

VISN 20

VA Roseburg Healthcare System

The VA Relay

Your News Source

Summer  
Summer...  
Fun in the  
Sun!

For Employees, Volunteers and Veterans of  
VA Roseburg and our Community Clinics

August 2012

Headline News

## Welcome Home Event All Era Veterans Welcome!

VA sponsors Welcome Home events each year around the country for returning Military service members and their families, and VA Roseburg Healthcare System is no exception. The VARHS OIF/OEF/OND Team has planned a very special event the last few years and this year, the third annual VARHS Welcome Home Picnic promises to be a special day for all eras of Veterans and their families; you are all invited!

Working in conjunction with the DAV Chapter 42 and the American Legion Post 40, the OIF/OEF team will co-host a free barbeque. Food and drinks, informational materials from Veteran service organizations (VSO's) and VA for our Veterans and their family members, free raffle prizes, games and activities for kids, musical entertainment and much more all included.

See Welcome Home page 3...

VA Roseburg Healthcare System  
Honors Volunteers...

See page 4

# *From the Director*



*Carol Bogedain, Director  
VA Roseburg Healthcare System*

Dear Employees,

Welcome to the 2012 Summer "Voice of VA" Survey!

It is time for the administration of the **2012 Summer Voice of VA Survey**. The 2012 Voice of VA is included in the Integrated Ethics Staff Survey (IESS). The IESS is designed to help employees share their opinions about ethics in health care in VA. The survey taking place now through August 20, 2012, will help the facility leadership learn what staff members see as ethical concerns in their work environments and develop quality improvement plans. For these reasons, your participation in completing this survey is extremely important.

As part of our commitment to becoming the employer of choice and supporting VA, I ask that you take a few moments to complete the Voice of VA Survey. Results will be summarized and reported so that no identifiable, individual responses are reported or revealed. To further protect your anonymity, the data will never be reported for any group with less than ten responses. The survey only takes about ten minutes of your time to complete.

When I complete a survey I always ask myself, "What is going to come of this?" It is my intent that the results of these surveys will identify and drive future efforts to further develop and enhance this facility -- truly making VA the Employer of Choice!

To complete this Internet-based survey, copy and paste the URL into your web browser or click the link provided here:

[www.VoiceOfVA.org](http://www.VoiceOfVA.org)



We appreciate your participation and thank you for helping us make VA a better place to work.

Sincerely,

Carol S. Bogedain, FACHE  
Director

Welcome Home cont. from cover...

Taking place in the Willamalane Park behind the Lively Swim Park, the atmosphere promises to be warm and inviting, and will make our Veterans feel appreciated for their selfless service to the United States of America.

Many Veterans, upon arrival back home from serving our country, did not receive the welcome they deserved. Welcome Home events reflect VA's, community members and VSO's commitment to our nation's heroes and their families.

Last year we had more than 125 Veterans and their families attend our Welcome Home and this year we are hoping for even more. We'll have toys for kids and swim passes for Veterans and their families in addition to the great fun and excellent barbeque.

So, to our Veterans of all eras and your families: You are invited! Please join us on August 18, 2012 from Noon to 4:00 pm. Event address and contact information for questions are included in the event flyer here.



# Welcome Home

veterans of all eras join us for lunch to celebrate your return home

## The Details:

**Where:** Lively Park, 6100 Thurston Rd, Springfield

**When:** Saturday, August 18th, 2012 from Noon to 4pm

Bring yourself and family for free lunch and good times. Hosted by the DAV chapter 42, American Legion Post 40, and the Roseburg VA OEF/OIF/OND Team.

**For questions please contact: Dean at 541-378-8342 or Bob at 541-689-8181**



# 2012 Volunteer Awards and Recognition Banquet



The annual VARHS Volunteer Recognition Luncheon and Award Ceremony was held on Wednesday, July 11, 2012 at The Seven Feathers Casino and Resort in Canyonville. Approximately 175 volunteers and their guests attended the event, along with 12 VARHS staff members who were on hand to make our honored guests feel welcomed and to assist with the festivities. A delicious and bountiful buffet-style luncheon was prepared by the Seven Feather's chefs, complete with pasta salads, hot turkey and ham and included scrumptious desserts. Our honored guests were entertained by a rolling history in photos of our VA dating back to 1933 when VA Roseburg was created.

After lunch, guests were treated to a special welcome and thank you by our Facility Director, Carol Bogedain. Director Bogedain especially commended our volunteers for their steady service during these tough economic times and spoke of her overwhelming gratitude for our volunteers who help us make the service to our Veterans even better. Before the audience-packed convention center, awards for hours and years of service were presented by our leadership and Voluntary service staff. Our volunteers each received a commemorative hot/cold beverage tumbler with the VA logo and enjoyed witnessing their fellow VARHS volunteers receive the esteemed Presidential Lifetime Achievement Award for those with 4000 hours or higher of dedicated service.



