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Hidden

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



From the Director

More Communication Enhancements Recognized—Just “Do One Thing” Goal

Recall that as a goal this year, our Departments and Units have committed to just “Do One Thing” to enhance communication within and across departments. As we often say, 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. We must pay special attention to ensure that timely and effective communication occurs, so as to maximize the quality of care we provide and ensure a safe environment.

I have been excited to see the recent submissions and look forward to sharing more of with you next month.

Occupational Therapy

The Occupational Therapists made a decision to try to improve communication with the Treatment Teams and Unit Staff by assigning ourselves to specific units as opposed to standing by for OT referrals to arrive and then trying to figure out who would take the next one.

Teams didn’t always know who to contact in the event they had a question or additional information to share. So, since we have three Units and three occupational therapists, we thought it would be worthwhile to have one therapist per Unit for a while to see how things go.

So far, it’s going great! We’re more in touch with what’s happening on our specific Units and staff seem pleased with our plan so far. We also have some new groups on the Geriatric Unit with more to come for ERS!

OTs are pleased with our assignments, but stand by with assistance for each other when it’s needed.

Sharon Neitch, OTR/L

Nursing

The Head Nurses on first shift met and consolidated the patient profiles into a consistent format that was the same for the whole facility regardless of unit. This will enhance communication for staff who are pulled to other units. It will be easier to locate and report important information.

Thank you Head Nurses!!!

Submitted by Jim Lundy, RN, MSN/MBA, Unit Nurse Coordinator, Wards A/B

Dietary/Food Service

Dietary/Food Service is in the process of making several communication enhancements both inside the department and with others.

A meeting is being coordinated between Dietary/Nursing staff. We used to have this meeting – a lo-o-ong time ago— and it is time, with the addition of our new Dietician, Julie Woods, to reinvigorate this important communication meeting!

In addition, Robbie did an informal staff survey about opportunities to improve communication. The biggest areas for improvement seemed to be holding a department meeting on a regular basis (which we will do) and communication coming to us from other departments, which will continue to be addressed.

Robbie also spoke with Joey Sword in Human Resources about offering some specific training for Dietary supervisors and possibly other staff as well. She has presentations that were used in the past for supervisors and is working to update some of these and will begin scheduling them to be held.

Submitted by Robbie Horne
Director of Food Services



P14 Staff: Reminder that Your Paychecks Will Soon Change to Every Two Weeks

Mandatory Change

In June, all P14 staff received notice that the Commonwealth of Virginia, as part of the upgrade of the payroll system, has now 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.

What does this mean for you if you are P14 employee?

1. *You will need to clear up any missed punches ASAP!*

If you miss a punch, you MUST turn in a leave maintenance (missed punch) form immediately, as your timekeeper and supervisor are re-

quired 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.

2. *Your Timecard View in Kronos will change.*

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.

We are in the midst of the transition period now:

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.

If you have any question, please contact Human Resources or the Fiscal Office. Thank you!



BONANZA IN NEED OF DONATIONS

Bonanza is currently in need of items in good condition. Items must be clean with no provocative or inappropriate logos, decals, screen prints, etc. Items needed include:

- Elastic waist pants, all sizes
- Extra-large t-shirts
- Jeans, all sizes
- Extra-large sweat pants or pajama pants
- Dresses, all sizes
- Tennis shoes without laces
- Tank tops, all sizes
- Light jackets, all sizes
- Tote bags to carry clothing items.

To donate, please contact Jeannette Heath at Ext. 336 or Becky Sparger at Ext. 169.

DSP Graduation

SWVMHI, through the Department of Behavioral Health and Developmental Services (DBHDS), offers all Psychiatric Care Technicians (PCT) the Direct Support Professional (DSP) Career Pathway.

DBHDS recognizes the essential role that each PCT contributes to deliver high quality service to the individuals and families served. The DSP Career Pathway provides a method to assist PCTs improve client services through experience, training and development opportunities.

Through a structured three-tier program, PCTs are provided career growth opportunities that improve the overall competency level of staff, lead to a more positive work place environment, raise morale, and improve both recruitment and retention measures.

