



In this Issue	
Stress Awareness Month	2
DSP Career Ladder Update	3
Kronos Kronicles	5
Administrative Professionals Day	8
OT Month	9
Ergonomics in the Workplace	10
TOVA Toolbox	12
Fire Extinguisher Guidance	13
COVID-19 Vaccines — What to Expect	15

Employee of the Year!



It gives me great pleasure to announce that Cindy Jones, RN, CIC, has been named SWVMHI Employee of the Year!

Employee of the Year is awarded by the SWVMHI Employee Recognition Committee to an employee who demonstrates exemplary individual or team performance in a sustained manner, initiative, creativity, and/or exceptional customer service. The nomination recognizes the contributions of an employee who goes above and beyond expectations and has a positive impact on the SWVMHI Mission, Vision, and Values. Facility Values include Communication, Honesty with Compassion, Trust, Teamwork, Self-Initiative, Leadership, and Honoring Day to Day Tasks.

Her nomination reads: “During this unprecedented pandemic, Cindy Jones has been the go to person for the entire facility to direct our policies and actions to keep our patients and staff as safe as possible from the virus. She has taken the lead, researched the facts, written the policies, led the charge in search of PPE, and set the standards for the facility. She has personally gone over and above in all that she has done and has been open and available for every question and recommendation for action for every case for both patients and staff that has arisen.

Infection Control is Cindy’s job, but this pandemic has shown that she will rise to the challenges and do whatever is necessary to keep the facility and all who live or work here as safe as

possible. She truly embodies the values of the facility.”

I have personally worked very closely with Cindy this past year, as have many of you. I can attest that she worked long hours, often into the night and early in the morning. She rarely took a day off, even on the weekends, until recently. Under her guidance, we have minimized the number of cases, implemented an effective symptom-based and surveillance testing program, and now have administered 855 doses of the Moderna vaccine. Her close working relationships with the Mt. Rogers Health District and local Infection Control Practitioners were invaluable in keeping us abreast of and closely in sync with VDH recommendations.

Make no mistake, this was a tough year, but it would have been infinitely more difficult without her knowledge, hard work, and dedication. I am forever grateful to her leadership and I can think of no better individual who embodies the SWVMHI Mission, Vision, and Values more than Cindy Jones. Thank you, Cindy, from the bottom of our hearts!

Please join me in congratulating her!

~ Cynthia L. McClaskey, Ph.D.
Director



In this Issue

Stress Awareness Month 2

DSP Career Ladder Update 3

Kronos Kronicles 5

Administrative Professionals Day 8

OT Month 9

Ergonomics in the Workplace 10

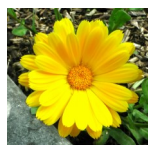
TOVA Toolbox 12

Fire Extinguisher Guidance 13

COVID-19 Vaccines — What to Expect 15

Hidden

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





Stress Awareness Month

Stress can be debilitating, and it can cause and/or aggravate health problems. And since stress is a normal part of human existence — nobody is immune to it — it’s important to arm ourselves with knowledge so that we recognize when stress rears its ugly head. (Amazingly, we don’t always notice it’s happening to us.) Stress Awareness Month happens each April. It’s important to learn some strategies for coping with this particular silent scourge. You’ve come to the right place for that. Let’s get started!

HOW TO OBSERVE STRESS AWARENESS MONTH

1. **Practice meditation** — One of the most effective ways to deal with stress is to learn how to silence the mind. Meditation is one of the most popular methods of achieving this quiet.
2. **Exercise** — Another way to battle the debilitating effects of stress is to exercise. Whether you’re a jogger, bicyclist, or just like to take long walks, be sure to get some fresh air and exercise into your daily routine.
3. **Visit your doctor** — They’re really in the best position to get you started on the path to a stress-free lifestyle. Make an appointment today.

STRESSFUL FACTS YOU NEED TO KNOW

1. **Stress can help** — sometimes. According to the National Institute of Mental Health, "stress can motivate people to prepare or perform and might even be life-saving in some situations."
2. **It's sickening** — literally. People under stress — especially those prone to chronic stress — are more susceptible to a variety of ailments, from headaches and insomnia to high blood pressure and heart disease.
3. **Stressed? Here's why.** A survey by the American Psychological Association found that the five factors most often cited as a source of

stress were money, work, family, economic outlook and relationships.