# Volunteer Awards and Recognition <sup>5</sup>

## Volunteer Awards for Hours of Service



**100 Hours**



**300 Hours**



**500 Hours**



**750 Hours**



**1000 Hours**



**1750 Hours**



**4000 Hours**

**Left:  
Terry Pilsen**

**Right:  
Hazel Nyleen**



# Volunteer Awards and Recognition



4000 Hours  
John Kirkwood



5000 Hours  
Above: Arnold Weston  
Left: David Ross



7500  
Hours:  
Left: Andrea  
Bernhardt  
Right: Mary  
Anne Tuttle



17,500 Hours!  
Leo Kraft



Years of Dedicated Service  
Award Recipients

Many thanks to everyone who joined us in celebration of our volunteers, and to the staff that worked so hard to make this a very special event. Andrea Bernhardt, Brenda Schiller, Mary Anne Tuttle and Sharon Carlson...GREATJOB!

## Catch a Star

Making the Difference

**Shining Star:** Mary Curtiss

**Is receiving this recognition for:** Being a great patient advocate, you really do put the patients first, and you are a good role model and teacher.

**Recognized by:** Bonnie McKenzie RN

## Catch a Star

Making the Difference

**Shining Star:** Simone Ball, CNH

**Is receiving this recognition for:** Her wonderful and positive attitude and her generous willingness to help me as a patient in the VA system. I am most deeply grateful for all her help. Thank you!

## Catch a Star

Making the Difference

**Shining Star:** Angela Crary

**Is receiving this recognition for:** Thanks for the extra effort to call me in for care ASAP. I was in pain.

**Recognized by:** Robert (Veteran patient)

## Catch a Star

Making the Difference

**Shining Star:** Kayla Buffington

**Is receiving this recognition for:** Coming to the ED and helping out when we were very busy. You are a true example of teamwork!

**Recognized by:** Mary Curtiss, Bonnie McKenzie and Valerie Silva-Horta

## Catch a Star

Making the Difference

**Shining Star:** Ryan McIntire

**Is receiving this recognition for:** Going out of your way to help a visitor who lost her keys in the elevator. You helped assure the visitor that it would be ok and found someone to help retrieve the keys from the elevator shaft!

**Recognized by:** Todd Suther

# Core Values Word of the Month

Submitted by Sherry Hammett, Pharmacy Admin.  
Assistant and Core Values Coach

**“AWARENESS”** is essential to both your professional and business success. Your level of awareness will determine the extent to which you appreciate the beauty of the world around you, and perceive the opportunities for service and achievement that are always open to someone who is paying attention. The four Cornerstones of Awareness are: Mindfulness, Objectivity, Empathy and Reflection.

**Mindfulness** is the first cornerstone and is the key to patient satisfaction and perceived quality of care. For the most part, our patients are incapable of evaluating the technical quality of the care we give to them. Their perception of whether or not they are being given quality care will be determined by the extent to which we pay attention to them.

**Objectivity** is the second cornerstone. Do you see the world as it really is? When someone is in a state of high anxiety, problems always seem bigger and more intractable than they really are, while the resources available to deal with those problems seem to be absolutely inadequate, when in reality they are probably more than sufficient to deal with the problem. By not being objective we lose sight of this.

**Empathy** is the third cornerstone. It is the ability to identify with or experience the thoughts and feelings of another person. Your essential skill for empathy is listening – not just hearing the words, but really listening for the meaning between the words. Asking for clarity shows the other person that you understand and that you care.

Remember, the fourth cornerstone is **Reflection**. Time spent alone in a quiet place for prayer, meditation, and reflection is good for the soul. Take the time for *periodic strategic laziness*. Taking the time to re-fuel ourselves is investing in ourselves, so we are able to help those around us.

I would like to close with one last quote:  
*“Watch your thoughts, they become words. Watch your words, they become actions. Watch your actions, they become habits. Watch your habits, they become character. Watch your character, it becomes your destiny.”*

Frank Outlaw

## Congratulations

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Congratulations to Keleen Wright, pictured left with her mentor Becky France, VARHS Information Security Officer, for successfully completing the two year Information Security Officer Program! Great job Keleen!

