



FEBRUARY 2018

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From the Director

Tips to Save More for Retirement

Retirement starts with saving. For VRS Hybrid Retirement Plan members, that means making **voluntary contributions** to your Hybrid 457 Deferred Compensation Plan. Voluntary contributions allow hybrid plan members to accumulate savings on a pre-tax basis, increase savings through the employer match, and work toward income replacement during retirement.

So, how do you take the positive step of jump-starting your retirement savings today? Urgency. As one James Madison University benefits specialist told VRS last fall, "If you wait to set (voluntary contributions) up, you're never going to do it. I tell them your 60-year-old self will thank you."

Five Questions You Might Ask

1. How will voluntary contributions impact my take-home pay?

VRS has a calculator for that! The **Hybrid Member Paycheck Calculator** will help you visualize the impact of voluntary contributions and other deductions on your paycheck. Taxes are deferred on both contributions and earnings, allowing you to pay less in taxes now.

2. How does the employer match work?

If you boost your voluntary contribution amount to the maximum 4 percent of your paycheck, you'll receive 2.5 percent in **employer matching contributions**. Even if you can't save the full 4 percent right now, your employer matches the first 1 percent of your creditable compensation and each additional 0.5 percent increase you make with a 0.25 percent contribution. If you miss out on the match, you're leaving money on the table!

3. Why should I start saving now?

When you invest, especially early in your career, any earnings in your account are compounded and reinvested over time. The **ripple effect** could make your money grow faster than if you simply set it aside without investing, or spent it now.

4. Can I work my way up to 4 percent?

Absolutely! If you cannot save the maximum 4 percent in voluntary contributions now, take advantage of the **SmartStep** feature in the hybrid plan. Making small annual increases will help you reach the full percentage gradually, with less impact on your paycheck. SmartStep lets you select your annual

increase amount and which month your increase will occur (January, April, July, or October). Once you opt into SmartStep, you no longer need to remember to increase your contribution each year; SmartStep does it for you.

5. How do I start making voluntary contributions?

Log into **Account Access**, click on the Contributions option under your Hybrid 457 Plan, then select Change My Contribution Amount. Select the percentage of each paycheck you'd like to set aside in voluntary contributions. Or, call Investor Services at 1-877-327-5261, and **select option 1**.

We're Here to Help

VRS can help you learn about the long-term value of contributing more to retirement through voluntary contributions.

Call the VRS Customer Contact Center at 1-888-827-3847 and select options for hybrid support.

Look for **VRS'** representatives at

(con't on page 2 Retirement)

Hidden

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





(con't. from Page 1 Retirement)

to make special visits or at the SWVMHI benefit fair, or group seminars to learn more about the defined contribution components of the Hybrid Retirement Plan.

Use the Voluntary Contributions

Toolkit regarding savings opportunities available and the value of making voluntary contributions.

Check out the "Savings Superhero" video on the VRS website to learn more about saving for their future.

Contact any member of the SWVMHI Human Resources Department for additional assis-



TEAMWORK

coming together is a beginning
keeping together is progress
working together is success

- Henry Ford



THE QUILT CONNECTION



I was in a meeting the other day and someone mentioned the artwork up and down the L Hallway in the Bagley Building, as well as just outside the doors to the G Courtyard. These pieces of art are large, in wood frames, and bear name plates with names such as "Churn Dash," "Log Cabin," and "Grandmother's Flower Garden," just to name a few. Most folks in the room did not know what they were or how long they had been there, and couldn't figure out how the names had anything to do with the seemingly random shapes painted in the various pictures. At the time, I couldn't remember the exact year they were completed, but I knew exactly what they were, as I had helped paint one of them. Those works of art are barn quilts, which are quilt patterns painted onto plywood and attached to the side of a barn, garage, store, or wherever it will fit. If you take a drive through southwest Virginia, northeast Tennessee, or North Carolina, you can find them on . . . well, the sides of barns. The name plates on each are the actual names of the traditional quilt squares depicted on the wooden background.

