



FEBRUARY 2019



From The Director

Excerpts from History

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Judging from the popularity of the history information on our website and the monthly SWVMHI history tours conducted by Dr. Mike Jones, our staff care about the past. We enjoy learning about what it was like “in the old days,” and it is interesting to compare the work of those who have gone before us to our own work today.

The following is an excerpt from “A Brief History of Southwestern State Hospital 1887 - 1987.” The words in italics below are written by Joan Tracy Armstrong, a Smyth County historian for the occasion of the Centennial Celebration of Southwestern State Hospital, on May 31, 1987. You can view this document in its entirety on the SWVMHI Intranet and on the webpage.

At that time, there was no Bagley Building to serve as our main patient care building as it was not completed until 1989. We moved into it in spring 1990 - almost 29 years ago!

At the time of the Centennial, the hospital was still called Southwestern State Hospital (or “Swish,” as folks pronounced it) because we didn’t become SWVMHI until 1990.

Patients at that time were housed in the Harmon Building (Adult Admissions, Medical Detox, and the Infirmary) and the Morison Building (long term patients and the Adolescent Unit). The A and B Buildings were geriatric units with 96 patients in each of them. The Henderson Building housed administration, fiscal, and Human Resources then as it does now, but we also used the C Building for Staff Development and Training, Reimbursement, and offices for a variety of staff.

1884 - 1887

The need for asylums in Virginia was recognized as early as 1869, but “not until the Readjuster party scaled down the state debt in 1882 did appropriations for social services increase greatly.” On March 18, 1884, the General Assembly approved legislation “to provide for the establishment of a Lunatic Asylum in Southwest Virginia.”

Today the term Lunatic Asylum does not sound good to our ears or our modern sensi-

bilities, and is considered offensive. However, the term came from early attempts to understand the causes of mental illness, as perhaps the illnesses that affected the mind came from the influence of the moon (“affected with periodic insanity dependent on the changes of the moon, luna). Asylum simply means a place of refuge, a sanctuary, safety from violence.

Eastern State Hospital in Williamsburg, Virginia, actually was the first public facility in the United States constructed solely for the care and treatment of the mentally ill. Colonial legislators met in Williamsburg in 1770 and passed a bill authorizing the construction of a hospital for this purpose. The building was erected on an eight-acre site near the College of William and Mary, and the first patients were admitted on October 12, 1773. ESH provided treatment during the turbulent crises of both the Revolu-

Hidden

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



From the Director, *continued*

tionary War and the Civil War. The building of state asylums really began with the first law for the creation of one in New York, passed in 1842. The Utica State Hospital was opened approximately in 1850. The creation of this hospital, as of many others, was largely the work of Dorothea Dix, whose philanthropic efforts extended over many states, and in Europe. Prior to this, the care of individuals with mental illness was considered the responsibility of the family and community.

There was hot competition from communities west of the New River for the construction of an asylum in their town. There was a depression after the Civil War that was slow to improve in rural communities and poverty was acute.

Citizens of Smyth County, then as now, viewed the proposed asylum as a tremendous source of economic growth. A great deal of selfless effort by certain prominent citizens to secure the hospital was

required, however, as Wytheville residents were aggressively competing for the proposed building.

Because the land had to be donated by the county, it was necessary to obtain sufficient funds to purchase the property. On September 25, 1884, citizens were urged to vote for the subscription, as the hospital would be a source of revenue. For donation and taxation were cast 1974 votes, against ---- 80 votes - the \$30,000 cost to the taxpayers was considerable for the times.

