks the equivalent of twice around the world in a lifetime.
- Reading Reduces Stress More Than Music or Walking.
- The use of emoticons affects our corresponding brain areas and can actually trigger emotions.

~ <http://www.funfactz.com/random-facts/>



Word Search

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



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

Mardi Gras is a Christian holiday that dates back thousands of years. In some countries, like Brazil, it is also known as Carnival, and is celebrated around the world in countries with large Roman Catholic populations on the day before the religious season of Lent begins. New Orleans, Brazil, and Venice are hosts to the most famous public festivities. According to historians, Mardi Gras dates back to pagan celebrations of spring and fertility that were incorporated into Christian festivities after Christianity arrived in Rome. Church leaders thought it was easier to incorporate rather than abolish the celebrations, so the excess of the Mardi Gras became the prelude to Lent, the 40 days of penance between Ash Wednesday and Easter Sunday. It is believed that the first American Mardi Gras took place in 1699 and subsequent celebrations were marked with street parties, masked balls, and lavish dinners. When the Spanish took control of New Orleans from the French, Mardi Gras was banned until Louisiana became a state in 1812. Today, Louisiana is the only state in which Mardi Gras is a legal holiday, celebrated with parades, balls, throwing of beads, wearing of masks, and eating King Cake. This year, Mardi Gras falls on February 17, 2015.

A king cake is a type of cake associated with the pre-Lenten celebrations of Mardi Gras/Carnival. What started out as a dry French bread type dough with sugar on top and a bean inside roughly 300 years ago, is now a sweet, sugary and iced Danish type dough that is braided with cinnamon inside and a plastic doll underneath. Often, a glazed topping and colored sugar sprinkles are added. The small plastic baby (said to represent Baby Jesus) inside, and it is considered auspicious to find the baby in your slice of cake! The person who gets the piece of cake with the trinket has various privileges and obligations.



First Aid Tips: Windchill/Frostbite



As I write this, the outside temperature is a bone chilling 23 degrees. When I woke up this morning my “phone” said it was an even more bone chilling one degree -- yikes! We left our water dripping in the kitchen and bathroom. The weather man said the night before that the wind chill factor could be -13 degrees and there was a wind chill advisory for today.

skin to develop frostbite. It also shows what the “feel like” temperature is in the body of the graph itself.

So with a 5 degree outside temperature and a 5 MPH wind, the feel like temperature is -5 degrees. Except for very prolonged exposure, the person probably wouldn’t get any frostbite. But with a 5 degree air temperature and a 30 MPH wind, the feel like temperature would be -19 degrees and exposed skin could become frostbitten within 30 minutes.

Frostbite first aid has been covered in an earlier article, but with our new phrase “Polar Vortex,” prevention of frostbite bears repeating. Wear appropriate clothing, including hats, gloves, scarves, and warm coats, especially when the temperature is particularly cold and windy.

Frostbitten skin can appear hard and waxy and be cold and numb. If you or someone does get frostbite, get the person to a warm area and remove tight and/or wet clothing and jewelry. Call for help. Make sure the person is dry and cover them with a warm blanket. Do not immerse the body part or person in hot water, which can damage the skin. If you must touch the skin, do so gently, as rubbing can also damage the skin. Reassure the person that help is on the way.

According to the National Weather Service and NOAA “Wind-chill, (popularly wind chill factor) is the perceived decrease in air temperature felt by the body on exposed skin due to the flow of air.”

NWS Windchill Chart

Wind (mph)	Temperature (°F)																		
	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	
5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63	
10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72	
15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77	
20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81	
25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84	
30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87	
35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89	
40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91	
45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93	
50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95	
55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97	
60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98	

Frostbite Times: 30 minutes (light blue), 10 minutes (medium blue), 5 minutes (dark blue)

Wind Chill (°F) = 35.74 + 0.6215T - 35.75(V^{0.16}) + 0.4275T(V^{0.16})
 Where, T= Air Temperature (°F) V= Wind Speed (mph) Effective 11/01/01

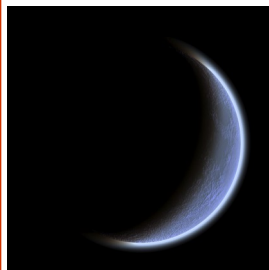
~ Rebecca Sparger, RN, BSN
Training Coordinator

This chart above shows the wind in MPH and air temperature on the x-axis and how long it would take exposed

February Lunar Phases

February 3

Full Moon, also called “Snow Moon” by Native Americans of New England and the Great Lakes because this time of the year experiences heavy snowfalls. It is also called the “Hunger Moon” because of the meager hunting during this time of year as well.



February 11
Last Quarter Moon

February 18
New Moon

February 25
First Quarter Moon



SWVMHI
Established in 1887



Honoring Our Past
Celebrating Our Present
Cultivating Our Future

Southwestern Virginia Mental Health Institute

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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

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

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

The next newsletter will be published March 1, 2015.