4. **America's highest and lowest stress states.** A report on WalletHub found that the most stressed-out states in America are Louisiana, New Mexico and West Virginia. The least? Minnesota, North Dakota and Utah.

WHY STRESS AWARENESS MONTH IS IMPORTANT

It reminds us to pay attention to our health. Stress Awareness Month is a national, cooperative effort to inform people about the dangers of stress, successful coping strategies, and harmful misconceptions about stress that are prevalent in our society.

Remember that SWVMHI employees also have the ability to speak confidentially to a Stress First Aid Champion, identified by a blue heart on their badge and the Virginia COPEs Warmline: *Supporting Virginian's struggling with distress, isolation, grief, and trauma related to COVID-19.* Call or text 877-349-6428 Mon.-Fri. 9:00am - 9:00pm and Sat-Sun 5:00pm-9:00pm

You may also contact the Employee Assistance Program at Anthem Blue Cross and Blue Shield 1-855-223-9277 or Aetna 1-888-238-6232, depending on your health plan.





DSP Career Ladder Update

SWVMHI, through DBHDS, offers all Psychiatric Care Technicians (PCT) participation in the Direct Support Professional (DSP) Career Pathway.

SWVMHI and DBHDS recognize the essential role that each PCT contributes to deliver high quality service to the individuals and families served and the DSP Career Pathway provides a method to assist PCTs improve services through experience, training and development opportunities. Through a structured three-tier educational program, PCTs are provided career growth opportunities that improve the overall competency level of staff, lead to a more positive work place environment, raise morale and improve both recruitment and retention measures. SWVMHI has a very active participation in this program and wishes to recognize and congratulate those PCTs who recently completed a tier of study.

The following PCTs completed Level I of the DSP Career Pathway Ladder and submitted their DSP portfolio to qualify for the December 2020 bonus. Congratulations to all DSP participants!



Misty Blevins, PCT Ward CD/D



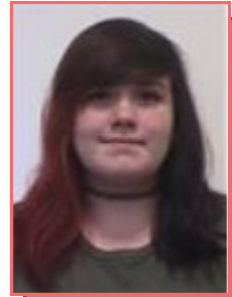
Katherine Ward

Stone, CD/N

Megan Carter, WC/PCT Ward H/D



Kevin Gobble, Lead PCT Ward CD/N



Ignacia Ortiz, PCT Ward EF/N



WHAT YOU NEED TO KNOW

Symptoms of Coronavirus



Anyone can have mild to severe symptoms.

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

Watch for symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

When to seek emergency medical attention

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately**:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

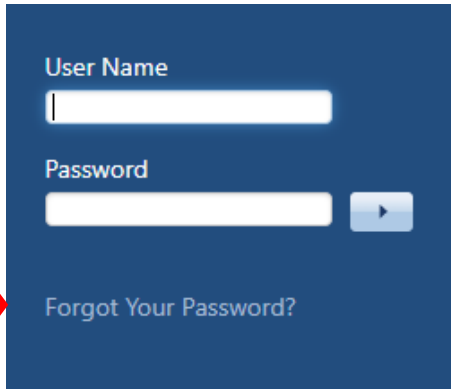
Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Kronos Kronicles



Have you locked yourself out of Kronos? Before you panic, first, try the “forgot your password” link located just under the logon fields. You will be asked one of the three securi-



ty questions you set up when you first logged into Kronos. Once you answer the question, you should be taken into Kronos. You can then reset your password by using the “change my password” link on the right side of your screen.

If that doesn’t work, please contact Cheryl Veselik at Ext 201 or email her at cheryl.veselik@dbhds.virginia.gov who can reset your account and send you a temporary password, which will allow you to gain access to your Kronos account and reset the password to one your own choosing. **PLEASE DO NOT CALL THE VITA HELPDESK for Kronos related assistance** — they will redirect you to Cheryl!

