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JOIN THE VOICES FOR RECOVERY
invest in **health, home, purpose, and community**

National
Recovery Month
Prevention Works - Treatment is Effective - People Recover
september 2018



From the Director: 2018 National Recovery Month

Every September, SAMHSA sponsors Recovery Month to increase awareness and understanding of mental and substance use disorders and celebrate the people who recover. The 2018 theme is **Join the Voices for Recovery: Invest in Health, Home, Purpose, and Community.**

Recovery Month is held to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

Recovery Month celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health con-

ditions such as hypertension, diabetes, asthma, and heart disease. The observance reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

There are millions of Americans whose lives have been transformed through recovery. Since these successes often go unnoticed by the broader population, Recovery Month provides a vehicle for everyone to celebrate these accomplishments.

Each September, tens of thousands of prevention, treatment, and recovery programs and facilities around the country celebrate Recovery Month. They speak about the gains made by those in recovery and share their success stories with their neighbors, friends, and colleagues. In doing so, everyone helps to increase

awareness and furthers a greater understanding about the diseases of mental and substance use disorders.

Now in its 29th year, Recovery Month highlights the achievements of individuals who have reclaimed their lives in long-term recovery and honors the treatment and recovery service providers who make recovery possible. Recovery Month also promotes the message that recovery in all of its forms is possible and encourages citizens to take action to help expand and improve the availability of effective [prevention](#), [treatment](#), and [recovery](#) services for those in need.

Each year, Recovery Month selects a new focus and theme to spread the message and share the successes of treatment and recovery.

Continued on page 2

Hidden

There are sunflowers hidden on every page in this edition, just like the one pictured here.

Can you find all of them?





Recovery Month continued from page 1

The 2018 Recovery Month theme, **Join the Voices for Recovery: Invest in Health, Home, Purpose, and Community**, explores how integrated care, a strong community, sense of purpose, and leadership contributes to effective treatments that sustain the recovery of persons with mental and substance use disorders. The observance will work to highlight inspiring stories to help people from all walks of life find the path to hope, health, and wellness.

Locally, there are several Recovery events coming up. Please see the article on this page and on page 6.

<https://recoverymonth.gov/about>

Also, SWVMHI is focusing our Wellness Initiative on SAMHSA’s dimension of **Occupational Wellness**.

You can showcase how enjoyable and worthwhile your career/job/daily activities are to you and to the community. How do you find joy? By helping others? By seeing individuals recover? By supporting your co-workers? Pick up a tiny briefcase and decorate it this month.

~Cynthia McClaskey



MT. ROGERS COMMUNITY SERVICES BOARD, SOUTHWESTERN VIRGINIA MENTAL HEALTH INSTITUTE AND VIRGINIA ORGANIZATION FOR CONSUMERS ASSERTING LEADERSHIP (VOCAL) PROUDLY PRESENT

RECOVERY & RESILIENCY

Tuesday, October 23, 2018

1:00—4:00, Wytheville Meeting Center, Wytheville, VA

Coming together for an afternoon of **HOPE, EMPOWERMENT, EDUCATION, ENTERTAINMENT and FUN.**



Free/Open to the Public

TALENT SHOW PERFORMANCES

RECOVERY STORIES

LIVE MUSIC

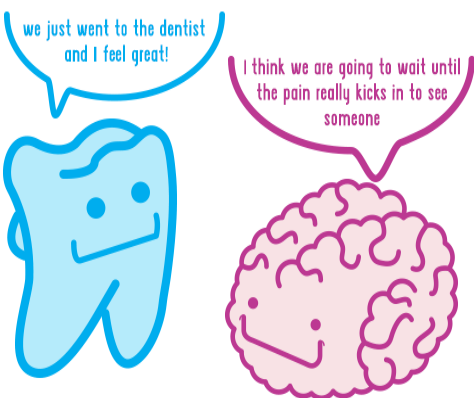
ART & CRAFTS EXHIBIT

VENDORS & RESOURCE INFORMATION TABLE

REFRESHMENTS

This is a great opportunity to spend an afternoon having fun, being inspired, meeting multiple community partners, and learning about many resources available in our communities.

