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Hidden

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



From the Director

A Lot to Celebrate in May!



Virginia Public Service Week and Nursing Staff Week!

During the week of May 6 - 12, 2019, Virginia public service employees and nursing staff celebrate two important occasions.

You have received an email from Governor Northam declaring this week Virginia Public Service Week. The Virginia Retirement System developed a short video honoring the hard work of all public service employees in the Commonwealth who have dedicated their lives to helping others. I sent this out in an All Staff email on May 8. Nowhere is that dedication more evident than at SWVMHI where we still have multi-generational employees whose fathers and mothers, grandparents, uncles, and aunts have a long history of serving individuals

at SWVMHI. You are helping us to fulfill our mission every day, providing safety net services to many of the most vulnerable citizens in Virginia.

Here is an excerpt from the Governor's email: "The first full week in May is set aside each year to honor federal, state and local employees for their achievement. I have proclaimed this week as [Virginia Public Service Week](#).

"I proudly believe that our state workforce is the best in the nation. Our state agencies are planning special events to recognize employees, from presentations and healthy activities, to certificates of achievement, scavenger hunts and more. I encourage you to participate and celebrate your work!"

You have also received several emails regarding Nurs-

ing Week - nursing week always coincides with Public Service Week and we celebrate together with our nursing staff colleagues! As always, our nursing co-workers demonstrate creativity and a sense of camaraderie as they celebrate all that they accomplish for us throughout the year.

This year the Nursing Department is completing another Community Project as part of National Nursing Week celebration, **Cuddles from the Heart**.

SWVMHI Nursing staff teams will obtain, make, and arrange delivery of blankets to Niswonger Children's Hospital in Johnson City, Tennessee, through the organization [Cuddles from the Heart](#). Their mission is to provide comfort to babies born with an addiction to opioids because of the mothers' addictions. **Cuddles from the**

From the Director, *continued*

Heart encourages individuals, groups, and community projects to provide fleece comfort blankets for the babies.

Donations from All staff, not just nursing staff, were welcomed to benefit the babies in need.

Finally, I hope, if you were working, you were able to join your co-workers for the Employee Recognition meal served May 7-8. This is a special recognition meal, served by the Executive Team and other leaders, to show you - in a modest way - our tangible appreciation for your hard work and dedication.

May is also Mental Health Month!

This year marks Mental Health America's 70th year celebrating Mental Health Month! In 2019 they are expanding upon last year's theme of *#4Mind4Body* and taking it to the next level, as the topics of animal companionship (including pets and support animals), spirituality, humor, work-life balance, and recreation and social connections as ways to boost mental health and general wellness are all explored.

Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable.

• A healthy lifestyle can help to prevent the onset or worsening of mental health conditions, as well as chronic conditions



like heart disease, diabetes, and obesity. It can also help people recover from these conditions.

• For those dealing with a chronic health condition, and the people who care for them, it can be especially important to focus on mental health. When dealing with dueling diagnoses, focusing on both the physical and mental health concerns can be daunting – but critically important in achieving overall wellness.

• Humor, spirituality, recreation, animal companionship, and work-life balance are important for everyone, but may be of special importance to people also living with chronic health conditions and those who care for them.

• Finding a reason to laugh, going for a walk, meditating, playing with a pet, or working from home once a week can go a long way in making you both physically and mentally healthy.

• The company of animals – whether as pets or service animals – can have a profound impact on a person's quality of life and ability to recover from illnesses. A pet can be a source of comfort and can help us to live mentally healthier lives.

• Sometimes life is far from funny, but finding humor in a situation can lift moods with laughter and help people to better deal with and overcome difficult experiences.

• Whether you go to church, meditate daily, or simply find time to enjoy that cup of tea each morning while checking in with yourself – it can be important to connect with your spiritual side in order to find that mind-body connection.

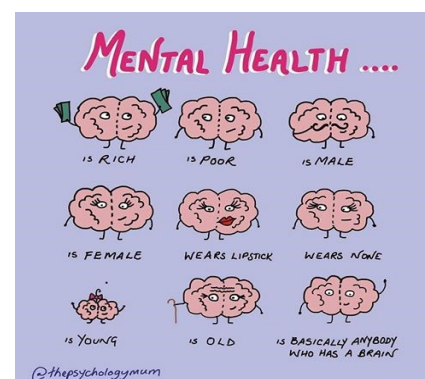
• Living a healthy lifestyle may not be easy, but can be achieved by gradually making small changes and building on those successes.