SWVMHI has active participation in this program and wishes to recognize and congratulate those PCTs who recently completed a tier of study.

The following PCTs have completed a DSP Career Pathway tier and qualified for the bonus payout issued in June 2017:

Level I: Amanda Blevins, Ashlee Kirk, Andrea Poe, and Michelle Widener

Level II: Jessica Caudell and Miranda Cowan

The annual DSP graduation ceremony for all DBHDS students was held on Wednesday, June 14, 2017, at Wytheville Community College. SWVMHI had six students to graduate; three students participated in the graduation ceremony.

Employees who graduated are:

Career Studies Certificate in Human Services with Specialization in Mental Health:

Morgan Armstrong*
 Jessica Caudell
 Miranda Cowan*
 Marie Turley*

Career Studies Certificate in Human Services with Specialization in Integrated Discipline:

Julie Garrick**
 Janice Morris**

*Graduated with Summa Cum Laude honors (GPA 3.80 – 4.0)

**Graduated with Cum Laude honors (GPA 3.2 – 3.49)



DSP graduates pictured left to right: Miranda Cowan, Jessica Caudell and Janice Morris

Congratulations to DSP participants!!

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

FY16 ARMICS Review

The DBHDS Office of Internal Auditor's conduct an Agency Risk Management and Internal Control Standards (ARMICS) review annually.

SWVMHI received notice on June 19, 2017, that the ARMICS review for fiscal year 2016, which was conducted last fall, was successfully completed, and that SWVMHI met all the requirements of the review.

Areas covered during an ARMICS review include Fiscal department policies and procedures, internal controls for major fiscal processes, as well as testing of internal controls over fiscal areas/functions including cash, disbursements, cash receipts, pharmacy, resident funds, and small purchase charge card transactions. Payroll transactions were also tested.

Congratulations on a job well done!



Training Department News



Have you ever wondered what you could do to help if you found yourself at the scene of a traumatic event or accident? On **Monday, July 24**, the Training Department will present **“Until Help Arrives”** in the Commonwealth Classroom of the B Building from **1300-1600 hours**. This training was developed by the CDC in conjunction with the Virginia Department of Health and the Virginia Medical Reserve Corps. The goal of **“Until Help Arrives”** is to prepare lay persons to provide basic assistance (rather than acting as mere “bystanders”) until professional help arrives at the scene. This 3-hour class includes six learning modules and hands-on activities: (1) *Bystanders Can Make a Difference*, (2) *Assessing the Situation*, (3) *Providing Initial Care at the Scene*, (4) *Working with Uniformed Responders on the Scene*, (5) *Offering Comfort*, and (6) *Preparing to be an Active Bystander*. The class is open to the public, but class size is limited, so interested staff are asked to contact Patricia Evans at Extension 854 to sign up.

Mental Health First Aid (MHFA) is a class offered each month from **0830 to 1700 hours**

by the Training Department, It is open to all staff, new and current, and to community participants. MHFA teaches us how to identify, understand, and respond to signs of mental illnesses and substance abuse disorders in our community so that we can intervene and help those who are in the early stages of becoming unwell. Using the ALGEE acronym, MHFA includes *Assessing* risk for suicide or harm, *Listening* nonjudgmentally, *Giving* reassurance and information, *Encouraging* appropriate professional help, and *Encouraging* self-help and other support strategies. MHFA is an internationally recognized organization dedicated to the principles of reducing the stigma and increasing the understanding associated with mental disorders. To sign up for the MHFA class contact Patricia Evans at Extension 854. The next class is **Monday, July 17**. MHFA certification is good for two years. This class is offered at no cost to participants.

The Cultural and Linguistic Competency’s (CLC) third quarter Wellness initiative will focus on the **Emotional Dimension of Wellness**. Watch for upcoming information about activities and classes to help promote emotional wellness in our staff and the individuals we serve.

~ **Rebecca Sparger, RN, BSN**
Training and Development
Coordinator



SWVMHI Values

We best promote mental health in the people we serve by valuing:

- * Communication,
- * Honesty,
- * Trust,
- * Teamwork,
- * Self-initiative,
- * Leadership, and
- * Honoring day-to-day tasks.

