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Hidden

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



From the Director New Safety Projects for the Spring

Due to the important role of SWVMHI in the Commonwealth's behavioral health delivery system and due to the concern for staff and patient safety, SWVMHI was selected last year to receive several upgrades to our physical plant/safety features. The first upgrade includes a new water project to replace the underground pipes going around the outside of the Bagley Circle. You will see construction starting shortly so please be alert to construction equipment and other potential hazards.

In addition, we have three new safety projects that will be going on at the same time within the Bagley Building: the Staff Duress System, the Closed Circuit Television (CCTV) system, and the Nurse Call System for Geriatrics. These projects will be

starting within the next several weeks and be completed at the same time by the same contractors. Wiring will be installed in the ceilings that will permit the systems to operate.

I wanted to share with you now some basics about these enhancements. There will be additional information and staff training as the systems Go Live.

Staff Duress System



All employees will be issued a duress alarm fob. Just like your SWVMHI Employee ID badge, you must wear the duress alarm fob while you are at work, between your neck and your waist. You may

have seen several staff members wearing a round item, about 3 inches wide, attached to the clip on their badge. This is the duress alarm fob.

There are two buttons on the alarm fob, one large and one small. Both buttons will be active and they will do the same thing: when pushed during a behavioral emergency, either button will transmit an alarm which can automatically identify the employee's location.

When an employee presses the alarm fob button, within three seconds, an automated recording will announce, "Code Alert (location), Code Alert (location), Code Alert (location)."

Thank you,
Cynthia L. McClaskey, Ph.D.

Continued on page 2

From the Director, continued

(Continued from page 1)

There will no longer be a need to find a phone, call the overhead page, and announce a Code Alert and location; once the alarm fob button is pushed, the system does it automatically.

The alarm fobs will be used for behavioral crisis only. The new system will only have one type of code, a Code Alert. We will no longer use Code Response. For all other codes (**Red, Blue, Orange, or Green**) employees will continue to use the telephones and dial 710 to access the All Facility intercom.

There will be sensors all over the facility, so wherever an employee is located, the code will be called in that location. The alarm fobs will not track employee movement throughout the facility. The alarm fob works like a garage door opener and when the button is pressed, it will send a signal to the closest detector/sensor which will begin the Code Alert announcement. The alarm fobs are not GPS.

We will have testing of the system and training for all staff on the use of the staff duress system/alarm fob before it goes live. During training, we will be very clear to describe where the sensors will pick up location and announce the Code Alerts and where they will not. For instance, they will not pick up in the parking lots.



Closed Circuit Television (CCTV)

CCTV cameras will be installed in public areas where patients are located, including hallways, day rooms, alcoves, team rooms, and group rooms. They will not be in patient bedrooms or in bathrooms. The cameras activate and record when there is movement. There will only be visual recording; there is no audio. The storage in the system is limited, so the recording will remain for a certain period of days until it is overwritten.

No one will be sitting watching a vast bank of monitors. In the event of an incident, a request may be made by a Manager or Investigator to review the footage. There will be a formal procedure to request to view the footage.

We understand that there is concern that someone will be watching, waiting for someone to do something wrong. **On the contrary, we assume that you are going about your time at work, doing your job and doing it well.** Should there be a concern or allegation made against a staff member, then the CCTV footage can be used to show that

you made your rounds, spoke calmly to the patient, were not sleeping, or otherwise performed your duties as required. Some other DBHDS facilities have been using CCTV for many years.

This is a change for us and it is understandable that there is some consternation about the change. We expect that over time, staff will understand that the CCTV can be protective for them as well as for the individuals we serve.



Nurse Call System for Wards E & F

Also to be completed this spring is a new Nurse Call system for Wards E & F. This system is required by CMS for our nursing home patients. We were not able to include a nurse call system for other units at this time.

Managers, please discuss this information with staff. Please share with those who have limited access to email. I know that you will work with the contractors and the Physical Plant Services staff to assure that everyone remains safe during these projects.

Celebrate National Occupational Therapy Month—April 2018

Occupational therapy is the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations).

Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent, or live better with injury, illness, or disability.

Common occupational therapy interventions include helping children with disabilities to participate fully in school and social situations, helping *people* recovering from injury to regain skills, and providing supports for older adults experiencing physical and

cognitive changes. Occupational therapy services typically include:

- An individualized evaluation, during which the client/family and occupational therapist determine the person’s goals.
- Customized intervention to improve the person’s ability to perform daily activities and reach the goals.
- An outcome evaluation to ensure that the goals are being met and/or make changes to the intervention plan.

