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From the Director

Employee of the Year

**Ashley Untiedt,
Head Nurse/Ward E/F**



Left to right: Cynthia McClaskey, Director; Ashley Untiedt; Ellen Bear, Geriatric Unit Nurse Coordinator; and Alicia Alvarado, Chief Nurse Executive

When nominated for Employee of the Quarter in January, 2015, Ashley was RNCA on Ward K, but when Ward K was not utilized she worked on the Geriatric Unit in any capacity needed, which might have included charge nurse, medication/treatment nurse, and as primary relief Team Nurse for the F Treatment Team. In addition to these full-time responsibilities, she served as the Accountable Executive (AE) for the OneMind project at SWVMHI, which involves meetings, conference calls, overnight trips, and assisting state facilities in the implementation of this program. She

was promoted to Head Nurse on the Geriatric Unit on day shift on September 25, 2015, and she continues to serve on the DBHDS OneMind Clinical Decision Team.

A statement from an attending psychiatrist summarizes her diverse contributions to SWVMHI: "Ms. Untiedt is a nurse of both significant ability and significant leadership potential. Her interpersonal skills applied as an active treatment team nursing leader and as a front line care provider are exemplary. She routinely interacts in a calm, engaging, thoughtful manner, often helping to diffuse difficult situations. I always know I've got a strong team member when I come in and see Ashley's working that tour! As invaluable as this is, she has also served a key role in OneMind site preparation and OneMind software interface, adding extra value to her significant contribution to SWVMHI and DBHDS."

In the initial nomination, her supervisor said, "In addition to Ashley's clinical excellence

and her commitment to the success of the OneMind project, during the calendar year 2014, Ashley had no unscheduled leave. She is one of five Geriatric staff with no attendance points. She is the only nurse to have this acknowledgement."

A unit meeting to announce this award was held on Thursday, January 21, 2016, and her award was greeted with much cheer and applause! Please join us in congratulating Ashley on this significant recognition milestone!!!

Thank you, Ashley, for the continued contributions you make in your day-to-day tasks and in assisting people in their recovery at SWVMHI.

~ Cynthia McClaskey, Ph.D.



Hidden

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



Chaplain's Corner

Today I am writing this reflection for the newsletter while dire predictions of snow and ice storms are destined for our area of the country. Because of the inclement weather, we have a considerable smaller staff in residence serving the needs of the individuals we serve. Rehab staff are helping with laundry and offering activities on wards. Third shift staff are still here, taking a break to sleep, ready to work another shift to ensure adequate staffing needs are met. The food service staff are preparing pizzas for distribution later today. Everyone is working together to make sure we continue to “promote mental health in Southwestern Virginia by assisting people in their Recovery” regardless of the weather or other challenges we face.

If I could offer a prayer today, it would be one of gratitude for the staff of SWVMHI. I have never served with people who are so

helpful to each other, so considerate of the needs of the individuals we serve, so loyal to our institution, braving the cold, the wind and the unknown to be here where they are needed. In view of the cold and snow, there is a prayer from the indigenous people of Alaska and Arctic regions of North America:

Overcoming My Fears

*O great Father,
I think over again my small adventures,
my fears,
Those small ones that seemed so big,
For all the vital things I had to get and reach,
And yet there is only one thing, the only thing,
To live to see the great day that dawns
and the light that fills the world.*



There is a passage from the Bible that reminds us that “you are the light of the world.” When we

work together to honor our daily tasks, we make a real difference in the lives of the individuals we serve, and provide a positive light for one another. I spoke with a PCT today who was helping out on ward A/B about her much needed assistance on the ward. Without a moment's hesitation and with a great smile, she said, “Helping out wherever we are needed, it's what it's all about.” She is one of many heroes who make this institution special, who embodies a positive light, and makes this important job we do an honorable vocation.

Thanks to all of you, for your dedication and sacrifices throughout the year that truly makes a vital difference in our corner of the world.

~ Timothy Graham, D. Min.
Chaplain



American Heart Month



A program of the National Institutes of Health

February is American Heart Month. To help raise awareness of heart disease, we'd like to kick off American Heart Month with “National Wear Red Day®” on February 5, 2016. Wear your favorite red dress, red sweater, red tie, red hat, well, you get the idea — please wear red on February 5.

Heart disease is the leading cause of death among both men and women in the United States. Talk to your doctor today to find out your risk for heart disease and take the necessary steps to reduce those risks. Some risk factors, such as age and family history of heart disease, cannot be changed. But many others can be controlled, such as high blood pressure, high blood cholesterol, diabetes and prediabetes, smoking, being overweight or obese, being physically inactive, or having an unhealthy diet.

For information about The Heart Truth, American Heart Month, or heart disease, please visit:

[American Heart Association](http://www.hearttruth.org)
7272 Greenville Avenue
Dallas, TX 75231
(800) 242-8721

or

National Heart, Lung, and Blood Institute
Health Information Center
Attention: The Heart Truth
P.O. Box 30105
Bethesda, MD 20824-0105
(301) 592-8573

nhlbiinfo@nhlbi.nih.gov
www.nhlbi.nih.gov/health/educational/hearttruth/

Contact: Information Specialist

Love, Gratefulness, and Teamwork



As the snow was winding down, I asked SWVMHI staff to write me to express gratitude to their co-workers who they saw as truly living the SWVMHI Mission, Vision, and Values. I asked folks to tell me about their co-workers who went above and beyond. For instance, who worked in a place they don't usually work or did a job they don't normally do? Who worked over, slept, and came back to work without complaint? Who worked especially hard?

Here are the responses I received:

- **Who worked in a place they don't usually work?** I do know that while I was here, you were on the unit (THANK YOU) and **Colin Barrom, Ph.D.**, Director, Psychology & Forensic Services; **Bryan Taylor** came in to help on his night off because he knew we were needing the help.
- **Who worked over, slept, and came back to work?** I was one of the lucky ones and I went home, but I do know that **Ranee Price** slept in her car on Friday afternoon until she had to be back into work that night at 10:30, then she rented a motel until she went home on Sunday morning at 11 am.
- **Who shoveled snow even though that wasn't their duty?** This I cannot answer as I was on the floor working during the day, but I do remember seeing **Chad Funk** scraping the parking lot at night.
- **Who worked especially hard?** I think we all put our best effort forth, as I know AB works really well together all the time.

Thank you for your kind words to us for working. And thank you also, you were a huge help.

~ Cecilia Holman, LPCT



I would like to acknowledge a co-worker, **Tammy Jenkins**, she worked third shift on ward H Thursday night and continued to work on another 8 hours on day shift. She never complained the first time. We frequently asked if she needed anything, offered breaks, but she replied that it was better for her not to rest until later. She found a place to sleep at 1500, we checked on her couple of times, she was back on the ward around 2100, took a shower, and was back ready for another shift at 2230.