The project was called the Quilt Connection and it was the result of the Occupational Therapy Community Roles Group, and which was revealed in "quilt show" fashion during Family Day in September, 2007. Those present even voted on a People's Choice Award. The group had sever-

al goals in mind with their project:

- They wanted to get to know and work with people from different staff and patient areas
- They wanted to complete a project that had a lasting benefit for the hospital community
- They wanted to spruce up the environment for visitors and themselves
- They wanted to help others feel connected

After presenting their idea to key people in the hospital community, the group sent out a call for volunteers interested in helping with the project. Applications were received from various departments across the facility and each group was provided the necessary materials to complete a finished quilt block. Materials included 4'x4' boards with the basic outline of the quilt drawn in pencil, paint, and paint brushes. Each volunteer group also had an OT group member as a mentor who would teach the volunteers how to complete their block, including traditional colors used for each part of the quilt block. The results were nine finished quilt blocks and countless connections.

The quilt square patterns chosen by the group were of Appalachian origin. Staff from Human Resources, Maintenance, Food Services, and various units, worked alongside individuals we serve to create the beautiful Appalachian Quilt Blocks still on display. Our very own Carpenter shop crafted all the framing and hung each in the L Hallway. The project took a total of 15 months to complete and over ten years later, they still hang for everyone to enjoy.

So the next time you walk down the L Hallway, stop and look at each of the quilt blocks. You'll see the name of the quilt block, and the name of the volunteer group who completed the block. Now you know. :)

Submitted by Cheryl Veselik

Training Department News

Exciting News Beginning in 2018

The American Heart Association (AHA) made a few changes to their 2010 guidelines in early 2016. The first change is that we are to compress at a rate of at least 100-120 compressions per minute. This is the beat of the Imperial March from the Star Wars music or from the theme music from the movie "Saturday Night Fever." (Editor's Note: We want to give proper credit to our former Clinical Social Worker, August Saucer, for the Star Wars music suggestion. Thanks again, Augusta, we still miss you . . .)

The other change from the 2010 guidelines is in the presence of an advanced airway or endotracheal tube (ET tube) . The rescuer is to give one ventilation every six seconds with no break in compressions.

However, there are some recent upcoming changes involving manikins and paperwork that SWVMHI will begin implementing as soon as possible. The equipment change must be fully implemented beginning in January 2019; so, SWVMHI, in a proactive capacity, will begin using the new manikins as soon as they arrive and all the instructors are trained on them.

The new manikins are made by Prestan and have several unique features that the AHA is requiring to be implemented by January 1, 2019. These features include:

- "A built-in clicker mechanism" that "helps students learn to use the right amount of force to compress the chest to the correct depth."
- "A built-in CPR rate monitor that lets students and instructors see at a glance when the proper rate of compressions has been reached," This provides feedback based upon the 2015 AHA and ECC guidelines. There are four bright lights on the manikins' shoulder that indicate the proper rate of compressions.
- The lights illuminate from red to yellow to green.
- Two green lights indicate the proper rate of compression has been reached (100-120 compressions per minute).
- Two green lights with a yellow light indicate the rate is too fast, greater than 120 compressions per minute, and should be slowed.

The new manikins allow the instructor and student to have instant feedback about how well the student is performing CPR.

Additionally, there was a CPR instructor training held on Monday, January 29, 2018, and five staff have committed to becoming new instructors. With great pleasure I am happy to welcome Christy Hall, Able Alley, Ava Mitchell, RJ Pasco, and Kayla Bennett to SWVMHI's team of CPR instructors. Able and Kayla are also currently serving as TOVA instructors.

