



In this Issue	
Meet the Rehab Staff	3
FCC Approves 988# for Suicide Prevention Hotlot	4
Wellness Month	7
National Immunization Month	8
TOVA Toolbox	10
Millennium Updates	12
Training Dept News	14

From the Director

Healthy Coping with Stress

Staying physically active is one of the best ways to keep your mind and body healthy. In many areas, including our own, people can visit parks, trails, campgrounds, and open spaces as a way to relieve stress, get some fresh air, and stay active.

While parks and recreational facilities can offer health benefits, it is important that you follow the steps below to protect yourself and others from COVID-19.

DO Visit parks that are close to your home.

Traveling long distances to visit a park may contribute to the spread of COVID-19, as:

- Travel may require you to stop along the way or be in close contact with others with whom you may not otherwise have contact.
- Travel may also expose you to surfaces contaminated with SARS-CoV-2, the virus that causes COVID-19.

Check with the park or recreation area in advance to prepare safely and to find out

if the bathroom facilities are open and what services are available.

DO Stay at least 6 feet away from others you don't live with (physical distancing) and take other steps to prevent COVID-19.

When visiting parks, beaches, or recreational facilities open for public use, try to protect against exposure to SARS-CoV-2, the virus that causes COVID-19, by following these actions when visiting a park, beach, or recreational facility:

- Stay at least 6 feet from others at all times. This might make some open areas, trails, and campsites better to use than others. Do not go into a crowded area.
- Avoid gathering with people you don't live with.
- Camp and hike with people in your household.
- If you choose to camp or hike with people outside your household, consider the following:
 - Camp in separate tents spaced out

Continued on page 2

Hidden

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



From the Director *continued*

by at least 6 feet and avoid sharing camping supplies (including food and drinks).

- Avoid sharing items such as serving utensils, multi-serving containers, and condiment bottles with people outside your household.
- Wear a cloth face covering as feasible. Face coverings are **most** essential in times when social distancing is difficult, including when hiking on trails that may be popular or crowded.

DO Carefully consider use of playgrounds, and help children follow guidelines.

In communities where there is ongoing spread of COVID-19, playgrounds can be hard to keep safe because:

- They are often crowded and could make social distancing difficult.
- It can be difficult to keep surfaces clean and disinfected.
- SARS-CoV-2, the virus that causes COVID-19, can spread when young children touch contaminated objects, and then touch their eyes, nose, or mouth.

If you choose to visit a playground:

- Maintain a distance of at least 6 feet away from people you don't live with.
- Wash hands with soap and water for at least 20 seconds.
 - Adults and older children who can safely use hand sanitizer: Use hand sanitizer that contains at least 60% alcohol and rub hands together until dry, if soap and water are not readily available.

Wear a cloth face covering, if you can.

DO Clean hands often.

- Wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
- Pack hand soap, hand sanitizer (containing at

least 60% alcohol), and supplies to clean and disinfect commonly-touched surfaces.

- Continue good hand hygiene practices after touching surfaces such as doors and handles.

DO Play it safe around and in swimming pools, hot tubs, and water playgrounds by keeping space between yourself and others.

Evidence suggests that COVID-19 cannot be spread to humans through most recreational water. Additionally, proper operation of these aquatic venues and disinfection of the water (with chlorine or bromine) should inactivate SARS-CoV-2, the virus that causes COVID-19.

Swimming and other water-related activities are excellent ways to get the physical activity needed for a healthy life.

- Don't visit a swimming pool if you are sick with, tested positive for, or were recently exposed to COVID-19.
- Practice physical distancing by staying at least 6 feet from people you don't live with.
- Keep your hands clean by washing hands with soap and water.

DON'T Visit parks, recreation areas or campgrounds if you are sick with, tested positive for COVID-19, or know you were recently exposed to COVID-19.

DON'T Visit crowded parks, recreation areas, or campgrounds.

