

IN CONGRESS, JULY 4, 1776.

The unanimous Declaration of the thirteen united States of America,

When in the Course of human events, it becomes necessary for one People to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation. We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, — That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and permanent Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly we have suffered much from the evils of the former, than to right ourselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future Security. — Now is the time to sever our connection with Great Britain; and such is now the necessity which constrains them to alter their former connection, that the Declaration of Independence ought to be the act of great wisdom, and of great courage. We have submitted to a chain of Injuries and Oppressions, all having in direct object the establishment of an absolute Tyranny over us. He has refused his Assent to Laws, the most wholesome and necessary for the public good. He has forbidden his Governors to pass Laws of immediate and moderate Relief, until he should have assembled a Parliament at his pleasure. He has refused to assent to our Petitions for Redress of our Grievances. He has dissolved Representative Houses repeatedly, for opposing with manly Firmness his invasions on our Rights; and he has acted in every other manner to insult and to tyrannize over us. In all these instances, we have petitioned for Redress in the most humble terms: Our repeated Petitions have been answered only by repeated Injury. A Prince, whose character is thus marked by every act which may define a Tyrant, is unfit to be the ruler of a free People. Nor have we been wanting in attentions to our British brethren. We have warned them from time to time of attempts by their Legislature to extend an unwarrantable Jurisdiction over us. We have reminded them of the circumstances of our emigration and settlement here. We have appealed to their native Justice and Magnanimity, and we have conjured them by the ties of our common kindred to disavow these usurpations, which would inevitably interrupt our connections and correspondence. They too have been deaf to the voice of Justice and of Consanguinity. We must, therefore, acquiesce in the necessity, which denounces our Separation, and hold them, as we hold the rest of mankind, Enemies in War, in Peace Friends.



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

We, therefore, the Representatives of the united States of America, in General Congress, Assembled, appealing to the Supreme Judge of the world for the rectitude of our intentions, do, in the Name, and by Authority of the good People of these Colonies, solemnly publish and declare, That these United Colonies are, and of Right ought to be Free and Independent States; that they are absolved from all Allegiance to the British Crown, and that all political connection between them and the State of Great Britain, is and ought to be totally dissolved; and that as Free and Independent States, they have full Power to lay War, conclude Peace, contract Alliances, establish Commerce, and to do all other Acts and Things which Independent States may of right do. — And for the support of this Declaration, with a firm reliance on the protection of Divine Providence, we mutually pledge to each other our Lives, our Fortunes and our sacred Honor.

John Hancock, Mod Morris, Josiah Bartlett, N. M. Mipple, Sam Adams, John Adams, Robt Treat Paine, Edwrd Gerry, Stephen Hopkins, William Ellery, Roger Sherman, Saml Huntington, M<sup>r</sup> Williams, Oliver Wolcott, Nathaniel Thaxter.

John Hancock, Mod Morris, Josiah Bartlett, N. M. Mipple, Sam Adams, John Adams, Robt Treat Paine, Edwrd Gerry, Stephen Hopkins, William Ellery, Roger Sherman, Saml Huntington, M<sup>r</sup> Williams, Oliver Wolcott, Nathaniel Thaxter. (Additional names listed in columns below)

July 20th 1776

# From the Director



Since 1933, when the VA Roseburg Healthcare System initiated service to care for those who have borne the battle, our brave Military men and women, the staff and leadership within our system have been dedicated to providing exceptional care for our United States Veterans. We continue to uphold those words President Lincoln so eloquently spoke.

