



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



December 2014

Ask the Interim Director

Doug Paxton



Where does the process stand for the recruitment of the new director?

Recruitment for the new Director closed on October 30, 2014. According to our VISN offices applications are being reviewed at VA Central Office and the VISN expects to receive the qualified applicants list in the near future.

Can we please get wifi in the Building Two, first floor? Especially in the Lodgers Dorms and the area where “us vets” wait for rides by the DAV office-

Thank you for the suggestion. We are looking into the logistics to see if this is possible.

Why does it take so long to become a volunteer?

The process for becoming a volunteer can be fairly long due to existing policies and procedures that ensure the safety of our patients, volunteers, and staff. After receiving the application packet from the potential volunteer, a background check is performed, which can take several weeks to receive the results. If the background check requires adjudication the Human Resources department completes the process. After adjudication, a TB screening is scheduled and performed through Occupational Health which requires a week or so to receive the results. If the TB screening comes back positive then a chest x-ray is mandatory before the volunteer can be cleared. Once the TB screening is complete the Voluntary Service staff will work with the volunteer to place he/she into the area they choose to volunteer. If the volunteer would like to become a driver there is an additional step as they must complete a physical exam. VARHS appreciates our volunteers and we are mindful that we are able to better serve our Veterans due to their commitment and dedication to Veterans. We understand it takes time to become a volunteer and we appreciate your patience during the process that ensures the safety of all who enter our facility, which is always a priority at all of our facilities within the VARHS.

Can we get a float person that can call patients, and manage the new Veteran ID cards coming in? Also, are we recruiting for MSA's for the Blue Clinic in Roseburg?

The influx of ID cards coming in is a temporary situation, and since we are fully staffed with MSA's at Roseburg Primary Care, we don't have plans to hire any new staff at this time.

Has the VA changed its policy to allow for an ICU here?

The closure of the ICU was based on patient safety and at this time there is no plan to reopen.

When will the new PCU open?

We are excited and pleased to announce the Protective Care Unit (PCU), “The Lodge,” is slated to open on February 3, 2014. We will invite the public for a special event to commemorate this exciting accomplishment in creating this beautiful facility for our Dementia/Alzheimer's patients. The new building features state-of-the-art equipment while maintaining a homelike atmosphere and will increase our patient capacity from our existing PCU.

Thank you for sending me your questions. While I am here as the interim director, please send your questions to Carrie Boothe, Public Affairs Specialist, at carriee.boothe@va.gov and we will publish the answers in our monthly newsletter.

Douglas V. Paxton, SR., MSW
Interim Director, VA Roseburg Healthcare System

Downtown

Huge crowds lined the streets of downtown Roseburg for the 2014 Douglas County Veterans Day Parade, Oregon's Greatest Parade!

Below: The VARHS Police Service lead the VARHS employee float through the parade. Our float won 1st place this year!



Veterans Day 2014



Thanks to Officer Perez who drove the VA Police vehicle and Dave Alford, who volunteered countless hours getting the float ready and pulling it with his private vehicle!

VARHS Campus Parade

After the main parade downtown, many participants came to the VARHS campus and provided a smaller parade for our inpatients!



A special thank you to Corvettes for Vets, Cascade Community Credit Union, AVVA, Rick Black, Soldiers Angels, The Patriot Guard, the Good 'ol Boys Motorcycles, VFW 2468, the Douglas County Fire District, and Mike Hoffman, Karl Tanner, Marilyn Warren and Carrie Boothe for coordinating the "mini" parade for our patients!



We Appreciate You!

Happy Birthday!

Pearl Day Turns 100!

Happy Birthday to Pearl Day! George Day, Pearl's son, held a wonderful celebration party for her with 45 friends and family in attendance. Pearl said her son was making a big deal out of her birthday, but it was clear she was having a grand time at her party.

Pearl currently resides in the VARHS Community Living Center and she received hundreds of cards and well wishes for her 100th.

Pearl began her Military service in 1942 during WWII in the Auxiliary. In 1943, when the Auxiliary became regular Army, Pearl continued her service from '43-'45 as a clerk typist, (staff sergeant) in radio communications. Pearl was the third woman to ever be sworn in to the Army.



