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Hidden

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



From the Director

Employees of the Quarter

I am pleased to highlight our most recent Employees of the Quarter.



**Angela Routh,
Unit Nurse
Coordinator, ERS**

Angie was the “Master” behind this year’s Nursing Week celebration, with the theme, “Body, Mind, and Spirit.” While the Nurse Manager team made a decision to celebrate it this year, the original intent was just do a token gift and a food event. With Angie’s enthusiasm, hard work, persistence, and team building, it turned into a week-long special occasion. Angie was the organizer and the leader, while other Nurse Managers assisted on particular projects. Angie personally:

- Created the daily theme and took pictures each day, posting them on social media to promote a sense of fun, recognition, and team building.
- Ensure that the flannel “Florence Nightingale” badges with a red cross were handmade and then worn by staff to reflect the nursing heritage.
- Personally purchased materials and framed “Wall of Praise” bulletin boards on each unit/ward/SNC Office.
- Created and distributed a colorful schedule and memo for each day.
- Solicited volunteers and project coordinators for specific parts of the week’s celebration.

- Sent multiple celebratory emails to nursing staff, along with trivia quiz.
- Contacted two local elementary schools and made arrangements for nursing staff volunteers to give children gift bags. Angie obtained free nursing coloring books from national nursing sites and personally bought nursing related items to put in the bags. Staff read “I Want to be a Nurse” to the children as a future nurse recruitment initiative, and donated the reading books to each classroom.
- Wrote an article for DHBDS to recognize SWVMHI in a positive manner.
- Wrote an article that was published in the *Smyth County News*, reflecting positively on mental health nursing and our employees.
- Contacted a TV news show that provided positive publicity.

Earlier this year in a nursing staff survey, and also in an exit interview, the nursing department received feedback that nursing staff were unhappy about not celebrating nursing week last year. During and following this year’s celebration, there were many comments reflecting appreciation. It turned out to be amazing and morale-building.



**Freddy Rouse,
Housekeeper**

Freddy performs all of his duties at an exemplary level on a regular basis. Keeping the Geri-

atric Ward clean is no easy task, and Freddy routinely goes above and beyond what is expected of him, as far as house-keeping duties are concerns. The Ward is always in “ship shape,” and Freddy works diligently to keep it that way. He frequently assists nursing staff during busy times on the Ward by handing out and taking up dinner trays. He is always kind, courteous, and friendly when interacting with the individuals we serve. Freddy often boosts employee morale by bringing food for his coworkers to enjoy and can often be seen handing a piece of candy to a stressed-out nursing employee in an effort to make his or her day a little better. Freddy’s strong work ethic is a common topic of discussion among coworkers and many would love to see him recognized for all he contributes to our workplace.



**Tanya Owens,
PCT, ERS**

Tanya has perfect attendance since transferring to ERS third shift in August, 2014. She is always punctual and ready to work. Tanya’s job performance is exceptional in all aspects. She even volunteers for overtime shifts in addition to her regular work

Continued on page 2

From the Director, *continued*

schedule and committed overtime. She remains calm and level-headed in stressful situations and maintains a positive attitude with peers and the individuals we serve at all times.

Tanya has built rapport with many of the individuals served on all of ERS due to her positive and therapeutic demeanor and her familiarity with our individuals' needs. She uses this rapport to motivate the individuals to comply with necessary activities that the individuals generally don't like to do. For example, she is good at convincing individuals to get lab draws completed and changing their linens. Her success with positive interactions with the individuals is in part related to the fact that she is consistently at work as scheduled, and the individuals recognize her as someone who is here to help them and care for their needs.

Tanya's career at SWVMHI is commendable because of her consistent and exceptional service to the facility and its individuals. She has a productive effect on SWVMHI's Mission, Vision, and Values.

Shelly Jones, Ward Clerk/CNA, Geriatrics



Shelly is very efficient in her role as Ward Clerk/CNA. On the high-acuity Geriatric Unit with census averaging over capacity for the first quarter of 2017, she provides a variety of services in her role. When Shelly arrives to work as scheduled at 0815, she is often on the assignment sheet to provide direct patient care during the dayshift to meet staffing needs and safe delivery of care. She makes accommodations in her routine as Ward Clerk to ensure both

duties for the day are completed. When not on the assignment sheet, Shelly routinely assists patients with their requests for food/drink in an appropriate manner and she assists staff in providing personal care to individuals as needed. Shelly does this on her own initiative. The nursing staff are very appreciative of Shelly's "extra hand."