Finding the balance between work and play, the ups and downs of life, physical health, and mental health, can help you on the path towards focusing both *#4Mind4Body*.

Southwest Virginia Mental Health Institute, our CSBs, and the individual receiving services are celebrating our Mental Health Awareness Day with a stigma-busting event on May 16, 2019. More than 400 hundred people are signed up to attend!

Here's a reminder we ALL have mental health!

~ Cynthia L. McClaskey, Ph.D





Serenity, Now!

If you've seen the Seinfeld episode, the title of this wellnote may have made you laugh. If you haven't seen the episode, you may still appreciate the humor in the seemingly demanding command. Either way, it's something most of us can relate to. We want to be calm, and we want it to happen right away.

Life keeps us busy and when work and/or home demands are weighing heavy on us, it's easy to feel stressed. One key to "keeping it all together" is to notice your body's triggers, and respond when you feel those triggers occurring. Maybe you begin to clench your jaw, perhaps your shoulders rise close to your ear lobes; you might even notice you're holding your breath. Whatever the trigger, pay attention and take action. It doesn't have to be heroic action, just a few deep breaths to signal your body to settle down.

You can try it now, if you're ready. Wherever you are reading this, take a moment and really tune into your breathing. When you inhale, try to let your belly fill with air. When you exhale, let the belly contract. Relax your jaw and let your mouth fall open slightly. Let your arms and hands feel heavy. Notice the fresh air you're taking in filling your torso and then think about stale air, stress, and tension leaving your body with your exhale.

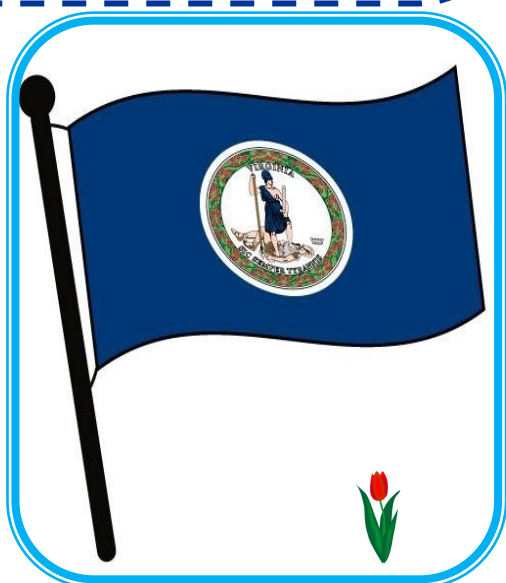
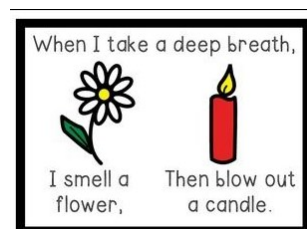
Slow, deeper breaths signal to our body that we are in a safe place (as opposed to a prehistoric time when there may be a saber-tooth tiger lurking around the next boulder) and that unnecessary muscle tightness can go away. It's not always instant, but with practice, you'll begin to notice it happening and be able to tune in and help the process along.

Practice taking slow, deep breaths when you are stuck in traffic, in a tense meeting, on the phone, or any time you think about it. For more tips and suggestions visit our website at www.commonhealth.virginia.gov.

Source: Amy Moore and CommonHealth

www.commonhealth.virginia.gov

The contents of the CommonHealth weekly emails may be reprinted from an outside resource in the area of health, safety, and wellness and is intended to provide one or more views on a topic. These views do not necessarily represent the views of the Commonwealth of Virginia, CommonHealth, or any particular agency and are offered for educational purposes. If you have questions or concerns about this article, please email us at wellness@dhrm.virginia.gov



MILLENNIUM MINDFULNESS

Millennium Project Update

SWVMHI *Go-Live* date
changed to **June 29, 2020**



**MILLENNIUM *GO-LIVE*
THEME NEEDED!**

Adopt Change



We need to choose a theme for our facility's transition to OneMind Millennium.

The Change:
The Goal

Submit your ideas to one of the three Accountable Executives (Becky Barker, Patty Hall, or Christie Hayton) by Friday, May 17.

