



February
2013

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

Presidents' Day Observed
February 18

Random Acts of
Kindness Week
February 11-17

National Salute to
Veteran Patients
February 15

Healthy Heart
Month





From the Director

As we launch into our second month of 2013, thoughts of heart-shaped boxes of chocolate for our loved ones are most likely on our minds. However, most doctors will agree, that is not the only heart that needs our attention.

In addition to Valentine's Day, February is Healthy Heart Month. At the VA Roseburg Healthcare System, we encourage all Veterans, their families, and staff to take charge of their heart health by seeing their primary care physician on a regular basis, taking time to learn of the risk factors and warning signs of a heart attack, and look for ways to reduce risk by living a healthy lifestyle.

Women are especially at risk, and the American Heart Association, along with the VA Women Veterans Program, encourages women to "Go Red for Women," by wearing red or a special pin to raise awareness of heart disease during this month. Resources and preventative information are available at <http://www.womenshealth.va.gov/> and <http://www.heart.org/HEARTORG/> I encourage everyone to use these resources and learn more about what measures you can take to reduce the risk of heart disease.

Also this month during the week of February 10-16, and designated by Presidential proclamation, is the National Salute to Veteran Patients. VA Central Office encourages all Veterans Health Administration facilities to recognize this special week by honoring Veterans with a celebration. The VA Roseburg Healthcare System Voluntary Service will host special events on February 15, 2013 beginning at 10:00 a.m. in the VA Roseburg Auditorium located at 913 NW Garden Valley Blvd. To kick off this exceptional day, a formal opening ceremony will take place followed by a special tour of the campus to visit our patients, share stories and provide gifts and cards. Everyone is invited to join us for the formal ceremony, the patient visit and campus tour. I hope to see you there.

Later the same day, an indoor carnival complete with games, door prizes and friendly competition takes place in the Auditorium for our inpatients. Many Veteran Service Organizations join this popular event and host one of the games and manage a booth. Volunteers and staff also attend and escort patients through the carnival, assisting them wherever needed. This event is especially popular with our inpatients, and we look forward to this day. If you are interested in joining us to assist with the carnival, please contact Brenda Schiller, Voluntary Service Assistant, at 541-440-1000, Extension 45311.

Happy Valentine's Day and here's to a healthy heart!

Carol Bogedain, FACHE
Director

HEART DISEASE IS THE NO. 1 KILLER OF WOMEN

ARE YOU AT RISK?

Take this quiz to help learn about your risk factors for heart attack and stroke.

The more risk factors you have, the higher your overall risk. Work with your healthcare provider to reduce, control or prevent as many risk factors as you can.

Age and Gender

- I am a woman over 50 years old.

Family History

- My father or brother had a heart attack before age 55.
 My mother or sister had a heart attack before age 65.
 My mother, father, sister, brother or grandparent had a stroke.

Heart Disease Medical History

- I have coronary heart disease, atrial fibrillation or other heart condition(s).
 I've had a heart attack.

Stroke Medical History

- I've been told that I have carotid artery disease.
 I've had a stroke or TIA (transient ischemic attack).
 I have a disease of the leg arteries, a high red blood cell count or sickle cell anemia

High Blood Pressure

- My blood pressure is 140/90 mmHg or higher.
 My blood pressure is 120-139/80-89 mmHg (prehypertensive).
 I've been told my blood pressure is high.
 I need drugs to control my blood pressure.
 I don't know what my blood pressure is.

Tobacco Smoke

- I smoke OR I live or work with people who smoke tobacco regularly.

Total Blood Cholesterol

- My total blood cholesterol is 200 mg/dL or higher.
 I need drugs to lower my blood cholesterol level.
 I don't know my blood cholesterol level.

HDL Cholesterol

- My HDL ("good") cholesterol is less than 40 mg/dL.
 I don't know my HDL cholesterol level.

Physical Activity

- I get less than a total of 75 minutes of vigorous-intensity or 150 minutes of moderate-intensity physical activity per week.

Overweight

- I am 20 pounds or more overweight for my height and build.

Diabetes

- I have diabetes (a fasting blood sugar of 126 mg/dL or higher).
 I have been told I have a fasting blood sugar number higher than 100 mg/dL (pre-diabetes).
 I need medicine to control my blood sugar.

GoRedForWomen.org



10 Years of Saving Women's Lives

Rekisha Harris
Heart transplant at 32

"We are the ones who live in our bodies each day. And we have to speak up when something doesn't feel right. I tell everyone I know to pay attention to any changes in your health and see as many doctors as necessary to be sure your voice is heard."