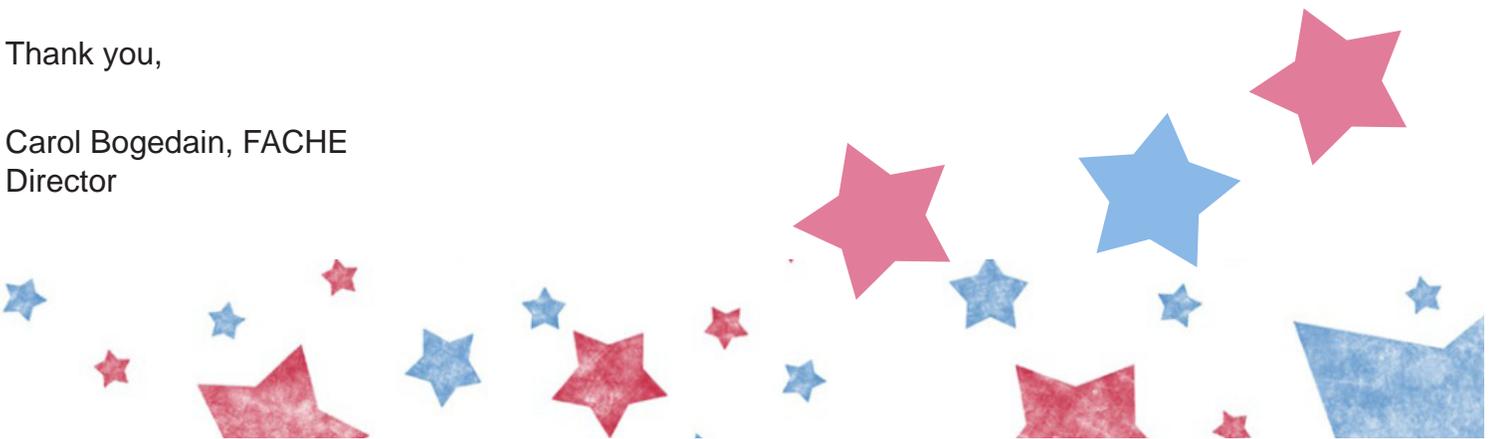
As you are well aware, these are challenging times for the VA system. Our integrity is being questioned on a daily basis. As a result, this has created many challenges and pressures for our staff as we respond to data requests and attempt to get patients scheduled in the community. We have had nurses and clerks call the patients on our wait list and in many cases they have preferred to stay with VA care despite the opportunity to have their care paid for in the community. This is a testament to the excellent care you provide. We have received many phone calls and letters telling us how much this facility and staff are appreciated. We will weather this storm and you should be proud of the care you provide.

On July 4, Independence Day, we commemorate and celebrate our independence. It is a time to pay our respects to our pioneering forefathers for their strength of spirit, their unflinching courage and their commitment to a vision- a vision that crowned, "The land of the free and the home of the brave." It is the time we pay tribute and express our gratitude for our freedom still upheld today and also acknowledges the brave men and women of the United States who have dedicated themselves throughout history in maintaining that freedom we rejoice in each day.

I believe our forefathers would be proud of our accomplishments surrounding the "red, white and blue," and commend us for our unrelenting dedication in caring for those who created, protected and continue to protect our freedom. So as you celebrate this holiday with your loved ones, your colleagues, neighbors and acquaintances, take the time to reflect and pay respect to those who created our nation, a nation of freedom and independence. And, thank a soldier for sustaining it.

Thank you,

Carol Bogedain, FACHE  
Director



# Feds Feed Families Campaign <sup>2</sup>



**feds feed families**

**June 1 through August 27**

**Please place donations of unopened/fresh food items and new clothing and toiletries in the totes provided throughout Roseburg and Eugene facilities. All donations collected goes to our local not-for-profits to support those in need in Douglas and Lane Counties.**

**If you have a large donation that will not fit in the provided totes, please contact Jennifer Stolburg at extension 40312.**