SWVMHI Mission

We promote mental health in Southwestern Virginia by assisting people in their recovery.

SWVMHI Vision

SWVMHI, in collaboration with the Community Services Boards, will always be the region’s center of excellence in the treatment of serious mental illness.





Fourth of July



Independence Day, also referred to as the **Fourth of July** or **July Fourth**, is a federal holiday in the United States commemorating the adoption of the Declaration of Independence 241 years ago

on July 4, 1776. The Continental Congress declared that the thirteen American colonies regarded themselves as a new nation, the United States of America, and were no longer part of the British Empire.

Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, and political speeches and ceremonies, in addition to various other public and private events celebrating the history, government, and traditions of the United States. Independence Day is the National Day of the United States.

During the American Revolution, the legal separation of the Thirteen Colonies from Great Britain in 1776 actually occurred on July 2, when the Second Continental Congress voted to approve a resolution of independence that had been proposed in June by Richard Henry Lee of Virginia declaring the United States independent from Great Britain rule. After voting for independence, Congress turned its attention to the Declaration of Independence, a statement explaining this decision, which had been prepared by a Committee of Five, with Thomas Jefferson as its principal author. Congress debated and revised the wording of the Declaration, finally approving it two days later on July 4.



JLARC Survey

The Joint Legislative Audit and Review Commission (JLARC) has been directed by the General Assembly to conduct a study on state employee compensation. JLARC is administering a survey to a randomly selected sample of state employees.

Any employees who are randomly selected will be emailed a link to complete the survey. If you receive the survey, please complete it, as your input is critical to the study and will contribute to the quality, accuracy, and usefulness of the findings and recommendations.

If you have questions or concerns, please contact Human Resources.

~ Joey C. Sword
Human Resource Manager



Census

MONTHLY PATIENT CENSUS

May 2017

Admissions 75

Discharges 77

Passes 22

Average Daily Census

166

This Land Is Your Land

Written by: Woody Guthrie

This land is your land,
 This land is my land,
 From California
 To the New York island,
 From the Redwood Forest,
 To the Gulf stream waters,
 This land was made for you
 and me.



UV Safety Month

The skin is the body's largest organ. It protects against heat, sunlight, injury, and infection. Yet, some of us don't consider the necessity of protecting our skin.

It's just smart to take good care of your skin

The need to protect your skin from the sun has become very clear over the years, supported by several studies linking overexposure to the sun with skin cancer. The harmful ultraviolet rays from both the sun and indoor tanning "sunlamps" can cause many other complications besides skin cancer - such as eye problems, a weakened immune system, age spots, wrinkles, and leathery skin.

How to protect your skin

There are simple, everyday steps you can take to safeguard your skin from the harmful effects of UV radiation from the sun.

Wear proper clothing. Wearing clothing that will protect your skin from the harmful ultraviolet (UV) rays is very important. Protective clothing such as long-sleeved shirts and pants are good examples. Also, remember to protect your head and eyes with a hat and UV-resistant sunglasses. You can fall victim to sun damage on a cloudy day as well as in the winter, so dress accordingly all year round.

Avoid the burn. Sunburns significantly increase one's lifetime risk of developing skin cancer. It is especially important that children be kept from sunburns as well.

Go for the shade. Stay out of the sun, if possible, between the peak burning hours, which, according to the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO), are between 1000 and



1600 hours. You can head for the shade, or make your own shade with protective clothing - including a broad-brimmed hat, for example.

Use extra caution when near reflective surfaces, like water, snow, and sand. Water, snow, sand, even the windows of a building can reflect the damaging rays of the sun. That can increase your chance of sunburn, even if you're in what you consider a shady spot.

Use extra caution when at higher altitudes. You can experience more UV exposure at higher altitudes, because there is less atmosphere to absorb UV radiation.

