

VA Roseburg Healthcare System  
Serving Veterans Since 1933

# The VA Relay

Your News Source

VISN 20

# DECEMBER

# 2012

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

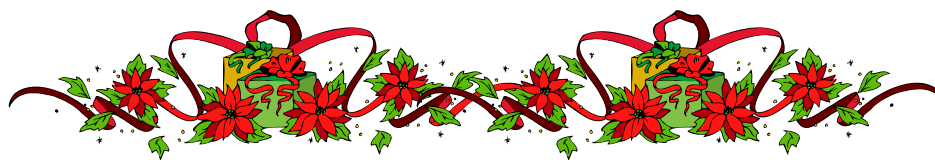




# From The *Director*



*Carol Bogedain, Director  
VA Roseburg Healthcare System*



## ***Holiday Greetings to All!***

With the end of 2012 fast approaching, it is with sincere warmth that I extend my very best wishes to you and your families. Your continued dedication to the organization and the those we serve is appreciated and has resulted in 2012 being a successful year.

As we prepare for this busy and joyous holiday season, it is a time to reflect on the cherished and important things in life. When we think about what are those things that create meaning, those things that enrich our lives, and those things that are hard to live without such as family, friends and our freedom. The gift of family and the gift of friendship enrich each of our lives in incredibly significant ways, as is the gift of giving. A simple act of kindness can change the lives of many. Again, this year, the VARHS employees stepped up to assist the children of Douglas County by providing gifts to the less unfortunate. Ninety seven child names were received from the Douglas County Child Welfare Program, an increase of 17 names from last year. The generosity of the VARHS employees is amazing!

The Annual Holiday Open House is scheduled for Friday, December 14 from 11:00 am – 2:00 p.m. in the Executive Office. We hope you all will come by for some holiday cheer and join in the holiday caroling. Another fun holiday season event being planned by the Yearbook Team is an “Ugly Sweater Contest”. It is a time for everyone to go through your closets and see if you have what it takes to be the winner. Watch the Newswire for further information.

Happy Holidays and a Happy New Year to all of our Veterans, employees and volunteers.

Carol S. Bogedain, FACHE  
Director

# WOMEN VETERANS HEALTH CARE

A broken bone or  
a broken spirit...

...domestic  
abuse hurts.

★ *You served, you deserve the best care anywhere.* ★



Department of  
Veterans Affairs

[www.publichealth.va.gov/womenshealth](http://www.publichealth.va.gov/womenshealth)  
Women Veterans Health Strategic Health Care Group, VACO 07/2009

**VA Roseburg Healthcare System's Women Veterans Program Manager:  
Marcia Hall, PhD. 541-440-1000 Extension 41326**



## *Douglas County Veterans Day Parade 2012*



The Veterans Day Parade boasted the most parade entrants ever (topping 100), and an enormous crowd lined the streets of downtown Roseburg, November 12, 2012 to honor all Veterans.

A special thank you to all VARHS staff who participated in marching in the parade and carrying our banner. Seen above, are some of the VARHS staff who participated, and behind the group, is the VARHS bus driven by Karl Tanner, Recreation Therapy Service. The bus included inpatients who were able to participate and enjoy the day via a warm and dry seat in our patriotically-decorated bus.



VARHS staff in the  
Tally/Judge's Booth

Thank you!!!

Brenda Schiller

Christina Fallin

Andrea Bernhardt

Linda Shinn

Brenda Longoria

Mary Anne Tuttle

Traci Palmer

Caroline McCants

Dema Inman

Photographers:

