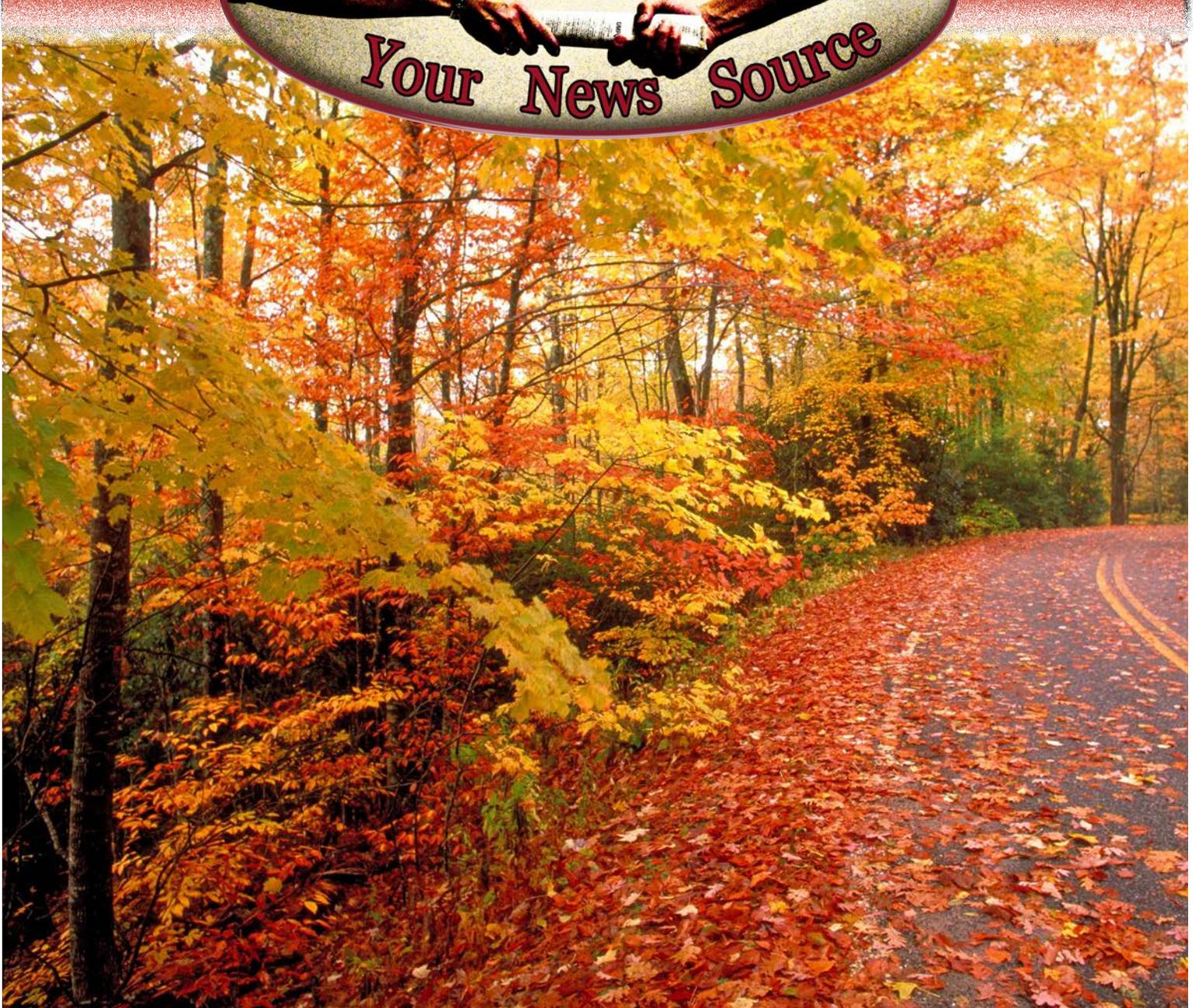


October 2014





# From the Director

This is my last letter for the VA Relay as I am retiring on October 3, 2014. Looking back at the last three years, it seems the time has flown by, like it was just months ago I arrived here, rather than years. As I reflect on the last three years, it is clear that together we have accomplished much. I have highlighted a few of these joint achievements in the following paragraphs.

Some of these improvements can be readily seen. When I became the Director in 2011, we were in the process of working with UCAN and NeighborWorks Umpqua to create Eagle Landing, the permanent housing development you now see across from our expanded National Cemetery. Other visible enhancements include road access improvements and a new expanded Dental building. Currently under

construction are the new and larger Sterile Processing unit, expansion of an operating room, the new Eugene Healthcare Center, the new and expanded Protective Care Unit, a remodel of the fifth floor and new telemetry unit, and an Acute Psychiatry building. Additional projects are in the planning stages and will begin over the next several years.

Some of the enhanced services we have developed and implemented these past three years are not as visible, but have had a positive effect on the Veterans we serve. While difficult to list them all we have opened and expanded Home-Based Primary Care, significantly grown our telehealth programs, restructured our primary care services to be more effective, implemented numerous patient centered care improvements, and significantly improved access so patients don't have to wait so long for an appointment. Other enhancements include mental health and homeless summits, Veteran Justice Outreach program, increases in HUD-VASH vouchers, creating more homelike environments for residential patients, enhancing ophthalmology, orthopedics, audiology, and other services, implementing expanded hours in various clinics, and too many more to include here.

We have increased our full time employee base over the last three years from 792 to 827. During this time we hired over 360 new employees including several positions key to the numerous improvements we have made.

We have received over \$20 million in grant funding from the Office of Rural Health the past three years with many successful proposals and have successfully competed for additional funding from VISN 20 to further invest in our surgery services, home based primary care, community living center, and primary care programs.

Most importantly, I have seen valuable improvements in quality and safety for staff and patients during my time here at VARHS. All of the VARHS staff should be proud of these accomplishments we have made together.