Apply broad-spectrum sunscreen. Generously apply broad-spectrum sunscreen to cover all exposed skin. The "broad spectrum" variety protects against overexposure to ultraviolet A (UVA) and ultraviolet B (UVB) rays. The FDA recommends using sunscreens that are not only broad spectrum, but that also have a sun protection factor (SPF) value of at least 15 for protection against sun-induced skin problems.

Re-apply broad-spectrum sunscreen throughout the day. Even if a sunscreen is labeled as "water-resistant," it must be reapplied throughout the day, especially after sweating or swimming. To be safe, apply sunscreen at a rate of one ounce every two hours. Depending on how much of the body needs coverage, a full-day (six-hour) outing could require one whole tube of sunscreen.

When to protect your skin

UV rays are their strongest from 1000 to 1600 hours. Seek shade during those times to ensure the least amount of harmful UV radiation exposure. When applying sunscreen be sure to reapply to all exposed skin at least 20 minutes before going outside. Reapply sunscreen every two hours, even on cloudy days, and after swimming or sweating.

Protecting your eyes

UV rays can also penetrate the structures of your eyes and cause cell damage. According to the CDC, some of the more common sun-related vision problems include cataracts, macular degeneration, and pterygium (non-cancerous growth of the conjunctiva that can obstruct vision).

Wear a wide-brimmed hat. To protect your vision, wear a wide-brimmed hat that keeps your face and eyes shaded from the sun at most angles.

Wear wrap-around style sunglasses with 99 or higher UV block. Effective sunglasses should block glare, block 99 to 100 percent of UV rays, and have a wraparound shape to protect eyes from most angles.

Using the UV index

When planning your outdoor activities, you can decide how much sun protection you need by checking the Environmental Protection Agency's (EPA) UV index. This index measures the daily intensity of UV rays from the sun on a scale of 1 to 11. A low UV index requires minimal protection, whereas a high UV index requires maximum protection.

~ <https://foh.psc.gov/calendar/july.html>





More Summer Reading Programs

Last month, we gave you a list of several summer reading programs for children. Here are a few more for those bookworms you may have at home:

- ✓ Barnes & Noble — Through September 5, Barnes & Noble will be hosting a Summer Reading Program where kiddos can earn a completely free book. Go to https://www.barnesandnoble.com/b/summer-reading/_/N-rs9 for details.
- ✓ Barefoot Books Summer Reading Club — sign up at <https://www.barefootbooks.com/index.php?CID=81558> for reading logs, recommended book lists, members-only discounts, and more.
- ✓ Chuck E. Cheese — yes, Chuck E. Cheese has a reading program! Sign up at <https://www.chuckecheese.com/deals-offers/rewards-calendars#>, and kids can earn 10 FREE tokens.

Parks & Recreation Month



This July, discover the power of play and adventure. For children and adults, play is a vital part of our mental wellbeing, physical health, and personal interactions. During Park and Recreation Month, the National Recreation and Park Association is challenging everyone to get their play on with their local parks and recreation. Whether it's summer camp, an adult sports

league, exploring a trail, Zumba class, meeting friends on the playground, playing cards in the park, or discovering nature — parks and play go hand in hand.

We are very fortunate in southwestern Virginia to be surrounded by beautiful state parks, lakes, and local parks that are full of fun and adventure including paddle boating, kayaking, hiking, fishing, playgrounds, swimming pools, waterfalls, etc. Just look around you and you will find plenty of nature.

So pack a picnic lunch and some water bottles, gather up the family, and head out to Hungry Mother Park, Grayson Highlands Park, South Holston Lake, Claytor Lake, or one of the town's playground and picnic areas, and get your play on!

~ Adapted from
www.nrpa.org/july/

Did You Know??

- The average person spends 6 months of their lifetime waiting on a red light to turn green.
- The average person walks the equivalent of three times around the world in a lifetime.
- A crocodile can't poke its tongue out.
- Pirates wore earrings because they believed it improved their eyesight.
- Hamsters run up to 8 miles at night on a wheel.
- You are born with 300 bones, but by the time you are an adult, you only have 206.
- A ten-gallon hat will only hold 3/4 of a gallon.
- An ostrich's eye is bigger than its brain.
- A flea can jump up to 200 times its own height. That is the equivalent of a human jumping the Empire State Building.
- Months that begin on a Sunday will always have a "Friday the 13th."
- You burn more calories sleeping than you do watching television.
- A single cloud can weigh more than 1 million pounds.
- A U.S. dollar bill can be folded approximately 4,000 times in the same place before it will tear.
- The Guinness Book of Records holds the record for being the book most often stolen from public libraries.