Occupational therapy practitioners have a holistic perspective, in which the focus is on adapting the environment and/or task to fit the person, and the person is an

integral part of the therapy team. It is an evidence-based practice deeply rooted in science.

Thank you Sara Vines and Beth Smith for your service and commitment.



National Medical Laboratory Week April 22 to 28



National Medical Laboratory Professionals Week (NMLPW) is an annual celebration of the medical laboratory professionals and pathologists who play a vital role in every aspect of health care. This is a time for medical laboratory personnel to celebrate their professionalism and be recognized for their efforts. Another goal is to inform and educate medical colleagues and the public about the medical laboratory and the impact of having these dedicated skilled professionals has on the overall patient care. Since lab techs often work behind the scenes, few people know much about the critical testing they perform every day. Thank you for all you do!





CPR UPDATES



The American Heart Association has developed several new rules and regulations for their CPR classes. SWVMHI is working proactively to implement these new rules and regulations before the deadline.

The first new regulation which takes effect January 1, 2019 is that all manikins be feedback devices which the AHA has determined is a more appropriate learning tool than plain manikins. Feedback devices let students and instructors see immediately whether they are compressing at the appropriate rhythm and depth by lights on an attached monitor. This is a monitoring tool for students and instructors but should not be relied upon to replace the students' knowledge and skills of high quality CPR.

The March 10 new hire class was the first group to utilize the new manikins. The new manikins look exactly like the old ones with the exception that they now have a port for the attached feedback device. All CPR classes beginning in March will use the new manikins.

The second regulation to go into effect in 2018 is the replacement of paper CPR certification cards with electronic or eCards®. For SWVMHI our transition to all eCards is to take place effective July 1, 2018. The purpose of the eCards is to offer lower cost of cards, a higher degree of security, and conformity of cards.

The Training Department is working out the details of the distribution of eCards to students, so more information will follow. During all of 2018 the Training Department will be distributing paper cards as we transition to eCards.

Should anyone have any questions regarding CPR training, the new manikins or eCards, please contact any of the Training Department staff.

Submitted by the Training Department





April is Autism Awareness Month

Nearly a quarter century ago, the Autism Society launched a nationwide effort to promote autism awareness, inclusion, and self-determination for all, and assure that each person with Autism Spectrum Disorder is provided the opportunity to achieve the highest possible quality of life. This year, the Autism Society wants to go beyond simply promoting autism awareness to encouraging friends and collaborators to become partners in movement toward acceptance and appreciation.

Let's embrace a new perspective. For over 50 years, the Autism Society has worked in communities (both large and small) to ensure that their actions supported all individuals living with autism. Let's expand this work to focus on the rest of us – ensuring acceptance and inclusion in schools and communities that results in true appreciation of the unique aspects of all people. We want to get one step closer to a society where those with ASDs are truly valued for their unique talents and gifts.



What can I do?

Sign up on the Autism Society website for the e-newsletter Autism Matters to continue sharing ideas on how to make a better world for autism here.

Share your experience and stories with the Autism Speaks or another organization. Use #StandUpForAutism to join the conversation!

Put on the Puzzle! The Autism Awareness Puzzle Ribbon is the most recognized symbol of the autism community in the world. Autism prevalence is now one in every 68 children in America. Show your support for people with autism by wearing the Autism Awareness Puzzle Ribbon – as a pin on your shirt, a magnet on your car, a badge on your blog, or even your Facebook profile picture – and educate folks on the potential of people with autism!

Connect with your neighborhood. Many Autism Society local affiliates hold special events in their communities throughout the month of April. But if you can't find an event that suits you just right, create your own!

Watch a movie. Did you know that something that seems as simple as going to the movies is not an option for many families affected by autism? The Autism Society is working with movie theaters to bring special-needs families sensory friendly movies every month.

For more information see: <http://www.autism-society.org/get-involved/national-autism-awareness-month/>

Financial Wellness is Now Within Your Grasp

Wouldn't it be nice to have your own personal money-management library? One that's free, easy-to-use, entertaining and helpful? VRS has you covered.

