



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



*August 2014*

# From the Director



The VA Roseburg Healthcare System (VARHS) has a dedicated staff that has been moving forward with Patient Centered Care (PCC) principals and initiatives since 2012.

One of the many key elements of PCC is involving patients in all aspects of their health. Partnering together with their health care provider team to plan and make decisions that focus on whole-person care is the first step towards life-long health and wellness.

Another aspect of PCC that improves the relationship and focuses on improving the life experience of the patient, and not just treating the disease, is education. This education goes both ways. We learn from Veterans by their comments regarding their health care experience and by listening, we understand where concerns exist or a need for more information is required.

Our PCC team is proactive in assisting all Veterans and their families to ensure their interactions with VARHS are positive experiences and all their health care questions are answered. This explains why we are initiating our Information Sessions this month.

These sessions are designed to introduce Veterans and their family members to the Patient-Centered Care program, and provide details and information that will answer some of the questions we hear most often. In addition, questions that attendees ask at the Information Session will be addressed in later sessions.

These events are just one of the many tools involving PCC designed to assist Veterans and their family members. All Veterans and their family members are welcome to attend:

When: August 7, 2014

Where: VA Roseburg Healthcare System, Roseburg campus, Building 16, Auditorium

Time: 11:00 a.m. to Noon

Details and contact information is provided on following page.

Thank you,

Carol Bogedain, FACHE  
Director

# Attention All Veterans and Their Family Members

The VA Roseburg Healthcare System cordially invites you to attend a Veteran and Family Information Session



## What do you want your health for?

### When:

August 7, 2014  
11:00 am to 12:00 pm

### Where:

VA Roseburg Health Care System  
Roseburg campus  
913 NW Garden Valley Blvd.  
Bldg. 16 (Auditorium)  
Roseburg, OR 97471

### Presentation Topics

- Patient Centered Care & Whole Health - What is it!
- Call Center – What they do to assist the Veteran!
- Pain Management – What's new!
- Service Dog Policy – How it affects you!

For questions please contact Sarah Teeter, Patient Centered Care Coordinator at (541)440-1000, ext. 44701 or [Sarah.Teeter@va.gov](mailto:Sarah.Teeter@va.gov)

# Events and Happenings



## Attention Employees who utilize FERS:

The next FERS Retirement Seminar will take place:

Thursday, September 25, 2014 in the Auditorium (Bldg. 16)

You must register to attend this seminar!

Contact Maria MacDonald at extension 40104 for the registration form

VARHS Former POW Recognition Day Event  
September 19, 2014  
Time: 12:30 p.m.

The public is invited to attend a formal ceremony taking place at the Umpqua Community College Lang Event Center in recognition of Oregon's Former POWs and those still missing in action. More details coming soon! Watch the newswire and your local newspapers!

## Ongoing...

As in years past, the City of Eugene's Adaptive Recreation Center plans and executes bike rides around the Eugene area.



Veterans and their family members are always encouraged to attend!

Several rides and events surrounding adaptive sports are planned, so you won't want to miss out on these fun and easy paced rides!

For more information, please contact Patty Prather, City of Eugene Adaptive Recreation Center Coordinator, at 541-682-6365



## Attention All Veterans

The Douglas County Veteran Service Office is coming to the VA Roseburg Healthcare System Roseburg Campus Every Week!

To assist Veterans with filing of claims and answering questions, an accredited Veteran Service Officer will be available.

When: Every Thursday beginning July 3, 2014

Time: 12:00 - 4:00 p.m.

Where: Building Two, First Floor, Room A103  
Voluntary Services Office Area

Questions? Veterans Service Officer, Jim Fitzpatrick, (541) 440-4219

## *Annual Community Event*

# Douglas County Fair

## August 6-9

Find all the details and schedule of events at:

[www.co.douglas.or.us/dcfair/](http://www.co.douglas.or.us/dcfair/)



# August Healthy Living Tips

## from your



It is important to keep up with your immunizations to prevent certain kinds of illnesses. All preventive services have benefit and harms; talk with your PACT team about what immunizations you may need.