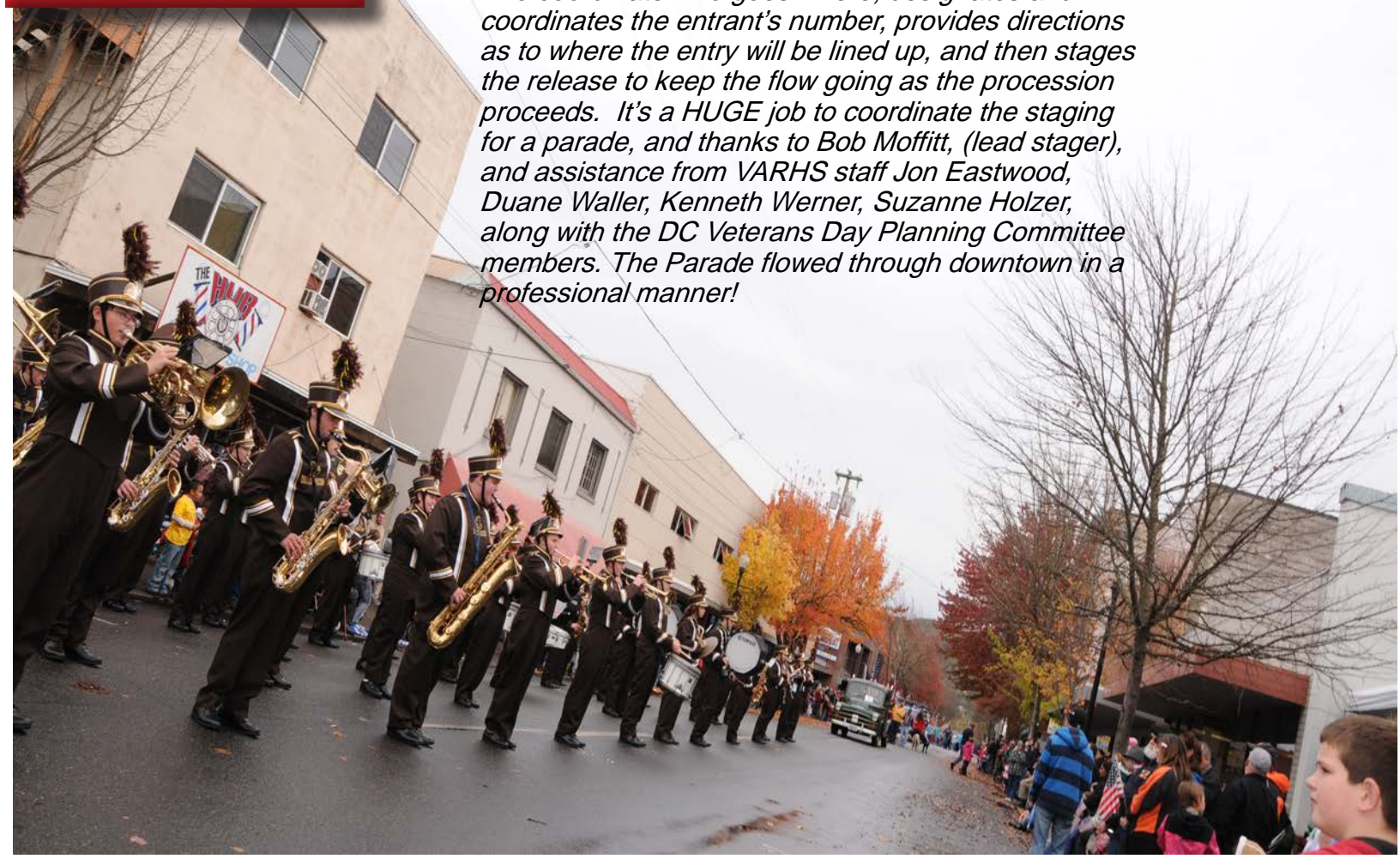
Mark Johns, Work-Study

Christopher Vermillion,  
Volunteer

The Public Affairs staff  
could not have done it  
without you!!!!



*The line up for the Parade is done by stagers who coordinate who goes where, designates and coordinates the entrant's number, provides directions as to where the entry will be lined up, and then stages the release to keep the flow going as the procession proceeds. It's a HUGE job to coordinate the staging for a parade, and thanks to Bob Moffitt, (lead stager), and assistance from VARHS staff Jon Eastwood, Duane Waller, Kenneth Werner, Suzanne Holzer, along with the DC Veterans Day Planning Committee members. The Parade flowed through downtown in a professional manner!*





Special Thanks also goes to:

Parade judges:

Ron Dukes, George Ambrosini, Robert Van Norman and Director Carol Bogedain

Other special thanks:

Jeff Shinn and Wayne Newport for their willingness to interview on the radio

Cindy Houston and Chris Noll for hauling the four-wheelers to and from Hobi Equipment Company!





# *Veterans Day on VA Roseburg Campus*

7



Coos Bay Harley Owners Group members, Abate, and Harley Riders joined together to put together Memory Honor Harley Pins with ribbons. The group met after the Douglas County Veterans Day Parade and rode around the VA Roseburg campus stopping to deliver thank you's and visit patients. Group members provided pins to our inpatients in Transitional Care, Protective Care, Residential Rehab Treatment Program, Ward 5 and the Emergency Department. Pins were left for our 3P inpatients along with thank you notes so they could be added to their belongings at discharge.

This was a heart-felt opportunity to say "Thank you" to those Veterans that couldn't get out to the Parade. Our patients and the Harley owners group had a great time! Thank you Harley Owners Group!

## *Emergency Department News : Our Nurses*

The pace of emergency nursing varies from slow to supersonic, and it can change within minutes. Emergency nurses must have a vast array of personal characteristics in order to be successful on the job. They require observation, assessment, and prioritization skills; the ability to multi-task; good interpersonal and customer service skills; must be assertive patient advocates and have the unique ability to maintain calm amidst chaos.