Welcome Aboard!

Please welcome the newest additions to the SWVMHI Team!

May 25, 2017



May 25, 2017

Left to right, Back row: Ruby Hudson, RNCA, Ward I first shift; Ryan Buchanan, P14 Housekeeping; Sam Pickle, P14 Housekeeping; Tina Mitchell, Executive Secretary, Quality Assurance/Risk Management
Front row: Becky Buskill, Wellness Rehab Specialist; Heather Fore, RN applicant, Ward J nights; Christy Schiffer, RN applicant, Ward E nights; and Hayley Whitt, P14 Housekeeping.
Not pictured: Christopher Dunford, P14 Housekeeping.



June 25, 2017

Sean Carrigan
Security Manager



New Employees



June 10, 2017

Left to right, Back row: Mark Morin, Community Services; Jessica Pennington, PCT, Ward J evening; Brandi Marchant, RNCA, Ward A/B nights; Betty Sadler, Housekeeping; and Casey Powell, Food Services

Front row: April Walls, PCT, Ward A/B day; Diane Tucker, RNCA, Ward C/D evening; BreAnna Higgins, PCT, Float day; and Tiffany Repass, PCT, Ward A/B evening.

Rehab Department News



Summer, with its high temperatures, blooming flora, and occasional rain showers, is here! The Rehab Department is taking advantage of this pleasant weather by utilizing some of our outdoor areas for group and activity use.

Teaming together, the Cultural and Linguistic Competency Committee and the Rehab Department conducted this quarter's Wellness Initiative event.

Financial Wellness was the topic of many a group conversation and/or project as well. "Financial Wellness: It Just Makes Cents" was held on Thursday, June 29, from 1330 to 1500, for both the individuals we serve and staff alike. The gym, game room, and television room of the Auditorium Building were filled with participatory activities that not only involved money, but also offered new perspective and insight into maintaining good financial standing.

Group members continue creating items to be sold at 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 exciting weekend and be on the lookout for crafts made by our many group members.

Lastly, the R-CERC meeting was held June 14, 2017, at Hungry Mother State Park with staff and individuals served participating.

~ Emily Lockhart,
Wellness Rehab Coordinator



International Day of Friendship



The International Day of Friendship, held annually on July 30, was proclaimed in 2011 by the UN General Assembly with the idea that

friendship between peoples, countries, cultures, and individuals can inspire peace efforts and build bridges between communities.

The resolution (A/RES/65/275) places particular emphasis on involving young

people, as future leaders, in community activities that include different cultures and promote international understanding and respect for diversity.

The Day is also intended to support the goals and objectives of the *Declaration and Programme of Action on a Culture of Peace* and the *International Decade for a Culture of Peace and Non-Violence for the Children of the World (2001-2010)*.

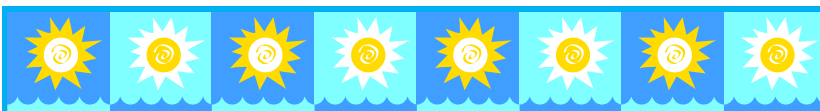
To mark the International Day of Friendship the UN encourages governments, international organizations and civil society groups to hold events, activities, and initiatives that contribute to the efforts of the international community towards promoting a dialogue among civilizations, solidarity, mutual understanding, and reconciliation.

~ <http://www.un.org/en/events/friendshipday/>

Bonanza in need of clothing items

Please contact Jeannette Heath at Ext. 336 or Becky Sparger at Ext 169 to donate today!

See listing of items needed found on p. 2 of this newsletter.



