



In this Issue



Retirement—Don Chisler	1-2
Coming Soon—Google Mail	3
Training Available	4
New Hires Rehab News	5
Intellectual Wellness	6
Social Work Month	7
Safety Updates	8
New Dogs in the House & Kronos Updates	10
Activities & Games/Puzzles	11

## From the Director

### Don Chisler – 22 Years as a Leader at SWVMHI

Being a great leader is all about having a genuine willingness and a true commitment to lead others to achieve a common vision and goals through positive influence. No leader can ever achieve anything great or long-lasting all alone. Teamwork goes hand in hand with leadership. Leadership is *about* people and *for* people.

There are a few words that come to mind when I think of Don:

**Hard-working & Dedicated** – he has been here day in and day out for 22 years working on our behalf to make this a better, safer facility for staff, visitors, and the individuals we serve.

**Caring** – He knows his people and his colleagues. He is a good Christian man who, through his presence, has been here for his people and for many of us. He is at hospitals and funeral homes, showing his caring through his words and his simple presence.

**Knowledgeable** – What he doesn't know about law, policy, procedure, regulation, standards, he immediately worked to find out. Through his Vision, we have completed many successful Physical Plant projects through the years. These include:

**The Fire Alarm System** (well, maybe it will be done someday)

- **Roofing projects**

- **The Henderson dome**
- **Generators**
- **Power Plant improvements**
- **Taking down the stack**
- **Transfer and closure of buildings**
- **Piping projects**
- **OneMind installations**
- **And what Don considers our most important accomplishment, the 4160 power loop.**

He's worked to ensure all contracts were up to snuff and provided us with the services and equipment that we needed.

He's worked to ensure that his staff are responsive to the needs of other staff and the individuals we serve 24/7.

We've been through fires, power outages, equipment failures, and patient escapes. We've been through staffing changes here and in Richmond. We've been through tough budget times and slightly better budget times.

Don is also recovery oriented. This may seem odd to say that the Director of Physical Plant is recovery oriented. Recovery is defined as "A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential."

And Don has led as a servant lead-

er who demonstrated that all people have worth, that the Physical Plant staff can be a support in an individual's recovery, and that the individuals we serve are unique individuals, worthy of respect and consideration, just as you or I are. Don attended recovery specific training we had for non-clinical staff in the late 1990s, but even before this, it was who Don was. In spite of their difficulties, and the difficulties they sometimes cause for Don's staff, all our staff treat the patients as individuals of worth. They are friendly, kind, and develop appropriate relationships with them. This is a treasure that cannot be underestimated.

Don has been a major support to me through the years – from the time he was first hired and I was Clinical Director and he led my Department Head staff on a tour of the Power Plant so that we could all learn. He assisted me through the years to learn about the roles and responsibilities that he and his staff perform. He has taught me immeasurable amounts of information – not only about his world, but also about integrity, loyalty, and perseverance. He has provided a very valuable level of continuity that few

(Cont. on page 2)

**Hidden**

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





(cont. from page 1)

other facilities can boast. He is the second longest serving Physical Plant Director in DBHDS and this means something in this world of high turnover and apparent lack of long term commitment.

Things don't drop through the cracks. Routine maintenance and special projects are completed. So Don has been a strong leader, but I go back to my initial statement which ended, "No leader can ever achieve anything great or long-lasting all alone. Teamwork goes hand in hand with leadership. Leadership is *about* people and *for* people."

To the Physical Plan Services staff:

Don has never taken sole credit for anything himself. He always credits the strong team that he inherited 22 years ago and that he has shaped until you are what you are today. YOU are the reason that surveyors and visitors comment on the beauty of the grounds and the excellent maintenance of the buildings. YOU are empowered to bring all your creativity and brains to work to look at the needs of the facility and the best way to accomplish them. YOU are the reason our equipment lasts long after its usual useful life. And you are the reason that we will be okay even after Don has retired and is living on the beach. I thank you for your dedication.

We will miss Don, but the legacy that he has built will live on in your work. Since Don came to us from the shipyard, it is fitting that I close with a nautical quote:

"Anyone can steer the ship, but it takes a leader to chart the course. Leaders who are good navigators are capable of taking their people just about anywhere." (John C. Maxwell)

We are a better facility because you have lent us your time, skills, knowledge, and dedication. Thank you Don!

Cynthia L. McClaskey, Ph.D.