Our Emergency Department (ED) nurses possess a natural ability for teamwork, a good sense of humor, and the ability to think fast on their feet. This enables the ED nurses to keep their heads above water in an often rising and increasingly complicated patient load. ED nurses share a special connection with our Veterans as these traits have helped them survive their life in the military.

Each year we celebrate Emergency Nurses Week: A week in which we honor the nurses who work in the ED for providing the best and highest quality of care to our Veterans.

Did you know that the VA Roseburg ED has been open 24 hours a day, seven days a week, 365 days a year for more than 15 years? That's right, while most of us are sleeping, our ED nurses are here providing care to Veterans.



# THANK YOU ED NURSES!



# Kudos



## Catch a Star

Making the Difference

**Shining Star:** Stephanie Bryant

**Is receiving this recognition for:** Being very kind, considerate, understanding while explaining and administering my hearing test. She was very polite, knowledgeable and professional.

**Recognized by:** Russel L. Rowland



## Catch a Star

Making the Difference

**Shining Star:** SPS TEAM

**Is receiving this recognition for:** Being AWESOME! Even though they are working short handed they are always willing to help! You are one of the reasons the OR runs so well. You all ROCK! Thank You!

**Recognized by:** Whitney Meacham



## Catch a Star

Making the Difference

**Shining Star:** Janie Vietti

**Is receiving this recognition for:** Being so caring and helpful in solving all my problems relating to my illness. In my opinion she goes above and beyond her duties as a nurse in VA Clinic Eugene.

**Recognized by:** Cliff Rylands



## Catch a Star

Making the Difference

**Shining Star:** Ron Wilson

**Is receiving this recognition for:** Ron always greets everyone with a warm smile and friendly hello. He goes above and beyond in his duties. He is a great addition to our team. Thanks Ron!!!

**Recognized by:** Home Telehealth Team



## Catch a Star

Making the Difference

**Shining Star:** Lars Severson

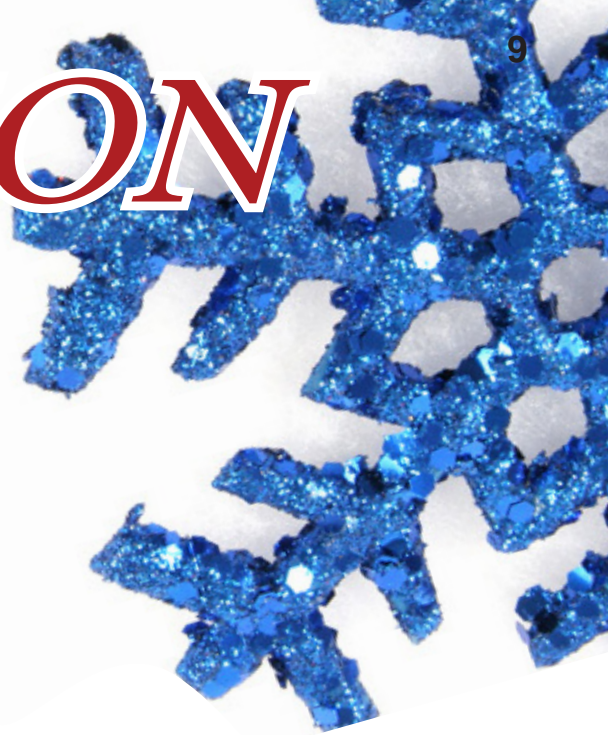
**Is receiving this recognition for:** His excellent customer service! A patient was trying to access care in California, and he took the initiative to follow through when conflicting information was present. He is a model employee and demonstrates true patient centered care!

**Recognized by:** Nancy Porter





# EDUCATION SERVICE



## **Budget/Training/Travel:**

Melissa Watts, Education Service, will be emailing out the FY13 educational allotment budget for each service area. The training/travel forms can be found accessing the Newswire. Go to the Education tab, and under Documents (on the left), click on *Training Forms-How to Fill Out*, or, contact Melissa at extension 45119.

## **TMS:**

For those of you who need your TMS password reset or unlocked, or an item will not record, please check with your service's TMS SuperUser to reset your password or record your TMS item.

## **Telehealth News:**

Shelli Branson has joined the VA Roseburg Healthcare System as a new Telehealth LPN who will begin working in North Bend CBOC with Hilary Aleskus beginning in December 2012. Hilary Aleskus will transfer to Eugene CBOC from the North Bend Clinic at the beginning of January 2013. Welcome, Shelli!

