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# From the Director



## The World Health Organization Names 2020 as “The Year of the Nurse and the Midwife”

Nurses and midwives play a vital role in providing health services. These are the people who devote their lives to caring for mothers and children; giving lifesaving immunizations and health advice; looking after older people, and generally meeting everyday essential health needs. They are often the first and only point of care in their communities. The world needs 9 million more nurses and midwives if it is to achieve universal health coverage by 2030.

That’s why the World Health Assembly, on behalf of the WHO, has designated 2020 the International Year of the Nurse and the Midwife.

It is not surprising that annual polls name nurses on the top of the most trusted professions. Many of us have learned from, relied upon, and loved nurses. Long before the global COVID-19 pandemic, we knew that we could trust our nursing partners. We see them every day, juggling work and family life, COVID-19 concerns, acutely medically and psychiatrically ill patients, and PPE.

I read recently an article that stated that nurses don’t want anyone to feel sorry for

them, they’ve got this. Every day, “nurses will get stronger, more empowered and resilient. . . .They’re the firefighters heading in to the fire when others are running away.” There is no sugar coating the challenges that this virus has created. But nurses everywhere, and especially our nursing staff, surrounded by a quality and competent team of patient care professionals and support staff are staying informed, practicing good self-care, and accepting the thanks of a grateful hospital, nation, and world.

**Thank you nursing staff—Cynthia McClaskey**

<https://www.who.int/campaigns/year-of-the-nurse-and-the-midwife-2020>



### Hidden

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



# Let's Meet the Rehab Department



The SWVMHI Rehab Department consists of several important components and some super staff! Following is a pictorial view of the Rehab Department.



## Vocational Rehab



Top left to right: **Ashley Privett & Mike Anderson** (Vocational Rehab Specialists)

Bottom right: **Matt Moorer** (Vocational Rehab Coordinator)



## Rehab Dept

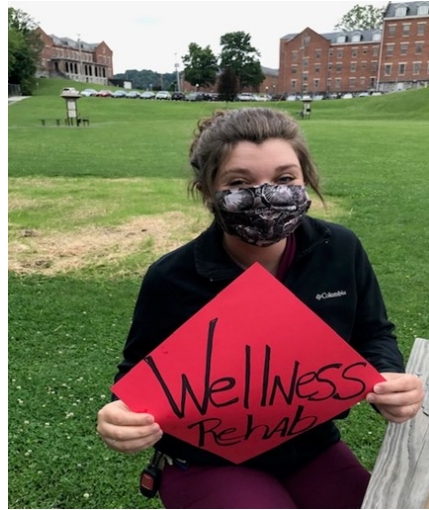
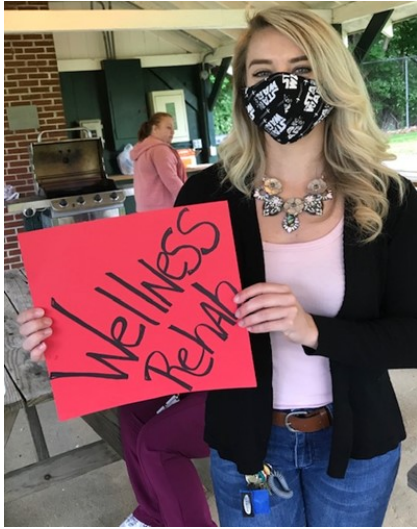
## Rehab Dept



Pictured left to right: **Brittany Phipps** (Centralized Rehab Services Supervisor), **Heather Trail** (Rehab Programs Director), & **Laurie Goral** (Rehab Resource Coordinator Supervisor)

*Continued on page 4*

# Let's Meet the Rehab Staff *continued*



## Wellness Rehab

Top left: **Jennifer Hurley** (Wellness Rehab Coordinator) Top right: **Ashley "Brooke" May**, Middle row: **Emily Powers & Hannah Millsaps** (Wellness Rehab Specialists)



## Recreation Rehab



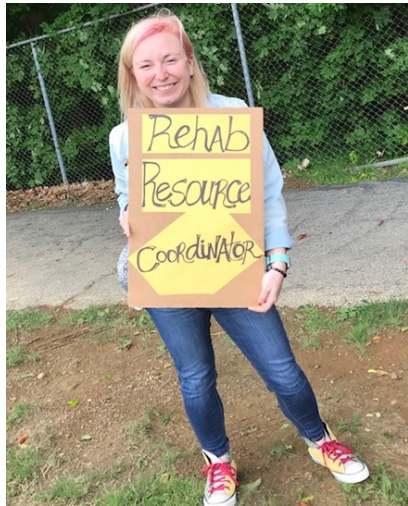
Left to right: **James Caudill** (Recreation Rehab Coordinator) & **Derek Davis** (Recreation Rehab Specialist)


