

# Vinson Vine

## *In This Issue*

**The Birth of a King**

**A Reception to Remember**

## *Plus*

**From the Director**

**Employee Spotlight**

**Around the VA**

**Behind the Scenes**

***Happy New Year  
To Everyone!!!***





**H**appy new year! I want to start off 2013 with a heartfelt "Thank you" to the CVVAMC team for your excellent work in 2012. By working hard and remaining dedicated to serving America's heroes, our team achieved significant milestones that will ensure that we provide our Veterans with the best healthcare possible. We opened CBOC Milledgeville after years of hard work; our HUD-VASH and Home-based Primary Care (HBPC) staff reached out to Veterans in need and aggressively implemented those innovative initiatives; we began exploring opportunities with other federal agencies such as DoD and other VA medical centers; our C&P team and HAS support components worked

together to get exam times down from 45 days to a remarkable 15 days on average; we opened our long awaited CLC on 8A and dedicated that beautiful new facility to our Veterans; and we celebrated our successes by holding the finest Employee Holiday Reception to date. Now, it's time to look to the future...

Let's make 2013 the best year in the history of the Carl Vinson VA Medical Center. By capitalizing on our new initiatives and the enthusiasm and team spirit of CVVAMC staff, we can become the best in VA, honoring our commitment to Veterans and demonstrating the power of working together effectively for the good of America's heroes. As we look forward to a fantastic and successful 2013, I want to encourage all of you to keep giving your very best so that when we gather for the 2013 Employee Holiday Reception, we'll be able to enjoy knowing that we spent the year giving our all for our Veterans and each other. Thank you again for all your hard work in 2012, and please keep up the effort in 2013!

John S. Goldman  
Director

# THIS ISSUE...

## Feature Articles

**The Birth of a King** 4  
*Dr. Martin Luther King, Jr.*

**A Reception to Remember** 8  
*Our Employee Holiday Party*

**Around the Medical Center** 12  
*A photo collage of October events*

## Magazine Staff

**Editor**  
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## Departments

**Education/Training** 6

**IT Corner/On Patrol** 7

**Employee Spotlight/  
Behind the Scenes** 10

**Welcome to Our Family** 11

**Santa's Little Helpers** 14

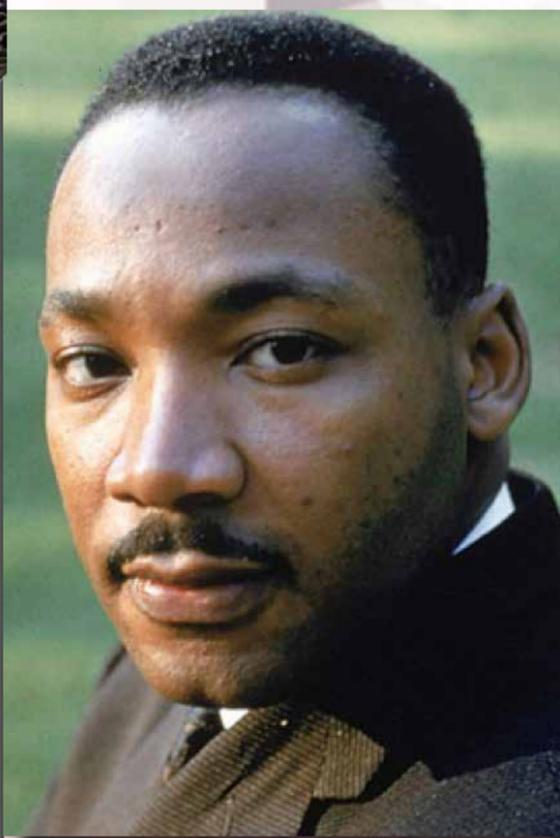
**Ethics corner** 15

**A Word From QM** 16

Carl Vinson VA Medical Center  
**Mission**  
To improve the health status of Veterans...  
**Vision**  
To be the provider of choice for Veterans...