## **Introduction to REdl**

- The Department of Veterans Affairs (VA) established the Resuscitation Education Initiative (REdl) in 2010. REdl is organized under Employee Education System (EES) and is aligned organizationally with the SimLEARN center. REdl is a national program to standardize, document, track and monitor the provisions of Advanced Cardiac Life Support (ACLS), Basic Life Support (BLS) and Advanced Trauma Life Support (ATLS) training throughout VA. It will provide critical train-the-trainer clinical training support to the field's efforts to provide training to large numbers of medical center clinical and non-clinical employees. REdl is an initiative under the New Models of Care Specialty Care Operating Plan. REdl adapts and implements the American Heart Association (AHA) and the American College of Surgeons (ACS) training programs to support the needs of the Department of Veterans Affairs.

### **GOALS**

- The goals of the REdl Program are to expand the number of employees certified in ACLS/BLS/ATLS (over time) to advance the quality of patient care and to improve the documentation for resuscitation training.
- Provide responsive customer service.
- Preserve reasonable pricing of products/services from vendors and organizations.
- Maintain the integrity and standards of the AHA, EES and VA.
- Quantify REdl affiliated Training Site (TS) compliance to AHA Guidelines through site visits and record audits.

\*More updates to follow and will be posted on the Newswire.



# PROSTHETICS SERVICE



*Submitted by: Jim Manser, Chief,  
Prosthetics and Sensory Aids Service*

The mission of Prosthetics ([www.prosthetics.va.gov](http://www.prosthetics.va.gov))

is to provide comprehensive support, to optimize health and independence of the Veteran. The theme for this year's Prosthetics Day was celebrating the role of adaptive sports in the health and well-being of Veterans. Jeff Deleon, Oregon PVA President served as master of ceremonies for the annual event; and the keynote speaker was Justin Brown, Chief Operations Officer, VA National Veterans Sports & Special Events. During his presentation, Mr. Brown supported the challenge to establish a community endowment fund to advance Veterans participation in adaptive sports. Patty Prather, City of Eugene Adaptive Sports & Recreation Programmer, accepted the challenge. Through an existing trust fund managed by the City of Eugene's Adaptive Sports & Recreation Program, Ms. Prather announced plans to build the endowment fund within that financial structure. Patty Prather was applauded for her work to engage Veterans in adaptive sports & recreation; captured in a recently produced video:

<http://www.youtube.com/watch?v=ivhDjCJt9FY>

A special feature of Prosthetics Day was to honor the VA Roseburg Healthcare System's (VARHS) team that participated in the 2012 National Veterans Summer Sports Clinic (NVSSC):

Bobby DeVoll

John Dunbar

Ken Kraft

Ree McSween

Steve Williams

The Veteran team shared how the NVSSC was a venue for healing, self-discovery, and encouragement. Veterans have "paid it forward" by assisting other Veterans in adaptive sports and recreation activities.

Other Veteran testimonials included Bill Gray, Jack Keller, Dawn Shumack, and Ralph Wilson. The common thread was appreciation for how prosthetics devices and programs facilitate their health and quality of life.

Keeli Gage, Health Technician for VA MOVE, presented the new Veteran Cycling for Health & Wellness program, funded through VA Oregon Rural Health. The program's center-piece is a bike sharing system that will be installed on the VA Roseburg campus in 2013; conceptually highlighted in a video:

[www.youtube.com/watch?v=jIFeSHCviuU](http://www.youtube.com/watch?v=jIFeSHCviuU)

Prosthetics Day concluded with an awards & recognition ceremony:

VISN 20 Prosthetics Day/VA MOVE Cycle Trophy to **Roseburg!**

Roseburg	1,375 miles, 53 cyclists
White City	631 miles, 44 cyclists
Portland	425 miles, 4 cyclists
Spokane	11 miles, 3 cyclists

*Continued next page.....*



## Director's Service Cycle Trophy Award to **Prosthetics Team!**

Prosthetics Team	330 miles, 16 cyclists
Surgical Team	270 miles, 10 cyclists
Management Team	200 miles, 7 cyclists
Medical Support Team	150 miles, 4 cyclists
Building 3 Team	140 miles, 3 cyclists
Mental Health Team	90 miles, 4 cyclists
Care Team	75 miles, 5 cyclists
Health Promotion Team	75 miles, 1 cyclist
CBOC Team	45 miles, 3 cyclists

# *PROSTHETICS SERVICE*

Pat Anderson, Cycle Hero

Marty Fink, VA Cycle Mentor

Chuck Walker, Veteran Cycling for Health & Wellness

Nancy Johnson & Kay Harris, Prosthetics Purchasing Agents

Thanks to the planning team for organizing and executing Prosthetics Day. It was fun, informative and inspirational. Most of all, we were able to honor our Veterans and dedicated Prosthetics Staff:

Dawn Shumack - VIP, certificates and color guard

Bob Moffitt & Dean Bonney – IT support

Carrie Boothe – PR, media invite, photography during event

Kregg Parenti/Brenda Schiller – VAVS funding for color program

Sharon Carlson – Director's Office support

Elizabeth Jesch –VCS refreshments

Ed Moczynski & Dema Inman - Auditorium set-up

## *Special Recognition*

Without the generous donations provided by area Veteran Service Organizations, local community members and business', some of our Veterans would not have been able to attend the VA Summer Sports Clinic. On behalf of the Voluntary and Prosthetics Services and all of us at VARHS, a HUGE thank you goes to:

VFW Post 2468

Military Order of the Cooties

Dirk Kruysman

American Legion Post 16

Vietnam Veterans of America, Post 805

Pacific Rubber and Supply

Hamilton Construction

Carol Anderson

# *THANK YOU FOR SUPPORTING OUR LOCAL VETERANS!!!*



# *Voluntary Service*

## *Volunteer of the Month*



Pictured Left: Arvon Force, Carrie Shaw-Larson (Center) with Voluntary Service Chief, Kregg Parenti

Carrie received special recognition and thanks for:

This volunteer goes above and beyond the call of duty, never complains and always works with a smile on her face. She is more than happy to take on extra work; she was instrumental in helping volunteers start the process for computer access. She is a one of a kind volunteer.

Congratulations to Carrie, our November VA Roseburg Volunteer of the Month!



December 6- All Employee Meeting 11:00 a.m. North Bend Clinic and Holiday Party

December 7- All Employee Meeting 8:15 a.m. Brookings Clinic and Holiday Party

December 13- All Employee Meeting Roseburg 7:30 a.m. and 3:30 p.m. in the Auditorium, Building 16

December 14- Holiday Party- Director's Office 11:00 a.m. to 2:00 p.m.

December 14- Ugly Sweater Contest at 2:00 p.m. in the Auditorium. Winner will receive a parking spot for one month! Questions? Call Christina Fallin at Extension 44271 or Julie Norton at Extension 44229

December 17- All Employee Meeting and Service Pin Awards 12:30 p.m. in the Auditorium.

December 18- All Employee Meeting 10:00 a.m. BHRRS Clinic Eugene and Holiday Party

December 18- All Employee Meeting 1:00 p.m. Eugene CBOC and Holiday Party

## **Save the Date! 2013 Retirement Seminars:**

The dates for the 2013 Retirement Seminars will be 03/21/13 and 09/05/13. They will be held in the Auditorium in Building 16. The times are still to be determined. Mark your calendars and watch the Newswire for updates!



*MIKE GILLESPIE*

# CHAPLAIN'S NOTES

## As You Celebrate Your Holidays, Remember Others as Well

December is a month which brings together many sacred and secular observances of the season. These include Christmas, Chanukah, Kwanzaa, Winter Solstice and New Year's Eve as well as our various cultural and family variations. Some give and receive gifts, attend religious services, sing carols, light candles, decorate houses and trees, participate in sacred dances, take young ones to see Santa, go shopping on Black Friday or Cyber Monday, remember the year past, make resolutions and so on.

As we each celebrate our own traditions, old or new, let us also make room in our minds and hearts for the differing celebrations that others may honor. Let us remember that the Department of Veterans Affairs asks those of us who decorate our work areas to be sensitive to this diversity as we do so.

## Goodbye to Chaplain Tammie

Chaplain Tammie Elfadili is leaving her position in Roseburg after two years. Her kind and friendly demeanor, hard work, creativity and professionalism have endeared her to all of us. She has helped Chaplain Service and our facility to move forward in many areas. She was the first chaplain in the country to do telework from home following her maternity leave. During that time last fall, she also piloted conducting spiritual assessments for Veterans using video conferencing. She helped launch and run the Veteran Art Project, the Tele-Chaplaincy program, the Bereavement Telephone Follow-up Program, a PCU Spouse Support Group, and non-denominational devotionals on various wards.

Chaplain Elfadili has served on Interdisciplinary Teams in various parts of the medical center. She has worked with individual as well as groups of Veterans, provided support families and caregivers, and helped bring extra special care to Veterans at the end of life. She helped Chaplain Service double its Veteran contacts each month. She served on the Women's Health Committee, the OEF/OIF/OND Committee and Special Emphasis Program Committee. She managed the African American Special Emphasis Program, and planned and organized events for Black History Month in both 2011 and 2012—the highlight being a Black History Concert at Lane Community College last February. She has masterfully balanced working at this facility, serving in the Army Reserves, and being a wife and new mom. Her crowning achievement this fall was being awarded the VA Under Secretary for Health's Award for Excellence in Chaplaincy. We wish her well as she leaves us for a new position in Houston, Texas.