The commitment, confidence, and competence of people involved in change is key to adoption of the new system. Folks' readiness for change involves much more than training.

The AE's will collect the ideas and collaborate with other facility leaders to determine a winner.

The ultimate goal of the OneMind Millennium project is to achieve improved quality, safety, and cost outcomes.

The winner whose idea is selected will receive a \$50.00 gift card!

Coming Attractions: Metric Conversion

How well will YOU embrace the change?

The Advisory Group meeting held on Monday 3/11/2019 for the design and build of Millennium approved using the metric system to document vital signs.

Upcoming Events

Conversion tables will be available to aid with this transition.

Solution Workgroups

Workshop 4: June 3-6, 2019



Don't cry over the past, it's gone.
 Don't stress about the future, it hasn't arrived. Live in the present and make it beautiful.

You are VERY Special



Just for Laughs

Why did the donut visit the dentist?
 To get a new filling!

How did the bunny rob a snowman?
 He took out his hair dryer and said: Give me that carrot!



Why did the bee marry?
 He finally found his honey!

What is black - white - black - white - black - white?
 A penguin rolling down a mountain!

Daddy, why is the sky so high?
 So the birds wouldn't hit their heads all the time, darling!



Patient Activity Calendar May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 No Groups Break Day GAMEROOM ERS & E/F-5:45-6:35 ADMISSIONS- 6:40-7:45	2 Chapel 6:15-8pm	3 GAMEROOM ERS & E/F-5:45-6:35 ADMISSIONS-6:40-7:45	4
5	6 GAMEROOM ERS & E/F-5:45-6:35 ADMISSIONS- 6:40-7:45	7 No Gameroom	8 GAMEROOM ERS & E/F-5:45-6:35 ADMISSIONS- 6:40-7:45	9 Chapel 6:15-8pm	10 GAMEROOM ERS & E/F-5:45-6:35 ADMISSIONS-6:40-7:45	11
Happy Mother's Day!	13 GAMEROOM ERS & E/F-5:45-6:35 ADMISSIONS- 6:40-7:45	14 No Gameroom	15 GAMEROOM ERS & E/F-5:45-6:35 ADMISSIONS- 6:40-7:45	16 Mental Health Awareness Day NO Groups Chapel 6:15-8pm	17 GAMEROOM ERS & E/F-5:45-6:35 ADMISSIONS-6:40-7:45	18
19	20 GAMEROOM ERS & E/F-5:45-6:35 ADMISSIONS- 6:40-7:45	21 No Gameroom	22 GAMEROOM ERS & E/F-5:45-6:35 ADMISSIONS- 6:40-7:45	23 1:30-3:00 Special Event NO Afternoon Groups Chapel 6:15-8pm	24 GAMEROOM ERS & E/F-5:45-6:35 ADMISSIONS-6:40-7:45	25
26	Memorial Day 	28 GAMEROOM ERS & E/F-5:45-6:35 ADMISSIONS- 6:40-7:45	29 Birthday Party & GAMEROOM 6:00-8pm	30 Chapel 6:15-8pm	31 GAMEROOM ERS & E/F-5:45-6:35 ADMISSIONS-6:40-7:45	



Community Project Nursing Week 2019



This year the Nursing Department is completing another Community Project as part of National Nursing Week celebration:

Cuddles from the Heart

During **May 6-12, 2019**, SWVMHI Nursing staff teams will obtain, make, and arrange the delivery of blankets to Niswonger Children's Hospital in Johnson City, Tennessee, through the organization Cuddles from the Heart. Their mission is to provide some comfort to babies born with an addiction to opioids because of the mothers' addictions. **Cuddles from the Heart** encourages individuals, groups, and community projects to provide fleece comfort blankets for the babies.

Arrangements are also being made with a speaker to present education to staff during Nursing Week about the Opioid Crisis.



Information Regarding the Current Opioid Crisis, Mothers and Babies

The number of US women who gave birth addicted to opioids has quadrupled in the last 15 years, increasing the number of infants who face a long, painful withdrawal at birth, according to new government data. While the rate of women who gave birth addicted to opioids in Hawaii matched the national average, the rate increased **53-fold in West Virginia**.