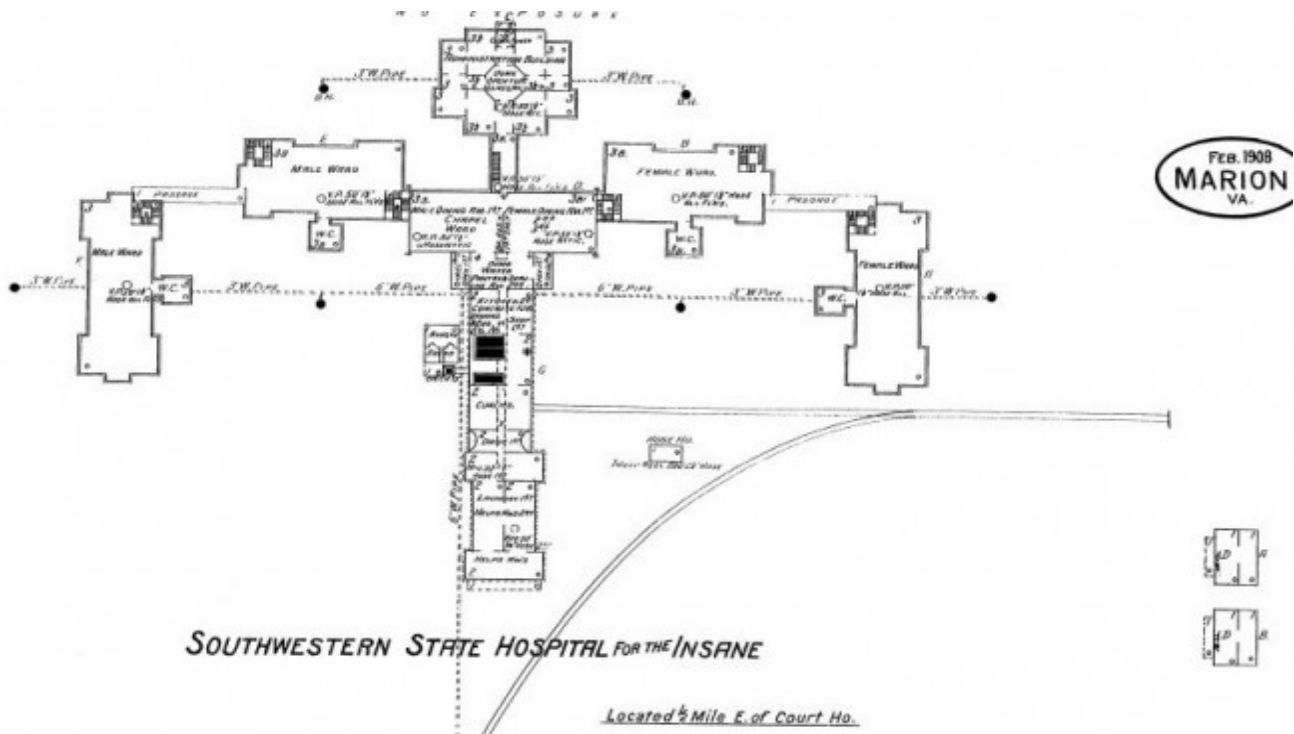
March 1885 found the building committee inspecting hospitals of a similar nature in order to determine what type of facility would be best to build. . .

Many state hospitals in the United States, including the Southwestern Lunatic Asylum, were built in the 1850s and beyond using a model

called the Kirkbride Plan, a design advocated by Philadelphia psychiatrist Thomas Kirkbride in the mid-19th century. It was an architectural style meant to have a curative effect and asylums built in the Kirkbride design followed his theories regarding the healing of individuals with mental illness, in which environment and exposure to natural light and air circulation were crucial. The hospitals built according to the Kirkbride Plan had in common the "bat wing" style floor plan, with numerous wings (wards) that sprawled outward from the center building. In our case, the center building was the Henderson Building and "bat wings" were built moving outwards (east and west) and south of the Henderson Building.

Below is a plan of the hospital as seen in 1908 (the Henderson Building is at the top).

~ Cynthia L. McClaskey, Ph.D



American Heart Month

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.

How can American Heart Month make a difference?

We can use this month to raise awareness about heart disease and how people can prevent it - both at home, and in the community.

Here are just a few ideas:

- Encourage families to make small changes, like using spices to season their food instead of salt.
- Motivate teachers and administrators to make physical activity a part of the school day. This can help students start good habits early.
- Ask doctors and nurses to be leaders in their communities by speaking out about ways to prevent heart disease.

WARM UP TO COOL WEATHER WORKOUTS

Dress for comfort

- Keep your feet cozy with warm socks, weatherproof shoes, and supportive insoles
- Wear layers of clothing to wick away moisture, insulate, and protect

Don't forget hats, gloves, and scarves if it's very cold

Look at the bright side

- Being outdoors is a great way to get some Vitamin D
 - There's no heat, or humidity to deal with – just cool, crisp air
 - Exercise boosts immunity during cold and flu season
- Have fun with cool weather activities like: jogging, hiking, snowshoeing

Take it inside if it gets too cold for comfort, try:

- Indoor circuit workouts
- Yoga, or other fun group classes
- Active housework like power vacuuming

For more ideas on staying active, visit heart.org/movemore



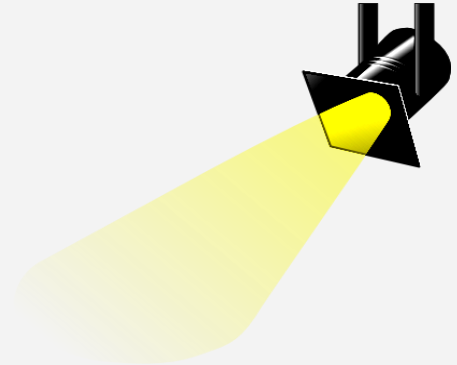
Welcome Aboard!