# THE BIRTH OF A KING

GREG SWARS



**O**n January 15, 1929, in Atlanta, Georgia, a King was born. Martin Luther King, Jr. was the second child of Martin Luther King, Sr., a pastor, and Alberta Williams King, a former schoolteacher. Along with his older sister, the future Christine King Farris and younger brother Alfred Daniel Williams King, he grew up in a neighborhood that housed the most prominent and prosperous African Americans in the country.

King was a very bright young man and excelled in segregated public schools until the age of 15 when he was admitted to Morehouse College. He received a Bachelor of Arts degree in Sociology. He then enrolled in

Crozer Theological Seminary in Chester, Pennsylvania in which he received a Bachelor of Divinity degree. He then enrolled in a graduate program at Boston University, completing his coursework in 1953 and earned his doctorate in systematic theology two years later.

He wed his beloved wife, Coretta Scott in 1953. They met while they were both in Boston. They settled in Montgomery, Alabama where he became the pastor of the Dexter Avenue Baptist Church. They had four children: Yolanda Denise King, Martin Luther King III, Dexter Scott King and Bernice Albertine King.

It was where Dr. Martin Luther King, Jr. entered the national spotlight as an inspirational proponent of organized, nonviolent resistance. It was where he was chosen as the Montgomery Bus Boycott protest's leader and official spokesman.

In 1957 he and other civil rights activists founded the Southern Christian Leadership Conference (SCLC), a group who's mission was to achieve full equality for African Americans through non-violence. Their motto was "Not one hair of one head of one person should be harmed." He remained the head of this influential organization until his death.

*King never served in the military, but he commanded an army of Americans dedicated to fulfilling our country's highest ideal — that all men and all women are created equal*

Dr. King believed that organized, nonviolent protest against the system of southern segregation known as Jim Crow laws would lead to extensive media coverage of the struggle for black equality and voting rights. Journalistic accounts and televised footage of the daily deprivation and indignities suffered by southern blacks, and of segregationist violence and harassment of civil rights workers and marchers, produced a wave of sympathetic public opinion that convinced the majority of Americans that the Civil Rights Movement was the most important issue in American politics in the early 1960s.

Dr. King organized and led marches for

blacks' right to vote, desegregation, labor rights and other basic civil rights. A majority of these rights were written into the law of the United States with the passage of the Civil Rights Act of 1964 and the 1965 Voting Rights Act.

He was assassinated on April 4, 1968.

We celebrate the holiday to remember the birth of a great man and the celebration of "The Dream" he spoke about on the steps of the Lincoln Memorial that August 28th of 1964. He was a man who stood for "Equality for Everyone." Like many of our veteran's, he believed freedom was one thing worth dying for.

*Duty to country knows only three colors - red, white and blue -*

## EDUCATION & TRAINING

### Upcoming Training Dates ADVANCE Class Offerings

#### FEBRUARY

2/20/13      **Focus: Achieving Your Highest Priorities**      1 Day

This FranklinCovey best-selling workshop is an engaging, highly interactive time management presentation that is packed with learning. Ideal for individuals at all stages of life who want to improve productivity every day. Includes a Franklin Planner.

#### Course Objectives:

At the end of this class, the learner will be able to plan time by prioritizing tasks based on goals, personal values, and level of importance. Best practices for handling email, voicemail, interruptions, and procrastination will also be presented.

2/27/13 – 2/28/13      **Project Management: A Practical Approach**      2 Days

This project management training course is taught as a two-day, facilitator-led process, and encourages attendees to focus on their own current projects for a truly hands-on experience. The two-day training is ideal for project managers and coordinators who work on more complex projects and whose jobs are increasing in responsibility. Participants learn all of the skills from the one-day project management training course, plus they will: 1) process the projects they bring to the workshop; 2) analyze complex projects using additional resources such as Gantt charts and project-initiation tools; 3) learn to balance constraints like time, schedule, and resources; 4) identify ways to control and track communication; and 5) analyze project-related risks and create a “hotspots” plan.

#### MARCH

3/27/13 – 3/28/13      **The 5 Choices: Achieving Extraordinary Results in Work and Life**      2 Days

The 5 Choices to Achieving Extraordinary Results process measurably increases productivity of individuals, teams, and organizations. In this 2-day course participants identify how to make more selective, high-impact choices about where to invest their valuable time, attention, and energy.

