



JUNE 2017

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From the Director

We are looking for that well in the desert! This is HOPE.

June 29 is the birthday of French writer and aviator Antoine de Saint-Exupery, born in Lyon, France (1900). He is best known these days for his classic children's novella, *The Little Prince*, 1943. Saint-Exupery was a renowned pilot, and he wrote about a little boy who lives on a planet so small he can watch the sun set 44 times a day. He falls to Earth and befriends a stranded pilot.

Saint-Exupery was fascinated by airplanes and delighted in tying sheets to poles and attaching them to his bicycle so he could try to fly. He was conscripted at age 21 into the French Air Force, and he qualified as military pilot a year later. By 1926, he'd helped establish airmail routes over Northwest Africa, the South Atlantic, and South America, which made him a pioneer in postal aviation.

"What makes the desert beautiful," says the little prince, "is that somewhere it hides a well."



Despite injuries from numerous crashes, he continued to fly, and in 1935, while trying to win 150,000 francs by breaking the speed record in an air race from Paris to Saigon, he and his mechanic crashed in the Sahara desert. They wandered for four days with only a thermos of sweet coffee, crackers, and chocolate. They were so dehydrated they stopped sweating. A Bedouin found them and administered a native remedy to rehydrate them. Saint-Exupery used some of this experience when writing *The Little Prince*.

In 1944, he flew a reconnaissance mission over France and never returned. It was assumed that his plane had crashed in the Alps, but more than 60 years later, the wreckage was recovered from the Mediterranean seabed, not far from Provence.

The Little Prince is considered a classic of literature that examines loneliness, friendship, and philosophy. Saint-Exupery did the watercolors for the book, which was published after his death. It's been translated into over 250 languages and dialects, including Braille, and sells 2 million copies annually. In the dedication to the book, Saint-Exupery wrote, "All grown-ups were once children - although few of them remember it."

~ The Writer's Almanac

Hidden

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





Training Department News

Besides the usual Training and activities that happen nearly every day in The Training Department, June will have two additional, special events. On June 22, certain staff will be trained on **Motivational Interviewing in the Dogwood Room of the B Building from 0830 – 1630**. This is being funded by a grant from the Danya Institute. According to their website, “The Danya Institute provides evidence-based training, leadership, and organizational development to behavioral healthcare providers and consumers.” “Motivational Interviewing (MI) is a method that works on facilitating and engaging intrinsic (basic) motivation within the client in order to change behavior. MI is a goal-oriented, client-centered, counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence. Compared with non-directive counseling, it's more focused and goal-directed.” There are still spaces available, so contact Patricia Evans at Extension 854 to reserve your spot in the daylong session.



The Cultural and Linguistic Competency (CLC) Committee, along with expert help from the Rehab Department, will be having its second CLC Event on June 29 from 1330 – 1500 in the Gymnasium. The focus for this quarter has been **Financial Wellness** and the Event will conclude with games, food, and fun all based upon finances and understanding of the interrelationship of healthful finances to our overall health and wellbeing. As with Social Wellness, the event is open to all individuals and all staff.

Along with this endeavor, the CLC Committee put together a list of movies about money for staff to watch; The EAP gave an early morning talk on May 23, 2017, (0730 to 0830) and late morning talk (1100 to 1200) on *Financial Fitness: Living on What you Earn*; and there is a CAI called *Financial Fitness in the Virginia Learning Center*. Again, each time you participate in one of the events during the quarter, you are entered into a drawing for a prize! Should you want a copy of the EAP PowerPoint, copies are available from the Training Department — contact Rebecca Sparger at Extension 169.

