

September 2012

VISN 20



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

TRIUMPH OVER



***M*emories OF WAR**

*Veterans speak out
about Prolonged
Exposure Therapy and
PTSD*

Story on
PAGE 8



*Carol Bogedain, Director
VA Roseburg Healthcare System*

From the Director

Dear Employees;

I hope you all had a wonderful Labor Day Holiday! It is that time of year when schools are now in session and along with this time of year, cooler weather, especially in the early morning. It is important that we all are aware of energy usage within the organization, while we maintain a comfortable work environment.

Did you know that healthcare organizations spend over \$6.5 billion on energy each year, and that amount is rising to meet patients' needs. By being more energy efficient, our organization can save resources, help prevent greenhouse gas emissions, improve the air quality of our communities, and support our commitment to public health.

VA Roseburg Healthcare System (VARHS) is asking each employee to help us reduce our energy usage by adhering to the following actions:

1. Turn off the lights in your office or workspace when you leave for the day or plan to be away for more than fifteen minutes.
2. If you use office electronics or any appliances, turn them off when they're not being used except for your computer workstation which should be logged off at night but not turned off.
3. If you have a window air conditioner unit in your workplace, turn it off overnight and over the weekend.

Wasting energy is the same as wasting resources. Each one of us has a role to play in promoting energy efficiency and conservation. By being more energy efficient, VARHS can reinvest energy savings for the benefit of our Veterans.

If you have a suggestion and/or idea on how VARHS can further reduce energy usage and prevent greenhouse gas emissions, please contact Lou Novak, GEMS Coordinator at extension 40111 or send him an e-mail.

Thank you all in advance for your participation in this effort.

Carol S. Bogedain, FACHE
Director



VA Roseburg Honors Staff



Years of Federal Service Awards



Lenora Hanna

20 Years



Jim Sparks

20 Years



Janice Grigg

20 Years

Not Pictured:

20 years

- Donna Buerer
- David Gawne
- Deborah Holder



Michele Fontaine

25 Years

25 Years
Steven Broskey

30 Years
Robert Moffitt



Congratulations to all of you!



Telehealth News - New Programs

**Submitted by Fran Sutherland, BA, BS, MLS
Telehealth Coordinator**

Three new clinical programs have been introduced for Telehealth and one clinical program is expanding. The new programs include:

- Compensation & Pension (C&P) – Telehealth clinics for Mental Health patients will be conducted between C&P staff in Roseburg and the Clinic Based Community Clinics (CBOCs) in the VA Roseburg Healthcare System.
- Cardiology – General Cardiology clinics are being held via telehealth with cardiologists in Portland. In the past, patients would have to travel to Portland for these clinics.
- Spinal Cord Injury – In conjunction with the Spinal Cord Injury (SCI) Coordinator, discharge clinics are being held with patients who are being discharged from the inpatient unit in Puget Sound.

Expansion of the Endocrine Program clinic, which started in February 2012 with all of the CBOCs in

VA Roseburg Healthcare System (VARHS), will be expanding services to the White City Southern Oregon Rehabilitation Center and Clinics (SORCC) patients.

Employee Notes

On July 6, 2012, Nicole Simonet, Telehealth LPN at the Eugene CBOC, accepted a position with VA Portland's Bend CBOC. Nicole will be missed. Hillary Alexkus, who currently works in North Bend will be moving from Eugene after a new LPN is hired for the North Bend Clinic.

Score Card

VARHS is performing extremely well on the Virtual Care Modality scorecard. The overall performance target is 15%. On August 15, 2012, we reached 30.89%! Way to go, VARHS!

Virtual Care Modality for VA Roseburg Healthcare System - August 15, 2012

Measure	Numerator		
Virtual Care Modality (Across All Programs, Vrtl1)	8,245	26,691	30.89%
Telehealth Use (Tele1)	3,040	26,691	11.39%
Home Telehealth (Tele2)	428	26,691	1.60%
Clinical Video Telehealth (Tele3)	650	26,691	2.44%
Store and Forward Telehealth (Tele4)	2,141	26,691	8.02%
Secure Messaging (SM10)	5,636	26,691	21.12%
eConsult	287	26,691	1.08%

Telehealth Word Search

Find the words in the puzzle:

- ACCESS
- CONFERENCING
- DIAL UP
- HEALTH BUDDY
- LOCAL
- MENTAL
- HEALTH
- RURAL HEALTH
- TECHNOLOGY
- TELEHEALTH
- TV MONITOR
- VIDEO
- VTEL



Education Service



Lateral Violence Class

Amanda Morrow, RN, BSN

What is it? What does it do? Why does it happen?
Who is affected?

Research has been focused on healthcare workers such as physicians and nurses being verbally and physically abusive to one another, but no one is immune. Data is showing that there are higher incidences of errors, EEO claims, and grievances because of perceived and or actual hostile work environments.

Research demonstrates that over 50% of patient care providers work with someone that pulls rank, bullies, threatens, or forces their point of view.

If you want to find out more, including what to do

when you suspect it is happening, VA Roseburg's Education Department is offering a class on Lateral Violence

Several classes are being offered for managers and leadership as well as front line employees. Amanda has been asked to take the presentation on the road.

Call Amanda or Melissa in the Education Department at extensions 44225 or 45119 for more information or if you would like a class scheduled for your area.