Submitted by Rebecca Sparger

Census



MONTHLY PATIENT CENSUS

January, 2018

Admissions - 69

Discharges - 66

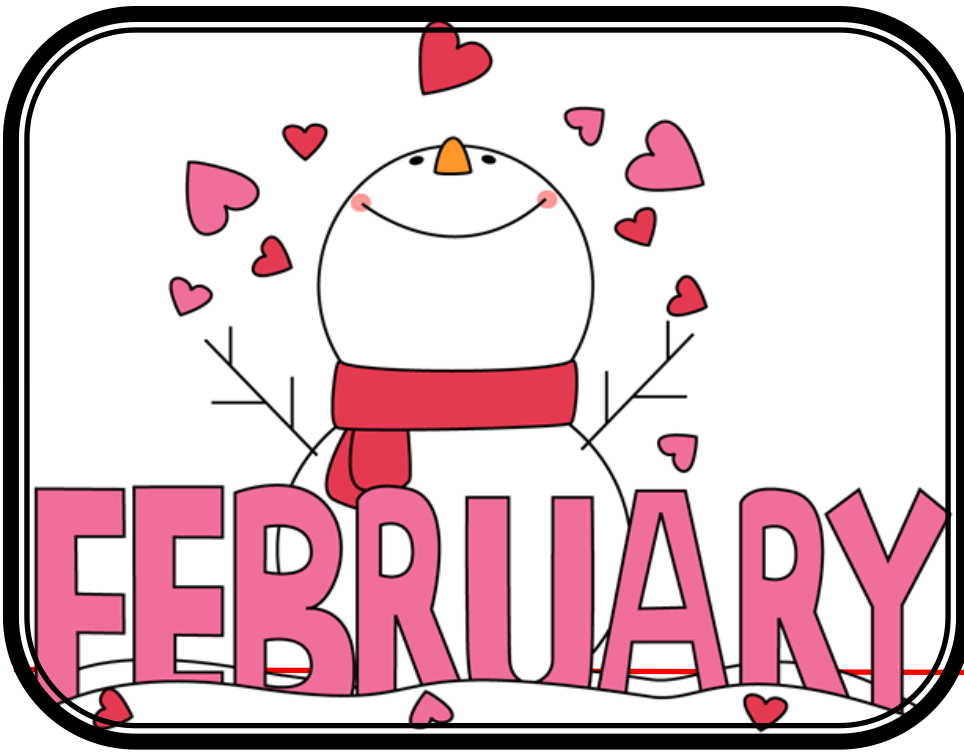
Passes Average - 24

Daily Census - 166

Beginning July 1, 2018, or sooner, SWVMHI will also be issuing eCards rather than paper cards to reflect successful completion of an AHA course. There will be more about that and other practices in upcoming newsletters.



Learn and Live



DID YOU KNOW?

1. The birthstone for February is Amethyst.
2. Two zodiac signs for February are Aquarius (January 20 - February 18) and Pisces (February 19 - March 20).
3. The month has 29 days in leap years, which is when the year number is divisible by four. In common years, the month has 28 days.
4. The Viola and the Primrose are the birth flowers.
5. Black History Month is celebrated in Canada and the United States during February.
6. National Day of the Sun is celebrated in Argentina in February.
7. In order to complete the Soviet Union's victory in Stalingrad during World War II, the last German troops surrendered in the Stalingrad pocket.
8. On February 6, 1933, Amendment 20 to the United States was proclaimed, which moved the Inauguration Day to January 20th.
9. In February, 1910, the Boy Scouts of America was incorporated.
10. On February 6, 1899, the U.S. Senate ratified the peace treaty that led to the end of the Spanish-American War.
11. On February 6, 1952, Princess Elizabeth became Queen Elizabeth II of Great Britain.
12. February 11 - National Foundation Day in Japan
13. February 12 - Abraham Lincoln's Birthday
14. February 14 - Valentine's Day
15. On February 21, International Mother Language Day is celebrated to promote awareness of linguistic and cultural diversity and promote multilingualism
16. February 22 - Independence Day in Saint Lucia
17. February 22 - George Washington's Birthday
18. February 24 - Flag Day of Mexico
19. February 25—People Power Revolution (Philippines)

Valentine's Day in America

Americans probably began exchanging hand-made valentines in the early 1700s. In the 1840s, Esther A. Howland began selling the first mass-produced valentines in America. Howland, known as the "Mother of the Valentine," made elaborate creations with real lace, ribbons, and colorful pictures known as "scrap." Today, according to the Greeting Card Association, an estimated 1 billion Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. (An estimated 2.6 billion cards are sent for Christmas.) Women purchase approximately 85 percent of all valentines.



Welcome Aboard!

