



JANUARY 2019

From The Director

EMPLOYEE OF THE YEAR

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Joey C. Sword, Human Resource Manager, on behalf of the Employee Recognition Committee, writes:

Tina Mitchell, Executive Assistant to the Director of Clinical Services, has been selected as SWVMHI's 2018 Employee of the Year!! She was previously selected as one of the CY2018 2nd Quarter Employees of the Quarter.

During the 2018 calendar year, Tina has gone above and beyond the expectations in the provisions of executive administrative support, not only to the Director of Clinical Services, but to multiple facility departments to ensure their effective and continuous operations. Tina's willingness to accept additional assignments, espe-

cially those critical to the facility, and initiative to learn, adapt, and complete training for these assignments clearly demonstrate the Facility Values to which we all aspire.

Tina began work as the Executive Assistant to the Director of Clinical Services in January 2018. She was noted to "be very efficient and organized in her style of work," "quickly pursue and acquire additional information of a self-initiated manner," and "be adept in professional settings, building trust and overall credibility in team oriented circumstances." In March, the Executive Assistant to the Director of Buildings and Grounds (B&G)

resigned. Tina accepted responsibility to cover key elements of that role in addition to her Clinical Services responsibilities and assignments. This resulted in her being split between two executive departments in separate buildings across campus. The B&G position required her participation in special training to complete specific tasks required by that department. The demand dynamics associated with the B&G role was exacerbated with multiple facility campus projects being initiated shortly after starting in the assignment. All the while, the Director of the B&G Department described her performance as "excellent."

Cynthia McClaskey, Ph.D., Facility Director, notes Tina's "challenges also included the absence of the Clinical Director from March until the position was filled in December. Tina has remained dedicated and with a positive attitude throughout." Dr. McClaskey adds,

Hidden

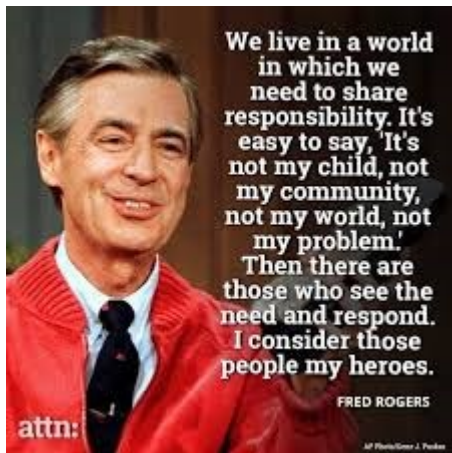
There are Snowflakes on every page in this edition, just like the one pictured here. Can you find all of them?



From the Director, *continued*

"Tina has continued to support other departments, including Medical Services, and is now helping to orient the new Clinical Director in his day-to-day tasks. Tina exemplifies our Facility Values of Self-Initiative, Teamwork, Communication, and Trust with Accountability and we are delighted that she has dedicated herself in support of our Mission here at SWVMHI.

The Employee of the Year receives a \$1,000 award and a designated parking space for one year. Congratulations Tina, and thanks for all you do! You are greatly appreciated!!



As we begin a new year, it is a good time to consider where we are in our journey. Mr. Fred Rogers reminds us that, "We're all on a journey – each one of us. And if we can be sensitive to the person who happens to be our neighbor, that, to me, is the greatest challenge as well as the greatest pleasure."

Our journey at times may seem filled with sorrow or with joyous beginnings. We can choose to focus on the small and large pleasures we encounter each day. A grateful heart smooths the journey, is a salve for weariness, and an encourage-

ment to others.

As we cross into the coming year, where do you find yourself on the path? Have you been traveling more by intention or by reacting to what's come your way? What direction do you feel drawn to go in during the coming weeks and months? In the coming months, what gift do you most need to offer, that only you can give?

Here is a "traveling poem" for you, for whatever journey you are on ---

Blessings to each of you for this coming year!

Cynthia L. McClaskey, Ph.D.

For Those Who Have Far to Travel *An Epiphany Blessing*

If you could see the journey whole you might never undertake it; might never dare the first step that propels you from the place you have known toward the place you know not.

Call it one of the mercies of the road: that we see it only by stages as it opens before us, as it comes into our keeping step by single step.

