



# West Virginia Veterans Nursing Facility Newsletter

Volume 1, Issue 1

April 1, 2013

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## Special points of interest:

- \* April 15, Taxes are due.
- \* April 22, Earth Day
- \* April 24, Administrative Professional Day
- \* May 12, Mother's Day
- \* May 18, Armed Forces Day
- \* May 19, Pentecost
- \* May 27, Memorial Day
- \* June 14, Flag Day
- \* June 16, Father's Day

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## Welcome to the West Virginia Veterans Nursing Facility Quarterly News Letter.

This is the new Quarterly Newsletter for the West Virginia Veterans Nursing Facility. Most of the articles in here will be articles written by you, the staff of the WVNF. There will be some routine articles too: the Administrator's section, the Chaplain's Corner, a Memorial section for those who have passed, and a Resident Council Section. Each department will have its own section as well.

Each Department may allow its staff to submit possible articles through its Department Head or someone who has been designated to review the article prior to publication. Here are the rules for submitting an article for publi-

cation: 1. It has to be the truth. 2. It may not be degrading or hateful in nature. 3. It may include reprinted articles from other sources, but those sources must be cited. I.e. if you wish to submit an article from a magazine that you read you must cite the magazine, page numbers, and other information needed as outlined by APA, Turabian, or MLA.. These outlines can be found on the internet or any Writers or English Grammar book. 4. The article must be in good taste. No curse words or foul language will be approved. Remember staff, residents and residents' families will be reading our newsletter.

You may also submit births, birthdays, anniversaries, pictures, and other things you think people might like to know and read about.

The departments/sections will be as follows:

- Administrator
- Chaplain Services
- Nursing
- Support Services
- Social Services
- Dietary
- Activities

So let's have fun with this.

## Why do we need a Newsletter?

This newsletter has a purpose. 1. It is for fun! 2. It is to help you get to know your co-workers. 3. It will help with communications and raise awareness of various activities throughout the facility 4. It will allow each department to

share information about their department and their staff. For example, National Nursing Home week is coming up in May. This newsletter can be used to help disseminate information about activities taking place in observance of Na-

tional Nursing Home week .

So here is your first opportunity to participate: submit to your department head, your idea for what your department's section should be called.

## Administrator's Corner - Kevin Crickard, WVVNF Administrator

First things first: I must give credit to Richard Hamric, Building and Grounds Manager, for coming up with the idea to have a newsletter. This is a great way for us to communicate better and have some fun in the process!

The most important item that I can think of is to thank each of you for your support. I am very appreciative of our staff for their dedication to and love for our veteran residents. I thank our families and visi-

tors, for their vision is responsible for making our facility what it is today. Our residents are the inspiration for our actions, so I thank them as well. Most importantly, I thank Him for bringing us through all trials.

Next to this column, you will see our Shared Vision. This is a value statement that we created here years ago. I ask all employees to abide by this creed, as it is what drives our performance here.

### Shared Vision - WNNVF

*We are a growing, learning facility. We have very high standards, but we also have compassion and understanding. We understand that the best outcomes are achieved through teamwork, not personal self-interest. We are committed to personal and professional progress, improvement and growth. We are never satisfied. We value individuals with diverse backgrounds, and we respect each other's diverse experiences.*

*We are accountable to each other. When one of us fails, we all fail. When one succeeds, we all succeed. We are committed and dedicated to encouraging, helping, and praising each other. We treat anyone who enters our doors with respect and dignity. We want a home-like, cooperative, open work environment.*

## Chaplain Services - Pastor Johnny Payne, WVVNF Chaplain

Hello, and welcome to the Chaplain Services section of our Newsletter. Here I will put outlines, devotionals, special events, and other information related to Chaplain Services and the spiritual welfare of our residents and staff.

Please let me know if you have any ideas that you feel may be appropriate for the Chaplain Services section. With the wide variety of faith backgrounds of our staff and residents, there is a great deal that we can learn

from each other.

Our chapel times are as follow: Sunday Morning Service: 9:30 am; Sunday Afternoon Service: 2:00 pm; Bible Study on Tuesdays: 2:45 pm; Catholic Services on Saturdays at 4:30 pm. Please come out and attend services

**Sunday morning service: 9:30 am.  
Sunday Afternoon Service: 2:00 pm,  
Bible Study on Tuesdays: 2:45 pm,  
Catholic Services on Saturdays at 4:30 pm.**

with our residents if you are able.

I help provide Bible teaching, Biblical counseling, Chapel services, Lord's Supper/Communion, funerals and marriages for our staff and residents.

My usual hours are Sunday thru Thursday from 8:00am to 4:00pm. I am on call 24/7 so please call 304-695-9243 if you need me after regular work hours.

## Nursing - Thomas McVay, WVVNF Director of Nursing - Article by Wesley Pepper, WVVNF A.D.O.N.

### What is Nursing?

Here at the WVVNF, we define nursing as caring and showing compassion in an environment that supports healing. Nurses must be licensed and competent as set forth by state regulations and licensure boards. Nurses are individuals who can make a difference in another person's life; people who show love and support for other human beings. Nurses and Health Service Workers (HSWs) give of themselves to assist with providing medical care as set by the orders of a Medical Doctor (M.D.) or a Doctor of Osteopathic Medicine (D.O.). Our Facility is unique in that we have a D.O., by the name of Dr. James Hill, staffed here Monday through Friday.