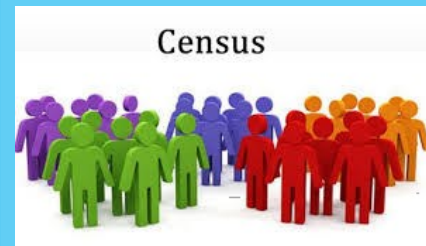
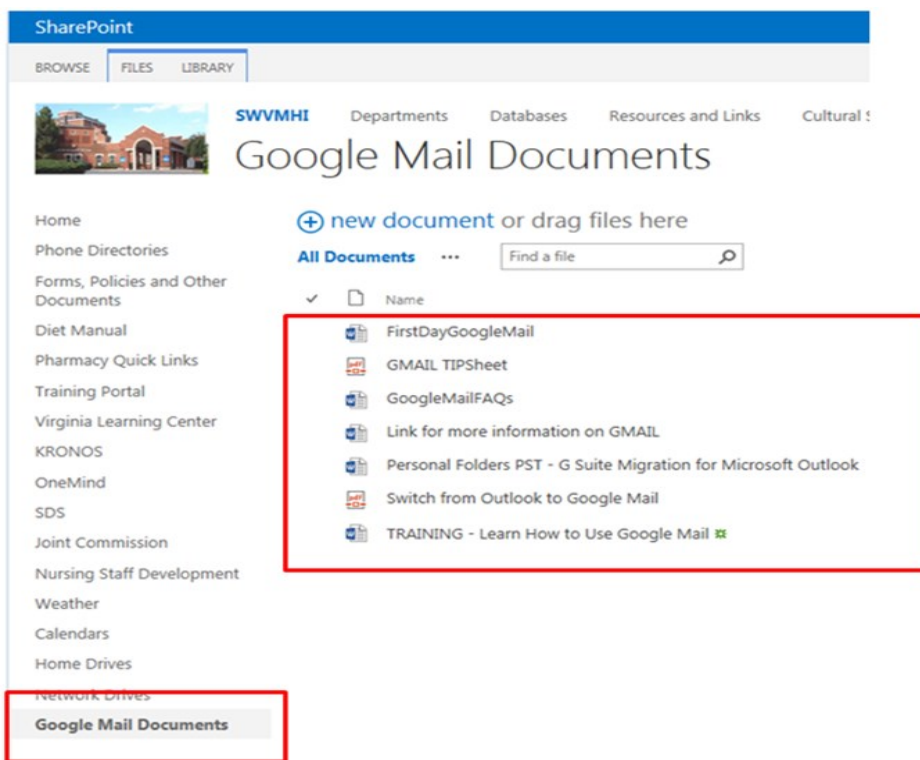
# Training Department News

## Coming Soon — Google Mail!

On **March 26, 2018**, all DBHDS facilities will be transitioning to Google Mail (GMAIL). Your email address will not change, but many other features will be new and different!

To prepare for this big change, please visit the SWVMHI Intranet (SharePoint) and click on the **“Google Mail Documents”** link to the left of the page. There you will find tip sheets, FAQs, and access to trainings to take PRIOR to March 26 to better prepare you for the new email system. To access GMAIL training opportunities, click on the document titled **TRAINING – Learn How to Use Google Mail**. You can sign up for live webinars scheduled at various times throughout the month of March, or log into the VLC to take courses at your leisure.

If you have any questions, please contact Merle Obregon at ext. 167 or Eric Rhodes at ext. 856.



Census

### MONTHLY PATIENT CENSUS

March, 2018

Admissions - 72

Discharges - 75

Passes Average - 18

Daily Census - 163



Wow! What a wonderful surprise our staff was given as a Valentine’s Day Thank you! Special doughnuts were delivered by the Human Resource Department as a token of appreciation for all the hard work our staff provides on a daily basis!

We have a wonderful group of employees at SWVMHI and this was something that made for a nice surprise! (also made our tummies happy!)





## Mental Health First Aid

Just as CPR helps you assist an individual having a heart attack — even if you have no clinical training — Mental Health First Aid helps you assist someone experiencing a mental health related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

We have vacant slots for the **Mental Health First Aid** Classes on **March 19** from 8:30 am-5 pm – in the Dogwood Classroom.

*Please register with Patricia Evans x854 if you wish to attend this class.*

Many accrediting bodies recognize and count this certification as Continuing Education Units/Professional Development hours.

