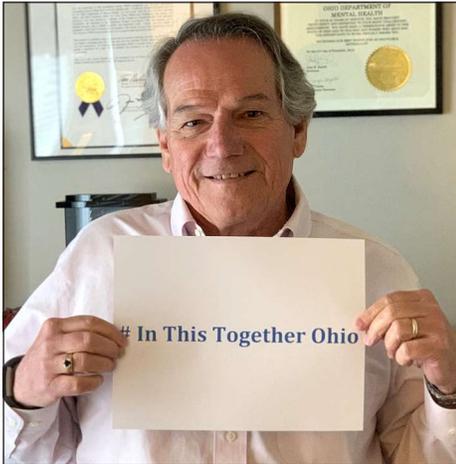


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# FOCUS

TVBH

## Focus on COVID-19 Pandemic



**Bob Short**  
TVBH Interim CEO

“Hey, how is it going?”

That phrase is being used quite a bit lately. I hear it from my friends, family members, and especially the staff we work with here at Twin Valley Behavioral Healthcare.

Well, the simple answer is that “it is going well.” But we are living in a new

world, with new rules and new concerns. Yet, we are doing well.

The staff at TVBH have been asked to change most of our work habits from the way we enter our buildings, how we look, and how we interact with each other and our patients. But we are still doing well.

While most of our friends and family members stay home, we go to work. We try to stay safe for ourselves and our patients, and we are doing that well.

Our patients and clients still need our help in their recovery due to their illness. They still need respectful care that supports them as they move in and out of our hospital or community placement, and they need to feel safe while they are with us. And that is going well.

The mental health of everyone during these very difficult times is critical, and I ask that you all consider that you manage that well also.

The following special issue of the *Focus* is dedicated to the staff, patients, and clients of TVBH facing the COVID-19 pandemic. Since my return as Interim CEO

to TVBH in February, I have been both pleased and amazed to see the dedication of the hospital and CSN staff here. I appreciate everyone’s commitment to this work. Our staff are real Health Care Heroes.

It is my hope that we will soon find a world that resembles a place that we all long for. But in the meantime, I know we will continue to “do everything well.”

Please stay safe.

Respectfully,

— Bob Short, Interim CEO

As a patient was leaving, the following feedback was received.

*“Overall, I was treated well. Considering all that’s going on in the world right now, I am thankful for the staff. I know they would rather be with family, as I would, too! Thank you all!”*

## Medical Clinic Update During Pandemic

The COVID-19 pandemic impacted our hospital just like other hospitals in the country with the difference that other medical facilities were better prepared for this unforeseen crisis. In contrast, TVBH briskly mobilized to address the pandemic to support the rest of the healthcare system. In this battle, our goals have been two - first, to not let this invisible enemy make its way inside our facility and second, in the event it did, be equipped to manage such a medical crisis in our psychiatric hospital setting.

The medical clinic started priming for the pandemic even before the first positive case of COVID-19 in Ohio was identified. The prescreening procedure for our patients began as soon as the infectious disease made its

way to the country at the end of January 2020 when our state Medical Director, Dr. Acton, announced this as a Category “A” reportable disease.

When the first case in Ohio was declared on March 10, we had to pause all else and prioritize internal readiness for the pandemic. First, we updated the Contingency Pandemic Plan upon which our hospital rose to Level-3 status, meaning multiple changes to operations at Twin Valley were enacted. We had to restrict visitors, stop community movement of our patients, including some external medical specialist consults, and at the same time, we started COVID-19 screening of all employees. All these changes



#inthistogetherOhio illustration  
by Dr. Qayum’s niece

## New Faces & Leadership Appointments Psychology Department



**Samuel T. Gontkovsky, PhD**, is a licensed psychologist, and in February 2020, he accepted the position of Director of the Department of Psychology at Twin Valley Behavioral Healthcare. He is board certified in biofeedback and is a

**Samuel T. Gontkovsky, PhD** Senior Fellow of the Biofeedback Certification International Alliance. Dr. Gontkovsky is the former Dean of the Wisconsin School of Professional Psychology, the former President of the Mississippi Psychological Association, and the 2008 recipient of the David Shakow Early Career Award from the Society of Clinical Psychology/Division 12 of the American Psychological Association. He has more than 100 professional publications and more than 175 professional presentations at international, national, state, and local conferences. Dr. Gontkovsky was the Series Editor for the Child Clinical Psychology "Nuts and Bolts" Collection published by Momentum Press and presently serves on the editorial boards and as a peer reviewer for numerous journals in psychology, neuropsychology, neurology, psychiatry, forensics, health, rehabilitation, and occupational therapy.