Recovery & Resiliency Committee: SWVMHI: Matt Moorer; VOCAL: Malaina Poore, Sue Taylor, Debbie Head; Magellan: Sue Eller; On Our Own: Robin Hubert; MRCBS: Debbie Burcham, Dawn Gravley, Mindy Lindamood, Kathy Roberts, Rick Whisenhunt, Brenda Boone, April Simms, Mattie Hash, Marty Grizzle, Charles Her-ring, Candace Coffin, Chair.



everybodyhasabrain.tumblr.com

BLUE TAPE

VS

Trash Cans

VS

Pillows



At times it is necessary to remove the individuals we serve and staff from an area, such as during a fire drill/event or tornado drill/event, etc. In the patient-care areas, after a room is cleared of occupants, the door is closed and a piece of **blue painters' tape** is put on the door.

In the non-patient care areas, **blue tape is no longer used**, rather the door is closed, which indicates the room is void of occupants.

In the past, several other methods of indicating when a room has been cleared of the individuals we serve have been utilized. At one time, trash cans were placed outside of the closed door to indicate the room was empty. That practice was discontinued due to the trash cans becoming a flying object and a source of injury during a tornado. At another time, a pillow was placed outside of the closed door to indicate the room was empty. That practice was also discontinued due to the pillow case wasn't always changed after the event, and the pillow was also a trip hazard for responders.

The current practice in the patient-care areas is to put **blue painters' tape** on a closed door when the room is empty. In non-patient care areas, the closed door indicates the room is empty.

~Submitted by Amanda Currin, ADA, Safety Committee

Employee Health News—Save the Date

We are in the process of scheduling our biennial Employee Health Fair on **September 27** in the Gym. More details to follow.

Help Kick off the Flu Prevention Season!

The winner of a **\$50 gift card** goes to the person who submitted the winning theme or slogan to inspire our employees to receive their seasonal flu vaccine and help fight the flu. This year's winner of the \$50 gift card is Christie Hayton, Nurse Informatics Specialist.

The entries were judged anonymously by the Infection Prevention & Control Committee.



Joint Commission Breakfast Briefings A highlight of new and problematic Joint Commission Standards.

Live webinar each Thursday at 1000 to 1115 hours in the A/B classroom. Will also be archived for later viewing.

Date	Chapter
8/30/18	Patient Safety System
9/6/18	Environment of Care
9/13/18	Emergency Management
9/20/18	Human Resources, Nursing
9/27/18	Infection Prevention and Control
10/4/18	Information Management, Record of Care, Treatment & Services
10/11/18	Leadership, Performance Management
10/18	Life Safety
10/25/18	Medication Management
11/1/18	Medical Staff
11/8/18	Provision of Care, Treatment, & Services
11/15/18	Rights & Responsibilities, Transplant Safety, Waived Testing

Department Heads/Nurse Managers and other leaders should attend as many sessions as possible. This is how we learn about how TJC thinks about important issues!!!

RECOVERY

Expectations

Reality



How to View A Recorded Webinar: *Interrupting the Pathway to Violence*

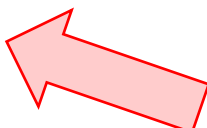
Several staff expressed an interest in viewing a recently recorded webinar entitled *Interrupting the Pathway to Violence*. Here is how to access it:

On the **SWVMHI Intranet (Sharepoint)**, click on the **Training Portal** on the lefthand side of the page. Once in the Training Portal, click on the **Webinars and Presentations** link on the right. Finally, click on the video image to begin viewing the recording automatically.



SWVMHI Departments Databases Resources and Links Cultural Services Benefits SWVMHI Job Openings

Training Portal



- Home
- Phone Directories
- Forms, Policies and Other Documents
- Diet Manual
- Pharmacy Quick Links
- Training Portal**
- Virginia Learning Center
- KRONOS
- OneMind
- SDS
- Joint Commission
- Nursing Staff Development
- Weather
- Calendars
- Home Drives
- Network Drives
- Google Mail Documents
- Recent
 - Core Competency Assessment Questions
 - Professional Development Links
 - Professional Development Documents
 - New Hire Orientation

PLEASE CONTACT PATRICIA EVANS AT X. 854 TO SIGN UP FOR CLASSES ON THE TRAINING CALENDAR BELOW. CLASSES WITH NO ONE REGISTERED WILL BE CANCELLED, SO PLEASE CALL AT LEAST ONE DAY AHEAD TO SIGN UP. THANK YOU! For each class title, date, & time, please see the PRINTABLE VERSION of the calendar on the right.