December 10 New Hires



Front Row: Sylvia DeHart, PCT Float 3rd shift; Lorie Seymore, CNA PCT C/D 2nd shift,

Back Row: Terry Wilson, RNII E/F 2nd shift; Aspen Rickman, PCT A/B 2nd shift; Darien Hamm, RNII A/B 2nd shift; Caleb Seymore, PCT Float 2nd shift; Sherri Blair, Nursing Executive Secretary; David Peterson, P14 Security



January 25 New Hires

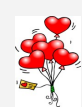


Left to Right: B. "Wyatt" Wyatt, Food Service Tech P14; Savannah LeBarre, Psychologist Senior; Sharon Armstrong, Food Service Tech

January 10 New Hires



Left to Right: Tanner Boyd, RNII A/B 2nd shift; Nancy Eller, Environmental Services; Katelin Bailey, RNI A/B 3rd shift; Thomas Henry, PCT A/B 2nd shift



HIPAA and Confidentiality

HIPAA is a year-round requirement that we protect the patient’s right to confidentiality **and** it’s the law!

As DBHDS employees, it is critical that we take extra precautions when talking in the community or with family/friends regarding our job duties so as to ensure observance and compliance with all HIPAA and confidentiality policies and regulations.

Here are a few reminders:

- Be extra careful when posting *anything* on social media (Facebook, Twitter, Instagram, etc.). Social media postings have become the primary source for HIPAA and confidentiality violations among healthcare workers.
- Photos of our beloved *tacky sweaters*, celebrations, and SO FORTH, must not include pictures of **SWVMHI’s** patient care areas or the individuals we serve. Take extra care to ensure that your photos do not inadvertently capture patient information in the background such as charts or other displays that contain patient names and other protected information.
- Refrain from posting work-related messages or photos on your social media outlets to ensure compliance. If posting photos of work parties or other staff celebrations, be sure to carefully examine the photo before posting or sharing to ensure that no protected health information has been accidentally captured. Remember: unintentional breaches are still breaches!
- When talking about our work as mental health professionals, whether in conversation or in writing, we must be certain that the message we convey is *always* one of advocacy, compassion and support for the individuals we serve. We must strive to avoid saying *anything* that could be interpreted by others as mocking or showing insensitivity to those with mental illness.

In short - a REMINDER about HIPAA and Confidentiality - It’s a year-round requirement that we protect the right to confidentiality of the individuals we serve . . . AND it’s the law! So, be joyous, but be vigilant!

For additional information about confidentiality or HIPAA, see the 2018 Human Rights CAI or contact Merle Obregon at x167 for more information.

Confidentiality
Beware of social media

- ✓ REMINDER: social networking sites are public forums and posting anything to them that might allow an individual receiving services to be identified, whether intentional or not, *represents a HIPAA violation.*
- ✓ Photos should not be taken of the individuals we serve for any reason other than a medical or treatment reason.
- ✓ Exception: If a family member or loved one request to take a photo of an individual receiving services, this may be allowed as long as no other patient is in the photo.

Icons for Instagram, Facebook, and a grid of various social media and communication logos.

H health
I nsurance
P ortability
A ccountability
A ct

CONFIDENTIAL



~Submitted by Cynthia McClaskey, Director

Commonwealth of Virginia 2019 Pay and Holiday Calendar



State Holidays

- January 1**
New Year's Day
- January 18**
Lee-Jackson Day
- January 21**
Martin Luther King, Jr. Day
- February 18**
George Washington Day
- May 27**
Memorial Day
- July 4**
Independence Day
- September 2**
Labor Day
- October 14**
Columbus Day & Yorktown
Victory Day
- November 11**
Veterans Day
- November 27**
4 hours additional holiday time
- November 28**
Thanksgiving
- November 29**
Day After Thanksgiving
- December 24**
8 hours additional holiday time
- December 25**
Christmas

Please note: In some agencies, the holiday and payday schedule may vary from what is shown here. If you have questions, see your agency human resources officer.