Connie Cook came in at 0300 Friday morning and worked until 1900, slept, and was back to work at 0300 Saturday morning. **Dru Parks** picked up **Cindy Osborne** and they made it in to work from the bottom of Flat Ridge Road in Sugar Grove, a little shook up but ready to work.

Alone we can do so little; together we can do so much.

All the **ERS day shift staff** that were able to make it in came prepared to stay, letting family know they were not sure when they may get back home.

We had our duffle bags with clothes, food, and any medications needed, ready to work where and as long as needed. I never heard one complaint all day, we worked together and made the best of it, actually had a very good 16 hours together!!

Angie Routh called early that morning then came in a little later filling in on ERS where needed, allowing some of the third shift staff to leave or be able to go rest.

Thumbs up to all the staff throughout the facility who came in, stayed, and helped to make sure the patients and staff were taken care of. THANK YOU!!!

~ Gerry Moore, RNCA, Team Nurse Ward H



Shelia Lapomarede, Psy.D., volunteered to work as an aide, and she did so without a complaint. She is a great team player and is willing to help anytime. Also, **Alicia Alvarado**, **Amanda Currin**, as well as yourself [**Cynthia McClaskey**] were on Ward CD

helping out. I was very impressed to be a part of the teamwork during the storm from all disciplines. **CJ Copenhaver** was also available to take up orders for the canteen (and I cannot remember who helped her). Oh, I almost forgot **Dr. Mike Jones**, Unit Program Director came over and bathed a male patient for us! His willingness to help out was much appreciated. Thank you,

~ Ava Mitchell, RNCA, Team Nurse, Ward C



All **morning shift Food Service staff** came in all 3 days except one. **Amber Heath** came in Friday on her day off and worked and picked up 2 coworkers in her 4 wheel drive. She continued to do this all weekend as well. She even ran to store to get hot dog buns for café on Saturday so we could still have the grill special. **Amber** also stayed the night Friday night to make sure she would be here Saturday and if needed work the morning shift as well. **Samantha Keyser** worked Friday and Saturday. Saturday was her day off but she spent the night Friday and worked Saturday due to late shift call ins. She even stayed at a house below the hospital on Saturday night just in case we needed to call her in on Sunday. **Connie Harris** spent the night as well on Friday to ensure she would be at work Saturday and just in case we were short handed. **Jordan** was called in on Saturday due to call ins and offered to work on Sunday as well if needed. We ended up fully staffed, but the offer was much appreciated. **Ginger Blankenbeckler** called Friday to see if we needed help and worked over Saturday due to short handed and offered her services for Sunday. **Stephanie Butler** worked on Saturday on her day off. **Sarah Blackwell** picked up employees who needed rides to ensure we had enough staff. The weather was bad and I am so very thankful for all the staff who were dedicated and made an effort to come in from all areas. Everyone who worked kept positive attitudes.

Last but not least **Robbie Horne** for staying over Friday due to short handedness

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Love, Gratefulness, and Teamwork, continued

and calling to check on us Sunday. I hope I didn't leave anyone out. But really anyone who came in as scheduled or called in deserves a big thank you for their dedication.
~ Jennifer Armstrong



We also recognize **Jennifer Armstrong** who arrived around 0430 Friday morning, worked until 1900 that night, spent the night, worked from 0430 the next day until 1900, again spent the night. Same for Sunday and went home Sunday night.
~ Robbie Horne, Food Service Director



Every person that was here through the snowstorm on third shift in Ward A/B worked very hard to ensure patients had the care they needed, every night and day. For most of us, Nurse Managers and Psychiatric Care Technicians alike, that meant doing double shifts, sleeping minimal hours, and returning to work whenever we were needed. As well, without the assistance of the Nursing House Office staff, and Nurse **Jean Pierce** in particular in my case, this would have been a nightmare. I know that this team spirited behavior within and between shifts was not limited to this ward, and that the other wards experienced similar dedication and teamwork, but I especially hope to thank all my friends and coworkers in Ward A/B, on third shift in particular, and as well on all the other shifts, for making this difficult time as pleasant and productive as possible. Without every one of them, a bad situation could easily have been so much worse. ~ Kathleen Olinger, PCT

There is no Us versus Them,
there is only We Together.

Mike Jones came to C/D and gave an upset male a shower and shave. This helped us out a lot. Thanks [**Cynthia McClaskey**] for taking patients to get canteen orders on evening shift. Someone else helped you too, but I can't remember who (**C.J. Copenhagen**).

Amanda Currin, Assistant Director, Administration, ordered up hot chocolate, and the patients really enjoyed this as well. She gave out snacks and helped a lot with hall rounds, laundry room, etc. **Alicia Alvarado**, Chief Nurse Executive, also helped ward coverage with CO, Hall, etc. **Sheila Lapomarede** assisted with ward coverage on C/D on Evening shift from 3 pm until 6 or 7 pm. **Erin Powers** came in and relieved her, **Penny Gilley** also came in about the same time.

Lisa Parrish came in early on Friday at 4 am and worked over onto 2nd shift. We were able to let her go around 6 pm.

Of all dayshift staff, **Lisa Parrish**, **Ava Mitchell** and I were the only ones able to come in. Night shift worked over: **Veronica Tapia**, PCT, **Cheryl Doane**, PCT, **Lois Tibbs**, PCT, **BJ Walk**, PCT, and **Kristen Cardwell**, PCT, nurses **Mary Chandler**, **Sandy Harless**, and **Debbie Sadler**. **Beth Lykens** also came and helped out about mid shift on days.

Nathan Shelton was here doing laundry and a variety of things.

I know that most of night shift staff slept over as well as **Karen Puckett**, **Chelle Wymer**, **Diann Marshall**, **Beth Lykens**. **RJ Pasco** RNCA 2nd shift C/D brought a friends Hummer to work and picked up several staff members on his way, **Teresa Harris**, and **Barbara Shepherd**. At any rate we survived and it was fun in a way to do something different. Ward C/D had a few codes within 16 hour shift, on Friday, but we had no patient injuries that I'm aware of or any falls.

~ Julie Stoots, Unit Nurse Coordinator



I wanted to recognize **Michelle Roberts**, Pharmacy Tech. Her being here was a tremendous help to the pharmacy, as we would not have been able to deliver medications to the wards. This was especially helpful with the short staffing issues on each ward.

~ Jessica Taylor, PharmD

Paul Shepherd SNC picked me up and took me home Saturday the 23rd. I called the SNC office Saturday around 1030 AM and asked **Diann** if there was someone who could pick me up due to the roads and the condition of my driveway. It was very much appreciated.