## You can Help

**You Can Help Get Information Out to Our Veterans**

**The Veterans Health Administration wants to let Veterans know about the health support services available to them.**

**We can use your help in getting information about these services out to Veterans.**

**If you know a Veteran, we hope you will print out this list (pdf) and give it to them. Here is a quick list of links to the many programs available to our Vets:**

<http://www.va.gov/>

<http://www.va.gov/health/newsfeatures/20120730a.asp>

**It may be a homeless Vet you pass on the street every day — you can suggest they take the list to a public library computer to learn what VA has to help them.**

**It may be a young Vet recently returning from a combat zone, who is not aware of the benefits he or she is entitled to.**

**There are many potential opportunities for you to help Veterans make the connection to the services VA has for them, benefits they have earned!**



# Volunteer Opportunities

## Volunteer Drivers

Many Veterans depend on the generosity of volunteer drivers to get them to and from their VA Roseburg Healthcare System appointments. The Veterans Transportation Service (VTS) uses VA purchased vans, driven by VA volunteer drivers, to transport our Veterans to and from medical appointments. The VTS is a partnership between the Department of Veterans Affairs and local community Transportation systems.

The VTS can transport patients with special needs (wheel chairs, walkers or oxygen in small canisters). In some cases, VTS can pick up and drop off at the residence of the Veteran with special needs.

Without dedicated VTS volunteer drivers, many Veterans would be unable to get to and from their medical appointments.

Volunteer drivers are always needed. This is one of the highest liabilities placed on volunteers and we take this position very seriously. Drivers transport our nation's most honored heroes, therefore:

### To become a volunteer driver you must possess:

- Valid state issued driver's license
- Clean driver's record/VA driver's check
- Current liability insurance
- Pass a VA health screening/physical
- Fingerprint background check

For more information on becoming a volunteer VTS driver for the VA Roseburg Healthcare System, please contact Curtis Holley, VTS Coordinator at 541-404-1CAB (1222) or contact Voluntary Service at:

541-440-1000 Extension 45311.

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## Hospice

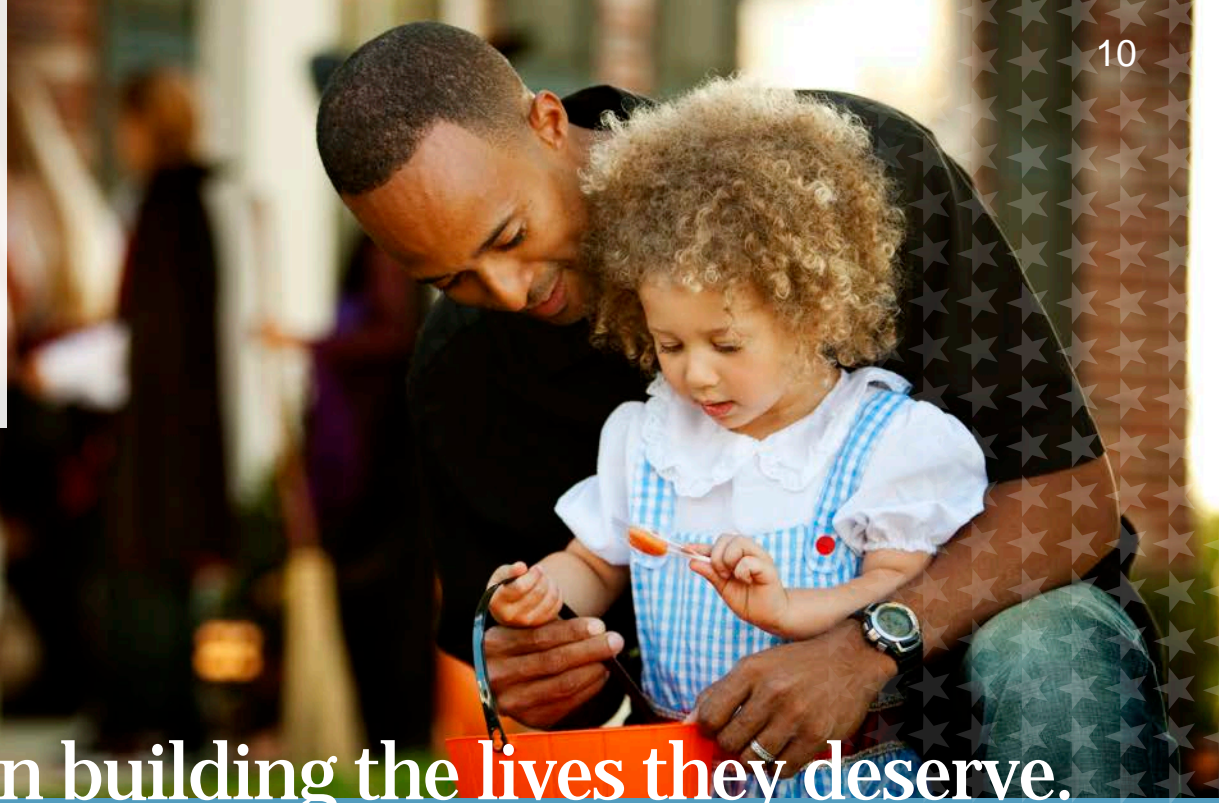
### VOLUNTEERS NEEDED FOR THE HOSPICE/PALLIATIVE CARE PROGRAM

VA Roseburg Healthcare System is seeking volunteers for the VA Hospice/Palliative Care program. A special Hospice volunteer training program will take place from 1:00 to 4:00 p.m. on the VA Campus located at 913 N.W. Garden Valley Blvd. Class dates are Sept. 24, Oct. 1, Oct. 15, Oct. 22, Oct. 29, Nov. 5, Nov. 26 and Dec. 3.