Denotes Payday

Denotes Holiday

Denotes Additional Time Off 8 hrs 4 hrs

Denotes Payday on Holiday or Time Off

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January

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27	28	29	30	31		



Stop Dragging Your Feet



Your inbox is overflowing and your to-do list is miles long. Just the thought of sitting down and starting to chip your way through is almost too much to bear. Here are four ways to give you a much-needed boost to get moving!

1. Start with Something Small:

When you have little motivation to tackle the tasks at hand, get yourself into a “flow state.” Have you ever felt so involved with what you were doing that nothing else seems to exist? When you’re in a flow state, you’re totally focused and performing your best. However, it’s not something that you can just dive right into. So, by getting started with those bite-sized, easier to accomplish tasks, you’ll give yourself the opportunity to ease into “flow state work mode.”

2. Set Deadlines:

All too often, lack of motivation and procrastination go hand in hand. It’s hard to feel inspired when we feel like we have unlimited time to complete a task. Without a deadline looming in our near future, we have no pressing reason to get to work. Set deadlines for yourself in days, rather than in weeks or months; this connects your future self with your present self, and gives you that much needed jump start.

3. Work in Blocks:

Sometimes the thought of working an eight-hour day seems insurmountable. While taking breaks might seem counterintuitive when you have a lot to do, working in blocks of time—with short breaks in between—is much better for your motivation and productivity. Splitting your work time into smaller chunks will make the whole process seem far less daunting, and there are plenty of benefits associated with giving your brain a quick rest—including better memory.

4. Enlist an Accountability Partner:

Still feeling unmotivated? It might be time to call in some reinforcements. Tell your co-workers that you plan to have that big presentation completed by the end of the week, and then ask them to hold you to it. Studies show that employees are more likely to accomplish their goals when they write them down, share them with another person, and then check in with regular progress updates. We all need a little accountability every now and then.

www.commonhealth.virginia.gov

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My Town: Marion on WCYB

Some of you may have seen the reporter's cars, the drone in Marion, and on the SWVMHI campus on Monday, January 7.

The week of January 14 - 18, WCYB featured Marion in a series called "My Town." Marion is only the second town to be featured, and the footage aired on the noon and 5:30 pm news-casts.

Reporter John Engel talked to Ken Heath, patrons at Sisters Café, participants at The Henderson, SWVMHI, and Hungry Mother State Park.

You can catch up with some short segments of the tapings on www.wcyb.com. If you search for "My Town: Marion," you can view the segments that have aired plus one of the drone footages set to Doc Watson music (very nice!)

There was a longer version, the full "My Town: Marion" on Saturday, January 19, on WCYB.

It was very nice to be a part of such a supportive, local community that appreciates our presence and what we do for the individuals we serve at SWVMHI. You all are a very important part of ensuring that our role is valued, and I thank you for your hard work, and professionalism! You make it easy to represent our work in this positive way.

~Submitted by Cynthia McClaskey, Director



February in History

Feb. 1, 2003 - Sixteen minutes before it was scheduled to land, the Space Shuttle *Columbia* broke apart in flight over west Texas, killing all seven crew members.

Feb. 3, 1870 - The 15th Amendment to the U.S. Constitution was ratified, guaranteeing the right of citizens to vote, regardless of race, color, or previous condition of servitude.

Feb. 8, 1910 - The Boy Scouts of America was founded by William Boyce in Washington, D.C., modeled after the British Boy Scouts.

Feb. 20, 1962 - Astronaut John Glenn became the first American launched into orbit. Traveling aboard the "Friendship 7" spacecraft, Glenn reached an altitude of 162 miles, and completed three orbits in a flight lasting just under five hours.

Feb. 23, 1942 - During World War II, the first attack on the U.S. mainland occurred as a Japanese submarine shelled an oil refinery near Santa Barbara, California, causing minor damage.

Feb. 27, 1995 - In Desert Storm, the 100-hour ground war ended as Allied troops entered Kuwait just four days after launching their offensive against Saddam Hussein's Iraqi forces.



SAFETY TIPS - WALKING

Surely spring is on the way and soon we'll be walking outside, getting fresh air and exercise. Walking is one of the best things we can do to stay healthy, but only if we put safety first. The National Safety Council has some safety tips that will enhance your walk. (There were over 6,000 pedestrian deaths in 2017!)