If you sign up for this class *then become unable to attend* **please let us know**. We often have wait lists and may need the spot for someone else! *Thank You!*

Each class is limited to 25 participants

Dr. Gillette Ethics Presentation Training  
“When Harry Met Sally at the Hospital”

When: March 29

Time: 1:30 p.m.

Location: Dogwood Classroom

Please be sure you register with Patricia at extension x854

**Don't forget to complete the CAI for March!**

**Fire, General Safety, and Security**

## DID YOU KNOW?

1. The birthstone for March is the aquamarine.
2. The zodiac signs for March are Pisces (Feb. 19— Mar. 20) and Aries (March 21—April 19)
3. The birth flower for March is daffodil
4. American Red Cross Month
5. Fire Prevention Month
6. Women's History Month
7. National Reading Day
8. March 1 is the date the Nebraskans celebrate the admission of their state to the union
9. March 2 is celebrated by Texas as the anniversary of its independence from Mexico.
10. March 25 is celebrated by people in Maryland to commemorate the arrival of the first Maryland colonists in 1634.

## More Interesting Facts about March

The 3rd month of the year brings us Palm Sunday, St. Patrick's Day, and the start of Spring.

In the Georgian calendar, the calendar that most of the world uses, March is the third month of the year. However, it was the first month and named Martius in the early Roman calendar. Later, the ancient Romans made January the first month so March became the third month, which always had 31 days. The name Mars was named after the Roman god of war. In March, the winter ends and springs begins. In the northern half of the world, spring begins in March, which is the day when the sun is directly over the equator. At this time, the animals end hibernation and begin to appear.





# Welcome Aboard!



## New Hires for February 10, 2018

**From Left to Right:** Leaslie Delp, Transportation PCT; Miranda Martin, Food Service; (back) Jonathan Harris, Transportation PCT; (front) Christal Louthian, LPN, Ward CD, second shift; Jamie Rouse (no longer employed); Carla Terry RNCA, Ward CD, second shift.

A beautiful sunset recently photographed from the front of the Henderson Building.



## Rehab Department News



Punxsutawney Phil predicted six more weeks of winter, but February has housed an eclectic mix of many weather forms. The last of January ended with two break days; during which time, the Rehab Department conducted trainings, meetings, and group updates. Many additions to our programming were made, and new employees were officially added as group co-leaders to our schedule. We are very excited for this progress and welcome new and creative outlets for promoting recovery.

Our department continues to operate a multitude of group sessions throughout each week; this month giving special emphasis to Valentine's Day.

February's Valentine Day special activity took place on the last Thursday of the month and consisted of strawberry-topped cheesecake and a variety of themed activities. The event was an enjoyable ending to a short, but memorable month.

Rehab continues to contribute to and participate in the CLC's Wellness Initiative. This quarter's focus is Intellectual Wellness, with many groups exploring different means of cultivating new knowledge and skills.

Next month, we will aid the committee in their quarterly special event, which will take place in the gym on Thursday, March 22, at 1330. Keep expanding your brainpower and don't forget to decorate a snowflake cut-out that showcases your unique thinking!

~ **Emily Lockhart,**  
**Wellness Rehab Coordinator**

### SWVMHI Mission

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



### SWVMHI Leadership Philosophy

The Southwestern Virginia Mental Health Institute leadership philosophy promotes creativity, teamwork, and shared leadership by expecting all employees to learn, live and lead by the organizational Values. We believe leadership can and should be demonstrated by all staff in their individual and collective roles. This leadership philosophy enables SWVMHI to fulfill its Mission of assisting people in their recovery.

# Decorate Your Unique Snowflake to Showcase Your Brainpower!!!

This quarter is all about Intellectual Wellness!

This refers to active participation in academic, cultural, and community activities. It is important to gain and maintain intellectual wellness because it expands knowledge and skills in order to live a stimulating, successful, and thriving life. Valuing creativity, curiosity, and lifelong learning supports rich intellectual wellness. Some steps to increase this aspect of wellness:

- Read for fun!
- Have a friendly debate with a friend but choose the viewpoint opposite the one you hold.
- Learn new things about the way your mind processes information. This can mean trying new activities or doing everyday tasks in a new way.
- Learn a foreign language.
- Play a game. Branch out even more by trying a game that goes beyond your comfort zone.
- Play a musical instrument.
- Journal your thoughts and emotions.
- Solve thought-provoking puzzles.
- Get involved in the CLC's hands-on activity! 😊