Are you a new supervisor and need access to your direct reports? You will have to complete the Security Access Form (available on SharePoint under Forms) and have your supervisor and Executive Team member sign it . Everyone

can sign electronically just like you can with your leave form. Then send it to Cheryl Veselik, who will then grant you the access you need to others. She can also provide you with instructions on finding your direct reports as well as your own timecard.

Have you requested time off? Or have you been out unexpectedly? Remember, it is **your** responsibility to fill out a leave request form in advance of your leave when possible, or immediately upon return to work. It is also your responsibility to know what your current leave balances are. Be sure to log into Kronos often and review your leave balances — just be sure your cursor is on TODAY’S date to see today’s leave balance! If you have missed a punch (as indicated by a solid red box on your timecard), it is also your responsibility to get a leave maintenance (missed punch) form to your supervisor and timekeeper as soon as possible.

Please keep in mind that timekeepers and others have deadlines to meet so that you can get paid accurately and on time. Once your supervisor has signed off on your time and the timekeeper has submitted the time, the SWVMHI payroll department will process payroll and certify it so that the Department of Accounts in Richmond can then process your paycheck/direct deposit. **It is very important to get all leave and maintenance forms to your timekeeper as soon as possible.**

Questions regarding your time should be directed to your timekeeper or supervisor. Questions about short term disability should be directed to Human Resources. Questions about your pay should be directed to Payroll.

If you have questions about a specific Kronos issue or concern, please send them to me for inclusion in a future newsletter. If you need an immediate answer, please call me at Ext. 201. ~ Cheryl Veselik, Executive Assistant to Director/
Kronos Administrator

Spring Sunshine

Drenching the pavement,
warming the wall,
bathing the cat,
in a slumbering sprawl.....

Waking the buds
that break from the tree.
Shaking out gold,
and all for free.

~ Tony Mitton



What is the difference between Influenza (Flu) and COVID-19?

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with [influenza viruses](#). Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but there are some key differences between the two.

While more is learned every day, there is still a lot that is unknown about COVID-19 and the virus that causes it. This table compares COVID-19 and flu, given the best available information to date.

Signs and Symptoms

SIMILARITIES:

Both COVID-19 and flu can have varying degrees of signs and symptoms, ranging from no symptoms (asymptomatic) to severe symptoms. Common symptoms that COVID-19 and flu share include:

- Fever or feeling feverish/chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (tiredness)
- Sore throat
- Runny or stuffy nose
- Muscle pain or body aches
- Headache

Some people may have vomiting and diarrhea, though this is more common in children than adults.

DIFFERENCES:

Flu

Flu viruses can cause mild to severe illness, including common signs and symptoms listed.

COVID-19

Other signs and symptoms of COVID-19, different from flu, may include change in or loss of taste or smell.

How long symptoms appear after exposure and infection?

SIMILARITIES:

For both COVID-19 and flu, 1 or more days can pass between a person becoming infected and when he or she starts to experience illness symptoms.

DIFFERENCES:

If a person has COVID-19, it could take them longer to develop symptoms than if they had flu.

Flu

Typically, a person develops symptoms anywhere from **1 to 4 days after infection**.

COVID-19

Typically, a person develops symptoms **5 days after being infected**, but symptoms can appear as early as **2 days after infection** or as late as **14 days after infection**, and the time range can vary.



Continued on Page 7

What is the difference between Influenza (Flu) and COVID-19?

Continued from page 6

How long someone can spread the Virus?

SIMILARITIES:

For both COVID-19 and flu, it's possible to spread the virus for at least 1 day before experiencing any symptoms.

DIFFERENCES:

If a person has COVID-19, they may be contagious for a longer period of time than if they had flu.

Flu

Most people with flu are contagious for about 1 day before they show symptoms.

Older children and adults with flu appear to be most contagious during the initial 3-4 days of their illness but many remain contagious for about 7 days.

Infants and people with weakened immune systems can be contagious for even longer.

COVID-19

How long someone can spread the virus that causes COVID-19 is still under investigation.

It's possible for people to spread the virus for about 2 days before experiencing signs or symptoms and remain contagious for at least 10 days after signs or symptoms first appeared. If someone is asymptomatic or their symptoms go away, it's possible to remain contagious for at least 10 days after testing positive for COVID-19.