Shelly looks above and beyond her routine role as Ward Clerk to ensure the Geriatric Unit is in compliance with CMS, TJC, and OIG standards. In January, Shelly was performing routine paper filing in records due to the hybrid filing system, when she noted DNR forms not on records. Shelly independently verified the individual's DNR status via OneMind, contacted HIM for forms not be found, and made contact with last location of the patient (i.e., a hospital or ALF) for possible DNR forms. Shelly informed her supervisor of the issue and her problem solving. Shelly contacted a CSB representative who visits the unit regularly to bring one located DNR form from the ALF. Regarding two other missing DNR forms, Shelly prepared and presented to the psychiatrist to complete.

Environmental Rounds were conducted on January 31, 2017, with numerous issues needing addressed such as storage, cleanliness, and safety. These were brought to the UNC's attention. Shelly was informed of the issues and went right to work on this task. Shelly completed an "overhaul" of the Geriatric Treatment Room and Ward K Storage Room. Shelly completed the extra assignment while performing her required daily duties.

Shelly provided much assistance to the CMS surveyors on February 8 and 9 during the Geriatric unannounced Medicaid survey. She gathered information

for forms, provided copies upon request, and provided direct patient care services.

During the unannounced Joint Commission survey on March 13 to 15, Shelly ensured that the organization and cleanliness of the nursing station and other areas were in compliance.

Shelly provides CPR instruction as scheduled (January and April). She also attended the TOVA instructor class in May. She continues to pursue the DSA career pathway on her own initiative.

Shelly routinely demonstrates leadership, self-initiative, effective communication, and problem solving skills. Her ability to multi-task, organize, and prioritize tasks is exceptional and does not go unnoticed. She definitely goes above and beyond expectations!

Congratulations to Angie, Freddy, Tanya, and Shelly our most recent Employee of the Quarter!!!



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Pay Raises

DHRM issued the Fiscal Year 2018 Authorizations and Compensation Activities with the following compensation changes authorized in Chapter 836 of the 2017 Acts of Assembly. The general salary increase was effective on July 10, 2017, (to be reflected on the August 1 check), and the salary increase for those in designated high turnover jobs will be effective on September 10, 2017.

July 10, 2017, Salary Increases – All full- or part-time classified employees in salaried positions as of April 10, 2017, with a performance rating of “Contributor” or higher on the most recent evaluation, are eligible for a three percent increase. The minimum of each salary band in the classified salary structure is being increased by three percent at the minimum and three percent plus \$6,793 at the maximum. All eligible P-14 wage employees also qualify for the three percent increase effective July 10, 2017.

Please note that the higher annual salary will result in an increase in all payroll tax withholdings and other salary-based withholdings, such as retirement. Because the increase is effective in the middle of the month, increased deductions related to the three percent for you retirement will not be deducted



until your August 16, 2017, check. Therefore, the check you receive on August 16 will be lower than your August 1 check and the August 16 check will be an accurate representation of your future check amounts.

September 10, 2017, Salary Increases for employees in certain high turnover jobs – The base salaries of eligible employees in the following high turnover roles will be increased by two percent effective September 10, 2017, in addition to the pay action described above. All employees in these roles who are employed in salaried positions as of June 10, 2017, with a performance rating of “Contributor” or higher on the most recent evaluation, are eligible for this additional two percent salary increase:

- Direct Service Associate I (SWVMHI has no DSA I positions)
- Direct Service Associate II (PCT,

- LPCT, Escort Driver)
- Direct Service Associate III (Pharmacy Tech, Recreation, Education, Vocational, and Wellness Rehab Specialists, Service Care Specialist, Geriatric Mental Health Specialist, Treatment Team Care Specialist)
- Housekeeping and/or Apparel Worker I (Housekeeper, Laundry Worker)
- Licensed Practical Nurse (LPN)
- Registered Nurse (RN I)
- Registered Nurse II/Nurse Practitioner I/Physician’s Assistant (RNCA, Team Nurse)
- Therapy Assistant/Therapist I (Rehab Resource Coordinator, Physical Therapy Assistant)
- Therapist II (Recreation Rehab Coordinator, Rehab Resource Coordinator Sr., Wellness Rehab Coordinator, Education Rehab Coordinator)

Please contact a Human Resource staff member at Extension 204 if you have questions concerning this information.