## FOCUS: INTELLECTUAL WELLNESS

Activity: Decorate Your Own Snowflake (one per person)

Why: To showcase your brain power in a unique way

How:

- ✓ Pick up one snowflake cut-out from the envelope at the Nurses' Station, SNC Office, Cafeteria, Bagley Lobby, Henderson Lobby, B Building, or Physical Plant.
- ✓ Decorate your snowflake to represent the specific qualities that make your brain powerful. How is your thinking unique? (Please put your name and location/department on the back.)
- ✓ Return the decorated snowflake cut-out to the location where you picked it up and put it in the envelope labeled "Completed Snowflake Cut-outs."
- ✓ Completed cut-outs will be collected at the end of March and displayed in the L Hallway.



**Laughter!**  
See how many you can figure out.

(See answers on Page 12)

1. What goes up but never comes down?
2. A frog fell into a well 12 feet deep. He could jump 3 feet, but every time he jumped 3 feet, he fell back 2 feet. How many times did he have to jump to get out of the well?
3. What can point in every direction but can't reach the destination by itself?
4. What treat is never on time?
5. Why can't you say a joke on ice?
6. Which rock singer really, REALLY needs a shower?
7. A box with no hinges, latch, or lid. Inside a golden treasure is hid. What am I?
8. What did the comedian say when he took off his clothes?
9. Why did the pony cough?
10. Why did mom test the bath water before putting Silly Billy in?

### The Grand Finale!

Why did the friend tip-toe past the medicine cabinet?

Laughter  
is an  
instant  
vacation.

- Milton Berle

get more quotes at THE DAILY QUOTES.COM



# Social Work Month—March 2018



**SOCIALWORKERS**  
*leaders. advocates. champions.*

I have given a lot of thought about writing this Social Work Month article after having read so many over the years. I could certainly talk about the history of Social Work and include the fact that Jane Adams, the first true Social Worker, was the first American woman to win the Nobel Peace Prize in 1931. I could talk about the 1984 presidential proclamation from President Reagan that declared the month of March as Social Work Month (and I could also brag that we do so much for people we help that we get a whole month!). Discussion of the recognition of Social Work as a profession through the July 1, 2013, Social Work Title Protection law would also be part of an article celebrating our month. And what would a Social Work Month article be without talking about all of the different roles that we can serve in a very diverse set of environments?

While I am of course proud to call myself a Social Worker and have so much respect and gratitude for all of the Social Workers around the world, I want to focus on some Social Workers who I am fortunate enough to work with every day. The Social Work staff here at SWMHI bring a number of things to the table each and every day. It is important to focus on these roles for Social Work Month 2018.

We are advocates – for our patients, our Department, our treatment teams, and our Facility, as well as for ourselves. Discharges happen at times solely because of the advocacy we do.



Row 1: Emma Bragg, Mallory Jessee, Pamela Cregger, Sara Magnuson, Tasha Pickle, Garrett Baker, Cheyenne Harris, Elaine Tucker, David Mumpower, Ali Medlen  
 Row 2: Michelle Poston, Mark Morin (Dir. Comm. Svs.), Danielle Grogan, Robyn Anderson (SW Director), Zina Worley, Barbie Honaker, Leiann Smith, Maggie Carter, Jennifer Tuell

We are fighters – the social workers here fight frequently for the betterment of individuals we serve and their situations. We fight for doing the right thing, even if it may not be the most popular position.

We are communicators – I personally have observed so many instances with Social Work staff saying hard things in soft ways, and other times not so soft ways when that approach is needed.

We are incredibly empathetic – we are able to understand and share the feelings of others, even at times to our personal detriment.

We are collaborators – working together with others is the primary way we make things happen.

I am one of the lucky ones - I get to come in every day and work with the best group of Social Workers with whom I have ever had the

honor and privilege to work. This work family of ours helps make the machine run and makes SWMHI a better place to be. Leading this group of Social Workers is a joy and an experience I would not trade for any other.