Mental Health First Aid (MHFA) is an ongoing class offered monthly by the Training Department for all staff, new and veteran, as well as for community participants. The class is from 0830 to 1700; Mental Health First Aid “teaches you how to identify, understand, and respond to signs of mental illnesses and substance abuse disorders in your community.” The goal is to intervene or help people who are in the early stages of becoming unwell and then to assess for risk for suicide or harm, listen non-judgmentally, give reassurance and information, encourage appropriate professional help, and encourage self-help and other support strategies. A certificate is given, which is good for two years. MHFA is an internationally recognized organization dedicated to the principle of reducing the stigma and increasing the understanding associated with mental disorders. To enroll in the class contact Patricia Evans at Extension 854 to reserve your space. **The next class is Monday, June 19.**

~ Becky Sparger,
Training Coordinator

Census

MONTHLY PATIENT CENSUS

April 2017
 Admissions 69
 Discharges 68
 Passes Average 11
 Daily Census 169

May 2017
 Admissions 75
 Discharges 77
 Passes Average 22
 Daily Census 166

UTO Leave Slip Pilot = Better Communication

COMMUNICATION IS



The Nursing Department recognized the need to improve leave slip documentation and communication regarding unscheduled time off (UTO). Due to the 24/7 nature of staffing the patient care wards, when nursing staff are unable to come to work as scheduled and call the Shift Nurse Coordinator/House Supervisor, there is a chain of communication that has to occur that may involve the House Supervisor, Unit Nurse Coordinator, Head Nurse, RNCA Supervisor, Timekeeper, Scheduler, and the Employee. Keeping track of all this communication in a timely basis and ensuring consistent decision making has been a challenge.

The Nursing Staffing Committee, consisting of nursing management and direct care staff representatives, formed a workgroup with the goal of making the details surrounding the UTO leave slip a simpler process for the employee and supervisor to communicate. Another goal was to improve accountability throughout the steps, ending in accurate and complete handoff of leave slips from the SNC office to the timekeeper.

The UTO leave slip was re-designed and piloted for three months beginning 1/16/17 and ending 3/20/17. It was also determined that the UTO leave slip would be printed on yellow paper to distinguish the leave as UTO. During this pilot period, a survey was sent to Nurse Managers, Head Nurses, Nursing Schedulers, and Timekeepers to gather their input on the effectiveness of the UTO leave slip.

One of the assessment questions asked if they had seen a positive impact of the leave slip being accurate and fully completed; 94 percent responded “yes.” A question was asked if accountability had improved; again, 94 percent stated “yes.” And 100 percent responded that since implementing the UTO leave slip, the process was simpler!

The final recommendation was to continue using the UTO leave slip on a permanent basis for the nursing department. The survey results were shared with the Facility Director and Human Resources Manager, who approved continued use of the revised UTO leave slip.

The UTO leave slip was discussed at the April Nursing Staffing Committee. Feedback from this meeting, as well as feedback that has occurred during the last four months during the RN Leadership Training for RNCA and RNCA supervisors, was that the direct supervisors on the unit level have difficulty being informed in a timely manner if an employee has an attendance problem. Most direct supervisors in nursing do not have access to the Kronos record of the employees they supervise. A solution to this has been to utilize the revised UTO slip as a communication device for the direct supervisor. Beginning in May, the Nursing Schedulers have started to scan completed leave slip to an employee’s Nurse Manager and Head Nurse who will ensure that the direct supervisor receives a copy.

I appreciate the collaboration of the Nursing Staffing Committee and workgroup for implementing the UTO leave slip and working together to improve communication within the nursing department.

Many thanks,

~ **Christie Hayton,**
Nursing Informatics Specialist





Flag Day - Celebrating 240 Years

The reason we celebrate Flag Day is because it's the day that marks the adoption of the flag of the United States. This happened on June 14, 1777, by resolution of the Second Continental Congress.

Flag Day is also a special day for the United States Army because they celebrate their birthday on June 14th.