### Staff Education and Training



Please welcome **Melanie Lindemuth, MT-BC, MBA** to the position of Training Officer in our SET Department. Melanie has been a long-time employee of Twin Valley, serving nearly 20 years in the Adjunctive Therapy Department where she was most recently in

**Melanie Lindemuth, MT-BC** the position of Treatment Team Coordinator at the Timothy B. Moritz Forensic Unit. Melanie received her bachelor's degree in Music Therapy from Slippery Rock University of Pennsylvania and later received her master's in business administration from Franklin University.



In December 2019, TVBH gained a Nurse Coordinator in the Staff Education & Training Department.

**Rhea Humphrey, MSN, RN** has nearly three decades of providing direct patient care as a BSN and RN in a variety of settings

(behavioral/mental health for accumulative 20 years). In addition, Rhea conducted clinicals for Columbus State Community College nursing students for 12 years at an adoles-

*New Faces & Leadership Appointments continued on page 3.*

### Medical Clinic Update During Pandemic continued from page 1.

required medical clinic staff and providers to work tirelessly to accomplish goals including working with outside specialists to prioritize the needs of our patients, finding the right tools for screening employees, ensuring adequate inventory of personal protective equipment (PPE) supplies, and assembling isolation carts.

New forms, protocols, and a sick employee tracking system were created to manage workflow in an organized manner. PPE is not something our employees were routinely required to use, so we had to search and use quality videos to provide adequate training for proper donning, doffing, and re-use of certain types of masks. Clinic staff was trained on N-95 mask fittings by medical providers to maximize utilization to as many staff as possible in a short amount of time.

To closely monitor new admissions, our hospital had to convert regular units to admission quarantine units. This required several adjustments in our active treatments as well as some engineering to keep social distancing among patients and staff.

During this whole process, we are continuously adopting recommendations by the CDC and changes in ODH rules in real-time daily.

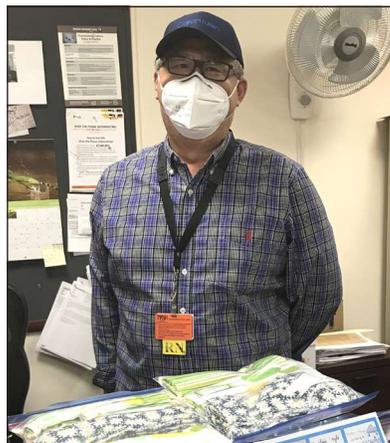
Our heroes are all the direct care staff who, despite the stress and overwork, continue to serve our patients at this difficult time with the support of good leadership. But our patients are no less valiant; they have been selfless in giving up their routine outings, their favorite group activity, and in complying with daily screenings and masking. Thank you to all our staff and patients for being #inthistgetherOhio.

— Erum Qayum, MD



*Left to right: Going above and beyond during this pandemic, Jennifer Ball, Medical Clinic and Abby Hunter, Infection Control Nurse at staff screening station.*

## TVBH - #inthistgetherOhio



**Sheng Liu, RN**

When the pandemic began, Sheng Liu, RN, third shift relayed the need for masks to the Columbus Chinese Community and Chinese Physicians Association to support his co-workers' safety and wellbeing. The response from the Columbus Chinese Community was extraordinary! This request resulted in the donation of 7,000 surgical masks and 120 cloth masks. When thanked for his efforts in helping facilitate this donation, Sheng said he loves his co-workers and was happy to do this for them. Thank you Sheng Liu, RN for embodying being in this together!

*TVBH #inthistgetherOhio continued on page 3.*

TVBH #inthistgetherOhio continued from page 2.