Individuals wishing to sign up for the Hospice Volunteer Training Program, or have general questions regarding Hospice, please contact:

Fran Smith at (541)-440-1000 extension 44495.

★ ★ ★  
**MENTAL  
 HEALTH  
 HIRING  
 INITIATIVE**



Join them in building the **lives they deserve.**

# They've earned it.

Is there anything greater than serving the men and women who have helped protect this country?

As a VA mental health professional, you'll have the opportunity to assist Veterans with finding solutions for their challenges, so that they may experience much richer lives.

We are currently hiring for the following mental health positions:

- Psychiatrists
- Psychologists
- Social Workers
- Psychiatric Nurses
- Licensed Professional Counselors
- Marriage and Family Therapists
- And many more

Visit **[VAcareers.va.gov](https://www.va.gov/vacareers)** to learn more.

Get social with VA careers  

An Equal Opportunity Employer 



**Veterans Health  
 Administration**



## CHAPLAIN'S NOTES

*MIKE GILLESPIE*

*TAMMIE ELFADILI*



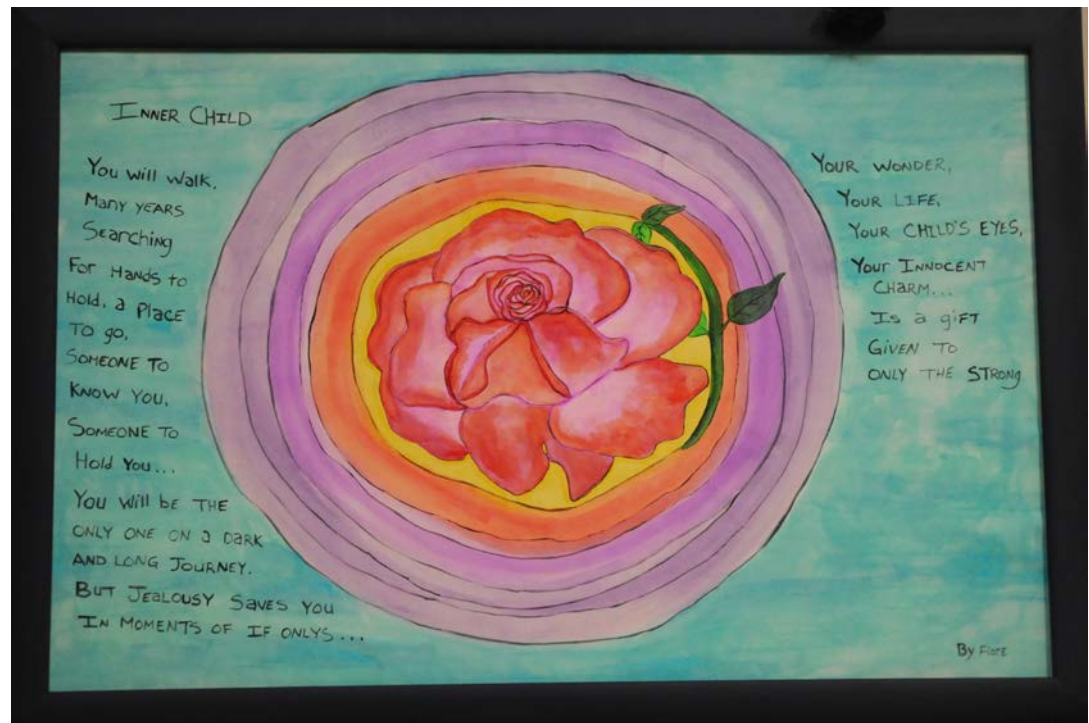
## CHAPLAIN SERVICE HOSTS ART SHOW: ALL VETERANS INVITED TO PARTICIPATE

*Submitted by Chaplain Tammie Elfadili*

From experiences of pain, frustration, joy and understanding, art is born. Building art has been a spiritual and therapeutic experience for one Veteran whose work is displayed in the Mental Health Building. Creating art since the age of 11, Frances said her art reflects various life changing events. Through a composition of poetry and water colors, Frances expresses her story. Her handicrafts are not only symbols of accounts from her life. Her crafts are gifts, inspiring onlookers to endure challenging times, celebrate life, and translate their thoughts, dreams, and experiences through creative modes. Frances said that for her, art can be a multitude of things. She said, "[It] doesn't matter what you think you can do; Art is in the eye of the beholder."