Officers King and Davis Graduate Academy

Officer Zack King has completed training at Southwest Virginia Criminal Justice Training Academy. Officer Jeff Davis completed the same training on December 8, 2016. This course is an 18 week training program for a Law Enforcement Officer Certification. It is a very intense training, every day is an academic and physical challenge. In addition to learning law enforcement procedures, students have to complete case studies on Case Law that have been decided by the Supreme Court; participate in the Law Fit Challenge, which requires running a mile and a half each day, as well as other physical training; complete cultural diversity training; spend two weeks on the gun range; learn defensive driving; court room testimony; interview techniques; use of force; stress management; and the list goes on.



Dave McConnell with Zack King (right) at graduation



Jeff Davis




All of our Security Officer Seniors are certified in this training. Additionally, all Security Officer Seniors also complete two weeks of Special Conservator of the Peace Training at Catawba Hospital. I had the pleasure of attending his Graduation Ceremony on May 18, 2017.

We would like to show our support for Officers King and Davis and congratulate them on this accomplishment.

~ **Captain Dave McConnell,**
Security Supervisor/

DID YOU KNOW?

- Summer is by far the business time at movie theaters, and Hollywood always hopes to earn a significant portion of total annual ticket sales through summer blockbuster months. To date, the top 10 most famous summer blockbusters of all times are: 1) *Jaws*, 2) *Star Wars*, 3) *Jurassic Park*, 4) *The Dark Knight*, 5) *Raiders of the Lost Ark*, 6) *E.T.: The Extra-Terrestrial*, 7) *Forrest Gump*, 8) *Ghostbusters*, 9) *Animal House*, and 10) *Terminator 2: Judgment Day*.
- In the United States, over 650 million long-distance summer trips are made. The top five most popular are 1) beach (45%), 2) a famous city (42%), 3) national parks (21%), 4) a lake (17%), 5) a resort (14%).
- In the summer heat, the iron in France's Eiffel Tower expands, making the tower grow more than 6 inches!
- A ubiquitous summer treat is watermelon. Watermelon is part of the cucumber, pumpkin, and squash family and consists of 92% water. On average, Americans consume 15 pounds of watermelon annually. 
- Popsicles, a popular summer treat, were accidentally invented by an 11-year old boy in San Francisco in 1905. He left a glass of soda sitting outside in winter and by the next morning, the soda had frozen. He began selling them at an amusement park in New Jersey. In the U.S., cherry is the number one flavor.

~ www.factretriever.com/summer-facts



Welcome Aboard!

Please welcome the newest additions to the SWVMHI Team!

May 10, 2017

Rachel Hojnicky, Clinical Social Worker, Ward C/D

Heather Stanton, Psychiatric Care Tech, Ward C/D, Night Shift

Meranda Hall, Food Service Technician

Brandon Aker, Food Service Technician

Alexandria Medlen, Case Manager, Ward A/B

Makesha Baldwin, Psychiatric Care Technician, Ward C/D, Evening Shift

Skylar McMillan, P14 Seasonal House-keeping Worker

May 25, 2017

Ryan Buchanan, P14 Seasonal House-keeping Worker

Christopher Dunford, P14 Seasonal Housekeeping Worker

Samuel Pickle, P14 Seasonal House-keeping Worker

Heather Fore, RN Applicant, Ward J, Night Shift

Tina Mitchell, Executive Secretary, Quality/Risk Management

Rebecca Buskill, Wellness Rehab Specialist

Ruby Hudson, Registered Nurse, Ward I, Day Shift

Hayley Whitt, P14 Seasonal House-keeper

Christy Schiffer, RN Applicant, Ward E, Night Shift

~ Training Department



Rehab Department News



This month began with a Special Event on Monday, May 1, 2017. The Central Baptist Church Choir from Johnson City, Tennessee, volunteered to perform a set of their favorite hymns at 1330 in the gymnasium. Both the individuals we serve and the staff thoroughly enjoyed the choir's melodic performance, at times clapping with the beat, dancing in their seats, and singing along with its members. The show was followed by a snack of chips and dip, as well as a healthier option of vegetables. Water and lemonade were served alongside as refreshments.