In Recognition of Native American Heritage Month



Above: Bill Whalon, pictured on the drums with some of the members of the Cow Creek Band of the Umpqua Tribe of Indians during the Friendship Round Dance.

November is the official recognition month for Native American Heritage, and to commemorate, Bill Whalon, VARHS MSA, coordinated a special ceremony with the theme *Native Pride*.

First, Red Hawk, a local elder of the Cow Creek Band of the Umpqua Tribe of Indians, conducted a traditional cleansing ceremony outdoors on the VARHS grounds. Followed, was a special drumming session and a short history of the tribe. The event concluded with a Friendship Round Dance. The audience participated in the dance in our main auditorium.

KUDOS

Catch a Star
Making the Difference

Shining Star: Troy Wilder

Is Receiving Recognition for:
Excellent rapport and service to patients. Listens totally and responds accordingly. He is personable and friendly. I enjoy seeing him.

Recognized by: Veteran

Catch a Star
Making the Difference

Shining Star: Chris David

Is Receiving Recognition for:
Always being willing to help with a smile. Chris filled in for two days in the Patient Advocate Office to ensure Veterans had someone to come to with concerns while we interviewed for new advocates.

Recognized by: Dan Ritchie

Catch a Star
Making the Difference

Shining Star: Terry Wright

Is Receiving Recognition for:
Thank you for caring and showing compassion for a Veteran and his family during a time of medical crisis.

Recognized by: Tiffani Mattox

Catch a Star
Making the Difference

Shining Star: Laura Follett

Going above and beyond for not only the Veterans but for staff as well. Her hard work is appreciated today and everyday! You are an outstanding team player!

Recognized by: Shawna Statzer

Catch a Star
Making the Difference

Shining Star: Kimberly Cooley

Kim went way out of her way to help me and make me feel like the VA cared about me. She made all the difference in the world. She is a great asset to the VA!

Recognized by: Veteran

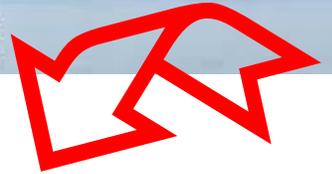


Veterans Choice Program

Connecting you to timely and convenient access to health care in your community.



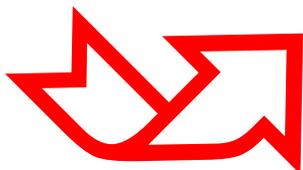
Attention All Veterans!



Who is eligible for the Choice Program?

Who will receive a Choice Card?

Who are the Choice Program Champions?



Who: All Veterans enrolled in VA health care on or before August 1, 2014, or are eligible to enroll as a recently discharged combat Veteran within five years of separation.

What: Use of the Veterans Choice Card to receive medical care outside of the VA under two separate categories:

1. Veterans whose current residence is more than 40 miles from the closest VA Community Based Outpatient Clinic (CBOC) or VA Medical Center (VAMC), or Veterans who face geographic challenges, such as extensive distances around water or other geologic formations, such as mountains that present a significant travel hardship or Veterans who currently reside in Guam, American Samoa, or the Republic of the Philippines.
2. Veterans who are told by his/her local VA medical facility that they will need to wait more than 30 days from their preferred date for an appointment or the date medically determined by their physician.

Where: Veterans eligible for the Veterans Choice can choose to have their care provided by any community provider who meets state licensing requirements and is willing to partner with the Third Party Administrator. For the Western United States, the Third Party Administrator is TriWest Healthcare Alliance.

When: Veterans Choice Cards for those who meet the requirements for residence more than 40 miles from a VA medical facility have been mailed beginning November 5, 2014. Cards for Veterans who have to wait more than 30 days from their preferred appointment date or the date medically determined began being mailed on November 17, 2014.

Why: To meet the requirements as established under the Veterans Access, Choice, and Accountability Act of 2014 which was signed into law by President Obama on August 7, 2014.

****Note**** VARHS has designated key staff in multiple departments throughout the system who are receiving training on the Veterans Choice Program. These "Choice Champions" will be the local contacts for answering questions about the Veterans Access, Choice, and Accountability Act (VACAA) and will be able to provide additional assistance to Veterans with questions.