“These findings illustrate the devastating impact of the opioid epidemic on families across the US, including on the very youngest,” said Dr Robert Redfield, director of the US Centers for Disease Control and Prevention (CDC). “Untreated opioid use disorder during pregnancy can lead to heartbreaking results. **Each case represents a mother, a child and a family in need of continued treatment and support.**”

The report, compiled by the CDC, is supported by other research confirming the disturbing rise in infants exposed to drugs and forced to withdraw at birth.

Between **1999 and 2014**, researchers found that the number of mothers with an opioid addiction who went into labor at a hospital increased from 1.5 mothers per 1,000 deliveries to 6.5 per 1,000.

States with the highest increases each year were Maine, New Mexico, Vermont, and West Virginia. The lowest increases were in Hawaii and California.

(continued on page 7)

DBHDS Emergency Alerting System Rollout

DBHDS has purchased a system from **Everbridge** that will allow each facility to send a “blast” message to employees, or to send a message to a group of employees. This type of notification system can be useful in an emergency event, during a weather event, or something similar. It is a requirement of CMS and the Joint Commission that each facility has a system to rapidly and efficiently notify staff in the event of an emergency or similar type of event. An email has been sent out to “all facility staff” with instructions to review a video and how to register for the emergency alerts.



If you have any questions, please contact Amanda Currin at x202.

(continued from page 6)

In West Virginia for example, doctors wrote 138 opioid prescriptions for every 100 people in the state in 2012, which later translates to high rates of women addicted to opioids when they give birth.

In Vermont, the rate of women who presented with an opioid addiction increased 97-fold, from 0.5 cases per 1,000 in 2001 to 48.6 in 2014. In West Virginia, the rate increased 53-fold, from 0.6 cases in 2000 to 32.1 in 2014.

“Even in states with the smallest annual increases, more and more women are presenting with opioid use disorder at labor and delivery,” said Dr Wanda Barfield, director of the CDC’s division of reproductive health. “These state-level data can provide a solid foundation for developing and tailoring prevention and treatment efforts.”





The TOVA Toolbox

Therapeutic Options of Virginia (TOVA) provides tools for creating humane, violence-free environments that support people in their rehabilitation and recovery by stressing the importance of supporting adaptive skills and building environmental supports. TOVA focuses on the person as an individual and emphasizes the importance of the helping relationship and the working alliance.

The TOVA program emphasizes using Verbal Skills as the best approach to working with the individuals we serve as the means to preventing aggressive behavior; Physical Skills are only a small part of the program.

As a refresher, and since Physical Skills are used less often than Verbal Skills, each month we will review a TOVA Physical Skill. TOVA Trained staff will use only the approved techniques for behavior interaction and management as taught by the certified Instructor. All interactions used will be based on using the least restrictive interaction/intervention with the individual being served.

#2 - Wrist Grabs

In many, if not most situations, a wrist grab is not an attack, but an attempt to communicate.

Our first response to a non-threatening grab is:

- To ask the individual to release us and to show us what she wants or needs.
- Say the individual's name, which will help orient them to our instruction.



If we perceive the grab as a true attack or signal of attack, we must act to remove the grab. This is done from the **Ready Posture**.

If our right wrist has been captured, our right foot should be forward. This provides us with a **unified body** and increases our strength and stability during the encounter.

To release the grab, we close our hand. This protects our fingers from injury during the release. Then drop the elbow (by stepping forward) and snap the captured hand back to the lead shoulder while taking a shuffle step backward. The captured hand will exit the grasp through the space where the person's thumb and fore-finger meet. This is the weakest part of his grip.

Grabs

- Wrist
 - 1 hand
 - 2 hands
- Clothing Grab
- Hair Pull
- Chokes
- Bites



The shuffle step is important because it brings the entire body's momentum and leverage to bear on the grip. Beyond that, if we felt enough at risk to escape the grasp, we need to move out of the person's attack zone to prevent being struck by the person's other hand or his feet.



Stay tuned for next month's TOVA Tool # 3: Side Body Restraints

In Loving Memory of

William "Will" Isaac Totten

The Food Service department, along with everyone at SWVMHI would like to thank all those who helped make it possible for as many of our staff to attend Will Totten's funeral on Monday, April 22. From the staff on the ward, who graciously accepted the trays early, to staff who handed out the lunches. A special thank you to Amanda Currin for coming to the department and physically helping put together the bag lunches and prep for the next day. Will was more than a coworker to many of us in the Food Service Department, he was a friend, a mechanic, a DJ in the kitchen, a wiz at computers, a great listener, and, always, tactfully gave advice. He had such a big presence in the department and will be greatly missed.