*Continued on page 5*


# Let's Meet the Rehab Staff *continued*

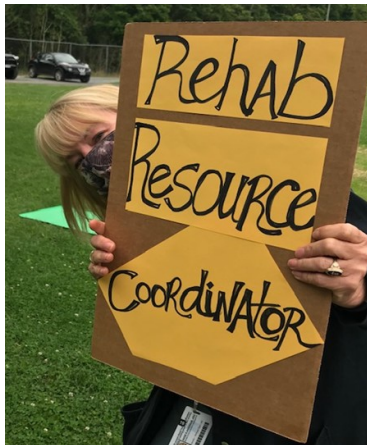
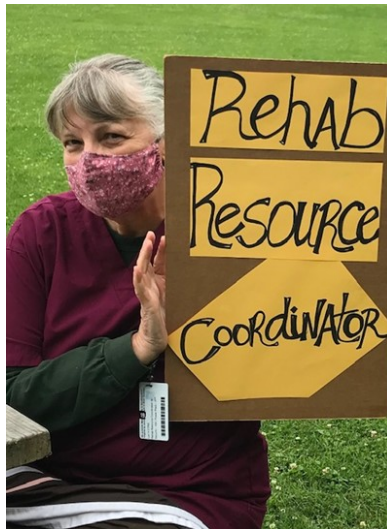


## Rehab Resource Coordinators



 **Donna Musick** (RRC Supervisor for Admissions)

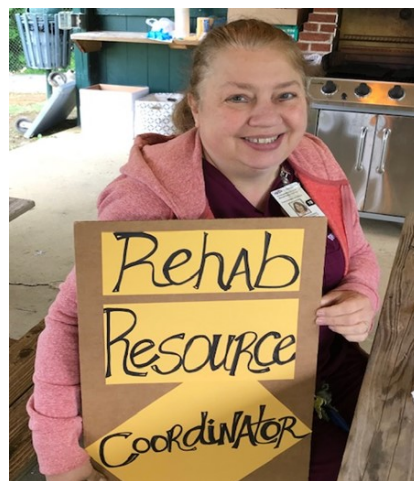
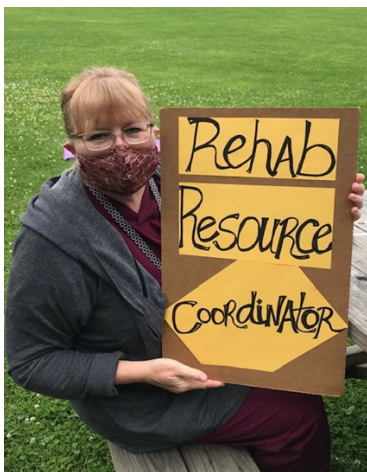
**Lori Heyward** (RRC Supervisor for ERS/Geriatrics) 



(Rehab Resource Coordinators)- Middle left and bottom left:  
**Angie Anderson & Cindy Winebarger**



Bottom middle & right: **Shelia Thomas & Brandi Dillman**



# From the Chaplain



Katherine Stiles recently offered a powerful meditation on Pablo Neruda’s poem, “Keeping Quiet” for this time of COVID 19. She believes now is the time to “step back in order to care for each other.” She provides the following: “What is being asked of us as we confront this global crisis, which is also a global opportunity to reset? What is being asked of us as we contemplate right action in such crazy times? What would it look like if we took a breath, hunkered down and stopped for a few precious moments to “*all be together in a sudden strangeness?*” What would it look like if we just kept still? Just for a bit.

## Keeping Quiet

Now we will count to twelve  
and we will all keep still  
for once on the face of the earth,  
let's not speak in any language;  
let's stop for a second,  
and not move our arms so much.

It would be an exotic moment  
without rush, without engines;  
we would all be together  
in a sudden strangeness.

Fishermen in the cold sea  
would not harm whales  
and the man gathering salt  
would not look at his hurt hands.

Those who prepare green wars,  
wars with gas, wars with fire,  
victories with no survivors,  
would put on clean clothes  
and walk about with their brothers  
in the shade, doing nothing.