Veterans Serving Veterans

Veterans

Featuring

Frank Fink, EMS Senior Supervisor



7

What led you to decide to join the Service?

I dropped out in the middle of my junior year of high school to move to California with my oldest sister and her husband. After an earthquake in early 1971, I decided to return to Oregon. When I got home in March of 1971, my mother informed me that I had a certified letter from the Selective Service. Not wanting to be drafted into the infantry, I went to the local recruitment office and enlisted in the U.S. Army as a Helicopter Repairman (67N20) in June of 1971. My older brother was stationed at Ft. Lewis in Washington and I thought we would be stationed together, but I was sent to Ft. Leonard Wood in Missouri for boot camp. After boot camp, I was sent to Ft. Eustis in Virginia for Advanced Individual Training (AIT).

What was your Military Operations Specialty?

My older brother was serving in Vietnam and I was sent to Ft. Hood in Texas as a Tank Crewman (11E20). I stayed at Ft. Hood for 11 months. When my brother returned from Vietnam he was also stationed at Ft. Hood. After going home on leave for my grandfather's funeral, I received orders to go to Vietnam as a Helicopter Crewman. I went over in 1972, where I was awarded the National Defense Service Medal, The Vietnam Service Medal, The Vietnam Campaign Medal, The Army Commendation Medal and as a Unit Award the Republic of Vietnam Cross of Gallantry. I returned to Ft. Hood in 1973 to finish out my enlistment as a Tank Commander. I got out of the Army in June of 1974.



What is your current occupation with VARHS?

I moved to Alaska in 1978 and worked as a School Custodian for 30 years. I started working at the V.A. in 2009 and my current position is an E.M.S. Senior Supervisor. I will be retiring in January of 2015.

What do you like most about what you do now?

I enjoy the interactions with both patients and staff here, and have made several friends here. My daughter, Michelle, also works here as a Program Support Assistant in Fiscal.

THANK YOU to VARHS Friends of the C.H.A.M.P.I.O.N.'s Program

Submitted by Linda Holbrook,
MSN-Ed, MHA, RN and
C.H.A.M.P.I.O.N.S. Instructor.

Congratulations to another class that successfully completed the C.H.A.M.P.I.O.N.'s program! This program is an employee career growth program that uses a series of workshops on basic work skills and individual mentoring for professional development.

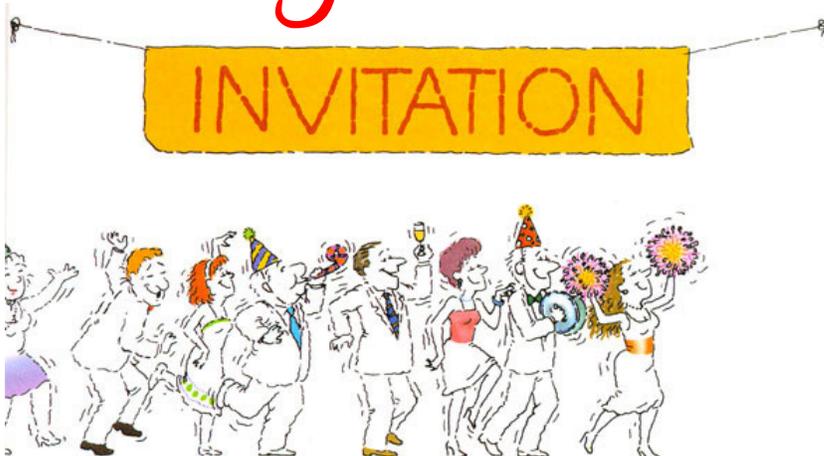
I have been the program manager for two years and I want to let all the managers and supervisors know that it is their support that helps with the success of the program. I also want to thank all those who participate in mock interview panels or that present a topic. These individuals have been instrumental in making this program

work. If I forget someone please forgive me as you know you are appreciated for your time. The following people have come back repeatedly and done a fabulous job in helping with feedback, sharing their experiences and knowledge: Shanon Goodwin, Stacia Davis, Eileen Mitchell, Kimberly Kinney, Rebecca Dancer, Tammy Kutcher, Wendy Thatcher, Bethany Caldwell, Chris Delong, Adele Harris, Jennifer Stolburg, Marian Harris, Dawna Evans, Kathy Andersen, Jim Hay, Beryl McClelland, Jason Wilcox, Teresa Kirby, Kelly Machuca, Teresa Miller, Deanna Bierman. A special thanks to Michael Gillespie as he not only sits on the mock interviews and presents a class to C.H.A.M.P.I.O.N.'s, he is also involved in LEAD, another employee training program offered at VARHS.