Classes take place September 17, 20, 21, 24, and October 4. These classes are being scheduled in Roseburg, Eugene, North Bend and Brookings.

Don't Miss out! Every Thursday !

10am to 2pm

FARMERS MARKET

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EVERY THURSDAY IN FRONT OF THE CANTEEN

(VCS WEBSITE FOUND UNDER EMPLOYEE RESOURCES ON THE NEWSWIRE)

**ALL VETERANS AND EMPLOYEES WELCOME TO
PURCHASE**

Kudos

Catch a Star

Making the Difference

Shining Star: Norm Melson

Is receiving this recognition for: Unloading the laundry truck and having it ready for next delivery. I had to run uniforms to the sorting room and when I got back the truck was ready for the next delivery. Norm goes the extra mile.

Recognized by: Richard VanBurger

Catch a Star

Making the Difference

Shining Star: Jim Sparks

Is receiving this recognition for: Being our "go to person." He is always available and goes out of his way to help us help our Veterans. He's wonderful at troubleshooting and getting answers.

Recognized by: Kathy Rocco & Debbie Wheeler

Catch a Star

Making the Difference

Shining Star: Rebecca Pinson

Is receiving this recognition for: Going above and beyond normal efforts to track down information from a provider outside the VA in the South Las Vegas area to help one of our Veterans get the medication he needed.

Recognized by: Carolyn Williams

Catch a Star

Making the Difference

Shining Star: Jackie Barnett

Is receiving this recognition for: Jackie saw a need and without us having to ask, volunteered to help the Director's secretary and executive office staff with a meeting.

Recognized by: Kristin Meyer, Kathy Rocco, and Debbie Wheeler

Catch a Star

Making the Difference

Shining Star: Craig Bowman

Is receiving this recognition for: Being so willing to stay over for active observation to help the RNOD during a busy, busy evening - thank you!

Recognized by: Patty Cain

PROLONGED EXPOSURE THERAPY: Triumph Over Painful Memories

According to VA Clinical Psychologist, Dr. Mathew Yoder, “The only way to get past the anxiety is *through it*, not to avoid it.” Dr. Yoder speaks of many Veterans with PTSD, “They’ve tried to push their trauma away, but it doesn’t work.”

From the cover: Prolonged Exposure Therapy and PTSD

Written by Carrie Boothe

A curve in the river draped with vine maple and thick with conifer doesn't bother Harlon too much. It's those long open stretches we see that jolt his memory from his '69-'72 service in Vietnam as a “Brown River” Navy man working on a 300' landing ship, a re-supply boat. “The Umpqua River in areas looks like the rivers in ‘Nam,” says Harlon. “That view made me anxious and think of memories that were too painful to endure, so I didn't go there-mentally or physically; I didn't spend time at the coast either. I couldn't look at the bays...they reminded me of Cameron (Cam Rahn) Bay in ‘Nam.”

For Harlon, and another Veteran we will call “Joseph,” until they entered into the VA Roseburg Healthcare System's Prolonged Exposure Therapy Program, (PE) their PTSD symptoms were out of their control. Joseph served in the Army from '93-2006 and deployed to Iraq from '04-'05 as a Team Leader in charge of a humvee. Once home and out of the Military, his experiences while serving left him unable to be among crowds, he shopped at night, suffered from substance abuse, was hyper-vigilant and didn't go to music concerts- one of his preferred activities before returning from deployment. He displayed classic symptoms of PTSD but did not speak of his Military experiences that led to it for about six years.

Interestingly, and according to VA Clinical Psychologist, Dr. Mathew Yoder, “The only way to get past the anxiety is *through it*, not to avoid it.” During an informational video supplied on the National Center for PTSD, Dr. Yoder speaks of many Veterans, “They’ve tried to push their trauma away, but it doesn't work.”

When Dr. Yoder spoke of “through it,” he was referring to the therapy process of PE, which has been shown to be one of the most effective treatments for PTSD. For this reason, VA Roseburg Healthcare System is an active partner in providing PE therapy for our Veterans. We currently have five mental health providers administering PE for our patients within our system. Providers are located in Roseburg as part of the PTSD Residential Program, and in Eugene on an outpatient basis.

Harlon decided to enter the program at Roseburg. A friend talked to him because he was reclusive, anxious, and displayed classic symptoms of PTSD. Harlon had stifled memories of his experiences during Vietnam for 35 years, but after talking with his friend and working with staff at VA Roseburg, he decided to get some help. “I could be the poster boy for PTSD for Vietnam Veterans,” shared Harlon, “I learned about the program after being recommended to Dr. Bryan Nestripke (Dr. B) from Dr. Mendelson. I knew the program was tough...I had talked to a few guys who had gone through it, but it helped them. I knew I would have to identify and work on a trauma I

See Triumph Next Page..

experienced during Nam with Dr. B's assistance. I decided to fully commit myself to go through the whole program, and I did it."

After a traumatic event, many individuals experience distress and symptoms of PTSD. This distress may be highest when dealing with memories, thoughts, feelings, and situations that are related to the trauma. PE therapy is of the type that helps participants decrease

reduce the power they have to cause distress.