Another festivity held this month was Mental Health Awareness Day (MHAD). It took place at the Higher Education Center in Abingdon, Virginia, on Thursday, May 18. From early in the morning until the mid-afternoon, individuals we serve and staff enjoyed an event centered around "Erasing Stigma." The day included many speakers, presentations, lunch, a poster activity, the MHAD walk, and door prizes. It was a great opportunity for SWVMHI to celebrate progress, recovery, and each other.

Group members are still hard at work creating items to be sold as this year's annual Arts and Crafts Festival at Hungry Mother State Park, which will be held during the weekend of July 21, 2017. Please mark your calendars for this ex-

citing weekend and be on the lookout for crafts made by our many group members.

Lastly, please help the Rehab Department welcome and congratulate **Tammy Markle**. She was previously working on Admissions in the Nursing Department, and she joined us at the start of the month as a Wellness Rehab Specialist. Additionally, the department welcomed **Rebecca Buskill** at the end of the month, who transferred from Smyth County schools. We are excited to add these two newest members to our department.

~ Emily Lockhart,
Wellness Rehab Coordinator



P14 Staff to be paid Bi-Weekly

CH-CH-CH-CHANGES!

The Commonwealth of Virginia recently decided to upgrade the software system it uses to process payroll for all state employees. As part of this transition, the Commonwealth has mandated that all P14 (wage) employees be paid bi-weekly (every 14 days) vs. the current semi-monthly period (twice per month). This will mean that you, as an hourly employee of the Commonwealth, will be paid 26 times per year vs 24 times per year as in the past. Once this transition is complete, you will begin receiving your paycheck every other Friday rather than the 1st and 16th of the month.

This transition will also require that all P14s be signed off in Kronos on a weekly basis. What does this mean for you if you are P14 employee?

First, it is more important than ever if you miss a punch, that you turn in a leave maintenance (missed punch) form immediately, as your timekeeper and supervisor will be required to sign off on your timecard each week. If your punches are missing, your paycheck may be negatively affected, so be sure that your punches are all showing on your timecard.

Second, your timecard in Kronos will look a little different. Instead of seeing an entire pay period at a time, you will only see one work week at a time (Sunday through Saturday) when you call up the “current,” “next,” or “previous” period.

Timekeepers and supervisors started signing off weekly beginning with the period May 21 to 27, 2017. However, your first bi-weekly paycheck will be paid as follows:

During the Transitional Period:

- Hours worked for the period of 05/25/2017 – 06/09/2017, will be paid on 06/30/2017.
- Hours worked for period of 06/10/2017 – 06/24/2017, will be paid on 07/07/2017. **This will be your first biweekly check.**
- Hours worked for period of 06/25/2017 – 07/08/2017 will be paid on 07/21/2017.

Thereafter, you will receive a paycheck every other Friday.

One of the main advantages of this change will be that you will receive your paycheck closer to the time you worked, and will receive your overtime and any shift differential payments closer to the time you worked as well.

Questions about this change can be directed to either the Human Resource or the Fiscal Office.

Summer Reading Programs

Are you looking for some fun reading activities for the kids this summer? These reading programs offer a challenge and some even offer rewards!

Scholastic's Happy Camper Summer Reading Program, free online for children, is provided by scholastic.com. Children log their minutes and earn virtual prizes for their efforts.

Pizza Hut Book It Program and Candlewick Press have teamed up to offer activities to complement reading. Activities may be downloaded and paired with purchased books, or completed in stand-alone fashion. Go online to bookitprogram.com and click on Summer Reading 2017.

Young readers who read any four books from the Books-A-Million Summer Reading Challenge selection online or in stores must present the completed reading journal in-store to receive a free Maze Runner series water bottle, while supplies last. See booksamillion.com/summeradventure for details.