Training Calendar

September 2018

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	26	27 8:30 - 15:00 New hire	28 11:30 - 1:00 (D) IT Ser	29	30 8:30 Direct 10:30 HR W	31	1
	2	3	4	5 6:30 CPR/TO 22:30 CPR/TO	6 0:00 CPR/T 14:30 CPR/	7 9:00 - 1 Intro to	8
	9	10 8:30 - 17:00 NEO	11 8:30 - 17:00 CPR/TO/	12 8:30 - 16:00 NEO	13 8:30 - 17:00 NEO	14 8:30 - 1 CPR (N	15
	16	17 8:30 - 17:00 MHFA	18 8:30 Intro 13:00 Int	19 8:30 - 17:00 Recovery an	20 8:30 - 16:30 NEO	21 8:30 - 1 NEO	22
	23	24	25 8:30 (CL) 11:30 (D)	26	27 8:30 Direct 10:30 HR W	28	29
	30	1 13:30 - 14	2	3 6:30 CPR/TO	4 0:00 CPR/T	5 9:00 - 1	6



Training Department Quick Links

- ✓ URL
- Core Competency Assessment Questions ...
- MVP Course Guides ...
- AcuDose Training Videos ...
- New Virginia Learning Center ...
- CDS Website ...
- EAP Workshop Offerings ...
- Training Department Documents ...
- Training Department Page ...
- BHPC-DBHDS Training Webinars ...
- American Heart Association ...
- TRNG 7007-1 New Employee Orientation Checklist 2018 ...
- Supervisor Guide for Orientation of New Employees ...
- Webinars and Presentations ...

Training Calendars (Printable Version)

If you have any questions, please contact a member of the Staff Development and Training Department.



Thanks,
Merle Obregon, Director
Staff Development and Training

Do what you can with all you have, wherever you are.
~ Teddy Roosevelt



NATIONAL SUICIDE PREVENTION LIFELINE™

Suicide Prevention

SAMHSA provides suicide prevention information and other helpful resources to behavioral health professionals, the general public, and people at risk.

Suicide is a serious public health problem that causes immeasurable pain, suffering, and loss to individuals, families, and communities nationwide. The causes of suicide are complex and determined by multiple combinations of factors, such as mental illness, substance abuse, painful losses, exposure to violence, and social isolation. Suicide prevention efforts seek to:

- Reduce factors that increase the risk for suicidal thoughts and behaviors
- Increase the factors that help strengthen, support, and protect individuals from suicide

Ideally, these efforts address individual, relationship, community, and societal factors while promoting hope, easing access into effective treatment, encouraging connectedness, and supporting recovery. Nearly 40,000 people in the United States die from suicide annually, or 1 person every 13 minutes. This exceeds the rate of death from homicide and AIDS combined. More people die by suicide than from automobile accidents.

The suicide rate has been rising over the past decade, with much of the increase driven by suicides in mid-life, where the majority of all suicides in the United States now occur. From 1999 to 2013, the age-adjusted suicide rate for all ages in the United States increased (10.5% to 13.5%). Half of these deaths occur by use of a firearm.