The Legal Assurance Department has been working closely with jails, criminal courts, the Probate Court, forensic centers, and other internal and external stakeholders on all of the changes made during these challenging times. The department implemented admission screening criteria and expanded telehealth services to conduct forensic examinations and court hearings. Forensic services staff have been working very hard while practicing social distancing and following other CDC and



Franklin County Forensic Monitor  
**Margo Gray**

ODH recommendations when working directly with staff and patients. This includes the forensic services provided in the hospital as well as in our outpatient competency restoration program, which has made significant changes in the way they deliver forensic services for this population.

Community Support Network (CSN) staff have done a fantastic job of rolling with all the changes that have been happening in response to COVID-19. CSN staff are continuing to serve the clients in Franklin County by being diligent in taking all precautions and by becoming creative with some of our service deliveries. We are calling our clients and offering services over the phone, on skype, and online. Staff are helping clients get to the grocery store and have introduced them to food delivery services. Our nurses are going into our clients' homes more than ever giving shots and drawing blood work to ensure clients do not self-isolate. Zach Frost, Business Administrator has been juggling a few hats, one being our telework coordinator as well as supporting staff needs as they work off site. Big kudos to him for all that support! We are so proud of the team here at CSN and the incredible work that is continuing. Through all of this, we are still being noticed by the community providers we coordinate services with for the excellent care we provide. #inthistgetherOhio



Left to right: Heroes Work Here - CSN staff **Mary Beth Sparks, Katy Will, Gina Price, Chimere Holloway, Rodrick Hopkins, and Jeanne Levy.**

New Faces & Leadership Appointments  
continued from page 2.

cent residential psychiatric facility. Rhea's passion for educating coupled with her experience in caring for children and adult psychiatric patients motivated her to obtain a Master of Science in Nursing Education from Grand Canyon University in 2018 while working at Nationwide Children's Hospital. Rhea believes that her multifaceted perspective of mental health from a consumer, educator, direct caregiver, family member to advocate, provides compassion, empathy, and expertise to her role at TVBH. Rhea is a life-long learner and could not conceive of ending her nursing career without imparting not just knowledge and skills but "comprehensive insight and wisdom into mental health care and this population that we serve."

### Administration



In February 2020, **Irene Meadows, MSW, LSW** accepted the position of Community Linkage and Patient Benefits Manager, where she will work with staff on identifying and mitigating any discharge barriers for clinically stable patients, provide Presumptive Eligibility Medicaid, and coordinate with community agencies/stakeholders on providing appropriate services for mutual patients. In 2016, Irene came to TVBH as a social work intern for her MSW, where she completed her MSW 1 and 2. Ms. Meadows received her master's degree in Social Work from The Ohio State University. After completion, she decided to apply for a position as a Social Worker 1 due to enjoying the time she had spent learning at TVBH and working with the client population and TVBH clinical and administrative staff. Before her new position, Irene enjoyed working with the amazing K7 team for over two years.

### Community Support Network



In November 2019, TVBH welcomed **Katy Will, LISW-S**, to the Community Support Network as the Forensic Director. Katy received her Master's in Social Work from The Ohio State University and Bachelor of Arts in Child Development from California Polytechnic State University – San Luis Obispo. Before coming to TVBH, Katy was with the Department of Aging (ODA). Prior to joining ODA, she was the Director of James Care for Life at The Ohio State University Comprehensive Cancer Center – Arthur G. James Cancer Hospital and Richard J. Solove Research Institute.

New Faces & Leadership Appointments continued on page 5.

## Adjunctive Therapy: A Safe Approach for Wellness and the Creative Arts

The Adjunctive Therapy (AT) department is home to a team of credentialed therapists who firmly believe that music, art, and recreation can have a profound effect on healing, on wellness, and on an individual's mental health. We consider it a privilege to utilize art, music, and recreation therapy as our primary vehicles for helping patients journey from one point of recovery to another. Many of our traditional groups, however, involve large numbers of patients sitting in close proximity (Drum Circle), socialization of patients from multiple units (Therapeutic Recreation), or sharing equipment which can be challenging to sanitize (nearly all of them). And so, in the face of a global pandemic, we found ourselves asking many questions: How do we meet and promote newly emerging safety, health, and social distancing requirements while still providing our patients with the opportunity to heal through the arts and leisure?