There is nothing for it but to go and by our going take the vows the pilgrim takes:

to be faithful to the next step;
to rely on more than the map;
to heed the signposts of intuition and dream;
to follow the star that only you will recognize;
to keep an open eye for the wonders that attend the path;
to press on beyond distractions beyond fatigue beyond what would tempt you from the way. There are vows that only you will know; the secret promises for your particular path

and the new ones you will need to make when the road is revealed by turns you could not have foreseen.

Keep them, break them, make them again: each promise becomes part of the path;

each choice creates the road that will take you to the place where at last you will kneel to offer the gift most needed— the gift that only you can give— before turning to go home by another way.

~Jan Richardson





Nightshift Staff Enjoying the Holidays!



Happy Holidays!





Staff Enjoying the Holidays!



 **Happy Holidays!**

Rehabilitation in Motion!!

(Definitions of Rehabilitation by Merriam-Webster):

- ✓ *The action of restoring something that has been damaged to its former condition.*
- ✓ *The action of restoring someone to health or normal life through training and therapy after illness, imprisonment, or addiction.*
- ✓ *The action of restoring someone to former privileges or reputation after a period of disfavor.*

The Rehabilitation Department has been in motion to restore each individual's normal life, improve health, enhance privileges, modify mood and behaviors, and improve participation in their recovery; particularly during this Holiday Season for optimal engagement, enjoyment, and positive opportunities for fellowship.

In addition to providing regularly scheduled, active treatment, the Centralized Rehab Services staff and Rehab Resource Coordinators have worked together to organize contributions in a fair manner, fulfil "wish lists", and wrap hundreds of gifts to ensure each individual at the facility were given *presents to open on Christmas morning*. Thanks to the Nursing staff for distributing!

On December 5, the *Christmas Market* was set up and held in the Auditorium for all three work shifts, giving facility staff a chance to purchase a variety of neat, and unique arts and crafts made by individuals, or donated by staff members. This event was a success by collecting over \$1,000 in sales. This profit will go straight back into Rehab therapeutic activities. Individuals were given the opportunity to work together, learn the importance of focusing on quality tasks, feel prideful, and pleased to see their projects sold for a good cause.

On December 19, we had many participants from the Rehab Department wear "ugly sweaters," and Christmas gear for *On the Square VA Tacky Sweater activity* open to employees all over Virginia. On December 20, all Rehab employees went above and beyond with planning, dressing up, and decorating for the "*Whoville Special Event*," which numerous individuals that we serve were able to attend. *After being entertained with Christmas Caroling* by Jan Barrom's group, the legendary "*How the Grinch Stole Christmas*" movie was shown with creative storytelling by Melanie Smith to clarify, there's more to Christmas than just getting presents and eating; but instead putting heart, and giving into the holiday. We had real-life Whoville characters, including *Cindy Lou and the Grinch*. Thanks to Security for their assistance. Decorating the Christmas tree, cards, and ornament making, oven mitt wrapping game, and reindeer races were offered, followed by a "feast together" to celebrate with green snacks and drinks. Thanks to the Food Services staff and a special thanks to Ashley Privett for the idea for the theme for this event! **Many individuals (including staff) stated they had the best time ever, as noticed by the smiles, laughter, and humor displayed.**

The evening of December 20, our Chaplain, Andrew Parkey, assisted individuals in deciding the worship services of choice. An Advent Candle Reading took place, and Christmas Hymns were played on the keyboard, all fulfilled by individuals who wanted to perform, which was supported by Rehab staff. Several individuals were excited to actively participate, and practiced their reading scripts in advance.

Rehab staff also included additional activities for those individuals on the Geriatric Unit. In addition, on Sunday, December 23, arrangements were made for individuals to receive hot chocolate, and cookies on all wards. Thanks again for the assistance from Food Services. To conclude the planned holiday activities, the Chaplain, and three community volunteers came on Christmas night for Caroling on all wards with good participation from many.

A gigantic thanks for everyone's support, participation, and hard work to help individuals we serve enjoy the Holiday Season as much as possible during their stay at SWVMHI. **HAPPY NEW YEAR TO ALL!**

~Submitted by Heather Trail, Director of Rehab Programs



Rehabilitation in Motion!!

(See page 6 for pictures from this event)



Safe Winter Driving Tips

Into every life a little rain must fall. And this time of year a little snow and ice may as well. Winter presents a unique challenge for everyone who must face driving in ice and snow. A little preparation and common sense will go a long way in helping make winter driving as safe as possible for everyone.