- ◆ Look left, right, and left again before crossing the street; looking left a second time is necessary because a car can cover a lot of distance in a short amount of time.
- ◆ Make eye contact with drivers of oncoming vehicles to make sure they see you.
- ◆ Don't wear headphones while walking.
- ◆ Don't use a cell phone or other electronic device while walking.
- ◆ Never rely on a car to stop.
- ◆ Only cross at designated crosswalks.

As a driver, be aware of pedestrians, and be prepared to react. When you stop at a crosswalk, remain stopped until the pedestrian is totally clear of the entire crosswalk.

~Submitted by the Safety Committee

Census



MONTHLY PATIENT

CENSUS

Jan 2019

Admissions - 68

Discharges - 67

Passes - 13




Average Daily Census - 150

Patient Activity Calendar



February 2019

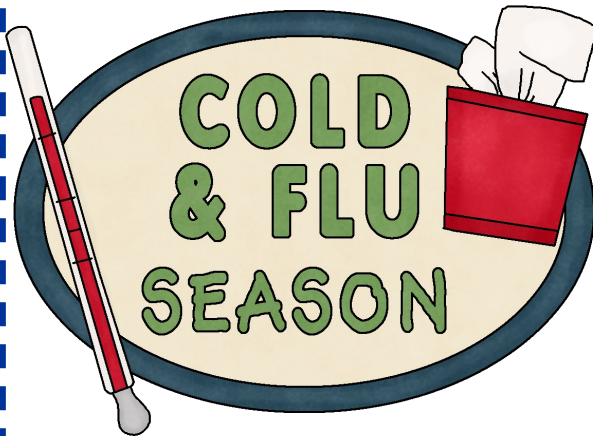


Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Game room 6:15-8pm	2  Happy Groundhog Day
3	4 Game room 6:15-8pm	5 Game room & Wii Night 6:15-8pm	6 Game room 6:15-8pm	7 Chapel 6:15-8pm	8 Game room & Just Dance Night 6:15-8pm	9
10	11 Movie Night 6:00-8pm	12 Game room 6:15-8pm	13 Game room & Scavenger Hunt 6:15-8pm	14 Chapel 6:15-8pm	15 Game room & Karaoke Night 6:15-8pm	16
	18 Holiday Presidents' Day No Groups	19 Game room & Board Game/ Cards Night 6:15-8pm	20 Game room 6:15-8pm	21 1:30-3:00 Special Event No Afternoon Groups	22 Game room 6:15-8pm	23
24	25 Movie Night 6:00-8pm	26 Game room 6:15-8pm	27 Birthday Party & Game room 6:15-8pm	28 Chapel 6:15-8pm		

Influenza Widespread in Virginia and Locally

Influenza is considered widespread in the state of Virginia at this time. The flu is also being seen widespread locally.

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 an individual 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 individual on Contact /Respiratory Transmission Based Precautions as quickly as possible. **The MOD/Physician should be notified immediately of any fever 99.5 or above.** The individual will need to wear a mask if they cannot stay in their room. Educate and assist the individual 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.

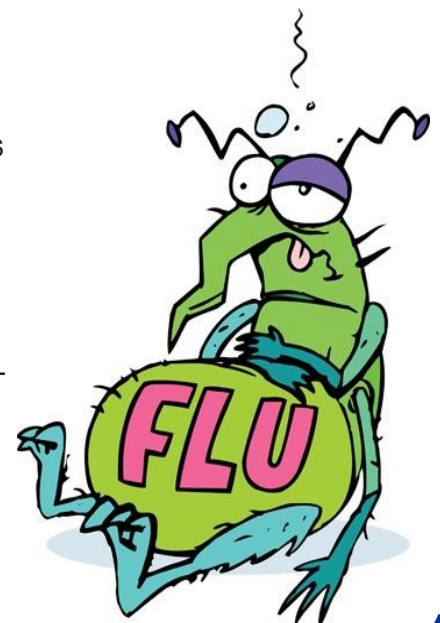
At this time, assume it is the flu until it is determined to be something else when an individual has a fever, complains of being achy, or not feeling well. The flu can be transmitted to others 24 hours before any symptoms are noticed.