*Then followed that beautiful season... Summer...
Filled was the air with a dreamy and magical light; and
the landscape
Lay as if new created in all the freshness of childhood.*

~Henry Wadsworth Longfellow

Presented to
CYNTHIA L. MCCLASKEY, PH.D.
State of Virginia
*In Grateful Appreciation
For Your Service
To the
Southern States Psychiatric
Hospital Association
As a Board Member
2002-2016*



Dr. McClaskey Recognized

Dr. Cynthia McClaskey, Ph.D., Director, received a recognition plaque recently from the Southern States Psychiatric Hospital Association. She was recognizing her for her work and service to the Southern States Psychiatric Hospital Association (SSPHA) by serving on the Board of Directors, including the role of Vice President, from 2002 to 2016.

Jim Smith, LCSW, DCSW, President of the SSPHA, said, "Without question, I know that I am speaking on behalf of the entire Board of Directors when I express sincere gratitude for your years of service. You have

been instrumental in the success of the SSPHA. Your creativity, insight and graciousness are qualities that all your fellow board members have valued. You will be missed."

The Southern State Psychiatric Hospital Association is established to assist member state hospitals to carry out their mission more effectively in the mental health system by addressing issues involving treatment, administration, standards and systems. Member hospitals are located in 14 states and territories of the Southern United State, from Virginia to Texas.



Summer Safety Tips

Who doesn't love the warm, balmy, sunny days of summer? As we venture out to garden, play, or just walk around the neighborhood, we need to remember basic safety tips.



For those who do outdoor activities, you should always remember to use sunscreen with at least an SPF 30 product. Sunscreen will help prevent premature aging, wrinkles, and skin cancer in young people, and will help prevent exacerbations of skin cancer, wrinkling, or age spots in older people. Just one peeling sunburn in our youth can enormously increase the chance of getting skin cancer later in life. The suntan that looks wonderful now can predispose us to skin cancer.



Besides sunscreen, wear a hat and sunglasses. A hat protects the skin at the top of our heads, which can burn either where the hair is parted or if there is no hair (bald is beautiful, too). Sunglasses can protect our eyes from developing cataracts and squint lines.

When out in the sun one should wear long sleeves that can protect you from bug bites and scratches from branches, but also protect your arms from sunburn. Many clothing items now come with an SPF already imbedded in the fabric.

Additionally, as you are bending over or squatting down weeding in your garden, stand up and stretch your back and your arms every so often. This helps to avoid cramping and muscle strain.



When weeding or walking in the woods, remember "leaves of three, leave them be!" They are mostly like poison ivy or oak. If you come in contact with the leaves, immediately wash your skin with soap and water. Even if you have never been allergic to poison ivy/oak, there is always a first time.

Also, if you are walking in the woods, be sure to check you, your two-legged and your four-leggeds companions for ticks. If

you enjoy being out of doors, ticks may enjoy you. The tiny deer ticks that transmit Lyme disease are hardly bigger than the period at the end of this sentence. They, as well as the ticks that transmit Rocky Mountain Spotted Fever, tend to attach to tall grass so walking in the beautiful, high, green grass can put you at risk for ticks attaching to you. They are stealthy and often people do not feel the ticks crawling on them. Always check yourself after a stroll in the woods. Should you find a tick on you, remove it immediately and if it is embedded remove it with tweezers. Grasp the tick just behind the head and pull it out. It may tent your skin: just keep pulling until it lets go.



Stay hydrated. Adequate hydration helps to lower the risk of heat stroke if working or playing hard in the hot sun. Take frequent breaks with cool drinks in the shade.

Lastly, the number of Americans planning to use backyard fireworks this Fourth of July is expected to hit an all-time high. So adhere to all safety tips before purchasing and using fireworks.

Fireworks Safety

"Every year, safety is our first priority as families begin to plan their Fourth of July festivities. While fireworks are the most iconic and festive way to celebrate our country's independence, there can be dangers if fireworks are used improperly," said Nancy Blogin, President of the National Council on Fireworks Safety (NCFS).