What I want should not be confused  
with total inactivity.

Life is what it is about...

If we were not so single-minded  
about keeping our lives moving,  
and for once could do nothing,  
perhaps a huge silence  
might interrupt this sadness  
of never understanding ourselves  
and of threatening ourselves with  
death.

Now I'll count up to twelve  
and you keep quiet and I will go.  
-Pablo Neruda

(from the Harvard Divinity School webpage:  
[hds.harvard.edu](https://hds.harvard.edu))



*Peace and grace to you,  
Chaplain Andy*

## COVID-19 Safety Tips



Wear a mask at work and out in public.



Wash hands frequently with soap and water. Use hand sanitizer if soap and water



Stay six feet away from others whenever possible.

Cover your cough or sneeze with your elbow or a tissue.

Clean high-touch surfaces often



# Casey at the Bat



*The following is a poem written by Ernest Lawrence Thayer in 1888. With baseball season, a much-loved sport of summer, in limbo, how about a baseball story to give us a bit of ballgame excitement?*

The outlook wasn't brilliant for the Mudville nine that day;  
The score stood four to two with but one inning more to play.  
And then when Cooney died at first, and Barrows did the same,  
A sickly silence fell upon the patrons of the game.

A straggling few got up to go in deep despair. The rest  
Clung to that hope which springs eternal in the human breast;  
They thought if only Casey could but get a whack at that—  
We'd put up even money now with Casey at the bat.  
But Flynn preceded Casey, as did also Jimmy Blake,  
And the former was a lulu and the latter was a cake;  
So upon that stricken multitude grim melancholy sat,  
For there seemed but little chance of Casey's getting to the bat.

But Flynn let drive a single, to the wonderment of all,  
And Blake, the much despised, tore the cover off the ball;  
And when the dust had lifted, and men saw what had occurred,  
There was Jimmy safe at second and Flynn a-hugging third.  
Then from 5,000 throats and more there rose a lusty yell;  
It rumbled through the valley, it rattled in the dell;  
It knocked upon the mountain and recoiled upon the flat,  
For Casey, mighty Casey, was advancing to the bat.

There was ease in Casey's manner as he stepped into his place;  
There was pride in Casey's bearing and a smile on Casey's face.  
And when, responding to the cheers, he lightly doffed his hat,  
No stranger in the crowd could doubt 'twas Casey at the bat.  
Ten thousand eyes were on him as he rubbed his hands with dirt;  
Five thousand tongues applauded when he wiped them on his shirt.

Then while the writhing pitcher ground the ball into his hip,  
Defiance gleamed in Casey's eye, a sneer curled Casey's lip.  
And now the leather-covered sphere came hurtling through the air,  
And Casey stood a-watching it in haughty grandeur there.  
Close by the sturdy batsman the ball unheeded sped—  
"That ain't my style," said Casey. "Strike one," the umpire said.

From the benches, black with people, there went up a muffled roar,  
Like the beating of the storm-waves on a stern and distant shore.  
"Kill him! Kill the umpire!" shouted some one on the stand;  
And it's likely they'd have killed him had not Casey raised his hand.  
With a smile of Christian charity great Casey's visage shone;  
He stilled the rising tumult; he bade the game go on;  
He signaled to the pitcher, and once more the spheroid flew;  
But Casey still ignored it, and the umpire said, "Strike two."

"Fraud!" cried the maddened thousands, and echo answered fraud;  
But one scornful look from Casey and the audience was awed.  
They saw his face grow stern and cold, they saw his muscles strain,  
And they knew that Casey wouldn't let that ball go by again.  
The sneer is gone from Casey's lip, his teeth are clinched in hate;  
He pounds with cruel violence his bat upon the plate.  
And now the pitcher holds the ball, and now he lets it go,  
And now the air is shattered by the force of Casey's blow.

Oh, somewhere in this favored land the sun is shining bright;  
The band is playing somewhere, and somewhere hearts are light,  
And somewhere men are laughing, and somewhere children shout;  
But there is no joy in Mudville—mighty Casey has struck out.



## Fun Baseball Fact: Is this heaven? No, it's Iowa: The Magic of The Field of Dreams

Iowa, a place of fertile soil, traditional values, rolling fields of corn, gravel roads, and simple pleasure. And, in Dyersville, Iowa, in eastern Iowa, The Field of Dreams baseball field and pop-culture tourist attraction was built for the 1989 movie of the same name.