The Chaplain Services Department is hosting a Veterans Art Exhibit on September 5, 2012 and Veterans are invited to participate.

The Veterans Art Exhibit will be open to the public, and take place in the VA Roseburg campus Auditorium located at 913 N.W. Garden Valley Blvd. Roseburg, Oregon, in Building Sixteen.



*Art by Francis- displayed in the women's dorm in the Mental Health building*

To participate in the Art Exhibit, or for more information, please contact Wayne Johnston: (541) 440-1000, Extension 44722.

# Construction News...

**Steam Line Replacement** - The west loop road is blocked for construction near Building Ten. The contractor is excavating from the Rose Garden area to the Boiler Plant. The contractor is working on installing the new steam lines. The steam line replacement project replaces the old and inefficient steam distribution infrastructure here on the Roseburg VA campus. Anticipated completion of the project is within the next few months.

**Fifth Floor South Remodel**- The south end of the fifth floor of Building One will be remodeled for a new four-bed telemetry unit. In total the project will construct 11 new patient rooms. The project will also construct a new cardiopulmonary sleep lab on the 1st floor of Building One and a new conference space in Building Sixteen. Construction on the first floor of Building One will begin next week.



**Dental Clinic** – A new Dental Clinic will be constructed adjacent to the Ambulatory Care and Outpatient Clinics. As part of the project a new paved parking lot will be constructed behind Building Ten. Work on this parking lot will begin the first of August and will take several months to complete.

**Police Station** – Renovations to the Police Station will begin in the next several months. The project includes roof replacement and interior finish upgrades which involves new flooring, paint and ceiling tiles. In addition, an office space and holding room will be constructed.

**Replacement of roofing on Building One and Building Seventy One**- The old and failing roofs over Histology and Dietetics will be replaced with a new roof membrane. The project will begin in the next few months.

**Upgrades to Campus TV System** –

Design is underway to upgrade the campus-wide TV system. The system will be replaced to all patient areas which will allow us to receive more TV channels and digital television. Construction will begin in the fall or winter of 2012.

**Look for us on Facebook!**

**“Like” our page and you will find updates, construction news, photos and even an app with more information about MyHealthEvet!**

**[www.facebook.com/VARoseburg](http://www.facebook.com/VARoseburg)**

# Employee Profiles



Name/Title:  
Ken Barnett –  
VA Police

Veteran: Army,  
1989 to present

Hometown:  
Portland, Oregon

Hobbies: Golf  
and Scuba diving

Why did you choose the VA? It is close to my retirement in Military and I wanted to continue my federal service by helping the Veterans.

Favorite part of your job? My personal interaction with Veterans is my favorite.



Name/Title: Carolyn Rhodes-Rapant – Mental Health Administrative Officer

Veteran: Air Force, 4 years

Hometown: Born in Kentucky, but grew up in Grants Pass, Oregon

Hobbies: Reading, Crafts and Coast trips

Why did you choose the VA? A position opened and I liked the thought of working to benefit Veterans.

Favorite part of your job? The people I work with because they make it an enjoyable and fun experience. I also get to help make Veteran's lives better.



Name/Title: Nancy Johnson – Prosthetic Purchasing Agent

Veteran: Navy, 6 years

Hometown: North Bend, Oregon

Hobbies: Walking my dog, reading and interior decorating

Why did you choose the VA? I am a Veteran and I wanted to serve my Veterans.

Favorite part of your job? All of it; I love my job. I love the fact I can provide items to patients that give them a better quality of life.



Name/Title: Kevin Whitworth – Imaging Manager

Veteran: Army National Guard, 21 years

Hometown: Burley, Idaho

Hobbies: Fishing

Why did you choose the VA? Job opportunity presented itself.

Favorite part of your job? Service to our Veterans.



Name/Title: Rosie Grenz-Asst. Human Resources Manager

Hometown: Bates, Oregon

Hobbies: Reading, Walking, and Shopping

Why did you choose the VA? Family history of government service, enjoy serving Vets.

Favorite part of your job? I enjoy training the new staff and working with the Human Resources staff.

Name/Title: Gary Oilar – Correspondence Clerk

Veteran: Army, 3 years

Hometown: Roseburg, Oregon

Hobbies: Reading and playing/watching sports

Why did you choose the VA? It is close to home with a stable environment, and I can also serve the Veterans.

Favorite part of your job? Interacting with Veterans and my coworkers.



# Generosity In-Country /Brother Speed Donation



### Giving Back

Local motorcycle club “Brother Speed” recently had a fundraiser to help our local Veterans. Working with the Southern Oregon In-Country Vietnam Veterans Motorcycle Club, they were able to buy a 55 inch big screen TV and blue-ray player for the PTSD/Drug and Alcohol Ward at the VA Roseburg Healthcare System.