[myVRS Financial Wellness](#) offers articles, videos, calculators and educational games to help you make money decisions today while preparing for tomorrow. Delve into an ever-changing content lineup including:

- Debt and credit management
- Personal budgets
- Spending habits
- Credit cards
- Student loan repayment
- Career development strategies

And, when you log into your [myVRS Financial Wellness account](#), you'll have access to additional and personalized content, including mini-courses with action plans, budget worksheets that you can save, and update as well as recommended content based on your interests and goals.

Take charge of your financial health with tools, tips, and time-savers designed with your needs in mind.

VRS Defined Contribution Plans Have New Mobile App

Say you want to check your latest investment returns when you're at the beach, or while standing in line at the grocery store, or waiting for the kids at a swim meet. Now you can do that.

If you are in the Hybrid Retirement Plan, contribute to the Commonwealth of Virginia 457 Deferred Compensation Plan or other VRS defined contribution plans, be sure to download the VRS DCP mobile app to help you manage your account and learn more about investing.

You can use the mobile app to:

- View your balance.
- Increase your voluntary contributions to the hybrid plan.
- Use plan calculators to help you make contribution decisions.
- Get contact information for local defined contribution plan specialists who offer free counseling.
- Receive text updates with TextAccess.

Get started today by downloading the VRS DCP mobile app in [Google Play](#) or the [App Store](#).

The Month of April in History

April 1, 1865—During the Civil War, Confederate troops of General George Pickett were defeated and cut off at Five Forks, Virginia. This sealed the fate of Confederate General Robert E. Lee's armies at Petersburg and Richmond, and hastened the end of the war.

April 4, 1968—Civil Rights leader Rev. Dr. Martin Luther King was shot and killed by a sniper in Memphis, Tennessee.

April 6, 1896—After a break of 1500 years, the first Olympics of the modern era was held in Athens, Greece.

April 11, 1970—Apollo 13 was launched from Cape Kennedy at 2:13 p.m. Fifty-six hours into the flight an oxygen tank exploded in the service module. The astronauts then transferred into the lunar module, using it as a "lifeboat" and began a perilous trip to Earth, splashing down safely on April 17th.

April 14, 1865—President Abraham Lincoln was shot and mortally wounded while watching a performance of *Our American Cousin* at Ford's Theater in Washington.

April 17, 1961—A U.S.-backed attempt to overthrow Premier Fidel Castro of Cuba failed disastrously in what became known as the Bay of Pigs fiasco.

April 18, 1775—The Midnight Ride of Paul Revere and William Dawes occurred as the two men rode out of Boston about 10 p.m. to warn patriots at Lexington and Concord of the approaching British.

April 22, 1865—"In God We Trust" was included on all newly minted U.S. coins by an Act of Congress.

-<http://historyplace.com>



65 Students Participate in National Groundhog Job Shadow Day



The Blue Ridge Job Corps Center was welcomed at Smyth County Community Hospital in Marion, Virginia; **Southwestern Virginia Mental Health Institute in Marion, Virginia**; Johnston Memorial Hospital in Abingdon, Virginia; and Bristol Regional Medical Center in Bristol, Virginia for National Groundhog Job Shadow 2018. During the month of February, sixty-five Nursing Assistant, Medical Assistant, and Medical Office Support students toured healthcare facilities to experience what a typical day is like for employees. Students received first-hand insight into the educational and career opportunities ahead of them.

Smyth County Community Hospital in Marion, Johnston Memorial Hospital, and Bristol Regional Medical Center students toured several departments; some of them included the family birthing center, radiology department, and oncology departments. Students had an opportunity to see a cardiac catheterization procedure at Johnston Memorial. “This group of students has been one of the most inquisitive groups that I have ever had,” stated Johnston Memorial Education Partnership Coordinator, Michelle Mabe.



Students shadowed nurses and nursing assistants as they performed their daily job duties at the Southwestern Virginia Mental Health Institute. Meal preparation and mental health classes were a few of the tasks they observed. In response to her experience, Medical Assistant student, Zaria Johnson said, “Job shadowing gave me a lot of valuable insight, and I’m glad that Blue Ridge and the healthcare facilities allow us this opportunity.”

A special **Thank You** to all the healthcare facilities and employees that took the time to mentor, engage, and inspire out students.