After filming of the movie was completed, the field was kept intact and became a minor tourist attraction with small souvenir stands. In 1990, a neighboring farmer put together a baseball team dubbed the "Ghost Players" to entertain the visitors at the field. The team's presence at the field on Sunday afternoons once a month attracted thousands of additional fans to the field. Hall of Famers like Bob Giuson, Reggie Jackson, and Bob Feller were inspired to take on Hollywood stars like Kelsey Grammer and Meat Loaf in a charity game. The two games raised over \$100,000 for local charities.

A 2002 book, by author Brett H. Mandel, "Is This Heaven? The Magic of the Field of Dreams," chronicles the story of how the once make-believe location has been turned into a real and tangible place that beckons people from across the world. The book "offers readers a glimpse of this slice of heaven here on Earth and shows how it continues to affect people who step between the chalk lines." An updated version that catches readers up on two decades of history at the site is planned for 2020.

# Safety for July



National Safety Month<sup>®</sup> was observed in June to focus on preventing injuries and saving lives.

Let's continue to practice good safety habits in July and year-round at SWVMHI, in the commu-

nity and at home!

The National Safety Council advises everyone to enjoy fireworks at public displays conducted by professionals, and do not use any fireworks at home due to serious safety concerns. But if fireworks are legal to buy where you live and you choose to use them, be sure to follow the safety tips listed below:

- Never allow young children to handle fireworks
- Older children should use them only under close adult supervision
- Never use fireworks while impaired by drugs or alcohol

- Anyone using fireworks or standing nearby should wear protective eyewear
- Never hold lighted fireworks in your hands
- Never light them indoors
- Only use them away from people, houses and flammable material
- Never point or throw fireworks at another person
- Only light one device at a time and maintain a safe distance after lighting
- Never ignite devices in a container
- Do not try to re-light or handle malfunctioning fireworks
- Soak both spent and unused fireworks in water for a few hours before discarding
- Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire
- Never use illegal fireworks



<https://www.nsc.org>

## Lunar Phases

### July



Full Moon — July 5

Last Quarter Moon — July 12



New Moon — July 20

First Quarter Moon — July 27

Full Moon on the 5th is called "Buck Moon" by Native Americans of New England and the Great Lakes because at this time of the year, the new antlers of the buck deer begin to appear. It's also called the "Thunder Moon" due to all the summer storms.

July 5 is also a partial lunar eclipse of the moon. It is visible in the Americas, eastern Africa and Antarctica.

*I want to be like a sunflower,  
so that even on the darkest days,  
I will stand tall and find the sunlight.  
~ Unknown*





# National Awarenesses

## National Therapeutic Recreation Week



National Therapeutic Recreation Week has been celebrated during the second week of July every year since 1984. Established by the National Therapeutic Recreation Society, the week is intended to raise awareness of therapeutic recreation programs and services that could improve the health and well-being of individuals with physical, mental, and emotional disabilities.

Recreational therapy, as it is often called, refers to the use of recreation and other activities prescribed as treatment interventions provided by professionals who are trained and certified. Healing interventions within the realm of recreation might include adapted sports, expressive arts, family intervention, progressive muscle relaxation, horticulture, or a therapeutic outing designed for reintegration into a community.

Mental health conditions do not discriminate based on race, color, gender or identity. Anyone can experience the challenges of mental illness regardless of their background. However, background and identity can make access to mental health treatment much more difficult. [National Minority Mental Health Awareness Month](#) was established in 2008 to start changing this.

Each year millions of Americans face the reality of living with a mental health condition.

Taking on the challenges of mental health conditions, health coverage and the stigma of mental illness requires all of us. In many communities, these problems are increased by less access to care, cultural stigma and lower quality care.

NAMI's *You Are Not Alone* campaign features the lived experience of people affected by mental illness to fight stigma, inspire others and educate the broader public. Now more than ever, the mental health community must come together and show that no one is ever really alone. The campaign builds connection and increases awareness with the digital tools that make connection possible during a climate of physical distancing. NAMI supports all diverse backgrounds, cultures and perspectives, reminding everyone that you are not alone.