Harlon explained his trauma like this:

"I was part of the leadership aboard the supply ship. We had church on Sundays and the guys did attend. They liked it. We made it fun to be part of. One Sunday we decided not to hold the church service on shore because it was

left more than a dozen killed."

Harlon shakes his head, pauses momentarily, some deep breaths... continues, "Seeing the bodies and the blood. I was on shore. *Pause.* The guilt. I blamed myself for their deaths. That is the trauma that haunts me most, so that is what I worked on in the PE program."

PE is one exposure therapy that works for many people who have experienced trauma. It has four main components:

Education. *PE starts with education about the treatment. Veterans learn about common trauma reactions and PTSD. Education allows Veterans to learn more about their symptoms. It also helps them understand the goals of the treatment. This education provides the basis for the next sessions.*

Breathing. *Breathing retraining is a skill that helps for relaxation. When people become anxious or scared, their breathing often changes. Learning how to control their breathing can help in the short-term to manage immediate distress.*

Real world practice. *Exposure practice with real-world situations is called in vivo exposure. Veterans practice approaching situations that are safe but which they may have been avoiding because they are related to the trauma. An example would be a Veteran who avoids driving since he experienced a roadside bomb while deployed. In the same way, a sexual trauma survivor may avoid getting close to others. This type of exposure practice helps trauma-related distress to lessen over time.*

See Triumph Next Page..



"I could be the poster boy for PTSD for Vietnam Veterans. I had isolated myself for over a decade. I decided to fully commit myself to going through the whole program, and I did it."

Harlon

distress about their trauma. It works by helping Veterans approach trauma-related thoughts, feelings, and situations that they have been avoiding due to the distress they cause. Repeated exposure to these thoughts, feelings, and situations helps

too inconvenient....we had other important things to do that day, and I made the final decision on it. The guys were on the boat instead, in the Chief's quarters and aboard. Within five minutes of making the choice to not hold services, we were ambushed. The attack

When distress goes down, a Veteran can gain more control over his/her life.

Talking through the trauma.

Talking about a trauma memory over and over with a therapist is called imaginal exposure. Talking through the trauma helps get more control of thoughts and feelings about the trauma. Program participants learn that they do not have to be afraid of memories. This may be hard at first and it might seem strange to think about stressful things on purpose. Many people feel better over time, though, as they practice this. Talking through the trauma helps them to make sense of what happened and have fewer negative thoughts about it.

Talking and taking small steps is what helped Joseph. Working with Dr. B., he was encouraged to get out and about daily. He started with lower density locations, such as a park or other public places that were not too busy. "Eventually, I was able to work my way up to Sherm's grocery store during the busy part of the day. The program is tough," says Joseph, "I spend 3.5 months, but my quality of life has improved to the point I can almost function normally. I went to my first concert the other night...Music in the Park. I have to say though, the nightmares are not gone. The difference is I have the tools to understand the physiological and psychological responses that are going on in my world."

And for Harlon, "I had isolated myself for over a decade. In the program, I went to social locations over and over again. I had

homework every week. I am not saying I don't still have flashes of anger, but I am much more easy-going. I did lots of journaling while I was in the program too. You know, I thought I didn't have any problems...it was everyone else. I didn't know that suppressing those memories for all those years would trigger late-onset PTSD. Anyway, considering the program, it has allowed me, and probably will allow others, to accept the screw ups of the war and allow them to forgive themselves and get on with their lives. It has for me. I went to the river. I won the battle. I went to the coast. I won the battle. I plan to go back."

With the help of therapists, Veterans can change how they react to stressful memories. In PE, Veterans work with their therapists to approach trauma-related situations and memories at a manageable pace. Usually, they start with things that are less distressing and move towards things that are more distressing (The imaginal exposure actually focuses on their worst traumatic memory, but the in vivo exposure begins more moderately). A round of PE therapy most often involves meeting alone with a therapist for about 8 to 15 sessions. Most therapy sessions last 90 minutes. The therapy also involves homework activities the Veteran completes between sessions.

With time and practice, Veterans are able to see that they can master stressful situations. The goal is that they, not their memories, can control what they do in their life and how they feel. The therapy helps them get their life back by working through a trauma.


For more information about the VA Roseburg Healthcare System Prolonged Exposure Therapy Program, please contact:

Roseburg: Bryan Nestripke, Psy.D., at 541-440-1000 Extension 44688

Eugene: Jennifer Metheny, Ph.D. at 541-242-0440

Find the VA National web site:

<http://www.mentalhealth.va.gov/PTSD.asp>



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 HealthVet

Put yourself in the drivers seat.

Take Control
My HealthVet can help you today

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

My Health, My Care: 24/7 ^{Online} Access to VA



CHAPLAIN'S NOTES

MIKE GILLESPIE

TAMMIE ELFADILI



CHAPLAIN SERVICE HOSTS CONTINUOUS ART EXHIBIT ALL VETERANS INVITED TO PARTICIPATE PUBLIC WELCOME TO THE RIBBON CUTTING!

Art, being considered a spiritual and healing process, has prompted the VARHS Chaplain Service to sponsor a continuous display of Veteran art works.