Protect Yourself and Others from COVID-19 - Updated June 9, 2020

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/visitors.html?deliveryName=DM34241>





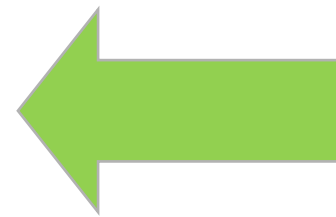
Let's Meet the Rehab Department

The SWVMHI Rehab Department consists of several important components and some super staff! Following is a pictorial view of the Rehab Department, Part 2. In the July edition, we met part of the Department, now let's meet the rest of the staff.

Educational Rehab



Education Rehab Specialists (left to right): **Charlotte Ball, Jennifer Cannon, Becky Buskill, and Tommie Hopkins.** **Kasey Salyers** (back center) serves as our Education Rehab Coordinator.



Cindy Ferguson (below) has 24 years of service with SWVMHI as our Rehabilitation Programs Secretary.



Rehab Program Secretary



Continued on page 4

FCC Approves 988 as Suicide Prevention, Mental Health Crisis Number

Psychiatric News Alert, Friday, July 17, 2020

Yesterday the Federal Communications Commission (FCC) unanimously approved 988 as a nationwide, three-digit phone number that people in crisis can call to speak with suicide prevention and mental health crisis counselors. All phone service providers are required to direct all 988 calls to the existing National Suicide Prevention Lifeline (1-800-273-TALK) by July 16, 2022. This includes all telecommunications carriers and interconnected and one-way Voice over Internet Protocol (VoIP) service providers. The National Suicide Prevention Lifeline will remain operational during and after the two-year transition to 988.

"If an individual or a loved one is experiencing intense emotional distress, the last thing we want is the stress of having to remember a long phone number to reach help. [That] can be a barrier to reaching out to someone," said Assistant Secretary for Mental Health and Substance Use Elinore F. McCance-Katz, M.D., Ph.D., in comments before the vote. "With the implementation [of 988], we anticipate that many more Americans will receive help for suicide prevention, and many more lives will be saved."

In December 2018, APA wrote a letter to the FCC, pointing out that a three-digit number could improve access to care and "reduce the prevalence of psychiatric boarding that is plaguing our emergency departments." The letter also emphasized the need for an outreach campaign to educate members of the public about the new number so they understand when to dial it versus 911.

During the transition to 988, Americans who need help should continue to contact the National Suicide Prevention Lifeline by calling 1-800-273-8255 (1-800-273-TALK) and through [online chats](#). Veterans and service members may reach the Veterans Crisis Line by pressing 1 after dialing, chatting online at <http://www.veteranscrisisline.net>, or texting 838255. A transcript of the vote is posted [here](#).



Reminders

KRONOS

It is the EMPLOYEE'S responsibility to keep up with leave balances, and to submit leave requests forms, in advance whenever possible, or on the day of return to work if you experience an unanticipated absence. Your timekeeper has deadlines that they must meet in order for payroll to process your pay check. Please help your timekeeper by getting documentation (leave slips as well as missed punch forms) in timely.

Everyone has access to view their own timecard and leave balances, but if you experience issues logging in or forget your password, please email Cheryl Veselik at cheryl.veselik@dbhds.virginia.gov or give her a call at Extension 201. Questions about your timecard should be addressed first to your timekeeper and/or supervisor, and questions about your paycheck should be addressed to the Payroll Office at Extension 533.

Return addresses



Whenever you send out a piece of mail outside the facility, please put your name in the upper left corner over the return address. That way,

if mail is returned, we know who to route it to.

Also, please remind family and friends of those we serve to put the individual's name on the envelope. Sometimes, we cannot identify who the mail goes to because there is no name on the envelope, nor any identifying information on the inside either. Doing these two simple things will help the Storeroom staff by enabling them to route the mail in a faster, more efficient manner to the correct recipient.

Thank you!!