~Submitted by: Blue Ridge Job Corps Center



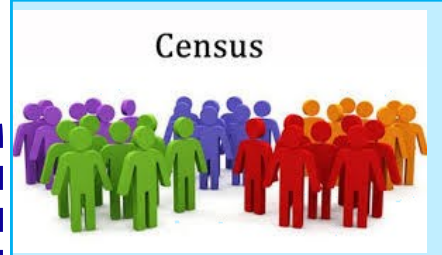
THANK
YOU!

HAPPY ADMINISTRATIVE PROFESSIONALS DAY

Administrative Professionals Week April 22—28, 2018

Since 1952, IAAP has honored office workers by sponsoring Administrative Professionals Week. Each year, administrative professionals are recognized for their skills and loyalty, attributes every office depends upon.

Administrative Professionals Week celebrates and sheds light on administrative professionals' devoted, valued work. There are more than 22 million administrative and office support professionals working in the United States. Thank you for all you do!



Census

MONTHLY PATIENT CENSUS

March 2018

Admissions - 70

Discharges - 74

Passes Average - 8

Daily Census - 159

NATIONAL LIBRARY WEEK



Q: Are local public libraries still relevant in the wired world?

A: Even in the information age, the answer is a resounding **YES!**

Today, as major online search engines have given way to more advertorial content, libraries have begun to reclaim their reputation as a valuable resource for separating fact from fiction. REAL facts, that is.

National Library Week not only pays tribute to libraries as centers of learning. It also gives thanks to local librarians for their knowledge and expertise during [National Library Workers Day](#) observed this year on April 10, 2018.

First sponsored in 1958, National Library Week is a national observance sponsored by the [American Library Association \(LA\)](#) and by local libraries across the country every year during the month of April.

THANK YOU CHRISTINA QUILLEN FOR ALL YOU DO!

JUST FOR LAUGHS!

A child asked his father, "How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on." The child then went to his



mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now." The child ran back to his father and said,

"You lied to me!" His father replied, "No, your mom was talking about her side of the family."

Q: Why can't you say a joke while standing on ice?

A: Because it might crack up!

Q: Why was Cinderella thrown off the basketball team?

A: She ran away from the ball.



April is Child Abuse Prevention Month

Child Abuse Prevention Month is an annual observance in the United States dedicated to raising awareness and preventing child abuse. April has been designated Child Abuse Prevention Month in the United States since 1983.

The Virginia.gov website notes that *“One of the most important measures of a government is how it cares for the children within its purview. Child abuse and neglect occur in every segment of society and are often the result of parents who were themselves abused or who do not have the resources to cope with difficult situations.”*

Why is it Important to Prevent Child Abuse?

According to Prevent Child Abuse America, child abuse and neglect affects over 1 million children every year and costs our nation an estimated \$220 million every day. In Virginia, a child is abused or neglected every 75 minutes, and every 14 days a child dies from such mistreatment. The immediate impact of abuse or neglect on a child is tragic, but so, too, are the long-term consequences - affecting children, their communities, and the Commonwealth as a whole. Child abuse is often hidden, may occur over time, and is usually preventable.

Using unduplicated head counts, Virginia has a relatively low child maltreatment rate, ranking 4th lowest in the United States for substantiated cases of abuse. It is important to note, however, it is estimated that up to 60% of child fatalities are incorrectly reported as accidents or other incidents, rather than as abuse.

Unfortunately, data from the most recent year available, shows that SW

Virginia has the highest rate of child abuse in Virginia.

What Influences Child Abuse and Neglect?

Child abuse and neglect are not confined to any particular socioeconomic class, race or ethnicity, or religion. Children younger than 4 are at the greatest risk of severe injury or death.

There are a number of situations that place children at particular risk for being abused or neglected, including:

- Parents who were themselves abused as children
- Teenage parents
- Parental or family substance abuse
- Parental depression, stress, or other mental health problems
- Family violence, such as intimate partner violence
- Unemployment and poverty
- Community violence
- Family isolation
- Parents who lack knowledge of child development and children's needs
- Lack of caregiver support for dealing with children with disabilities or developmental delays

In Virginia, the Child Protective Services (CPS) Unit at the Virginia Department of Social Services:

- Operates a 24-hour child abuse and neglect hotline

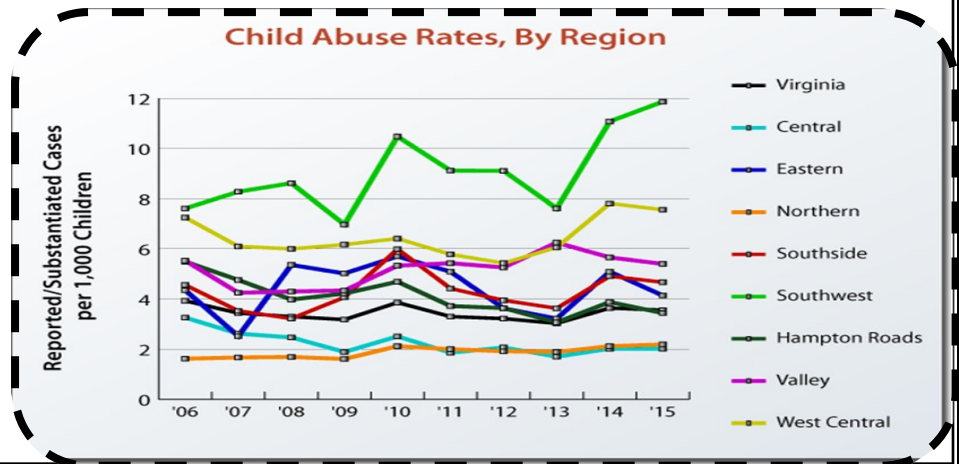
- Administers grant monies to prevent and treat child abuse
- Develops statewide public awareness and education programs
- Maintains a database of offenders and victims of child abuse and neglect

National Child Abuse Prevention Month helps spread the message that everyone can help prevent child abuse by investing in and cultivating great childhoods. Activities and outreach inspire people to support child abuse prevention and make a positive impact on the future by preventing child abuse and neglect today.

What can you do? Display a Pinwheel and Wear Blue for starters!

Pinwheels were introduced by Prevent Child Abuse America in 2008 as the national symbol for child abuse prevention as part of the Pinwheels for Prevention® campaign. During April, Virginians display pinwheels as a visible reminder of the happy and healthy childhood that all children deserve. Please join us in displaying pinwheels to honor children and to motivate everyone to support great childhoods.

<http://vaperforms.virginia.gov/indicators/healthFamily/childAbuse.php>



Health Tips - What are the Best Meat Alternatives

If you have ever tried to decrease your meat consumption, you may have wondered what are the best sources of protein. According to Katie Fort, a dietetic intern at Frances Stern Nutrition Center at Tufts Medical Center, "There is a growing body of data that demonstrates the health benefits of eating less meat and more plant-based foods. Though meat is an excellent source of protein, you get adequate amounts of protein from other foods. Here are some good ones:

Eggs: Eggs are a versatile, inexpensive, and convenient source of protein. A large egg contains about 6 grams of protein.

Dairy: Dairy can be incorporated into meals or snacks. One container of non-fat Greek yogurt (5.3 ounces) has about 15 grams of protein, depending on the brand. Additionally, an 8-ounce glass of milk contains 8 grams, and half a cup of cottage cheese contains 12 grams of protein.

Legumes: Beans and lentils are great sources of protein at about 6 to 9 grams of protein per half cup. You can use them to make a dip, add them to salad, put them in chili, or stuff them in peppers, just to name a few possibilities.

Nuts and nut butters: Two tablespoons of peanut butter contain 7 grams of protein, and one ounce of dry roasted almonds contains 6 grams. Nuts and nut butters are

also very filling, because, in addition to protein, they contain healthy fat.

Meat substitutes: The quantity and quality of alternative 'meat' products, like tempeh (made from soybeans), seitan (wheat gluten), veggie burgers, and others are always improving, although these foods tend to be more processed than some of the whole foods mentioned above."



Greek Cucumber and Chickpea Bowl

Dill absolutely makes this salad, offering a fresh, herbaceous boost that livens up the canned chickpeas. It's a satisfying bowl of crunchy, creamy, chewy textures.

Ingredients

- 1 1/2 teaspoons extra-virgin olive oil
- 1 1/2 teaspoons red wine vinegar
- 1/8 teaspoon freshly ground black pepper
- Dash of kosher salt
- 1/2 cup unsalted canned chickpeas, drained
- 2 tablespoons slivered roasted red bell peppers

- 2 pitted kalamata olives, finely chopped
- 1/2 cup thinly sliced cucumber
- 2 tablespoons crumbled feta cheese
- 2 teaspoons chopped fresh dill

Directions

Combine first 4 ingredients in a medium bowl, stirring with a fork or whisk. Add chickpeas, bell peppers, and olives; toss to combine. Arrange cucumber slices and chickpea mixture in a bowl; top with cheese and dill.