Will started his career at SWVMHI in August, 1998, in the Dietary Department. Unfortunately, in 2001 the Food Service Department no longer provided meals for Corrections and the department was downsized. Will transferred to nursing after the downsize, only to later return back to where he began as a Cook in March, 2004. He has been with the Food Service Department since. Will had a passion for cooking. He really enjoyed watching Gordon Ramsey on his cooking shows, and would often come in to work with helpful hints on how to cook and work with different foods. As many of you know, as far as spices, for Will the spicier, the better! He also enjoyed cooking Chinese recipes for the cafeteria.

On many days, if you drove by the loading dock by Food Services, you would see Will out grilling items for the cafeteria and individuals we serve in the snow, rain, sleet, wind, and sun. Will truly enjoyed many aspects of his job and grilling was surely one of them! He also enjoyed putting out the special Holiday Recognition (free)meals for employees, as well as working the cafeteria grill at breakfast to provide "made-to-order" omelets and hash browns.

As many of you also know, Will was a big supporter of the Republican Party and worked very diligently for Donald Trump and Corey Stewart. Will had publically spoken at rallies and events for both. Whether you did or didn't support these candidates, Will's passion in advocating for these individuals was amazing. He gave it his all, just like he did at work. During his time here at SWVMHI, Will was recognized for his many achievements through Employee of the Quarter, Making a Difference, and other recognition awards. Will was an asset to our Department and to SWVMHI.

Our deepest condolences go to Will's wife Wynotta who has worked at SWVMHI in the Environmental Services Department for many years. Will and Wynotta have two children, Payton and Kaylee, and a grandchild Sebastian.



Commonwealth of Virginia Office of Governor Ralph S. Northam

Good news from the General Assembly and Gov. Northam!

May 3, 2019

Dear Virginia State Employees:

It is my privilege to inform you that the General Assembly and I have approved the largest percentage-based salary increase for state employees in twenty years. Qualifying state employees will receive up to a five percent increase.

Effective June 10, salaried employees are eligible to receive a 2.75% base salary adjustment. Additionally, many salaried employees with three or more years of continuous state service also are eligible to receive an average merit increase of approximately 2.25% for a total increase of 5%. Salary increases for faculty and wage employees have also been authorized effective June 10.

I also have some good news about your health benefits plan. On July 1, monthly premiums will remain the same for the upcoming year as they were in the current year in all basic state health plans. Optional benefit purchases, such as expanded dental or out-of-network coverage, may receive a premium increase. In some other plans, a premium decrease could occur.

I encourage you to closely review your health insurance needs and determine if a plan change is warranted. You also can sign up for a flexible spending account during the current Open Enrollment period through May 15. Watch for information coming to your mailbox.

I encourage you to take advantage of the Commonwealth's premium reward program. This program offers an opportunity to lower your monthly health care premium cost, as well as keeping a focus on your overall health.

Finally, this coming fall you will be hearing about a health insurance premium holiday for the month of October. This one-time, premium holiday will provide one-time savings to reduce your annual cost of health insurance.

To learn more about your eligibility for the upcoming salary increases, Open Enrollment, or premium rewards, please contact your human resource office.

Thank you for all you do for this great Commonwealth.

Sincerely,

Governor Ralph S. Northam



HISTORY IN THE MONTH OF MAY



May 5, 1961 - Decoration Day was first observed in the U.S., with the tradition of decorating soldiers' graves from the Civil War with flowers. The observance date was later moved to May 30th and included American graves from World War I and War II, and became better known as Memorial Day. In 1971, Congress moved Memorial Day to the last Monday in May, thus creating a three-day holiday weekend.

May 11, 1862 - To prevent its capture by Union forces advancing in Virginia, the Confederate Ironclad *Merrimac* was destroyed by the Confederate Navy. In March, the *Merrimac* had fought the Union Ironclad *Monitor* to a draw. Naval warfare was thus changed forever, making wooden ships obsolete.

May 14, 1607 - The first permanent English settlement in America was established at Jamestown, Virginia, by a group of royally chartered Virginia Company settlers from Plymouth, England.