Teens 13+ are not left out! SYNC is a free program that provides two free complete audiobook downloads each week through August 17. The downloads, in MP3 format, may be accessed through the free OverDrive app. See audiobooksync.com for details.

Readworks.org is not just a summer program, but may be accessed year-round. Reading passages may be chosen according to topic and/or grade level. Topics run the gamut from science to culture to geography. Questions and answers are provided to check learning. Don't forget your local public library, who may have free story time, activities, and rewards programs.

~ Sharon Hutchinson,
Adult Education Instructor,
Mount Rogers Regional Adult
Education Program



Library Corner



National Audio-Book Month

June is National Audio-Book Month and I would like to spread the word that here in the library, we have a very good selection of audio-books that is under-utilized. We also have a new option for individual we serve who are blind—they can receive audio books from the Department for the Blind and Vision Impaired. If you serve any individual with who are visually impaired, please talk with them about this new option.

Audio-books are sometimes called books on tape. Long the favorite for commuters, these books have become much more popular with the fast pace of our society. It's just like story-time when you were a kid - someone reads the book to you while you drive, cook, try to fall asleep, or whatever you need to do. It's the perfect solution for the busy multi-tasker who still values learning and quality entertainment.

Audio-books are also great for anyone who struggles to sit down and read a book or who is not a very advanced reader, but who can understand spoken words well. Many books are read by professional actors who use an array of voices and dramatic techniques to keep the listener's attention. This can really bring a book to life and make one feel as though it's happening right in front of them.

Many classic audio-books are available free online, but here in our library we have all kinds and they are free to check out so you don't have to spend a lot of money for the convenience of a higher-tech book. So feel free to come on down and try an audio-book for National Audio-Book Month.

Following is a list of just a few of the great audio books we have:

- *Critical* by Robin Cook
- *Plum Spooky* by Janet Evanovich
- *Cat and Mouse* by James Patterson
- *The Unquiet* by John Connolly
- *Medusa* by Clive Cussler
- *Being Elizabeth* by Barbara Taylor Bradford

- *Key of Valor* by Nora Roberts
- *Book of the Dead* by Patricia Cornwell
- *Someday* by Karen Kingsbury
- *Bad Luck and Trouble* by Lee Child



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

- Jan Barrom
- Robert Farmer
- Caroline Norris
- Ashley Privett
- Melanie Smith
- Sheila Thomas

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

~ **Christina Quillen,**
Librarian



**THERE ARE MANY LITTLE
WAYS TO ENLARGE YOUR
CHILD'S WORLD. LOVE OF
BOOKS IS THE BEST OF ALL.**

—Jacqueline Kennedy Onassis

Summertime Safety Tips

YOU CAN HAVE FUN AND BE SAFE AT THE SAME TIME

Summertime is a great time to be outside. It's sunny and hot, and the kids are out of school. Whether you choose to stay in the backyard or take the boat out for a ski trip, staying healthy is easy, but there's always the chance you or the kids could get hurt. Take some easy precautions to make sure your summer is as safe as it is fun. Learn about the safety of summer before you need it.

Heat

Whether it's the weather, the grill, or Fourth of July fireworks, heat is the word of the season.

Too much of it, especially in humid conditions, sucks the water right out of your system. To know if you're drinking enough fluids, look for dehydration symptoms like weakness, dizziness, headache, and dry mouth.

In addition to dehydration, if you don't watch your temperature you run the risk of heat illness. Heat exhaustion comes from a combination of dehydration with an elevated core body temperature. It looks a lot like dehydration, but the patient is also very hot. If left untreated, heat exhaustion can lead to heat stroke, a potentially fatal condition.

Burns are also a sign of summer. Sunburns and thermal burns are treated very similarly, but they come from different sources. Sunburns are caused by radiation from the sun. They're more common in the summertime, but you can get a sunburn anytime you're in the sun, even on the ski slopes in the dead of winter. Thermal burns are caused by heat.



Thermal burns are what you get from a hot grill.