As the supervisor of the AT department, I cannot emphasize strongly enough how grateful I am for this group of therapists and how proud I am of the numerous ways they have risen to the occasion, adapting therapeutic approaches in the moment, overhauling the unit programming schedules on more than one occasion and, above all else, remained fully committed to the well-being of their patients during a time that is immensely stressful for all. While it was certainly necessary to cancel some of our long-term and most well-known groups, such as the Friday afternoon community drum circle, many new elements of programming have been added to the hospital, increased individual sessions are occurring, and patient needs

are being met. In light of this special edition of the *Focus*, I asked the members of the AT department to share some of the ways they have shifted treatment or workflow because of COVID-19. Please read along to hear their stories and to learn more about how the AT department has transitioned into the new era of pandemic safeguards while continuing to serve our patients.

One significant change included overhauling the Kosar Employment Experience Program, a program through which nearly 40 patients are provided with a vocational opportunity. Many jobs were unfortunately suspended temporarily due to increased precaution; still, with creative thinking, we were able to create several new jobs and, subsequently, maintain employment and equal hours for all involved patients. Part of this was made possible through significant revamping of the Kosar Incentive Program and Coupon Cart. To not lose this cart, a much-loved resource of patients throughout the Kosar building, a new AT led employment group now meets twice weekly to collect, fill, and deliver coupon orders, bringing smiles to many during this stressful time. Thank you to ATs Laura Hauser, MT-BC, Katy Sherman, MT-BC, Laura Clevenger, ATR-BC, LSW, Zach Sherman, CTRS, Mike Witter, MT-BC, and Kayla Gardner, ATR-P, LPC for spending a significant amount of time working to overhaul the Employment Experience Program.

The CLEAR (Community Living, Education, and Recovery Services) Unit has experienced significant shifts in programming as community outings have temporarily been placed on hold. To offset this, Laura Hauser, MT-BC and Kayla Gardner, ATR-P, LPC have worked diligently to be able to offer a significant amount of on-grounds community readiness programming, including experiences such as budgeting and virtual tours of community mental health centers. In addition, CLEAR patients are being challenged to try something new – even if it is just for a week – in order to see what types of interventions will best help them cope with the added stress brought about by life during a pandemic. They have seen promising results with this challenge thus far!

Another significant shift in AT programming has been seen in Moritz and on Kosar units K6 and K7, where individual programming is now the predominant form of therapy. In a department where group therapy has historically been the norm, this is an interesting change indeed. Moritz ATs Kevin Cardoso, MT-BC and Brandon Mace, MT-BC and Kosar ATs Janetta Jones, ATR-BC, Annie Sturtewagen, MT-BC, Amber Oelker, CTRS and Heidi Wagner, ATR-BC, LSW have been extremely creative in their approach to the new requirement for services on their respective units. On K6 and K7,



*Adjunctive Therapy Department is #inthistgetherOhio with art, music, and recreation to support patients' health and wellness!*

our newly designated admission/quarantine units, they have created

welcome packets for each patient admitted to their unit and discussion has taken place regarding the possibility of maintaining welcome packets even after these units revert to "normal." In addition, packets of individual prompts and activities have been created and these are provided to patients daily. These ATs have reported favorable outcomes with the individual sessions thus far, including the positive experience of having increased opportunity to interact with patients who have historically been disengaged from group programming. Moritz ATs report the increased frequency of individual sessions has provided them with a meaningful point of connection with patients who have historically been more resistant to group or individual programming.