Please welcome the newest additions to the SWVMHI Team!

Woods, RNCA, second shift, Ward C/D; Nancy Doss, PCT, Float 0630-1900; Skylar McCillan, PCT, third shift, Ward A/B; Leanne Hyler, RNCA, first shift, P-14, float

January 25, 2017



Left to right: Pamela L. Cregger, MSW, Social Worker, ERS; Elizabeth "Hope" Hockett, Food Service; Matthew White, Food Service



Left to right: Isaac Cox, RN applicant, first shift, ward A/B; Angela "Vickie"



Rehab Department News



The year 2018 has welcomed us with some very beautiful days, although many were filled with icy conditions that chilled us to the bone. Despite some harsh weather conditions, the Rehab Department enjoys taking this New Year as an opportunity to discuss and progress our own objectives, as well as those of the individuals we serve.

January's special activity took place on Thursday, January 25 from 1330 to 1500 in the Auditorium gym. It had been months (in October 2017 during our "Halloween Celebration") since our individuals last got together to

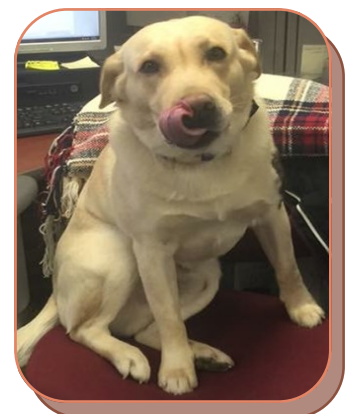
vote on this event's theme: the Super Bowl. Our "Super Bowl Showdown" featured nacho-cheese-and-chili-topped tortilla chips and soda pop as a snack with many sports fans' favorite activities taking place beforehand.

January's end hosted a reconfiguration of the department's group schedule. Each quarter, Rehab staff members brainstorm ideas to better the services we offer so as to best fit the needs of the individuals we serve. We're excited to see how these changes play out in the coming months.

The coming of another year also brings to Rehab some new faces. Matt Moorer joins us as our new Vocational Rehabilitation Coordinator! He will be running the New Day Café operations and leading Vocational Specialists with their employment-centered groups. Please join us in welcoming him with warmth and excitement!

And lastly, the Rehab Department would like everyone to also help us greet a new addition to our Pet Therapy coalition: Charlie Puddles. Charlie is a gentle and loving lab mix who assists in both groups and Animal-Assisted Therapy sessions on the wards. He also accompanies individuals to evening activities and especially enjoys game room nights. We are thrilled that he's working alongside us!

~ Emily Lockhart,
Wellness Rehab Coordinator



10 Ways to Start an Exercise Program



1. Get to Know Your Body – Every exerciser must have a basic understanding of the human body. This includes: proper identification of the major muscle groups, knowledge about the effects of activity vs. inactivity, distinction between stretching and strengthening a muscle, and distinction between “good pain” (muscle burn and fatigue) and “bad pain” (joint pain, lower back pain). If you know nothing about the workings of the body, you may be putting yourself in a dangerous position.

2. Understand Why You Are Exercising – Pose questions to yourself such as, “Why did I decide to start exercising?” The proper reason behind exercising can act as powerful and long-lasting fuel.

3. Know Where You Are – In other words, know your current fitness level. You will need at least a general idea so you can accurately measure your progress.

4. Know Where You Want to Be – To start, create a clear and vivid picture in your mind—what does this look and feel like? When you reach this ideal, what will you be able to do that you aren’t able to do now? The act of creating this picture alone can conjure up positive and pleasant emotions, and reminding yourself of this image can motivate you.

5. Know How You Will Get There – In other words, identify the exercise program or activities that will take you to your ideal fitness level. As a rule,

never choose an activity that doesn’t interest or excite you. Rather than fit into a generic exercise regimen, try to fit one to your needs.

6. Develop a Comfortable Routine – ACSM recommends that adults participate in at least 150 minutes per week of moderate-intensity physical activity. With this understanding, find a challenging yet realistic starting point upon which you can build over time.