### Flu Shot (influenza vaccine)

Everyone age 6 months and older is recommended to get the flu shot each year by the VA and Center for Disease Control and Prevention (CDC). Getting the flu shot is the best way to slow the spread of the flu from person to person and protect you, your family and friends against the flu. Anyone can get the flu, but some people are at higher risk for complications from the flu:

- People age 65 and older.
- People with chronic disease like asthma, heart disease, diabetes, lung disease and other chronic illnesses.
- Pregnant women or people caring for an infant or a family member with a health problem.



### Pneumococcal

Pneumococcal disease is a very serious illness that can cause infection in your bloodstream and in the lining of the brain. Receiving this vaccine can protect you from this illness.

There are now two types of pneumococcal vaccine for adults:

- PPSV23 (PNEUMOVAX®) and PCV13 (PREVNAR 13)

Some people need only one type of pneumococcal vaccine, while others may need to receive both. As a patient, discuss with your provider to determine what the appropriate pneumococcal vaccine is right for you. Anyone can get pneumococcal disease, but some people are at higher risk for complications from the disease:

- People age 65 and older.
- People with chronic disease like asthma, heart disease, diabetes, lung disease and other chronic illnesses.
- Smoker.
- Live in a nursing home or care facility.
- Have sickle cell disease.
- Have certain cancers such as Hodgkin's disease, lymphoma, leukemia, or multiple myeloma.
- Have had their spleen removed.
- Have a weakened immune system caused by cancer, medicines, kidney disease, HIV, or AIDS.

### Tetanus, Diphtheria and Pertussis (Td/Tdap)

The Tdap vaccine protects against three diseases:

Tetanus is a serious disease that results in painful tightening of the jaw and neck muscles preventing the mouth from opening and swallowing. People get tetanus when their skin is cut or broken, especially if they are around soil, dust or manure. Tetanus is not passed from person to person.

Diphtheria is a serious infection of the upper chest. Heart failure, paralysis, breathing problems and death can result from the infection. Diphtheria can be spread from person to person by coughing.

[See Tips...](#)

**Tips...**

Pertussis (whooping cough) is an infection of the chest that causes people to cough hard for a long time. The coughing can cause broken ribs and pertussis can lead to breathing problems. Pertussis is spread person to person and can be very serious to infants less than 12 months.

The Td/Tdap vaccine is the best way to protect yourself and others from these serious diseases. All adults 19 years and older should receive one dose of Tdap regardless of their last Td booster. Td boosters are given every 10 years.

**Human Papillomavirus Virus (HPV)**

HPV is spread by having sex. Many sexually active men and women in their late teens and early 20s are infected with one or more types of HPV.

HPV infection can cause cervical cancer and genital warts. Cervical cancer can lead to death in some women.

Recommendation for the HPV vaccine:

Girls and women 11-26 years old.

Boys and men 11-21 years old.

Men 22-26 years old who are immunocompromised or have sex with men.

**Zoster (Shingles)**

The shingles vaccine decreases your risk of developing shingles and long-term pain caused by post-herpetic neuralgia.

The risk of developing shingles increases as you age. The recent studies found the shingles vaccine significantly reduced the disease in people aged 60 years and older.

If you are not sure what immunization you should receive or that you have had contact your PACT team.

## August Healthy Living Recipe

### Southwest Fish Fillet with Chipotle Corn and Zucchini

Olive oil spray

2 teaspoons chili seasonings mix

¾ pound tilapia

2 teaspoons olive oil

1 medium clove garlic, cut in half

1. Preheat broiler. Cover a baking tray with foil, and spray with olive oil.

2. Rinse tilapia and pat dry. Place on tray, rub one side of each fish fillet with the cut side of garlic, and sprinkle evenly with Chile seasoning mix.

3. Spoon olive oil over the fish.

4. Broil 6 inches from heat source until cooked through, 8 minutes. To test tilapia, make a small cut into the thickest part. The flesh will be opaque, not translucent.

Serve.