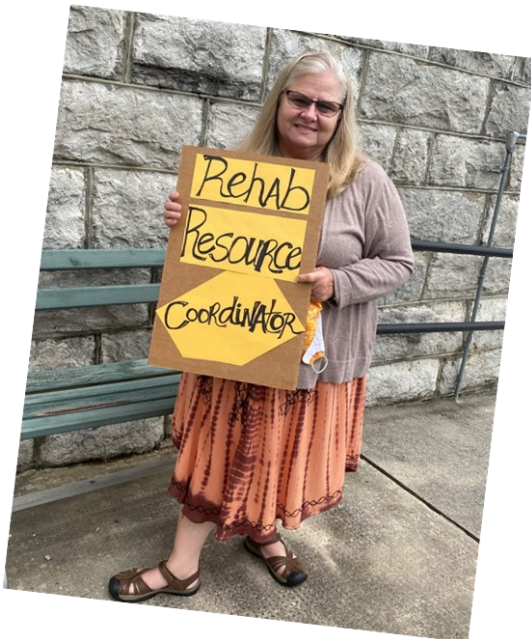
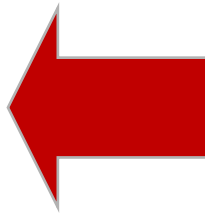


Let's Meet the Rehab Staff *continued*



Facility Chaplain, Andrew Parkey (above)

RRC(s): **Coreybeth Dutton** (above) serves on the J Treatment Team & **Lesu Cole** (below) has been a long-time loyal RRC for Geriatrics.



For the last two newsletters, we shared with you the introductions for the majority of the Rehab Department. It is essential to know who is on your unit and on your team for optimal Communication, Teamwork, Honesty with Compassion, Trust with Accountability, Leadership, and Honoring Day-to-Day Tasks!!

Thanks to all SWVMHI staff for being flexible with all the recent changes and working through it together.

Rehab Dept

Bepsp debf

National Financial Awareness Day



The day may not be as well-known as Christmas or Thanksgiving, but August 14 is a milestone day that could change your life. **National Financial Awareness Day** is celebrated August 14. This date reminds us to be aware of how to build financial stability and to be prepared for our financial future. After all, ignoring your financial situation can be scarier than Halloween. So here's five pieces of good advice to consider on this Financial Awareness Day. Recognize these sayings? They apply to finances as well:

National Financial Awareness Day is celebrated August 14. This date reminds us to be aware of how to build financial stability and to be prepared for our financial future. After all, ignoring your financial situation can be scarier than Halloween. So here's five pieces of good advice to consider on this Financial Awareness Day. Recognize these sayings? They apply to finances as well:

1. **Slow and steady wins the race.** The turtle plods along at a sluggish but sure rate while the rabbit zips by, but stops to rest, overconfident, and loses the race to his more constant opponent. Finances are like that, too. Rather than having periods of serious savings, only to cash them out routinely, save a steady amount, even if it's small, and leave it untouched. Invest \$10 a week for 20 years at a 7 percent return and you will have \$22,667. That's a lot of rabbit food for that foolhardy hare!
2. **Be prepared.** The Scouts are right: The more you can prepare for the unexpected, the smoother your situation will flow. Saving six months of living expenses is recommended to tide you over in an emergency. Another smart step to stay prepared is to keep all your account information in a secure location, such as a waterproof/fireproof vault or even a password-protected digital vault. This makes it easier to track down what you have saved, and what you owe.
3. **Little things mean a lot.** That was a hit song in the 1950s and has been recorded by artists as diverse as Julie London, Cliff Richard, and the Teddy Bears. Those words also apply to finances.

Small steps can add up to big savings. Alcohol, for example, is far less costly at your local liquor store than at a white-tablecloth restaurant. So sip water with your meal and have a leisurely glass of wine at home. Use those reward cards that migrate to the bottom of your bag. Buy greeting cards in bulk at a discount store and spare the dash to the more expensive boutique for a pricey birthday or thank you card.