Warning Signs

These signs may mean that someone is at risk for suicide. Risk is greater if the behavior is new, or has increased, and if it seems related to a painful event, loss, or change:

- Talking about wanting to die or kill oneself
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or being in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much

Continued on page 6



HISTORY IN THE MONTH OF SEPTEMBER

Sept 11, 2001 - The worst terrorist attack in U.S. history occurred as four large passenger jets were hijacked then crashed, killing nearly 3,000 persons. Four separate teams of Mideast terrorists, operating from inside the U.S., boarded the morning flights posing as passengers, then forcibly commandeered the aircraft. Two fully-fueled jumbo jets, American Airlines Flight 11, carrying 92 people, and United Airlines Flight 175, carrying 65 people, had departed Boston for Los Angeles. Both jets were diverted by the hijackers to New York City where they were piloted into the twin towers of the World Trade Center. The impact and subsequent fire caused both 110-story towers to collapse, killing 2,752 persons including hundreds of rescue workers and people employed in the towers. In addition, United Airlines Flight 93, which had departed Newark for San Francisco, and American Airlines Flight 77, which had departed Dulles (Virginia) for Los Angeles, were hijacked. Flight 77 with 64 people on board was diverted to Washington, D.C., then piloted into the Pentagon building, killing everyone on board and 125 military personnel inside the building. Flight 93 with 44 people on board was also diverted toward Washington, but crashed into a field in Pennsylvania after passengers attempted to overpower the terrorists on board.



Suicide Prevention continued from page 5

Warning Signs, continued

- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings



What You Can Do

If you believe someone may be thinking about suicide:

- Ask them if they are thinking about killing themselves. (This will not put the idea into their head or make it more likely that they will attempt suicide.)
- Listen without judging and show you care.
- Stay with the person (or make sure the person is in a private, secure place with another caring person) until you can get further help.
- Remove any objects that could be used in a suicide attempt.
- Call SAMHSA’s National Suicide Prevention Lifeline at 1-800-273-TALK (8255) and follow their guidance.
- If danger for self-harm seems imminent, call 911.

At SWVMHI

We have worked very hard to decrease the risk of suicide by making changes to the physical environment and also by providing staff training.

You have the opportunity for additional training in Mental Health First Aid. Please contact the Training Department or sign up for the next class by viewing the Training Calendar on the SWVMHI Intranet (Sharepoint) site.

~ <https://www.samhsa.gov/suicide-prevention>



**SJ47 Deeds Commission
Visit August 7, 2018**

From the All Staff email sent by Dr. McClaskey: on 8/10/18
Dear staff,

First, I want to thank you for all of your efforts both to prepare for the visit and tour this week of the SJ 47 Subcommittee as well as for the excellent work that you do at SWVMHI on behalf of and in support of the individuals we serve. This was evident during the tours and the remarks made afterwards by the Senators and Delegates.

The Senators, Delegates, their staff, and several DBHDS representatives were split into two groups for the tour. We had about 10-11 people on each tour to try to minimize disruption.

The visitors had many questions about operations here, where our catchment area is (17 counties in far SW Virginia encompassing about 7500 square miles with a population of 560,000) and the number and type of patients we are getting, especially since the “last resort” legislation passed and was implemented in 2014. The answer to the latter question is more patients, more complex and acute, with behavioral and medical complications, more forensic patients, and more patients with intellectual disabilities exhibiting serious behavioral difficulties.

A Senator from Northern Virginia asked what they could do to help us and we responded describing the need for adequate funds for overtime, special hospitalizations, and rising drug costs. Another visitor asked what made us unique. Mike Jones responded that the sense of caring and community, being a Values-driven facility, and the positive working relationships that we have with our external customers (community hospitals, jails, CSBs, and so on) makes us unique. Not that we always agree, but we work together to solve issues to the best of our abilities and resources. We also made sure to note that we have attempted creative endeavors to divert admissions from the hospital. Our Psychology staff complete 110+ outpatient forensic evaluations per year, diverting many admissions and bed days. Our Social Work staff facilitate consultations by our Psychiatrists with nursing home staff to problem-solve issues in that environment. Those touring were very impressed by this flexibility and the demonstration of true team work at SWVMHI.

When the Joint Subcommittee to Study Mental Health Services in the 21st Century convened their meeting at 11:00 am, the first item on the agenda was a discussion of their tour. Here are the notes I took from their discussion:

- "The facility is well maintained."
- "I am struck by the level of experience of the staff."
- "It is clear that there is stability and experience here."
- "There are good relationships with other agencies throughout the region, with the providers, working for patient's timely release."
- "They have fostered creativity."
- "Forward thinking in terms of assuring that many of the

meet our NEW HIRES

Please welcome the newest additions to the SWVMHI Team!

