



# MENTAL OUTLOOK

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## FIRST MONTHS OF COMMUNITY INTEGRATION PROGRAM PROVE SUCCESSFUL

Having been open for almost three months now, the Community Integration Program (CIP) at Mississippi State Hospital has shown itself to be a successful program, with clients and staff alike praising the values of the new initiative that began in July.

An expansion of the hospital's Community Services offering, the CIP aims to instruct clients in the tasks of daily living that may have fallen by the wayside during difficult struggles with mental illness, or that may have never been learned in the first place. While often routine for many individuals, learning skills like cooking, cleaning, and financial planning can make an enormous difference in the lives of those living with mental illness.

"It was hectic at first, but things have calmed down," Community Services Division Director Dr. Cynthia Johnson said. "We have individuals who are providing tours as staff and dignitaries come on the building, and that's been a positive experience for all. We have several individuals who have been discharged or been approved for discharge to a community setting."

Launching with the intention of serving patients who have been hospitalized for extended periods or re-admitted to the hospital several times, the CIP has received strong referrals from across the Mississippi State Hospital campus. In the first month, there were 55 referrals, and 47 of those patients were accepted.

Once accepted, they trade in the wristbands identifying them as MSH patients for ID badges that show them as being on pass and part of the Community Integration Program. They live on Building 32 for two weeks while participating in the programming and learning about key recovery and wellness concepts that can aid in their successful living after discharge from the hospital.

For some, Johnson said, there can be apprehension as they face the possibility of returning to a community setting, but that is exactly why the CIP was implemented.

"That's a part of the purpose of the program, to assist them in recognizing the strengths they have and the abilities they are developing to be successful," she said.



The clients are taking ownership of the program, and are leading tours of the building for staff and others who come to see how the CIP has been working out during its opening months.

"It's their building, and their program, and they're showing folks around with keys that access anything," Johnson said. "It helps their self esteem. They feel good about themselves because they do a very good job, and typically they are told that by people."

The biggest questions before the CIP began were about activities some clients would have absolutely no experience with – cooking, using knives in the kitchen, and learning about computers. How would they react and learn when basically starting from nothing?

"We have been pleasantly surprised that, when given the opportunity, the clients are more than meeting the expectations," Johnson said. "It's all about expectations. People meet your expectations. If you set them high, they meet them, and if you set them low, they meet them."

The recovery groups have been perhaps the most influential aspect. They specifically address coping mechanisms and what individuals can do to help themselves meet the challenges they will face when out in the community. The wellness recovery planning allows them to accept responsibility for their recovery, and is one of the biggest components of the program.

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# OUTLOOK

## MISSISSIPPI STATE HOSPITAL

James G. Chastain, FACHE,  
Director

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Director, Public Relations Department

### PRODUCTION

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### MISSION

Mississippi State Hospital facilitates improvement in the quality of life for Mississippians who are in need of mental health, chemical dependency or nursing home services by rehabilitating to the least restrictive environment utilizing a range of psychiatric and medical services which reflect the accepted standard of care and are in compliance with statutory and regulatory guidelines.

### VISION

We will be a customer-driven organization.

### CORE VALUES

Respect - Teamwork - Trust  
Communication - Commitment

### MEMBER OF

Mississippi Department of Mental Health  
American Hospital Association  
Mississippi Hospital Association  
Southern States Psychiatric Hospital Association

ACCREDITED BY  
The Joint Commission

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# A LETTER FROM THE DIRECTOR...

Those who have spent any amount of time at Mississippi State Hospital know what a vital role volunteers play for us. Our volunteer organization, Friends of Mississippi State Hospital, works all year long to help improve the lives of our patients here, and they do tremendous work. During its recent annual meeting, Friends had the honor of recognizing several volunteers whose commitment to the hospital and its mission has meant more than we can

say to the patients and residents here. Members of Meadow Grove Baptist Church were honored for their long service to the hospital, as was a group of volunteers from Hill of Zion Missionary Baptist Church. Friends of MSH also recognized two businesses, Tupelo's The McCarty Company and Mississippi Hospital Association, for their dedication. Individuals who serve on the Friends of MSH Board of Directors show what a difference one individual can make, whether they are long-time Department of Mental Health employees like Bill Bobbs and Ray Wallace, or community leaders like Joel Ross of BankPlus and John Overby of Long Electric Company. These individuals, businesses, and groups can serve as examples to all of us, and we're glad to call them friends.