#### ACLS

02/21/13	Auditorium	0830 - 1600
03/14/13	Auditorium	0830 - 1600

#### CPR

02/07/13	4C Police Training Room	0800 - 1200
02/07/13	4C Police Training Room	1230 - 1630
02/20/13	4C Police Training Room	0800 - 1200
03/07/13	4C Police Training Room	0800 - 1200
03/07/13	4C Police Training Room	1230 - 1630
03/20/13	4C Police Training Room	1230 - 1630

## IT CORNER

Windows 7 is rolling out! Be prepared by taking these recommended TMS courses.

We recommend you take these three TMS courses to prepare for the Windows 7 rollout.

These classes

have been assigned to you in TMS and should show at the bottom of your “To Do” List under

No Due Date.

**Course 1: 1324002 - Getting Started with Windows 7**

**Course 2: 1324004 - Customizing Windows 7**

**Course 3: 1328257 - Office 2010 New Core Features**



## ON PATROL

### Dealing With Violence

As always, when dealing with a violent or potentially violent person, call VA Police as soon as possible. However, also remember the following: Don't mirror aggression. If a person is argumentative, continue to speak calmly and rationally. If you argue with the person, you will each become progressively louder and the situation will deteriorate from there. It may take a few minutes, but most people, when met

with a calm demeanor, will gradually become calmer themselves.

Also, remember that the best preventative of violent behavior is often superior customer service. Be polite and helpful.

Finally, if you are experiencing a threat from a former spouse or significant other, let the VA Police know early. Most violence is perpetrated on victims by people that they know, and the sooner we know who to look for, the safer you will be.



# A RECEPTION TO REMEMBER

GREG SWARS



The Carl Vinson VAMC has had many holiday receptions, but none like this year! With over 1,300 people served, the most ever, it was truly a reception to remember. Catered by Veterans Canteen Service (VCS), VCS Chief Teresa Smith, Asst. Chief Grace Simmons, and their staff put together a magnificent event for our employees, visitors and patients. They even put up all the holiday decorations!

Several special guests who were on hand for the opening ceremony of 8A also attended the holiday reception. Our VISN 7 Director, Mr. Charles Sepich attended as did Congressman John Barrow and Dublin City Councilwoman, Julie Driger. They observed

firsthand how we come together as a family and care for our Veterans. Extremely impressed at how the food was presented and the auditorium was decorated, all three walked around and greeted employees before sitting down to a great meal and watching the slideshow that showcased our employees throughout the year.

As I walked around taking pictures, all I could hear were happy people reacquainting with old friends and making new friends. There was a happy aura emanating from the room. Smiles and laughter lighted the room as holiday music played in the background. Even the servers were having a great time! It was a time that will be remembered when we came together as a family and just had fun. Thanks again to Teresa Smith, Grace Simmons and our VCS staff that helped put together a GREAT event!

Not only was an attendance record broken at the holiday reception, but Santa's Lil' VA Helpers with Volunteer Service once again made Christmas morning a memorable event for our in-patient Veterans.



This year's event was attended by 72 VA employees, their families, and other volunteers who gave out nearly 1,000 gifts and cards. Noting how pleased medical center director, John Goldman, who attended the event, was by the outstanding level of participation, Frank Brooks, Chief of Volunteer Service, was also very pleased by the turn out. "Let's face it, of all the events in a year, Christmas morning is the one day that most of us want to be at home, so when I see our local folks coming out on this spe-

cial day to honor our Veterans, it really warms my heart," he said.

For many of our Veterans, this is their home and we are their family. This is the time of year many of them look forward to as they are overwhelmed with visitors from various organizations. Thanks to all who participated in this holiday season's events and made it a memorable one for our staff and our Veterans!



## EMPLOYEE SPOTLIGHT

BY GREG SWARS



### *Johnny Taylor*

Johnny has been with the CVVAMC for 39 years and is a Navy veteran. He works in the Logistics as a Materials Handler. During his 39 year tenure he has worked in numerous services such as, Building Management, Laundry and Housekeeping. He said the thing that keeps him coming back is “Serving our veterans and making sure they have what they need. I also enjoy the working relationships that I have developed with my co-workers.”