~Betty Hash, RNCA, Ward C/D
Head Nurse

I believe all the ward A/B nursing staff went above and beyond! After working 35 hours myself, the level of support to us by administrative and clinical staff was reassuring! Thank you to everyone that helped us out! ~ Chelle Wymer, PCT



Some memorable examples I recall is seeing **Will** from Food service grilling hamburgers in the cold for the employee lunch on Friday. On Thursday evening our volunteer chaplain could not be with us for chapel, so **Charlotte Ball** arranged for music and read a story from the Bible for our chapel service that evening. So many staff had the attitude: "Whatever it takes to help our patients, that's what we are here for." We work with good people, it is a privilege to serve with such a fine staff. ~ Timothy Graham, D. Min.

Dr. Register, Saturday's MOD, left his home in Roanoke at 5:00 AM Saturday morning to be able to be here when his shift was to start. That's probably an extra 1.5 hours he spent in travel time. ~ Lisa Berry, Administrative Assistant, Medical Services

I wanted to let you know that **Becky Sparger** in the Training department was so upbeat and positive throughout the day Friday. She started the TOVA training class with a smile, and was so passionate throughout her delivery of TOVA training despite the howling winds/falling snow outside. She was also very

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Love, Gratefulness, and Teamwork, continued



cognizant of the safety of all of the trainees and made sure everyone had safe rides home. She is a great coworker! ~ Beth Smith, OT



I am thankful for the Powers Family (Erin & Jody) who made sure that I made it home Wednesday evening & back to work Thursday morning after the initial snow-fall. It meant a great deal to me to have friends who made sure that the boys & I were taken care of! ~ Stacie Smith Lester, Reimbursement



On Friday, the Rehab Department had a total of 9 staff who reported to work: Ashley Privett, Mike Anderson, Sheila Thomas, Sue Riley, Jody Powers, Tara Brewster, Emily Lockhart, Molly Bellows, and me. All of the above staff reported at normal time and worked their full shift. During the day, the following staff completed on ward activities for the patients on each ward both morning and afternoon. While on ward, they assisted nursing staff in duties that they could help with. Also Ashley Privett, Michelle West (Cashier), Amanda Currin, and I folded laundry to assist housekeeping staff. Mike Anderson refilled all vending machines to have plenty of drinks and snacks for staff who were here for overnight or extended shifts. Jody Powers oversaw the Rehab staff and assisted in any task that was needed throughout the department and hospital. Friday morning I went to each of the ERS wards and collected orders and money for the New Day Café and then delivered the snacks back to each unit and assisted in handing out snacks. We had 43

patients order snacks! Emily Lockhart and Molly Bellows ran the New Day Café in the evening. On Friday night, they brought in the most money that second shift has ever made - around \$112.00. The above staff also had to leave much earlier from their homes and their travels took at least double their normal travel time if not longer. Ashley Privett, Mike Anderson, Sheila Thomas, Sue Riley, Jody Powers, Tara Brewster and I were traveling during the heaviest snow which occurred between 6:30-7:45 Friday morning. ~ Brittany Phipps, BS, Rehab Dept.



I have 2 HIM employees who went above and beyond: Karen Viers 3rd shift patient registrar – she made arrangements the morning of 1/21/16 to get a room in the B-Building so that she would be here for here Thursday and Friday shifts. She was here and working in the admissions area. April Varney – April lives local and contacted me to let me know she would cover any shifts of her co-workers that could not make it in. April made arrangements at home to allow her to be available. April got called in 3 separate times in less than a 24 hour period. (between 1/23 @ 1000 to 1/24 @ 0140). She allowed those who lived further away to stay safe but yet made sure that the patient registration area was covered for our admissions. ~ Patty Hall, RHIT



Debbie Haga, LPN, URC, also recognized April Varney for her dedication!



To Colin Barrom, Jan Barrom, Amanda Currin, Alicia Alvarado, Mike Jones & Cynthia McClaskey, A big thank you for helping to provide coverage for the wards during the recent snow storm. You all were great. ERS would like to especially thank Jan - you were awesome on the unit-I actually enjoyed working out on the unit-love being with the patients!!

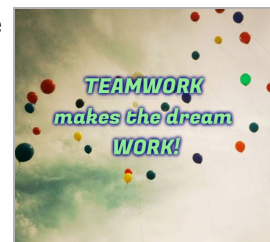
P.S. Colin, we were going to make you an honorary nurse but I think that you are

going to have to practice a little more before we fully “Knight” you as a nurse - you are not exactly up to par yet!! So in other words you are Colin Barrom-Nurse in Training!! ~ Angela Routh, Unit Nurse Coordinator

Try to be a rainbow in someone's cloud.

~ Maya Angelou

The Housekeeping and Laundry Department, on Friday, had 4 staff and I came in to work (Tammy Powers, Edith McKinnon, Donna Dempsey and Constance Owens). 7 employees called in which meant those who came in worked on multiple units. Tammy and Edith cleaned A, B, C, D, E and F while Donna and Constance cleaned H, I, J and some areas of the Blaylock. Constance delivered the clean linen to all the units. I washed/dried all the laundry with the help of 3 employees from other departments who volunteered to come and fold the laundry as I got it washed: Michelle West, Ashley Privett, and Amanda Currin. These ladies folded almost 800 pound of linen and their help was deeply appreciated.



On Friday evening, 4 staff came in who were scheduled to work on Saturday (Edward Buskill, Andrea Riley, Ashley

Sears and Jennifer Pierce). They were concerned they could not get here on Saturday morning if we were to get the additional snow that was called for. They setup mattresses in the laundry for their use. At around 6:00 pm Ed was called on to deliver mattresses, linen, and pillows to several locations for people to sleep who could not go home. He had Andrea help him and they worked about 90 minutes getting everyone set up. At approximately 8:00 pm he was called to work again by Nursing because the sidewalks were snowy and icy. Ed and Jennifer

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Love, Gratefulness, and Teamwork, continued

Pierce helped clear sidewalks for a couple of hours.

On Saturday, only one employee did not come in so our staffing was good. I came in and worked 4 ½ hours until they got all the extra laundry caught up for the additional bed linen. **Amanda Currin** also came by and helped fold laundry again on Saturday. We also changed out several rugs other than that everything back to normal. Sunday we were able to operation as normal, other than additional bed linen and picking up mattresses putting them back in storage.

I am very proud of the members of my team who came in and put in all the extra effort to keep our units clean and laundry done, and also those others that volunteered to help. ~ Nathan Shelton

I would like to acknowledge Michelle West, Amanda Currin, and myself for working in laundry on Friday 1/22. We assisted Nathan with folding blankets, towels, and personals. This was aside from our normal tasks and we had LOADS of fun!!! Getting to work with other folks from other departments as a team was very rewarding and we each made a difference!