I am excited about this next chapter in my life, but looking back, I am also very proud of the VARHS staff I have worked with these years. I have all the faith that your commitments are genuine, as mine have been over the last 38 plus years of my career. I wish you all the best, and I commend you for your dedicated service to our Veterans.

Thank you all,

Carol Bogedain  
Director

*Oregon's Greatest  
Veterans Day Parade!*

*Douglas County Veterans Day Parade  
Tuesday, November 11, 2014  
11:00 a.m. Downtown Roseburg*

### *Changes in Judging*

The DC Veterans Day Parade Planning Committee is pleased to announce all judging will take place before the parade begins with the exception of Color Guards and Bands.

Judging will begin at 9:00 a.m. and winning entrants will receive their ribbon prior to the commencement of the parade.

Details about the changes in the judging process are provided on the application. Please read!

Application Deadline is October 31

*Grand Marshals: Desert Shield/Desert Storm Veterans*

*"In Honor of and in Gratitude for  
Those who Liberated Kuwait"*



Entry Applications available at: [www.co.douglas.or.us/veterans/](http://www.co.douglas.or.us/veterans/) OR on Facebook at Douglas County Veterans Day Parade  
Find hard copies of the application at the VA, the DC Veterans Service Office, and area businesses

# DC Veterans Day Parade 2014

We are deep into the planning for the 2014 Douglas County Veterans Day Parade and we are requesting VA staff assistance again this year!

We are looking for a few good men and women to help us:

To work in the parade staging area assisting Bob Moffitt with lining up all the participants in the parade- Arrive time is about 8:00 am at or around the DC library or near the Annex building next to the courthouse. Bob can provide details. Please contact him at extension 44860 or email him at: [Robert.moffitt@va.gov](mailto:Robert.moffitt@va.gov)

**PARTICIPATE IN THE PARADE!** Those of you who are not volunteering to assist, please jump on the VA Roseburg Healthcare System's float and participate in the parade. We have a banner, and our float will be dressed in style.....all you have to do is come to the library parking lot about 10:30 am. or so. Parade starts at 11:00 am. This will be fun! Grab your family, coworkers, your dog, cat, and patriotism and come downtown and join in!

**Are you an Desert Shield/Desert Storm Veteran?** You are the Grand Marshals of the DC Veterans Day Parade this year! Please allow us to honor you by coming to the DC library staging area about 10:30 am or so, locate the Seven Feathers Trolley, jump on and lead the parade as our Grand Marshals in style! All Desert Shield/ Desert Storm Veterans are encouraged to attend! The trolley car will follow right behind the Honor Guard and we would LOVE to fill that trolley car with our honored Veterans! Please tell your comrades and see you at the parade on Tuesday, November 11, 2014 downtown Roseburg!

Note- Veteran Grand Marshals do NOT need to fill out a parade application. Just show up!



# Get your Flu Shot Schedule

**ATTENTION ELIGIBLE  
VETERANS OF THE  
VA ROSEBURG  
HEALTHCARE  
SYSTEM!**

**Free flu vaccinations for eligible Veterans**  
at the VA Roseburg and our Community Based  
Outpatient Clinics. Time and locations to follow:

VA Roseburg Campus: October and November  
Monday-Friday  
8:30-11:30 a.m., 1:00-4:30 p.m.

Brookings Clinic: October and November  
Monday/Tuesday/Friday  
9:00-11:00 a.m., 1:00-3:00 p.m.

North Bend Clinic: October and November  
Tuesday/Wednesday/Thursday  
10:00-12:00 p.m., 2:30-3:30 p.m.

Eugene Clinic: October  
Call for your appointment for your flu shot.  
Please no walk-ins!

## POD A

October 1- 8:00-11:00 a.m.  
October 6-8, 1:00-4:00 p.m.  
October 14-15, 8:00-11:00 a.m.  
October 20-22, 1:00-4:00 p.m.  
October 27-29, 8:00-11:00 a.m.

## POD B

October 1- 1:00-4:00 p.m.  
October 6-8, 8:00-11:00 a.m.  
October 14-15, 1:00-4:00 p.m.  
October 20-22, 8:00-4:00 p.m.  
October 27-29, 1:00-4:00 p.m.

## POD C

October 1-29: 10:00-2:00 p.m.

Questions: Elizabeth Ruegg, Health Promotion  
Disease Prevention Program Manager,  
at 541-440-1339.

# Congrats!



*L to R: Teresa Higgins, Cindy Germain, Amber  
Lepre` and Dr. Tracy Weistreich, VARHS Nurse  
Executive, presenting flowers and congratulations  
to Amber for her recent accomplishments!*

Congratulations to Amber Lepre`, AAS, RN! Ms. Lepre` has been accepted into the VHA Registered Nurses Transition-To-Practice Program here at the Roseburg VA Medical Center. This 12- month program focuses on refinement of graduate nurse clinical competencies and development of professional nursing roles and leadership characteristics. The program utilizes a variety of educational strategies including classroom education, precepted clinical experiences, monthly meetings, group clinical debriefings, one-on-one mentoring and an evidence-based practice project.

Ms. Lepre`, a current VARHS Medical/Surgical/ Telemetry Unit nurse, recently graduated with her AAS, RN Degree and is transitioning from LPN to RN. We are honored and excited to have Ms. Lepre` remain on staff, as she is respected for her commitment to excellence in providing quality patient care to our Veterans.

# KODOS

**Catch a Star**  
Making the Difference

**Shining Star:** Dema Inman

**Is Receiving Recognition for:**  
For graciously going above and beyond to schedule patients for me. She has a great attitude and was very willing to help. It is much appreciated!