## BEHIND THE SCENES

BY GREG SWARS



### *Jerry Meeks*

In the morning before most of us have arrived, Army Veteran, Jerry Meeks has already been here and probably has done more than most of us do all day. When you arrive at the VA and see how neat the grounds are kept, Jerry is the one of those to thank. As one of our groundskeepers he’s usually edging the sidewalks, trimming the hedges or cutting the grass. He has been doing this for 35 years. The Meeks’ have a long history with the VA. Jerry’s dad started here when the VA first converted from the Naval base, then jerry and now his daughter Ashley works here. When I asked Jerry what he likes most about being here, with a big ol’ smile, he simply said “Everything.”

## WELCOME TO OUR FAMILY

BY GREG SWARS



Left to right: **Jason Mimbs**, Food Service Worker, VCS; **Dr. James Bailey**, Physician, Primary Care; **Elizabeth Penny**, Retail Operations Clerk, VCS; **Tomeka Hale**, Social Worker, Milledgeville CBOC; **Melissa Wright**, Food Service Worker, VCS; **Diane Simmons**, LPN-Tele-Health, Milledgeville CBOC



Left to right: **David Nesmith**, Diagnostic Radiology Technician, Radiology Section; **Kim Clark**, Pharmacist, Pharmacy Section; **Hunter Watson**, OI&T Intern, OI&T Service Line

# HOLIDAY RECEPTION 2012

GREG SWARS



## SANTA'S LIL' VA HELPERS



Thanks to all who brought Christmas cheer to our veterans!!!!



## ETHICS CORNER

### Use of Government Equipment or Property

Executive branch employees have a duty to protect and conserve Government property and may not use Government property, or allow its use, for any purpose other than the one that is authorized.

### Government Property

The term "Government property" includes real or personal property that the Government owns or leases such as:

- telecommunications equipment
- computers
- office supplies
- Government mail systems
- vehicles

### Authorized Purpose

A purpose is "authorized" if:

- there is a law or regulation that allows the property to be used for that purpose, or
- it is a purpose for which the Government property is made available to members of the public. For example, a national park recreation

area is Government property that is available to the members of the public, including Government employees, for their use.

### Examples of prohibited conduct

Example 1: Will, an executive branch employee, coaches his daughter's soccer team. He uses his Government computer to type and reproduce the game and practice schedules for the soccer team.

Example 2: Barbara works for a Federal executive branch agency and is an avid gardening enthusiast in her spare time. She wants to have pens and paper pads on hand for note takers at the garden club meetings at her house, so she "borrows" some from her agency's supply cabinet.

### Examples of permissible conduct

Example 1: Under the regulations of her agency, Beth may use a Government telephone to call family members to let them know that she will be working late or to call to arrange for home or car repairs.

Example 2: In accordance with Office of Personnel Management regulations at 5 C.F.R. part 251, an attorney employed by the Department of Justice may be permitted to use her office computer and an agency photocopier to prepare a paper to be presented at a conference sponsored by a professional association of which she is a member.

# A WORD FROM QM

## Multi-Dose Medication Vials

Open multi-dose vials should be discarded after 28 days. Here's a quick reference guide that can be used to ensure adherence to the 28 day expiration timeframe and eliminate the miscalculation of dates

## Abuse, Neglect, Exploitation or Assault

If you suspect abuse, neglect, exploitation, or assault of a vulnerable adult or child immediately contact Social Work Services to assist in the assessment, treatment, referral, reporting and documentation of the abuse. Signs of abuse include injuries, medical illnesses, behavioral changes, economic abuse, clues from medical exam and history, patient's demeanor, alleged perpetrator's behavior. Mandatory Training course is available in SynQuest.

## Restraints

The Physician/Physician Assistant (licensed independent practitioner, LIP) is responsible for the written order that specifies the type of restraint, time parameters, and the rationale for use.