The Best Tip of All:

Stay home if your trip isn't critical. In the face of bad weather and treacherous road conditions, avoidance is the best policy. When you really don't need to go anywhere, stay off the roadways. Allow DOT personnel to do their job and clear the ice and snow. You may be the best winter driver the world has ever seen, but you can never count on others on the roadways to be as good as you are. Allow yourself more time to get where you are going, and, if possible, waiting until DOT crews have scraped or salted your road are always good ideas.

It's All About the Tires:

Successful race car drivers know that where the rubber meets the road can make the difference between first place and the back of the pack. To have adequate snow traction, a tire needs at least 6/32nd of an inch in tread depth. Tires will still pass for an inspection sticker with a lot less tread, but will be almost useless in snow or ice. Tires begin their life with an average of 10/32nd of an inch of tread depth, so a tire at about half its useful life might not be a good choice for safe winter driving.

Summer-only tires should not even be considered for winter driving. These are normally original equipment on higher performance cars. The qualities that make summer tires handle so well in warm weather do not translate to driving in snow and ice. Rubber that becomes rock hard in cold weather acts like ice skates on your car when the temperatures drop.

Winter tires (with the snowflake on the mountain symbol) offer the best driving bite for winter driving, but should always be mounted in full sets of four. Mounting winter tires on the front of a front-wheel-drive car will make it prone to spinning out in snow and plowing straight off on wet or dry roads. Likewise, putting them only on the rear axles of a rear-wheel-drive car make the car difficult to turn in snow and eager to spin on dry roads.

Electronic Stability Control (ESC) and All Wheel Drive (AWD)

Electronic Stability Control found on all vehicles model 2012 and newer helps with driving in snow, but only within the limitations of the tires on your car and the speed at which you are going. It helps a lot, but isn't a magic bullet allowing you to drive at the same speed on icy roads as you would on dry roads in the summer.

All Wheel Drive also helps tremendously in allowing the vehicle to apply power from the wheels that slip to the wheels that need the power. Again, drivers sometimes get into trouble by thinking that All Wheel Drive allows them to drive like they would when the road is dry and clear. You may be able to accelerate well with AWD, but stopping distances are greatly extended when the road is wet or icy, and AWD does nothing to help you stop shorter.

Visibility:

Make sure that you can see and be seen in snowy conditions. If you can't remember when you last replaced your wiper blades, it is probably time to replace them. Keep your windows clean, make sure that your wiper fluid is the kind rated for use without freezing in winter temperatures, and use air conditioner (even with the temperature set at hot) and outside air when trying to defog interior windows.

Check to be sure that all lights on your car are operational and clear of ice or snow before driving. A sheet of ice or pile of snow built up over your headlights greatly reduces the amount of light given off. Snowed-over taillights are nearly impossible for other drivers to see.

What If You Skid:

If you find yourself in a skid follow these rules. Generally, you should smoothly release the accelerator, leave your hands on the wheel where they are, and allow the car to slow down. Using your brakes during a skid usually makes things worse.

Be Prepared:

In the winter it is more important than ever to check your battery, tire tread, wiper blades, and antifreeze. To help out if you do get stuck, have on hand: a flashlight, jumper cables, kitty litter (for help getting unstuck), a shovel, snow brush and/or ice scraper, warning devices (like flares), and blankets. For longer trips add food, water, necessary medication, and a cell phone.

~Submitted by the SWVMHI Safety Committee

Influenza Prevention Guidelines



INFLUENZA IS CONSIDERED WIDE-SPREAD IN THE STATE OF VIRGINIA AT THIS TIME!

Early detection, hand hygiene, aggressive cleaning/disinfecting, and transmission-based precautions (contact/modified contact) are keys to prevent the transmission of flu and other viruses.

If a patient is admitted or develops these symptoms of flu - fever, cough, sore throat, malaise (feeling weak and “bad”), severe headache, or body aches, nausea, vomiting, or diarrhea, it is vital to place the patient on Contact (or modified contact)/Respiratory Transmission Based Precautions as quickly as possible. The patient will need to wear a mask if they cannot stay in their room. Educate and assist the patient with good hand hygiene if they are out of their room and before their meals. Notify Cindy Jones, the unit physician, and the SNC as soon as possible. A *Patient Infection Report* should be faxed to Infection Prevention.

Assume it is the flu until it is determined to be something else.