*Back Row L to R: Jim Hay, Kirk Jones, Jason Willett, Jesse Hand, James Lujan, Interim Director Doug Paxton
Front Row L to R: Associate Director Steve Broskey, Jeff Phillips, Linda Holbrook, Deborah Kellim, and Elizabeth Villagrana*

Congratulations Graduates!



The next C.H.A.M.P.I.O.N Program starts Jan. 7th, 2015. Staff can find the application on the newswire or by calling Linda Holbrook at 44474.

VA Roseburg Healthcare System

TOWN HALL

When: Thursday December 4, 2014

Time: 5:30-7:30 p.m.

Where: The Elks Lodge No. 357
located at 2470 West 11th Avenue,
Eugene, Oregon, 97402

VA Roseburg cordially invites all Veterans, their family members and stakeholders to a Town Hall.

This will be an open dialogue listening forum that will allow the Veterans we serve an opportunity to be heard and have their questions answered.

Prosthetics Day 2014 Celebrated Inside and Out



Sgt William L. Congleton USMC, US Army (ret) (center) ran a mile on the Roseburg VA Campus under 9 minutes to celebrate his 10 year anniversary of surviving an IED combat injury in Iraq. Congleton's back was broken and his foot was crushed as a result of the Humvee he was in outside Camp Taji in Iraq being struck by a roadside bomb. For the event Congleton wore a special prosthesis designed to provide him the ability to run. He was escorted along the mile route by many comrades and supporters. A large crowd sent them off and greeted the runners at the finish line with cheers and congratulations.

During the formal ceremony commemorating Prosthetics Day, Bill Congleton provided a slide show of his years through his ten years of recovery. Not only was it a moving journey as he told it, his progress and commitment to wellness was inspirational to all in attendance. He told the crowd, "This VA is where I took my first steps in Physical



Therapy. Thank you Roseburg VA." He ended his narration with photos of himself hiking and participating in VA National sporting events. When he concluded, the crowd gave him a standing ovation. What an amazing achievement!

Prosthetics Day 2014

The rest of the story ...

Doctor James Johansen, Associate Chief of Staff Ambulatory Care, MC'd the event during which awards were presented for the annual VISN 20 cycling competition. This year, the trophy was awarded to the Southern Oregon Rehabilitation Center and Clinics (SORCC) in White City for riding the most miles.

Pictured Right: Doctor Johansen presents the award to the SORCC staff who came to the event to receive the award.



Through the VARHS Prosthetics Service, teams were formed to represent Oregon in some of the VA National Veteran Games. One of the teams attended the National Veterans Golden Age Games this year, with Gary Oiler, as a team member and the coach. Gary presented a slide show with photos from the games that took place in Arkansas, along with details about the benefits for disabled Veterans who attend these VA events. Gary (pictured left) spoke of the hospitality, the friendly competition and recommended, "Veterans should consider attending."

Another great event hosted by VA National each year is the Summer Sports Clinic. Again, the Prosthetics Service solicited a team to represent Oregon and partake in the San Diego, California, games. The coach, Patty Prather of Eugene Adaptive Recreation Services, talked about the games promotion of rehabilitation of body and spirit through sailing, surfing, kayaking and the additional training and competition for US military Veterans with disabilities.

Some of the team members Patty coached were present and she called them all to the front to congratulate them for participation and commitment to better health and wellness in spite of their disabilities.



Prosthetics Day 2014... The medals



The Prosthetics staff representatives designed a special medal of honor to be presented to Veterans who have shown exceptionalism through courage, perseverance and inspiration.