<https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

How it Spreads

SIMILARITIES:

Both COVID-19 and flu can spread from person-to-person, between people who are in close contact with one another (within about 6 feet). Both are spread mainly by droplets made when people with the illness (COVID-19 or flu) cough, sneeze, or talk. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

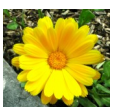
It may be possible that a person can get infected by physical human contact (e.g. shaking hands) or by touching a surface or object that has virus on it and then touching his or her own mouth, nose, or possibly their eyes.

Both flu virus and the virus that causes COVID-19 may be spread to others by people before they begin showing symptoms, with very mild symptoms or who never developed symptoms (asymptomatic).

DIFFERENCES:

While COVID-19 and flu viruses are thought to spread in similar ways, COVID-19 is more contagious among certain populations and age groups than flu.

Also, COVID-19 has been observed to have more superspreading events than flu. This means the virus that causes COVID-19 can quickly and easily spread to a lot of people and result in continuous spreading among people as time progresses.





In 1955, the observance date of National Secretaries Week was moved to the last full week of April, with Wednesday now designated as Administrative Professionals Day. The name was changed to Professional Secretaries Week in 1981 and became Administrative Professionals Week in 2000 to encompass the expanding responsibilities and wide-ranging job titles of administrative support staff in the modern economy.

This day of recognition has gone through several makeovers to reflect changing administrative titles and responsibilities in the modern workforce. While its moniker has changed, the purpose of Administrative Professionals Day remains the same: to celebrate and shed light on administrative professionals' devoted, valued work.

During World War II, there was a shortage of skilled administrative personnel in the United States due to Depression-era birth-rate decline and booming post-war business. The National Secretaries Association, founded in 1942, was formed to recognize the contributions of administrative personnel to the economy, support their personal development, and to help attract workers to the administrative field. Key figures who created the holiday were the president of the National Secretaries Association, Mary Barrett; president of Dictaphone Corporation, C. King Woodbridge; and public relations account executives at Young & Rubicam, Harry F. Klemfuss and Daren Ball.

The day in the life of an administrative professional is varied from moment to moment. While organization is key to their success, their flexibility and ability to handle the unexpected make them valuable to any business. Some of their responsibilities include managing appointments, drafting letters and memos, booking business trips, coordinating appointments, and planning meetings. Administrative professionals compile data and research information, too. Their organizational skills mean they pinpoint information quickly and keep the executive on schedule, whether they are in transit or with a client. They are central to an office or business running efficiently.

The National Secretaries Association's name was changed to Professional Secretaries International in 1981 and to the International Association of Administrative Professionals (IAAP) in 1998.

SWVMHI recognizes and celebrates all of its Administrative Professionals throughout each Department. Thank you for the valuable work you do each and every day to help support the mission of SWVMHI.

The official period of celebration was first proclaimed by U.S. Secretary of Commerce Charles W. Sawyer as "National Secretaries Week", which was held June 1–7 in 1952 with Wednesday, June 4 designated as National Secretaries' Day. The first Secretaries' Day was sponsored by the National Secretaries Association with the support of corporate groups.



*Ahh, the wide almond groves in full white flower
Stunning in the morning sun.
Old naked Winter in his garb of grays and browns has run.
Forsythia blooms come and go in the blink of a yellow eye.
Then, suddenly, mysteriously, green erupts, and we sigh.*

~ Michael P. Garofalo

Celebrate OT Month!

APRIL 2021

OCCUPATIONAL THERAPY

PASSION. PURPOSE. POSSIBILITY.



Occupational therapy is the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations). Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent—or live better with—injury, illness, or disability.

Common occupational therapy interventions include helping children with disabilities to participate fully in school and social situations, helping people recovering from injury to regain skills, and providing supports for older adults experiencing physical and cognitive chang-

es. Occupational therapy services typically include:

- an individualized evaluation, during which the client/family and occupational therapist determine the person’s goals,
- customized intervention to improve the person’s ability to perform daily activities and reach the goals, and
- an outcomes evaluation to ensure that the goals are being met and/or make changes to the intervention plan.