Patient Aligned Care Teams (PACT)

Collaborative Care

Submitted by:
Phyllis Martin, Psy.D., Health Behavior Coordinator

The entire VA is in the midst of a cultural transformation. As you know, several initiatives have been put in place, including the PACT model. Overall, the goal of these initiatives is to increase HEALTH PROMOTION AND DISEASE PREVENTION approaches to health care. At present, 48% of our Veterans have potentially preventable conditions (18% tobacco use; 17% poor diet and physical inactivity; 10% other preventable; 3% alcohol consumption).

One of the primary differences includes how we deliver health care. Efforts are in place to help staff move from the traditional medical model to a more collaborative approach to health care. Traditional approaches assume that knowledge drives change. The clinician sets the agenda, the goal is compliance, and all decisions are made by the clinician.

In contrast, collaborative care assumes that knowledge and the Veteran's confidence to change drives that change. The Veteran sets the agenda, the goal is enhanced confidence, and decisions are made corroboratively.

We are offering formal and informal trainings to assist staff with this transition. Motivational Interviewing classes are being held monthly, and TEACH classes are held every other month. In addition, as previously stated, one-on-one health coaching is also available.

As the Health Behavior Coordinator, I am available for individual consultation with all clinicians. In addition, "Health Behavior Coaching for Prevention and Self Management" is scheduled twice a month for nursing staff.

I am also available for individual therapy with those Veterans who are unable to make the behavior changes necessary for improved health. Clinicians may want to refer those Veterans who are trying to lose weight, smokers, and individuals who are having difficulty adhering to their medical regimen. I am also available to provide therapy for those with chronic pain and insomnia.

The VA National Center for Prevention states that "The Veteran will experience health promotion and disease prevention (HPDP) clinical interventions that are seamlessly integrated across the continuum of their health care and are delivered in a variety of modalities matched to the Veteran's needs and preferences. VHA clinician and clinical support staff will value and participate in the delivery of HPDP interventions for patients as appropriate to each Veteran's priorities and overall plan of care." We must all collectively strive to work towards those goals.



For further information, you may contact me at 541-440-1000 ext. 40149 or cell: 541-671-6538
Email: Phyllis.martin@va.gov.



Care for Your Heart

Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke. That equals 2,200 deaths per year! This disease prevents people from working, enjoying family activities and maintaining their quality of life.

What is cardiovascular disease? Diseases that affect your heart or blood vessels, includes heart attack and stroke, high blood pressure, coronary artery disease and aortic aneurism.

You can play a role in reducing this disease with prevention. Protect yourself and your loved ones from heart disease and stroke by knowing the risks and taking steps to reduce them.

- Avoid tobacco use
- Get Up and Get Active by being physically active at least 30 minutes most days of the week.
- Make your calories count eat a heart healthy diet high in fruits, vegetable, whole grains and low in sodium and trans fats.

Speak to your Health Care Team about your “ABCS” the four steps to address the major risk factors for cardiovascular disease.

- **A**spirin for people at risk- should you be taking a daily aspirin?
- **C**ontrol your Blood pressure - what is your number?
- **C**holesterol- what are your numbers?
- Quit **S**moking – what’s available to help you quit?

Take control of your health by talking to your health care team, knowing your heart risks and following your providers medication and treatment instructions.

Fruit and Chips

Serves 10

Ingredients

For tortilla crisps:

8 whole-wheat tortillas

1 tablespoon sugar

1/2 tablespoon cinnamon

For fruit salsa:

3 cups diced fresh fruit, such as apples, oranges, kiwi, strawberries, grapes or other fresh fruit

2 tablespoons sugar-free jam, any flavor

1 tablespoon honey or agave nectar

2 tablespoons orange juice

Directions

Preheat oven to 350 F. Cut each tortilla into 10 wedges. Lay pieces on two baking sheets. Make sure they aren’t overlapping. Spray the tortilla pieces with cooking spray.

In a small bowl, combine sugar and cinnamon. Sprinkle evenly over the tortilla wedges. Bake for 10-12 minutes or until the pieces are crisp. Place on a cooling rack and let cool.

Cut the fruit into cubes. Gently mix the fruit together in a mixing bowl. In another bowl, whisk together jam, honey and orange juice. Pour this over the diced fruit. Mix gently. Cover the bowl with plastic wrap and refrigerate for 2 to 3 hours.

Serve as a dip or topping for the cinnamon tortilla chips.