Help us spread the word through awareness, support and advocacy activities. Share minority mental health awareness information, [images](#) and [and](#)

“Awareness is the greatest agent for **change.**”

-Eckhart Tolle

**YOU ARE  
NOT  
ALONE**





## Did you know that .....

- lemons contain more sugar than strawberries
- the most commonly used letter in the alphabet is E
- the 3 most common languages in the world are Mandarin Chinese, Spanish and English
- a cat has 32 muscles in each ear
- each time you see a full moon you always see the same side
- African Grey Parrots have vocabularies of over 200 words
- a giraffe can clean its ears with its 21 inch tongue
- lightning strikes the Earth 6,000 times every minute
- cows don't have upper front teeth
- in a deck of cards the king of hearts is the only king without a moustache
- a group of rhinos is called a crash
- a group of kangaroos is called a mob
- a group of owls is called a parliament
- your foot and your forearm are the same length
- Peru has more pyramids than Egypt
- Oak trees don't produce acorns until they are 50 years old
- the Chinese used fingerprints as a method of identification as far back as AD 700
- you can only see a rainbow if you have your back to the sun
- rain contains vitamin B12

~ <https://www.did-you-knows.com>



***We must accept finite disappointment, but never lose infinite hope.***

MARTIN LUTHER KING JR.

"In winter I get up at night  
And dress by yellow candle-light.  
In summer quite the other way,  
I have to go to bed by day.

I have to go to bed and see  
The birds still hopping on the tree,  
Or hear the grown-up people's feet  
Still going past me in the street.

And does it not seem hard to you,  
When all the sky is clear and blue,  
And I should like so much to play,  
To have to go to bed by day?"

- Robert Louis Stevenson, Bed in Summer

## MONTHLY PATIENT CENSUS

**June 2020**

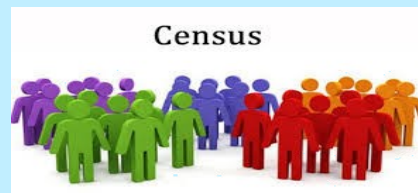
Admissions - 77

Discharges - 66

Passes - 5

Average Daily Census - 163

Census





## SWVMHI Culture of Quality and Safety:

# The TOVA Toolbox

## #12 Physical Interventions



### Important Reminders about Physical Interventions

**PHYSICAL INTERVENTIONS ARE NOT THERAPEUTIC INTERVENTIONS.** There is nothing qualitatively different relative to our intent or motivation when intervening physically; however, physical restraints are considered to be physical interventions. They can harm the helping relationship.

Physical interventions are **considered treatment failures**. They are to be used only as a **last resort when danger to an individual is imminent**.

Our best approach to dealing with aggression and behavioral emergencies at SWVMHI is always PREVENTION, achieved best by building a strong therapeutic alliance with the individuals we serve; by providing quality care; by working as a team; and by honoring our day-to-day tasks with responsible professionalism.

### ***Most behavioral emergencies/incidents can be avoided.***

Most behavioral emergencies/incidents can be avoided if we remain mindful of our role and our duty in supporting individuals. The more we use our verbal communication skills to connect with the people we serve, the less likely we are to have to use physical interventions.

#### Avoiding Behavioral Emergencies/Incidents

- The person feels he is not being heard.
- The person himself is fearful and feels threatened.
- We "push" and become inappropriately provocative.
- We engage the person in a power struggle.
- We do not listen to the verbal and body language.
- We overreact to an individual's threats, posturing, or emotional displays.
- Our own issues and processes become engaged by the individual's crisis process.

We don't  
learn from  
talking; we  
learn from  
listening.

©QuotesEmpire.com

# meet our **NEW HIRES**



## Please welcome the newest additions to the SWVMHI Team!

**June 25, 2020**

- Nate Burton, P14 Security Officer
- Shannon Cleveland, P14 Security Officer
- Sara Eades, RN I, Ward A/B, second shift
- Summer Frye, RNI, Ward J, second shift
- Ashley Hunt, Psychiatric Care Tech, Ward A/B, day shift
- Canzas Parker, Psychiatric Care Tech, Ward J, day shift
- Mackenzie Poston, Psychiatric Care Tech, Ward J, second shift
- Bobbi Pruitt, P14 Mental Health Assistant, Float
- Tysean Tucker, Psychiatric Care Tech, Ward A/B, third shift