Occupational therapy practitioners have a holistic perspective, in which the focus is on adapting the environment and/or task to fit the person, and the person is an integral part of the therapy team. It is an evidence-based practice deeply rooted in science.

SWVMHI recognizes and celebrates our two Occupational Therapists, Beth Smith and Sarah Vines. Thank you for the therapy you provide to the individuals we serve each and every day.

April Lunar Phases

CURRENT MOON



Waxing Crescent
22% of Full
Age: 16%
N. HEMISPHERE ☾

moon_phases

Current Moon View as of today

4
Last Qtr.
6:04 am
EDT

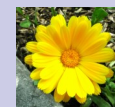
11
New Moon
10:32 pm
EDT

20
First Qtr.
3:00 am
EDT

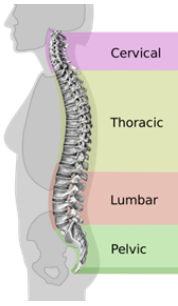
26
Full Moon
11:33 pm
EDT

The Full Moon on the 26th is called "Pink Moon" by Native Americans of New England and the Great Lakes because at this time of the year, wildflowers (esp. pink ground phlox) herald the newly arrived spring.

The Lyrids Meteor Shower will be on April 21-22.



Ergonomics in the Workplace



Over time, poor posture may be caused by habits from everyday activities, such as sitting in office chairs, staring at the computer, cradling a cell phone, carrying a purse over the same shoulder, driving, prolonged standing, caring for small children, or even sleeping.

Standing Posture

Maintaining the natural curve of the spine when standing promotes “good posture.” So what does that mean? The human spine looks a little bit like an S from the side, and maintaining those two curves is important.

- Keep your head directly over the shoulders (i.e. “chest out, head back”)
- Keep the shoulders directly over the pelvis
- Tighten the core abdominal muscles
- Tuck in the buttocks
- Place the feet slightly apart, with one foot positioned slightly in front of the other and knees bent just a little bit (i.e. not locked)

If this posture is new, it may feel strange at first, but after a while it will feel natural. If it feels too weak or tiring, use light weights or elastic bands to work the muscles between the shoulder blades (e.g. rhomboids and middle trapezius). It will quickly get easier.

If standing on a concrete floor is required at work, it is best to wear shoes with good support and cushioning. A rubber mat placed on the concrete floor will ease pressure on the back and enhance the favorable ergonomic conditions. Using a railing or box to prop one foot up while standing to help take pressure off the back. This standing position takes some practice. Remember to change feet and positions every 20 minutes.

Check out this site for more tips on ergonomics!
<https://www.spine-health.com/wellness/ergonomics/ten-tips-improving-posture-and-ergonomics>

~ Submitted by the Safety Committee



Fun Fact

Did you know you can tell if an egg is old based on whether it floats in water?

It sounds phony, but it’s time-tested. If an egg floats when you set it in water, then it’s old; if it sinks, it’s a fresher egg and you’re good to go. So before you cook up those eggs for Easter this year, make sure they sink first!



“Off the cuff” April holidays to celebrate:

April 3 — Find a Rainbow Day

April 7 — National Walking Day

April 10 — Safety Pin Day

April 12 — Grilled Cheese Sandwich Day

April 19 — National Garlic Day

April 23 — English Muffin Day

April 26 — National Pretzel Day



MONTHLY PATIENT CENSUS

February 2021

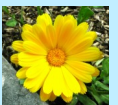
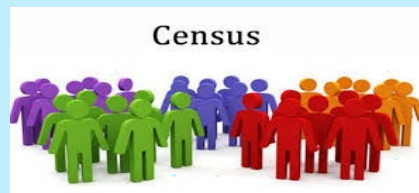
Admissions - 58

Discharges - 57

Passes - 1

Average Daily Census - 160

Census





SWVMHI Culture of Quality and Safety: The TOVA Toolbox



Physical Skills for Personal Protection

Physical Skills for Personal Protection



- Providing Space
- Shuffle Step
- Pivot and Deflect
- Charging and Rushing
- Punches and Slaps
- Kicks

82

Important Skills

Shuffle Step

Shuffle step is used to move **safely** when dealing with an escalating situation.