**Thank-you!**

# *New Employees*

## *Varbs Welcomes*

Doug Byle, RN  
Medical/Surgery

Pam Hickox  
Payroll Technician

Suzanne Dudek, RN  
HBPC

Debbie Mican  
Administrative Support Assistant

Suzan Dula, Physicians Assistant  
Mental Health

Wenying Niu, Anesthesiologist  
Surgery Unit

Clifford Ellis  
Gardener, Facility Management

Kelly Southern  
Social Worker

Brian Frias  
Social Service Representative

Henry Szarka  
Payroll Technician

Jennifer Frost, RN  
Flow Team

Steven Wooley  
Housekeeping Aid Supervisor

Theresa Hadden  
Suicide Prevention Coordinator

## *Retired or Retiring Soon*

Gerald Beck

Bobby Jackson

# *Congratulations!*

# Kudos

**Catch a Star**  
Making the Difference

**Shining Star:** Tasha Castaldi

**Is Receiving Recognition for:**  
I appreciate her taking the time to review a chart and completing a call resolution on a patient concerned with physical therapy. Great Assistance!

**Recognized by:** Leah Gross

**Catch a Star**  
Making the Difference

**Shining Star:** Christina Fallin

**Is Receiving Recognition for:**  
For going the extra step for an new employee. The new employee said she was thankful for the guidance and mentoring of Christina who went above and beyond.

**Recognized by:** Linda Holbrook

**Catch a Star**  
Making the Difference

**Shining Star:** Patricia Zachery

**Is Receiving Recognition for:**  
Relaying information, and placed in chart for Veteran, thus avoiding phone tag situation and improving physical therapy care.

**Recognized by:** Veronica Sue Hodge

**Catch a Star**  
Making the Difference

**Shining Star:** Charles Martin

**Is Receiving Recognition for:**  
Outstanding services in providing a Veteran with prompt and respectful attention.

**Recognized by:** David Cardenas

**Catch a Star**  
Making the Difference

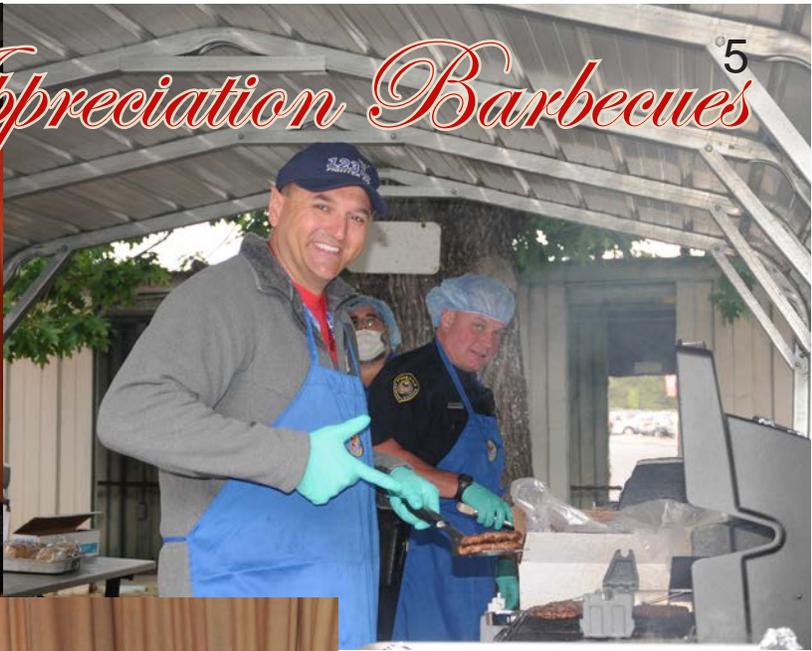
**Shining Star:** Robert Boyles

**Is Receiving Recognition for:**  
Always being so responsive and helpful. Technology can be scary and Robert makes it so much easier when it comes to computers.

**Recognized by:** Debbie Wheeler



# All Employee Appreciation Barbecues



Thank you musicians for the great live music!



Thanks to all the managers, supervisors and staff who helped serve, cook, deliver and clean up! A job well done!

Thank you EMS staff and Laundry service for set up, display and clean up! Great job and assistance!



# Barbecues...



Amazing job of coordinating the barbecues by the Worklife Improvement Team (WIT). Thanks from all of us!

Thank you Canteen service for coordinating the food! Great job!

Thank you Nutrition and Food Service for your collaborative support in making the barbecues a huge success!