Veteran Art Exhibit Ribbon Cutting will be at noon on September 5, 2012

Located in Ambulatory Care between the Information Desk and the Emergency Department in Building One, this short ceremony will unveil the new art display cabinet containing pieces created by Veterans. Veterans, employees and the general public are invited. Items on display will be changed month to month. We are seeking art from all Veterans including employees and volunteers. Items will need to fit in the display case. Submissions are being sought from all varieties of art mediums. For more information please contact Wayne Johnston at 541-440-1000 Extension 44722.



**Samples of Art work you will see
Beginning September 5!**

Right and above: Art by Martin Manthe



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 (wheelchairs, 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.

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.

Construction News...

Steam Line Replacement - The west loop road will remain blocked for construction near Building 10 for the next several weeks. The Contractor is finishing installing the last of the in-ground steam piping. The steam line replacement project replaces the old and inefficient steam distribution infrastructure here on the Roseburg VA campus. Anticipated completion of the project construction is within the next couple of months.

5th Floor South Remodel – The south end of the 5th 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 lab on the 1st floor of Building One and a new conference space in Building 16. Construction on the 1st Floor of Building One in the old In-patient Pharmacy and the old Canteen in Building 16 has begun!

Dental Clinic – A new dental clinic wall will be constructed adjacent to the Ambulatory Care Building and Outpatient Clinics. As part of the project a new paved parking lot will be constructed behind building 10. Work on this parking lot has started and will take several months to complete.

Replace roofing on a portion of Building One and Building 71 – The old and failing roof over Histology in Building One and Dietetics in Building 71 will be replaced with a new roof membrane. The project will begin in the next couple of months.



The Steam Line near the Rose Garden is getting closer to completion. The deep hole is being filled back up with soil! The roses will be replaced when the project is complete.

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 fall or winter of 2012.

DAV Dedicates New Van to VARHS



Pictured L to R: DAV Coordinator, Andrea Bernhardt, DAV Hospital Service Coordinator, Bridget Marker, Director, Carol Bogedain, Associate Director, Steve Broskey, Assoc. Director Patient Care Services/Nurse Executive, Tracy Weistreich, and Staff Assistant to the Director and Acting Voluntary Manager, Sharon Carlson

Bridget Marker, DAV Hospital Service Coordinator for Oregon, passed the keys to Director Bogedain to a new DAV Ford 12 passenger van to be used to transfer patients to and from their medical appointments.

Through the history of the partnership with Ford, DAV has purchased 2,469 vehicles, worth nearly \$53 million, that have been donated to the Department of Veterans Affairs medical centers nationwide. Last year, Roseburg DAV received one van, and this year, another new one!

Did you Know?

The Combined Federal Campaign (CFC) helps purchase these vans for Veteran transportation. Consider giving part of your CFC gift to the DAV's Charitable Service Trust to help purchase vans.

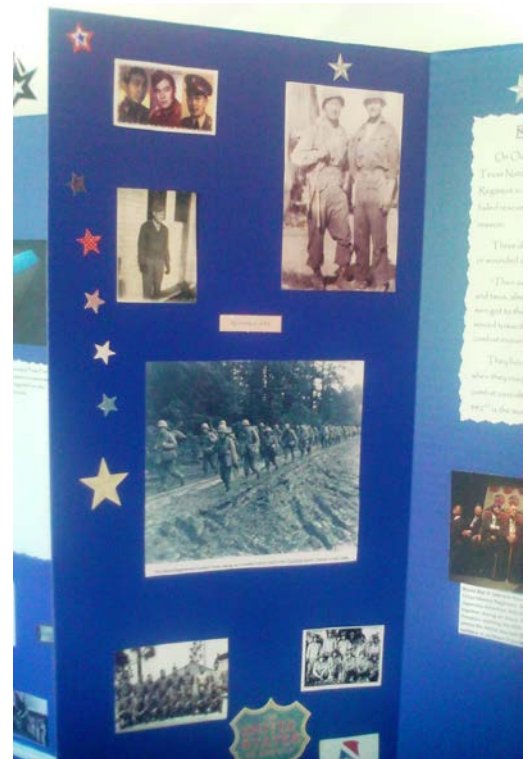
Diversity Committee Event

Submitted by Tina Marie Mercurio, HUD/VASH Program Support and Asian Pacific Islander Program Manager

This year marked the 35th anniversary of this country's celebration of Asian and Pacific Islander American heritage month. The VA Roseburg Healthcare System recognized this with displays at the BHRRS building in Eugene, the Eugene CBOC, and Mental Health Clinic; honoring their contributions & achievements in all branches of our armed forces. From the famous 100th Infantry Battalion/442nd Regimental Combat group to Tammy Duckworth have played a big role in the defense of this country.

The 100th and 442nd were comprised of 2nd generation Japanese Americans who served with distinction and valor to become two of the most decorated in the history of the Army. Through great adversity and sacrifice they served their country with honor at a time when they were not allowed to be ordinary citizens of this country. During their time of service during WW2 they received the following awards:

- **21 MEDALS OF HONOR**
- **52 DISTINGUISHED CROSSES INCLUDING 19 DISTINGUISHED CROSSES WHICH WERE UPGRADED TO MEDALS OF HONOR**
- **559 SILVER STARS WITH 28 OAK LEAF CLUSTERS (IN LIEU OF 2ND SILVER STAR 1 WAS UPGRADED TO THE MEDAL OF HONOR**
- **EIGHT PRESIDENTIAL UNIT CITATIONS**
- **ONE DISTINGUISHED SERVICE MEDAL**
- **22 LEGIONS OF MERIT**
- **15 SOLDIER'S MEDALS**
- **4,000 BRONZE STARS WITH 1,200 OAK LEAF CLUSTERS (IN LIEU OF 2ND BRONZE STAR)**
- **9,486 PURPLE HEARTS**
- **12 FRENCH CROIX DE GUERRE WITH 2 PALMS (IN LIEU OF 2ND AWARD)**
- **TWO ITALIAN CROSSES FOR MILITARY VALOR**
- **TWO ITALIAN MEDALS FOR MILITARY VALOR**



Story Boards displayed during the Asian and Pacific Islander American Heritage Recognition Month.