From the ready posture, **take a step back with your back foot, sliding the front foot backwards. Your feet should always remain in contact with the floor and you should always be in the ready posture.** Be aware of your surroundings and of obstacles in the area.

Pivot & Deflect

The Pivot Maneuver is the basic unit of movement we use to get out of the line of attack when a person is charging us. From the Ready Posture, as the person charges toward us, and as he commits his intent to make contact with us, we raise our **cupped** hands in front of us to **redirect** the person. We then **pivot** off the line on our lead foot, our entire body moving as a unit, allowing him to go by us.

Our hands are not closed into fists because fists may signal to the other person that we are ready to fight. The hands are cupped, with fingers and thumbs together to avoid injury.

Providing Space

This is one of the most important skills!

The first option in a volatile encounter is always to retreat. In fact, it is our duty to retreat. Back up and give the person space so they do not feel threatened or intimidated. Sometimes our proximity during an emotionally charged interaction can provoke violence. If the person steps toward you, calmly take a step backward.



Fire Extinguisher Guidance



At SWVMHI, we use ABC type fire extinguishers. These extinguishers can be used to extinguish any fire at the facility. "K" type Fire Extinguishers are also used in the kitchen area to extinguish grease fires.

To discharge the contents of the Fire Extinguisher, use the steps in the acronym **PASS**.

- P** – Pull the pin
- A** – Aim at the base of the fire, not the flames
- S** – Squeeze the handle
- S** – Sweep side to side, about ten feet away from the fire

First, pull the locking pin at the top of the extinguisher. The pin releases a locking mechanism and will allow you to discharge the extinguisher.

Next, aim the nozzle of the fire extinguisher at the base of the fire. In order to put out the fire, you must isolate oxygen from the fire. The ABC extinguisher attempts to isolate the fire from its source of oxygen.

Then, squeeze the handle or trigger all the way closed. Squeeze the lever slowly and with force. This will release the extinguishing agent. Remember, the chemical is under pressure, so you will hear a loud momentary swishing sound and experience a slight recoil of the extinguisher. If the handle is released, the discharge will stop.

Finally, sweep the extinguisher nozzle slowly from side to side over the base of the fire. Sweep from side to side until the fire is completely out. Operate the extinguisher from a safe distance, approximately 10 feet away.

A fire extinguisher typically contains 10 seconds of extinguishing agent.

Once the fire appears to be out/extinguished, don't walk away! Watch the area for a few minutes in case it re-ignites.

CAUTION:

NEVER put a used fire extinguisher back into the fire extinguisher cabinet. Immediately contact Security or Physical Plant Services for replacement.

REMINDER:

As a matter of clarification, all staff do not need to bring a fire extinguisher with them from their work areas. We do need someone to get a fire extinguisher as they get close to the area of the Code Red. So, yes we need a fire extinguisher brought to all Code Red calls, but it does not have to be carried from a long distance away.

~ Safety Committee



Dear Nursing Staff and Doctors,

Thank you for everything you did in caring for my mother. No words could express my gratitude or how much it meant to me.

May God Bless you all Always!