~ **Joey C. Sword, PHR**
Human Resource Manager

~ **Melissa Castle, CPA**
Fiscal Director

SAVE THE DATE

SPONSORED BY THE VIRGINIA LAW FOUNDATION

THE RIPPLE EFFECT:

Influences and Impacts of Domestic & Sexual Violence

OCT. 11, 2017, EMORY & HENRY COLLEGE, EMORY, VA
 OCT. 12, 2017, CROSSPOINTE CONFERENCE CENTER, CHRISTIANSBURG, VA

A training event for attorneys, advocates, court system staff, law enforcement, mental & physical health care practitioners, social workers & other allied professionals

A ONE-DAY CONFERENCE OFFERED IN TWO LOCATIONS

PRESENTED BY SOUTHWEST VIRGINIA LEGAL AID
 IN COLLABORATION WITH
 EMORY & HENRY COLLEGE, SOUTHWESTERN VIRGINIA MENTAL HEALTH INSTITUTE,
 CLEARVIEW BEHAVIORAL HEALTH & WASHINGTON COUNTY COMMONWEALTH’S ATTORNEY

SAVE THE DATE

Please be on the lookout for additional information about this event in the next few weeks. Questions can be directed to Ginny Moorner-Shields, Training Coordinator by calling Extension 168.

Financial Wellness Recap



Thank you to each of you who have made the second quarter of our Wellness at SWVMHI Initiative a huge success!!!

Financial Wellness Dimension recap:

- *Financial Goals on Paper Dollars* – about 100 participants so far... we are still collecting these and they will be hung with the puzzle pieces in the L Hallway.

- *CAIs and movies on the ward* – over 75 participants and lots of learning about practicing financial wellness.
- *In-person events including the EAP workshop, Employee Benefits Fair, meeting with the VRS Representative, and the Financial Wellness: It Just Makes Cents Event* – over 100 participants and lots of fun and education about being financially well.
- Many staff and individuals discussed and practiced financial wellness with events on the wards and in groups as well.

Winners are:

- * Elizabeth Pennington-Parks, Nursing
- * Melissa Paschal, Nursing
- * Melanie Smith, Rehab

Congratulations! You can pick your prizes up Human Resources.

We are looking forward to much more fun and learning together as we explore our next dimension: **Emotional Wellness**. More information about Emotion Wellness can be found on page 4 of this edition.

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

In the last edition, we ran an article about several of our PCTs who recently graduated from Wytheville Community College in the DSP Career Pathway program, with Career Studies Certificate in Human Services. Below are three individual photos from the college that we received after the publication of the July edition. Again, congratulations to all our DSP Participants!

DSP Graduation



Dr. Sprinkle and Janice Morris, LPCT (Janice is the Lead PCT on Ward EF, 3rd shift).



Dr. Sprinkle and Miranda Cowan, PCT (Miranda works on Ward EF, 1st shift).



Dr. Sprinkle and Jessica Caudell, PCT (Jessica works on Ward EF, 1st shift).



Emotional Wellness

Coping with Life and Creating Satisfying Relationships



During this quarter (July, August, and September), we will be focusing on the Emotional Dimension of SAMSHA's

Eight Dimensions of Wellness at SWVMHI as an ongoing part of our Wellness Initiative.

Scheduled Events:

Attendance at any of these events and completion of the CAI will qualify participants to be in the prize drawing at the end of the quarter.

August 8 – EAP Workshop: Emotional Intelligence – 0730 to 0830 hours AND 1100 to 1200 hours in the Dogwood Room of the B Building.

Emotional Intelligence

The #1 issue in corporate America is communication. It is also the #1 reason why relationships fail. This interactive seminar will help you rethink your place in, and commitment to, your life. Whether dealing with life's most unthinkable atrocities, conflicts or communication breakdowns, the buck stops with you. With greater emotional intelligence, you can meet life every step of the way. Learn to navigate tricky waters that lead to more productive and fulfilling lives professionally and personally. Make a plan of ac-

tion to become a better parent, partner, colleague and leader. Start here, start now, with this dynamic, hands-on, humor-filled seminar.

Emotional Wellness CAI: "2017 Emotional Dimension - SWVMHI Wellness Initiative" (this is the exact title).

Emotional Wellness movies: (to watch on your own or on the wards)

- ◆ What About Bob?
- ◆ As Good As it Gets
- ◆ A Beautiful Mind
- ◆ Inside Out
- ◆ Rabbit Hole
- ◆ The King's Speech
- ◆ Ordinary People
- ◆ Groundhog Day
- ◆ Good Will Hunting
- ◆ The Secret Life of Walter Mitty
- ◆ Ferris Bueller's Day Off
- ◆ Finding Neverland
- ◆ Baby Boom

Emotional Wellness Event: Thursday, September 21 in the Gymnasium Auditorium from 1330 to 1500 Celebrating Emotional Wellness with Fun, Food, and Fellowship.

If you have any questions or suggestions, please let me or one of the members of the CLC committee know.

Thank you.

~ Becky Sparger, Ginny Moorer, and the CLC Committee



August has arrived. And in our area, that means children are heading back to school. The

first day back will vary from county to county, but in general, most schools in our area start back the second week of August.