I pause as I write this article to find the words to adequately tell of their deeds and wonder what my final words should be on this subject. I would like to say this... Thank you for all that you have done and for the love and service you have given your country.

Eagle Scout Project on the Roseburg Campus



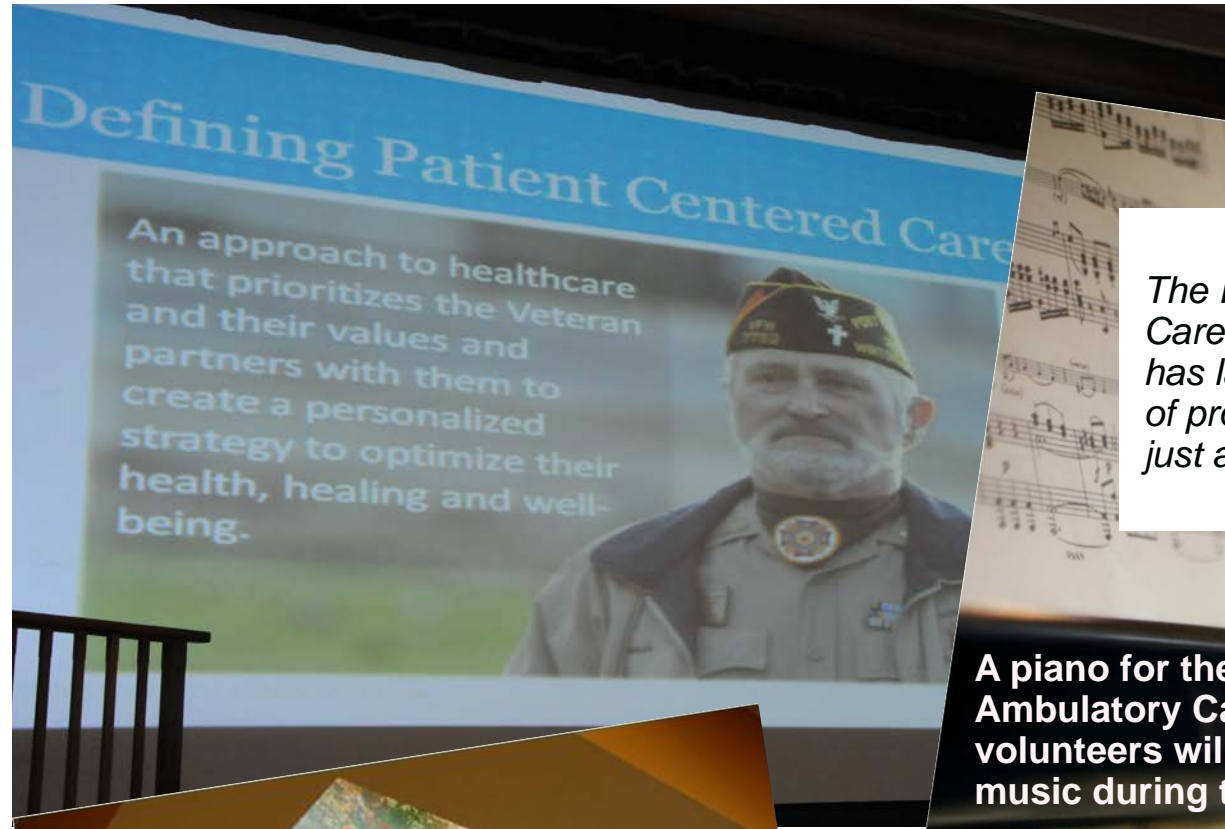
Brett Brantley, pictured right with Eagle Scout Caleb Turner, is working to become an Eagle Scout himself, and part of the process is to implement a project. Brett decided to refurbish our outdoor recreation area for his. He, along with his parents and other scouts in his Troop 114 of Roseburg, (Venture Crew 88) has been working diligently to complete the following:

Picnic Tables received new wood and paint. The BBQ grills; new paint and cleaning; Volley ball court, new net and sand; Horseshoe pits, weed barrier, backboards and sand. The team has pressure washed the sidewalks, repainted guide rails, supplied and installed a new dedication and Eagle Scout sign post, added a doggy box complete with pick-up waste bags, and even provided new horse shoes, volleyball, basketball, and a badminton set along with fresh mulch to all areas.

Besides all this, they cleaned, pressure washed and repainted the drinking fountain. It looks beautiful!

The whole area looks fantastic and VARHS thanks Brett, his parents and Troop 114 for their commitment to this project. When complete, Brett will receive his Eagle Scout status, and we congratulate him for his hard work and dedication in creating an area that our Veterans and staff will enjoy for years to come!