As we approach the holiday season, volunteers will play a huge part at our hospital as they donate, help prepare, and deliver gifts to those we serve. You'll read about some of the activities that are planned in the upcoming pages, as well as some recent events like our annual Serendipity art show. We are also very happy with the progress of the Community Integration Program we began this summer and are sharing some more information about that with you. As you read the stories in this newsletter though, please remember all of the opportunities Mississippi State Hospital offers to volunteer your time and be of service to individuals who live with mental illnesses. We hope you will consider it.

Sincerely,

James Chastain

Friends of MSH, Inc.  
would like to say

*Thank You*

to our

**CORPORATE  
SPONSORS.**

**BankPlus**<sup>SM</sup>



*Valley*  
Bringing Fresh Ideas to the Table<sup>SM</sup>

It will be growing over the next several months. Already, they are accepting more patients from the short-term, acute care services than originally expected, and more day programming is expected to be implemented in the next six months. Clients, though, have been very complimentary of what they have taken part in during the opening weeks.

“I think everything’s going real good. Even if I know some of the things going on in here, it’s a good refresher for the mind, to get back into the groove of going to class, learning little things about yourself, and how you can manage yourself at home,” one individual in the program said.

“This is a good place to be, to learn and educate yourself on how to live on your own when you’re out there. These people are not against you, they’re here to help you to understand the way of living out there on your own. If you don’t want to be out there on your own, please take this class. It will help you and it will benefit you.”

Yet another was happy with the program not just for what it meant to her, but for what it meant for her family.

“We learn therapeutic skills and things we need to know, as people with mental illnesses, to make it through life situations and problems and things that may occur, and how to cope and deal with them, and the skills we can do that with,” she said.

“I’ve enjoyed it. It’s a lot of work, but anything worth having is worth working for and waiting for. I have a baby at the house that I think about, so that makes it all worth the while, and this isn’t going to just help me when I get out, it’s going to help me learn how to take care of him better when I get out.”



## FRIENDS OF MSH NAMES 2010-2011 BOARD OF DIRECTORS

Friends of Mississippi State Hospital voted in officers and board members for the 2010-2011 year at its annual meeting on Wednesday, August 25. Founded in 1987, Friends of Mississippi State Hospital, Inc. is a non-profit organization dedicated to promoting the work of Mississippi State Hospital (MSH) and informing the public of mental illness and the needs of the mentally ill.

Friends donates 100 percent of its funds to support events and programs that enrich the lives of MSH patients, individuals served in the community, Jaquith Nursing Home residents and employees. Their annual events include a fishing rodeo, an Independence Day fireworks celebration and monthly recognition for MSH patients and employees. Friends is made up of MSH staff members, local civic groups, businesses and patients’ family members.



Pictured are the 2010-2011 Friends of the Mississippi State Hospital Board of Directors and Officers, (front row, 1 to r) Sheila Shows, Bridgett Lowery, Jennie Pittman, Miriam Hollens, Marilyn Garth, Jerald Ball, (back row, 1 to r) MSH Director James G. Chastain, Friends of MSH President Bill Bobbs, Dee Payne, Ray Wallace, Jaquith Nursing Home Director Marc Lewis, John Overby and Kathy Denton. Not Pictured are Joel Ross, Shane Hariel, Benny Hubbard, Bobby Stephens, Gladys Jackson, Nancy Kemp and Mary Crossman.

## STIGMA IS ON THE MOVE WITH NAMIWALKS 2010

Stigma will be moving out this fall when Mississippi State Hospital and the Mississippi Chapter of the National Alliance on Mental Illness partner for the annual NAMIWalks on November 6.

For the first time ever, the hospital is also holding a walk of its own. In conjunction with NAMI and Friends of Mississippi State Hospital, employees, volunteers, and other community advocates will be gathering at the hospital campus on Friday, Nov. 5 at 9:30 a.m. to show their support for NAMIWalks and get ready for the bigger Jackson walk at Mayes Lake the next day.

“This is an extremely important partnership for Mississippi State Hospital, as NAMI shares the mission we also have of helping dispel the stigma associated with mental illness through education and awareness,” MSH Development Director Paula Eure said.

“We want to promote education and awareness of mental health issues, and the NAMI walk is a great way to help educate the community through a fun and family-oriented event.”

Leading up to the two walks in early November, hospital employees had a chance to participate in a special deal, getting a NAMIWalks t-shirt and a yearly membership to Friends of MSH for a discount and through payroll deduction. Proceeds from the t-shirt sales will be going to benefit the Jackson NAMIWalks and its fundraising efforts.

To help promote the walk, Friends will be giving awards for those who sold the most t-shirts and for groups with the best banners and team spirit during the MSH walk. There will also be a cash prize drawing for new and renewing members of Friends of MSH who sign up between August and November.