Calorie 233, Calorie from Fat 90, Total Fat 10.0g, Monounsaturated Fat 6.0g, Cholesterol 84mg, Sodium 120mg, Carbohydrate 2.5g, Dietary Fiber 1.0g, Sugars 0.2g, Protein 34.6g

2 teaspoons olive oil

½ pound zucchini, cut into ½ -inch pieces (about 1 ¾ cup)

2 cups frozen corn kernels

Large pinch chipotle chili pepper seasonings (about 1/8 teaspoon)

Salt

1. Heat oil in a nonstick skillet over medium-high heat.

2. Add the zucchini and corn. Sauté 5 minutes. Sprinkle with chipotle

seasoning and salt to taste. Serve.

Calorie 187, Calorie from Fat 61, Total Fat 6.8g, Saturated Fat 1.1g, Monounsaturated Fat 3.9g, Cholesterol 0 mg, Sodium 45mg, Carbohydrates 31.5g, Dietary Fiber 4.3g Sugars 11.3g Protein 6.3g.





# C.H.A.M.P.I.O.N.S. Graduate

(Career Help and Advancement through Mentoring, Personal Improvement, and Opportunities to Nurture Success)



C.H.A.M.P.I.O.N.S Program is a career development program for those looking to advance their career. Resume writing, portfolio development, job research skills and much more are all part of this training program. It is part of the workforce succession plan to “grow” our own as many of our current employees get ready to retire. Register now for the September course at Extension 44474, Linda Holbrook.

Pictured L to R: Betty McCoy, Robert Kinney, Chris Delong, Linda Holbrook, (Instructor), Leah Stall-Wheeler, Wendy Thatcher, Elizabeth Chitwood. Not pictured: Barrett Smith, who is currently engaged in his Military reserve duties.

## Congratulations to all our Graduates!

### Certification!

Congratulations to Cynthia Germain, who has recently achieved the VHA Mentor Certification at the Fellow level!

Mentoring is crucial to the success of VHA. VHA mentors certified at the Fellow level have demonstrated a strong commitment to teaching, growing and developing our next generation of leaders.

Each Fellow has completed a core mentoring course and dedicated at least 50 hours of focused time to mentoring others. Their actions are a tribute to themselves, their facilities and the Veterans Health Administration.

Thank you Cindy for your dedication and commitment in mentoring staff!

### Catch a Star Winner John Farmer!



Pictured L to R: Danielle Littlefield, Dean Bonney, Kelly Mead, John Farmer, Daniel Ritchie, and Elizabeth Chitwood.

OI&T staff John Farmer is the July winner of the Catch a Star Award. John was nominated by the Eligibility staff:

*“John is always available to help with any technology issues we have in Eligibility, and always with a smile on his face!”*

# Kudos

**Catch a Star**  
Making the Difference

**Shining Star:** Darin Story

**Is Receiving Recognition for:**  
Thank you so much for your excellent job on BMS and your "can do" attitude as well. You have a great personality regarding answering phones. Great team work!

**Recognized by:** Gary May

**Catch a Star**  
Making the Difference

**Shining Star:** The staff on the 5th floor

**Is Receiving Recognition for:**  
Everyone on the 5th floor should be recognized. They all go above and beyond to make sure you are comfortable and ensure you have all you need. And, always with smiles and concern

**Recognized by:** Patient

**Catch a Star**  
Making the Difference

**Shining Star:** Frank Trigilio

**Is Receiving Recognition for:**  
Bringing the light of hope to an OEF/OIF Veteran who was feeling despair due to the impacts of PTSD symptoms on his wife and family. He helped him realize that treatment can be effective.

**Recognized by:** Marlene Monette

**Catch a Star**  
Making the Difference

**Shining Star:** Eli Baker

**Is Receiving Recognition for:**  
The wonderful job he did at the PMDB Master Train the Trainer class. Eli has a great outlook on the program and is very enthusiastic.

**Recognized by:** Melissa Watts

**Catch a Star**  
Making the Difference

**Shining Star:** Michelle Beaumont

**Is Receiving Recognition for:**  
Being a great team player, friendly and helpful to new employees. She doesn't hesitate to answer questions about the computer system and shows me easier ways to navigate through all aspects of my new job.

**Recognized by:** Tina Phillips



# VA's 2014 Golden Age Games

## About the VA National Veterans Golden Age Games

The National Veterans Golden Age Games is the premier senior adaptive rehabilitation program in the United States, and the only national multi-event sports and recreational seniors' competition program designed to improve the quality of life for all older Veterans, including those with a wide range of abilities and disabilities. The National Veterans Golden Age Games (NVGAG) is one of the most progressive and adaptive rehabilitative senior sports programs in the world. The Games serve as a qualifying event for competition in the National Senior Games in a number of competitive events.