Be proactive and assess other patients for signs/symptoms of flu. Be aggressive with additional unit environmental cleaning and all patients with appropriate hand hygiene.

Flu swabs (called E swabs) will be placed on all units for rapid flu detection.

(Continued on Page 14)

January in History

- Jan. 1—The most celebrated holiday around the world.
- Jan. 3, 1959—Alaska was admitted as the 49th U.S. state with a land mass almost one-fifth the size of the lower 48 states together.
- Jan. 7, 1714—A patent was issued for the first typewriter designed by British inventor Henry Mill.
- Jan. 8, 1935—Elvis Presley was born in Tupelo, Mississippi.
- Jan. 11, 1964—The U.S. Surgeon General declared cigarettes may be hazardous to health, the first such official government report.
- Jan. 13, 1990—Douglas Wilder of Virginia became the first African American governor in the U.S. as he took the oath of office in Richmond.
- Jan. 20, 1945—Franklin Delano Roosevelt was inaugurated to an unprecedented fourth term as president of the United States. He had served since 1933.
- Jan. 23, 1849—Elizabeth Blackwell was awarded her MD by the Medical Institute of Geneva, New York, thus becoming America’s first woman doctor.
- Jan. 27, 1967—Three American astronauts were killed as a fire erupted inside Apollo 1 during a launch simulation test at Cape Kennedy, Florida.



Federal Reimbursed Mileage Rate to Change 2019



Beginning January 1, 2019, the federal reimbursed mileage rate will change to **\$0.58/mile**. This is the rate reimbursed to you **if there is no state car available and the cost to rent a vehicle from Enterprise is more expensive**. **If you choose to use your own personal vehicle and be reimbursed mileage, the reimbursement rate is still \$0.246/mile**. This is a rate set by the Commonwealth of Virginia and does not correlate to the Federal reimbursement rate in any way. **Please** do not compute the personal reimbursement rate at half the Federal rate. It will remain at \$0.246/mile until the Commonwealth changes it regardless of the Federal rate. If you have any questions, please contact Melissa Castle, Fiscal Director at Ext. 151.

The Best Medicine



Census

MONTHLY PATIENT CENSUS

Dec 2018

Admissions 44

Discharges 39

Passes 8

Average Daily Census 144

Patient Activity Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Happy New Year</i>	2 Game room 6:15-8pm	3 Chapel 6:15-8pm	4 Game room 6:15-8pm	5
6	7 Game room 6:15-8pm	8 Game room 6:15-8pm	9 Game room 6:15-8pm	10 Chapel 6:15-8pm	11 Game room 6:15-8pm	12
13	14 Movie Night 6:15-8pm	15 Game room 6:15-8pm	16 Game room 6:15-8pm	17 1:30-3:00 Special Event No afternoon groups Chapel 6:15-8pm	18 HOLIDAY Lee Jackson Day NO groups or Game room	19
20	21 HOLIDAY Martin Luther King Jr. Day NO groups or Game room	22 Game room 6:15-8pm	23 Game room 6:15-8pm	24 Chapel 6:15-8pm	25 Game room 6:15-8pm	26
27	28 Movie Night 6:15-8pm	29 Game room 6:15-8pm	30 Birthday Party & Game room 6:15-8pm	31 Chapel 6:15-8pm		



CHIMNEY SAFETY

Your chimney (and the flue that lines it) adds architectural interest to your home, but its real function is to carry dangerous gases away from your fireplace, wood stove, or furnace, and safely out of your home.

When you bask in front of your fireplace, or feel the warmth of your wood stove, it is unlikely that you may be thinking about the safety of your chimney.



Each year in the US, there are over 25,000 chimney fires, resulting in \$125 million in property damage, injury to people, and even death. Dirty chimneys can cause chimney fires, which damage homes, destroy property, and even kill people.

Indications that you may be experiencing a chimney fire include: loud crackling or popping noise; lots of dense smoke, or an intense hot smell. Chimney fires can burn explosively, and dramatic enough to be detected by neighbors. Flames, or dense smoke may shoot out the top of your chimney. However, the majority of chimney fires go undetected. Slow-burning fires don't get enough oxygen or have sufficient fuel to be visible. They go undetected, but can leave damage to the chimney structure, and nearby combustible parts of the house. Sometimes you may see damaged shingles, warped chimney caps, and even pieces of burned creosote on your roof or surrounding areas.