~ Ashley Privett, CRS

Alan McGhee and Daniel Baker, assisted by **Steve Perry, Chad Funk, Shaun May and Willie Rich** removed snow and treated surfaces during the most recent snow event. Thank you! ~ Don Chisler

I made it in Friday morning for my day shift and stayed over until 11 pm on Friday night working as a PCT - my usual position is Ward Clerk. The Geriatric Unit worked very well together with minimal staff. Everyone had a great attitude. We did activities with our patients. Most of the female patients got manicures. They had karaoke with rehab staff. ~ Shelly Jones

Geriatrics Third Shift: The following staff members stepped up to help in a time of staffing requirements:

Katie Smith, RNCA: Worked her normal 3rd shift the night of 1/21/16, worked 1st shift on 1/22/16, slept at the facility, worked her normal 3rd shift the night of 1/22/16 and worked 1st shift on 1/23/16. **Tonya Dotson, RNCA:** Worked her normal 3rd shift the night of 1/21/16, slept at the facility until 1430 when it was determined that she was not needed until her normal shift.

Marie Turley, PCT: Worked her normal 3rd shift the night of 1/21/16, worked 1st shift on 1/22/16, came in early on 1/23/16 and worked her normal 3rd shift the night of 1/23/16. **Michelle Widener, PCT:**

Worked her normal 3rd shift the night of 1/21/16, worked 1st shift on 1/22/16, and stayed until her normal 3rd shift on the night of 1/22/16. **Amanda Blevins, PCT:**

Worked her normal 3rd shift the night of 1/21/16, worked 1st shift on 1/22/16 and stayed until her normal 3rd shift on the night of 1/22/16. **Brittney Griffey, PCT:**

Worked her normal 3rd shift the night of 1/21/16, worked part of 1st shift on 1/22/16, came in early on 2nd shift for 4

hours and then worked her normal 3rd shift the night of 1/22/16. **Morgan Armstrong, PCT:** Worked her normal 3rd shift the night of 1/21/16 on Ward A/B and worked 1st shift on 1/22/16. ~ Ken Miller, Head Nurse, Geriatrics, Third Shift

I want to say thanks to several of administration staff for helping to cover the wards on Friday and Saturday. C/D on Friday evening was mostly staffed with administration. I know **Cynthia McClaskey, Amanda Currin, Mike Jones, Colin Barrom and Jan Barrom** worked on Saturday to help cover the units and were counted in the coverage for the units. Cynthia, Mike, Colin, and Jan all slept at the hospital on Friday night. **Jim Lundy**, Unit Nurse Coordinator, and **Alicia Alvarado** came in Monday morning to work the floor; Jim on A/B and Alicia on C/D. Because of them no one on third had to work over on Monday morning.

Most of night shift worked over on Friday with many of them working 16 hours. Of

those, several were back at work at 2230 and some agreed to come back even though they were scheduled off that night.



Working 16 hours were **Ranee, Michelle, Kelly, Kathy, Cecilia, Suk, Heather, Carissa, Josh, Janice, Rhonda, Brittany, Jared, Michelle, Marcie, Kim,**

Betty, Annette, Morgan, Debbie, Veronica, Cheryl, Lois, Mary, Kristen, Kattie, Marie, Michelle, Amanda, Amanda, Julie, Megan, Glenda, Bobby, Jennifer, Miranda, Peggy and Tammy.

Staff on third who agreed to come back and work Friday night even though they were scheduled off. **Kathy, Kim, Lois, Veronica, Mary, Kristen, Debbie, Megan and Glenda.** Because all these agreed to do this no one from 2nd shift had to work over on Friday night to help staff third shift. **Jamie** had agreed to come in at 230 so who ever had to work over would have relief.

Friday night 3rd had 7 weather call ins. Saturday night 3rd had 4 call ins only one for weather and 3, 2nd shift staff had to work over. Sunday night 3rd had 3 call ins none for weather

Bryan came in and worked his day off on Sunday. **Erin** called and worked Friday night to help out instead of Monday. Staff who worked 2-16 hour shifts were **Kathy and Kim.** Those who worked 12 hr shifts, **Ranee, Angie, Carley, Bryan, Payton, Kristen, Marie and Lois.** Several of the night shift staff slept here at the hospital on ward K, domestic skills and in the B building.

Thanks to kitchen staff who were here to fix meals for staff and individuals.

Everyone has kept a positive attitude, smiled, and worked where they were needed doing what they had to do to get through the night. ~ Jean Pierce, Shift Nurse Coordinator (third shift)

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Who Can Be Covered by State’s Insurance Plan?

Salaried employees and faculty are eligible.

Dependents Who May Be Covered	Eligibility Definition	Documentation Required
Spouse	The marriage must be recognized as legal in the Commonwealth of Virginia. <i>Note: Ex-spouses will not be eligible, even with a court order.</i>	<ul style="list-style-type: none"> • Photocopy of certified or registered marriage certificate <i>and</i> • Photocopy of the top portion of the first page of the employee’s most recent Federal Tax Return that shows the dependent listed as “Spouse”. NOTE: All financial information and Social Security Numbers can be redacted.
Natural or Adopted Son/Daughter	A son or daughter may be covered to the end of the year in which he or she turns age 26.	<ul style="list-style-type: none"> • Photocopy of birth certificate or legal adoptive agreement showing employee’s name. (Note: If this is a legal pre-adoptive agreement, it must be reviewed and approved by the Office of Health Benefits.)
Stepson or Stepdaughter	A stepson or stepdaughter may be covered to the end of the year in which he or she turns age 26.	<ul style="list-style-type: none"> • Photocopy of birth certificate (or adoption agreement) showing the name of the employee’s spouse; <i>and</i> • Photocopy of marriage certificate showing the employee and dependent parent’s name; <i>and</i> • Photocopy of the most recent Federal Tax Return that shows the dependent’s parent listed as “Spouse”.
Other Female or Male Child	An unmarried child in which a court has ordered the employee (and/or the employee’s legal spouse) to assume sole permanent custody may be covered until the end of the year in which he or she turns age 26 if: <ul style="list-style-type: none"> • The principal place of residence is with the employee; • They are a member of the employee’s household; • They receive over one-half of their support from the employee, and • The custody was awarded prior to the child’s 18th birthday. 	<ul style="list-style-type: none"> • Photocopy of birth certificate <i>and</i> • Photocopy of the Final Court Order granting permanent custody with presiding judge’s signature.
Other Female or Male Child - Exception	If the employee (or employee’s spouse) shares custody with their minor child who is the parent of an “other female or male child”, then that “other child” may also be covered if the other child, the minor child (who is the parent), <i>and</i> the employee’s spouse (if applicable) <ul style="list-style-type: none"> • All live in the same household as the employee • Both children are unmarried • Both children received over one-half of their support from the employee. 	<ul style="list-style-type: none"> • Photocopy of the other child’s birth certificate showing the name of the minor child as the parent of the other child • Photocopy of the birth certificate (or adoptive agreement) for the minor child showing the name of the employee, <i>and</i> • Photocopy of the Final Court Order with presiding judge’s signature.
Incapacitated Adult Dependent	The employee’s adult children who are incapacitated due to a physical or mental health condition may be covered beyond the end of the year in which they turn age 26 if: <ul style="list-style-type: none"> • They are unmarried, • Reside full-time with the employee (or the other natural/adoptive parent), • The employee provides more than half of the dependent’s support, • They are deemed incapacitated prior to the end of the year in which they reach age 26, <i>and</i> • They have maintained continuous coverage under an employer-sponsored plan of the employee (or the other natural/adoptive parent). 	<ul style="list-style-type: none"> • Photocopy of birth certificate or legal adoptive agreement showing employee’s name. • In the case of a new employee, copies of all HIPAA Certificates showing continuous prior employer-sponsored coverage. • Other medical certification and eligibility documentation as needed.