Sports and fitness are vital ingredients of VA's National Rehabilitation Special Events. Physical activity and friendly competition engage the mind as well as the body, and recreation therapy fills a special need in the lives of older patients at VA health centers across the country. VA research and clinical experience verify that physical activity is particularly important to the health, recovery and overall quality of life for older people. The National Veterans Golden Age Games encourage VA patients over the age of 55 to make physical activity a central part of their lives, and support VA's comprehensive recreation and rehabilitation therapy programs. It is a national showcase for the preventive and therapeutic value of sports, fitness and recreation for all older Americans.

*Games next page...*

**P**eter Robinson, one of the five Veterans who made up the first ever Golden Age Games team from Oregon, enjoyed participating in the Horseshoe competition and says, "The games helped me transform my lifestyle-by participating in these beneficial activities that are available within the VA community."

Gary Oiler, team member and coach, says the team really bonded during their time at the games. He says it is hard to put into words what he took away from the experience. He explained that he will always cherish meeting so many other Veterans and, "It wasn't so much the competition, but more importantly, it was the camaraderie with the other Veterans, and bonding with my teammates--they are all a great bunch of men." Gary says he would encourage any Veteran who is 55 or older to consider attending the games. "The games took place at the University of Arkansas this year. The southern hospitality, the food, the rooms we stayed in, and the entertainment each night were great."

Events included badminton, table tennis, swimming, bowling, air rifle, cycling, fast walking, horseshoes and even checkers. A gold medal was taken by Darwyn Sumstine in the checkers competition for ages 80-84. Darwyn says the Veterans who attend these games are very competitive.

He recommends Veterans who attend should consider some training before heading for the competition, but shares, "The encouragement provided to everyone competing, win or lose, if you are giving your best effort, remember, that is good enough!" Darwyn also said he was very impressed with the opening and closing ceremonies, "The way in which Veterans attending were recognized for their military service."



# Games...



The event included about 750 Veteran participants. The Golden Age Games include medical staff for any issues that might come up, transportation services to and from events, and hundreds of volunteers from within the community where the event is taking place either coach or assist with the events in any way that is needed. Gary Oiler (pictured left) said that all of the staff were very helpful and kind to all. He expressed that they reminded him of how invaluable our volunteers are at the VA Roseburg, and how much is made possible and gets accomplished due to them.

Tom Davis explained that he considers the games having provided him a life changing opportunity, and encourages all Veterans 55 and older to consider attending. "What I took away from the games," says Tom, "Was first how fortunate and blessed I am to have the health and wellness that I have at my age. When I saw my fellow Veterans that are less fortunate than me, yet had the will and desire to compete and challenge each other- that was inspirational to me. From the time I started the VA MOVE, the Healthy Vet Program, biking, the YMCA and the VA nutrition classes because I was overweight, I have had the desire to lead a more healthy lifestyle.

Tom's favorite part of the games was the camaraderie between 750 Veterans who were all challenging each other in the sporting events. He also was impressed by the volunteers who encouraged and supported the team during the games. He said it was an inspiration. And finally, Tom says, "I would really like to attend next year's games in Omaha, Nebraska, and so would the others on this year's Roseburg Oregon team."



*Games...continued*

# Games

This was Ron Owan's first time attending the Golden Age games, and his interest peaked in participating because he wanted to explore the many options and programs that are offered for disabled Veterans.

He said he was excited to represent Oregon, but did not have any significant expectations--he wanted to partake in events that he knew he could accomplish.

That changed upon his arrival at the games:

"I realized there were many other Veterans in attendance with greater physical challenges per se than I had. I realized they were meeting their challenges with a renewed zest, and that spurred me on to do better in the events I was involved in."

Owan spoke of the importance of team building and was impressed by the opportunities he had to meet other Veterans from all over the states. He also acknowledged the camaraderie that occurred during the games.