Please be mindful of this as you make your morning drive into work, as there will be more children on the roads, as well school buses, as well as increased traffic, especially around schools.

As a reminder, Virginia Code § 46.2-859, **Passing a stopped school bus; prima facie evidence**, states that, "A person driving a motor vehicle shall stop such vehicle when approaching, from any direction, any school bus that is stopped on any highway, private road, or school driveway for the purpose of taking on or discharging children, the elderly, or mentally or physically handicapped persons, and shall remain stopped until all the persons are clear of the highway, private road, or school driveway and the bus is put in motion; any person violating the foregoing is guilty of reckless driving. The driver of a vehicle, however, need not stop when approaching a school bus if the school bus is stopped on the other roadway of a divided highway, on an access road, or on a driveway when the other roadway, access road, or driveway is separated from the roadway on which he is driving by a physical barrier or an unpaved area.

Please help keep our area's children safe as they return to school this year.



National Retirement Security Week

Make plans to engage with Human Resources during National Retirement Security Week (NRSW), October 15—21, 2017. Saving for retirement is important at every age. This week provides an opportunity for employees to revisit their personal retirement goals and determine if they are on track in establishing a secure future for themselves.

Here are some resources to help ensure your support of NSRW is a success:


- Refer to VRS' Education and Counseling webpage for a complete schedule of live and recorded presentations on retirement planning and VRS benefits.

- Contact VRS Member Education and Outreach to discuss benefits.
- The September Employer Update will feature more resources to help support NSRW — be on the lookout for something on this soon.

As always, should you have any questions regarding your retirement plan or benefits, you should contact any member of the Human Resources Team by calling Ext. 204.

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

Census



MONTHLY PATIENT CENSUS

June 2017

Admissions 86

Discharges 92

Passes 14

Average Daily Census 166

July 2017

Admissions 85

Discharges 78

Passes 20

Average Daily Census 163

Blood Drive Success



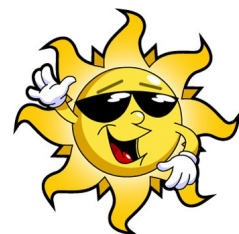
Your efforts have always been greatly appreciated. Your support of the community blood program will go a long way towards replenishing blood supplies, and ultimately saving lives.

For information regarding upcoming blood drives, please contact Ginny Moorer-Shields at Extension 168 or Becky Sparger at Extension 169.

Thank you to everyone who supported our recent blood drives held July 26 and August 29, 2017.

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

If you saw a heat wave, would you wave back?



Nurses' Duties 100 Years Ago



Photo above was taken circa 1890 at SWVMHI, then known as the Southwestern Lunatic Asylum.

“The following job description was given to floor nurses in institutions similar to Athens Lunatic Asylum (circa 1887).

In addition to caring for your 50 patients, each nurse will follow these regulations:

- ✓ Daily sweep and mop the floors of your ward, dust the patient’s furniture and windowsills.
- ✓ Maintain an even temperature in your ward by bringing in a scuttle of coal for the day’s business.
- ✓ Light is important to observe the patient’s condition. Therefore, each day fill kerosene lamps, clean [lamp] chimneys and trim wicks. Wash the windows once a week.
- ✓ The nurse’s notes are important in aiding the physician’s work. Make your pens careful, you may whittle nibs to your individual taste.
- ✓ Each nurse on duty will report every day at 7 a.m. and leave at 8 p.m. except on the Sabbath on which day you will be off from 12 Noon to 2 p.m.
- ✓ Graduate nurses in good standing with the director of nurses will be given an evening off each week for courting purposes or two evenings a week if you go regularly to church.
- ✓ Each nurse should lay aside from each payday a godly sum of her earning for her benefits during her declining years so that she will not become a burden. For example, if you earn \$30 a month you should set aside \$15.
- ✓ Any nurse who smokes, uses liquor in any form, gets her hair done at a beauty shop, or frequents dance halls will give the director of nurses good reason to suspect her worth, intention, and integrity.
- ✓ The nurse who performs her labors and serves her patients and doctors without fault for five years will be given an increase of five cents a day, providing there are no hospital debts outstanding.



Photo above taken circa 1913 at SWVMHI, then known as Southwestern State Hospital.

Along with the list of guidelines and chores, nurses at Athens Lunatic Asylum were responsible for helping with the harvest bounty in the fall, and also tending to the gardening and orchards.

During the population explosion at the asylum, one nurse could be responsible for tending to the needs of up to fifty patients in a given ward. Where patient conditions seriously worsened, ten to twelve patients would be allotted to a given nurse for care.”