They solicited others to nominate those Veterans they know and appreciate for their dedication and commitment to their health and well being.

During the formal ceremony, those

Despite a challenging disability, (physical, mental or emotional) these pictured Veterans were selected for their dedication in moving for health and independence. Congratulations to each and every one!



Veterans were presented the medallions by the person who nominated them. Pictured above is Jason Wilcox, LCSW, VARHS Health Behavior Coordinator, at the podium calling the recipients to the front to receive their medal.



Mr. George Reed, was one of our loved volunteers. He recently passed, but not before he received his medallion honoring him. George resided in our Community Living Center, and he was joined by his two sons for his medal presentation, Mike Reed (left) and family came from California and Barry Reed (right) are pictured with George.

George volunteered at VARHS escorting patients to and from their appointments. He was loved by all and will be missed. Our condolences go out to his family and friends.



What is Home Telehealth and How Does it Work?



Submitted by Kathy Andersen, BSN, RN-BC Nurse Manager, Home Telehealth

Home Telehealth is a national program that follows Veterans for chronic health conditions such as diabetes, heart failure, chronic obstructive pulmonary disease (COPD), hypertension, depression, anxiety, post-traumatic stress disorder (PTSD) or obesity. In Roseburg, Home Telehealth helps over 400 Veterans with their health care. Home Telehealth uses technology to help gather health information and check on symptoms from the Veterans' home.

Not all Veterans are suitable for this kind of care, but for those that are, Home Telehealth can help them to stay healthier and in better control of their health. Home Telehealth makes it possible to connect the Veteran to our VA facility by collecting

information about symptoms and vital signs from the comfort of the Veterans home. This data is transmitted over a phone line or the internet to a registered nurse care coordinator who helps the Veteran and their caregivers with their needs.

Veterans who participate in Home Telehealth become more active in their health care and set goals to help improve their lives. With the help and encouragement of their care coordinator, and by sending in information each day, these Veterans are able to make positive changes for their health care and in their lives. Their care coordinator works with the Veteran to help him/her learn ways to self-manage their care needs which increases the quality of their lives.

Many thousands of Veteran patients across the nation are regularly using Home Telehealth devices to help coordinate their care. The VA finds that

patients easily learn how to use the equipment and are highly satisfied with Home Telehealth. The care coordinator works with the PACT team to help these Veterans.

If you or a loved one is a patient at VA Roseburg Healthcare System, you can be assessed for Home Telehealth to determine if this is an appropriate way for you to get care. The VA will provide Home Telehealth equipment that best meets the Veterans' needs. Please contact extension 44473 or your primary care provider for more information.



Volunteer Hall of Fame Award Winner



Kimberly Cooley, Eugene CBOC, nominated Betty Hartford for the Volunteer Hall of Fame award with this write up:

Betty volunteers at the Eugene CBOC. She helps our Veterans to sign in at the computer kiosks. Many of our Veterans were not open to using the kiosks but Betty has a way with those challenged by the new technology. She makes the them feel at ease and are willing to put themselves into her hands. Betty has a infectious smile and pretty blue eyes. Her presence in our clinic is wonderful. We are often very busy but when Betty is here we know that our Veterans in the lobby are going to be taken care of. She is able to provide company and conversation while they are waiting for their appointments. Thank you Betty!



Pictured L to R: Back Row: Frank Murray, Ibrahim Coulibaly, Carrie Shaw-Larson, Kim Cooley. Front Row: Carroll Donahue, Betty Hartford, Arvon Force and Frances Kucera.

Community Partnership Recognized



The Douglas County Veterans Day Parade planning committee is a group that volunteers their time to plan the Veterans Day Parade each year. The VARHS partners in the planning through our Public Affairs Office. Carrie Boothe was recognized by the committee with a plaque and a huge bouquet of flowers for her years of providing the public relations work to promote the parade.

Notes from our Education Department Safe Patient Handling Program

Submitted by : Joshua Walters BS; Amanda Morrow BSN, RN; James Hay Ed.D, MSN, RN, CRRN

VA Roseburg Healthcare System (VARHS) is here to support and take care of the Veterans within the five counties we serve. Our commitment includes ensuring that staff is trained and ready for any situation. VARHS has a Safe Patient Handling Nurse, Clivonne Corbett.