**Recognized by:** Jessica Littlefield

**Catch a Star**  
Making the Difference

**Shining Star:** Alison Gregory

**Is Receiving Recognition for:**  
Alison worked diligently to help a Veteran get his prescription. She discovered his medication had not shipped and spent a considerable amount of time correcting a problem. The Veteran was able to get his medication thanks to Alison and her hard work.

**Recognized by:** Officer Pannier

**Catch a Star**  
Making the Difference

**Shining Star:** Barb Schmale

**Is Receiving Recognition for:**  
Being such a great Team Member! Thank you for all your hard work and contributions to the Team.

**Recognized by:** Silda Silva, LPN

**Catch a Star**  
Making the Difference

**Shining Star:** Teresa Miller

**Is Receiving Recognition for:**  
Always being willing to assist us with a TMS question and being willing to teach us or show us new tips and tricks with TMS. We appreciate all you do!

**Recognized by:** Alison Gregory

**Catch a Star**  
Making the Difference

**Shining Star:** North Bend Clinic

**Is Receiving Recognition for:**  
Efforts begin made to clear up all open encounters as well as preparing for the inspection tomorrow and I wanted to make note of the hard work day in, and day out by our staff!

**Recognized by:** Gene Holthouser



# Catch a Star Winner!



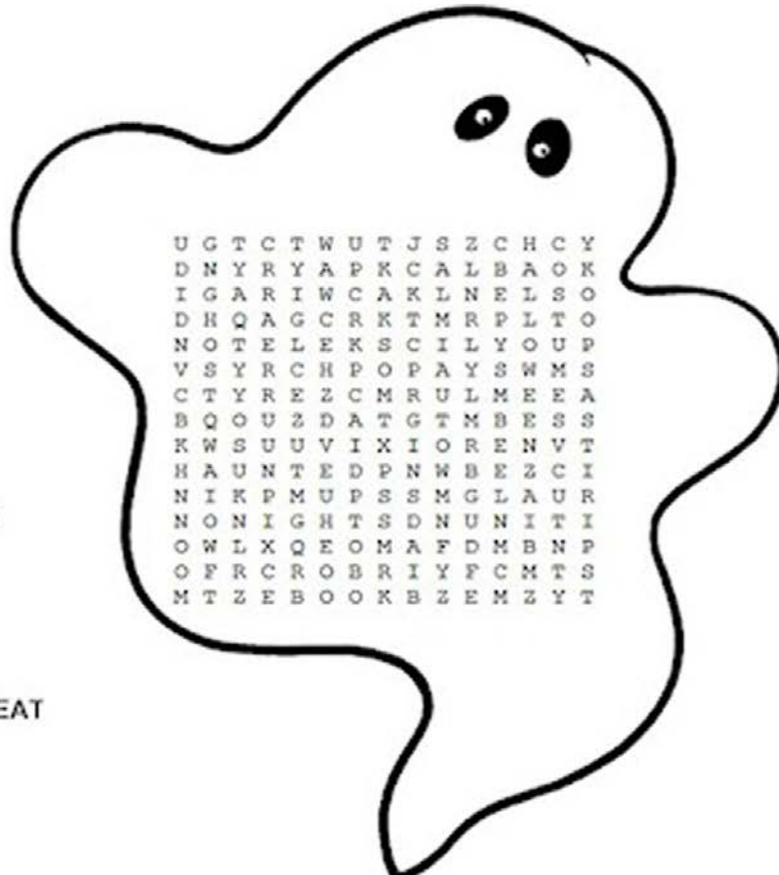
Picture L to R:

Director Carol Bogedain, Jean Best, Karen Bowell, Les Ludwig, Jessica Cullerton-Sheldon, Dan Palmcook, and Dr. Ranjan.

A patient nominated Jessica with the following:

“Always being super happy and extremely helpful! Thank you for being the best Physical Therapist ever!! You save my day...I’m now migraine free.”

Congratulations  
Jessica Cullerton-Sheldon,  
VARHS Physical Therapist!



- |           |                |
|-----------|----------------|
| BLACK     |                |
| BLACK CAT |                |
| BOO       |                |
| CANDY     |                |
| COSTUME   | PUMPKIN        |
| GHOST     | SCARECROW      |
| GOBLINS   | SKELETON       |
| HALLOWEEN | SPIDER         |
| HAUNTED   | SPIRITS        |
| MONSTER   | SPOOKY         |
| MOON      | NIGHT          |
| MUMMY     | TRICK OR TREAT |
| ORANGE    | VAMPIRE        |
| OWL       | WITCH          |

# VA



**U.S. Department of Veterans Affairs**

Office of Acquisition, Logistics and Construction

## FEDERAL SUPPLY SCHEDULE DAY SHOW

# Thursday

## October 9, 2014

Hosted at the

# VA Roseburg Healthcare System

Roseburg, OR

## 10:00AM-2:00PM

Located in the

## Auditorium

### Building #16

Sponsored by



Dene Nichols | U.S. Department of Veterans Affairs

Office of Acquisition and Logistics Business Development

FSS Show Program COTR

Office (936) 494-1890 | [dene.nichols@va.gov](mailto:dene.nichols@va.gov)

Includes Suppliers with an Emphasis on the following products:

- Wound Care
- Surgical Tables, Instruments & Supplies
- Janitorial and Sanitary (EMS) Supplies
- Procedural Tables (Dental, Exam and Women's Health)
- Patient Monitoring Systems
- Bed Systems
- Home Health Care Items
- Sterile Processing Supplies
- Medical Carts
- Bracing and Compression Prosthetic Supplies
- Anesthesia Supplies
- Pain Management
- Medical Equipment and Supplies
- Fall Prevention Items
- Disposable Protective Apparel
- Safe Patient Handling Equipment
- IT and More...



***All Staff Members are invited to view  
innovative and exciting new products and services on contract!***

# Celebrating One Year Smoke Free!



Fred Rhodes receives his one year smoke free anniversary certificate from Shannon Munn, Smoking Cessation Coordinator, during his party.