Special thanks to the AFGE for contributing the delicious home made carrot cake! Always a favorite!



Roseburg and Eugene Employee Appreciation Barbecues took place during June, and the coastal clinics are scheduled for:

**North Bend- August 7, 2014**  
**Brookings - August 8, 2014**



## Ask Ethel

The IntegratedEthics© Program office poses an ethics question each month. Employees, Veterans, and volunteers are encouraged to submit ethics questions to IntegratedEthics© Program Officer, Mike Gillespie, at extension 44721 or via email at [Michael.Gillespie@va.gov](mailto:Michael.Gillespie@va.gov). When calling by phone, please include your name and phone number if you want a personal response. All queries will be replied to promptly.

### July Ethics Question:

Dear Ethel: What is meant by ethics values conflicts? –Conflicted

**Answer:** Dear “Conflicted,” Values are the guiding principles in our lives. Many of these values we have learned from our families, communities, churches or synagogues, peers, teachers, military service, organizational affiliations or places of employment. Our values may be linked in a large way to our world view or on a smaller scale to our relationships with individual people.



Continued...

Some values may predominate in one setting but not in another. For example, the military culture that we often see expressed by our Veterans may emphasize honor, courage and duty. These may not be as important in other settings. Sometimes that is an aspect of adjustment to life after military service—adjusting to different primary values.

Values development is something that goes on all of our lives. As we mature, have new life experiences and are exposed to the wider world we may learn to appreciate new perspectives—sort of like growing to appreciate new foods or activities or forms of entertainment. A person who placed high value at one time on doing things correctly may find later in life that maintaining and nurturing relationships is more important than correctness. A person who once valued quantity of life may decide in the course of living with illness that quality of life is more important.

You probably have your own examples of how your own values have shifted and changed. You also likely have examples of values to which you are firmly committed. Some spiritual values may fall into this category.

In addition, we all deal with layers of overlapping and sometimes competing values in our everyday lives. A soldier who has to take a life may find the values to survive and protect the unit in conflict with the value of “Thou shalt not kill.” A medical professional who is against abortion may be mandated by the government or an employer to provide a patient with information about birth control options.

Ethics consultations in our facility often find conflicts between such medical values as patient autonomy, quality of life, doing good and not doing harm. Sometimes, what may seem to be a very straightforward medical decision like prescribing a medication to help with a medical condition, is ethically complex because all medications have side-effects. So the provider has to weigh if the medication will do more good than harm. That is in fact an ethical decision.

You are invited to discuss this topic in more depth by joining the July Ethics Lunch and Learn. Details are below.

**Contact the Ethics Team with any ethics issues:**

- Mike Gillespie, IntegratedEthics Program Officer at Extension 44271
- John Eastwood, Ethics Consult Coordinator at Extension 44656
- Mary Bartels, Preventive Ethics Coordinator at Extension 40160
- Carol Bogedain, Ethics Leadership Coordinator at Extension 44208

**Watch for ethics news on the NEWSWIRE**

Plan to attend the **Ethics Lunch and Learn** at noon on Thursday, July 10. The topic will be a more in-depth discussion of impaired driving in older adults.

Ethics Lunch and Learn meetings are now available at our Community Based Outpatient Clinics in Eugene, North Bend, Brookings and the BHRRS in Eugene. See the announcement on the Newswire for more details.



# July Healthy Living Tips

## From Your Pact Team



Submitted by:

Christin Maks, RD, CDE

VARHS Nutrition and Food Service

Diabetes is a fast-growing disease that can be prevented or managed in part with a healthy lifestyle. Recent statistics released in June by the Centers for Disease Control estimate that more than 29 million Americans have diabetes. This is up from the previous estimate of 26 million in 2010. In 2012 alone, 1.7 million Americans 20 years and older were newly diagnosed with type 2 diabetes. What can we do to prevent a diagnosis of diabetes? If overweight, lose weight. Eat a healthful diet and get regular physical activity such as 30 minutes of walking 5 days per week. Here are a few nutrition tips to help you on your way:

- Eat whole and natural foods such as vegetables, fruits, whole grains, lean meat, and dairy that has been minimally processed. Examples: steamed broccoli, a peach, oatmeal, baked fish, and yogurt.
  - Cut portions at meals; eat less than usual. Follow the portioned plate planner (9 inch plate) that includes half a plate of vegetables and fruits, a quarter plate of starch or grain, and a quarter plate of protein/meat.
  - Eat three meals per day and a snack when needed. Successful healthy eaters and weight reducers eat breakfast, lunch, and dinner.
  - Choose fruit, vegetables, lean protein, whole grains for snacks (foods with vitamins, minerals and fiber rather than junk foods with empty calories)
- Control the amount of carbohydrate (carbs) eaten. Carbs raise blood sugar levels and if eaten in excess cause weight gain. A basic carb control meal plan includes about 45-60 grams carbohydrate per meal. (A Registered Dietitian can individualize a nutrition plan for you.)
- Be careful with liquid carbohydrate. Liquids that contain carbs can cause seriously high glucose levels if you drink too much. Liquids with carbs include: soda, fruit juice, milk, sweet tea, energy drinks, coffee drinks, sports drinks, and some flavored waters.
- Increase your intake of non-starchy vegetables. Vegetables are low in carbs and calories, and high in fiber. Eat a colorful array to get a variety of vitamins and minerals your body needs.



*Continued next page...*

- Limit your intake of alcohol if you drink. Discuss alcohol consumption with your health care provider and limit to the recommendation of one drink per day for women and 2 drinks per day for men.
- Be aware and mindful of the food that you eat. Research tells us that those who eat more slowly and in a relaxed setting will eat less food. Digestion will be better too. It takes about 20 minutes for your brain and stomach to communicate that you are actually full. Enjoy and take your time.
- Meet with a Registered Dietitian if you'd like individualized assistance in creating a nutrition plan that can help you achieve your health goals.



## July Healthy Living Recipe

### Chilled Cucumber and Salmon Soup

2 teaspoons olive oil

2 teaspoons dried dill

$\frac{3}{4}$  pound wild-caught salmon fillet

Salt and freshly ground black pepper

3 cups fresh dices cucumber, divided

1 cup frozen diced onion

*Garnish*

$\frac{1}{2}$  cup clam juice

2 scallions, sliced

1 cup water

2 slices whole- grain bread

1 cup nonfat plain yogurt



1. Heat olive oil in a medium saucepan over medium- high heat. Add salmon and sauté three minutes; turn over and sauté three more minutes for a  $\frac{3}{4}$  inch piece or until salmon is cooked through. If salmon is thicker cook another one minute per side.
2. Transfer to two large soup bowls. Cut into two inch slices. Set aside.
3. Set aside two tablespoons cucumber; add remainder into the sauce pan along with the onion, clam juice, and water. Bring to a simmer, cover with a lid, and cook until cucumbers are soft- about five minutes.
4. Place in blender or food processor, and add the yogurt and dill. Blend until smooth. Add salt and pepper to taste.
5. To serve, pour soup over the salmon slices in the two soup bowls. Sprinkle reserved cucumber and scallions on top. Serve with bread.

Per serving:

Calories: 484

Calories from Fat 142 g

Dietary Fiber 4.9 g

Total Fat 15.8 g

Saturated Fat 2.6 g

Sugars 7.9 g

Monounsaturated Fat 6.6 g

Cholesterol 99 mg

Protein 51.4 g

Sodium 588 mg

Carbohydrate 35.4

# Construction Update



## *Sterile Processing Construction Project Underway*

The Sterile Processing Service (SPS) construction project is literally in full swing!

Recently a crane was brought in to transfer steel beams from the ground to the construction site located on top of the Ambulatory Care area and adjacent to the Surgery Unit in Building One.

The new Sterile Processing Service will include 10,000 sq ft. for sterilization of medical and surgical equipment.