Nutritional analysis per serving -

Serving size: About 8 chips and 1/3 cup salsa

Calories 119

Sodium 90 mg

Total fat 3 g

Total 21 g

NEW EMPLOYEES



Bonita Eldeen-Silver
Nurse Assistant



Brandon Jensen, NP
Eugene CBOC



Jonathan Landon,
Chaplain

WELCOME

To



Heather Allen
Release of Information



Jennie Spiker, CNL
Community Living Center



Jim Thomas
Environmental Mgmt.



Kirk Jones
Nurse Assistant



Margaret Flagor
Environmental Mgmt.



Sally Schafer
Audiology

The

VA!



Sara Hrouda
Pharmacy Tech.



Todd Wanamaker
Environmental Mgmt.



Vicki Ullom, LPN
Ambulatory Care
Women's Health

VARHS New Chief of Staff 7



Please join us in welcoming Dr. Chip Taylor as our new Chief of Staff.

Dr Taylor is a Board Certified Family Physician. He has worked at OHSU since 2008 in a variety of clinical and administrative roles. His clinical practice included inpatient and

outpatient family medicine plus maternity care. He also held a number of administrative positions at OHSU including Interim Medical Director and

Associate Residency Director for one of the Department's clinical practice sites as well as head of quality improvement for the Department. He also served as a member of the Quality Executive Committee for more than three years.

In 2008, Dr Taylor retired as a Captain from the US Navy and returned to the Pacific Northwest. During his time in the Navy he practiced in a variety of settings, first as a ship's doctor, then in clinic and hospital settings in metropolitan, suburban and overseas areas. He had extensive clinical leadership experience as Medical Director for multidisciplinary clinics in the Northeast US and as second in command of an overseas hospital.

Patient Centered Care..... Frank's Story

The practice of Patient Centered Care addresses the full range of physical, emotional, mental, social, spiritual, and environmental influences that affect a person's health. It employs a personalized approach that prioritizes the Veteran, his or her values, and what is most important to the Veteran to live life fully.

We would like to introduce "Frank." Here is Frank's story.

Frank is a 64 year old retired Viet Nam Veteran. He has been seeing his primary care physician for a couple of years now and his PCP is concerned that Frank is depressed. He scored an "11" on the PHQ-9, indicating moderate depression, but does not want treatment. His PCP wants to help him, but Frank has declined taking medication for depression.

Frank has been coming to the VA for care for a number of years. His wife died 10 years ago and Frank has been living alone since then. He struggled with depression when his wife died, but with the support of family and a Veterans grief group, he got back on his feet and has been coping well.

Recently, he has lost several of his friends and is beginning to feel the effects of aging. The last time he came in for a visit, Frank talked to his provider and said he did not want to take pills for depression, but he was open to other ideas. His provider suggested Frank take home and fill out a Personal Health Inventory to help him identify what really mattered to him. His PCP asked him to schedule a telephone visit with him in one week and to come in two weeks to meet with an Integrative Health Coach on the care team to talk about the inventory. Frank agreed.

As he worked through the inventory, it became very clear to him the thing that gave him most joy was his grandchildren. Whenever he was with them, or thought about them, he had energy and felt happy. Building on his Personal Health Inventory, his coach helped him create a plan that was focused on "dialing up" the joy in his life, rather than "fighting" the depression.

Stay tuned to learn more about Frank in the next issue of the VA Relay...

HAVE YOU SERVED IN THE MILITARY? DO YOU NEED HELP WITH LEGAL ISSUES?

If you answered YES to these two questions
You need to



ACCESS THE LAW



VETERANS LEGAL CLINIC

WHERE: 211 East 7th Ave, 2nd floor, Eugene, Oregon
VA BHRRS Clinic (Old Federal Courthouse) 541/242-0445

WHEN: The last Wednesday of each month
Drop in Hours - 1700hrs to 1900hrs / 5pm to 7pm
1st Come/1st Served - Sign-up starts at 1630hrs

WHAT: Get help with; Criminal & Civil cases, Divorce, Custody, Parenting Time, and Child Support, Landlord-Tenant, Debtor-Creditor, Bankruptcy, & more.

KUDOS

Catch a Star

Shining star Laurel Holland 1/30/2013

Is receiving this recognition for her professional approach, expertise, and diligence in the support that has been invaluable to the operative care clinics. Her extra time and efforts have not been unnoticed by staff and veterans alike. Her willingness to spend long hours in meticulous efforts to serve those whom have served results in an impressive contribution to our veterans and this facility as a whole. We the staff wish to express our appreciation by saying thank you for all you do.