Fred Rhodes recently celebrated one year of complete absence from nicotine. He talks about quitting, the changes in his life and how he feels about the VARHS Smoking Cessations Classes:

How do you feel now that it has been a year?

I am more at ease, more at peace, because I can breathe easier, my legs quit hurting, I take less blood pressure medicine, and I no longer have nicotine stains on my fingers.

What Motivated you to quit?

"I damn near died, I couldn't breathe"

How long were you a smoker?

I started when I was 14--quit when I was 72 and smoked as much as 3 1/2 packs a day.

What is the biggest change in your life since you stopped smoking?

Being able to go to church and other functions, going to other peoples' homes and not feeling out of place.

How did you do it?

Tried everything in the world: acupuncture, patches, pills, gum, hypnosis, but nothing ever worked. I finally took Chantix and started this class. I believe that the Chantix alone probably wouldn't have worked for me. I couldn't have done it without this class.



What do you like about the class and what has helped the most?

Well Shannon and Bob, and the fact that I can come in here and can be myself. I keep coming for the support and if I can help one other Veteran then it's all worth it.

## Congratulations Fred!



# Smoking Cessation group

VA Roseburg Healthcare System

**When: Join Us Mondays from 2:00-3:30 Out-Patient**  
**Where: Roseburg Campus, 913 NW Garden Valley Blvd.**  
**Mental Health Clinic Classroom, Building Two**

This is a six-week course designed to give you the information you will need to make the decision to stop smoking. This group is designed also to work as a support network so that you may be successful in stopping smoking and staying stopped. You may stay with the group as long as you like. It may take several attempts to be successful. As long as you don't give up, you will accomplish what you set out to accomplish.

**This course/support group is offered free to Veterans and their family members**

If you have thought that you needed to quit, been told you should quit or want to quit, this course will be very beneficial.

*Mark Twain Wrote:*

*“It's easy to quit, It's hard to stay quit”*

*Please contact me, Shannon Munn, Smoking Cessation Coordinator, if you are interested or better yet JUST SHOW UP ☺*

*Shannon Munn 541-440-1000 ext.44961 Sunday-Thursday 3:30-8:00pm*

# You Can Do It !!

### IntegratedEthics<sup>®</sup> --Ask Ethel?

The IntegratedEthics<sup>®</sup> Program office poses ethics questions each month. Employees, Veterans, and volunteers are encouraged to submit ethics questions to IntegratedEthics<sup>®</sup> 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.

### October Ethics Pop Quiz:

1. What is ethics?
2. What is the name of our local ethics program?
3. What are the three components of our ethics program?
4. Who leads each area?
5. What committee oversees the program?
6. How often does this committee meet?
7. Who does the ethics program report to?
8. Who can request an ethics consultation?
9. Who are the contacts to request a consultation?
10. How does my group or committee ensure that we have some ethics awareness at each meeting?
11. Are ethics presentations available to my service department?



### Answer Key:

1. At its heart ethics is about **doing the right thing**. And in our setting in the VA, it is especially about *doing the right thing for Veterans*.
2. IntegratedEthics<sup>®</sup>
3. Ethical Leadership, Preventive Ethics and Ethics Consultation
4. Director Carol Bogedain leads Ethical Leadership. Mary Bartels leads Preventive Ethics. Jon Eastwood leads Ethics Consultation. Mike Gillespie is the IntegratedEthics Program Officer and can be contacted about any area.
5. The IntegratedEthics Council
6. Monthly
7. The Council reports directly to the Executive Leadership Board.
8. Anyone: Veterans, Veterans families, VA employees and volunteers
9. Call Jon Eastwood at extension 44656 or Mike Gillespie at extension 44721.
10. Two ideas: a) Use the VA Roseburg official meeting agenda template, which includes an agenda item asking any committee member to identify ethics concerns in the meeting. b) Assign someone in your group to look for potential ethics issues during your meeting. This assignment can rotate to give everyone a chance to build their ethics skills.
11. Yes. Please call Mike Gillespie at 44721 or email at [Michael.Gillespie@va.gov](mailto:Michael.Gillespie@va.gov).

**VA Roseburg IntegratedEthics<sup>®</sup> Program** is your resource and advocate for ethical concerns and information.

- Watch for ethics news on Newswire.
- Plan to attend the **Ethics Lunch and Learn** at noon on Thursday, October 9<sup>th</sup>. The topic will be **Patient Autonomy vs. Patient Advocacy**. *Ethics Lunch and Learn meetings are now available to those employees at our community-based clinics in Eugene, North Bend, Brookings as well as the BHRS in Eugene. See the announcement on Newswire for details.*

# VARHS Staff

# Veterans Serving Veterans



## Featuring Michael Bailey

### Beneficiary Travel Department

#### 1) What Branch of the service did you serve in, and what years?

I enlisted in the US Army in March of 1987 and ETS'd (Expiration of Term of Service) on July 4, 1991.

#### 2) What led you to decide to join the service?

I enlisted to carry on a family tradition of service, and because I really wanted to serve my country. I saw how proud serving made my father and my uncles and I wanted to be able to feel like that, and I do.

#### 3) What was your Military Operation Specialty?

Officially I was a Rough Terrain Forklift Operator 76V-20. Ironically, throughout my entire combat tour in Southeast Asia, I never touched a forklift. I volunteered for an undisclosed assignment, and spent most of my deployed time patrolling the desert around the largest ammo-dump in the theatre of operation.