4. **A change would do you good.** Speaking of songs, this is one of Sheryl Crow's best-known numbers. It's also good advice on how to make a painless profit. Here's a tip for making change: Drop all the coins out of your wallet or pocketbook at the end of the day. You'll probably be surprised at how much you dig out. The average exchange of change at coin machines results in \$56, according to one estimate. Many stores and banks have self-service coin counting machines, many of which have no fees. No fees mean more change that can be deposited into your savings...and that's a good kind of change!
5. **An investment in knowledge pays the best interest.** Benjamin Franklin was incredibly wise, a major reason we still quote him today. You don't have to be Warren Buffett, but some basic understanding makes finances less overwhelming and more workable. When it comes to finances, ignorance is not bliss...it's often loss. Have you considered joining an investment club? At these clubs, members pool their money to make investments after studying potential investments as a group. This can reduce the fear of making a bad decision on your own, and is a great way to start better understanding the markets. Money clubs have similar goals but are broader in scope: Members gather to discuss their financial goals, fears, and situations, providing insight and support to the entire group. Or visit a financial specialist.

<https://go.hfcu.org/blog/5-ways-to-celebrate-national-financial-awareness-day>



Lazy Days

*Burgers * Hot Dogs * Corn on the Cob*

Giggles and Smiles

Campfires & S'mores

Splish Splash

Twinkling stars

Rays of Sunshine

S U M M E R

August is Wellness Month

I’LL TAKE CARE OF MYSELF WHEN I

... get this work done.

....take care of the kids.

....make more money.

How many times have we said those words only to get put on the back burner due to work deadlines, traffic, family obligations, and other stressors. The truth is, most people tend to put everything before their own self-care. It’s no wonder why health conditions like high blood pressure, heart attacks, compromised immunity, depression, and anxiety are on the rise. Research has shown self-care helps manage stress and promotes happiness.

Wellness Month was born out of the idea that if we are going to do big things in the world— build our careers, raise a family, further our education, create new ideas, and nur-

ture our bodies — we need to take care of ourselves. Wellness Month is a nationally recognized month dedicated to self-care, creating healthy routines and stress management.

Take the pledge this August to choose wellness— and prioritize yourself and your well-being. Because, the truth is — you can do both. You can do big things and take care of yourself at the same time. Because wellness is not a one-time thing — it’s a lifestyle.



Lunar Phases

August



Full Moon — August 3

Last Quarter Moon — August 11



New Moon — August 18

First Quarter Moon — August 25

The Full Moon on the 3rd is called "Sturgeon Moon" by Native Americans of New England and the Great Lakes because at this time of the year, this important food was plentiful.



TRIVIA QUESTION:



There’s only one athlete to hit an MLB home run and score an NFL touchdown in the same week. He’s the same athlete who is the only person ever to play in both the World Series and the Super Bowl. *Answer on page 13.*





August is National Immunization Awareness Month (NIAM). This annual observance highlights the im-

portance of getting recommended vaccines throughout your life. You have the power to protect yourself and your family against serious diseases [like whooping cough, cancers caused by HPV, and pneumonia] through on-time vaccination.

During NIAM, SWVMHI encourages you talk to your doctor, nurse, or other healthcare professional to ensure [you, your child, your family] are up to date on recommended vaccines.

We also encourage you to visit CDC's Interactive Vaccine Guide, which provides information on the vaccines recommended during pregnancy and throughout your child's life.

Maternal Vaccination

- Are you expecting? Check with your prenatal care provider to be sure you are up to date on your vaccines. Some vaccines are recommended during pregnancy to help protect you and your baby. Learn more: <https://go.usa.gov/xyP63external icon>
- Getting a Tdap vaccine during the third trimester of pregnancy prevents more than 3 in 4 cases of whooping cough in babies younger than 2 months old. Learn more about the vaccines you need during pregnancy in CDC's interactive vaccine guide: <https://go.usa.gov/xyP63external icon>
- Expectant mothers – have you received all your recommended maternal vaccinations, such as flu and Tdap vaccines? Pregnant women who get vaccinated pass antibodies to their developing babies, which protects them in the first few months of life. Talk to your prenatal healthcare provider to learn more: <https://go.usa.gov/xwAFHexternal icon>

Childhood/Adolescent Vaccination

- Protect your baby against 14 serious childhood diseases, like measles and whooping cough by staying up to date on vaccines. Learn more about vaccine-preventable diseases: <https://go.usa.gov/xwAF6external icon>
- Parents remember that well-child visits are essential. Vaccination helps provide immunity before children are exposed to potentially life-threatening diseases See more information for parents here: <https://go.usa.gov/xyPFYexternal icon>
- One of the best ways to help keep your baby safe and healthy is by giving them all recommended vaccinations. View this parent-friendly immunization schedule to make sure your child is staying on track: <https://go.usa.gov/xwgaTexternal icon>