JAMIE Guber
 Carol Londo
 Jung Brystrom
 Heather Hendrix
 Stacy
 Carl Philkamil
 David Host
 Donna Scott
 David J. Stine
 Cindy Lammara
 Jim
 Rosy McCoy

John A. Murray
 Carmen Bernal
 you are awesome!!!
 John Caldwell
 Thank you!
 [Signature]
 Bugler

Catch a Star
 Making the Difference

Shining Star: Linda Guillen, RN

Linda is being recognized for: Exhibiting a caring and competent attitude toward her patients. One of her patient's condition was worsening, and she monitored the patient throughout the night.

Recognized by: Patsy Cain, RN, BSN, RNOD

You're Invited!

ANNUAL NATIONAL SALUTE TO VETERAN PATIENTS

**VA Roseburg Healthcare System
Auditorium Building 16
Friday, February 15, 2013**

PUBLIC INVITED

10:00am-10:30am Opening Ceremony

10:30am-12:00pm Gift Distribution/Music

For Salute Program Volunteers

Lunch will be available between 12:00 and 1:00 pm

VETERAN PATIENTS

1:00pm-3:00pm Carnival

Over \$1000.00 in prizes and canteen books will be given
out to inpatients!!

REFRESHMENTS WILL BE SERVED

If you have any questions please contact:
Voluntary Services at ext. 44350 or 45311

Sponsored by:





CHAPLAIN'S NOTES

MIKE GILLESPIE

Welcome to VARHS Chaplain Dwayne Brown

We welcome Chaplain Dwayne Brown to full-time service as a Clinical Staff Chaplain beginning in mid-February. Chaplain Brown has been in our midst for several years in an intermittent role that has ranged from a few hours a month to ten or twelve hours a week. When a full-time position opened up it just seemed natural for Chaplain Brown to move into that role.

Chaplain Brown has lived in Oregon most of his life. He grew up in SW Portland, met his wife Vicky at and graduated from Linfield College in McMinnville, and has served three Oregon churches in Portland, Central Point, and Roseburg for over 28 years. He went to seminary at Princeton in the early 1980's and received a Doctor of Ministry degree from Austin Presbyterian Theological Seminary in 2006. While in seminary Chaplain Brown worked as a chaplain intern at Emmanuel Hospital in Portland for one summer which whetted his appetite for hospital chaplaincy to which he has returned. Chaplain Brown is a lifelong student and is currently working on a Diploma in the Art of Spiritual Direction from San Francisco Theological Seminary.

Chaplain Brown has two grown and married children and one grandchild. His wife Vicky is pastor at First Presbyterian here in Roseburg where Chaplain Brown continues to serve on a very part-time basis. He enjoys reading, walking, golfing, playing the occasional computer game, and travel. Chaplain Brown and Vicky live in Winchester.

You will see Chaplain Brown visiting patients in all wards of the hospital—Ward 5, the Community Living Centers, Ward 3 and residential treatment programs. He leads a weekly Bible devotional study on the Acute Psychiatric ward and a monthly anticipatory grief group for spouses of patient in Protected Care Unit, also known as the Lodge. He makes bereavement follow-up phone calls to next of kin of Veterans who have died and does spiritual assessments for all Veterans in the CLC's and residential treatment programs. He is also a member of the Patient Centered Care training team.

Moving to full-time will allow Chaplain Brown to regularly attend staff and patient related meetings on all of the wards he serves and to become more involved in the general life and flow of the hospital. It is a change he welcomes and is very much looking forward to. We welcome Chaplain Brown into this new and increased role.

February Events

"Life's most persistent and urgent question is, What are you doing for others?"
Martin Luther King Jr.

Random Acts of
Kindness Week
February 11-17

February is American Heart Month! Wear Red to show your support and raise awareness!

February 1- Employee Appreciation BBQ's at the Coastal Clinics
February 5- First Internment at the new Roseburg National Cemetery

February 8- All Employee Appreciation BBQ for Eugene and BHRRS

February 14- Valentine's Day

February 15- National Salute to Veteran Patients recognized at VA Roseburg campus

February 18- Federal Holiday- Presidents' Day

February 20- Telehealth Day

All Employee Appreciation BBQ's at the Coast!



On January 31 and February 1st, the All Employee Appreciation BBQ team traveled to the coast to cook up a great lunch for CBOC staff. The event was sponsored by the Canteen Service, and the Nutrition and Food Service made ready all the food to be cooked at the clinics. The weather was beautiful and the lunch of barbecue chicken, ham, salads and the works was excellent and the CBOC staff really enjoyed the meal. The dessert was provided by the local AFGE. Delicious carrot cake! Thanks to everyone who assisted in making our event a huge success!

**Grand
Reopening**

VARHS's Simulation Lab

**Come join us
and your co-
workers for
hands on
simulation
and demos!**

**Building 2
3rd floor
Room B307**



**March 1st, 2013
8a.m. to 4:30p.m.**

**VA Roseburg
Healthcare
System**

541-440-1000 X44225



Collaboration Defined!