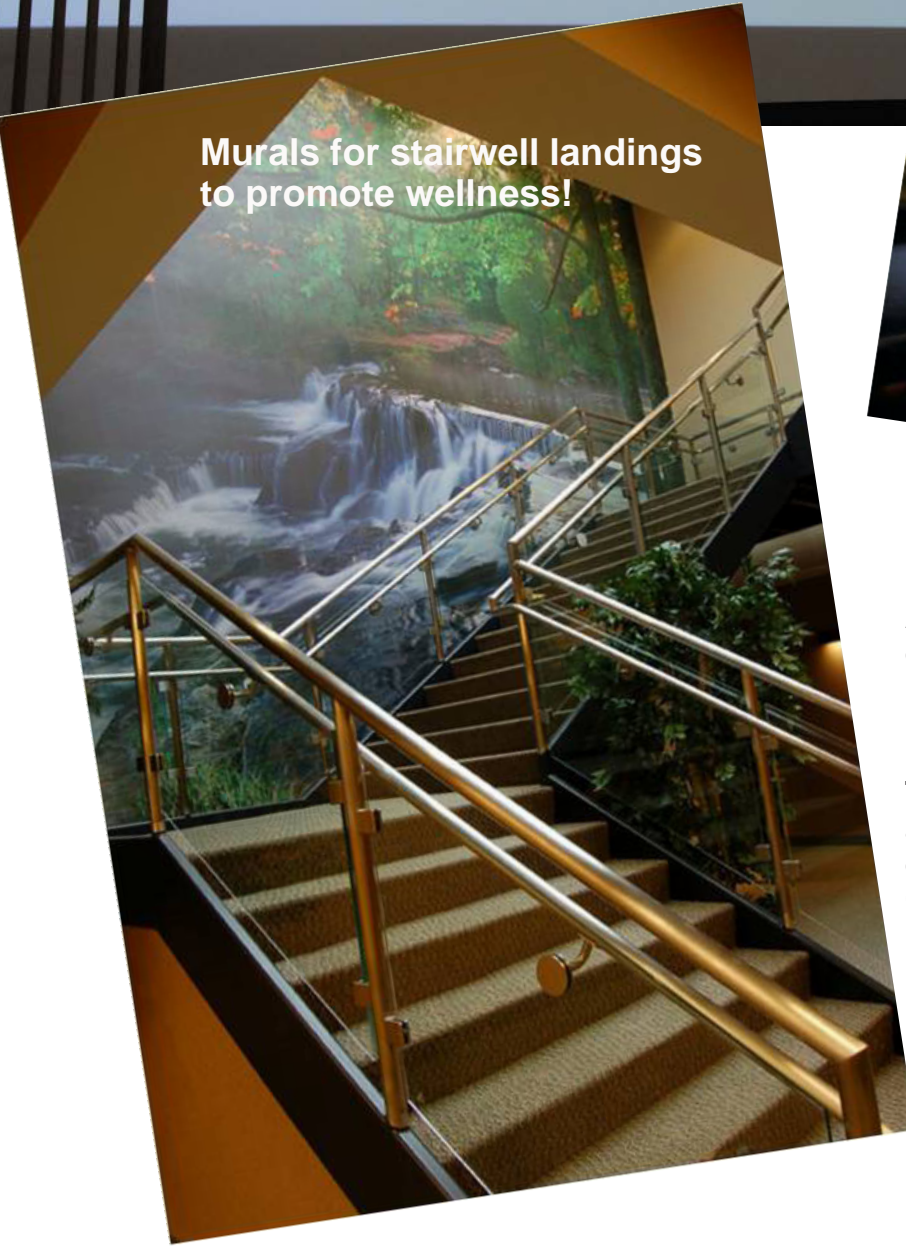
Patient Centered Care...Projects!!!



The Patient Centered Care Team for VARHS has launched a series of projects! Here are just a few of them:



A piano for the Ambulatory Care area.... volunteers will be playing music during the day!



Murals for stairwell landings to promote wellness!



As requested by our Veterans, "Please have internet access."

Two year funding at five locations on the Roseburg Campus!

Prosthetics Service

COMMUNITY BIKE SHARING DEMONSTRATION

Submitted by Jim Manser, Prosthetics Chief

A community bike-sharing demonstration is scheduled for September 8, 2012, at noon at River Forks Park, Roseburg, OR. Sponsored by Bcycle, the community is welcome to try out a "smart bike" (bring your helmet). Bcycle (www.bcycle.com) is a community bike sharing concept that is in its early infancy in the U.S., but very successful in Europe. Bike sharing is another option to engage a culture with wellness and alternative transportation. Bcycle was formed by a partnership between Trek Bicycle, Humana, and Crispin Porter + Bogusky based on a shared belief that bicycles should be a vehicle for positive health and environmental change

as well as an important part of a community's transportation ecosystem. Together, the founding partners developed a bike-sharing system designed specifically for U.S. cities, universities and corporate campuses.