Clivonne recently partnered with the Education Department to further energize the Safe Patient Handling (SPH) Program. The intent of SPH is to improve the safety of Veterans and staff during the delivery of care. SPH Program focuses on assessments and algorithms to develop standardized decisions and procedures. Adding simulation to SPH training at the point of care engages staff in realistic learning experience.

This month, bariatric SPH included 18 nursing staff from the River house - CLC. Participants assisted a simulated, bariatric Veteran after he had slipped and fell utilizing several SPH tools. SPH tools include a hover mat, ceiling mounted lift assembly, and hover jack. Role play of real life scenarios reinforces skills associated with managing a bariatric Veteran using safe patient handling strategies. Special emphasis throughout the simulation was placed on team communication, coordination, patient and staff safety.



Welcome Joshua!

Joshua P.M. Walters, B.S., has joined the VA Roseburg Education Department family. Joshua received his Bachelor's in sports & health science with emphasis on coaching from American Military University, West Virginia, in 2014. He is currently a work-study student pursuing a Master's in Education. He has more than five years of military service, and currently serves in the Oregon Army National Guard as an infantryman.



Joshua Walters, VA Work Study student, role-played the bariatric patient during each simulation, and commented, "From a patient perspective there really was a lot going on. In each scenario there is usually three to five staff and things can get pretty hectic when you're part of a group of people deciding how to best help a patient. I was blown away by the level of communication going on in each iteration. I think communication was a strong indicator of how each scenario was going to play out."

Feedback collected after each event from the nursing staff participants was a consensus that the SPH bariatric simulation event was informational and applicable to everyday situation. Many also stated that they perceived the hands-on training to be a more effective of an educational method than traditional training involving power point lessons, posters, and classroom discussions. Clinical educators and evaluators for this simulation voiced that they need more simulation training. Simulation training brings something to a learning experience that you simply cannot have in a sit-down discussion class.

Simulated training experiences are as valuable a training tool as the real thing!

Dear Soldiers,

I appreciate what you do for us. Each and every day you risk your lives for us. Have a very Merry Christmas!

Love
ALL AMERICANS

Dear soldier,
Thank you for serving our country,
We wish you a merry christmas
and a happy new year.

you are my
hero
Love, Joseph

There is still hope in the
world.



November VARTHS New Employees

17

April Kirin, Medical Support Assistant, Primary Care
Jonathan Williams, Medical Support Assistant, Primary Care
Kara Coffland, Medical Support Assistant, Primary Care
Michael Ardito, Food Service Worker
Ana Rodriguez, Medical Support Assistant, Ambulatory Care
Lorene Allen, Medical Support Assistant, Primary Care
Darrell Andrews, Nurse, Mental health
Kayli Dewalt, Dental Hygienist
Sylvia Simpson, Dental Hygienist

Welcome to the VA!

December Healthy Living Recipe Mini Chocolate Chip Tarts

Ingredients

1.4 ounces sugar-free, fat-free chocolate pudding mix
1 cup skim milk
4 ounces light whipped topping, thawed
24 puff pastry cups
48 mini-chocolate chips

Instructions

1. Preheat oven to 400 degrees. Bake the puff pastry cups according to the package directions.
2. In a large bowl, whisk together the pudding mix and skim milk. Refrigerate for 5 minutes.
3. Fold the whipped topping into the pudding mixture.
4. Spoon or pipe 1 teaspoon chocolate pudding mixture into each puff pastry cup.
5. Top each tart with two mini chocolate chips.

You will have 2/3 cup pudding mixture remaining.

Nutritional Facts

Serving size: 1 tart

Calories 60 Carbohydrates 7g Protein 1 g Fat 3.0g Saturated Fat 1.6g

Sugar 1 g Dietary Fiber 1 g Cholesterol 10 mg Sodium 85mg Potassium 20mg



Veteran
Transportation
Service



**VTS is looking for
volunteer drivers,
dispatchers and more!**

Veterans Transportation Service (VTS) is seeking your help in assisting our Veterans in obtaining their health care appointments.