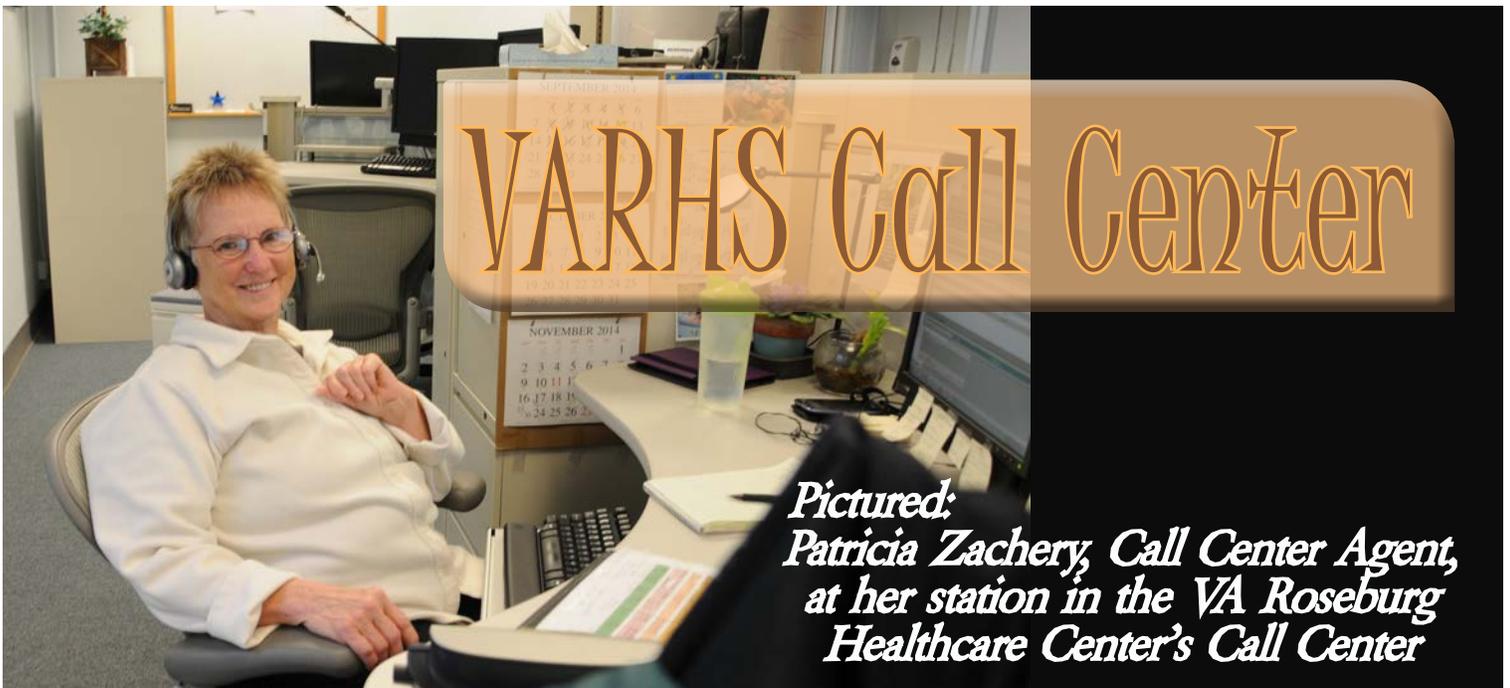
#### 4) What is your current occupation with VARHS?

Currently, I work in the Beneficiary-Travel department, a subsidiary of Fee-Basis or Fiscal.

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

I really enjoy being around other Veterans all day. We all have a story to tell, and I really enjoy listening to other veteran stories. After having had to wade through the treatment process here as a patient myself, I decide to work here so I could help other veterans to do the same. I think my passion is for helping the younger crowd that are just now, or recently, returned from combat. Those younger veterans need as much help fitting into the system as they can get, and I like helping them. I go out of my way to explain to them that they are home and safe now so they can relax and integrate back into society. I am very proud to work here.





***Pictured:  
Patricia Zachery, Call Center Agent,  
at her station in the VA Roseburg  
Healthcare Center's Call Center***

## Real Time Phone Care Agents

The VA Roseburg Call Center has been in existence for nearly four years. The Call Center was created with the intention of providing more efficient service to Veterans. This article explains changes that have occurred as a result of the creation of the Call Center. Service has improved since the days when patients had to leave messages on machines rather than talking to live Call Center agents, like they do today. This information is beneficial for both Veterans and staff.

A typical day for the Primary Care clinic staff is filled with primary care appointments, nurse appointments, working with walk-ins and coordinating patient flow in and out of the clinic. Each and every day is full and extremely busy caring for our Veterans. Before the Call Center, the front line staff took phone calls throughout the day, which exacerbated the situation in the clinics, and resulted in challenges for staff to keep up with the flow in the clinics.

All the Primary Care phone extensions are forwarded to the Call Center, and often it's the first 'real person' contact for the Veterans. Let's take a look at phone calls from the view of the Call Center today, to provide a snapshot of the responsibilities and expectations of Call Center staff:

To assist in meeting the Primary Care needs of our Veterans, some of the responsibilities of the Call Center agents include:

- Verifying appointment times and dates.
- Scheduling clinic appointments (annual exams, follow-up appointments) or entering Recall notices if the appointment is needed more than 90 days into the future.
- Canceling/rescheduling appointments (notifying PACT staff if it is a same day cancellation).
- Transferring calls to other departments who schedule their own appointments- (e.g., Optometry, Ortho, Podiatry, Audiology, the pain clinic, Dental, Dermatology, Mental Health, etc.)
- Alerting the PACT nurse when a Veteran calls about a change in health.

*See Call Center next page..*

## Call Center...



- Completing Change of Provider request and Transfer/Reassignment request forms and forwarding to Eligibility or the Clinic Manager.
- Printing and mailing reminder letters after scheduling appointments.
- Connecting outside providers, clinics, pharmacies, nurses and hospitals with nurses or, when that's not possible, leaving alerts for the nurse to return calls.
- Coordinating with discharging nurses from local hospitals when Veterans need to be seen within a defined timeframe after discharge.