*TAMMIE ELFADILI*

Her last day of work will be December 7<sup>th</sup>. Chaplain Service will be holding a *Farewell Reception* for Tammie on Thursday, December 6 from 11:15-12:30 in the Library Conference Room. Light refreshments will be served.



# *Evolution of Advanced Practice Nursing in Psychiatric Mental Health*



*Pictured above:  
Debby A. Phillips, PhD,  
APN-BC  
Eugene VA CBOC MH*

**A**dvanced practice in psychiatric mental health nursing (APN-PMH) has changed over the last 50+ years. Dr. Hildegard Peplau began the first PMH clinical nurse specialist (CNS) program in 1955 at Rutgers University. For the next 50 years, advanced practice in PMH was primarily the CNS role. PMH-CNS national certification began in 1974. At that time, there were relatively few nurse

practitioner programs in PMH.

Historically, CNS-PMH education and role focus was in two main PMH areas; systems issues and MH expertise in hospitals, and clinical advanced practice in individual, group, and family psychotherapy.

By the 1990's the primary care nurse practitioner role had gained prominence and the PMH- NP role began to develop out of this initiative. The Psychiatric Nurse Practitioner role includes PMH expertise and care, primary care, prescriptive authority, and less emphasis on psychotherapy. National certification for PMH-NPs began in 2000. With the advent of PMH-NP programs and increasing numbers of licensed PMH-NPs there has been confusion and inconsistency regarding the scope of PMH advanced nursing practice, definitions, and titles. Adding to the blurred role boundaries between the PMH CNS and NP is the fact that some CNS programs have added the three to four courses needed for CNSs to be granted prescriptive authority in some states. In addition, some previously certified CNS-PMH have returned

to graduate school to obtain the courses necessary to be granted prescriptive authority in their particular state.

Currently the main differences between psychiatric mental health advanced practice nursing roles are that nurse practitioners have prescriptive authority in all states and NPs may provide primary care. CNSs have prescriptive authority in some states and, if in clinical practice, PMH CNSs usually have psychotherapy as a main focus of their clinical work.

The Consensus Model for APRN Regulation: Licensure, Accreditation, Certification & Education (LACE) developed out of advanced practice inconsistencies in titling, definitions, credentialing, and licensing across states. Currently, it has been endorsed by 48 national nursing organizations and credentialing bodies to regulate advanced practice nursing education and practice nationwide. Implementation date is 2015. Also in support of standardizing the APN role, is the Institute of Medicine (IOM) which recommends that state legislatures conform to the Consensus Model.

Goals of the Consensus Model are to standardize a broad based core education for all APRNs and to standardize core courses of the six specialty areas (Family, Adult-Gerontology, Pediatrics, Neonatal, Women's Health, and Lifespan PMH). Basic core includes "three P's," advanced pathophysiology, advanced pharmacology, and advanced physical assessment. Specialty areas include more advanced coursework specific to the population. For example, the PMH specialty requires that students also have advanced psychopharmacology and individual, family, and group psychotherapy- adding a 4<sup>th</sup> "P."

The DNP (Doctor of Nursing Practice) has also complicated this situation. AACN (American Colleges of Nursing) recommends that the DNP be the highest degree for nurse clinicians, and that

*See Evolution next page...*

it be entry level for all APRNs by 2015. Nursing credentialing boards however do not require the DNP for APRN entry level exam eligibility hence the continued presence of MSN and Post-MSN programs. This AACN DNP recommendation is, so far, similar to the recommended BSN entry level for registered nurses- recommended but not yet required.

APRNs in the VHA are mainly in clinical roles-providing primary or specialty patient care. Exceptions are administrative roles and hospital-wide APRN roles providing education, training, and specialty expertise. Increasingly over time, APRN-PMH's in the VA and in community mental health centers have been hired to provide psychiatric assessment and medication management but not psychotherapy. Beyond brief therapies (i.e. cognitive behavioral therapy, solution focused therapy) and psycho-education that can be fit into a 30 minute appointment with assessment and medication management, psychotherapy treatments (i.e. CPT, Exposure Therapy, EMDR, Family Systems work ) have largely been dropped from VA and community outpatient APRN-PMH role.