New Hires for 7/25/18



Heather Trail, Director of Rehabilitation Services and Bridgett Pack, Director of Pharmacy.



New Hires for 8/10/18



Front Row: Misty Owens, PCT, 3rd shift, CD; Katrina Brown, Patient Registrar, P-14; Kristen Keel, RNCA, 2nd shift, AB.
Back Row: Brittany Rash, PCT, 3rd shift, E; Michael Hopkins, Volunteer/Chaplain; Calvin Hall, Food Service Tech; Patricia Greer, Nursing Scheduler/Timekeeper, 2nd shift.

SEPTEMBER IS SUICIDE PREVENTION MONTH

Join us for a community event designed to encourage

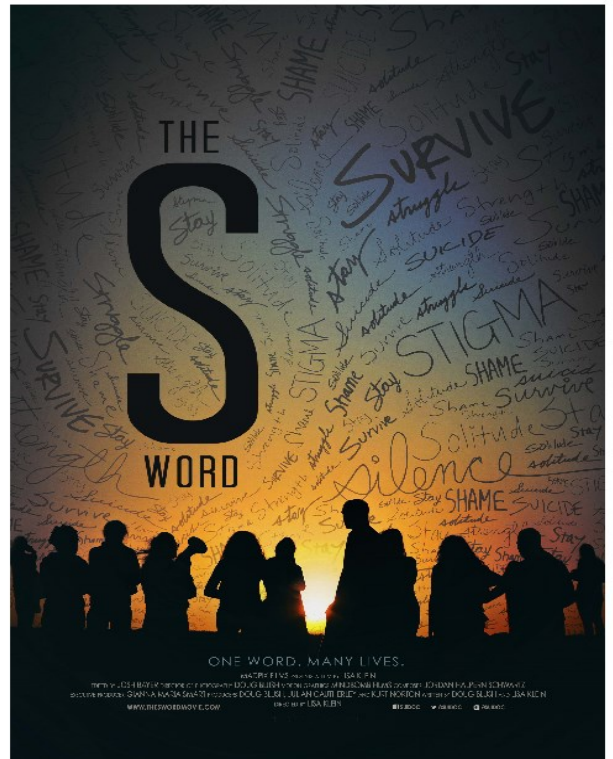
HOPE & HEALING!

This event includes a screening of the documentary film *The 5 Word*, followed by a panel discussion.



Wed., Sept. 12th
Emory & Henry College
McGlothlin Center for the Arts
7-9pm
Lyceum Credit
 Contact the Powell Resource Center
 with questions at 276-944-6144.

Thank you to our sponsors:



September Lunar Phases

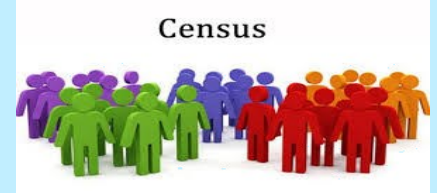
Sept. 2— Last Quarter

Sept. 9— New Moon

Sept. 16 — First Quarter Moon



Sept. 24— Full Moon



Census

MONTHLY PATIENT

CENSUS

August 2018

Admissions - 81

Discharges - 82

Passes - 7

Average Daily Census - 163

SJ 47 Visit continued from page 6

- "There is a history of collaboration with jails and prisons in the region."
- "The facility is in great shape."
- "People are friendly here, I saw this on the tour."
- In addition, several of those present noted that when they were wandering around the grounds, in car or on foot, trying to find the meeting place, that staff noticed them and that they were lost, and stopped to assist.
- "In Marion there is a culture and a critical mass of people with mental health training. We saw it alive and well today."



Also, it was very gratifying to hear the visitors praise their delicious lunch of salad bar, bread, and desserts prepared by Food Service staff. Thank you Robbie, Managers, Cooks, and staff!