Nutritional Information Amount per serving

- Calories 255 • Fiber 6 g
- Fat 11.6 g • Cholesterol 13 mg
- Saturated Fat 3.1 g • Iron 2 mg
- Monounsaturated Fat 5.6 g
- Sodium 467 mg
- Polyunsaturated Fat 0.8 g
- Calcium 160 mg
- Protein 9 g
- Sugars 3 g
- Carbohydrate 28 g
- Est. Added Sugars 0 g

2016 MyRecipes.com is part of the Time Inc. Food

Welcome Aboard!

New Hires for 3/10/18

Please welcome the newest additions to the SWVMHI Team!

New Hires for 3/10/18 & 3/25/18



Amanda Wain, PCT float, first shift, 12 hours shifts



Janet Meek, Environmental Services, first shift

First row: Shawna Stoots, PCT ward AB second shift; Destiny McGuire, PCT, Ward AB, second shift; Teresa Spaug, PCT, Ward CD, second shift; Michelle Poston, Social Worker, float; Marlene Allison, LPN, float, first shift; Carly Bennett, PCT, Ward CD, second shift; Heather Hyde, PCT, Ward J, first shift, 12 hour weekends; Sabrina Porter, PCT, Ward E, first shift.

Second row: Matthew Pruitt, PCT, Ward CD, second shift; Kayla Keller, PCT, Ward CD, third shift; Jennifer Waller PCT, Ward F, first shift, Stephani Carbary, PCT, Ward I, second shift; Jennifer Russell, PCT, Ward EF P14, first shift; Lisa Johnson, LPN, float, second shift; Rebecca Sullins, PCT, Wards EF, third shift; Sarah Lyall, Ph.D., Ward I.

Rehab Department News

March has presented frequent and consistently unpredictable weather patterns. At times, spring seems right around the corner and at other times, winter shows it's persistence. Staff within the Rehab Department have used this ever-changing environment to highlight adaptation that must take place within the individuals journey of personal growth we continuously try to motivate and guide.

Throughout all of January, February, and March, the facility has been participating in the Intellectual Dimension of Wellness, presented to us by the Cultural and Linguistic Competency Committee (CLC). The

Rehab Department has been fully engaged in promoting intellectual growth and stimulation in our colleagues and patients, alike.

Group subjects, project themes, and discussions have focused in teaching intellectual wellness and how to develop it further at the personal level. The department was also crucial in planning and implementing a special event catered to Intellectual Wellness, titled "Brain Power Hour (...and a half)". This event took place in the auditorium building on Thursday, March 22, from 1330 to 1500, settling in the gym, game room, and TV lounge with a myriad of activities to spark one's intellectual fires.

The department has enjoyed the challenge of promoting intellectual growth in others and within ourselves, and we are very much looking forward to the next dimension of wellness - Physical Wellness. Please be on the lookout for announcements, training opportunities, and activities to participate in the following months!



What is the Blue Ridge Job Corps?

According to the National Job Corps website, programs throughout the country were started in 1964 as part of President Johnson's War on Poverty and Great Society initiatives that sought to expand economic and social opportunities for Americans, especially minorities and the poor. Job Corps is one of the oldest social programs in the federal government today which provides room, board, training, and assistance with finding employment for thousands of unemployed people.

The Blue Ridge Job Corps Center in Marion opened in 1967 in the old Marion College building, which was built in 1873 and is now registered as a historic building. Marion College was a Lutheran junior women's college that operated from 1873 to 1967. Blue Ridge Job Corps Center only offers on-campus housing to female students, but a small num-

ber of male and female students who reside locally attend as well. Sixteen to twenty-four year-olds ready to work toward a successful future are welcome.

To be eligible, applicants face one or more barriers to employment like needing additional career technical training, education, counseling, and/or assistance to complete regular

schoolwork or to secure and maintain employment. Applicants must meet one or more of these conditions: receives public assistance, earns poverty-level income, is homeless, is a foster child, or qualifies for free or reduced-price lunch. The applicant must be a legal resident of the U.S. or a U.S. territory or a lawfully admitted permanent resident alien, refugee, parolee, or immigrant who has been authorized by the U.S. attorney general to work in the United States.