May 17, 1792 - Two dozen merchants and brokers established the New York Stock Exchange. In good weather they operated under a buttonwood tree on Wall Street. In bad weather they moved inside to a coffeehouse to conduct business.

May 20, 1862 - President Abraham Lincoln signed the Homestead Act opening millions of acres of government owned land in the West to "homesteaders" who could acquire up to 160 acres by living on the land and cultivating it for five years, paying just \$1.25 per acre.

May 30, 1783 - The *Pennsylvania Evening Post* became the first daily newspaper published in America.



Congratulations to our April Birthday Winners!



MIKE JONES

And

DAVID MASK



Each received a \$25 gift card to Walmart!

Census



MONTHLY PATIENT CENSUS

April 2019

Admissions - 74

Discharges - 73

Passes Average - 10

Daily Census - 169

OOPS!



Sorry, I missed a few of our Stress First Aid Champions in the April Newsletter and I know they worked hard to obtain their title and wanted to make sure they were recognized:

Sarah Smith, Nursing AB - 1st shift

Tiffany Hayton, Food Services

Thank you for all you do!

Do you ever get confused about the difference between a Tornado **Watch** and a **Tornado Warning**?

The difference between a watch and a warning has never looked so delicious and/or memorable.



Cupcake Watch: the conditions are right for the development of cupcakes!

Cupcake Warning: The cupcake is here!!!



The family of one of the individuals we served wished to express their extreme gratitude to ALL the staff who cared for their loved one on Geriatrics. They expressed that they felt they received the best care that could have been given to their loved one who was always cared for in the utmost respect in all ways. They want to highly recommend our facility to anyone that may be of need of care in our community. They spoke highly of all interactions they had with the staff while their loved one was at SWVMHI. They could not stop talking about all the care from the direct care staff on the ward and that everyone should be commended on their care given throughout the time they were in our facility.

~Submitted by Cynthia Harvey,
Head Nurse, Geriatric Unit

Nursing Moves are Complete



Recently, the Nursing Department has reorganized several offices, as well as changed some of the transportation processes to improve communication, collaboration, and overall efficiency. The Transportation PCT's have been assigned primary work areas (when not on trips), and I appreciate their cooperation with adjusting their work location. (Karla Robinson- A/B, Jonathan Harris - C/D, Currently vacant - E/F, and Donna Goodpature - ERS).

The Nursing Department would like to thank the Storeroom, Physical Plant, Housekeeping, and IT Services for assisting with the completion of office moves over the past few months.

Staff have probably already noticed that the Shift Nurse Coordinators office was reorganized in late January. I also appreciate the assistance received from Diann Burnette, Angel Smith, Jean Pierce, Dorothy Johnson, Karla Robinson, Sherri Blair, Loretta Shupe, and Patricia "Trish" Greer during the SNC office rearrangement and Scheduler/Timekeeper office moves. The Scheduler/Timekeepers moved from Ward G to their new office beside the SNC's in March. It was a lot of hard work; however, task accomplished!

In addition, we appreciate the Ward/PCTs for the extra coverage that they provided for the Acute Admissions unit, until the C/D Ward Clerk/PCT position could be filled. Everyone has been working together to better coordinate consult trips on the electronic trip calendar. Also thanks to Shelly Jones for training Leaslie Delp, in learning her new role as a Ward Clerk/PCT.

My (Julie Stoots) office was moved from Ward C/D (D-101) to Ward G (G-107) and Christy Hall, Nursing Senior Secretary has moved from the B-Building to Ward G as well (G-107). Lisa Taylor was promoted to UNC on Ward C/D and has moved to D-101.

All these moves required furniture pick-ups and deliveries, as well as phone lines and computer line moves and reprogramming. In addition, key core changes were required with new keys having to be made and distributed. We appreciate all the help and patience that we received during these changes. Thank you to the Housekeeping Department for the extra cleaning and floor waxing of the offices.

Additional thanks to: Sue Ashlin, Allen Hubbard, Junior Hylton, Brian Combs, Brad Morgan, Adam Hester, Terry Crockett, Jeff Hanshew, Stan Frye, Stan Maloskey, Chad Funk, Steve Perry, Colton Smith, and Peggy Evans.

We appreciate all you do for the Nursing Department and SWVMHI!