During the tour and from the remarks above, I hope you can see what the Senators and Delegates saw (some of our "external customers"), which was our **Values in Action: Communication, Honesty with Compassion, Trust with Accountability, Self-Initiative, Teamwork, Leadership, and Honoring Day-to-Day Tasks**. These are the building blocks of excellence here at SWVMHI. There have been some tough times and challenges lately -- no one is denying this. But you can be proud of the many positive efforts ongoing and excellent care being provided. You know the saying, "When the going gets tough, the tough get going"? This means that we will work harder to meet any challenge thrown at us – and we do.

There's also this quote: *The ultimate measure of a man (or woman) is not where he or she stands in moments of comfort and convenience, but where he or she stands at times of challenge and controversy (Martin Luther King, Jr.).* This quote means that we can learn more about people by how they behave in difficult situations than comfortable ones. It's a useful reminder to stick with what we believe in, even if times are tough. You should be proud of yourselves, your leaders, and how you demonstrate your Values in Action – I know that I am.

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

p.s. Here is a link to the SJ 47 Subcommittee: http://dls.virginia.gov/interim_studies_MHS.html

Thank You

Thank you from Family Member

The Mother of one of our individuals who came through the Admissions Unit went out of her way to thank everyone here. She described at length about how the staff had been so kind, caring, and compassionate. She especially named Elaine Tucker and the nursing staff, but was thankful toward everyone!

~Submitted by Chris Carusi, Ph.D.

Retirement Planning

What is VRS?



The Virginia Retirement System (VRS) is an independent state agency that administers retirement and other benefits for members of VRS, the State Police Officers' Retirement System (SPORS), the Virginia Law Officers' Retirement System (VaLORS) and the Judicial Retirement System (JRS). Membership is automatic with employment in a covered position. Members include full-time, permanent, salaried state employees; public college and university employees and faculty; school division employees; and employees of VRS-participating political subdivisions. Some part-time permanent, salaried state employees also are covered under VRS.

How do I know if my employer offers VRS retirement and other VRS benefits?

Employers that provide VRS retirement and other VRS benefit programs include state agencies, public colleges and universities and local public school divisions. Counties, cities, towns, public authorities, commissions and other political subdivisions may elect to participate in VRS on behalf of their employees instead of offering their own plan. Contact our Human Resources department with any questions you may have at 783-1204.

How does my retirement plan work?

The defined benefit plan provides a monthly benefit in retirement based on your age, creditable service and average final compensation. The amount of the benefit is calculated using a formula, not the amount of money in your member contribution account.

Does VRS offer a tax-deferred savings program?

If you are a state employee, you are eligible for the Commonwealth of Virginia 457 Deferred Compensation Plan. If you were hired before January 1, 2008, participation in the plan was voluntary. If you were hired on or after January 1, 2008, you were enrolled automatically upon employment with an opt-out option. If you are not participating or you opted out of the plan, you can enroll at any time. You will be eligible for an employer cash match through the Virginia Cash Match Plan equal to 50 percent of your contribution, not to exceed \$20 per pay period. See below for upcoming visits from our tax-deferred company, ICMA-RC, representative, Erinn Briele.

ICMA- RC Representative Erinn Briele, who is with the state tax-deferred savings program will be at SWVMHI on the dates listed below. Erinn will be available to meet with employees with questions about the Deferred Compensation plan and/or the Hybrid Retirement Plan in the Human Resources Conference Room on the 2nd Floor of the Henderson Building. You can make an appointment for any of the dates listed by calling Erinn at 1-800-338-5804 or emailing her at ebriele@icmarc.org.

Please drop by to meet with Erinn to ask questions, review your account, check beneficiary listings and/or to change your contribution amount.

Dates and Times:

September 10, 2018
9:00a.m. - 4:00p.m.

October 8, 2018
9:00a.m. - 4:00pm

November 12, 2018
9:00a.m. - 4:00 p.m.

December 10, 2018
9:00a.m. - 4:00p.m.

News From Our Rehab Department

It's difficult to believe, but there remains less than a month of summer left. The Rehab Department has thoroughly enjoyed the use of outdoor space, and several groups have helped in improving our courtyards' appearance. We will continue to utilize our sun-filled areas as long as the weather permits.

Our "Summer Blast" special activity took place on Thursday, August 23. The individuals we serve and staff, alike, took part in warm-weather activities and enjoyed apple pie with ice cream. It was a sweet treat to end this warm season.