Adult Vaccination

- Do you know if you are up to date on vaccines? You may need vaccines based on your age, health conditions, job, or other factors. Fill out this quick assessment to find out which vaccines might be right for you: <https://go.usa.gov/xyPF2external icon>
- If you have a chronic condition such as asthma, diabetes, or heart disease, getting sick with vaccine-preventable diseases like flu and pneumonia can lead to serious complications, hospitalization, or even death. Protect yourself – get vaccinated. Learn more: <https://go.usa.gov/xwga2external icon>
- Diabetes, even if it is well managed, can make it harder for your immune system to fight infections. You may be at greater risk of more serious problems from an illness compared to people without diabetes. See why it's important to stay up to date on vaccines: <https://go.usa.gov/xyPFDexternal icon>



COVID-19 — Get the Facts

- We need everyone’s help to stop the spread. Individuals, communities, businesses, and healthcare organizations all play an important role in slowing the spread of COVID-19.
- Governor Northam announced that Virginia entered Phase Three of the Forward Virginia reopening plan on Wednesday, July 1.
- VDH urges all Virginians to continue to limit exposure by staying 6 feet from others and wearing a cloth mask while in public settings.
- Governor Northam announced a mask mandate, which requires Virginians over 10-years-old to wear face coverings in public settings, effective May 29.
- Wash your hands often, stay home if you are sick, and disinfect high-touch surfaces. These are all very important ways to help prevent the spread of COVID-19.
- It is important for people at increased risk of serious illness from COVID-19, such as older adults and people of any age with certain medical conditions (and those who live with them), to protect themselves from getting COVID-19.
- All Virginians should limit group gatherings of more than 250. Continue to practice social distancing, avoid mass gatherings, and crowded places.

Have questions? Call the VDH hotline 877-ASK-VDH3 (877-275-8343) OR visit the Virginia Department of Health website at <https://www.vdh.virginia.gov/>.



Stan Maloskey, Carpenter Supervisor (left), receiving his 20 year service award from Shaun May, Building and Grounds Director.

Please send in your photos of staff receiving awards for future newsletters!



MONTHLY PATIENT CENSUS

July 2020

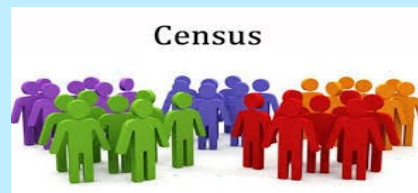
Admissions - 79

Discharges - 81

Passes - 7

Average Daily Census - 171

Census





SWVMHI Culture of Quality and Safety: The TOVA Toolbox

Fundamental Principles of Body Mechanics and Movement

Did you know?

Research into violence and injury in institutions shows that most significant injuries to both helpers and persons served, occur during the helper's attempt to physically control a person.

Most injuries that result in worker's compensation claims are not the result of the person attacking the helper. Such injuries are usually comparatively minor compared with the injuries to back, neck, and shoulders incurred during a control maneuver.

Many injuries could be avoided if we:

Exercised an option other than physical control, or, when no other option was available because of the level of danger posed by the person's behavior...

Employed proper body mechanics during the intervention.

With this in mind, the concepts and exercises described in TOVA are used to help the TOVA learner to understand how the body moves and works to safely and effectively execute each personal protection and aggression control skill.

All movements should be natural and unforced.

OUR GOAL: TO KEEP
EVERYONE SAFE AND
UNHARMED



Life is like a camera:
focus on what is important,
capture the good times,
develop from the negatives,
and if things don't work out,
take another shot.