“The Nov. 5 walk is going to be a great time. We encourage everyone

to participate, not just employees, but friends, family, and church members. This is also a great way for us here at the hospital to get in the competitive spirit for this awesome cause,” Eure said.

For those who don’t work at the hospital or in the mental health field, NAMIWalks is a way to reach out and help dispel some of the stigma associated with mental illness and help people realize mental illness is just like any other illness; it affects people from all walks of life, and one out of every five people will experience mental illness at some point in their life.

La Vonne Whitehead, Coordinator of Children and Youth Programs for NAMI Mississippi, knows that firsthand. Her family has a history of mental illness, including her three children who have been diagnosed as well. She said getting involved with NAMI opened up a whole new world for her.

“All the support of the other people and the references that I was given from NAMI was more than helpful and so much appreciated,” she said. “I learned that there were people out there that had it as bad or worse than I did and that with the right kind of support you can make it through anything. I found that care and support at NAMI.”

Whitehead said that people can learn more information about NAMI or NAMIWalks by visiting the web site at [www.namims.org](http://www.namims.org). Visitors can sign up for a team there, support a walker, or just learn more about NAMI.

“I believe in what we are doing,” she said. “I have the passion to keep helping people with ridding the stigma that goes along with mental illness, letting everyone know that our children may be ‘different,’ but they are all unique and gifts from God and we owe them to do the best we can for them.”

## FRIENDS OF MSH HONORS HILL OF ZION MISSIONARY BAPTIST CHURCH

Friends of Mississippi State Hospital honored Hill of Zion Missionary Baptist Church with the Nancy B. Foreman Award during its annual meeting on Wednesday, August 25. The award is given each year to an individual or group who has demonstrated through their service a commitment to enhancing the quality of life for persons with mental illness.

Hill of Zion Missionary Baptist Church has shown that commitment for decades. Each year, they visit the hospital on the first Sunday in November to bring home-cooked food, singing, fellowship and gifts to patients. They are known for arriving in their Sunday best, and have been described looking as if they are going to attend a ball at the Governor’s Mansion.

“This one small, and one would think insignificant, note sends a message,” MSH Director James G. Chastain said. “It shows they dressed in their best to visit and to bring joy to our patients.

“They also include youth from their organization in an effort to teach them the value of volunteerism and the rewards of giving yourself to others. It is an honor to present this award to Hill of Zion Missionary Baptist Church.”

Lillie Stewart accepted the award for the group. She has been president of the Missionary Society for the 25 years the church members have been volunteering at Mississippi State Hospital. Friends of MSH is a non-profit organization dedicated to promoting the work of Mississippi State Hospital and informing the public about mental illness and the needs of the mentally ill.



Pictured are (l to r) Friends of MSH President Bill Bobbs, Lillie Stewart, and MSH Director James G. Chastain.

## MCCARTY COMPANY, MISSISSIPPI HOSPITAL ASSOCIATION RECOGNIZED FOR SERVICE

Friends of Mississippi State Hospital presented its Together We Make a Difference Awards during its annual meeting on Wednesday, August 25. MSH Director James Chastain presented the awards to The McCarty Company and the Mississippi Hospital Association.

The McCarty Company was a founding member of the annual Farmer Jim Neal Golf Event, and has been a Friends supporter throughout the years, while Mississippi Hospital Association was a platinum sponsor of the event this year and sponsors an annual Christmas party for Jaquith Nursing Home residents. Both companies have been longtime supporters of Mississippi State Hospital and the volunteer Friends organization.

Architect Tom Saunders accepted the award for The McCarty Company and Steve Lesley, Director of Data Services, accepted for Mississippi Hospital Association.

“Their generous financial support and the solid reputation of their company name helped establish that event as a quality tournament. Their continued commitment to its success is a primary reason it has become the largest fundraiser for our Friends organization,” Chastain said of The McCarty Company.

Chastain also noted that MHA not only sponsors a yearly Christmas party at the hospital, but that CEO Sam Cameron has also played the part of Santa at the annual Santa Day event.



(l to r) Friends of MSH President Bill Bobbs, MHA Director of Data Services Steve Lesley, McCarty Company architect Tom Saunders and MSH Director James G. Chastain.

“Probably the most important thing they do for MSH, however, is give us a voice to promote awareness of mental health issues, and the quality service provided by MSH to citizens of this state,” he said. “Both of these organizations represent the very best of our business community and I am pleased to present the 2010 Together We Make A Difference Awards to McCarty Company and the Mississippi Hospital Association.”

## FRIENDS OF MSH HONORS MEADOW GROVE VOLUNTEERS

Friends of Mississippi State Hospital presented the second annual Vivian Shivers Award to the Meadow Grove volunteer organization during the Friends annual meeting on Wednesday, August 25.