So I ask each of you to use March, along with every other month, to **“Thank a Social Worker.”**

~Robyn Anderson, LCSW  
 Social Work Director



Jill Buttrey and Connie Adams  
 Office Staff



# Safety Updates

In an on-going effort to keep staff apprised of safety updates being implemented throughout the hospital, we are starting a new series of articles to keep you updated. Since last year, the following updates have taken place:

*Joint Commission Ligature Risk Corrective Actions – the following items have been installed:*

- Water fountains in patient care areas were removed; a new water fountain that is ligature resistant is now located outside the gym.
- All handrails in the Bagley Building have been replaced with ligature resistant handrails. The handrails at the nurses' desks have also been replaced.
- Geriatrics has a workgroup looking at the closets/closet doors on their unit.
- All of the sinks in patient bedrooms as well as in the Auditorium and Blaylock buildings have been replaced with new sinks that have ligature resistant faucets.
- Ligature resistant shower handles have been replaced in all patient-care bathrooms.
- All doors in the Bagley Building have been replaced with ligature resistant doors/door hands, with the exception of Environmental Services doors on E/F and J, the door to the office suite on Ward E/F, Dave McConnell's Office on the L Hallway, and med rooms on J, all of which are on backorder.
- Lights over nurse's stations have been removed.
- All vents on Ward E/F were inspected by a workgroup, a few bed cranks were found to be broken and are in the process of being repaired.

It should be noted that all of the above work was done in house without hiring outside contractors, thus reducing the labor costs. It should also be noted that no employee was injured, and minimal disruption was made to the patient care areas.

*Upcoming projects.* Several projects are on the horizon for SWVMHI, including:

- \* Water Project – work will begin very soon to replace the water pipes running around the Bagley Circle that tie into each building. All of this work be outside work, but may affect traffic around the Circle, so please be on the lookout for signage and possible detours as this important project takes place.
- \* CCTV – This project will be commencing soon as well, and cameras will be set up in all public areas, including dayrooms on patient-care units. This will be in conjunction with the next project.
- \* Duress System – the CCTV and Duress System will both work off of similar wifi and electrical systems, and all staff will be issued fobs to wear with their badges that will alert other staff in the event of a behavioral code. Details of both of these projects will be communicated later, so please be on the lookout for emails coming soon.
- \* Nurse Call system – the current nurse call system is aging, but there is money in the budget for only an upgrade of the system on Ward E at this time. More details will be provided as they become available.

As we complete other safety updates to the facility and/or have additional details regarding upcoming projects and how they may affect the patient-care areas or traffic patterns outside, we will pass those along to you. Thank you for your patience as we work to make SWVMHI safe for staff, visitors, and the individuals we serve.

~ Cynthia McClaskey, Ph.D.  
Director



# When the Waters Rise, Will you Know What to Do?

Floods are one of the most common weather hazards in the United States. They can happen anywhere at any time of year.

## What is a Flash Flood?

Densely populated areas have a higher risk for flash floods than rural areas.

Flash floods can occur within minutes or hours of a heavy rainfall, and waters can rise as high as 30 feet or more. Even small streams and creeks can flood rapidly and cause damage. Flash floods are usually caused by slow-moving thunderstorms.



According to the National Weather Service, "Flash floods are short-term events occurring within six hours of the causative event (heavy rain, dam break, levee failure, rapid snowmelt and ice jams) and often within two hours of the start of high-intensity rainfall."

Flash floods can move homes and cars, uproot trees, and destroy bridges. Because floods happen with little to no warning, residents in low-lying areas are particularly at risk. According to the American Red Cross, flash floods are the No. 1 weather-related killer in the U.S.

Almost half of all [flash flood fatalities](#) are vehicle related, according to the National Weather Service. If you're driving and approach a water-covered road, turn around. Just 6 inches of water can stall a vehicle, and 2 feet can float most cars, trucks, and SUVs. Here are some other tips to stay high and dry:

- Know your proximity to rivers, streams and dams
- During heavy rain, avoid underpasses, underground parking garages, and basements
- Avoid hiking or camping if thunderstorms are predicted
- Develop an evacuation plan for your family
- Don't walk in water above your ankles; you can be swept off your feet in as little as 6 inches of rushing water
- Turn off the electricity and other utilities



~Submitted by the Safety Committee

# New Dogs in the House

We would like to welcome two new dogs to our stable of Therapy Dogs at SWVMHI. Each has unique qualities that make them a good fit for our program and those we serve. We look forward to utilizing them in 1:1s, groups, and informal visits.

Be sure to say hello when you see them. We are so grateful to their “parents” for sharing their love with all of us.