The reason for dropping psychotherapy from many APRN-PMH clinical positions is primarily financial. Psychotherapy treatment usually requires 60-90 minute appointments occurring weekly or biweekly where as APRN-PMH medication management appointments are usually much less frequent lasting 30 minutes or less. Lower salaried Master's prepared clinical social workers, psychologists, and counselors are hired to provide psychotherapy. While it is fortunate to have other professionals providing psychotherapy treatments there are downsides to these economic decisions. Some APRN-PMH's are very experienced and skilled in psychotherapy and have much to offer people with mental health problems. APRN-PMH's are educated in a holistic, mid/body approach. This includes broad based undergraduate and graduate work in biology, chemistry, anatomy and physiology, neurobiology and clinical nursing courses that synthesize this information with theoretically based nursing approaches to care combined with psychosocial education in sociology, psychology and psychiatric mental health nursing. This rich and beneficial educational and experiential

underpinning provides a uniquely powerful psychotherapeutic approach to patients.

Nonetheless, there are a relatively small number of APRNs in PMH who are able to practice full scope APRN-PMH roles. Most of these APRNs are in private practice, however some are employed in VA's and other mental health (MH) agencies. Dr. Debby A. Phillips, PhD-APRN-BC is employed by the Eugene Community Based Outpatient Clinic (CBOC) in this full scope APRN-PMH role. Although Dr. Phillips was initially hired to fill an APRN-PMH assessment and medication management role,

after her first year in Eugene mental health, she was asked to begin the Roseburg HC System VA PCMHI initiative at the CBOC. Approximately one year after beginning the Eugene CBOC PCMHI Program, Dr. Phillips was asked to return to seeing PMH out-patients and to focus on the MH consult backlog of 200 Eugene



area VA patients in need of psychotherapy. Dr. Phillips was educated as a PMH-CNS in the 1980's and practiced primarily as a psychotherapist in her early APRN career before returning to school for a doctorate at University of Washington. She is trained in CBT, exposure, psychodynamic, gestalt, feminist, interpersonal, and EMDR individual therapies as well as group, couples and family therapy. Dr. Phillips obtained prescriptive authority by taking the required additional graduate course work and has incorporated medication management treatment as needed into her practice the last 12 years. Currently Dr. Phillips sees Eugene area Veterans at the CBOC in outpatient mental health. Approximately 75% of the patients are receiving psychotherapy and med management and the remainder are receiving one or the other. In addition, forty to fifty percent of Dr. Phillips VA outpatient MH caseload has a history of Military Sexual Trauma. Human violence victimization including physical, sexual, and psychological abuse in adult and childhood as well as other forms of psychoemotional trauma are primary areas of Dr. Phillips' expertise and interest.



# *HEALTHY LIVING TIPS: SUPER RECIPE FROM YOUR PACT TEAM*

## Orange Glazed Turkey with Potatoes & Carrots

Serves 6

### Ingredients

Cooking spray

1 ½ to 1 ¾ pounds boneless turkey breast roast, skin and fat removed

2 tsp. mixed dried herbs – (rosemary, basil, parsley, tarragon, chives, thyme, sage)

¾ teaspoon salt

½ teaspoon black pepper

½ teaspoon garlic powder

3 tablespoon no-sugar added orange marmalade

1 pound potatoes scrubbed and cut in to 1 inch cubes ( any type of potatoes)

4 medium carrots, peeled and cut into 1 inch sections

1 tablespoon extra virgin olive oil

### Cooking Instructions

Preheat oven 375 degrees. Spray a 9 x 13 inch casserole dish with cooking spray and place the turkey in the dish. In a small bowl, mix dry ingredients (herb, salt, pepper, garlic powder). Rub half of mixture over the turkey. Spread marmalade over turkey. Stir potatoes, carrots and oil into remaining herb mixture. Place vegetables in dish around the turkey. Bake for 1 hour.

Remove from oven and let sit 5-10 minutes to allow juices to redistribute.

### Nutritional Analysis

Calories per serving  
Total Fat:  
    Saturated Fat  
    Trans Fat  
    Polyunsaturated Fat  
    Monounsaturated Fat  
Cholesterol  
Sodium  
Carbohydrates  
Fiber  
Sugar  
Protein

### Per Serving

257  
3.5g  
.5g  
0.0g  
.5g  
2.0g  
76mg  
389mg  
23mg  
3g  
7g  
32g



*HAPPY HOLIDAYS FROM ALL OF US  
TO ALL OF YOU!*

# *NEW VA NORTHWEST HEALTH NETWORK (VISN 20) Director*



***Lawrence H. Carroll, Director  
VA Northwest Health Network  
Vancouver, WA***

Lawrence H. Carroll was appointed Network Director, VISN 20, in October 2012. His effective date is December 3, 2012. Prior to that he served as Medical Center Director at the VA San Francisco, from the period February 2009 – November 2012.