The award honors the individual or group who represents the volunteer spirit and sets the standard for future generations. It is named in honor of the late Ms. Vivian Shivers, who began her career as an RN at MSH in 1976. She went on to serve in the Jaquith Nursing Home, and continued volunteering with the Friends of MSH organization after her retirement in 1987.

The Meadow Grove volunteers are primarily from Meadow Grove Baptist Church, in Brandon, but the group also includes members from several different churches and groups, and there are several Mississippi State Hospital retirees in the group as well. They volunteer once a month all throughout the year.

“Their tasks are always different and include things like stuffing envelopes for mail-outs, curling ribbons and filling candy packages for patient Christmas bags, but there is always one constant, and that is a lot of laughter and fellowship,” MSH Director James G. Chastain said. “Once a year they combine their efforts with volunteers from Broadmoor Baptist Church and prepare all 1,200 fruit bags that are delivered to patients and residents on Santa Day.

“For outstanding service and a continued commitment to MSH, I am honored to present the Vivian Shivers Volunteer Award to the Meadow Grove Volunteers.”

Flo Upton accepted the award on behalf of her group. Chastain said her group’s spirit of giving is in the same tradition as Ms. Vivian Shivers, who spent time serving as both president and vice-president of the Friends organization, was active on numerous committees and routinely volunteered at special events and activities.



Pictured are the Meadow Grove Volunteers along with Friends of MSH President Bill Bobbs and MSH Director James G. Chastain.

## SERENDIPITY 2010 GETS A RECORD TURNOUT

Serendipity has come and gone for another year, but what a year it was.

This year's annual art show and silent auction had a record 542 visitors and raised almost \$6,000 for the patients, residents and those served in the community. As usual, nearly all of the 346 pieces on display went home with someone, and even though the winning bidders have plenty of excitement when they beat out all the other onlookers, it is the patients who get real joy out of the show.

"Many of them work throughout the year in art classes, while others may have only attended a short time. We try to show artwork from all who are participating at the time of the show," Art Services Supervisor Evelyn Bates said. "It is a privilege to work with the classes and to see the excitement and pride as the individuals come to the show and see their artwork on display. It gives them a feeling of accomplishment and success. It shows that others value what they can do."

The visitors to Serendipity this year came to the campus in a steady stream all throughout the day, with the biggest crowds coming in late afternoon. As many long-time Serendipity attendees know, that's what they have to do if they want any kind of guarantee to get the pieces they really want.

Serious bidders often stand right in front of their most-hoped-for pieces as 6:30 p.m. approaches, making sure to jot down increasing bids as soon as someone else dares to try to one-up them. It happens every year, and this year was no exception.

Some of the ceramic items on display this year received a lot attention. In particular, a series of small sculptures depicting everyday life - a kitchen table, a bowl of fruit, a workbench and more - had people marveling at the detail and craftsmanship on display.

Even more impressive is the fact that the men who made some of those pieces don't have full use of their arms and hands, Art Instructor Teresa Sheppard said.

"The man who made this one was helping someone else with his," she said, gesturing down to one of the pieces. "I encouraged him to work independently. I gave them a challenge to do as much as they could by themselves.

"They were thrilled at what they were able to do by themselves."

She noted that the table displaying the sculpted log cabins, church and other pottery pieces was perhaps the most popular place in the exhibit, and the artists were proud to see how admired their work was with the Serendipity bidders and visitors.

"One of them said he surprised himself because he didn't know he could do anything like this," she said. "It's been really good for them. They've enjoyed it so much."

For others, their work in the arts can mean much more than enjoying themselves or the satisfaction that comes with creating something.

"Participating in the arts benefits our folks overall," Bates said. "It increases their social skills, they work with their hands, it increases their



mobility, and of course it increases their knowledge of art.”

Even simply viewing a painting, Bates said, can engage someone’s memories, and it often engages those who may not interact with many other activities. It is particularly a beneficial exercise for residents of Jaquith Nursing Home, since it gets many of them working with their hands and helping their flexibility.

“Movement is something we always try to talk about. They can move a piece of paper around, or over to the left or right while they’re working, and it works with their dexterity,” she said. “You can think of it in terms of almost anything. You can mix colors, study types of lines or compare artists. The repetition keeps minds sharp, as well as working with the movement and mobility.”

Now that the 21st annual show is over, it won’t be too long before Bates and the rest of the teachers in Art Services are thinking about next year’s show. But that’s all right with them.