One new AT group which has emerged as a result of these recent changes is called Inspiring Words. Each week, art therapist Laura Clevenger brings a selection of inspiring poems, songs, or printed quotes and, sometimes, even essays or short stories. The group takes time to read and respond to each work, sometimes taking

## Adjunctive Therapy: Kids Close at Heart

Kids Close at Heart is a group that was initiated with the intent to allow patients a place to process emotions surrounding being away from the children in their lives, as well as provide opportunities to learn new ways to engage those children. It was co-facilitated by **Janetta Jones**, ATR-BC, and **Amber Oelker**, CTRS. Within the group, patients were offered a variety of interventions, from playing family-based games to introducing relaxation and meditation to children,



creative writing, and art interventions that incorporate the children in their lives in some way. Many participants had their own children, while others were focusing on young siblings or nieces and nephews that they helped care for. Participants often left the group expressing gratitude for having a space to share their emotions or asking even further questions about ways to engage their

children positively. The boxes in the images here show one example of an intervention participants took part in during the group. The participants engaged in a discussion about the five love languages, a concept adapted from the book *The Five Love Languages of Children* by Gary Chapman and Ross Campbell (2012).

The group briefly reviewed this concept and how this might apply to the children in their lives. They then were asked to take a small box and decorate it to represent how they show love to their children on the outside, and how they show love to themselves on the inside. Participants were enthusiastic about their boxes and the experiences of the group. One participant stated, "the group has proven to be very therapeutic by being a creative outlet of expression." Another stated, "(this) showed me management skills for coping with children as far as (having) different loves." All participants expressed an importance in being able to take their boxes home as a reminder of the things they learned in the group. Though the facilitation of the group has been placed on hold due to COVID-19 restrictions, many of the interventions Janetta and Amber utilized during this group are now being adapted within individual work with patients on the unit. Even though the group structure isn't there, the patients are continuing to express enjoyment and benefit from these interventions.

—Janetta Jones, ATR-BC

*Adjunctive Therapy: A Safe Approach for Wellness and the Creative Arts continued from page 4.*

turns reading before reflecting or responding to the words through experiences such as creating poems individually or as a group. Most recently the group read the classic story "The Velveteen Rabbit," and the patients loved it. Immediately upon conclusion of the story, a patient responded "That's about believing in yourself and never giving up on yourself." In a time when believing and persevering are critical, this story and related group experience certainly filled a need. A second inspiring group added to the schedule is the K4 Music Listening Challenge group, offered by Laura Hauser. Laura felt that the patients needed additional uplifting programming during this time. Her group has had such a positive response that even staff are asking to participate! Similarly, group topics and themes across the hospital have shifted. While we always strive to uplift patients, perhaps more than usual, uplifting themes and messages are being sought out while increased focus has been placed on wellness and mindfulness.

Thank you to the AT department for consistently providing TVBH patients with a safe space to be creative, to heal, to grow, to experience joy, to share pain, to feel inspired, to celebrate progress, and to begin their recovery – both in the past and now, when a safe space is certainly very much needed.

—Lindsey Doty, MM, MT-BC, Adjunctive Therapy and Active Treatment Director

*New Faces & Leadership Appointments  
continued from page 3.*

### Legal Assurance Department



**Bria Saddler**, MSCJ, was awarded the position of Legal Assurance Administrator in December 2019. She has been with Twin Valley since 2010. Bria brings a wealth of experience from previous roles she has held, which include: Therapeutic Program Worker, Account Clerk, Administrative Professional, and Patient Benefits and Community Linkage Manager. In Bria's new role, she is responsible for processing admissions and discharges for our Kosar forensic population and monitoring the progress of the intensive restoration services. She will also be supervising the Probate Court Coordinator and overseeing all aspects of probate court activities. She has a bachelor's in Psychology from Wilberforce University and a Masters in Criminal Justice from Kaplan University. Please congratulate Bria on her new position.