Because of this generous donation from Brother Speed, the In-Country Vietnam Veterans were then able to give to the TCU and the PCU. One item was an automatic fishing reel to help those unable to reel in their fish. The club member motto is Vets helping Vets.

Brother Speed has many members that are Vietnam Veterans and the In-Country Vietnam Veterans are all Veterans of the Vietnam War. There are many men and women from our armed forces that are suffering; the motorcycle club’s desire is to bring some hope to these Veterans that have so bravely served our country.



# Generosity Donated Paintings



Tom Schriber has generously donated six Thomas Kinkade paintings in the past and recently added a seventh. This one is destined for the PCU, while others hang in Hospice. Mr. Schriber has also provided us with certificates of authenticity for the paintings along with his generous donation. Kinkade's paintings are much sought after, and emphasize simple pleasures and inspirational messages. We are fortunate to have these beautiful works of art from one of America's most collected artists. Mr. Schriber has helped us create an even better atmosphere for our patients.

**Thank you!**  
**Mr. Schriber!**

# EVENTS

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Douglas County Fair-August 7-11

VARHS All Employee Meetings:

BHRRS- August 9 at 10:00 am

Eugene Clinic- August 9 at 1:00 pm

North Bend Clinic- September 20 at 11:00 am

Brookings Clinic- September 21 at 8:15 am

After Work Bike Rides- Every Wednesday at 5:00 p.m. Roseburg-Meet at the Flag Pole- Contact Chuck Walker: 541-788-2872 for more information  
Eugene-Meet at 5:30 p.m. at Alton Baker Park, Picnic Shelter #1. Contact Ree McSween: 541-337-3710 for more information

Welcome Home- August 18- Find information on page one and three of this publication.

Ground Breaking Ceremony for the Eagle Landing Housing Project- August 29 at 2:00 pm. The event will take place on the construction site near the Harvard gate on the Roseburg campus located at 913 NW Garden Valley Blvd., Roseburg, OR. Public is invited! Please join us!

Veteran Art Exhibit- September 5 See ad page 12

Stand Down 2012- September 14-16 on the VARHS Campus grounds. Stand Downs are a collaborative effort to provide services for homeless Veterans between the VA and local community groups and Veteran Service Organizations. More information to come next month.

## We've Moved...

### Looking for the VARHS Telehealth team?

Find them at their new location  
in Building Two, Third Floor,  
Room 305

# Education Department

**Budget Update:** Educational allotment balances have been sent by email to each service. All training/travel requests need to be received in the Education Dept. by August 15th and no earlier than 30 days in advance. Travel should be avoided if training is available online, VTEL or other means can be obtained. FY12 Training/Travel forms can be found on the sharepoint under the Education tab under Documents.

**Simulation:** VISN 20 has received \$100,000 for Sim Lab equipment. Future placement of the Sim Lab is not confirmed as of today. Areas are being evaluated as a possible placement location.

**TMS:** Teresa Miller is working on creating competencies and service role related curricula for each service. Contact your service's TMS SuperUser if you need your password reset or unlocked. To find out who your TMS SuperUser is, please go to the Newswire under the Education tab and under TMS Links select TMS SuperUser by Service.

**CRISP:** The Department of Veterans Affairs (VA) treats the protection of Veterans and other sensitive information with the utmost care. Over the past decade, VA created an information protection program in response to both exposures and increasing cyber risks from all fronts, internal and external. VA has now embarked on a cultural transformation with respect to protecting VA information. This transformation is akin to how healthcare accrediting bodies have shifted away from predictable audit schedules and pre-defined checklists toward longitudinal reviews of how policy is defined, supported, communicated, implemented, monitored and improved.

## 2013 VISN Learning Needs

**Assessment:** SurveyMonkey was sent out to assess the educational needs of facility employees. Interesting responses for, How do you learn best, needed skills for doing your job, TMS familiarity, and finding CMEs/CEUs were received. Strategic planning is needed for FY 2013. Education is working with the VISN for planning needs.

**Decentralizing BLS:** The Executive Council of Nurses committee has approved the decentralization of Basic Life Support to each service to provide training to their staff. For more information, please contact Amanda Morrow at ext. 44225.

**Education Calendar:** A staff education calendar will be posted on the Education sharepoint listing training events for each month. There will also be a Veterans education calendar distributed to staff. The deadline for inclusion on the monthly calendars is the 20th of the month and sent to Melissa Watts.

## C.H.A.M.P.I.O.N.S. Program:

The Champions program targeted for GS 3-6; WG 2-5 and Nurse I employees is being implemented for October 2012. Focus of the program will be career development and include exploration of VA career options, resume' writing, interviewing skills and dressing for success. Mentorship process must be in place prior to the start of the program. The program lasts ten weeks, with 6 hour sessions per week on Fridays. One week will include job shadowing. If you have further questions contact Linda Holbrook at extension 44474.