“The Serendipity art exhibit is an event that I anticipate eagerly every year. We enjoy sharing the wonderful talents of our Art Services class participants through this exhibit,” Bates said.



## HAPPY HOLIDAYS

### CHRISTMAS HOUSE, VOLUNTEERS BRING JOY TO MSH DURING THE HOLIDAY SEASON



At Mississippi State Hospital, it's never too early to begin thinking about Christmas.

That's because the holiday season is one of the busiest times of the year at the hospital, and preparations are made for it all year round. Holiday activities begin in November and are a constant on the campus until the end of the year. There are Christmas parties for patients and residents, volunteer groups visiting the campus, a parade, and concerts. It all culminates with Santa Day on Dec. 22, when dozens of volunteers visit the campus and deliver gifts to every patient and resident at the hospital.

For volunteers and service-minded individuals, the holiday season at MSH offers a wealth of opportunities to get involved and spread joy to others, and everyone is welcome to take part.

"Volunteer groups visit the hospital and serve our patients and residents all year long, but the holiday season is very busy, and we have volunteer groups here almost every day," MSH Volunteer Services Director Sheila Shows said. MSH. "For us, the season officially starts the first Sunday of every November. We have two church groups who have visited on that day for as long as I can remember."

That Sunday in November will bring the first of the holiday volunteers to the hospital, but groups, families and individuals will visit patients and residents for the rest of the year. Last year, 132 groups came to MSH to volunteer during the holidays, and many of them have been volunteering for years, coming back year after year.

It also marks the time of year when the Public Relations Conference Center on Building 71 transforms into The Christmas House. Wreaths, ribbons, and other holiday decorations adorn the building as it plays host to hundreds of the volunteers who come through it during the season to bring gifts and donations.

While more than 3,000 volunteers visit the hospital each year to provide these parties, concerts and dinners for the more than 1,100 patients, individuals served by the community and Jaquith Nursing Home residents, the majority of them come during the Christmas season.

Anyone with the heart to volunteer is welcome to host a party at the hospital. Some parties may be hosted in The Christmas House, but many of them are in other buildings around the MSH campus.

"A lot of our groups want to go to the same building each year. They get to know some of the residents and patients, and they look forward to seeing them," Shows said. "Some parties may have a full dinner, some bring refreshments and party food, and some bring gifts for everyone. There are several options for groups to choose from."

Donations and gifts are also accepted at The Christmas House. MSH patients and Jaquith Nursing Home residents particularly enjoy table games, portable radios, batteries, sunglasses, socks, slippers, gowns and pajamas. They will all be given out on Santa Day, when MSH employees, community leaders, and elected officials dress up in the traditional red suits to deliver the gifts to each and every patient and resident.

MSH employees also volunteer their time throughout the season, often helping to personalize gift bags for those they know, making sure the patients and residents will be getting something they need or have been wanting.

Another hallmark of the holidays at Mississippi State Hospital is the annual Christmas Parade, held the first Friday of every December. Open to the public, the parade will be at 10 a.m. on Dec. 3.

"Everybody has a great time at the parade, and it's something you don't want to miss out on, even though it's usually pretty cold," Shows said. "We always have antique cars, bands, winners from beauty pageants and all kinds of floats in the parade," Shows said. "Patients, residents and staff members all get to take part in it, and it's fun for us all."

Only after Santa Day do things begin to wind down for everyone.

"We work on scheduling these groups and organizing these events all year long, but it's more than worth it," Shows said. "The work of our volunteers and staff helps spread joy to everyone here, and we're glad to be a part of that."

## PARTNERSHIP WITH MID SOUTH REHAB EXPANDS SERVICES, REDUCES COSTS, AND BENEFITS PATIENTS

Some big changes to the therapy programs at Mississippi State Hospital are bringing benefits to its patients, residents, staff and partners in the community.

Beginning in July, Mid South Rehab Services began working full time on the MSH campus, offering physical therapists, physical therapy assistants, occupational therapists, occupational therapy assistants, and providing clinical supervision for the hospital's speech therapy, audiology and kinesiotherapy staff. Building 27 has been repurposed into a full time therapy clinic, providing all of these services to patients and residents in one convenient location.

"The purpose of this is to have more of a 'rehab mall,' with better communication between the therapy departments, so that's what we've done," Jaquith Nursing Home Director Marc Lewis said. "We came over here and did some renovation, and Mid South has actually provided furniture and equipment. They are providing clinical supervision, and we have all the therapists in this building now."

This arrangement marks a departure from the way these services have traditionally been offered at Mississippi State Hospital and Jaquith Nursing Home. Previously, physical therapy had been located on B-34, where there was one physical therapist and one physical therapy assistant. Kinesiotherapists had been located on B-33, and two speech therapists had been on B-79. There had been a relatively small number of therapists for the number of clients served at the hospital due to the difficulty of recruiting therapists into the state system.