The NCFS's mission is to educate the public on the safe use of fireworks and encourages consumers to adhere to the following safety tips before engaging in fireworks celebrations this Fourth of July:

1. Obey all local laws regarding the use of fireworks.
2. Know your fireworks; read the cautionary labels and performance descriptions before igniting.
3. A responsible adult should supervise all firework activities. Never give fire-

- works to children.
4. Alcohol and fireworks do not mix. Save your alcohol for after the show.
5. Wear safety glasses when shooting fireworks.
6. Light one firework at a time and then quickly move away.
7. Do not hold a fireworks item in your hand.
8. Use fireworks outdoors in a clear area; away from buildings and vehicles.
9. Never relight a "dud" firework. Wait 20 minutes and then soak it in a bucket of water before you discard it.
10. After purchasing fireworks, always store them in a cool, dry place.
11. When using fireworks, always have a connected hose, bucket of water, or other water source nearby.
12. Never carry fireworks in your pocket or shoot them into metal or glass containers.
13. Do not experiment with homemade fireworks.
14. Dispose of spent fireworks by wetting them down and place in a metal trashcan away from any building or combustible materials until the next day.
15. Ensure all pets and animals are away from fireworks noise.
16. With the rise in stress-related disorders affecting American service men and women, pay special consideration to individuals who may be sensitive to loud noises in proximity to your fireworks show.

If you have any questions regarding how to properly use fireworks, we encourage you to consult your local dealer.

Source: *About The National Council on Fireworks Safety: The National Council on Fireworks Safety is a nonprofit 501(c) organization dedicated to educating the public about the safe and responsible enjoyment of consumer fireworks. For more information, visit <http://www.fireworkssafety.org>, or www.commonhealth.virginia.gov.*

~ Safety Committee

Special Gym/Game Room Activities - July



Consumer Empowerment
Recovery Council
(CERC)
NO MEETING



Movie Nights
Please see calendar from
Rehab Department
1830 to 2000



Patient Activity Council
(PAC)
NO MEETING

Birthday Party
Please see calendar
from Rehab Department
1830 to 2000
No Café



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

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.

"Home grown tomatoes, home grown tomatoes
What would life be like without homegrown tomatoes
Only two things that money can't buy
That's true love and home grown tomatoes."
- John Denver, Home Grown Tomatoes



July Days to Celebrate

"Off the cuff" July holidays to celebrate:

July 1

Hop a Park Day



July 6

Fried Chicken Day

July 13

World Cup Soccer Day

July 14

National Macaroni and Cheese Day

July 16

National Ice Cream Day

July 20

National Lollipop Day

July 27

Take Your Houseplant for a Walk Day





Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time. ~ John Lubbock

Word Search

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



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

America

Blue

Cookout

Flag

Hot

July

Patriotic

Red

Stripes

Uncle Sam

Barbeque

Celebration

Fireworks

Freedom

Independence

Liberty

Picnic

Stars

Summer

White

Staff Development



Take advantage of upcoming Training Opportunities

- ◆ **Mental Health First Aid (MHFA)** - Monday, July 17, 0830—1700.
- ◆ **“Until Help Arrives” Active Bystander Training** Monday, July 24, 1300—1600.
- ◆ **Motivational Interviewing**, Dogwood Room, B Building, Sept. 12, 0830 to 1630.
- ◆ **HPR III Training Institute**, 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.
- ◆ **Mandatory CAIs due in July:**
⇒ Emergency Management

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 Employee ID (minus the proceeding zeros) and your Knowledge Center password. Questions should be directed to any member of the Training Department.

July Lunar Phases



July 9

Full Moon also called “Buck Moon” by Native Americans of New England and the Great Lakes because at this time of year, the new antlers of the buck deer begin to appear. It is also called the “Thunder Moon” due to all the summer storms.

July 16

Last Quarter

July 23

New Moon

July 30

First Quarter





**Southwestern Virginia
Mental Health Institute**

**Address: 340 Bagley Circle
Marion, Virginia 24354**
Phone: 276-783-1200
Fax: 276-783-9712

Comments, Suggestions or Ideas?

SHARE THEM!

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



This Month's Word Search Answer Key

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

Please submit articles for the next newsletter to Cheryl Veselik by July 20, 2017.

The next newsletter will be published August 2017.