~ <http://www.toddlerstime.com/advocacy/hospitals/Asylum/ridges-staff.htm>

SWVMHI 100 Years Ago

One hundred years ago, the United States was in the middle of World War I, which was taking its toll on SWVMHI, then known as Southwestern State Hospital (the name changed in 1902 from the Southwestern Lunatic Asylum). Supply costs were high, wages were low and therefore, recruitment of staff was difficult. Most of those of draft age were off fighting in the war. Those staff that did remain lived on site, many of whom had to sleep on the wards with the patients because of lack of dormitory space.

According to facility history, staff woke up by 6:00 a.m. every day and did not go to bed until all the patients were in bed. In the summer, they often had even longer days.

All staff had to be inside by 10:00 p.m., including the physicians, who could not be out without permission of the Superintendent.

One hundred years ago, Southwestern State Hospital had a 256 acre farm, approximately 75 to 80 acres of which were tillable and maintained by staff and later also by patient labor.

The average daily census at our facility one hundred years ago was 802, but staff only numbered around 110. This included attendants, nurses, physicians, as well as non-direct care staff such as maintenance and farm workers, laundry, and kitchen staff.

The Superintendent 100 years ago was Dr. E. H. Henderson, for whom the current Henderson Building is named. He served as Superintendent from 1915 until his death in 1927.

Many things have changed in the last 100 years, but the overall philosophy of our first Superintendent, Dr. Harvey Black, remains in our current mission, that of “swift recovery for the mentally ill.”

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

Rhea B. Lawrence Recovery Center

By now, you've seen all the construction vehicles at the Main Street entrance to SWVMHI. All the construction you see will become the Rhea B. Lawrence Recovery Center. Rhea Lawrence is a long-time advocate for individuals with mental illness, substance use disorders, and developmental disabilities in Smyth and surrounding counties. Mr. Lawrence has been an exemplary public servant representing Smyth County on the Mount Rogers Community Services Board for over fourteen years, four of which were as Board Chair.

On July 28, 2017, at 1000, Mount Rogers Community Services Board, along with the family of Rhea Lawrence, Smyth County

Board of Supervisors, and Marion Town Council held a Groundbreaking Ceremony.

The Rhea B. Lawrence Recovery Center is a state of the art, eight-bed residential crisis stabilization program, replacing the current Cornerstone facility that has operated in Marion since 2006. The program will offer short-term crisis stabilization services for adults, with a mission to provide creative, recovery-based services in a warm and inviting, least restrictive environment, that instills education, self-awareness, hope, and self-determination as building blocks for change. Services are designed for those with a primary mental health diagnosis.

Encouraging the Next Generation



During National Nurses Week, May 6—12, 2017, SWVMHI nursing staff members celebrated with a variety of activities

including creative writing contest; "Wall of Praise" on each unit for co-workers to write notes of thanks and appreciation; trivia games, presentation of token gifts to all nursing staff; and potlucks and meals for each unit.

Also during Nurse's Week, a group of nursing staff visited two area elementary schools, Marion Elementary School and Oak Point Elementary School, in Marion, with the hopes of inspiring the next generation of nurses. During their visit, they read to first and second grade classrooms from the book, "I Want to be a Nurse" by Dan Liebman. Each classroom was given a copy of the book for their individual class library, and each student was given a health-care inspired goodie bag.

The students and staff alike enjoyed the visits.

The *Smyth County News* featured a full article about Nurses' Week activities, including the school visit, complete with photos. A copy of the article, published in the May 20, 2017, edition of the *Smyth County News*, can be found on the intranet front page.

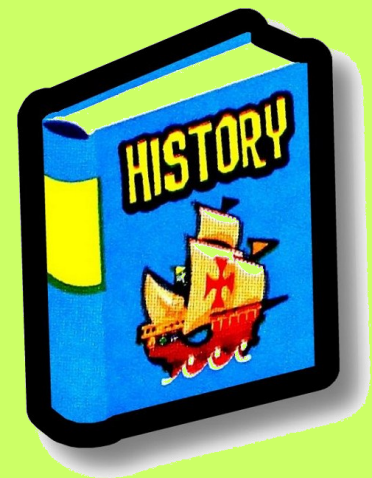
Thanks to all SWVMHI nursing staff who are dedicated to the recovery of all the individuals we serve. And special thanks to those who participated in Nurses' Week activities, especially those who visited the area schools to Encourage the Next Generation of Nurses!

THANK YOU

August in History

Did you know that the following events all took place during the month of August?