That isn't the case anymore. The partnership with Mid South Rehab has allowed B-27 to practically become a clinic all to its own. Visitors to the building will step through the front door into an expansive waiting area, with offices, physical therapy and occupational therapy to their left and speech therapy and kinesiotherapy to their right.

"Mid South Rehab Services is honored to provide comprehensive therapy services to the patients and residents of Mississippi State Hospital," Mid South Rehab Senior Regional Clinical Director Kim Rayburn said.

"We take pride in our ability to perform functional outcomes utilizing top-notch therapists, state of the art equipment, and long-term partnerships. We look forward to many successful years with the staff of MSH."

There are now eight Mid South Rehab therapists who spend their working hours at the hospital just like MSH staff, but they are not hospital employees. Instead, it's as if the occupational therapists, physical therapists, and their assistants are full-time Mid South Rehab employees whose office and patients happen to be located on the MSH campus.

"It increases communication, and we have meetings every week where all of the therapists get together, share information, and sometimes refer people to the other services," Lewis said.



Mid South Rehab, Mississippi State Hospital, and Jaquith Nursing Home staff at the Sept. 29 open house

While this initiative represents an expansion of the therapy programs offered at the hospital, it doesn't represent an increase in expenses. Mid South Rehab bills Medicare for services given to patients and residents. For those who are not Medicare eligible, the company offers a discounted rate to the hospital. In the end, this initiative benefits everyone; Mid South Rehab, the hospital, and most importantly, MSH patients and JNH residents.

An open house was held on Wednesday, Sept. 29 to not only show off the new B-27, but to let physicians across the MSH campus know about all of the services now being offered. With a full therapy department up and running, many patients and residents have the chance to improve their quality of life through the services now offered.

"A lot of our staff had not had the opportunity to see the services and to get a visual of what actually takes place on the building," Lewis said.

That was changing within a matter of weeks as everything was getting up and running on B-27. A steady stream of clients now comes and goes as they see and are evaluated by the various therapists on the building. They are able to go from occupational therapy to physical therapy, or from kinesiotherapy to speech therapy, where several months ago, going from one therapist to another may have meant going to different buildings.

"This is more common to what you would see in other nursing homes or rehab facilities, where all of the therapists are together. This is increasing the services we're providing at a much reduced cost to the hospital," Lewis said. "Now that this is here, it's just incredibly successful."

"The success is due in part to many individuals. Our kinesiotherapists, speech therapists and audiologists have done outstanding jobs. Collectively, they have many years of dedicated service to our hospital patients and nursing home residents."



# JNH

Jaquith Nursing Home

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### JAQUITH NURSING HOME ON THE MOVE FOR MEMORY WALK 2010

Jaquith Nursing Home will be on the move to end Alzheimer's disease in October, when a team sponsored by the nursing home participates in the 2010 Alzheimer's Association Memory Walk, the country's largest event to promote awareness and raise funds for defeating the disease.

This year's walk is scheduled for October 9, at 9 a.m. at The Renaissance in Madison. The Mississippi chapter of the walk is on target to raise tens of thousands of dollars for the event, and donations will also be welcome on the day of the walk. But raising funds is only a means to an end for those who take part.

"This is a very good fundraiser and a show of support," said JNH Recreation Supervisor Holly Haralson said. "But we want to defeat it. It is a devastating disease. We work with residents every day, and we can see up close and personal how devastating it is."

That's why the Jaquith team is doing all they can to promote the event and urge anyone who is interested to join them and take part in the walk. Anyone is welcome to join, whether they are a Mississippi State Hospital or Jaquith Nursing Home employee, a family member of a resident, or even a friend of someone who has been impacted by Alzheimer's.

"The Mississippi Chapter has so far raised over \$10,000, so that's a pretty good start," Haralson said. "We're just starting, so we need people to join our team and help us to contribute to make this a great event for everyone."

People come from all walks of life to raise money and awareness for the Alzheimer's Association, a testament to the fact that the disease can strike anyone, and that it affects all the friends and loved ones of those who face the disease.

"It can be really hard, especially if you're not in the medical field like we are, and you're having to deal with this on a daily basis," Haralson said. "You may think you're alone, but you're not. The Alzheimer's Association has a lot of supportive programs for those who are caregivers."