Healthcare Programs at the Blue Ridge Job Corps include Certified Nursing Assistant, Clinical Medical Assistant, and Medical Office Support and take about a year to complete.



Google Mail Tips



I'm sure everyone has been having **LOTS** of fun learning our new email system at SWVMHI. Here are a few helpful tips that Eric Rhodes

shared:

- **If you lock your computer and come back—you will need to refresh Google Chrome (F5), or use the refresh button to see new emails.**
- **<http://messaging.vita.virginia.gov/> has good information on Google Mail (Gmail) and "Frequently Asked Questions."**
- **Desktop Notifications and Sound Notifications currently do not work! This is a known issue, and it is currently being worked on.**
- **If you doubt that an email went through, call the receiver and verify that**



the

Special Gym/Game Room Activities

Special Event
 April 1, 2018
 Easter



Movie Nights
 April 2, 3, 9, 10, 16, 17,
 23, 24 & 30, 2018
 1830 to 2000



Movies:

- 4/2 & 4/3 - Justice League
- 4/9 & 4/10 - Dawn of the Planet of the Apes
- 4/16 & 4/17 - Thor: Ragnarok
- 4/23 & 4/24 - War for the Planet of the Apes
- 4/30 - Murder on the Orient Express

Birthday Party
 April 25, 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.



Benefits Fair Coming Soon!

When: Tuesday, April 24, 2018
 From: 1000 to 1500
 Where: Auditorium/Gym



April Days to Celebrate

“Off the cuff” April holidays to celebrate:

- April 2**
National Peanut Butter & Jelly Day
- April 5**
National Dandelion Day
- April 12**
National Licorice Day
- April 16**
Save the Elephant Day
- April 20**
Look Alike Day
- April 24**
Pig in a Blanket Day
- April 26**
National Pretzel Day
- April 27**
National Prime Rib Day





Word Search

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



The first of April is the day we remember what we are the other 364 days of the year.
Mark Twain

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

APRIL FOOLS DAY

FLOWER

BAREFOOT

GARDEN

BASEBALL

GOOD FRIDAY

BIRDS

LILAC

BUNNY

PUDDLES

BUTTERFLY

RAIN

CATERPILLAR

RAIN BOOTS

CHICKS

SEEDS

EASTER

SHOWERS

EASTER BASKET

SPRING

Staff Development

Take advantage of upcoming Training Opportunities

- **4/25/18** Facility Tour 1300—1500 (Meet in Bagley Bldg. Lobby for history tour)
- **4/26/18** Blood Drive 1000—1600 Outside the Bagley Bldg. Main Entrance
- **4/26/18** Dr. Gillette 1330—1500 Power & Control in the Workplace
- **5/1 & 5/15** REVIVE (Opioid Overdose & Naloxon Education (OONE Program) 1530 -1630 in the Dogwood classroom.

CAI Reminder for April

Cultural/Linguistic Competency

Sign up in advance with Patricia Evans
Call ext. 854 or send an email!

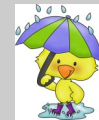
Log onto the new Virginia Learning Center (VLC) by going to: <https://covlc.virginia.gov>. Use your Employee ID (minus the preceding zeros) and your Knowledge Center password.

April Lunar Phases

April 15—New Moon

April 22—First Quarter Moon

April 29—Full Moon



Yoga for SWVMHI

Come join us at lunch for Yoga in the Gym each Thursday in April. We are offering this along with other activities that focus on our Physical Wellness for this quarter of the Wellness Initiative. We will meet at 12 noon and begin by 12:10. Class will end at 12:45. Join us for any or all! Bring your own mat and/or blocks if you have them; if not, mats are available to use in the gym.

Benefits of Yoga

Yoga has so many great benefits on the physical, emotional, and spiritual aspects of health that it's hard to list them. For our purposes though, I think it's most important to note that practicing yoga actively engages the Parasympathetic Nervous System. Connecting movement with breath and purposely focusing the mind allows our bodies to release stress and find relaxation. It also feels REALLY good!

The short classes I will lead here will be beginner friendly and relaxing. I'll try to incorporate some standard poses that you can learn and take with you, but we will focus on gentle stretches and stress relief. No experience is needed!

Hope to see you there!

~Submitted by Ginny Moorer, Training Dept.





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

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