Love,

Daughter of Individual on Geriatric Unit who recently passed away

Word Search



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

“April hath put a spirit of youth in everything.” – William Shakespeare

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

April

Baseball

Breeze

Buds

Bunny

Butterfly

Candy

Chicks

Chocolate

Cleaning

Daffodil

Easter

Eggs

Flowers

Garden

Grass

Robin

Showers

Tulip

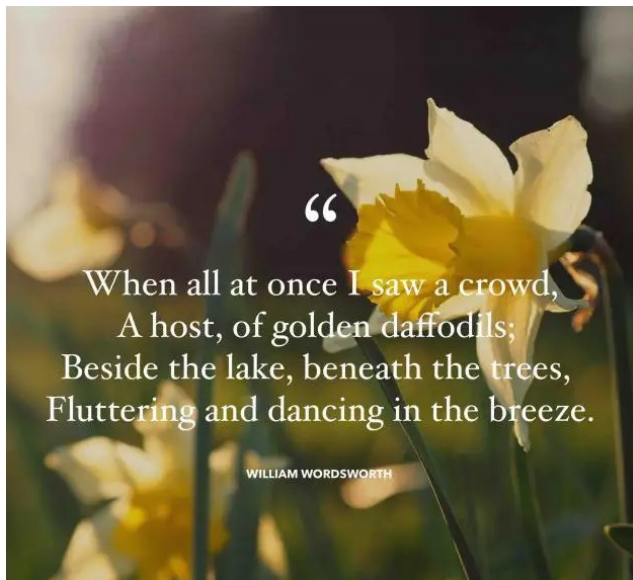
Umbrella

Warm





Did you know?



COVID-19 Vaccines: What to Expect

- * Side effects can affect your ability to do daily activities, but they should go away in a few days.
- * The Pfizer-BioNTech COVID-19 Vaccine and Moderna COVID-19 Vaccine both need 2 shots in order to get the most protection. You should get the second shot even if you have side effects after the first shot, unless a vaccination provider or your doctor tells you not to get it.
- * You only need 1 shot of the Johnson & Johnson's Janssen (J&J/Janssen) COVID-19 Vaccine to get the most protection.
- * It takes time for your body to build protection after any vaccination. People are considered fully vaccinated two weeks after their second shot of the Pfizer-BioNTech or Moderna COVID-19 vaccine, or two weeks after the single-dose J&J/Janssen COVID-19 vaccine.
- * After you are fully vaccinated for COVID-19, you may be able to start doing some things that you had stopped doing because of the pandemic. Learn more about what you can do when you have been fully vaccinated.
- * After you've been fully vaccinated against COVID-19, you should keep taking precautions in public places like wearing a mask, staying 6 feet apart from others, avoiding crowds and poorly ventilated spaces, and washing your hands often.
- * You should still watch out for symptoms of COVID-19 especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.
- * You will still need to follow guidance at your workplace.

CDC will continue to update recommendations as we know more. Visit www.cdc.gov for more information about COVID-19 and vaccines for COVID-19.

- ◆ 11% of people are left handed
- ◆ A bear has 42 teeth
- ◆ 8% of people have an extra rib
- ◆ Lemons contain more sugar than strawberries
- ◆ Reindeer like bananas
- ◆ The most commonly used letter in the alphabet is E
- ◆ A cat has 32 muscles in each ear
- ◆ Each time you see a full moon you always see the same side
- ◆ The only continent with no active volcanoes is Australia
- ◆ African Grey Parrots have vocabularies of over 200 words
- ◆ A giraffe can clean its ears with its 21 inch tongue
- ◆ The Grand Canyon can hold around 900 trillion footballs
- ◆ Sponges hold more cold water than hot
- ◆ If you add up all the numbers from 1 to 100 consecutively (1 + 2 + 3...) it totals 5050
- ◆ A duck can't walk without bobbing its head
- ◆ Popcorn was invented by the Aztec Indians
- ◆ Cows don't have upper front teeth
- ◆ Apples are more effective at waking you up in the morning than coffee
- ◆ The average golf ball has 336 dimples
- ◆ A group of frogs is called an army
- ◆ A group of owls is called a parliament
- ◆ Almonds are members of the peach family
- ◆ The opposite sides of a die always adds up to 7
- ◆ Isaac Newton invented the cat door
- ◆ Peru has more pyramids than Egypt
- ◆ The Eiffel Tower has 2,500,000 rivets
- ◆ There are 7 points on the Statue of Liberty's crown
- ◆ Oak trees don't produce acorns until they are 50 years old
- ◆ Niagara Falls could fill 4,000 bathtubs every second
- ◆ On average you blink 25,000 a day
- ◆ According to the old English time system a moment is 1 and a half minutes
- ◆ Americans spend \$10 million a day on potato chips
- ◆ The side of a hammer is called a cheek
- ◆ You can only see a rainbow if you have your back to the sun
- ◆ Sesquipedaliophobia is the fear of long words



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.



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

Please submit articles for the next newsletter to Cheryl Veselik by April 20, 2021.