JNH Director Marc Lewis, Nurse Executive Sherri Franklin, Recreation Supervisor Holly Haralson, and Psychologist John Askew are on the JNH 2010 Memory Walk team

Last year there were 11 team members, and they were able to raise about \$2,000 to support the Memory Walk. Together, all the teams in the Mississippi Chapter raised \$32,955 last year. Just as Haralson encouraged, the team members last year weren't just employees; friends and family members joined in to fight against Alzheimer's disease as well.

If someone can't make it to the walk on the day of the event, there is still plenty they can do to help. Donations are always appreciated, and spreading the word around to even just one person who joins can make a difference.

"The Memory Walk may be a specific date, but the Alzheimer's Association pushes for support all year long," Haralson said. "So if you can't make the walk or don't hear about it until after the fact, you can still make a donation."

For more information or to register for the walk, contact Holly Haralson at 601-351-8568.

## JUNE FAMILY COUNCIL SPOTLIGHTS RECREATION

Thirty nine family members took time to visit their loved ones and meet with Jaquith Nursing Home staff during the quarterly Jaquith Family Council meeting on Saturday, June 12 in the B-71 Conference Center.

Before learning a little bit about recreation therapists and the job they do every day, attendees first heard a bit about some of the activities Jaquith Nursing Home residents had been up to during the previous quarter, such as the fishing rodeo, visiting Horses for the Handicapped, attending MSH Day, and all the activities of National Nursing Home Week.

JNH Recreation Director Holly Haralson gave a brief presentation about the recreation staff who work with Jaquith residents and the activities they offer for all those living there.

“Recreational therapists assist clients to develop skills, knowledge, and behaviors for daily living and community involvement,” she said.

Activities of a typical day may include a news and coffee time in the morning, giving residents a chance to discuss current events and interesting news items. This can often lead to a reminiscing time in which residents compare the news of the day to other times in their lives.

Residents also enjoy watching some morning television, Haralson said.

“Other group activities include watching ‘The Price is Right,’ and that becomes a really good activity,” she said. “They’ll discuss it and talk about who was the funniest contestant, or who was the worst. It gets kind of funny to watch the residents talk about ‘The Price is Right.’”

Recreation therapists also have one-on-one visits with residents who may not be able to attend group sessions, or who maybe don’t benefit from group activities as much as they do one-on-one sessions. Those may include reading, music, or some other kind of sensory stimulation, or it may just be a general conversation with residents.



Family members at the June 12 Jaquith Family Council meeting were served refreshments and given a chance to visit with JNH staff after a presentation about all of the recreation activities their loved ones have been involved in during the past several months.

The family members at the meeting then got to watch a video that showcased everything the JNH residents and staff had done for National Nursing Home Week in May. It showed off all of the involvement they had with the pep rally, the Iron Chef Jaquith cooking competition, the visit to the Mississippi Agricultural Museum, the motorcycle show, and the Ballet Magnificat performance.

Before concluding, Haralson encouraged all the family members to converse with the JNH staff who were there.

“If you know different activities your family members like to do, or has liked in the past, bring that to our attention,” she said. “We want to make sure everybody’s happy.”

## DMH TO ‘SHATTER THE SILENCE’ AROUND ELDERLY SUICIDE

For many people, depression and thoughts of suicide aren’t necessarily thought of as problems older adults may be facing. Adults just don’t think that their parents or that their spouse of four or five decades could consider that.

But the statistics prove those commonly-held notions wrong. The highest suicide rate of any age group occurs among those aged 65 and older. There is an average of one suicide among the elderly every 90 minutes.

The DMH Division of Alzheimer’s and Other Dementia launched a public awareness campaign in August with the goal of getting that education out there, including warning signs of suicide and specific groups who may be at high risk, as well as signs that may signal the

onset of Alzheimer’s disease.

“Though depression, stress, and suicide are often talked about in conjunction with mental health, not many people have specifically focused on those factors and how they affect the older population,” said Kathy Van Cleave, director of the DMH Division of Alzheimer’s and Other Dementia.

“We’re having to look at these issues, and these are issues that we did not typically, in mainstream mental health, we did not look at these in this age group,” she said.

Older people who have recently lost a spouse or loved one, been diagnosed with a life-threatening illness, have been experiencing financial

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difficulties, or who have lost their independence or mobility may be at specific risk for attempting to commit suicide. Younger individuals in similar circumstances could be at risk as well, but many people simply don't expect older adults to take their own lives.

"People have got to realize depression is not a normal part of aging," Van Cleave said.

Alzheimer's and dementia patients can be at a specific risk of depression and attempting suicide. Facing a disease that could rob them of their memories of the past, ability to live in the present, and hope for the future, some people may decide to attempt to end their own life.