**VALU ADVANCE:** Career and technical classes are being offered using the web and face-to-face venues. Fourteen classes will be offered.

## My HealtheVet

The Education Department also manages our MyhealtheVet assistance and sign up. Veterans with questions or who need assistance, contact Lynda Pope, MyhealtheVet Coordinator at: 541-440-1000 Extension 44428 or find her in the Patient Education Resource Center, Building One, First Floor, Room E132



Take greater control over how you manage your personal health and improve communications with your VA health care team through an exciting website created just for you...

## My HealtheVet

Put yourself in the drivers seat.

Take Control  
My HealtheVet can help you today

See... Share... Learn... 24/7!

My Health, My Care: 24/7 <sup>Online</sup> Access to VA



# Prosthetics Service

## VISN 20 Prosthetics Day/VA MOVE Cycle Competition

Facility Director Carol S. Bogedain, FACHE, has invited all VISN 20 facilities to participate in a cycle competition to promote health and wellness for Veterans, employees, and volunteers; cycling as a transportation alternative; and improve the environment by reducing carbon emissions. Formed several years ago, the VISN 20 Prosthetics Day/ VA MOVE Cycle Competition seeks 100% participation from facilities in the network this year.

VISN 20 facilities voluntarily select a local cycle event between May and October 2012. The facility tracks participation of Veterans, employees, and volunteers; and submits cumulative miles ridden to Scott Buttles, VISN 20 Prosthetics Representative (VPR) by October 19, 2012. The facility with the most miles ridden wins the VISN cycle trophy, awarded on VHA's national Prosthetics Day (November 1, 2012).

Last year, the VA Roseburg Healthcare System (VARHS) had 48 cyclists ride a total of 1,375 miles; winning the VISN cycle trophy.

VARHS has scheduled their cycle event this year on September 8<sup>th</sup>, riding various routes throughout the Umpqua Valley.

VARHS staff, Veterans, volunteers and their family members may register online at the cycle event's website: [www.cycleumpqua.com](http://www.cycleumpqua.com)

To encourage participation at the VARHS's cycle event, services may form teams to compete for the Director's trophy. The team with the most miles ridden will be awarded the trophy.

The VISN 20 champion for the cycle competition is James M. Manser, Jr., Chief, Prosthetics and Sensory Aids Service, VA Roseburg Healthcare System, Extension 44401, or email at [james.manser@va.gov](mailto:james.manser@va.gov).

VISN 20 Prosthetics Day /VA MOVE  
Annual Cycling Event

Hosted by  
The VA Roseburg Healthcare System  
Roseburg, Oregon

# More From Prosthetics

Are you a Veteran that needs a handcycle, glidecycle, recumbent tricycle, elliptical cycle or bicycle to improve your health and wellness lifestyle?  
 Contact Jim Manser, Chief, Prosthetics, VA Roseburg Healthcare System: (541)440-1221



## VARHS Women Veterans



**VA** and the American Heart Association's Go Red For Women® movement are raising awareness of **heart disease as the No. 1 killer of women and women Veterans.** Create a profile, identify yourself as having served in the military and connect with other military women with similar experiences of heart disease in the Go Red Heart Match program.



**SIGN UP: [www.GoRedForWomen.org](http://www.GoRedForWomen.org)**



Go Red trademark of AHA, Red Dress trademark of DHHS.



# VA Roseburg Healthcare System Welcomes New Employees



**Jim Fitzpatrick,  
MSA, Mental Health**



**Leiha Gavin  
Clinical Pharmacist**



**Thor Allen  
Short Stay, Valor  
Student**



**Melissa Lindbloom  
Flow Team Social  
Worker**



**Kevin Snyder, Nursing  
Valor Student**



**Amber Benjamin  
Pharmacy Resident**



**Ryan McIntire  
MSA, Mental Health  
Eugene Clinic**



**Nicole Ard  
Pharmacy Resident**



**Robert Bland, RCNA  
Registered Certified Nurse  
Anesthetist**



**Jessica Johnson  
Pharmacy Resident**



**Mark Rodgers  
Engineering Service**

# *Patient Aligned Care Team*

## River Team Names



Team members come and go but the team is always here....like a river. Ambulatory Care implemented river names for each team located within the Primary Care clinics to enhance team unity within the clinics. A competition was held which led to the decision to use river names! Each team then chose a river name for their team and these teams will be featured in future issues of the *VA Relay*.