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

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

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 at x231 of any call-ins of influenza-like illness (fever, cough, sore throat, aches, nausea, vomiting, and diarrhea) by e-mail. 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, Infection Con-



Celebrate National Recreational Therapy Month

WHAT IS RECREATIONAL THERAPY?

Recreational Therapy, also known as therapeutic recreation, is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery, and well-being. Further, "Recreational Therapy" means a treatment service designed to restore, remediate, and rehabilitate a person's level of functioning and independence in life activities, to promote health and wellness, as well as reduce or eliminate the activity limitations and restrictions to participation in life situations caused by an illness or disabling condition.

Recreational Therapy is not all fun and games. There is a purpose behind the activities that are specifically targeted to each individual. When individuals are suffering from a physical injury or mental illness, they need help learning, not only how to live with their disability,

but to enhance their quality of life by reducing the isolation that individuals experience, and helping them to participate in leisure activities.

Recreational Therapists (RTs) seek to reduce depression, stress, and anxiety in their clients and help them build confidence and socialize in their community.

Individuals who use the services of a Recreational Therapist become more informed and active partners in their own health care. Prescribed activity assists individuals in coping with the stress of illness and disability, and prepares them for managing their illness and/or disability so they may achieve and maintain optimal levels of independence, productivity, well-being, and quality of life.

WHERE IS RECREATIONAL THERAPY PROVIDED

Recreational Therapy is provided in a variety of settings where the therapeutic process is used. This process in-

volves assessment of an individual's needs and functioning, planning of interventions, implementation of services, evaluation of interventions, and client progress and documentation of services provided (APIED).

Recreational Therapists practice in settings such as inpatient and outpatient physical rehabilitation, inpatient and outpatient mental health, skilled nursing and assisted living facilities, adult day programs, parks and recreation, adapted sports programs, acute care hospitals, pediatric hospitals and programs, and school systems to name a few places.

(Continue on page 13)



February Days to Celebrate

"Off the cuff" February holidays to celebrate:

February 1

Wear Red Day

February 8

Laugh and Get Rich Day

February 14

Ferris Wheel Day

February 15

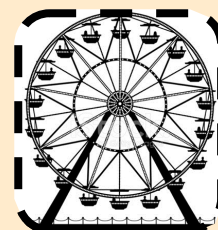
National Hippo Day

February 19

Best Friends Day

February 28

National Tooth Fairy Day



Word Search



Just for fun, how many of the following words can you find related to Valentine's Day?

Among the things you can give and still keep are ...Your word ...Your smile, ...And a grateful heart.
Zig Ziglar

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

CANDY

CARDS

CELEBRATE

CHOCOLATE

COUPLES

CUPID

FEBRUARY

FLOWERS

GIFTS

HEARTS

HOLIDAY

HUGS

KISSES

LOVE

ROMANCE

SWEETHEART

SWEETS

TEDDY BEAR

VALENTINES DAY



(Continued from page 11)

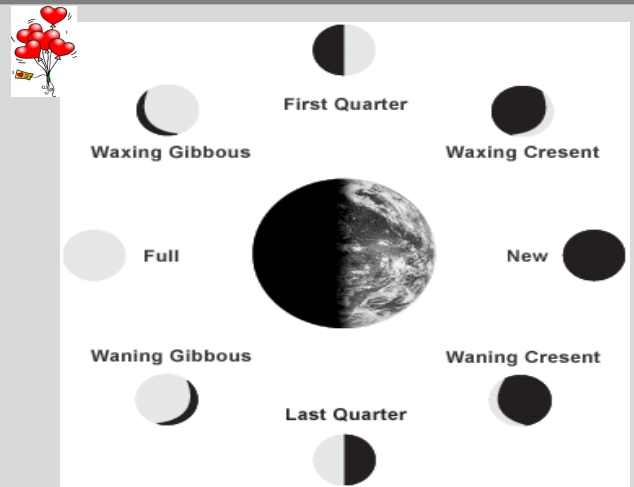
HOW IS RECREATIONAL THERAPY BENEFICIAL?

Recreational Therapy is an integral part of an individual’s treatment, as well as a service benefiting consumers of community services. Recreational Therapy enhances participant outcomes, and reduces healthcare cost by:

- Providing active, outcome focused care that achieves results
- Enabling the generalization of skill developed in treatment to their home and community environments
- Reducing the effects of primary and secondary disabilities
- Providing treatment through cost effective means such as in small and large group settings
- Serving as a cost-effective means to enhance or replace other more costly services
- Addressing the whole person with the focus on enhancing independent functioning within physical, social, cognitive and, emotional domains
- Training individuals to identify and utilize community resources that enable independent functioning
- Focusing on skills that carry over to everyday life and can make a difference in a person’s quality of life.