“Off the cuff” August holidays to celebrate:

August 2 — Coloring Book Day

August 6 — National Root Beer Float Day

August 7 — Lighthouse Day

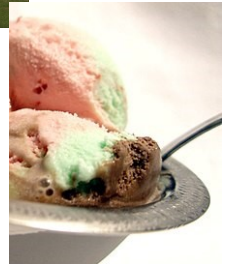
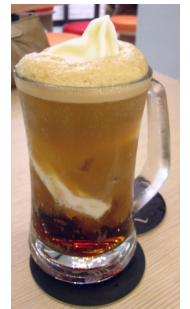
August 10 — S'mores Day

August 17 — World Honey Bee Day

August 21 — National Spumoni Day

August 28 — National Power Rangers Day

August 30 — Pony Express Day



Millennium Updates

Lightyears of Learning

Thank you!

Great progress has been made over the last two and a half weeks! Millennium training is up and running and staff are busy attending classes in five locations across campus.

It takes time to learn a new system and adapt to all the changes and differences. Everyone has been putting forth a huge effort toward learning the new system and how we will use it to chart patient care.

To gain more experience, staff may be scheduled for more than one class. Super Users are also attending multiple classes to gain the skills they need to assist other staff and make Go Live a success.

There have been a lot of questions, and feedback, which has resulted in positive changes. For those unanswered questions, we will work on getting the answers you need as we move forward and march towards Go-Live on 8/25!!!

After some initial feedback, changes have been made to improve your training experience.

Your input during class and on the after class surveys has been very helpful.

On the SWVMHI Intranet Now!

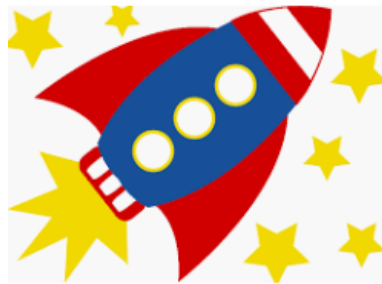
- Millennium Crosswalk
- Power Chart Icons
- Millennium Glossary

On the Way!

Checklists to assist Clinical and Nursing staff with workflows for Admission and Discharge processes in Millennium.

Don't Forget

Contact Julie Stoots ASAP at ext. 807 or by email if you are not able to access the production site after you have attended Millennium class.



Thank You

I would like to thank everyone who helped my family and me during the sickness and death of my husband. I appreciate all of your kindness.

*~ Ann Dempsey
Food Services*



Trivia Answer:

Deion Sanders. Although he played in the World Series, he never won one. Sanders did, however, win two Super Bowl championships. Sanders, who played for the NY Yankees, Atlanta Braves, Cincinnati Reds, and San Francisco Giants baseball teams, hit .263, and stole 186 bases in 641 games over nine seasons. In Football, Sanders played with the Atlanta Falcons, Cincinnati Browns, San Francisco 49ers, Dallas Cowboys, Washington Redskins, and Baltimore Ravens, and was selected for the Pro Bowl eight times.

Word Search



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

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

August

Backpacks

Bus

Camping

Friendship Day

Garden

Hiking

Hot

Ice Cream

Lemonade

Mosquitos

Popsicle

School

Shopping

S'mores

Summer

Sunflower

Sunscreen

Teacher

Watermelon

It's ok to be a glowstick; sometimes we need to break before we shine. ~ Unknown





News from the Training Department



August is here and the summer is flying by us. The summer of 2020 will be remembered differently than past summers. Here at SWVMHI Training, we are multi-tasking all around. We are dodging COVID-19, training new employees, and half-way through Millennium training!

Millennium

July brought us into Super User Training Week, which was filled with busy classes and lots of learning. We are now working through End User training, which will end on August 21.

The Favorites Fair will occur during the last 2 weeks of the training event. During the fair, Cerner Adoption Coaches will focus on reviewing ways in which staff can customize and expedite their workflows in Millennium by creating system favorites by setting up: favorite orders, medications, user preferences, and note templates.

New Employees

We are expecting a great group of new employees in August. Some of the new hires include many Nursing staff, a Treatment Care Specialist, a Pharmacist, a Psychologist, and Security staff.

Upcoming Events in August

8/17 1-3 pm -History Tour with Mike Jones, meet in the Bagley Building Lobby
8/25 Millennium GO LIVE!

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.



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