The Rehab Department is still integrating the Cultural and Linguistic Competence Committee's Wellness Initiative into our programs. Occupational Wellness concepts and themes continue to be presented in our group sessions, with learning opportunities around every corner. Please join us and take this opportunity to learn more about creating the best work environment you can.

Lastly, the department would like you to join us in welcoming our new staff members. We are excited to have both Andrew Parkey and Heather Trail. Andrew is our new Rehab Resource Coordinator for C Team on Admissions, and Heather is the department's new Director. We wish them much success in their roles here at SWVMHI.

~Submitted by Emily Lockhart

September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 No CRS Groups Games 6:30-8pm	4 NDC 6-6:30pm Movie Night 6:30-8pm (Bean)	5 NDC 6-6:30pm Movie Night 6:30-8pm (Bean)	6 NDC 6-6:30pm Chapel 6:30-8pm	7 NDC 6-6:30pm Games 6:30-8pm	8
9	10 NDC 6-6:30pm Movie Night 6:30-8pm (Avengers: Infinity War)	11 NDC 6-6:30pm Movie Night 6:30-8pm (Avengers: Infinity War)	12 NDC 6-6:30pm Games 6:30-8pm	13 NDC 6-6:30pm Chapel 6:30-8pm	14 NDC Only 6-7:30pm	15
16	17 NDC 6-6:30pm Movie Night 6:30-8pm (Life of the Party)	18 NDC 6-6:30pm Movie Night 6:30-8pm (Life of the Party)	19 NDC 6-6:30pm Games 6:30-8pm	20 Occupational Wellness Event 1:30-3pm NDC 6-6:30pm	21 NDC 6-6:30pm Games 6:30-8pm	22 Last day of summer!
23 First day of autumn!	24 NDC 6-6:30pm Movie Night 6:30-8pm (The Maze Runner)	25 NDC 6-6:30pm Movie Night 6:30-8pm (The Maze Runner)	26 No NDC Birthday Party 6:30-8pm	27 NDC 6-6:30pm Chapel 6:30-8pm	28 NDC 6-6:30pm Games 6:30-8pm	29
30						



SWVMHI Wellness Initiative



Mindfulness

"Mindfulness" has become a buzz word. For many, it brings to mind being present, feeling Zen, and becoming more engaged with the tasks at hand. It's important to boost mindfulness within our workforce. Why wouldn't we want to be a more engaged and thoughtful organization? But what is mindfulness, and how can we encourage our people to practice it while at work? According to Mindful.org, mindfulness is "the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us." For the remainder of 2018, we will take a look at some beginner's tips for practicing mindfulness and ideas on applying these methods to the context of a busy workday.

Tip One: PRACTICE HUMILITY

When Jim Collins, author of business best-sellers *Good to Great* and *Built to Last* studies great leaders, he found that many of the world's most successful companies had leaders in place with one additional quality to those you might expect - humility. This meant that when an effort failed, these leaders didn't point the finger, and often willingly shared how he or she contributed to the failure. Likewise, when a project went well, these leaders often doled out praise and credit to their team and colleagues, highlighting the team effort. A key component of mindfulness is accepting yourself as you are today and having the ability to listen and learn from those around you. Being humble gives your brain the space to do that.

Workplace Humility: Encourage a new practice of credit. When a project succeeds or something goes well, highlight how fellow team members influenced the success. It's a win-win: everyone will receive praise and get to hear why their co-workers value his or her contribution.

LOOK FOR MORE TIPS IN FUTURE NEWSLETTERS!