Questions regarding insurance benefits should be directed to the Human Resources Office.

~ Rick Delp, Human Resource Analyst

Therapeutic Recreation Month



February is Therapeutic Recreation Month. Along with improving quality of life, therapeutic recreation also has many other benefits:

- To promote and enhance quality of life
- To offer activities that are meaningful to each client

- To enhance or maintain cognitive abilities
- To enhance or maintain physical abilities
- To promote emotional and psychosocial well-being
- To provide opportunity for socialization
- To offer opportunity for creative expression
- To offer opportunity for decision making, choice, and responsibility
- To offer opportunity for spiritual expression
- To offer solace and relaxation
- To provide opportunity for fun, pleasure, and enjoyment
- To offer opportunity to share common interests, cultures, and experiences

- To promote independence and decreased learned helplessness
- To provide opportunity to learn new skills, adapt old skills, and enjoy new leisure experiences

SWVMHI wishes to recognize and thank those staff members in the Central Rehab Department who play a vital role in the lives of the individuals we serve.

For more information on therapeutic recreation, visit the [National Council for Therapeutic Recreation](http://nctrc.org) website at <http://nctrc.org>.

Heating Safety



There is something about the winter months and curling up with a good book by the fireplace. But did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions, you can prevent most heating fires from happening.

Be warm and safe this winter!

- Keep anything that can burn at least three feet away from heating equipment like the furnace, fireplace, wood stove, or portable space heater.
- Have a three-foot "kid-free zone" around open fires and space heaters.
- Never use your oven to heat your home.
- Have a qualified professional install stationary space heating equipment, water heaters, or central heating equipment according to the local codes and manufacturer's instructions.
- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep

the container a safe distance away from your home.

- Test smoke alarms monthly.

Your source for safety information: [NFPA Public Education Division](#).

~ Safety Committee

FACT

Half of home heating fires are reported during the months of **December, January, and February.**

Kronos Workforce Questions and Answers

Kronos Workforce Scheduler

For those of you who work in the Nursing Department, the way schedules are developed and maintained is about to change. Your Unit Nurse Coordinator, Shift Nursing Coordinator, or Chief Nurse Executive will be sharing more details with you as we get closer and closer to our “Go Live” with Kronos Workforce Scheduler. But in the meantime, you should know that by moving from Anso to Kronos Workforce Scheduler, creating and maintaining schedules should be easier and more efficient for everyone involved in the process. There will be some changes to the way you are used to giving feedback on your preferred schedule, days off, etc., and many things will become electronic and completed through the Kronos system. You will be able to view your current schedule along with your leave balances all from your timecard. There are many more benefits that will be shared with you in the coming weeks, so please stay tuned!

Forgotten password

If you are like most people, you have many different user names and passwords to remember in order to log onto your computer and check your email, log into the various databases that you might have access to, not to mention your home email account, your bank account, your social media accounts, and any other electronic something you access on a regular basis. Kronos is no exception.

All employees have a user name (705 followed by the first initial of your first name (not your nickname, not your middle name), followed by your last name — e.g. 705cveselik) and a password. When you first log onto Kronos, the system makes you change the initial password to one of your choosing, and to also set three security questions before you can look at your timecard. If you forget your password, you should first click on the “Forgot your password?” link just under the logon on the Kronos splash

screen. You will be required to answer those security questions you set up to begin with. Hopefully this will get you to your timecard, at which point you might want to change your password to one that you can better remember!

Still cannot get into Kronos? Send Cheryl Veselik an email and she can reset your password. But keep in mind that the system will require you to reset your password and three security questions again.

If you have a Kronos topic you would like to see covered in a future newsletter, please email your question to Cheryl so she can include it. In the meantime, questions about your specific time should be directed to your timekeeper or supervisor.



~ Kronos Implementation Team



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, *Snowflakes*



Rehab Department News



The new year of 2016 has brought about some snow flurries, freezing temperatures, and icy conditions.

It has also rung in some recovery-oriented New Year’s resolutions that are sure to keep all Rehabilitation staff and individuals working hard toward achieving personal health goals.

Determined to assist all of the individuals we serve in their unique journeys to recovery, the Rehab Department is still conducting special activities, groups, and 1:1 sessions with renewed focus, creativity, and knowledge.

January’s special activity was our “New Year’s Celebration,” where individuals we serve and staff participated in an afternoon of gym games and snacks to start off 2016.

The Rehab Department asks you to help us in welcoming two new members to our Occupational Therapy Department! We are thrilled to have Elizabeth (Beth) Smith and Sarah Roe join us. Please read more about Beth and Sarah on page 9 of this edition of the newsletter.

~ Emily Lockhart
Wellness Rehab Coordinator



You are much stronger than you think you are — trust me. ~ Superman

Important OneMind Update



The time has come!!! The super heroes are dusting off their capes, shining their armor, and getting ready to save the day!! OneMind is going live at Southwestern Virginia Mental Health Institute in May!!! E/F and H/I/J will go live May 10 and A/B and C/D will go live May 18.

There are MANY details and events that will occur prior to our go-live and you will soon receive a OneMind Super Hero Dispatch with much more information.

Here's what's happening in February:

- Integrated Testing Phase 1: February 8 – 11
- Integrated Testing Phase 2: February 29 – March 4

During integrated testing, some SWVMHI volunteers enter test patients with scenarios common to SWVMHI to determine how our processes and work flows match with OneMind. If issues are identified, tickets are issued and the OneMind team fixes it. Phase 2 integrated testing verifies that any fixes that were made actually work as intended.)