~Submitted by Julie Stoots, Assistant Nurse Executive



**THANK YOU
ALL
VERY MUCH**

Your Commonwealth of Virginia Health Benefit: The SmartShopper

Shop

When your doctor recommends a medical test, service, or procedure, call our SmartShopper Personal Assistant Team (PAT) or visit us online to find a quality, cost-effective location.

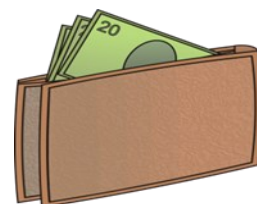


Go

Schedule your procedure at the location of your choice. You can earn rewards on routine services such as ultrasounds, mammograms, tests such as MRIs and CT Scans, and procedures such as knee, shoulder, and hip surgery.

Earn

Once your procedure is complete and your claim is paid, you will earn a reward*. No forms. No hassles. It's that easy.



Call a Personal Assistant (PAT) at [844-277-8991](tel:844-277-8991)

Hi my name is PAT, and I've helped shoppers save over \$400,000 this year. Call or chat with me, I'm here to help save you money, schedule an appointment, and earn cash back.

Why Choose SmartShopper?



It Can Save You Money

Some facilities charge more for the same services. A lot more. That's because more powerful hospitals can use their size and reach to negotiate more expensive costs.

It's Always Your Decision

If you are having an MRI, blood work, or other routine procedure, and want the same service at a lower cost to you - and receive a cash reward, choose a facility that offers a Smart Shopper incentive.

It's Easy

We know your healthcare and insurance are already a lot to consider. Let our Personal Assistant Team help you save money, schedule an appointment, and earn cash rewards on your next medical service.

Visit <https://cova.vitalssmartshopper.com> to sign up today and start saving!

meet our **NEW HIRES**

Please welcome the newest additions to the SWVMHI Team!

New Hires for 4/10/19



L to R: Ashley Gross, Environmental Services; Curtis "Curt" Stein, Procurement Officer 1; Ellen Cole, Psychiatric Care Tech., 2nd shift, Float.

New Hires for 4/25/19



L to R: Jennifer Hurley, Wellness Rehab. Coord.; Alisha Jackson, Environmental Services; Stephanie Pennington, Rehab Resource Coord.; Christy Hutton, Nursing Scheduler/Timekeeper.



Congratulations to Our Winners

Thank you for visiting the Nursing Department table at the Employee Benefits Fair. Our lucky winners for prizes were:

1. Zina Worley (SW)- Flowers
2. Ed Buskill (Housekeeping)- Umbrella
3. Kathy Huff (Nursing/Float)- Umbrella
4. Teresa McClure (HIM)- Umbrella
5. Stacie Jackson (Rehab)- Umbrella
6. Lynn Skidmore (Nursing / ERS)- Fleece Jacket
7. Dru Parks (Nursing / ERS)- Welcome Sign
8. Amy Cowan (Nursing / Geri)- Stationary Kit



If you haven't picked up your item yet, please see Julie Stoots on Ward G to pick it up!

When Convenience is Dangerous

MYTH: My car came with an infotainment system. Since it's built into my car, it must be safe.

FACT: An NSC survey found more than 50 percent of drivers believe this myth. But technologies that allow drivers to make hands-free calls and use voice commands to dictate texts and emails, change music and update social media can be distracting to drivers – even if they are built into the vehicle. In fact, the AAA Foundation for Traffic Safety found drivers doing some voice tasks via infotainment systems may remain distracted for as long as 27 seconds after they finish a task.

MYTH: I know distracted driving is dangerous, but I can't afford to miss calls, emails or text messages. My job depends on it.

FACT: Car crashes are the #1 cause of workplace deaths with distracted driving as a leading factor in road fatalities. Fortunately, more employers are recognizing this hazardous expectation of always being connected and they are doing something about it. Dozens of Fortune 500 companies have adopted cell phone policies, banning the use of phones while driving. By eliminating this deadly distraction, employers are keeping their workforce safer.

NSC has developed a free Safe Driving Kit to help employers keep their workers safe. www.nsc.org/safedrivingkit

MYTH: Most car crashes are caused by malfunctions such as faulty brakes, blown tires or engine problems.



FACT: On the contrary, 94 percent of crashes are caused by driver error. Therefore, nearly all of the crashes that happen on our roadways are 100 percent PREVENTABLE.