~Submitted by Ginny Moorer

September Days to Celebrate

"Off the cuff" August holidays to celebrate:

Sept. 1 - National Cowgirl Day

Sept. 7 - Grandma Moses Day

Sept. 14 - National Kreme Filled Donut Day

Sept. 15 - National Cheese Toast Day

Sept. 22 - Bright Pink Lipstick Day

Sept. 22 - National Hunting & Fishing Day

Sept. 26 - Johnny Appleseed Day





Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.
~Thomas A. Edison

Word Search

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



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

Backgammon

Battleship

Candy Land

Checkers

Chess

Chutes and Ladders

Clue

Hi Ho Cherry-O

Monopoly

Mouse Trap

Operation

Parcheesi

Pay Day

Risk

Scrabble

Sorry

Taboo

Trivia Pursuit

Trouble

Yahtzee

“Coop” the Cooper’s Hawk

We had an unexpected admission and discharge today. "Coop" the cooper's hawk was trapped in the small fenced area in the corner of Ward G courtyard. When freed from that area, he seemed to have an injured wing and could not fly out of the courtyard. Two staff members contacted Nathan Shelton, and then monitored the courtyard until Virginia Wildlife could come and capture Coop and take him for medical examination.



A Note of Thanks

There aren't enough words to express mine and Ashley's sincere appreciation for all the kindness that was shown to us during our difficult time. From the phone calls, text messages, home/hospital visits, to the food, cards, money, and sympathy at the time, and then after his passing. We truly are blessed to have caring co-workers and friends.

Again, thank you from the bottom of our hearts.

Ella Wingate and Ashley Hall



SWVMHI CELEBRATES HOUSEKEEPING SERVICES WEEK

September 9-15, 2018

The week of September 9 - 15, 2018 is International Healthcare Housekeeping/Laundry Services Week. It is a great time to recognize our team members that maintain a safe and clean environment for our organization and the individuals we serve. Housekeeping and Laundry personnel fill a large role in infection control, patient safety, and customer satisfaction. These workers certainly deserve a hearty dose of respect for the job they do.

Not only must staff work hard to clean the facility and maintain an environment that meets the needs and stringent demands of regulatory agencies, hospital personnel, patients and visitors, they also bear the burden of knowing the health of others often relies on the effectiveness of their practices.

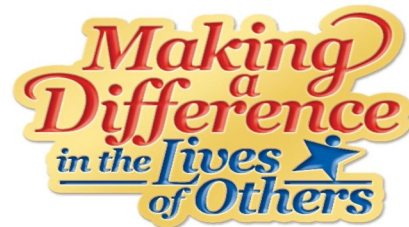
This year we would love it if we could hear from you **your** stories of the good things our Housekeeper/Laundry worker has done for your unit, so we can share it with the entire department. Share the positive impact they have had in your area. We will give prizes to the housekeepers/laundry workers that have had the best positive impact. This is a great time to let your Housekeeper/Laundry worker know you see their dedication to your area. These stories will be compiled and shared to the Housekeeping/Laundry department.

Quick facts about our Department:

The environment is everything people see when they walk through our doors and everything the individuals we serve see during their stay, from the floors to the walls to the tables and everything in between, including the beds, linen, towels, and the washcloths they use. Not only does the environment have to have a clean appearance, but also must be maintained as germ free as possible.

Currently we have:

- ◆ 19 fulltime housekeepers
- ◆ 3 fulltime laundry workers
- ◆ 2 supervisors (Edward Buskill and Kimberly Tarter)
- ◆ 1 Department Manager (Nathan Shelton)
- ◆ 4 P-14s working only minimal hours at this time



This team does daily cleaning in the Bagley, Auditorium, and Blalock Buildings, and at least weekly cleaning in the Henderson and B Buildings. We are also responsible for project related tasks for all areas of SWVMHI, such as refinishing floors, window washing, pressure washing sidewalks, and much, much more. We also process close to 30,000 pounds of laundry each month.

Our Housekeeping and Laundry program has been fortunate to have been able to have several patient groups working as part of our team. These groups are both productive and worthwhile for not only the individuals we serve, but for our department. Those patients and the Vocational Rehabilitation staff members should also be commended for the great job they are doing.

As Environmental Services Manager, I can not say enough about our team. They are very dedicated to their job, and to each other. Anytime one of the team members are down, the others fill in to help them in any way possible. They continually demonstrate what a team should be. They take a lot of pride in their areas and the facility. I am very happy to be able to work with such a great crew and to recognize them for the hard work they do. We need to continue to recognize and show them they are appreciated, not only throughout Housekeeping Services week, but throughout the year.

~ Nathan Shelton
Environmental Services Manager

**Thank
You!**