Mr. Carroll began his VA career in April 1982 and served as VA District Planner, Medical District Office in Buffalo, NY through November 1987. From 1987 to 1996, Mr. Carroll served as the

Director of Facilities Construction for the VA Western Regional Office in San Francisco. He then served as Special Assistant to the Director, NCHCS from July 1996 to September 2001 where he played a key role in executive management in setting policy, guiding organizational change and managing program development. He has also served as Deputy Network Director for the Sierra Pacific Network (VISN 21), Acting Director of the VA Northern California Health Care System (NCHCS) and Associate Director, NCHCS East Bay Division.

Before joining the VA, Mr. Carroll held several positions of increasing responsibility in health systems management including assignments as Director of Planning and Data Manager at the Health Systems Agency of Western New York, Buffalo, NY. He possesses a Bachelor of Science degree from Cornell University and an MBA with a specialty in Health Systems Analysis from the State University of New York. Mr. Carroll served two years in the United States Army and was honorably discharged.

The VA Northwest Health Network is one of 21 Veterans Integrated Service Networks (VISNs) in the Veterans Health Administration (VHA). VISN 20 serves Veterans in 47 locations in Alaska, Idaho, Oregon, Washington, California and Montana. The annual operating budget is more than \$2.1 billion and FTEE exceeds 10,500. The Network provides healthcare and other services to more than 220,000 Veterans each year.

## *Combined Federal Campaign (CFC) SUCCESS!*

*Great job Roseburg  
Employees!!!*

The total dollar amount raised for the CFC Campaign 2012 by VA Roseburg Healthcare Employees:  
**\$10,246.10!**

Included in the total is \$5388.35 for our events and \$4857.75 in raffle tickets and donations.

Another successful year!

## ***WINNERS!***

The winners of the CFC raffle items:

Parking Space #1 – Chris Noll

Parking Space #2 – Dawna Evans

½ hr. Photo Shoot with Leanna's Reflections Photography – Kathleen Ward

½ day handyman services with Gary May – Les Ludwig

Lunch with the Director – Dawn Shumack

**Congratulations!**



# New Employees



*Christin Maks, Registered Dietitian*



*Suzane Hansler, RNOD  
Registered Nurse of the day*



*Lisa Jennings  
Social Work Intern*

## Welcome to VA Roseburg Healthcare System



*Joshua West  
Police Officer*



*Noreen Palmcook  
Dietitian*



*Shelli Branson  
LPN*



VA ROSEBURG HEALTHCARE SYSTEM

VA Roseburg Healthcare System

# Safety Salvo

December 2012

SAFETY TIP OF THE MONTH

## SHORTCUTS

### Are the quickest route to an accident!

For All Emergencies  
Dial \*35  
Off Hospital Campus dial 911

Be sure to:

- Always keep fresh trees watered
- Always buy lights and decorations that have independent testing laboratory labels; including artificial trees
- Choose decorations that are flame resistant or flame retardant
- Keep candles away from trees and decorations

Your VA Roseburg Healthcare Safety Team

**YOU**  
Safety Starts with YOU!

Jose Hernandez, Safety Officer.....Ext. 40087  
Atticus Lamoreaux, Safety Specialist.....Ext. 40144  
Louis Novak, GEMS Coordinator.....Ext. 40111  
John Call, Industrial Hygienist.....Ext. 41319  
John Green, AFGE Safety.....Ext. 44008

CBDC's Facility Safety Representatives  
Eugene: Wendy Powell.....Ext. 47522  
Kim Cooley.....Ext. 47416  
Brookings/Crescent City:  
Christine Rogers.....541-412-1842



## Have a Safe and Happy Holiday Season!

The following is provided courtesy of the National Fire Protection Association

- The winter holidays are a time for celebration, and that means more cooking, home decorating, entertaining, and an increased risk of fire due to heating equipment.
- Between 2005-2009, U.S. fire departments responded to an average of 240 home fires that started with Christmas trees per year. These fires caused an average of 13 deaths, 27 injuries, and \$16.7 million in direct property damage annually.
- Christmas tree fires are not common, but when they occur, they are likely to be serious. A heat source too close to the Christmas tree started one of every five (20%) of these fires.

**PLEASE POST**



## Yearbook Update

Have you had your yearbook picture taken yet? If not, contact the point of contact for your Service to schedule your photo shoot!

The Yearbook Team would like to include military photos of our employees!!

If you would like to share your military experience with us, please submit your photo via email to Christina Fallin or Carrie Boothe today! Don't have an electronic copy? Not a problem. We can scan it for you!

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

[www.roseburg.va.gov](http://www.roseburg.va.gov)

Photo Credits-

Volunteer of the Month:  
Brenda Schiller

Veterans Day Parade:  
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# HAPPY HOLIDAYS!



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