- Pre-training Sandbox Adventure Demos: February 11, 18, 23, 25 (A/B Classroom)
- March 1, 3 (A/B Classroom)

During Sandbox Adventures staff follow a test patient throughout their day via OneMind. Staff can watch how orders and entries flow. The Demos will be recorded so staff can watch at their convenience. In addition, staff can create their own Sandbox Adventure by going into the test system.

Watch your e-mail for instructions

on accessing the recorded Sandbox demos and also for instructions on how to sign-on to the OneMind test system.

Any OneMind questions can be directed to SWVMHI's OneMind Accountable Executive Heroes: Becky Barker, Laura Campbell, and Amanda Currin.

~ Amanda Currin,
Accountable Executive



OneMind Sandbox Adventure Demos



Following is the proposed schedule for OneMind Pre-training Sandbox Adventure Demos. All demos will take place in the A/B Classroom:

- Thursday, February 11, 1400 to 1600
- Thursday, February 18, 1400 to 1600
- Tuesday, February 23, 1000 to 1200
- Thursday, February 25 1400 to 1600
- Tuesday, March 1, 1000 to 1200
- Thursday, March 3, 1400 to 1600

Staff who are designated Super Users need to go to at least one

pre-training Sandbox Adventure Demo as they can.

OneMind Training will begin March 15, 2016. Schedule of classes will be distributed soon.

GoLive for Wards E, F, H, I, and J will be Tuesday, May 10, 2016.

GoLive for Wards A, B, C, and D will be Wednesday, May 18, 2016.



Special Gym/Game Room Activities



Consumer Empowerment
Recovery Council
(CERC)
NO MEETING



Movie Nights
February 1, 2, 8, 9, and
16, 2016
1830 to 2000



Patient Activity Council
(PAC)
NO MEETING

Birthday Party
February 23, 2016
1830 to 2000
No Café




Church Services
held each Thursday from 1830
to 1930. New Day
Café open prior to
Church Services

Groundhog Day
Celebration
February 18, 2016
1330 to 1500



Please note that game room activities, in addition to those listed here, are held every weeknight, except as otherwise noted, from 1830 - 2000. New Day Café hours are from 1800 - 1830 unless otherwise noted as well.

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.

February Days to Celebrate

“Off the cuff” February holidays to celebrate:

- February 2**
World Play Your Ukulele Day
- February 5**
National Doodle Day
- February 7**
Super Bowl 50
- February 9**
Mardi Gras



- February 15-16**
Westminster Dog Show
- February 24**
National Cupcake Day
- February 25**
National Chili Day
- February 27**
International Polar Bear Day
- February 28**
National Tooth Fairy Day



Staff Development

Take advantage of Training Opportunities in February



When: Feb 11, 1515 to 1615
Where: Dogwood Classroom
What: Lightening Your Life with Laughter (EAP)

When: Feb 25, 1530 to 1700
Where: Dogwood Classroom
What: ID/Depression

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

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

Cultural and Linguistic Competence

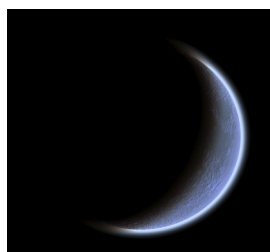
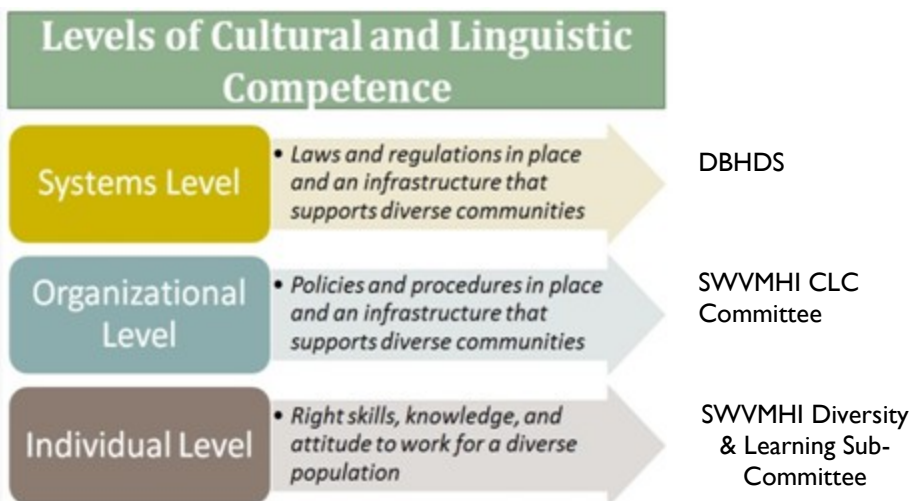
In January, SWVMHI’s Diversity an Learning Subcommittee held its first official meeting. The subcommittee’s current members are Emily Lockhart, Jose Montes, Ginny Moorer-Shields, Brandon Rotenberry, Melina Ruiz, and Cheryl Veselik. We are all excited to share our ideas and offer our talents!

The picture below illustrates how this new sub-committee works in conjunction with DBHDS’s Office of Cultural and Linguistic Compe-

tence and SWVMHI’s CLC Committee.

The Diversity & Learning Subcommittee is looking forward to working with staff to assist in enhancing staff skills, knowledge, and attitudes about diversity. Please let us know if you have ideas to share or if you are interested in learning more about what we do!

~ **Ginny Moorer-Shields, M.Ed.**
Training and Development Coordinator



February Lunar Phases

February 8
 New Moon

February 15
 First Quarter Moon

February 22

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



Welcome Aboard!

Please welcome the newest additions to the SWVMHI Team!



Left to right: Coreybeth Hutton, Teri Townsend, Beth Smith, Sarah Roe, James Ellis, and Ashley Stroupe

Elizabeth “Corybeth” Hutton has joined SWVMHI as an Education Rehab. Specialist in CRS effective January 10, 2016. She graduated from Virginia Tech with a Bachelor’s Degree in Psychology and a Minor in Music. She has been working as a Therapeutic Day Treatment Counselor with Family Preservation Services since her graduation in 2013. Ms. Hutton has also achieved the QMHP-C distinction during the course of her most recent employment.

Teri Townsend is now Amanda Currin’s “right hand woman.” Teri recently moved to Marion from Newport News, Virginia. She is married and has four children and nine grand-

children. Teri attended school in Newport News, Virginia, and previously worked in the Hampton City Schools in the Virginia Beach area. She loves to do crafts.

Elizabeth (Beth) Smith is a Marion resident, living with her husband, Tim and one year old daughter Lilly Kate. Before becoming an occupational therapist, Beth worked here in 2006-2007 in Rehab Services. She is a graduate of Emory and Henry College with a degree in Psychology. She is a graduate of Shenandoah University with a Master’s Degree in Occupational Therapy. She has been employed by Mountain States Health Alliance at Francis Marion Manor and Smyth County Community Hospital, providing evaluation and treatment for a wide range of ages and diagnoses. Beth enjoys spending time with her family, photography, swimming, and singing and playing music in her church. Her mother, Tina Graham, works as a PI4 RN on Geriatrics.