To avoid burns from Independence Day celebrations, you should always keep the kids on the sidelines. Adults should choose between drinking the booze and lighting the fuse. Follow fireworks safety tips to keep all your fingers attached to your hands.

Critters

Warm, sunny weather not only brings you outside, it's a call of the wild for all sorts of critters. Spider bites are more common during warm weather, as are dog bites. Snakes, ticks, and other bugs are also a bit more feisty in the summer months.

Activity

Besides the heat and the wildlife, just being outside and being active can lead to injuries. By all means, get out and get moving, but be ready to handle broken bones and bleeding.

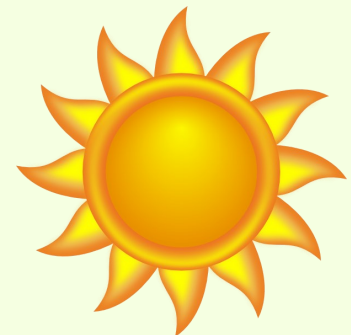
Swimming is one of many family's favorites. Hours are spent in the pool and at the beach, but safety is always a huge part of summer fun. It's possible to be safe and have a great time, too.

No matter what your favorite summer pastime is, make sure you are prepared to handle whatever unexpected things come your way.

~ Safety Committee

The Summer Sun Shone Round Me

By Robert Lewis Stevenson



The summer sun shone round me,
The folded valley lay
In a stream of sun and odour,
That sultry summer day.

The tall trees stood in the sunlight
As still as still could be,
But the deep grass sighed and rustled
And bowed and beckoned me.

The deep grass moved and whispered
And bowed and brushed my face.
It whispered in the sunshine:
"The winter comes apace."



Communication Challenges

It is said that healthcare is a team sport and a good team has good communication! It is no accident that Communication is SWVMHI's first Value. Remember that our SWVMHI Values are defined as the values we are going to use to guide the decisions, actions and behaviors of our organization and each of us personally while at work.

Effective communication is an essential component of the successful functioning of SWVMHI. This is true for any fast-paced, complex, healthcare environment. Effective communication flows across units, departments, shifts, and work teams. It flows up and down through the facility, and outside of the organization to families, CSBs, and other community partners. We must pay special attention to potential communication barriers between groups who might have different priorities and goals, and work to enhance communication.

As a goal this year, our Departments and Units have committed to just "Do One Thing" to enhance communication within and across departments. Knowledge is Power and so I have been excited to see the recent submissions and will share them with you on an ongoing basis.

My idea was very simple. I created a "Wish List" and sent it to the ward clerks via e-mail. This was explained as an informal way to request items they might be able to use and we can communicate that to surplus when we get a request.

~ Steve Kiley
Materials Management Supervisor

I created shared folders for nurse managers and direct care staff:

1. A "Nursing Staff Development" page was created on Share Point which in turn has additional pages that contain information accessible for all nursing staff. These pages include: Annual training list for nursing staff training only; the CPR/TOVA scheduling for all direct care staff (the Training Department uses this information also); a Professional Development page with multiple links to recognized mental health resource web sites (potentially useful to other departments also); a listing of requirements for contact hours required by the Virginia Board of Nursing; MVP information; information about the DSP Career Ladder – all forms and information for all three levels are here and can be printed as needed; and the College of Direct Support link and relevant information.
2. The next step is to populate the New Hire Orientation page (a HUGE undertaking) which will have all learning modules and materials for each nursing competency. This will allow new hires to have the choice of an electronic format or paper format (which is still available in the classroom). It also provides transparency to orientation information and allows feedback from nursing staff.
3. On the NSCORDs drive, folders have been created for Nurse Managers on:
 - a. Annual Training – on May 15th the nursing department completed annual competency training for 2017 (96% of direct care staff completed training!). The rosters and evaluations for each class (there were 20 classes spread over all three shifts) were scanned in after each class so that nurse managers would have "real time" information regarding attendance and evaluation feedback.
 - b. CNA spreadsheet ongoing and updated monthly (since August 2015)

which lists all PCTs hired with licensure and employment status. Information regarding CNA examination is also updated.

