

News & Events



Veterans Day Parade: An estimated 70 VA San Diego Healthcare System employees participated in the Nov. 12 march to commemorate the 65th anniversary of the breaking of the sound barrier. Retired Maj. Gen. Chuck Yeager, the original pilot who flew the aircraft that broke the sound barrier, was the parade's Grand Marshal.



Justice Outreach: When Veterans are in trouble with the law, VA San Diego Healthcare System is there to provide assistance. The Veterans Justice Outreach Program works with the local Veterans Court to find alternative treatments for Veterans who are facing criminal charges or have criminal histories and have suffered a service-related trauma. Read more [here](#).



Caregiver Month Event: Veteran Caregivers from around San Diego gathered at the San Diego VA Medical Center on Nov. 9 for a seminar and resource fair on topics ranging from mobility benefits to caregiver documents. The fair is being held as part of National Family Caregiver's month.

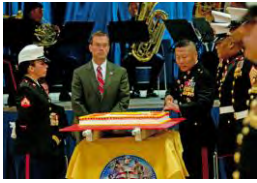


Care and Share Drive: 'Tis the season for giving, and VA San Diego Healthcare System wants to make sure even our less fortunate Veterans have a merry Christmas. See how you can get involved by donating food or money; click [here](#).

Depression Research: Beginning in December, Dr. Sanjai Rao is looking to recruit 52 Veterans with treatment-resistant depression for a \$23 million research project called VA Augmentation and Switching Treatment for Improving Depression Outcomes (VAST-D). The study intends to provide answers for patients who receive an unsatisfactory outcome on an initial antidepressant. For more information, contact Jan McClure at (858) 552-8585 ext. 5566.

Media Hits

Women's Health Care: Deborah Dominick was interviewed by KPBS TV on Nov. 16 regarding the health care needs of female Veterans and what care and services the VA provides. The article is expected to be published online before Dec. 6.



Marine Corps Birthday: San Diego area Marines celebrated the Marine Corps' 237th birthday on Nov. 5 with a ceremonial cutting of the Marine Corp cake in the multipurpose room at the San Diego VA Medical Center. The oldest and youngest Veterans were also on hand to represent Veterans receiving care at VASDHS. Pictures can be found [here](#). UT San Diego also covered the [story](#) on Nov. 6.



Veterans and Martial Arts: NBC Nightly News interviewed PTSD psychologist [Dr. Sonya Norman](#) on Nov. 8 regarding the value of martial arts for Veterans recovering from PTSD.

Accomplishments & Awards



VASDHS Voted City's Best: San Diego City Beat readers [voted](#) VASDHS as one of the top four medical centers in San Diego. The special edition was published on Oct. 17.



VASDHS wins Planetree Awards: VASDHS would like to recognize our recipients from the 2012 Spirit of Planetree Awards: the Veteran Tribute Ceremony placed second in the Spirituality Award category; the Cooking Live with Nutrition and Food Service class placed second in the Nutrition Award category; Caregiver of the Year is Dr. Katherine Wang; Physician Champion of the Year is Dr. Hilda Thorisdottir and Pet Therapy Dog of the Year is Wizard of Oz, with pet handler, Mary Milton.

Upcoming Events



Care & Share Silent Auction: Dec. 6
Pearl Harbor Remembrance Day: Dec. 7
Care & Share Package Delivery: Dec. 13 & 14
Winter begins: Dec. 21
Christmas Day: Dec. 25
New Year's Day: Jan. 1
Martin Luther King, Jr.'s Birthday: Jan. 21