"In the early stages of Alzheimer's disease, many times an individual may recognize that things aren't quite right, but there comes a point with the disease where they no longer recognize those deficits," Van Cleave said.

That's when it becomes particularly challenging for their caregivers, many of whom may be getting into their sixties as well. Communication can become difficult, arguments happen, and relationships get strained. Van Cleave said it is important for people to realize that while behavior or words may be childlike, there are still adult emotions behind them all.

Suicide prevention for the elderly and Alzheimer's disease can be linked in that it is up to caregivers to recognize warning signs, and in older age groups, it can vital for them to do so.

"The challenge you have with this age group is this is a 'hush-hush' generation," Van Cleave said. "They typically don't seek help for mental health issues because of the stigma associated with mental health issues. I think we've done a lot within our system to challenge that, especially with our older adults."

Recognizing signs that something may be wrong and building a support network are essential.

"If we can encourage folks to do that, and to recognize those signs as things that are not a normal part of aging, then they'll know it's ok to ask for help," Van Cleave said.

# SHATTER THE SILENCE SUICIDE PREVENTION IN THE ELDERLY

There is an average of one suicide among the elderly every 90 minutes.

When you think of suicide, you may not think of your mother who spent years raising you...or your spouse who you've spent the last 50 years of your life with. However, the highest suicide rates of any age group occur among persons aged 65 and older.

## Warning Signs

- Statements of hopelessness or helplessness such as "I don't know if I can go on"
- Changes in eating or sleeping
- Increased prescription drug use or stockpiling medications
- Elaborate good-byes or social withdrawal
- Rush to complete or revise a will
- Sudden elevated mood/relief prior to a suicidal attempt

## High Risk Population

- Recent loss of a spouse or loved one
- Life-threatening illness
- Chronic and/or severe pain
- Inability to live alone
- Loss of independence and/or mobility
- Financial difficulties

**If you or someone you know is thinking about suicide contact the National Suicide Prevention Lifeline at 1-800-273-TALK.**



## CONCERTS AND FIREWORKS HIGHLIGHT SUMMER AT JAQUITH NURSING HOME

Mississippi may have been in the grips of a record heat wave this summer, but it hasn't slowed down the residents of Jaquith Nursing Home over the past several months.

They have spent time at concerts, taking part in the annual Serendipity art show and silent auction, and even got to see a performance by Ballet Magnificat. The coming months will have just as many activities for JNH residents and staff to get involved in as well, with a dance, a Fall Festival, and all kinds of holiday events coming up in the near future.

Blues legend Bobby Rush played a concert in late July for JNH residents, giving them a chance to hear some of the songs that have made Rush a hit throughout his decades in the music industry. Ballet Magnificat, the internationally-recognized Christian ballet company, also gave an exclusive performance in July.

Other typical summer activities have included several watermelon cuttings, a talent show, and staff-on-staff basketball games that residents have been able to cheer for.

"Dining Under the Stars" will be the theme of the annual resident banquet held on Sept. 23 in the gym on B-202. Residents will get a chance to dress up, dance, and have their pictures taken just like at a school prom. When all the fun is over, one pair will even be crowned the king and queen of the ball.

"Everyone gets to dress up, they get their jewelry on, they get their make up on, and they all look so good when they walk in the door," Special Events Coordinator Sandy Entrekina said. "It's probably my favorite event. It's a very special day."

Another big yearly event that many residents look forward to is the pumpkin decorating contest held the last week in October. Residents on every inn get a chance to put their own spin on the tradition of decorating pumpkins for Halloween. While some like to decorate them with smiling, friendly images that welcome visitors, every year there are always some who go all out to carve some spooky jack o'lanterns that would fit in at haunted houses everywhere.

Though the date isn't set yet, residents can be assured there will be a Fall Festival some time in October as well. Last year everyone enjoyed the western theme, plenty of games, and all the hamburgers, hot dogs, and strawberry shortcake they could eat.

"Last year we had a really big event, with all kinds of games. It was kind of like a western festival," Entrekina said. "We can't do a western every year, but it will still be a lot of fun this year."

Moving on later in the year, dates are already set for many of the Christmas activities that take place on the Mississippi State Hospital throughout the holiday season. There will be a Christmas program that all residents will be invited to, and Santa Day, when every building on the MSH campus gets a visit and gifts, will be Dec. 22.

The Christmas parade, which winds through the campus and includes marching bands from all over the area, will be on Dec. 3, and everyone is invited and encouraged to attend. That event has a lot of JNH participation each year, JNH Recreation Supervisor Holly Haralson said.



"Our residents get involved. Each building participates and has a float, and residents get on the floats and throw candy out to everyone else who is watching the parade. We all really enjoy that," she said.