Sarah Roe grew up in Saltville, Virginia, and attended Emory and Henry College for her undergraduate degree in Psychology, with a minor in studio art. She graduated from Milligan College with a Master’s Degree in Occupational Therapy. She lives with her husband, Jake Vines, and their pug, Rosie. She has worked at Dawn of Hope, Inc. and The Crumley House Brain Injury Rehabilitation Center in Limestone, Tennessee.

Sarah’s hobbies include hiking, reading, animal welfare, expressive arts, wellness, and spending time with her husband and dog.

James Ellis, Jr. will be working night shift as a float LPN. He has been a nurse for six years. James graduated from Marion Senior High School and from the William Neff Center in Abingdon with his LPN. Previously he worked at Abingdon Health and Rehab. He loves scary movies, anything Zombie related, and his favorite show is the Walking Dead!

Ashley Stroupe started in nursing as a CNA and then became an LPN. She plans to return to school for her RN in the future. She has one daughter and they live in Marion, Virginia. Ashley graduated from Rural Retreat High School and previously worked for Mountain States Health Alliance. She loves to read and play board games with her daughter. Ashley will be a float LPN on second shift.

Please give our newest employees a warm welcome to the SWVMHI family.

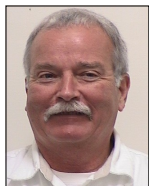
~ Staff Development & Training Department



Recovery Hero

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

Just prior to the Christmas Holiday, a helmet was ordered for an individual. Kayla Winebarger, Physical Therapist, took all the proper measurements and ordered the helmet, but the lead time to get the helmet delivered was a problem. The day after returning from the

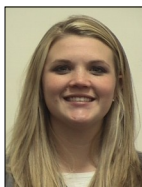


Steve Kiley, Storeroom Manager, called sporting goods stores in the area and

Christmas holidays, unit staff requested the Storeroom secure a padded helmet of some sort due to the individual head-butting staff and walls, and it was suggested that a sparring helmet might work. Steve Kiley, Storeroom Manager, called sporting goods stores in the area and



Allen Hubbard one was located in Kingsport, Tennessee. Allen Hubbard, Storekeeper, drove to Kingsport and picked up the helmet on the same day. When the package was opened upon arriving back at the facility, it was discovered that a long cord was interlaced through the top of the helmet to serve as a drawstring to keep the helmet snug on the head of the wearer, which presented a safety risk.



Kayla Winebarger

Kayla Winebarger took the helmet, removed the cord, and added Velcro strips to secure the helmet. The individual liked the helmet, was wearing it. When not wearing it, he was carrying it around with him.

This month we have three recovery heroes: **Steve Kiley**, who diligently called sporting goods stores throughout southwest Virginia and upper east Tennessee to find what was needed, **Allen Hubbard**, for driving to Kingsport, Tennessee, right after Christmas, without any complaints to pick up the helmet, and **Kayla Winebarger**, for making the helmet safe for the individual using her creativity. They certainly model the value of Teamwork at its best.

Congratulations!

~ Jim Lundy, MSN
Unit Nurse Coordinator, Ward A/B



PERSONNEL CHANGES*

New Employees

Teresa "Teri" Townsend, Executive Secretary/Office of ADA	Jan 10
Elizabeth "Beth" Smith, Occupational Therapist	Jan 10
Sarah Roe, Occupational Therapist	Jan 10
James Ellis, Jr., LPN	Jan 10
Elizabeth "Corebeth" Hutton, Education Rehab Specialist	Jan 10
Ashley Stroup, LPN	Jan 10

MONTHLY PATIENT CENSUS

December
2015

Admissions 61

Discharges 70

Passes 20

Average Daily

Census

147

* As of the time the newsletter was printed for distribution

We talk a lot about hope, helping, and teamwork. Our whole message is that we are more powerful together.
~ Victoria Osteen

Love, Gratefulness, and Teamwork, *continued*

Michelle Widener, Amanda Blevins, and I all came in on Thursday night and did not leave until Saturday morning. I got to go lay down on Friday morning and had to be back on the unit by 7. Michelle and Amanda worked through until 3. I slept a total of 3 hours before having to be back on the floor and worked through until 8 am on Saturday. [Amanda also recognized Michelle who generously got the two of them a hotel room for a quiet place to sleep and Amanda drove them there in her 4WD vehicle.] ~ Brittney Griffey, PCT



Thanks to thank Dr. Guthrie, D Team Psychiatrist, and Dr. Crisp, Medical Director, for working Friday. They kept making rounds of the entire hospital to see if we needed anything even though it wasn't their unit. I am grateful to Dr. Burrows, Friday MOD, for making it in! Thanks also to Dr. Guthrie for buying and donating pizzas from our Employee Café for the ward staff on Friday evening.

The House Office nurses were working so hard and were so concerned about the staffing levels. Without their diligence, we might have had fewer staff on site. They were: Jean Pierce, Diann Marshall, Angel Smith, and Paul Shepherd.

Thanks to Ron Parsons for buying breakfast for a number of staff behind him in the Café line Friday morning. There was an anonymous donor who did the same at lunch on Saturday.

The Friday night canteen staff were great! Thanks to our individual, K., who was showing everyone how to get things done!

Thanks to staff who came in to scrape the parking lots and sidewalks! Thanks also to Terry Richards who had MCTC inmates shoveling our sidewalks on Friday.

I want to thank the staff of the wards where I worked on Friday (A/B and, briefly, C/D) and Saturday (E/F). They were so kind to show me the ropes so that everyone stayed safe!

Finally, thanks to everyone who responded with inspirational stories about the way in which our employees respond to difficult situations. I am pretty sure that not everyone who went above and beyond was recognized by name here in this article, but we did our best to give "shout outs" to you all. Please forgive us for missing anyone, and if you have someone to add, you can send me an email describing their contribution and I'll include it in the next edition of *A View From the Hill*.

~ Cynthia McClaskey, Ph.D.