Now, imagine all this information being put on answering machines for the PACT medical service assistant's to remove and disseminate to the appropriate people or departments in a timely manner.

These calls come in every day—(On average the Call Center receives between 10,000 and 11,000 calls each month!)

In an effort to clarify expectations, Call Center staff would like to share the following information with Veterans and staff:

### Veterans

- Any phone numbers for the PACT teams or clinics will automatically be routed to the Call Center.
- For changes in health, it is the Call Center agent responsibility to gather information from the Veteran to pass along to the PACT team, so they can understand the reason for the call and provide the best care possible.
- The Call Center staff cannot transfer calls to the PACT team without first contacting them to ensure they are available to take the call. If the PACT is not available, the call will return to the Call Center.
- The Call Center only schedules for Primary Care and cannot schedule for any of our specialty clinics. (We transfer specialty care clinic calls to our coworkers who have expert knowledge in each specialty care clinic.)
- For assistance with most medication issues we will transfer calls to our partners in the Pharmacy Call Center. They have the knowledge and skills to best assist with pharmacy matters.

### Staff

- If you wish to reach PACT staff, the best way to do so is via Microsoft Lync ("instant messaging").
- If you need to know the names of PACT staff, please consult the Newswire>Services>Ambulatory Care>Clinic and CBOC Provider/Nurse Contact Info, for an up-to-date listing.

The Call Center's primary focus is to ensure that Veterans receive the assistance they need in a timely manner. We are here to help in any way we can and look forward to the opportunity to serve our fellow Veterans.



# VARHS New Employees



Dana E. Train  
Food Service Operational Manager

Holley J. Shepard  
Speech Language Pathologist

Sabrina F. Perkins  
Medical Support Assistant

Sandra L. Wells  
Medical Support Assistant

Nancy M. Sheiner  
RN

Jennifer L. Call  
Pharmacy Technician

Leigh S. Sharma  
Psychologist



Mary K. Dumm  
LPN

Patricia A. Akins  
Pharmacy Tech (Intermittent)

Boyce C. Williams II  
Police

Leo S. Schroeder  
Int RN

Max K. Roberts  
RN

Treva A. Moss  
Int RN

Michael W. Brown  
Supply Technician

Welcome to the



# VA Roseburg Healthcare System!

# Education Service Notes



## Developing Leaders as Teachers

### VARHS CHAMPIONS Program

*Submitted by Linda Holbrook and Chris DeLong*

**Developing Leader's Perspective-- Notes from Chris:** I have been working at the Roseburg VA nearly 12 years. I have worked in every clinic in Ambulatory Care at one time or another. I spent some time in Home Tele-health as well. I recently asked to help my mentor, Linda Holbrook, with the Soft Skills for Schedulers training. My passion for teaching all began when I joined the military. It's an amazing feeling to start with nothing and create a transformation; something like clay to a pot.

I was an instructor/teacher in the Marines and Army. I personally trained over 10,000 students during my career. When I finally left the military I attended college for a few years to get a Master's Degree in Education. I wanted to be a high school history teacher. In college, I was getting burned out so I decided to take a break and go back to work full time at the VA here in Roseburg. Years later, I was still stuck at the same point in my life not moving forward until I was told about CHAMPIONS. CHAMPIONS turned out to be the most life-changing class I had ever been to. For years, I thought I was turning in a quality resume and that my interview skills were top notch. I couldn't be further from the truth. The class made me a better person, a better employee, and a better mentor. I knew how to do my job well but the class sharpened a few things that work in the military but not in the civilian world. The other key lesson of the class was the networking aspect. It changed a lot of my perspective with certain individuals in this hospital and has opened up many doors in the process.

**Mentor's Perspective:** Chris DeLong recently attended the CHAMPIONS program where his passion and experience for teaching others became apparent. Based on his amazing history teaching in the Marines and Army, it was very evident that this employee has valuable talents that were not being used. He credits the CHAMPION program in helping with his professional development and reawakening his passion for teaching. Part of the CHAMPION program includes skills needed to be able to understand conflict resolution, communication, and team building. He wished to "polish" these skills and so he stepped in to teach the mandatory soft skill classes with the education department. The first class was full but Chris took command and executed the necessary information flawlessly. Good Job Chris!!

# More From the Education Service..

## Voice Assisted Manikins System

### Technology today!

### Bringing your Training to you!

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

Do you need a CPR certification today? Are you not allowed to do patient care because of an expired BLS card?

Complete your Healthcare Provider level BLS/CPR didactic, ACLS didactic and skills requirements with our Voice Assisted Manikin System (VAM).



#### **Locations:**

- 1. In the Nursing Classroom, Building 1, Third Floor, Room B316. As you enter the classroom, turn into the office area on the right. (Please be respectful if there is an ongoing class)**
- 2. River House Nurse Manager Office, contact supervisor or RNOD for access.**
- 3. 24/7 access- A nursing supervisor and/or RNOD can open the doors on all tours.**

Just sign into the VA laptop using your VA access and enter through TMS (remember your TMS password!). Once in TMS you continue on to BLS Heartcode Part 1 G-2010, type G-2010 into the catalog window for easy access. Part 1 may also be completed using your worksite VA computer.



Once that is completed save the number on the certificate (8 digits) and use that number to enter into BLS Heartcode Part 2&3 G-2010. Part 2 is a skills practice using the VAM equipment and part 3 is the skills check off using the VAM equipment.

In the VAM office, there is an adult Bag Valve Mask and an Infant Bag Valve Mask for skills use.

Take advantage of the VAM online coaching to complete your BLS requirements. Your results will be automatically transmitted into TMS. Notify Melissa Watts in Education for your card to be issued. Later, Education Department will contact you when your card is prepared. Your BLS will be updated as soon as you complete the course evaluation.