### Other Staff Appointments & Changes

TVBH welcomes new staff on board including Lizetter Anu, Psychiatric/DD Nurse; Kelley Berry, LPN; Amanda Clark, PAT; Ernest Owusu, Psychiatric/DD Nurse; Timothy Steele, Infrastructure Specialist 1; Dr. Austin Brown, Psychologist; Djuan Cade, TPW; Kenneth Campbell, PAT; Geeta Dhungel, TPW; Hawa Musah, TPW; Latosha Stevens, TPW; Roland Tetsop, TPW; Kathryn Will, Social Work Supervisor 1; Stacy Robinson, PAT; Rhea Humphrey, Psych/MR Nurse Coordinator; Teresa Long, Corrections Officer; Florence Page, TPW; Memon Paylay, PAT; Alex Cruz, PAT; Florence Mbekem, Psychiatric/DD Nurse; Shawn Sierra, TPW; Bradley Berner, Radio Dispatcher; Michael Evans, Radio Dispatcher; Lucas Agbaje, TPW; Ololade Onasanya, TPW; Evaline Ouma, Psychiatric/DD Nurse; Sadiat Raji, LPN; Jessica Scott, TPW; Desmond Aroke, TPW; Abigail Jordan, PAT; Jennifer Kinzie, CSN Social Work 1; Ashley Booker, TPW; Carl Burks, TPW; Dr. Samuel Gontkovsky, Psychologist Supervisor; Fatumata Turay, TPW; Justin Anderson, PAT; Brandon Mace, Mental Health Administrator 1; Malcolm Varner, CSN Social Work 1; Boubakar Bah, TPW; Richard Ashitey, PAT; Laura Hartzler, Social Work 1; Thomas Kamara, Psychiatric/DD Nurse; Remy Taylor, PAT; Catherine Cottrell, Psychiatric/DD Nurse; Virgie Galloway, PAT; Rebekah Smith, Social Work 1; Quincy Vinson, TPW; Cindy Washington, Psychiatric/DD Nurse; Mary Afriyie, PAT; Bailey Neal, TPW; Fadumo Osman, Psychiatric/DD Nurse; and Jackie Thomassey, Social Work 1.

Congratulations to our recent retirees including Liz Smith, SET Training Officer; Tanelle Giles, TPW; Veronica Lofton, CEO; Heidi Russell, TPW; and Rachel Shinn, Psychiatric/DD Nurse.

## Volunteer Services: Dwell in Possibilities

Being a leap year, how many of us wish we could take a giant leap over this pandemic and to fast forward to the often talked about “new normal”? With so many unknowns on what the future precautions will look like, we can view this pandemic not as a challenge but as an opportunity. An opportunity to shape and define our new normal. We do indeed have a reality of working within boundaries but let’s begin by creating a personal mantra involving possibility and potential. Or, as Emily Dickinson puts it, “Dwell in Possibilities”.

Each month, I had hope that we could do the next special event on the calendar, only to realize this will take some time and that this is not a sprint, but a marathon. There have been many sacrifices to align with large gatherings and social distancing recommendations. This includes having to place all volunteer engagement on hold and canceling all large gatherings and facility-wide events. In all honesty, we do not know how long these precautions will be in place.

As we wait to resume our special event calendar, Volunteer Services has shifted and is focused on bringing fun and enjoyable leisure offerings to the units. With hospital leadership’s support, collaboration among departments, and the use of online donation tools, we have been able to provide resources and on unit activities to support our patients during social distancing.

There are two important keys on a keyboard, the shift and space key. In my opinion, these also happen to be two essential words in how we navigate and maneuver this pandemic. Our lives have been severely disrupted, and it’s important to remember we are all impacted by COVID-19 in different ways.

With creativity, kindness, and patience, we will get through this crisis together.

## Weekend Movie Night

As many of us in the community social distance and stay at home, we are being reacquainted with the simple joy of activities from past years. The same is true for our patients with the offering of a new weekend activity – Weekend Movie Night, complete with soda pop, popcorn, and newly released movie titles.

The Weekend Movie night was a recommendation by **Denise Weaver**, RN suggesting units having access to movies and popcorn to increase morale on the unit due to the loss of visitation. With the support of the Volunteer Service Council of TVBH, newly released DVDs were purchased, with additional movie titles added to keep the selection exciting. Feedback has been overwhelmingly positive by both staff and patients. Patients are recommending movie titles to add to this movie night library!



**Denise Weaver, RN** (second shift) brought the idea of movie night to TVBH through her personal work experiences as a psychiatric nurse in Texas. When COVID-19 began to restrict patient movement, she began to think of ways to improve patient and staff morale. Denise shared, “During a time of reduced activity, loss of visitation and increased stress on the patients, movie night has become a bright spot during a temporary period of glum caused by this pandemic.” Thank you Denise for being #inthisogetherOhio!