I'd like to shift gears here and ponder the age old question of whether nursing is an art, a science, or both. According to Shrock, "philosophy is an attitude toward life and reality that evolves from each nurse's beliefs..." (Edwards, 1997, 1089). The definition of nursing has been debated for years. The art of nursing can be thought of as caring. Connecting with the patient (resident) is imperative to establishing a relationship that fosters trust. Without caring, the Nurse or HSW cannot connect with the resident. In addition, competent Nurses must possess the flexibility to continue to learn and use the resources available; this can be thought of as the science of nursing. It requires knowledge of anatomy and physiology, pathology, pharmacology, and the skills to perform technical tasks. Thus, nursing is both an art and a science, but regardless of a nurse's philosophy, I believe they all join the profession because they have big hearts. References: Edwards, S.D. (1997). What is Philosophy of Nursing? Journal of Advanced Nursing, 25, 1089-1093.

## Support Services - Richard Hamric, WVNF Support Services Supervisor

Welcome to the wonderful and exciting world of Support Services. Let me briefly introduce you to our team! We are made up of five different areas including: Maintenance, Housekeeping, Laundry, Security and Safety.

The folks in our maintenance department could write a book about all the experiences they have had. They have the knowledge of 007 and the skill of MacGyver, which they have proven many times in the past few months. No problem is too big for them to solve and they do their job to the best of their ability. Similarly, our housekeeping staff does an outstanding job of keeping our facility clean. They provide a homey atmosphere where rooms are cleaned daily and residents are known by name. Take the time to notice the hard work that goes into cleaning a room, bathroom, hallway, or dining area. If not for the dedication of our housekeepers, we would be just like any other nursing home. It takes good people that care and work together as a team to accomplish all that they do. Our laundry department also works as a team and we believe they are the best around because of the knowledge and talent of the staff. It takes someone special to be able to wash, dry, sort, hang and put away the clothes of so many residents. These employees run a tight schedule every day, doing laundry and taking inventory, because the clothes never stop coming. Our security department never stops working either. They received certificates for successfully locating a wandering resident. They patrol both inside and outside the facility, making sure everything is secure and safe for residents and staff, and we know they stand ready to help in any situation, as does our safety department. Safety is an area that we all need to be educated and trained in continuously so we can be the best facility in the State. Without proper safety training, we could become a huge risk to ourselves and to our residents, so everyone should make safety a top concern.

Finally I want to congratulate the following employees for having perfect attendance records for the months of January and February 2013: for the Month of January— Mike Saliga, maintenance dept., and for the month of February— Brenda Circosta, lead housekeeper on night shift.

## Social Services - Pamela Hedrick, WVNF Social Services Supervisor

Social Services will give us an article in the next Newsletter.

Let us take a few moments to remember those residents who have died this past quarter.

Denver C. Beverly; John H. Brown; Rudolph P. Cameon; Edgar Henry; Ernest E. Huffman; Thomas Kuretzka; James J. Marks; William D. Moore; Shirley R. Moran; Audrey Wayne Morris; John F. Payne; Roland E. Phelps; Ralph Stump; Louis Talerico Jr.; Martin K. Tennant; and Frank White. Please remember

their families too.

Please note, on May 24, 2013 the West Virginia Veterans Nursing Facility will be having our annual West Virginia Veterans Nursing Facility Memorial Service for all residents who passed away this past year. If you wish to attend, please let Jodie Everson, WVNF Activities Director know at 304-626-1600. We will also be having our annual 5K Run/Walk in May to help support the Residents Benefits Fund. This money is used to help our residents go



outings. Please contact Jodie Everson, WVNF Activities Director at 304-626-1600 if you wish to participate.

## Dietary - Crystal Clark, WVNF Dietary Supervisor

Hello! I would like to introduce myself and my staff. My name is Crystal Clark and I am the Certified Dietary Manager (CFPP) here at the WVNF. I have been with the facility for five years this June and I have had my Certification for nearly 12 years. I have two Office Assistants: Charlene Moore who has been with Dietary for almost three years and with the facility for 3 1/2 years, and Anita Simpson who worked here for several

years as a Health Service Worker on the floor and started with Dietary this past December. We also have an intern, Olivia Crislip, who is currently going to college to become a Certified Dietary Manager and will be with us through May. Finally, I want to introduce our volunteers, Joe Mancuso & Antoinette (Dorothy) McClung. Joe has been assisting us for almost 5 years and Dorothy has been helping

for just more than one year. Thank you.





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Here at the West Virginia Veterans Nursing Facility we proudly serve our state's heroes by providing them the full spectrum of long term care services they deserve, and more.

Since receiving our state nursing home license on June 2, 2008, our veteran population has been steadily growing. Veterans from across the state are migrating to our modern, spacious facility. Located along the West Fork River, our comfortable rooms offer beautiful views of the Veterans Administration Park footpath, baseball fields, and courtyard area.



## Activities - Jodie Everson, WVVNF Activities Director

The Activities Department is supervised by Jodie Everson, Certified Activities Director, and has a staff of ten that takes our residents on outings and helps keep them active. Activities range from a one-on-one setting where a staff member might read or play cards and board games with a resident, to group activities such as BINGO, Deal Me In, and others. Between spring and the fall harvest, the Activities Department helps our residents plant flowers and keep a vegetable garden. Other outings may include going to dinner and a movie, a festival, or even to Blennerhassett Island or Charleston. There are also special cooking activities for our residents, like making green eggs and ham for Saint Patrick's Day.

We also have an annual Easter Egg Hunt in which our residents help hide the eggs and candies so the residents' and staff's children, grandchildren and great-grandchildren can come and search for these goodies. The residents always love seeing the children dressed in their Easter outfits and watching them have fun. As you can tell, we do a great deal for our residents and always look forward to planning more activities for them.



A visit from the Crew of the USS West Virginia. January 26, 2013



A day trip to West Virginia's Capital



A Meet and Greet with West Virginia Governor Earl Ray Tomblin.