# Recent Happenings...

# Stand Down

This year's Stand Down had 24 community and VA vendors attending to provide a variety of services and goods to 124 Veterans. Supplies such as sleeping bags, clothing, toiletries and pet care items were distributed. Veterans were not only able to receive needed goods; they also made connections and shared a meal. This Stand Down also provided an opportunity for the community to come together and make connections in preparation for successful future events. From this year's Stand Down, members of our community are already volunteering and planning for next year's event. Thanks to everyone who assisted in making this event a huge success by assisting our homeless and in-need Veteran population!

Special thanks to Carol Hunt, VARHS volunteer and member of the Soldiers Angels for all her hard work in working on coordinating the event with Charity McSperritt, VARHS Stand Down Coordinator.



*Clothing, VA and community services information, sleeping bags, toiletry items and even a bbq lunch were all available at the VARHS Stand Down held in the Auditorium.*

*Chaplain Service, the VARHS Veteran Justice Officer, and many more were available to assist Veterans*



# facebook®

Visit our facebook page.

[www.facebook.com/VARoseburg](http://www.facebook.com/VARoseburg)

# Recent Happenings...

# Re-Creation Performs



Patients, staff and volunteers were treated to a special musical performance by Re-Creation, a group of professional performers who travel the country entertaining patients at VA hospitals.

The audience was entertained by 40 years of the most popular music and the crowd had a great time during the interactive show.

These talented young people make a one-year commit to perform all over the USA, and VARHS was fortunate to have them with us for a day.

Thank you Re-Creation!



More Recent Happenings...



## Former POW/MIA Recognition Day

Written by Carrie Boothe, VARHS Public Affairs Specialist

When Former Prisoners of War (POW's) get together, memories and emotions ignite that are not even imaginable for those of us who have not experienced capture by the hands of the enemy.

Although in the USA we commemorate their dedication to our country each year on the third Friday in September, National POW/MIA Recognition Day, only those noble soldiers and their loved ones who endured and sacrificed for our freedom carry the knowledge that affords them full comprehension of what it really means to be a former POW.

VA Roseburg HCS has honored Former POW's and formally recognized the MIA issue with a special event for many years. This year, the event took place at the Umpqua Community College Lang Event Center and included a private luncheon for our eight honored former POW's and their guests with a formal ceremony open to the public following.

Associate Director, Steven Broskey, MC'd the event, and addressed the audience: "These men exude a quiet courage—a valor that was born from hope and trust. These heroes have seen and been through the most brutal and unthinkable of all Military experiences. The hardships they have endured on behalf of us, their fellow citizens, have allowed this great nation to remain free. I am overwhelmed by their superior courage and perseverance. We gather here as a reminder that Americans remember our responsibility to stand behind those who served our nation. Today we honor our former POW's. Today we honor family members and relatives who have also made great sacrifices for our country



and have, themselves, been steadfast in their resolve for a full accounting of what happened to their loved ones, those still missing in action. And on this day, we recommit our resolve to do everything possible to account for our sons, daughters and all those who have not returned nor been returned to American soil.

I pledge, and challenge each one of you, to never forget.”

In addition to these powerful words, the Former POW planning committee decided early in their planning stages they wanted this event to be memorable, and unique but also entertaining to all who attended.

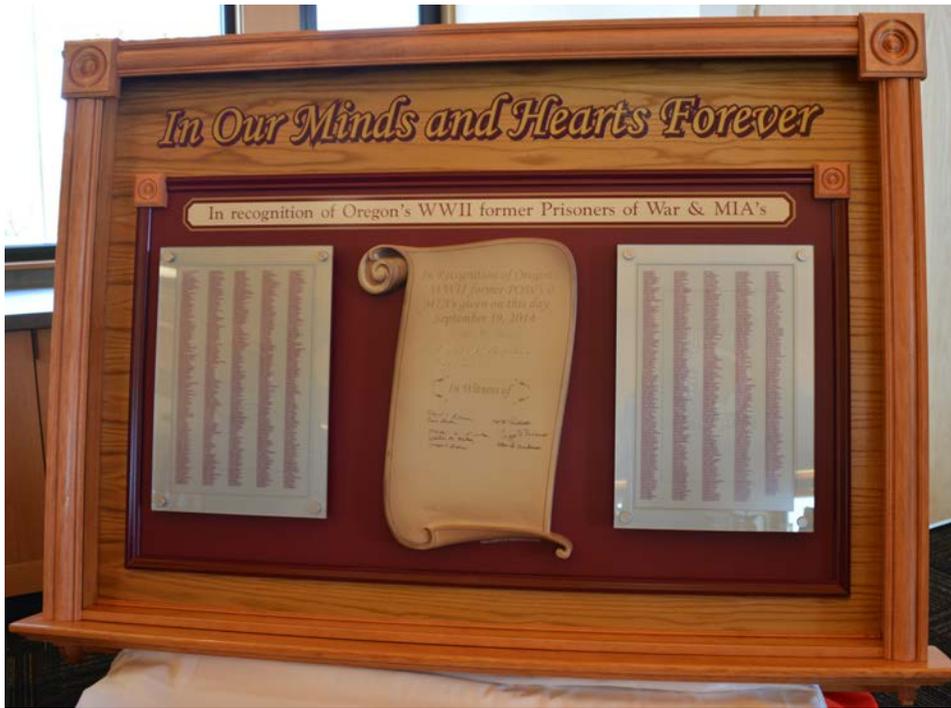


A concert by talented local musicians took place as part of day's entertainment. These local musicians volunteered their time to provide patriotic songs by Donna Spicer, Roberta Hall, Joseph Mooney and Elijah Hawkins. The crowd enjoyed joining in singing their Military theme song, and they stood proud during that portion of the program. After, Tory Rose, a 15-year old Oakland High School student, performed three beautiful songs and explained to the crowd, "I am pleased to be here today. I come from a long line of Veterans including my biggest fan, my Grandpa. He is a Vietnam Veteran."