For more information about bike sharing, view the informative video below:

<http://www.youtube.com/watch?feature=endscreen&v=isWKKs5kHY&NR=1>

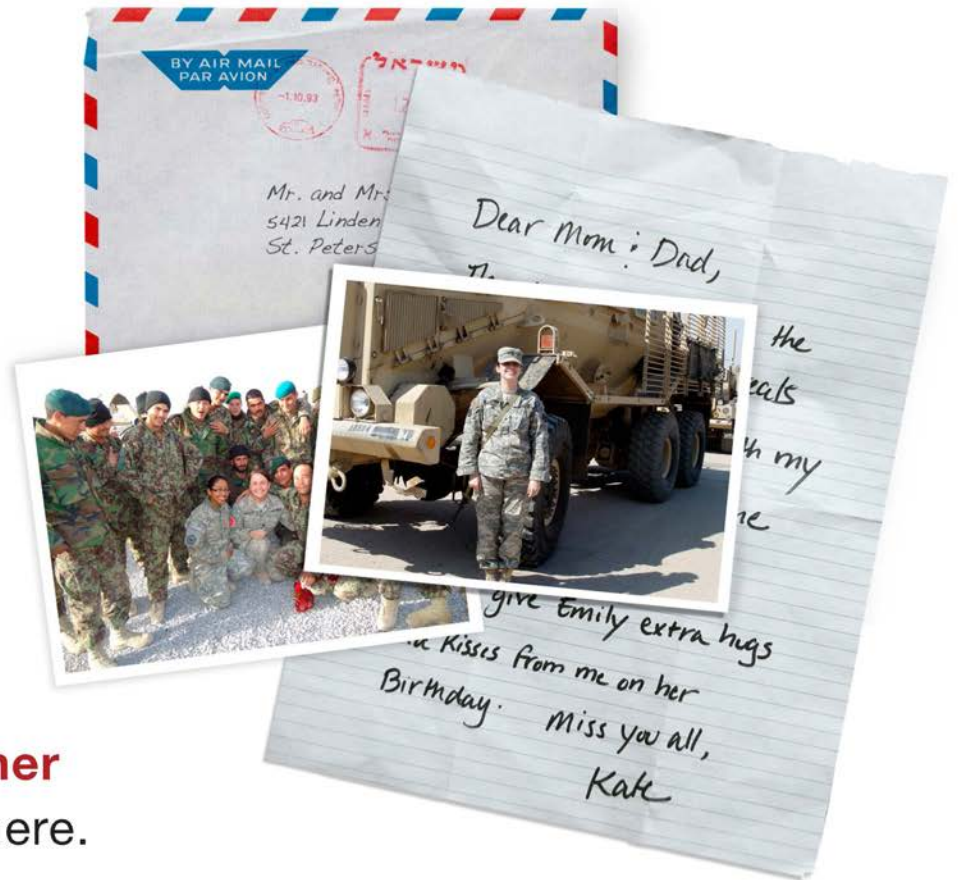
Through grant funds awarded by VA Oregon Rural Health (ORH), the VA Roseburg Medical Center plans to install a bike sharing system for Veterans. Direct questions to James M. Manser, Jr., Chief, Prosthetics and Sensory Aids Service, VA Roseburg Healthcare System, (541)440-1221, james.manser@va.gov.



VARHS Women Veteran Program

she
was
there.

It's **our job** to give **her**
the best care anywhere.



WOMEN VETERANS HEALTH CARE



08/2012
Poster 10-385

Center for Women Veterans:

www.womenshealth.va.gov

Women's Trauma Recovery Program:

www.womenvetsptsd.va.gov/

**VA Roseburg Healthcare System's
Women Veteran Program Manager
Marcia Hall, PhD**

541-440-1000 Extension 41326

Scan to the bottom of the page and click on the tab marked Women Veteran Health Care:

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

New Employees

August

Jessica Cullerton-Sheldon- Physical Therapist for Physical Medicine

Kregg Parenti- Voluntary Service Chief for Voluntary Service

Deborah Madden- Physician for Ambulatory Care Service

David Cardenas- Medical Support Assistant (Intermittent) for Ambulatory Care Service

Haven Frey- Nursing Assistant (Intermittent) for Nursing Service (Float Pool)

Phyllis Martin- Psychologist (Health Behavior Coordinator) for Ambulatory Care (Travel Status)

Nicholas Cianci- Registered Nurse (Intermittent) for Nursing Service (Float Pool)

Gregory Konchar- Registered Nurse (Intermittent) for Nursing Service (Float Pool)

Erin Dougherty- Social Worker (Eugene) for Mental Health Service

Kevin Wiles- Vocational Rehabilitation Specialist (Eugene) for Mental Health Service

Timothy Zickafoos- Food Service Worker for Nutrition and Food Service

Michelle Evjen- Food Service Worker for Nutrition and Food Service

Darnell Hlavinka- Food Service Worker for Nutrition and Food Service

*Welcome to
the VA Roseburg
Healthcare System!*

Events Calendar

September 5- Veteran Art Exhibit Opens
September 14-16 Southern Oregon Stand Down on the VA Campus.

September 16-21 National Veterans Summer Sports Clinic- San Diego, California. Go team VA Roseburg!

September 21- Ex-POW Recognition Day
1:00 pm Special Ceremony honoring our Ex-POW's in attendance. All staff and public welcome! Please join us in the VA Roseburg campus Auditorium.