7. Write It All Down – Organize your daily goals, weekly goals, longer-term goals, and exercise program/routine on paper. Studies find that those who write down their goals can accomplish up to 16 percent more than those who do not.

8. Gather Your Accessories – What special clothing, shoes, or gear does your fitness routine require? You might need to purchase a new pair of athletic shoes or activity-appropriate gear before initiating your program. Having the right exercise clothing and equipment can make the exercise easier and safer.

9. Create Incentives – Develop a reward system ahead of time for the goals you accomplish along the way. Be proud of your accomplishments, and don’t be shy about celebrating your

successes.

10. Get Started and Trust the Process – A common deterrent of exercise adherence is impatience. Many first-time exercisers expect dramatic body-altering results after mere weeks, or even days, of increased movement. But don’t give up if you aren’t immediately seeing the desired physical results. Real change may take up to several months. Trust the process and enjoy the journey.

Article courtesy of ACSM Fit Society Page, Summer 2011, page 6. Author – Greg Chertok, M.Ed., CC-AASP. In the interest of space, some sentences were omitted.

www.commonhealth.virginia.gov
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Heart Safety—Let's Save Some Hearts

When we think of February and hearts, it is usually in regards to Valentine's Day. Not only do we think of our special someone, we think of those who are close to us, those who mean the most to us. How fitting it is for February to be American Heart Month!

It is important to take care of your "Valentine Hearts," but it is **MORE** important to remember to take care of your *heart health*, as well as the *heart health* of those whom you love.

Do you realize that heart disease is the leading cause of death among men and women in the United States? One in every four deaths is due to heart disease. These statistics can change if we join together in an effort to improve our eating and exercise habits and manage health conditions.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- ✓ Watch your weight.
- ✓ Quit smoking and stay away from secondhand smoke.
- ✓ Control your cholesterol and blood pressure.
- ✓ If you drink alcohol, drink only in moderation.
- ✓ Get active and eat healthy.

This year you can show your support for the awareness of heart disease on National Wear Red Day. This Day falls on the first Friday of EVERY February and this year it took place on Friday, February 02, 2018. If you love someone, make this year be the year that you make a difference. Take care of your heart so you can be around to continue to love them and help them implement healthy, lifesaving changes.

~Submitted by the Safety Committee



CAI's due by Month:

CAI's are due to be completed **BY THE LAST DAY** of the month assigned!!

WAIT for e-mail instructions **BEFORE** completing the CAIs as they are updated each year!!

Be sure to **TAKE THE CORRECT CAI** – previous similarly named CAIs may also be listed!

READ your email instructions **CAREFULLY** & follow the instructions! – They may change from one CAI to the neXt!

When you have completed the CAI, ALWAYS CHECK YOUR TRANSCRIPT to ensure completion of the CAI and that proper credit is received!

SWVMHI CAIs are due by month assigned:

- ⇒ JAN dLVC (formerly VOPA) and BMEWS Update (for clinical, nursing staff) (2 CAIs)
- ⇒ **FEB** Workplace Violence-Harassment and DBHDS SANS IT Security Training 2018
- ⇒ MAR Fire, Safety & Security
- ⇒ APR Cultural and Linguistic Competency
- ⇒ MAY Human Rights/DI 201
- ⇒ JUN Infection Prevention and Control AND Regulated Medical Waste (2 CAIs)
- ⇒ JUL Emergency Management
- ⇒ AUG Hazard Communication
- ⇒ SEP Corporate Compliance/FWA AND Influenza Vaccine (2 CAIs)
- ⇒ NOV Back Injury Prevention

DBHDS/COV CAIs: once released from Central Office, notifications are sent out for staff to complete:

- ⇒ **DBHDS – IT Security Awareness**
- ⇒ **DBHDS DI 703**
- ⇒ **DBHDS – HIPAA**

- ⇒ Alcohol & Drug Awareness CAI due every **2 yrs** by ALL STAFF, including supervisors
- ⇒ DI 502 FOR SUPERVISORS – Alcohol and Drug Program is due every **2 years**