A leading cause of these human errors? Distractions.

IMPORTANT FACTS

- Distraction leads to driver error
- 7% of all drivers at any given time are using their phones while driving. A NHTSA survey finds 660,000 drivers using cell phones or manipulating electronic devices while driving at any given daylight moment
- Drivers talking on phones, hand-held or hands-free, miss seeing up to 50% of what is around them like:
 - other drivers
 - pedestrians
 - bicyclists
- Before you start your car, turn off your phone and Just Drive

#justdrive



DISTRACTED DRIVING AWARENESS MONTH 2019



nsc.org/justdrive

Tickets at Work - Employee Benefit

As the Commonwealth of Virginia continues to look for new and innovative ways to show appreciation through employee discounts, we want to make you aware of a complimentary perk that gives you access to 20-60 percent off on **movies, hotels, theme parks & attractions, shows, concerts, sporting events and more**, all across the country! Please take 2 minutes today and sign up for these complimentary perks.

PLAN something FUN this weekend!

- Go see a movie!
- See you favorite theme/amusement park!
- You can go see a Broadway/Vegas show!
- Plan that weekend getaway!



If you have vacation plans coming up, there's no better time to take advantage of TicketsatWork and **SAVE SOME MONEY!** **GET AN EXTRA \$10 OFF AT CHECKOUT WITH PROMO CODE: I0Welcome**

It's complimentary and easy to sign up:

1. Copy and paste this link into your browser: <https://ticketsatwork.com/tickets/account.php?sub=enroll>
2. Fill out the information to become a member
3. Click on "**Company Code**" - 2nd bubble
4. For Company Code, use, SWVMHIFUN
5. Enter in the rest of your information (use your personal or work email address)

That's it! Create an account today and start browsing the offers that are available.

GET AN EXTRA \$10 OFF AT CHECKOUT WITH PROMO CODE: I0Welcome

May Days to Celebrate

"Off the cuff" May holidays to celebrate:

May 1 - Hug Your Cat Day

May 5 - Lemonade Day

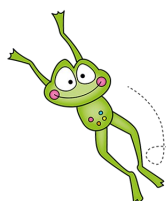
May 11 - Hostess Cupcake Day

May 13 - Frog Jumping Day

May 15 - Straw Hat Day

May 22 - Sherlock Holmes Day

May 26 - National Paper Airplane Day



Word Search

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



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

*What the caterpillar calls the end of the world, the master calls a butterfly.
 ~Richard Bach*

ALSTROEMERIA

AMARYLLIS

ANEMONE

CARNATION

DAFFODIL

DELPHINIUM

FREESIA

GARDENIA

GLADIOLUS

HYACINTH



LARKSPUR

LIATRIS

LISIANTHUS

ORCHID

RANUNCULUS

SNAPDRAGON

SOLIDASTER

SUNFLOWER

SWEET PEA

TIGER LILY



Staff Development

Take advantage
of upcoming
Training Opportunities

CAI Reminder for May

The DBHDS - Medicare Parts C and D FWA and General Compliance Training 2019 is now ready. You can locate this course in the Virginia Learning Center (VLC) by using search words "fwa". You may take this course any time before September 30 to be in compliance for 2019.

The 2019 Human Rights - DI 201 CAI will be released soon! Thank you for your patience while we finalize updates.

UPCOMING WEBINAR:
Essential Excel: 15+ Way Cool Tricks in One Hour
Thursday, May 23, 2019
1:00 PM - 2:15 PM

Sign up in advance with Patricia Evans
Call ext. 854 or send an email to
patricia.evans@dbhds.virginia.gov

May Lunar Phases

May 4 — New Moon

May 11 — First Quarter Moon

May 18 — Full Moon

May 26 — Last Quarter



Dandelions

Some see weeds



Others see wishes.





Southwestern Virginia Mental Health Institute

Address: 340 Bagley Circle
Marion, Virginia 24354
Phone: 276-783-1200
Fax: 276-783-9712

Comments, Suggestions or Ideas?

SHARE THEM!

Please send any comments, suggestions, or ideas you have regarding the newsletter to the Office of the Director.



This Month's Word Search Answer Key

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

Please submit articles for the next newsletter to Teri Townsend prior to the end of May.