- August 2, 1790, the First U.S. Census was conducted.
- August 9, 1173, Construction of the Tower of Pisa (in Italy) begins — it will take two centuries to complete.
- August 10, 1793, The Louvre (Paris, France) opens to the public as a museum.
- August 11, 1929, Babe Ruth is the first baseball player to hit 500 homeruns.
- August 12, 1851, the sewing machine is patented by Isaac Singer.
- August 19, 1920, the 19th Amendment to the U.S. Constitution is passed, guaranteeing women's suffrage.
- August 21, 1959, Hawaii becomes the 50th U.S. State.
- August 22, 565, the first reported sighting of the Loch Ness Monster was made.
- August 28, 1963, Martin Luther King, Jr. gives his famous "I Have a Dream" speech in Washington, D.C.



Welcome Aboard!

Please welcome the newest additions to the SWVMHI Team!

July 10, 2017



From left to right, back row: Kevin Gobble, PCT, Ward C/D, third shift; Roger Cullip, PCT, Ward A/B, second shift; Shelby Tilson, PCT, Ward C/D, third shift; John Honeycutt, P14 RN; Mae Peck, RN, Ward H, second shift; Regina Heath, Nursing Timekeeper

From left to right, front row: Nellie Johnson, PCT, Float pool, day shift; Glenna Dickerson, PCT, Ward A/B, day shift; and Sharon Bane, Materials Management Supervisor

Not pictured: Shandi Mullins, P14 Pharmacist

July 25, 2017

Not pictured, but starting on July 25, 2017, were: Jessica Bralley, P14 Pharmacist and Suzanne Azzazy, P14 MOD

August 10, 2017



From left to right, back row: Richard Taylor (hired July 25), Food Service Technician; Jonathan Davis, RN, Ward A/B, second shift; Amy Cowan, PCT, Ward EIF, first shift; Wayne Venable, Food Service Technician

From left to right, front row: Jama Blanco, PCT, Ward F, third shift; Tabitha Compton, PCT, Ward J, second shift; Tracie Cox, phlebotomist; Kate Fife, PCT, Ward C/D, third shift; Molly Settles, Wellness Rehab Specialist, second shift.

SWVMHI Mission

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Rehab Department News



With rising temperatures, summer is upon us, and the entire Rehab Department has been taking advantage of the sunshine and cool breezes. Utilization of our outdoor areas for group and activity use has been popular and frequent. Individual we serve and staff, alike, continue to enjoy the Sensory Garden, the G Courtyard area, and the Woodshop Courtyard.

Group members and leaders have worked tremendously well in creating items to be sold as this year's annual

Arts and Crafts Festival at Hungry Mother Park. The festivities took place from Friday, July 21 until Sunday, July 23. Items displayed included wooden crafts created by our "Woodshop" group and our "Community Integration" group; sculptures, dishware, and decorative knick-knacks crafted by our ceramics groups; as well as fabric items masterfully done by our many art groups. The Rehab Department would like to thank all those who attended the festival and supported our involvement. Everyone enjoyed joining the community for this celebration.

This month's special activity took place on Thursday, July 27, from 1330 to 1500. This "Summer Fun" event lived up

to its name, as individual we serve took part in diverting summer-themed activities.

The Rehab Department continues to engage in the Cultural and Linguistic Committee's Wellness Initiative. We are all hard at work implementing activities and projects that align with Emotional Wellness. Please join us and take this opportunity to learn more about yourselves, creating a fulfilling and enriching life via emotional well-being.

~ Emily Lockhart,
Wellness Rehab Coordinator



Safety Enhancements On the Way to SWVMHI



Commissioner Jack Barber has made staff safety and reduction of staff injuries a high priority. He has allocated funding in our

is installed, at the push of a button, staff can get assistance quicker. The system will eliminate the need for staff to get to a phone and call a traditional code.

designated areas to be determined throughout the facility.

current budget for the installation of a Staff Duress System / CCTV at SWVMHI. To kick off the early stages of planning, a meeting was held on Friday, July 14, 2017, with Jim Taylor, Project Manager of the installation of the system from Central Office.

Closed Circuit Television (CCTV) is also part of the safety enhancements on the way. For many years, cameras have been used around the world to monitor and record high activity areas as well as deter inappropriate behavior. In the Kick-off meeting, Mr. Taylor stated, "SWVMHI will have a state of the art camera system. It will have the ability to record every patient care area, except for patient bedrooms." He further explained that the CCTV will record automatically in color and high definition any-time movement is detected. In part, the CCTV will provide a deterrent of inappropriate behavior in the patient care area and in

While no firm dates for installation were set, the money is already in the budget and the project is expected to be under way before the end of 2017.

While these safety enhancements will assist us in providing a safer environment, we all play a key role in providing a safe environment. Whether it is assisting a co-worker with difficult job, making a hall round, taking the time to speak to an individual on a unit or, ensuring the our population is receiving the treatment they require. We all have an impact on safety.