He says, "I would encourage other Veterans to take advantage of the programs and activities that are available through the games. Do your research, and look for these options through your therapist or guidance counselor. You will be blessed beyond your wildest expectations if you attend one of the many events VA sponsors."

*Want more information about the Department of Veterans Affairs sponsored national events?*

*On the web, go to <http://www.va.gov/> and click on the MEDIA ROOM tab. There you will find all the details about the many events offered for Veterans through the Department of Veterans Affairs.*



## Special Thanks

The members of the Oregon Golden Age Games team also wanted to provide a very special thank you to James Manser, Kregg Parenti, National Veteran's Canteen Services, and all of the other sponsors that made their attendance possible for the 2014 Golden Age Games.

# Notes from our Education Department

Submitted by Amanda Morrow, BSN, RN, CPT  
Staff and Patient Education Consultant

Times are changing!

Approximately 500 clinical staff including physicians, nurse practitioners, registered nurses, licensed practical nurses, nursing assistants, health technicians, social workers and many other mental health providers are required to be and stay current with their Basic Life Support Training and certification. Last year, VARHS signed on to support the Resuscitation Education Initiative with the VA's National SimLearn. Through this initiative the Veterans Administration wants to be the leader in supporting a broad understanding and use of Cardiopulmonary Resuscitation (CPR). This is done through the promotion of CPR, national equipment purchases, national American Heart Association partnership, and high level of CPR quality through standardization.



VARHS currently has trained CPR instructors with equipment for skills development in all clinical areas. Along with the instructor responsibility comes the responsibility for oversight for sustained quality. This oversight is accomplished by

the program faculty monitoring the skills of our instructors. As you can imagine, there is potentially considerable travel necessary for assuring our instructors are monitored.

One of our new instructors, Lesa Wheeler, Social Worker, from the BHRRS at the Federal Building in Eugene needed to be monitored and had an employee that needed his skills checked off. To save on travel and time, she suggested we try the camera system mounted on our computers for observation instead of traveling to Eugene from Roseburg for a 20 minute skills check off. What a great idea! We both already had the set up, so we turned them on via Instant Messaging and the skills check off went off without a hitch-- as if I was there in the room.

This turned out to be a great use of technology, a time and money saver, a moral and confidence builder and a skills check off!

# Veterans Stand Down

**When:** Wednesday Sept. 17, 2014 9:00am-3:00pm

**Where:** VA Roseburg Healthcare System Auditorium

**All Veterans Welcome:** Please present Veteran Identification

## Services / Information Available:

- Medical and Mental Health Services
- VA Justice Outreach (Legal Services)
- Veterans Benefits Officers
- Employment Services
- DOD Items Available
- Free Haircuts and Lunch Provided

# Coming in October



# VETERAN'S Resource Day

**Friday, October 17, 2014**

Veterans and families are welcome to attend  
 Meet with local Veterans Organizations  
 Discover Community Resources and Services

**Free Lunch**

**Benefits \* Counselling \* Education \* Employment  
 Housing \* Health \* Transportation and more**

**Location: Veteran's Memorial Hall  
 810 "H" Street, Crescent City, CA 95531**

**Hours: 9:00am to 2:00pm**

Call: (707) 464-2154 for more information

<http://www.facebook.com/DelNorteCountyVeteransServices>

# Safety Footnote

## Attention all staff and volunteers-

Summer is here and the weather is hot! As attire changes for the season we still must adhere to VARHS policies. With safety as the major concern for all patients, staff and volunteers on our campus, there are specific guidelines that include details about foot wear. Especially those who drive a government vehicle, take note that feet slip out of or off of flip flop styled shoes, and are considered a safety issue when driving.

The dress code policy pertains to all staff and volunteers regarding footwear:

MCM 653-000 013, Dress Code Policy, Dated April 2014:

(9) Hose or socks and shoes shall be compatible and conducive to a safe work environment and should be kept neat in appearance. Footwear should be compatible with the clinic or other work environment and assigned duties. Flip-flops, thongs, house slippers, and heels that are more than three (3) inches high are prohibited for safety reasons. Open toed shoes are not permitted in direct patient care areas.

Thank you for your consideration and attention to the VARHS policies and guidelines.



## Worklife Improvement Team (WIT) Update

Congratulations to our winner of the July Containerized Garden Competition!