- Use of restraint or seclusion is based solely on the assessed needs of the patient at the present time, not in anticipation based on previous experience.
- The rationale for use of restraint and seclusion must be documented and describe alternatives attempted prior to application of restraint and/or seclusion
- The use of seclusion is limited to designated areas in the Psychiatric Inpatient Unit or Emergency Room
- Use of restraints:
  - Behavioral – restraints utilized to protect the patient from injury to self or others for behavioral health care reasons such as physical aggression and/or imminent danger to self/others.
  - Medical/Surgical Healing – Restraints that are utilized for medical surgical patients who exhibit behaviors, based on their medical surgical condition, which interrupt treatment.

	Behavioral	Medical/Surgical Healing
<b>Reason</b>	Primary behavior health problems	Acute medical problem
<b>Initial Order</b>		
• Written	Within 1 hour	Within 12 hours
• Evaluation (face-to-face LIP or PA)	Within 4 hours	Within 12 hours
• Observation	Continuous 1:1 observation with every 15 minutes documentation by RN	Observation with every 8 hours documentation by RN
• Time Limit	4 hours	24 hours
<b>Provide Care (at least every 2 hours)</b>	<ul style="list-style-type: none"> <li>• While awake: offer food, fluids, toileting</li> <li>• Around the clock: loosen restraint, permit movement, skin/circulation checks, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• While awake: offer food, fluids, toileting</li> <li>• Around the clock: loosen restraint, permit movement, skin/circulation checks, etc.</li> </ul>
<b>Renewal Orders</b>		
• Evaluation (face-to-face LIP or PA)	Every 8 hours	Initial renewal within 24 hours
• Time Limit	4 hours	1 calendar day
<b>Removal</b>	As soon as possible after individual meets behavior criteria	Trial release: not to exceed 2 hours
<b>Debriefing</b>	Documented patient/staff debriefing	N/A
<b>Reapplication</b>	If order is current a new order is NOT required	If trial release is successful and patient is out of restraint a new order is necessary for reapplication of restraints. If trial not successful within the 2 hr time and the order is current a new order is NOT required until the order expires.

## Tracer Questions

Tracer Questions **Every Employee** Should Know...

1. What do you do if you encounter a surveyor?
2. How do you file a complaint?
3. What is the evacuation route and procedures for your area?
4. What steps would you take if there were a fire in your area?  
R: Remove  
A: Activate  
C: Confine  
E: Extinguish
5. Where are the fire pull boxes, fire extinguishers, and other fire control mechanisms in your area?
6. How do I use a fire extinguisher?

- P: Pull the pin  
A: Aim the hose at the base of the fire  
S: Squeeze the trigger  
S: Sweep spray in a sweeping motion

7. Know where all manuals are kept in your unit:  
Emergency Preparedness Manual  
MSDS/Hazardous Chemical Manual  
Infection Control Manual  
Patient Safety/Sentinel Events

8. Where is the nearest Code Cart and Automatic Electronic De-fibrillators (AED) in your area?

Tracer Questions pertaining to **Pharmacy**...

1. How does the pharmacy review first orders?
2. How do you know an order is ready to be taken off by pharmacy?
3. Are there specifications/parameters for range orders?
4. How does the pharmacy determine what constitutes an emergency? (Meds cannot be mixed by someone other than a Pharmacist unless it's "an

emergency")

5. If you have 24/7 pharmacy coverage, how is that pharmacist accessed?

6. Has pharmacy looked at the medications that are being mixed outside of the pharmacy?

7. When pharmacy does ward rounds, what are you looking for? (Everything must be looked at from a patient safety standpoint).

8. Who monitors medication errors for the organization?

9. What kind of analysis of medication errors is done? How often? What is the feedback to the pharmacy?

10. Do you track the interventions with licensed independent practitioners? What is your intervention rate by month?

11. Do you consider an omission an error?

12. Where do you take patients with hearing problems or when you need privacy for patient education?

13. What is your policy for monitoring overuse of narcotics?

14. What do you do if a patient presents and claims he should have more meds or controlled substances?

15. What actions have you taken to decrease medication errors?

16. Show me your non-formulary drugs?

17. What is your system for looking at patient profiles to determine if drugs are appropriate?

18. Are you auditing to see if Physicians are choosing correct indications for meds?



*"I enjoy helping make a safe environment for our veterans."*

**CW Walls**  
***Carpenter/Engineering***