Word Search



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

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

Stop looking for happiness in the same place you lost it. ~ unknown

- | | | | |
|------------|-----------|------------|-----------|
| candy | cold | cupid | February |
| flowers | groundhog | heart | leap year |
| Lincoln | love | Mardi Gras | President |
| red | snow | sweetheart | Valentine |
| Washington | winter | | |

February

Motor Vehicle Safety in Cold Weather



Winter can be beautiful and fun, but it can also be dangerous. Hazardous road conditions are winter realities and it is important to know basic motor vehicle safety:

- Be prepared. Before winter weather arrives, have your vehicle winterized. Get a tune up, have the battery checked, make sure the vehicle has enough antifreeze, and check the tire tread.
- Store an emergency kit in your vehicle. It should include jumper cables, flashlight, ice scraper, snow brush, small shovel, sand or kitty litter, cell phone, blankets, and flares. For long road trips, add extra blankets, food, bottled water, and medications.
- Before you leave, plan your schedule and tell someone the route you will be using and your expected time of arrival. Make sure someone knows your travel plans.
- Drive safely. Turn your headlights on. Reduce your speed. Allow additional room between your vehicle and others. Avoid abrupt movements when steering, braking, or accelerating. Stay alert to other drivers around you.
- Allow extra time and distance to stop. Stopping on icy roads takes longer than stopping on dry roads. Try to avoid making sudden stops that could cause your vehicle to spin out of control.
- Do not use cruise control or overdrive. You must be completely in control when driving in treacherous conditions.
- Skidding on slick or icy roadways is the primary problem faced by winter drivers. If your car should skid, **do not brake**. Instead, take your foot off the accelerator and turn your car in the direction you want the front wheels to go. Use gentle, steady motions when turning the steering wheel. Turning too much or too fast may cause your vehicle to flop or spin out of control. If your vehicle is equipped with anti-lock brakes, do not pump the brakes. Apply steady even pressure.

- If you're stuck, your wheels spin but your car won't move. This is when emergency equipment is most important. Don't continue to spin your wheels; you'll only wind up in a deeper rut. Instead, shovel snow away from the wheels and out from under the car to clear a pathway. Pour sand, salt, or gravel around the wheels to improve traction. Rocking the car gently back and forth, instead of gunning the motor to go forward, can often get you out of a sticky situation so that you won't get stuck in the first place.
- Bridges and overpasses may freeze before the regular travel lanes of a roadway do. Watch out for black ice, also for areas of the roadway that appear black and shiny and where your vehicle can suddenly lose traction. Slow down in these areas and keep your foot off the brakes.

Driving in the snow is much different from driving in clear weather. The best tip is to avoid driving in snowy or icy conditions if at all possible. However, if you must drive in such weather:

- Decrease your speed when visibility is low or when conditions are slippery.
- Check your tire pressure. Make sure that your tires are inflated to proper levels according to tire manufacturer's recommendations.
- Check tire traction. If using a rear wheel drive vehicle, keep extra weight in the trunk to assist traction. Also, keep the gas tank filled; a gallon of gas weighs approximately seven pounds — and you don't want to be stuck on empty when idling in winter traffic jams.
- Ensure that windshield washer fluid is full. Salt from the roads gets sprayed onto your windshield and can impair visibility.
- Clear ice from all windows before driving.
- When you warm up your vehicle, ensure proper ventilation. If you park in a garage, open the garage door before starting the car.
- Keep warm clothing and some food in your vehicle. These could be lifesaving if you are ever stranded. A small duffle

bag kept on the back seat could store these items.

ADDITIONAL WINTER DRIVING TIPS

- Carry a cell phone in case of an emergency. It may save your life or someone else's.
- If stuck in traffic, crack your driver's window slightly to keep carbon monoxide fumes from building up in the passenger compartment.
- You should never multi-task (texting, reading, eating, etc.) while driving, especially in winter. All of your attention should be on keeping your vehicle under control and watching your surroundings.
- Watch out for other drivers. Just because you have the right of way, don't assume the other driver can stop for you!
- If you have an idea that there may be black ice ahead of you, downshift to a lower gear before you come onto the black ice — do not push down hard on your brakes, as they will just cause you to slide.
- If you do slide on ice, turn the wheel in the direction of the skid.
- Leave plenty of space between your car and the other cars on the road — it takes much longer to stop your car on snow and ice.
- Don't think you are invincible just because you drive a truck or big SUV. While four-wheel drive vehicles are great for driving in heavy snow, they have no advantage over regular cars when it comes to driving on black ice, so take the necessary safety precautions no matter what type of vehicle you are driving.



For more information, visit www.willis.com

~ Safety Committee



Continuing Support of a Safer Work Environment

FIRE SAFETY DECODED



Fire Safety is a major concern in every health-care setting, with standards, inspections, and drills formulated/

conducted in support of this goal. In recent years, SWVMHI replaced our 1980's vintage fire detection/ alarm system with an addressable system that assists staff in identifying/ locating the source of an alarm. An announcement of "Code Red, Bagley Building, Ward A/B," repeated three times, has been replaced with "Code Red, Bagley Building, A100 Exit," which immediately alerts staff of a potential problem at the end of the A Hallway, enhancing staff's ability to move the individuals we serve as well as visitors to a safe area away from the fire.

Additional benefits of the new fire detection/ alarm system include release of exit door locks in patient care areas and an annunciator panel at each Nurse's Station. In the event of a fire alarm, locks on doors marked EXIT in the Auditorium, Bagley, and Blalock buildings automatically release to prevent a person(s) from being trapped. The annunciator panel provides staff with identification of a potential problem prior to an alarm sounding. An example is as follows: The annunciator panel emits a beeping noise, staff see SD-A113 displayed on the annunciator screen, and make the

decision to press the PASS button. Now staff have 90 seconds to determine why the smoke detector (SD) at A113 activated. Should staff take no action, or if a second device was activated, the fire alarm on that ward would automatically sound.

Staff have done an excellent job in acclimating to the new system and their responsibilities, and quickly identifying a problem area. Recently, a Code Red Bagley Building G131 announcement was made and staff were unable to find this location on Ward G. The problem was reported to the SWVMHI Safety Committee for review and resolution. A subcommittee was appointed and tasked with surveying the Bagley Building to ensure sequential room numbering by wards, and report their findings and recommendations at the next meeting. Staff diligence and concern led to several spaces throughout the Bagley Building being renumbered to help ensure quick response in an emergency situation.

similar incidents. Despite rumors to the contrary, the goal of the committee has never been to place blame or recommend disciplinary action.

In recent months, the ARC has reorganized, met monthly and has Unit Nurse Coordinators participating on the committee. The committee's mission includes the following:

- Review of employee incidents;
- Ensuring incident investigations are conducted in a timely manner; and
- Make recommendations/take actions to reduce employee incidents.

The committee also interfaces with the Special Management, Internal Review, and Risk Management Committees to gather additional insight regarding employee incidents. Additionally, the ARC also identifies trends and reports/takes action as warranted. The ARC also initiates action to ensure compliance with OSHA standards and memos, and routinely reports to the Executive Team on their findings/recommendations.

WORKING FOR YOU



SWVMHI established an Accident Review Committee (ARC) several years ago and tasked this committee with reviewing employee incidents and making recommendations to prevent

~ Don Chisler
Physical Plant, Safety, and Security
Director