### “Off the cuff” July holidays to celebrate:

July 7 — Father/Daughter Take a Walk Day

July 10 — Teddy Bears’ Picnic Day

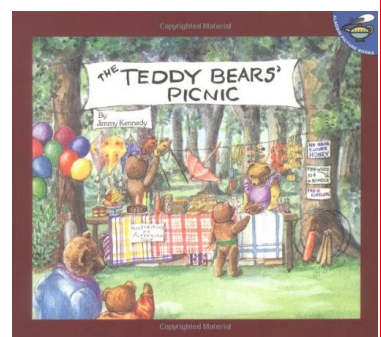
July 13 — National French Fries Day

July 17 — World Emoji Day

July 19 — National Ice Cream Day

July 27 — Walk on Stilts Day

July 30 — National Chili Dog Day



# Millennium Training

## *TO MILLENNIUM ...AND BEYOND!*

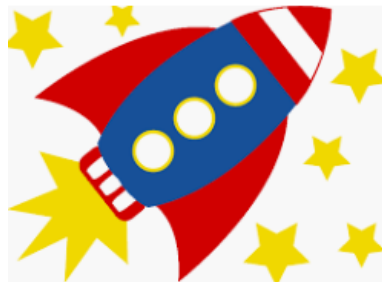
Training starts July 13. Please be prepared to arrive for the sessions that you are scheduled to attend at least 20 minutes prior to class start time. This is to allow time for COVID screening and other import "housekeeping" activities. Masks are required, so please remember to bring one with you. Cloth masks are just fine.

It is important to attend all classes you have been scheduled to attend. However, if you find that you cannot attend due to sickness or other unforeseen reasons, you should contact your supervisor immediately so that a substitute can be found for your slot. We will do our best to reschedule you to another class.

**REMINDER:** If you have any incomplete assessments in OneMind, you should make every effort to mark them with a completed status before Millennium Go-Live, in order that you will be able to find it in the archived system.

Super Users will be available at each class, so if you find you are having difficulty during class, please look for assistance from a Super User.

For more detailed updates on Millennium, please review the weekly Millennium Update Newsletter published by the SWVMHI Millennium Team.



## Fun Facts about Buzz Lightyear

**Buzz Lightyear's** name was inspired by Apollo 11 astronaut **Buzz Aldrin**, the second man to walk on the moon.

Like his namesake, **Buzz Lightyear** himself has flown into outer space. In 2008, astronauts took a **Buzz Lightyear** figure on the Discovery Space Shuttle as part of an educational initiative.

Now you know!



"It's difficult to think anything but pleasant thoughts while eating a homegrown tomato."

- Lewis Grizzard



# Word Search



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

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

America  
 Family  
 Freedom  
 Liberty  
 Patriotic  
 Stars  
 United

Barbeque  
 Fireworks  
 Independence  
 Nation  
 Picnic  
 Stripes  
 White

Blue  
 Flag  
 July  
 Parade  
 Red  
 Summer

"A world without tomatoes is like a string quartet without violins."  
 - Laurie Colwin



## News from the Training Department



We are swimming into July on a fast wave, as we prepare to begin Millennium Training! We had a very successful Super User Kickoff, TO MILLENNIUM AND BEYOND with a Toy Story theme. Super Users visited the Henderson Building with several visits from Buzz Lightyear, played by our own Eric Rhodes!

We welcomed seventeen (17) New Hires in June. We have 7 new PCTs, 3 RNs, 2 Mental Health Assistants, 2 Housekeepers, and 3 Security Officers.

As we continue to navigate through the ongoing pandemic, the Training Department is following all staying-healthy guidelines. We continue to practice social distancing in classrooms as well as universal masking in any situation where the social distance guidelines cannot be maintained. We are also maintaining these same practices in Recertification classes, as we make up cancelled classes from March and April. A big thank you goes out to our Nursing, Food Service, and Housekeeping instructors, the Nursing SNC office, and other department heads for coordinating and scheduling these classes.

All new employees will continue to be issued a cloth masks and filters provided by Cindy Jones, Coordinator of Infection Control. The masks will be issued on the date of orientation.

The Training Department will welcome the Cerner Trainers on Monday, July 13. Make sure to check your calendars and that you are signed up for the appropriate and required classes according to your role. Remember, Millennium training will continue into August with our facility-wide GO Live on August 25!

### Upcoming Events in July and August

7/13 Millennium Training starts! Check the schedule for specific classes, locations, and times.

7/20 1-3 pm -History Tour with Mike Jones, meet in the Bagley Building Lobby

8/17 1-3 pm -History Tour with Mike Jones, meet in the Bagley Building Lobby

**Don't forget to call Patricia at ext.854 to sign up!**

Check the Training Portal for updates and new additions or changes.





### 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

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

Please submit articles for the next newsletter to Cheryl Veselik by July 20, 2020.