DEPARTMENT SPECIFIC Requirements

- ⇒ TOVA Recert is due **annually** from the last month it was taken
- ⇒ **EVEN** Years - CPR Healthcare Provider is due every **2 yrs** (for CPR Card)
- ⇒ **ODD** Years - CPR Competency is due every **2 yrs** (due **SAME** month/opposite year as is due for CPR Healthcare Provider certification)
- ⇒ First Aid is due for OT/RT/CRS Staff every **2 yrs** (yearly in month last taken)



Special Gym/Game Room Activities



Special Event

Feb. 15
1330—1500



Movie Nights

Feb. 5, 6, 12, 13, 20,
and 21, 2018
1830 to 2000



Holiday

Feb. 14, 2018
Happy Valentine's Day



Birthday Party

Feb. 28, 2018
1830 to 2000
No Café

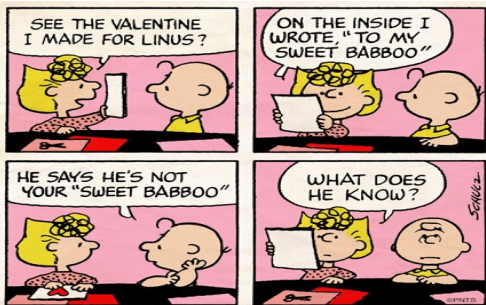


Church Services
held each Thursday from 1830
to 1930. New Day
Café open prior to
Church Services

No Game Room activities on the
following date:

Feb. 19, 2018

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.



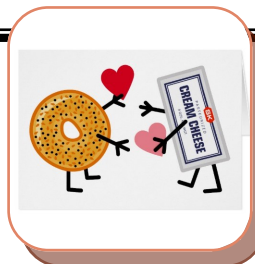
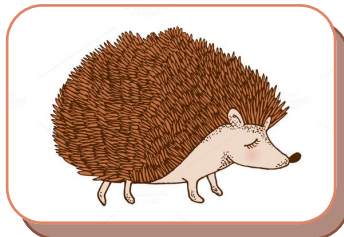
Happy Valentine's Day



February Days to Celebrate

"Off the cuff" February holidays
celebrate:

- Feb. 2**
Hedgehog Day (Yes really!)
- Feb. 9**
National Bagel Day
- Feb. 11**
Get Out Your Guitar Day
- Feb. 14**
Valentine's Day
- Feb. 15**
National Gum Drop Day
- Feb. 22**
National Chili Day
- Feb. 24**
National Dance Day





Word Search

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

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

ARROW

KISSES

CANDY

LOVE

CHOCOLATE

PINK

CUPID

PRESIDENTS DAY

FEBRUARY

RED

FLOWERS

ROMANCE

GROUNDHOG

ROSES

HEARTS

SHADOW

HUGS

VALENTINE

Love is a smoke made with the fume of sighs. ~William Shakespeare

Staff Development



Take advantage of Training Opportunities in February

- ◆ **Alternative Medicine, Fact or Fiction** - Commonwealth Room/B Building, February 6, 11:00 am.
- ◆ **Intro to Mental Illness** – Dogwood Room/B Building, February 20, 8:30 am – 12:00 pm
- ◆ **Facility Tour** – 1:00 pm– Meet in Bagley Bldg. Lobby for history tour.

Sign up in advance with Patricia Evans — call Ext 854

- ◆ **CAIs for February—Workplace Violence-Harassment and DBHDS SANS IT Security Training 2018**

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.



February

Lunar Phases

Feb 7

Last Quarter

Feb 15

New Moon

Feb. 23

First Quarter



Thank you



Here are a few helpful tips to keep in mind while using your work computer:

- Every PC should be re-booted at least once a week.
- Make sure you save all your files to the H drive, not the C drive. If you need assistance, call Brian Combs at x378.
- Before replacing your toner cartridge, take it out, give it a shake, and replace it to get more out of it.
- To log on to your computer, rather than use your email as your log on, use your "alias."

A thank you card was recently received from a family member of an individual we served on the Geriatric Unit. It stated, "You all will never know how your kindness and understanding thoughts of helping my family member through the difficult months was appreciated by me. I thank you from the bottom of my heart so much!"

~Sent from a family member