Julie Edminsten is our winner, and she recieved the choice of a 59 minutes off award, or the parking spot of her choice for the month of August!

Congratulations Julie!!

### Feds Feed Families Update

VARHS has collected 1,231 pounds of unopened fresh food items, new clothing and toiletries so far!

Remember to bring your donations soon! The collection period ends August 27.

Donations go to local non-profits to support those in need in Douglas and Lane Counties

# VARTH'S New Employees

## Welcome to the VA!

**Antonio Arana**  
Housekeeping Aid

**Craig Elvin Campbell**  
Intern

**Mary Clark**  
Social Worker/HBPC

**Naomi Congleton**  
Food Service Worker

**Travis Einertson**  
Pharmacy Resident

**Laura Follett**  
MSA

**Ron Frazier**  
Food Service Worker

**Madeline Fry**  
Pharmacy Resident

**Teresa Higgins**  
Nurse Manager Nursing

**Daniel Krenwinkel**  
Student Nurse Technician (VALOR)

**James Kupper**  
Housekeeping Aid

**Brandon Mason**  
Nurse Manager CLC

**Brady McNulty**  
Pharmacy Resident

**Jessica Olson**  
Student Nurse Technician (VALOR)

**Elijah Pannier**  
Police Officer

**Rocky Phillips**  
Pathways Intern

**Randi Powell**  
Student Nurse Technician (VALOR)

**Dr. Dinesh Ranjan**  
Physician (Chief Surgical Service)

**Dr. Ratnabali Ranjan**  
Physician (Chief C&P/Rehab)

**Joanna Shaffer**  
RN with Med/Surg

**Kelly Southern**  
SW with HBPC (Roseburg)

**Heidi Thompson**  
Pathways Intern

**Bethel Ubochi**  
RN with Med/Surg

**Fletcher Watson, CNL**  
Acute Care

**Dustin Whitehead**  
Food Service Worker

**Jason Wilcox**  
Social Worker (BHC)

**Lori Woods, RN**  
Med/Surg

**Buddy Currie**  
LPN (Med/Surg)

**William Hogan**  
Addiction Therapist

**Brett Manfrede**  
Vocational Rehab Specialist

**Sandra Eldridge**  
Pharmacist

**Joel Hazzard**  
Police Officer

**Michelle Hallmark**  
PSA

## Retired or Retiring Soon

**Bobby Jackson**

**Bobby Fassler**

**Edward Moczynski**

**Rosie Grenz**

**Richard Williams**

*Thank you for your years of Federal service!*

# Do you need help in your home?

Contact the ADRC to find out what services may be available to you.

An Options Counselor can meet with you and talk about your needs.

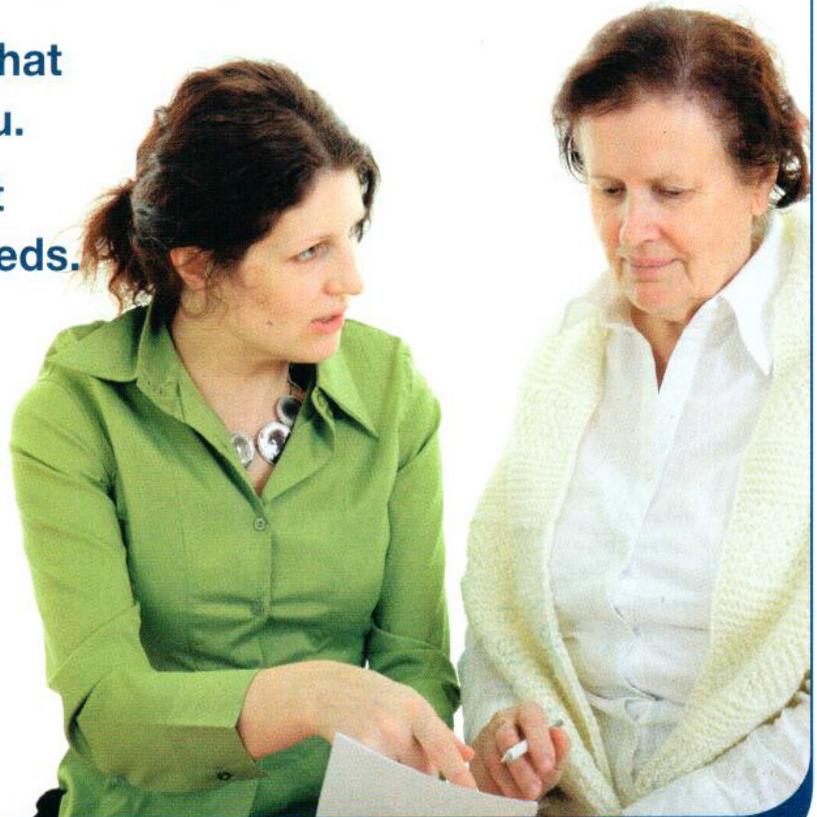
If you have questions, contact:

**1-855-ORE-ADRC (673-2372)**

**[www.ADRCoforegon.org](http://www.ADRCoforegon.org)**

**ADRC**  
Aging and Disability  
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Oregon Department  
of Human Services



**Serving Douglas County - (541) 440-3677**

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<https://www.facebook.com/VARoseburg>

# VARHS Staff

## Veterans Serving Veterans

### Featuring



### Monica Shorb

**What branch of the Service did you serve in, and what years?**

I served in the United States Air Force from Sept of 1999 to February of 2012.

**What led you to decide to join the Service?**

I decided to join the military to see the world and what it had to offer. I love Oregon but I wanted to see what else was out there and I did. I was stationed all over the United States and I did two tours in Korea and two tours in Afghanistan.

**What was your Military Operation Specialty?**

I was a 2WO51. I was an AMMO troop. I built, delivered, inventoried and stored ammunition of all different caliber.



### Robert Boyles

**What branch of the Service did you serve in, and what years?**

U.S. Army 1987 to 1995.

**What led you to join the Service?**

I wanted to serve, something I think everyone should do.

**What was your Military Operation Specialty (MOS)?**

My MOS was 31C, Single Channel Radio Operator.

**What is your current occupation with VARHS?**

I am now an IT Specialist for OI&T.

**What do you like most about what you do now?**

I love the entire job; the work, the location, the people.



**What is your current occupation with VARHS?**

I am currently a Medical Support Assistant in Compensation and Pension.

**What do you like most about what you do now?**

I like working with Veterans on a daily basis. It makes me feel good to be a Veteran and be able to help other Veterans.

# A Day of Celebration and the 2014 Welcome Home



A great big shout out to all those who helped make this year's Welcome Home Event a big success!

The OEF/OIF/OND Team partnered with Operation Informed Warrior (OIW) from Coos County for their "Day of Celebration for Military & Veterans: Flags & Families." This event tied in perfectly with what the Welcome Home Event is designed around, and since many of our guardsmen are deploying this summer it was perfect timing to get the word out about all of their benefits.

We had 294 people who signed in this year with 89 being Veterans from various eras. There were about 30 people from the community on hand to help us make this event a great success.

Very special thanks to the VA Employees who came out to help:

- Nick Long (set-up, take-down, and all around floater)
- Danell Dailey (set-up, take-down, sign-in table, and everywhere she was needed)
- Berta Balli (Homeless table)
- Tina Mercurio (sign-in table, prize table, and floater)...Plus she made a beautiful Patriotic Quilt again this year and donated it for the give-away drawing.
- David Strain (Photos)
- Elizabeth Ruegg (Health Promotion Disease Prevention (HPDP) table)
- Jonathan Landon (Tele-Health Chaplain table)
- EEO Committee (purchased cutlery etc.)



In addition to the VA tables providing Veterans information about their various benefits and resources, there was also the VBA from the Portland Regional office on hand to answer questions about claims and the Soldiers Angels ladies came out again this year too. Thanks to both of them for their continued support of our program and event.



Next year we are returning to the Lane County area. If you want to volunteer, have a table, or possibly partner with us in 2015 please email Cindy Houston at [Cynthia.Houston@va.gov](mailto:Cynthia.Houston@va.gov) or give her a call at 541-440-1282. She will put you on the list and let you know when we enter the planning phase.



*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 .*

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Event: David Strain*

*Golden Age Games :  
The Oregon Team*

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