The project is slated for completion in the late Spring of 2015.

# Veterans Serving Veterans

Featuring

Marica McCauley  
Varh's Medical Support Assistant



## What branch of the Service did you serve in?

I served in the US Army from 1981-1984 in Alabama and Heidelberg, FRG.

## What was your Military Occupation Speciality?

I was a Military Police Officer (95B).

## What led you to join the Service?

I enrolled in Southern Oregon State College in Ashland (that is what it was called back then) right out of high school, and three-quarters of the way through my first year I realized I had no clue what I wanted to do. I felt I was wasting my time and money, so I withdrew from school and joined the military. I felt I could travel and see the world while gaining some needed discipline in my life, and I eventually wanted to go to Law School. I felt being a Military Police Officer might jump-start my legal aspirations.



## What is your current occupation with VARHS?

Currently, I am working as an Medical Support Assistant in the Eugene BHRRS.

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

I enjoy meeting our brave Veterans, and helping them receive the rehabilitation they need to reintegrate into society. I also enjoy the attention to detail that is required for the Medical Support Assistant position.



# Veterans Serving Veterans

## Featuring

### Jennifer Stolburg

### Varhs Human Resources Specialist



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

I joined the US Air Force April 1997; one year after graduating High School.

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

Having been a recruiter, I found that most applicants join for direction. I think that was the reason I joined as well. I knew I was not interested in college at the time, and I wanted to travel. I was up for adventure and wasn't worried about what job I would end up with. This fact made me flexible to the idea of serving. The military provided an opportunity to get experience and education while seeing the world and develop as a person.

**What was your Military Occupation Specialty?**

I was a Fuels Specialist (Logistics) for seven years and worked in several different jobs in this field; including NCOIC Fuels Bulk Storage, Preventative Maintenance on Refueling Vehicles, Distribution, and NCOIC of Training and Support. I was stationed or deployed to Japan, Korea, Saudi Arabia,

Turkey, Georgia, Pennsylvania, Texas, and Florida. Of all the places I have been, I enjoyed Turkey the most. I really enjoyed the Turks, the local culture, and the food was wonderful and inexpensive!



Additionally I was a Recruiter (Human Resources) for three years in Erie, Pa. It was such a gift to be able to be involved and impact kids on their path to becoming young adults. Erie was a very socially and economically depressed city that offered very little opportunities for kids who were not college-bound and lacked the resources to get a good start in life. It brought me great pride to see these kids come back from basic training and Tech School focused, motivated, and set with their path in mind. I really became like a second parent to my applicants. I wanted them to be prepared and be successful in their careers and in basic training. My office partner and I were distinguished in 2005 and 2006 for having the lowest dropout rate for basic training in the nation. I still keep in touch with many of my recruits and it is great to see them grown with families and careers of their own. It is nice to know that I was a part of making that happen.

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

I am a Human Resources Specialist

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

My job now is very similar to that in the Air Force as a Recruiter, however, the regulations are different but I am learning them. I enjoy the most is helping people. I know first hand how confusing all of the government policies can be, HR has no shortage of them, so I look forward to helping people through some of the overwhelming processes.



# *Years of Federal Service Awards*

*Congratulations and thank you for your years of dedicated service!*



20 Years  
Kathy Foster



25 Years  
Martha Skrifvars



30 Years  
James Manser

*See Awards next page...*

# Service Awards Congratulations!



Gerald Beck  
40 Years

Not pictured:

20 Years  
Stuart Anderson  
Dan Rupe

25 Years  
Philo Calhoun  
Carol Shannon  
Maura Toole

30 Years  
Joseph Campman  
Douglas Campbell



## 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

# Do you need help in your home?

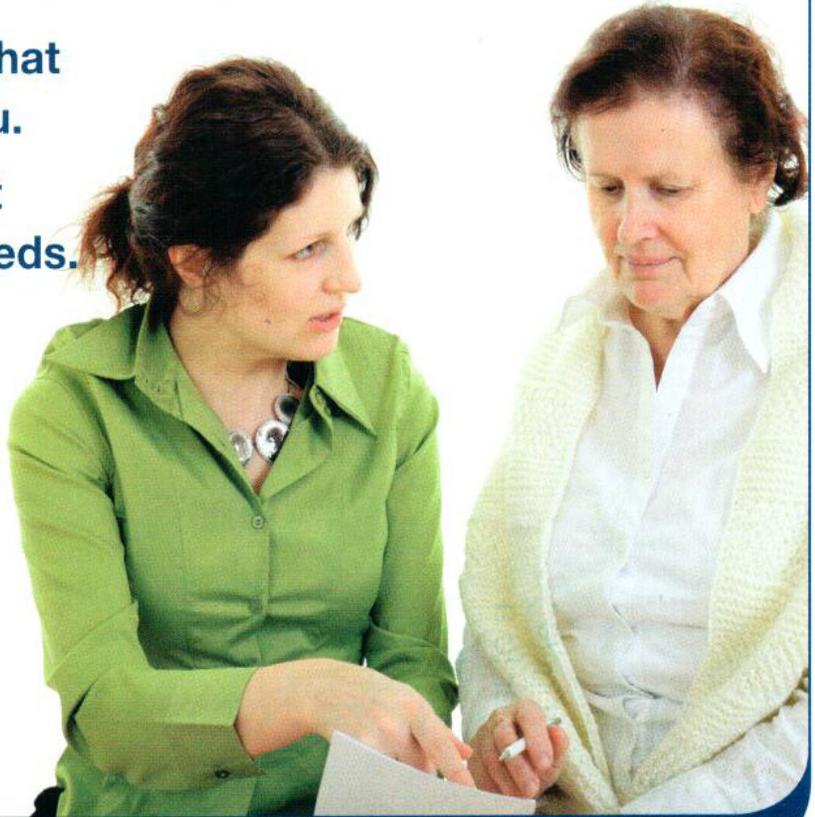
Contact the ADRC to find out what services may be available to you.

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

If you have questions, contact:

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

**www.ADRCofofOregon.org**



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



**Visit our facebook page.**

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

*Thank you Volunteers  
for All you do!!*



The Voluntary Service staff, their families and the 4-H Club Heavenly Ranchers displayed and took down our Avenue of Flags on June 14, Flag Day. Thank you all for providing this service and volunteering your time!



Pictured L to R: GIP staff Todd Wanamaker, Diane Yori-Rogers, Manager, volunteer Chuck Pratt and staff Billy Kuhse

Congratulations Chuck Pratt! Chuck was nominated by Billy Kuhse for this month's Volunteer Hall of Fame award with this submission:

*"Chuck is an outstanding volunteer and GIP (Government Inventory Program) is very lucky to have him. He always stays until we are completely caught up on stocking. He continues to work with GIP to learn how things are done so he can pitch in which allows us to spend time on other tasks. GIP would continue to be behind if it was not for Chuck taking the time to come in and stock our shelves and get us organized. I believe Chuck deserves to be known as a Hall of Fame Volunteer because he always goes above and beyond what anyone expects of him."*



*Nurse Practitioners....  
We Listen..  
Formulate...  
Respond!*

*Submitted by Paula Cramer, N.P. VARHS*

*Oh My Aching Back...Knee...Hip ....  
Darn old Rhuematiz!*

Osteoarthritis (OA) is the most common form of arthritis that potentially affects over 50% of the aging population. Many suffer terribly while others have no suffering. OA is one of the leading causes of disability in adult Americans.

Why does OA hurt? Arthritis causes inflammation in the joints. Normally between our joints there is a layer of cartilage that has smooth, rubbery connective tissue covering the end of our bones enabling easy articulation. A lifetime of wear and tear causes cartilage to wear away and may cause chronic inflammation in the joint. The inflammation can further deteriorate the loss of normal cartilage. Cartilage is normally lubricated and protected by a membrane called synovium. Synovium produces a thick fluid that cushions, lubricates and helps the cartilage stay healthy. As OA progresses, the synovium may also become inflamed and thickened. The inflammation produces extra fluid within the joint, resulting in swelling. Eventually, the cartilage may deteriorate causing bone on bone contact, additional pain and inflammation. The wearing of bone on bone may then cause friction, causing spurs and uneven surfaces that interfere with the joint movement.