A **Duress System** involves every staff member being issued a special ID badge or badge holder with a button that can be pressed when there is an emergency need for help. Each area of the facility, or zone, will be mapped out on a computerized system. When a staff member presses the button, a code is automatically called overhead to the staff location. After the system

~ Jim Lundy, RN MSN/MBA UNC
Safety Committee Member

Bonanza in need of clothing items

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



To the Staff and Doctors of the Geriatric Ward: I want to thank everyone who was involved in making me feel better and feel comfortable on the ward. I watched the kindness and caring involved in caring for all the patients by all the staff, aides, and nurses.

I also want to thank the leaders of the groups that allowed me to participate in yoga, SWAT, crafts, and music movement. They are very special to me too.

I want you to know that I will continue to think of you and thank you from the bottom of my heart. I will continue to pray for you all.

~ Former individual served by Wards E/F



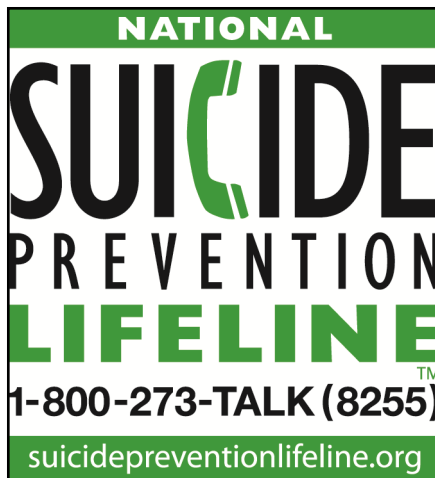
National Suicide Prevention Month

September is National Suicide Prevention Month. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness. World Suicide Prevention Day is September 10. It's a time to remember those affected by suicide, to raise awareness, and to focus efforts on directing treatment to those who need it most.

#BeThe1To is the National Suicide Prevention Lifeline's message for National Suicide Prevention Month and beyond, which helps spread the word about actions we can all take to prevent suicide. The Lifeline network and its partners are working to change the conversation from suicide to suicide prevention, to actions that can promote healing, help and give hope.

Ask. Research shows people who are having thoughts of suicide feel relief when someone asks after them in a caring way. Findings suggest acknowledging and talking about suicide may reduce rather than increase suicidal ideation.

Keep Them Safe. A number of studies have indicated that when lethal means are made less



available or less deadly, suicide rates by that method decline, and frequently suicide rates overall decline.

Be There. Individuals are more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful by after speaking to someone who listens without judgment.

Help Them Stay Connected. Studies indicate that helping someone at risk create a network of resources and individuals for support and safety can help

them take positive action and reduce feelings of hopelessness.

Follow Up. Studies have also shown that brief, low cost intervention and supportive, ongoing contact may be an important part of suicide prevention, especially for individuals after they have been discharged from hospitals or care services.

The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 160 local crisis centers, combining custom local care and resources with national standards and best practices.

~ <https://suicidepreventionlifeline.org/promote-national-suicide-prevention-month/>

Be The One to Save A Life
You can do Something to
Prevent Suicide.
<http://www.bethe1to.com/>

National Environmental Services Week



The third week of September is known as National Environmental Services Week. With emerging infectious diseases, contagious viral strains, and antibiotic resistant 'superbugs' that are a major threat for healthcare institutions large and small, knowledge of proper infection control measures within the healthcare setting is of paramount importance. Naturally, prevention of infectious disease is the primary concern for the Environmental Services workers.

In a healthcare environment, harmful or pathogenic microorganisms must be reduced or killed in order to protect and ensure the well-being of patients, staff, and visitors. Disinfection, sanitizing, and decontaminating surfaces, whether they are found in the examination room, patient room, or elsewhere within the facility, can be enormously challenging. Environmental Services staff plays an essential role in providing a clean and safe environment for

all through infection prevention and control practices.

Join us in celebrating and acknowledging our Environmental Services staff for their contributions to providing quality healthcare to the individuals we serve. Let's be sure to celebrate by saying 'thank you' to them, and be respectful of them for the hard work they do, not just this week, but all year long.

Special Gym/Game Room Activities - September



Consumer Empowerment
Recovery Council
(CERC)
NO MEETING



Movie Nights
Sept. 5, 6, 11, 12, 18,
and 19, 2017
1830 to 2000



Patient Activity Council
(PAC)
NO MEETING

Birthday Party
Sept 27, 2017
1830 to 2000
No Café



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

Special Event
Sept. 21, 2017
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.



Sun is shining. *Weather* is sweet.

Make you wanna move your *dancing feet*.