The best way to prevent a chimney fire and keep your home safe is to have an annual inspection by a Certified Chimney Sweep and clean out the creosote build-up if necessary. Creosote is the sticky residue that builds up on the inside of chimney flues. Creosote forms when the by-products of combustion float up the chimney and condense on the cooler surfaces of the flue. Creosote is black, or brown residue, and can be crusty, or flaky, tar-like, drippy, sticky, or shiny, and hardened. All forms are highly combustible, and if allowed to build up in sufficient quantities, and the internal flue temperature is high enough, the result may be a chimney fire.

Conditions that contribute to creosote build-up include: restricting the air flow of your fire; burning unseasoned wood, and cooler than normal chimney temperatures. The longer the smoke and unburned particles remain in the flue, the more likely it is for creosote to form. Closing glass fireplace doors, or leaving dampers partially closed will restrict air flow. Burning unseasoned wood results in a cooler smoke, which allows the flue to also remain cooler. Also, overloading the firebox on a wood stove can contribute to build up of the dangerous substance.

If you feel as though you may have had a chimney fire, have your chimney inspected by a Certified Chimney Sweep for a professional evaluation. If your suspicions are confirmed, the chimney sweep will be able to make recommendations to bring your system back into compliance. Helping to reduce creosote build-up, and having regular inspections and cleanings, if necessary, are the best way to keep your winter time fires safe for you and your family.

~Submitted by Robbie Horne, Safety Committee Member

SAFETY FIRST!



15 Ways to Beat the Winter Blues

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1. Get out of the house.
2. Laugh.
3. Say "no" to something you don't want to do.
4. Give yourself a treat.
5. Clear the clutter.
6. Don't sweat the small stuff.
7. Put on your favorite playlist.
8. Spend time with your pets.
9. Eat a healthy lunch (and an afternoon snack).
10. Mindfully use your senses to increase enjoyment of everyday life.
11. Move your body.
12. Buddy up.
13. Write it out.
14. Open the curtains and turn on the lights.
15. Anticipate a fun-filled activity.

SharonMartinCounseling.com

January Days to Celebrate

"Off the cuff" January holidays to celebrate:

January 4

Tom Thumb Day

January 7

Harlem Globetrotter's Day

January 9

National Static Electricity Day

January 14

Dress Up Your Pet Day

January 16

Fig Newton Day

January 20

Penguin Awareness Day

January 24

Belly Laugh Day

January 28

Rubber Duckie Day



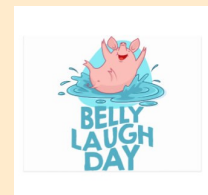
Dress Up Your



Pet Day



Penguin Awareness Day



Word Search



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

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

BLIZZARD

BOBSLED

CHILLY

COAT

COLD

EARMUFFS

FIREPLACE

FROSTBITE

GLOVES

HAT

HEATER

ICE

RINK

SCARF

SKATING

SLED

SNOWMAN

SOCKS

SWEATER

TOBOGGAN



Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending.
 Carl Bard

LAUGHTER WITH SNOWMEN!

Q: What do snowmen order at fast-food restaurants?

A: An iceberg-er and fries!

Q: What do snowmen do when they're not feeling well?

A: They take a chill pill!

Q: Where do snowmen go to dance?

A: To snowballs!

Q: What did Frosty call his cow?

A: EskiMOO!

Q: Why did Frosty ask for a divorce?

A: His wife was a total flake.

. And the best for last:

Q: What's a good holiday tip?

A: Never catch snowflakes with your tongue until all the birds have gone south for the winter.



A big thank you for all the staff who participated in the Holiday Caroling throughout the facility on December 20. It was a lot of fun for both staff and the individuals we serve!

Moon Phases Jan. 2019



January 5 - New Moon

January 14 - First Quarter

January 21 - Full Moon

January 27 - Last Quarter



Thank You to All Who Donated

The Food Service Department had another successful pet food drive in December.

Mike Snavelly, President of the Smyth County Humane Society wrote, "Dr. McClaskey and staff: Thanks to everyone for the successful food drive. Over \$200 of food was collected and a \$20 donation. Special thanks to Kim Hunt and the Dietary Department for their extra efforts. Best Wishes for a blessed Christmas and a Happy New Year!"