Possible contributors to OA are gender, occupation, trauma, inactivity and obesity. The most commonly affected joints are the hands, feet, spine, hips and knees. As we age, muscle mass

is lost which serves in supporting our joints and skeletal structures. Obesity and sedentary life style also contributes to the stress and toll on the joints and can contribute to a vicious cycle of pain, inflammation, resulting in a reluctance to exercise, which can lead to obesity.

There is no cure for OA. Treatment is aimed at symptom relief and preventing progression. Maintaining ideal weight through healthy eating, as well as remaining physically active are the primary preventive actions against OA. When necessary, medicines/injections/surgeries can be used for pain relief, but should only be considered for more advanced OA care needs and under the direction of a health care provider.

The decision to take pain medication, whether over the counter or by prescription, should be discussed with your health care provider. Every medication has a potential down side. Healthy life style modification is the safest and most effective management.

We want to be part of your healthy lifestyle management at the VA Roseburg Healthcare System. Our health care teams are ready to help you be active and assist you with managing your health. Take advantage of the health information, lifestyle change, and management programs the VA offers to promote a healthy journey!

# *We have a Winner!!!!*

Remember when we published the local Veterans' Art photos that were submitted for consideration into the 2014 VA National Creative Art Festival?

Recreation Therapy staff, Karl Tanner, submitted photos of a wide range of art mediums, including short stories and even one original song into this highly competitive Veteran only annual competition in March.

In May, we found out that Willie Johnson's 90 pound plus metal sculpture that was shipped to the judges in Wisconsin upon their request had been placed in the top three in the metal sculpture category. This in itself is an amazing honor as several thousand Veterans enter the contest each year.

Just this week, it was announced that Willie had won first place! The main event will take place October 27- Nov 2, 2014, in Milwaukee, Wisconsin, where all of the first place winners in each category will have their art showcased for the Grand Finale. All winners are invited to attend the event and bring an escort if they chose.

To learn more about the history of the VA National Creative Art Festival, and find out more about this year's competition and winners, follow this link provided: <http://www.va.gov/opa/speceven/caf/index.asp>



**Congratulations Willie Johnson!**

## *Welcome New Home Telehealth Staff*



Pictured Left to Right:

Susan Dudek, BSN, Barb Walker, BSN, Susan Barnhart, MSN, Bill Whalon, PSA



*On the Fourth of July, VA Roseburg will proudly display the Avenue of Flags. Everyone is welcome to drive through the campus and see the collection of flags dated back to World War I. It's a beautiful display.*

**FIND US ON THE WEB:**  
[WWW.roseburg.va.gov](http://WWW.roseburg.va.gov)

*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.*

**The VA Relay Editor:**  
Carrie Boothe  
**Email -**  
CarrieLee.Boothe@va.gov

Intra-mail Bldg. Two Rm. A102C  
**Phone: 541-440-1000**  
**Extension 44101**  
**Cell: 541-580-9481**

**EDITORIAL BOARD:**  
Carol Bogedain  
Carolyn Rhodes-Rapant  
Christina Fallin  
Mike Gillespie  
Dana Culver  
Debbie Mican

Photos by  
Carrie Boothe or Debbie Mican  
unless otherwise noted.

*Photo Credits:*  
*Veterans Serving Veterans*  
*Photos submitted by: Jennifer Stolburg and Marica McCauley*

*Crane and Construction:*  
*Jose Hernandez*



**My healthvet**  
VA's Personal Health Record  
Access Health Resources  
Track Your Health  
Refill VA Prescriptions  
Register Today!  
[www.myhealth.va.gov](http://www.myhealth.va.gov)