We are seeking conscientious, punctual individuals who enjoy spending time with others while safely traversing the beautiful Western Oregon countryside. VTS requires that you possess a Commercial Driver's License (CDL) with an active Medical Card (and pass a background check) to be cleared to be a volunteer driver.

Other volunteer positions available are dispatching, scheduling, maintenance tracking, ensuring a mission ready vehicle for our transporters to work with, or any/all the above.

This is your opportunity to give back to our fellow Veterans by volunteering your time and expertise. Interested individuals please contact Jon Schlais, VTS Travel Assistant at 541-440-1222.

Thank you for considering volunteering with us!

facebook

Have you liked the VA Roseburg Facebook page yet?

Go to



Visit our facebook page. <https://www.facebook.com/VARoseburg>

We're having a Virtual Town Hall and you are invited!!

So, What's a Virtual Town Hall?

A Virtual Town Hall is a new Web-based community partnership engagement tool that the VA Roseburg has planned to utilize to allow participants the opportunity to ask questions, exchange ideas, learn about programs we offer, and listen to our experts responses on a particular subject. A virtual town hall meeting is an efficient and convenient alternative to allow a wide range of access without leaving your home.

VA Roseburg Healthcare System Virtual Town Hall

Subject: The MOVE Program
When: December 17, 2014
Time: 2:00 to 3:00 p.m.
Who: Three VARHS subject matter and teacher experts will provide great information about our free to eligible Veterans MOVE Program, answer your questions and provide details about the classes.
Where: If you are a member of Facebook, all you have to do is like the VA Roseburg Facebook page, and you can join in to find out more about our program!

MOVE! Program Testimonial

10,000 Steps A Day:

VETERAN LARRY SUMMERS DISCUSSES HOW MOVE!® HELPED HIM LOSE 56 POUNDS AND 9 INCHES FROM HIS WAIST



How long have you struggled with your weight?

“I had a serious problem with my weight for 10 years, but I never tried a program. I just tried to lose weight on my own...and it didn't work.”

Why did you join the MOVE!® Program?

“Dr. Ryan, a surgeon at the Lebanon (PA) VAMC, took time out of her busy schedule one day to visit my hospital room and talk with me. She explained that I needed to stop drinking “now”, and it made a lasting impression that changed my perspective on lifestyle choices and overall wellness. I readily accepted the invitation to do MOVE!® and make healthy changes in my life. At my next primary care visit, my PCP Tim Brown and nurse Patricia introduced me to the program.”

When did you start MOVE!®?

“I started my journey in March 2014 at the Lancaster (PA) CBOC, and I graduated from the 8-week MOVE!® group in May 2014.”

How did the program help you?

“It provided the support and motivation I needed. The small changes seemed manageable. I began to adopt nutrition changes, drink more water, reduce my portions, choose healthier snacks, read food labels, and plan ahead. I challenged fellow Veterans to a step contest using the pedometers we were issued. Within the first week of starting a walking program and making dietary changes, I lost 3 pounds! That gave me the confidence boost I needed to continue.”

Special Recognition



Long time employee of the VARHS, Fred Price, (retired) recently received a very special item made from recycled material and given to him from Brenda Norris, VARHS MSA, Short Stay. From a discarded old counter top from the Short Stay desk where Fred used to work, Brenda had a shadow box made. Included are all the branches of the military. Fred was so pleased to receive the box and wanted us to pass on his appreciation to Brenda for giving it to him.

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unless otherwise noted.

December Events Quick List

FEHB Open Season November 10 through December 8

Eugene CBOC Town Hall, December 4, 5:30-7:30pm

Virtual Town Hall: MOVE Program, December 17, 2:00-3:00 pm

North Bend All Employee Meeting/Holiday Party, December 16,
Time - TBA

Brookings All Employee Meeting/Holiday Party, December 17,
Time - TBA

VA Roseburg Blood Drive- December 18 10:00 a.m. - 3:00 p.m in
the Roseburg Campus Auditorium

Federal Holiday, Christmas, December 25

C.H.A.M.P.I.O.N.S class starting January 7

*Photo Credits:
Veterans Serving
Veterans*

*Photos submitted by:
Frank Fink*



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