After the musical performances, a special recognition took place with explanations that included informing the audience that VARHS is in the process of building a new Protective Care Unit. When complete, the new facility will be a state-of-the-art facility and provide a safe homelike atmosphere for Dementia and Alzheimer's patients.

The planning committee wanted to have something created that would commemorate Oregon's former POW's and MIA's. They wanted it to be displayed in a prominent location for all who see it to be reminded of the sacrifices our Military men and women have made throughout history in keeping us free. Given that, they researched and found out there are more than 2000 names listed of Oregon former POW or MIA Veterans from WWII, Korea and Vietnam alone! Knowing they could not fit all the names on one dedication plaque, the team broke down the names by eras and conflicts and found that there were more than 1000 names listed for WWII POW's or MIA's in the state of Oregon. So what they decided to do for this first commemoration, was to list all of Oregon's WWII former POW's and MIA's names on the commemorative display. Subsequent years will include additional dedications for other eras of POW/MIA and will also be displayed on the VARHS campus.

The committee members asked all eight of the former POW's when they entered the event, to sign their names to a scroll. The former POW's were not told the reason as this was part of the surprise planned in their honor. Mr. Broskey explained that the scroll they signed will be the center of the beautiful piece that will be displayed at the entrance to our new Community Living Center. Their names are in witness of the dedication.



*The commemorative plaque, created by Bob Decker with love and caring, was formally revealed to the audience. Plans for installation are set and the plaque will be displayed as soon as the Protective Care Unit construction is complete. It is about five feet wide and stands more than three feet tall!*

All of the former POW's present received a special gift- a commemorative coin wrapped in a hand-embroidered handkerchief with the words, *POW/MIA Recognition 2014 and You Are Not Forgotten.*



The event ended with the Color Guard retiring the colors, and an invitation to all to remain and visit and thank our former POW's and their family members present for their superior courage and perseverance.

*Pictured: Dema Inman provides a gift to a Former POW attending the event. Left: Mr. Broskey displays the gift the committee created provided.*



*Handshakes and camaraderie all around!*

# Women's Health



## Breast Cancer Screening

*Submitted by:*

*Jennifer Bzowy, VARHS Women's Health Medical Director*

A mammogram is an x-ray of the breasts, used to screen for breast cancer before there are signs or symptoms of cancer. Mammography can detect breast cancer before it's big enough to feel as a lump. This early detection of breast cancer is important because it is easier to treat breast cancer in its early stages, before it has spread to other parts of the body, lowering the risk of dying of breast cancer.

For women of average risk, the VA recommends screening mammograms every other year starting at age 50. This recommendation follows the guidelines set by the United States Preventive Services Task Force. Other organizations, such as the American Cancer Society and the Mayo Clinic, recommend mammograms every year starting at age 40. According to the VA, whether to start mammograms at age 40 or 50 should be an individual decision made after taking into account personal values. Discussing this with your women's health care provider can help you decide what is best for you.

Sometimes a diagnostic mammogram may be ordered by your provider. A diagnostic mammogram checks for breast cancer if you or your provider have felt a lump or noticed a change in your breast, such as skin changes, nipple discharge, or nipple inversion. It may also be ordered if there is an abnormal finding or area of concern on your screening mammogram. If a diagnostic mammogram is ordered it does NOT mean you have breast cancer.

October is National Breast Cancer Awareness Month but mammography is not the only preventive health service that might be recommended for you. Talk to your PACT team to see what screening tests and immunizations are recommended, so you can make an informed decision on what is best for you.

## October Healthy Living Recipe Chipotle Corn and Zucchini

**Recipe Serves 2**

**Ingredients**

2 teaspoons olive oil

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

2 cups fresh corn kernels (may use frozen corn)

Large pinch chipotle chili pepper seasoning (about 1/8 teaspoon) or Hungarian paprika

Salt

**Instructions**

Heat oil in a nonstick skillet over medium high heat

Add the zucchini and corn. Sauté 5 minutes. Sprinkle with chipotle seasoning and salt to taste. Serve



**Nutritional Facts per Serving** Calories 187 Calories from Fat 61 Total Fat 6.8g Saturated Fat 1.1g Mono-unsaturated Fat 3.9g Cholesterol 0 mg Sodium 45 mg Dietary Fiber 2 g Carbohydrate 31.5g Dietary Fiber 4.3g Sugars 11.3g Protein 6.3g

# \*\*\*Attention\*\*\*

## All Veterans and Family Members

The Roseburg VAMC is hosting a

## Veteran and Family Information Session

### When:

October 23, 2014  
6:00 pm to 7:00 pm

### Where:

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

### Presentation Topics

- Healthy Living Programs
  - Getting Involved!
    - MOVE!
    - Smoking Cessation
- Patient Education and Resource Center (PERC)
  - They're here to assist you!
    - My Healthy Vet
- Community Living Center (CLC)
  - What services they provide!
    - Protective Care Unit (PCU)
    - Transitional Care Unit (TCU)
    - Palliative Care
    - Hospice



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 Coming...

**October 13-** Federal Holiday, Columbus Day recognized

**October 15-** Auditorium 12:30 p.m. Doug Paxton Interim Director arrives and Town Hall for Employees with Network Director and Interim Director Doug Paxton

## All Employees Meetings:

Roseburg: October 23 7:30-8:30 a.m., 3:30-4:30p.m.

Roseburg: October 24 12:30-1:30 p.m. Awards being presented

Eugene: 10/26/14

North Bend: 10/30/14

Brookings: 10/31/14

**October 28-** Meet the artist that entered into the National Creative Arts Festival and 1st place winners Medal presentation

**October 31-** Halloween!



*Photo Credits:*

*Veterans Serving Veterans*

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