**Pup Pup** - belongs to Rebecca Sexton. He is a Yorkshire Terrier and will be accompanying PT in their work on the various units and in the Therapy room on Ward G. His exuberant personality will make him a day brightener for all who meet him.

**Bailey**-belongs to Angie Anderson. She is a geriatric Lady who will be a most welcome calming presence wherever she goes. She is a cuddle bug who loves to give and receive love.

We are happy to have them join Wrangler, Tipi, Doc, Gus, Lily, Walter, and Perry as they help in the Recovery of those we serve!

~Submitted by Lesu Cole



Meet Bailey who belongs to Angie Anderson.



Meet Pup Pup who belongs to Rebecca Sexton.



## KRONOS UPDATE

Last fall, we were scheduled for an upgrade of our Kronos system from version 6.2 (v6.2) to version 8 (v.8). It was postponed just before Go-Live until the spring for a variety of reasons. Well, spring has arrived! Very soon we will be upgrading from KRONOS v6.2 to Kronos v8. Timekeepers and Managers will be receiving email communications regarding upcoming training and testing of the new system prior to our projected Go-Live date, which is currently scheduled for June 10, and they will be asked to attend a training session in preparation for testing. For those of you who do not keep time or otherwise manage other employee’s time in Kronos, we know that you will want to see the system as well, as it looks quite different than it does now. However, the new version is much more user-friendly, and hopefully will be easier for you to navigate. One change that will affect everyone who uses Kronos, whether you just look at your own timecard, or you are timekeeper, manager, payroll, human resources – everyone – is new password rules. Currently, we are not required to change our password in Kronos. The new version will require that you change your password every 90 days, passwords must contain upper and lower case letters, and at least one number, and they can only be 8 characters long. You will not be able to use the previous 24 passwords.

As our Go-Live date gets closer, we will set up some employee sessions so you can see the new version, how to find your timecard, your leave balances, your hours worked, and your schedule. Please be on the lookout for breaking news regarding this important upgrade, and please be sure to sign up for appropriate training sessions as they are available. Should you have any questions, please first contact your timekeeper or supervisor. Thanks for your patience while we make this transition.

~ Cheryl Veselik

# Special Gym/Game Room Activities

Special Event  
March 22, 2018  
1330—1500



Movie Nights  
March 5, 6, 12, 13, 19,  
20, 26, & 27, 2018  
1830 to 2000



Holiday  
March 17, 2018  
Happy St. Patrick's Day

Birthday Party  
March 28, 2018  
1830 to 2000



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.

## Spring Forward!

Daylight Savings Begins



**DATE TO REMEMBER—March 11, 2018**

Don't forget to set your clocks ahead on March 11, 2018 as Daylight Savings Time begins!

### SPRING AHEAD!



## February Days to Celebrate

"Off the cuff" March holidays to celebrate:

- March 1**  
World Compliment Day
- March 3**  
Princess Day
- March 10**  
International Bagpipe Day
- March 12**  
Napping Day
- March 15**  
Buzzards Day
- March 23**  
National Puppy Day
- March 30**  
World Marbles Day



Happy National



Puppy Day!!!





# Word Search

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



"Joy is not in things; it is in us" - Richard Wagner

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

DAFFODIL

GREEN

IRISH

KITES

LAMB

LEPRECHAUN

LION

LUCKY

MARCH

RAINY

SHAMROCKS

SPRING

ST PATRICKS DAY

WINDY



# Staff Development

## Take advantage of Training Opportunities in February

- ◆ **Dr. Gillette's Ethics Presentation Training** - Dogwood Classroom, March 29, 1330 pm.

Sign up in advance with Patricia Evans — call Ext 854

- ◆ **CAI due for March—2018 Fire, General Safety, and Security**

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.



## March

### Lunar Phases

**March 1**  
Full Moon

**March 9**  
Last Quarter

**March 17**  
New Moon

**March 24**  
First Quarter

**March 31**  
Full Moon



### Answers from Page 6 “Laughter”

1. Age
2. The tenth jump took him out. (On the tenth jump he reached 13 feet and was out.)
3. Your finger
4. A choco-late!
5. Because it'll crack up!
6. Mud-donna
7. An egg
8. Haven't you ever seen a comic strip?
9. He was a little horse!
10. To prevent son-burn.

### The Grand Finale:

She didn't want to wake up the sleeping pills!





### 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



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

**Please submit : articles for the next newsletter to Teri Townsend by April 23, 2018.**