## Amazon Wishlist Project

The Adult Advocacy Centers and a group of partner organizations reached out to the Ohio Department of Mental Health and Addiction Services to find out how they can support our patients during the pandemic. Through this, they quickly created the Amazon Wishlist project to support the patients at all six regional psychiatric hospitals in the Ohio MHAS system of care.

Katherine Yoder, Executive Director of Adult Advocacy Centers, recognized early on the impact social distancing would have on our patient’s recovery. She wrote, “...In the best of times, getting psychiatric care can be challenging and bring about feelings of isolation due to the stigma surrounding mental illness. Treatment feels even lonelier when you can no longer have visits from family, friends and other support people.”

Thank you to the Adult Advocacy Centers and their network for providing such a valuable resource to our hospitals. Through this project, we receive multiple items weekly that support our patients during this time. We are extremely grateful to be the recipient of such generosity from the community, both locally and statewide.

If you would like to donate to the leisure needs of our patients and are not able to access the Twin Valley Amazon Wishlist, a list of donations that are needed for the upcoming months are listed on page 8. Please contact Maureen 614-641-4326 with any questions or to request the Amazon Wishlist link.

## Thank You to Our COVID-19 Donors

Adult Advocacy Centers  
AYLUS Columbus  
Chinese Physicians Association  
Columbus Chinese Community  
Volunteer Service Council of TVBH  
Angie Chesser  
Darrell & Kristen Herrmann  
Dave & Kim Parker  
Joanne Wiggins  
Lalitha Ramanujan  
Michele Stirewalt  
Patty Estadt  
The Beck Family in Westerville

### Amazon Wishlist Project – Adult Advocacy Council

- Anonymous
- Bill Rubin, Synthesis, Inc.
- Clara T.
- Constance Emerson
- Dan Rako & Megan Powell
- David & Kimberly Parker
- Dianne Harris
- Hanna Wann
- Jody Demo-Hodgins
- Judy Montanaro
- Kathleen Edwards
- Kim Cynker
- Kim Kehl
- Lisa Gordish
- Margie Dalton
- Mary T.
- Melissa Lester
- Miles T.
- Stacey H.
- Nicholas Keller & Layne Romasco

## Slow and Steady. Advance with Peace and Purpose. Don't Panic. Don't Despair.

When I first saw the slogan #inthistogetherOhio, two images came to my animal-lover's mind: a tortoise and a dove. In its own meaningful way, each can be instructive for our own species as we experience the ferocious onslaught of the COVID-19 crisis.

In the context of the coronavirus pandemic, the tortoise has special relevance for me. When confronted by danger, this wonderful creature has the good sense to understand that it must

withdraw into its armor and shelter in place (neither "fight" nor "flight" is a practical option), holding still, and remaining vigilant until the threat at hand has passed; only then does it emerge, staying alert as it resolutely continues its travels.

I grew up in a NYC apartment where, as a child, I took care of a succession of turtles and tortoises (our lease prohibited dogs and cats). I learned a lot from them, gaining respect and affection for their composure, their patience, their unhurried pace, their comfort level with solitude, and their endearing self-confidence (they seemed to trust that if only they were careful, they would be protected by the sturdy shell that serves as both a portable fortress and a kind of home-away-from-home). To their credit, they appeared to be resistant to impulsive actions and reckless movements, possessing an uncanny knack for maintaining a calm, measured demeanor, for paying close attention, and for proceeding in a focused, determined, persevering manner – slowly, yes, but also steadily and tenaciously. It's not by accident that Aesop portrayed the tortoise as he did in his famous Tortoise and Hare tale, or that our own majestic Supreme Court boasts architecturally peculiar bronze tortoise sculptures at the base of the court's outside lampposts (Chief Justice Roberts has remarked that the shelled reptiles symbolize "the judiciary's commitment to constant, deliberate progress").