~<https://www.atra-online.com/page/AboutRecTherapy>

Moon Phases Feb. 2019







Feb. 4 - New Moon

Feb. 12 - First Quarter

Feb. 19 - Full Moon

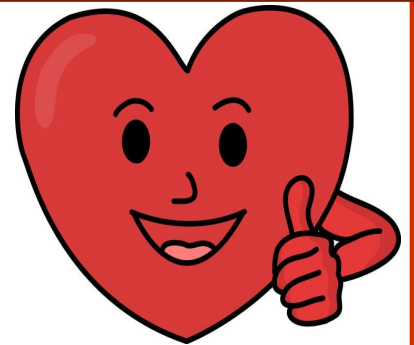
Feb. 26 - Last Quarter



Training Calendar					FEB	2019
CAI: Workplace Violence / Harassment						
Call Patricia @ x 854 to REGISTER						
D = Dogwood Room; C = Commonwealth Room; CL = Computer Lab; AB = AB Classroom						
MON	TUE	WED	THURS	FRI		
Feb 2 nd is 				1 For Supervisors Only ALL SUPERVISORS ARE WELCOME! MUST sign up (D) 8-12 MVP & Performance Mgt		
4 (D) 1:30 Training & Development Committee	5	6 (C) CPR Comp / TOVA Recert > 8:30-3 (1* shift) > 10:30pm-7am (3* shift)	7 (C) CPR Comp / TOVA Recert > 2:30-11 (2* shift)	8 (D) 10:30am-1pm-ServSafe-Ginny		
11 (D) 8:30-5 Human Resource / Training Dept Orientation	12 (C/D) CPR/TOVA Annual Instructor Meeting 1-2 pm and 3-4 pm (D) 12-4 LHRC Mtg. HISTORY TOUR 3 PM-Meet in Bagley Bldg Lobby	13 (C) CPR Comp / TOVA Recert > 8:30-3 (1* shift) (D) 8:30 - 12n Human Rights (D) 1-2 -Ethical Relationship-Policy 1018 (D) 2:15-4 pm CLC	14 (D) 8:15-10:30 Fire, Gen Safety & Security (D) 10:45-12:15 Infection Control (D) 1-3 Hazard Com (D) 3:15 - 5 Risk Assess/Mgmt Happy Valentine's Day 	15 (C) 8:30-5 Healthcare Provider CPR (D) 10-12 SW BOARD		
18 HOLIDAY 	19 (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	20 (D) 8:30 - 12 Recovery & Wellness (RAFT) (D) 1-3 Intro to ID/DD	21 (C) 8:30-4:30 TOVA Part 1 (D) 1:30-3 Dr. Gillette	22 (C) 8:30-2:30 TOVA Part 2		
25 (D) 8:30-5 Human Resource / Training Dept Orientation (D) 8:30-5 MHFA	26 (CL) 8:30-11:30 OneMIND Overview (D) 11:30-12:15 IT Security (C) TOVA New Instructor Course with Mary Clair	27 (C) TOVA New Instructor Course with Mary Clair	28 (D) 8:30-10:30 Director's Orientation (D) 10:45 - 11:30 AM Wrap Up (C) TOVA New Instructor Course (am) with Mary Clair and Re-certification Course (pm)			

TOVA Recert / CPR Renewal for Nursing Staff with a birthday this month.
Employees scheduled for Healthcare Provider CPR Classes need to review the manual available in the Library prior to class.