~ Bob Marley



September Days to Celebrate

“Off the cuff” September holidays to celebrate:

September 2

Bacon Day

September 11

Pet Rock Day

September 13

International Chocolate Day

September 15

National Cheese Toast Day

September 16

International Eat an Apple Day

September 18

National Cheeseburger Day

September 22

Autumnal Equinox Day (1602 EDT)





Word Search

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



What lies behind us and what lies before us are tiny matters compared to what lies within us.
 ~ Ralph Waldo Emerson

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

- | | |
|---------------|-----------|
| August | Baseball |
| Books | Camping |
| Class | Friends |
| Grass | Hot |
| Hurricanes | Ice cream |
| Lemonade | Pool |
| Popsicle | Sandals |
| School | Summer |
| Sun | Teachers |
| Thunderstorms | Vacation |



Staff Development

Take advantage of upcoming Training Opportunities

- ◆ **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.
- ◆ **Dr. Gillette's Ethics Seminar**, Dogwood Room, B Building, November 9, 2017, 1330 to 1500
- ◆ **Mandatory CAIs due in September:**
 - ⇒ Influenza Vaccine
 - ⇒ FWA/Corporate Compliance

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.

September Lunar Phases



September 6

Full Moon also called "Harvest Moon" because this is the one that falls closest to the autumn equinox. Its name comes from the fact that farmers (and Indians) could harvest their crops late at night, by moonlight, because for the few nights around the Harvest Moon, the Moon seems to rise at nearly the same time each night across the United States.

September 13

Last Quarter

September 20

New Moon

September 27

First Quarter

TOTAL SOLAR ECLIPSE: LIVE FROM THE U.S.A. AUGUST 21, 2017

On August 21, 2017, beginning at 1015 PDT, a total solar eclipse swept across the United States. The glorious sight of the fully eclipsed Sun was visible along a 70-mile-wide path arching from Oregon to South Carolina. Millions of people traveled to this "path of totality" to watch as the moon entirely covered the face of the Sun. The eclipse hit land on the coast of Oregon at 1015 PDT. It swept across the country, touching Oregon, Idaho, Wyoming, Nebraska, Kansas, Missouri, Illinois, Kentucky, Tennessee, North Carolina, Georgia, and South Carolina before ending its land passage and heading out to sea just after 1600 EDT. People not in the path experienced a partial eclipse. In Marion, we experienced a 96 percent eclipse, which was pretty awesome. The next solar eclipse viewable in the United States is expected in 2024.

REMINDER: It is never safe to look directly at the sun, during an eclipse or partial eclipse or even during a regular day! For safe ways in which to view an eclipse, check out this website for several simple yet safe viewing options: <https://www.exploratorium.edu/eclipse/how-to-view-eclipse>.

Solar Eclipse

Where the Moon fully/partially obscures Earth's view of the Sun

Partial Eclipse = Earth within Moon's Penumbra shadow.
 Total Eclipse = Earth within Moon's Umbra shadow.

Obscures our future vision so we can clearly see the NOW
 Profound Opportunities to not be a victim of the PAST
 Quantum Leaps into more conscious ways of living/being

Total Eclipse (Umbra) Partial Eclipse (Penumbra)

www.UniversalLifeTools.com



The Joint Commission Breakfast Briefings

Once again, SWVMHI will be hosting The Joint Commission Breakfast Briefings, a series of webinars presented by The Joint Commission to help facilities nationwide prepare for surveys and maintain standards.

All sessions will be held in the A/B Classroom, located in the basement of the Auditorium Building, and are open to all staff, but geared towards Department Head and supervisory staff. Each session will be held from 1000 to 1115 as follows (revised schedule 8/29/17):

- Sept 7 Provision of Care, Treatment, and Services
- Sept 14 Infection Prevention and Control
- Sept 21 Information Management, Record of Care, Treatment, and Services
- Sept 28 Environment of Care
- Oct 5 Life Safety
- Oct 12 Emergency Management
- Oct 19 Leadership, Performance Improvement
- Oct 26 Medication Management
- Nov 2 Human Resources, Nursing
- Nov 9 Rights & Responsibilities, Transplant Safety, Waived Testing
- Nov 16 Medical Staff



Staff are encouraged to participate in any and all applicable webinars. However, you must call Patricia Evans at Extension 854 to register for each session so that the appropriate number of handouts can be prepared ahead of time. Those not registering in advance may not receive a handout at the time of the session. So call Training today to register.

Life Before the Computer

Memory was something you lost with age
 An application was for employment
 A program was a TV show
 A cursor used profanity

A keyboard was a piano
 A web was as spider's home
 A virus was the flu
 A CD was a bank account

A hard drive was a long trip
 on the road
 And a mouse pad was where a mouse
 lived.



By all these lovely tokens
 September days are here
 With summer's best of weather
 And autumn's best of cheer.

~ Author Unknown