Logistics, Environmental Management, Patient Centered Care, Women Veterans Program, Staff Volunteers!

Through a collaborative effort between the Women Veterans Program, Patient Centered Care, Logistics Service, Environmental Management staff, and VARHS employees volunteering their time, a huge transformation took place in our Lodger Dorms.

Once Logistics Service ordered the furnishings, it was up to our Environmental Management staff to clear out the rooms and prepare for the new furnishings. Several staff joined in as weekend volunteers to put together the new furnishings, which included appropriate layout, and décor placement.

The new look reflects an atmosphere of relaxation and comfort for both men and women Veterans using the separate Lodger Dorms, and includes opportunity for privacy due to the new curtains that wrap around each bed space. With alarm clocks, a reading lamp, hanging art, storage and new supple leather chairs, we have created a more homelike space, which further enhances VA Roseburg's journey in our overall transformation to a more patient centered care facility. Our Veterans are enjoying the new setting and many positive comments have come our way!



VA Roseburg Healthcare System Presents

SHOW YOUR STUFF!!

To Provide VARHS staff with an opportunity to show off their creative side, we are having an employee art show!!!

We are looking for VARHS employees who are interested in participating!

What creative activity do you do?

Are you a woodcarver? Do you like to sew? How about painting?

Is leather works your thing? Maybe you are a stamper?

Or, perhaps you enjoy clay art, pen and ink or jewelry making?

Are you a photographer? Do you make doll houses out of cookies or crackers? You get the point.....

Whatever you do creatively, now is the time to Show Your Stuff!

The VARHS employee Artist/Crafters show will take place

March 29, 2013 in the Auditorium from 8:00 a.m. to 4:00 p.m.

Volunteers will be available to keep an eye on your items and we are planning a “meet and greet” the artist from 11:30 a.m. to 12:30 pm. Fellow employees will vote for their favorite art...It could be yours!

If you would like to participate, please contact Carrie Boothe, Public Affairs Specialist, at carriee.boothe@va.gov or extension 44101 or phone 541-580-9481 no later than COB March 20, 2013.

There is an application to be filled out that includes all the details of the show.



Volunteer of the Month



Pictured L to R: Brenda Schiller, Mark Setta, Jackie Barnett, and Kregg Parenti

The January Hall of Fame winner is Mark Setta!

Mark received special recognition from Brenda Schiller, Voluntary Assistant for:

“Mark was an asset to Voluntary Service during the month of December. When Mark was asked to help out, he did just that and even went above and beyond what was asked of him.”

Congratulations Mark Setta!

VA Roseburg Healthcare System Appreciates you!!!

Discounts offered for VARHS Employees

Davison's Massage is offering a 10 percent discount through Feb. 15 for VA Roseburg Healthcare System employees. For more information, contact Robert Davison at 541-733-5753

Scientific Situational Awareness Training
Self Defense Tools to Empower You
5% Discount through February for VARHS employees
Contact after 5:00 p.m. please:
Steve- 541-580-9198
Grant- 541-637-8118

Doctor Detail

February Special

10% Off to VA Roseburg Healthcare Employees through February. Mention this advertisement.

(541) 580-2316

1257 W Harvard





Roseburg HCS TELEHEALTH DAY

Date: February 20, 2013

Time: 10am to 2pm

Location: Bldg 16, Auditorium

Please join us for this Clinical Video Telehealth Day. We will be demonstrating and answering any questions on the GlobalMed Primary Care Cart with C40 Codec, the TotalExam HD, the Transportable Exam Station (TES), the Cisco EX90, and CapSure 2.0.

Home Telehealth equipment and imaging equipment will also be available for questions and demonstrations.

Questions? Contact:

Fran Sutherland 541-440-1210



IRON BOW
TECHNOLOGIES

GlobalMed
Telemedicine™

CISCO
Gold Partner

CISCO
Master Unified Communications Partner

CISCO
Cloud Builder Partner

CISCO
Master Managed Services Partner



HAPPY
VALENTINE'S
DAY!



Find us on
Facebook!

www.facebook.com/VARoseburg



WIN WITH MOVEEMPLOYEE! WEIGHT MANAGEMENT & WEIGHT MAINTENANCE PROGRAMS

FIRST CLASS BEGINS MARCH 5TH 4:45 - 6:00PM
6 BI-WEEKLY CLASSES
CALL EMPLOYEE WELLNESS TO SIGN UP:
541-677-3025 or Ext. 43025

*Make Yourself
Feel Better!*



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