- c. New Hire Information – all competency notebooks for new hires are scanned into this file which allows nurse managers to print any lost or missing competencies and prevents the necessity of recreating the document.
4. In addition, I maintain an "open door" practice for all new hires and at the end of classroom orientation we discuss their experience so far, ask for feedback about the orientation process, and encourage any/all suggestions for improvement.

~ Josie Wade, RN, BS, JD
Coordinator for Nursing Staff Development

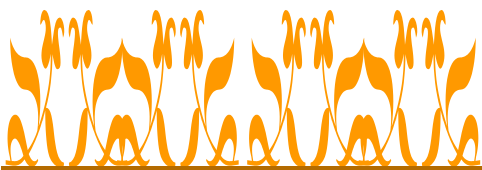
One new duty for the Radiology staff since the implementation of OneMind is to schedule outpatient Radiology studies for the ward clerks. To enhance communication between Radiology, Nursing, and Transportation, staff in the Radiology Department have begun copying Karla Robinson, Transportation Clinician, on all e-mails when procedures are scheduled. This gives Transportation a 'heads-up' on their calendar and allows any scheduling conflicts to be resolved quickly. We also have meetings with the Ward Clerks to ensure that the process is going smoothly and maintain an open line of communication at all times to remedy any issues with regard to scheduling.

~ Denise Downey
Radiology Supervisor

Continued on page 10



Communication Challenges



We have begun holding weekly Training Department staff meetings/briefings (each Tues at 9 am). The results are better coordination of resources, smoother flow of daily operations, and increased teamwork and collegiality. Although a small department, Training hosts and coordinates numerous daily activities and trainings for new and continuing staff that are often subject to last minute changes. The continuous flurry of activity requires Training staff to go in several different directions and juggle many balls. Regular communication about activities and changing needs is critical to keeping all balls in the air. Input from all team members yields creative solutions and lasting improvements.

We have also set a goal to increase face-to-face meetings with staff from other departments when collaborating on projects and especially when resolving issues and potential conflicts. The outcomes have been very positive. We note that while email is a convenient and useful communication tool, it does not lend itself to open dialogue, relationship building, or effective conflict resolution. Meeting with people face-to-face encourages participation and interaction, producing better results, stronger relationships, and greater teamwork.

~ Merle Obregon, Director, Staff Development and Training

*“Let’s **face** it! We’re in the people business.”*



On Ward CD for the last month we have been piloting the use of a small recording device for recording change of shift report. Change of shift report is completed on the 8-hour shift changes at 0630, 1430 and 2230. For nursing staff who report to work on the mid-shift hours, for example at 1030 or at 1830, they have been able to listen to the original change of shift report without involving another nurse to stop and give report to them during mid-shift hours. However, staff are encouraged to ask any questions after listening to the recorded report.

This has improved communication, efficiency and we have received positive feedback so far. I plan to survey nursing staff on CD over the next couple of weeks for further feedback and will provide the results with staff and Nurse Managers. Assuming the feedback is good, it is Nursing’s goal to be able to implement this process on all units.

~ Julie Stoots, RN, MSN
Unit Nurse Coordinator

If you see additional opportunities or are aware of steps that you or others have used to enhance communication at SWVMHI, please let me know!

~ Cynthia McClaskey, Ph.D.
Director

SWVMHI Values

We best promote mental health in the people we serve by valuing: Communication, Honesty with Compassion, Trust with Accountability, Teamwork, Self-initiative, Leadership, and Honoring day-to-day tasks.