All Employee Meetings:

September 20- North Bend CBOC

September 21- Brookings CBOC

FLU CLINIC SCHEDULE FOR VOLUNTEERS AND EMPLOYEES

The Employee Flu Clinic will be held in the Roseburg VA auditorium on **September 18 and 19**. The flu vaccine will be available to all employees and volunteers. **You must bring your ID badge with you in order to receive the vaccine.** The Veterans' Flu Clinic will be held at a later date.

During the Flu Clinic, the Tetanus, Diphtheria, and Pertussis (Tdap) vaccine will also be available to those who have not yet received this vaccine. The clinic staff will be checking in CPRS to verify if the employee/volunteer has already received this vaccine since many have received it through the military, primary care providers, or as part of school requirements. Identification badges will be required to receive both vaccines.

If you have not yet received the Tdap vaccine and would like to before the scheduled Flu Clinic dates, please contact Occupational Health (OH) at ext. 44866, 44701, or 44990. The OH staff will check your immunization records and, if you haven't yet received Tdap, will make an appointment for you to come to the OH clinic to receive this vaccine.

**Farmers Market
Every Thursday in Front
of the Canteen !**



Sign up now!

CREATING BALANCE *with* WIN

Stress Management for Life



Employee Health Promotion
Disease Prevention

CLASSES BEGIN THURSDAY

SEPTEMBER 13, 2012 4:45 TO 5:45 PM

CALL EMPLOYEE WELLNESS TO SIGN UP

541-677-3025 OR 541-440-1000 X44701

**FIRST 5 TO SIGN UP AND ATTEND WILL WIN A FIT
BALL CHAIR**

Classes for Employees Starting Soon

September Healthy Living Tips



Immunization Season is Almost Here

Who should get the influenza (flu) shot?

Anyone six months and older who want to reduce their risk of getting the flu should have the flu shot (vaccination). Those with greater risk of illness or complication from the flu include:

- People with chronic health conditions such as heart disease, diabetes or respiratory conditions
- People older than 65 years old
- Pregnant women and women who are trying to get pregnant
- People who are around infants or a family member with a health condition
- Healthcare personnel

Why is the flu shot needed every year?

The flu viruses can change over time so every year the flu shot is updated to contain the flu viruses most likely to spread that year. Everyone should be vaccinated yearly to protect yourself from the flu that is circulating that year.

When is the best time to get the flu shot?

You should get the flu shot as soon as it becomes available in the fall, then you will be protected in the winter. It takes about two weeks for your body to build up antibodies to fight the flu after you have been vaccinated.

Can I get the flu from the flu shot?

No, the flu shot contains strains of non-living flu viruses so you cannot get the flu from the vaccination.



Get your flu shot this year to protect yourself, your family and your neighborhood!

For more information about Seasonal Influenza (flu), on the web go to:

<http://www.cdc.gov/flu/>

Attention Veterans!

Please watch your local newspaper and postings at your clinic for dates and times for the 2012 VA Roseburg Healthcare System Flu Clinics. Announcements will be coming out soon! Get your Flu shot and protect yourself!

Submitted by Christina Fallin

Project Yearbook

COMING SOON: Remember your yearbook from high school? The photos, the quotes, the yearly motto forever pasted in print?

The Worklife Improvement Team has recently formed a committee to begin exploring ideas for a yearbook for our facility! Because the yearbook is about the employees here at VARHS, the team wants feedback from you! Here's the scoop:

Employees, please submit your favorite motto or quote for our yearbook. We are looking for inspirational and creative input from staff and submissions will be used throughout the yearbook.

September – Submit your favorite motto idea and win!

Prizes – The winner of the motto contest will receive a parking space of their choice for one month, courtesy of Director Bogedain!

Submit your suggestions to: Christina Fallin, Human Resources Assistant, Building 17 or by email: Christina.Fallin@va.gov

Yearbook Team:

- ♥ Carolyn Rhodes-Rapant
- ♣ Carrie Boothe
- ♠ Christina Fallin
- ♣ Debbie Wheeler
- ♣ Jennifer Stolburg
- ♣ Jim Sparks
- ♣ John Call
- ♣ Julie Norton
- ♣ Kathy Woods
- ♣ Traci Palmer

VARHS PRIVACY OFFICER



Richard Weber, VARHS
Privacy Officer

Privacy Officer's quote of the month:

"Privacy is EVERY BODIES business!"

Questions or Comments? Contact:

Richard C. Weber
Records Management Officer
Privacy/FOIA Officer
Phone: 541-440-1000 ext. 44561



acebook

VA Roseburg Facebook page has 300 fans and growing!

Have you "liked" our page yet?

Join the 300 others who have and find updates, photos, great links, event information and more! See you there!

www.facebook.com/VARoseburg

We have a winner!

Jim Fitzpatrick, VARHS Mental Health Medical Support Assistant, entered his goat, Eli, in the Douglas County Fair.

Eli won Reserve Champion in the Pack Goat Competition!

Great Job Jim and Eli!!
Congratulations on your celebrity status!



The content of this newsletter is provided to employees, volunteers and Veterans for information only. The information expressed in this publication does not necessarily reflect the opinions of, or include support of the Administration Boards, Editorial Staff, or Department of Veterans Affairs.

This edition of the *VA Relay* is also available at:

www.roseburg.va.gov



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