Training Calendar

JAN 2019

CAI: dLVC / BMEWS Update

Call Patricia @ x 824 to REGISTER

D= Dogwood Room; C= Commonwealth Room; CL= Computer Lab; AB = AB Classroom

MON	TUE	WED	THURS	FRI
	1 HOLIDAY 	2 <div style="border: 1px solid red; padding: 2px; color: red;"> (C) CPR Comp / TOVA Based 8:30-3 (1st shift) 10:30pm-7am (3rd shift) </div>	3 <div style="border: 1px solid red; padding: 2px; color: red;"> (C) CPR Comp / TOVA Based 2:30-11 (2nd shift) </div> (D) 8am Bag Student Orientation SCTC (1142 upgr)	4 For Supervisors Only ALL SUPERVISORS ARE WELCOME! MUST sign up (HR) 8-12 MVP & Performance Mgmt <div style="border: 1px solid black; border-radius: 15px; padding: 2px; display: inline-block;"> (D) 10:30am-1pm-ServSafe </div>
7 <div style="background-color: yellow; padding: 2px;"> (C) 8:30-5:00 New CPR instructor class </div>	8 (C) 8:30-12:30 CPR Comp / 1:30-5 TOVA Based	9 <div style="border: 1px solid black; padding: 2px;"> B&G TOVA RECERT (C) 8:30-11 </div>	10 <div style="border: 1px solid red; padding: 2px; color: red;"> (C) CPR Comp / TOVA Based 2:30-11 (2nd shift) </div> <div style="border: 1px solid black; padding: 2px;"> B&G TOVA RECERT (C) 8:30-11 </div> <div style="color: green;"> (D) 8:30-5 Human Resource / Training Desk Orientation </div>	11 (C) 8:30-5 Healthcare Provider CPR
14 HISTORY TOUR 1 PM-Meet in Bagby Bldg Lobby	15 (D) 8:30-12 Intro to Mental Illness (D) 1-2 Intro to Substance Use Disorder (D) 2:15-3:30 - REVIVE! Opioid Education/Naloxone Administration Class	16 (D) 8:30 – 12 Recovery & Wellness (RAFT) (D) 1-3 Intro to ID/DD	17 (D) 8:15-10:30 Fire, Gen Safety & Security (D) 10:45-12:15 Hazard Com (D) 1-3 Infection Control (D) 3:15 – 5 Risk Assess/Mgmt.	18 HOLIDAY
21 HOLIDAY 	22 (D) 8:30 – 12n Human Rights (C) 1-2 -Ethical Relationship Policy 1018 (C) 2:15-4 pm CLO	23 (C) 8:30-5:00 TOVA Part 1	24 (C) 8:30-3:00 TOVA Part 2	25 <div style="color: green;"> (D) 8:30-5 Human Resource / Training Desk Orientation </div> <div style="border: 1px solid black; border-radius: 15px; padding: 2px; display: inline-block;"> (D) 10:30am-1pm-ServSafe </div>
28 <div style="background-color: yellow; padding: 2px;"> (C) 8:30-5 CPR Instructor recertification class </div>	29 (CL) 8:30-11:30 CoreMind Overview (D) 11:30-12:15 IT Security	30 (D) 8:30 – 3 MHFA Course ID# 00110839	31 (D) 8:30-10:30 Director's Orientation (D) 10:45 - 11:50 HR Wrap Up	

(Continued from page 8)

If employees have any of the above flu symptoms, they are asked to refrain from the workplace until they no longer have a fever (without the use of a fever-reducing medication) for at least 24 hours. Supervisors should notify Cindy Jones of any call-ins of influenza-like illness (fever, cough, sore throat, aches, nausea, vomiting, and diarrhea) by email. Employees should complete an *Employee Illness Report* upon returning to work and fax to 783-0855.

Please remind visitors that if they are sick, or symptomatic with flu-like symptoms, we prefer them not to visit. If a visit is medically necessary, we can make accommodations in order not to expose other individuals.

~Submitted by Cindy Jones, RN, CIC





Need a Little Stress Relief?

Coloring enthusiasts claim that coloring makes them feel calmer, mentally clearer, happier, and more relaxed.

When engaged in their hobby, “colorists,” as they call themselves, say that their worries temporarily fade away.

Coloring makes an excellent pre-bedtime ritual, and it’s healthier than the usual alternative.

Give it a try and see what you think. Enjoy the picture we’ve provided for you!