Special Gym/Game Room Activities



Consumer Empowerment Recovery Council (CERC)
NO MEETING



Movie Nights
June 6, 7, 12, 13, 19, and 20, 2017
1830 to 2000



Patient Activity Council (PAC)
NO MEETING

Birthday Party
June 28, 2017
1830 to 2000
No Café



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

Financial Wellness: It Just Makes Cents
June 29, 2017



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.



Kind hearts are the gardens;
kind thoughts are the roots;
kind words are the flowers;
kind deeds are the fruits.
- English Proverb



June Days to Celebrate

“Off the cuff” June holidays to celebrate:

June 2

Hug Your Cat Day

June 5

Hot Air Balloon Day

June 9

Banana Split Day

June 14

Family History Day

June 17

World Juggling Day

June 21

World Music Day

June 26

National Canoe Day





Word Search

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

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

apple pie

baseball

camping

hot

ice cream

picnic

popsicle

summer

vacation

barbeque

beach

garden

hot dogs

lemonade

pool

sprinkler

swimming

watermelon

In early June the world of leaf and blade and flowers explodes, and every sunset is different.
 ~ John Steinbeck, *The Winter of our Discontent*

Staff Development

June Lunar Phases

Take advantage of Training Opportunities in June

- ◆ **Motivational Interviewing** at Dogwood Room/B Building, June 22, Sept. 12, 0830 to 1630.
- ◆ **HPR III Training Institute** – in Roanoke, Sept, 26. - 29, Dimensions of Recovery and Resilience. Dr. Mee Lee (Substance Use Disorder Specialist) will present on 9/26. More info to follow.
- ◆ **Active Bystander Training** - TBD
- ◆ **Mandatory CAIs due in June:** Infection Prevention/Control & Regulated Medical Waste

Sign up in advance with Patricia Evans — call Ext 854

Log onto the new Virginia Learning Center (VLC) by going to <https://covlc.virginia.gov> and use your Knowledge Center username and password. Questions should be directed to any member of the Training Department.



June 1
First Quarter

June 9
Full Moon also called “Strawberry Moon” by Native Americans of New England and the Great Lakes because at this time of year, the strawberry ripens.

June 17
Last Quarter

June 23
New Moon

June 30
First Quarter



Alzheimer’s and Brain Awareness Month

June is Alzheimer’s and Brain Awareness Month. A few facts about Alzheimer’s Disease:

- Alzheimer’s Disease is the sixth-leading cause of death in the United States.
- More than 5 million Americans are living with Alzheimer’s Disease.
- 15.9 million family and friends provide care to people with Alzheimer’s Disease and other dementias in the United States.
- Alzheimer’s Disease robs a person of their memory.
- Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body. Start now. It’s never too late or too early to incorporate healthy habits:
 - * Engage in regular cardio-vascular exercise that elevates your heart rate and increases blood flow to the brain and body.
 - * Formal education, at any stage of life, will help reduce your risk of cognitive decline and dementia.
 - * If you smoke — quit. Quitting smoking can reduce your risk.
 - * Take care of your heart, as risk factors for cardiovascular disease also have a negative impact on your cognitive health.
 - * Wear a seat belt and use a helmet when playing contact sports or riding a bike — head injuries increase your risk.
 - * Eat a healthy, balanced diet low in fat and high in fruits and vegetables.
 - * Get plenty of rest — not enough sleep results in increased memory issues.
 - * Take care of your mental health and manage your stress.
 - * Stay socially engaged and pursue social activities that are meaningful to you.
 - * Challenge and activate your mind — complete a puzzle, do something artistic, play a game.





Southwestern Virginia Mental Health Institute

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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	W	I	M	M	I	N	G											
									N	O	I	T	A	C	A	V			
H									N				I						
O					R		E				N					L			
T			E				D			C					O				
D		M					R	B	I					O					
O	M						A	P	P	L	E	P	I	E					
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		C	A	M	P	I	N	G	E					R					E
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Please submit articles for the next newsletter to Cheryl Veselik by June 20, 2017.

The next newsletter will be published July 2017.