Heart Healthy Cornbread



Ingredients

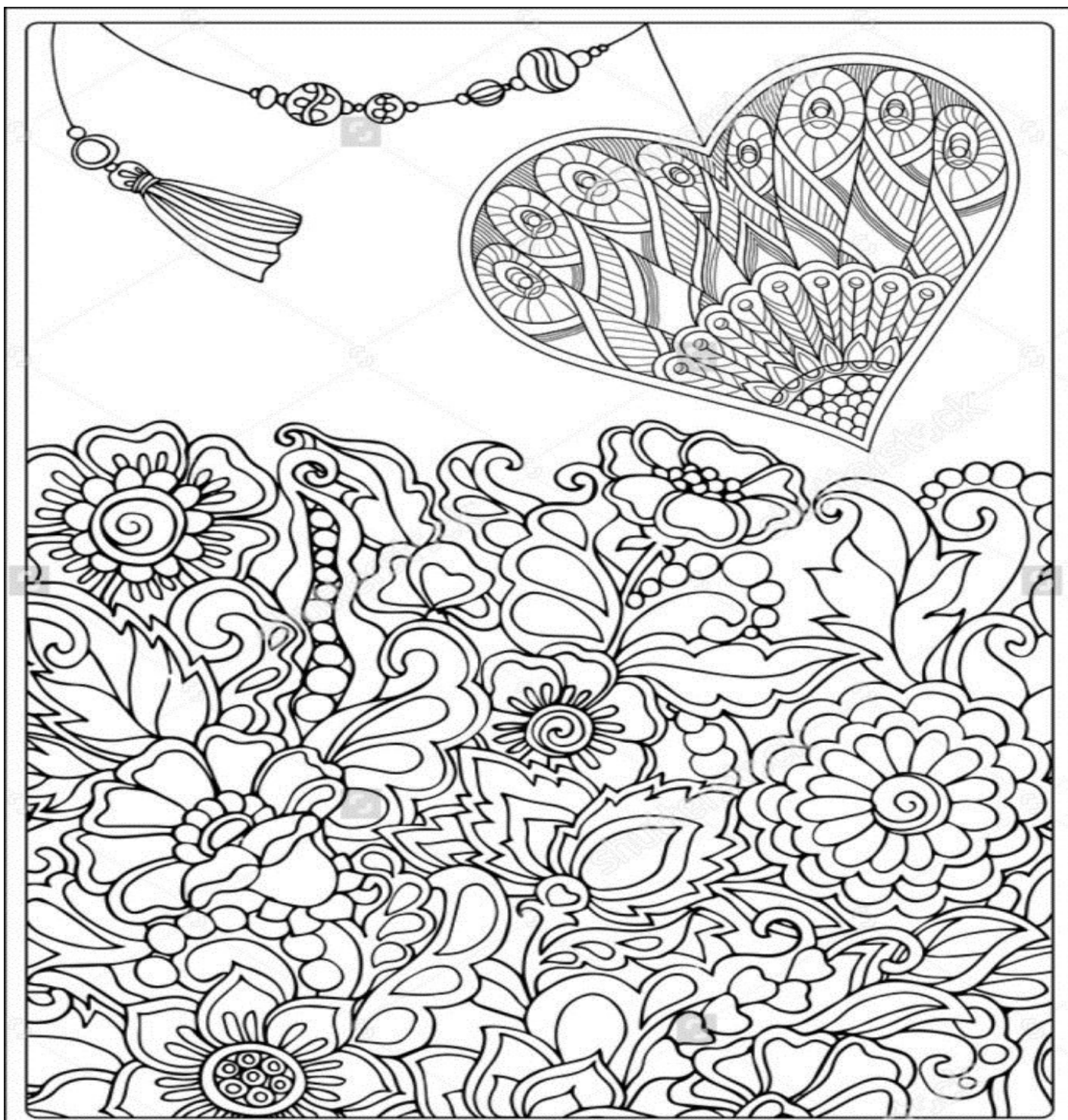
- 1 cup cornmeal
- 1 cup unbleached flour
- 1/4 cup oil
- 1 cup skim milk
- 2 egg whites or 1 whole egg
- 1 tbsp sugar
- 3 tsp. baking powder
- 1/2 cup corn kernel (fresh, canned, or thawed, optional)

Combine flour, cornmeal, baking powder, and sugar in a big bowl.

In a second bowl beat together egg whites (or egg), milk, and oil. Stir into dry ingredients until just combined.

Stir in corn kernels if using and fill into prepared tin (either an 8-inch pie plate or muffin tins.)

Bake at 400 degrees for about 20 minutes (until tester comes out clean).



Need a Little Stress Relief?

Coloring has shown great benefits for adults. It generates wellness, quietness, and mindfulness. And nowadays, recognized as the latest creative trend. It brings us back to a simple time like childhood. It can take you out of your present worries and let your brain have much needed rest and relaxation.

Take some time for yourself and unwind with the Valentine's Coloring page we've provide for you.



**Southwestern Virginia
Mental Health Institute**

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

Please submit articles for the next newsletter to Teri Townsend by Feb. 22, 2019.