And the tortoise makes certain not to lower its guard. Its instincts tell it that menace has a way of lingering, and lurking, and returning. For this animal, caution is wisdom, not weakness. Many of us would agree that life can be shockingly fragile, fragile, breathtakingly precarious, and that we are, all of



Chaplain **Jack Schwarz** offers a COVID-19 message of *Slow and Steady, Advance with Peace and Purpose.*

us, every bit as vulnerable as in our heart of hearts we fear that we may be. Caution doesn't ensure survival, but it can dramatically improve the odds of success.

The dove, too, flutters in my imagination as I consider this hashtag. It values the companionship of others of its kind, thriving as part of a

flock. (Here's some trivia: a group of doves can be called a dule, and a group of turtle doves is known as a pitying.) It vocalizes often, its cooing a constant form of expressive communication – for greetings, for "checking in" with its comrades, for sounding alarms. It is consistently pleasant, reliably easy-going, and dependably loyal. Oh, and of course, it goes without saying that it is the universal symbol of peace and purity.

With loving intentions, serene spirits, and healthy relationships, may we be watchful and calm, protecting ourselves and one another as much as possible, fostering honest communication, and comprehending the importance of both an individual journey and a community challenge. Let's vow to keep putting one foot in front of the other, slowly and steadily, keeping our balance until it's time once again to take wing.

We have a broad responsibility, a sacred charge, to be one another's keepers, and to feel keenly the depth of our connection with all of life, not only in Ohio but everywhere on this planet. From my perspective, we show our worthiness by supporting and encouraging one another, and by nurturing and sustaining our ideals even in the face of devastating calamity.

And so, we seek blessing in all of our comings and goings. We long for mercy, and relief, and grace, and miracle. Some of us pray for exactly that.

As Ohio sheds the destructive virus, let's work productively to shed the viewpoints and behaviors that stunt the growth and impede the enlightenment of our Buckeye family.

— Chaplain Jack Schwarz

*"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do."*

— Eleanor Roosevelt



Your mental health is just as important as your physical health.

COVID CareLine: 1-800-720-9616



Help is available 24 hours a day, seven days a week



## Donations Needed

### Arts and Crafts

- Gel pens, color pencils, crayons, fine markers, and scented markers
- Fuzzy posters, adult coloring books

### Card Games

- Skip-bo, Phase 10, playing cards, Uno (original), and Dos

### PG and PG-13 DVDs (no Blu-ray)

- Avenger series DVDs
- Comedies
- Inspirational dramas
- DVDs (Do not have to be newly released titles.)

### Puzzle Books

- Sudoku, Crossword, and Word Search (no staples)

### Reading Glasses (plastic rims, all strengths)

## TVBH - #inthistgetherOhio



**Aaron Bush**, Inventory Control



**Jonathan Agyei**, LPN



**Heidi Mack**, RN  
Third Shift Nursing Supervisor



Nursing staff are #inthistgetherOhio! Left to right: **Cassandra Gammon**, TPW; **Acha Atemkeng**, RN; **Tonya Chivers**, RN; and **Katherine Ross**, TPW.



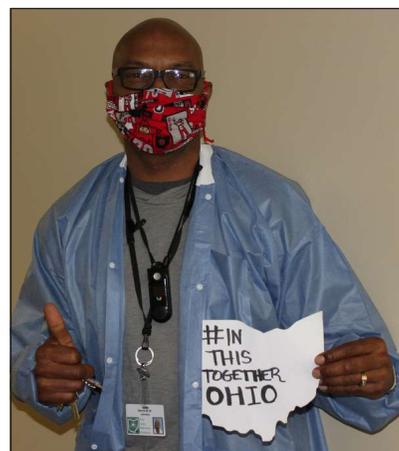
TVBH Performance Improvement Department - Left to right: **Amy Rucker**, RN, **Roberta Moore**, **Tara Tallarico**, RN, **Christopher Grant**, and **Cheryl Dalton**.



TVBH Performance Improvement Department created #inthistgetherOhio poster using tracings of their hands adding a personal touch.



**Lachelle Duncan**  
Switchboard Operator



**Derrick Williams**, EEG/EKG Tech



**Kira Douglass**, Protective Services Officer; **Jason Weaver**, Protective Services; and **Jennifer Burrell**, HIM.



**Glenda Arnold**, TPW



**Albert Mensah**, TPW