The teams are as follows:

### BLUE CLINIC

Home of Willow Creek Team, Santiam River Team, Blue River Team, Five Rivers Team

### GOLD CLINIC

Home of Wind River Team, Umpqua River Team, Dog River Team

### WHITE CLINIC

Home of Collowash River Team, White River Team

### EUGENE CLINIC

Home of Roaring River Team, Wolf Creek Team, Owyhee River Team, Rogue River Team, Calapooia River Team, Warm Springs Team, Kings River Team

### NORTH BEND CLINIC

Home of Coquille River Team, Coos River Team, Millicoma River Team

### BROOKINGS CLINIC

Home of Chetco River Team, Elk River Team

### CRESCENT CITY OUTREACH CLINIC

Home of Elk River Team

Right: As part of Patient Aligned Care, posters are being created and are hung in the clinics to assist Veterans to easily identify their team.



## *August Healthy Living Tips*

### Physical Activity and Your Health

One of the most important things you can do for your health is regular physical activity. Studies have shown that people who engage in regular exercise like walking, cycling and dancing live longer than those who don't exercise regularly.

What are the other benefits to exercise:

- Helps control your weight
- Reduces your risks of cardiovascular disease, type 2 Diabetes and some cancers
- Strengthens your bones and muscles
- Boost your mood and improves your mental health
- Increases your ability to do daily activities allowing you to stay independent

### **Keeping excess pounds off**

A healthy diet and physical activity play a vital role in maintaining and losing weight. You gain weight when you take in more calories than you burn and you lose weight when you eat or drink less calories than you burn. Physical activity burns those calories.

### **Reduces your health risks**

At least 150 minutes a week (2 ½ hours) of moderately-intense aerobic activity reduces your risk for stroke, heart disease, type 2 diabetes, obesity, high blood pressure, high cholesterol, colon cancer and breast cancer.

### **Strengthens your bones and muscles**

Moderately-intense levels can slow the loss of bone density that comes with age, decrease the risk of hip fractures and improve the quality of life by improving pain management associated with arthritis.



### **Improve your mental health and boost your mood**

Exercise reduces tension associated with anxiety, promotes relaxation, reduces risk of depression and can improve your sleep. Additionally regular physical activity keeps you thinking, learning and your judgment skills sharp as you age.

### **Increases your ability to do daily activities allowing you to stay independent**

Keeping your bones and muscles strong with physical activity increases your ability to do daily activities such as climbing stairs, shopping, dressing or preparing meals. Maintaining the activities of daily living allows you to continue to live independently.

Only a few lifestyle choices have as large of an impact on your health than physical activity. If you are not exercising and have a chronic health condition, contact your health care team to see if your condition limits you in any way in becoming more active.

If you're ready to begin your exercise program remember to start slowly. You can begin with walking for 5 minutes twice a day gradually adding minutes and picking up your pace a bit. Before long you will be walking briskly for 30 minutes a day. If you have physical limitations, look into chair exercise programs.

### August Healthy Recipe: Turkey Club Burger

12 ounces 99% fat-free ground turkey

½ cup scallions (green onions), rinsed and sliced

¼ teaspoon ground black pepper

1 large egg

1 tablespoon olive oil

#### **For toppings:**

4 ounces spinach or arugula, rinsed and dried

4 ounces portabella mushroom, rinsed, grilled or broiled and sliced(optional)

4 whole wheat hamburger buns

#### **For spread:**

2 tablespoons light mayonnaise

1 tablespoon Dijon mustard

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1. Preheat broiler on high temperature with rack 3 inches from heat source or grill on medium high heat.
2. To prepare burger, combine ground turkey, scallion, pepper and egg mix well. Form into 1/2 to 3/4 inch thick patties, and coat each lightly with olive oil.
3. Broil or grill for about 7 to 9 minutes on each side (internal temperature minimum of 160 degrees).
4. Combine mayonnaise and mustard to make spread.
5. Assemble 3/4 tablespoon spread, 1 ounce spinach or arugula, several slices portabella mushrooms (optional) and one burger on each bun.

**Hint:** To grill portabella mushrooms, scrape off the gills from underneath the mushroom caps. Lightly coat with olive oil, and grill or broil for 2-3 minutes on each side or until tender. Slice and set aside until burgers ready.

Makes 4 servings

Serving size: 1 burger with toppings

**Nutritional Information Per serving:**

Calories 299

Total fat 11g

Saturated fat 2g

Cholesterol 89mg

Sodium 393mg

Total fiber 5 g

Protein 29g

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**Harley Johnson,**  
volunteer, for  
employee profiles

***The VA Relay* Editor:**

Carrie Boothe

**Email -**

CarrieLee.Boothe@va.gov

**Intra-mail** Bldg. Two Rm. A102C

**Phone: 541-440-1000**

**Extension 44101**

**Cell: 541-580-9481**

**EDITORIAL BOARD:**

Carol Bogedain

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