April 2014

In This Issue:

Ground Breaking for Eugene Clinic April 21

Dragons and Tigers and Giraffes We have that...

2nd Annual Employee/Volunteer Art Show- Your invite inside...

From the Director

During 2013, VA Roseburg Healthcare System announced a final site selection for a new clinic to be constructed in Eugene. The Chad Drive and Old Coburg Road location boasts 14.3 acres of flat land conveniently located near the freeway and will replace two existing buildings the VARHS currently leases in Lane County.

After months of detailed planning, we are pleased to announce construction is about to begin. We have scheduled a formal Ground Breaking Ceremony on April 21, 2014 from 1:00-3:00 p.m. at the construction site. Everyone is invited to attend.

Consolidating and expanding the space available for Veteran healthcare services from the two existing buildings that total 25,000 square-feet into one building with more than 100,000 square-feet allows us to significantly increase services currently not provided at the clinic in Eugene. In addition to expanding our current offered services, new services planned for the clinic include:

- Ambulatory Surgery
- Dispensing Pharmacy
- Cardiopulmonary
- Dental
- Gastroenterology
- Optometry
- Ophthalmology
- Orthopedics
- Podiatry
- Urology
- Laboratory
- Imaging
- Prosthetics

This is truly an exciting time of growth and change for the VARHS and for the Veterans we serve. We are pleased and excited to have reached this milestone in our journey.

We know there is much work ahead to complete this extensive project. We look forward to the summer of 2015, when we anticipate the completion of our new clinic. I hope you can join us in commemorating this very exciting project launch.

Carol Bogedain, FACHE
Director

Rendering of the new Eugene Outpatient Clinic

Nurse Practitioners..... We listen.....Formulate..... Respond!

Submitted by Paula Cramer, N.P., VARHS

One Dose Does Not Fit All!

There has been so much in the media lately about Ambien (Zolpidem). This sleep medication has been made out to be a horrific ugly duckling drug. Most controversial has been use in women. In particular, the question being should doses be gender adjusted and what dosage is considered irresponsible use? This drug has raised the question as to how many other drugs given *to women* are in doses that may not be gender appropriate. The issue seems to be whether medications are being prescribed by a provider who has a relationship with the patient, knows their history, monitors the patient, and that the patient follows their recommended dose. ONE DOSE DOES NOT FIT ALL FOR ANY AND ALL MEDICATIONS!

Gender, age, race, etc., all factor into the prescribing picture but may not necessarily drive the prescription dose. In the case of Ambien or other sleep medications that result in "adverse reactions or incidents" *People* sometimes exercise poor judgment or may disregard the instructions given for safe use. In particular, sleep medications instruct individuals to be ready for bed (having pj's on, teeth brushed, face washed, etc.,) and actually be in bed within 30 minutes of dosing. It is not uncommon for patients to adjust the dose or frequency of their medications without provider approval and without knowledge of potential consequences. Medication alterations by patients can include myriad drugs for a myriad of illnesses—not just Ambien.

Patients should not self-prescribe and should actively involve their providers in medication use and dosing. It is an individual spectrum when it comes to prescription treatments and no single dose fits all. The National Pain Foundation gives sound advice which can be blanketed across all prescriptions and even supplements:

- Do not take medications that aren't prescribed for you by your provider.
- Consult your provider before combining sedatives or anti-anxiety drugs with pain medications.
- Do not use opioid/narcotics medications as sleeping pills.
- Do not mix ANY medications with alcohol.
- Never share your medications with someone else, for any reason.
- Do not suddenly stop taking a medication.
- Make a list of all your medications and bring it to every appointment.
- Lock up all medications to keep them out of other people's hands.

Wishing you optimal health and happiness! Please remember to consult your prescribing practitioners before changing your medications.

VARHS April Featured NP

Carolyn "Carrie" McCants, FNP

Carolyn McCants obtained her Family Nurse Practitioner at Georgetown University in DC. She decided to advance her education and become a Nurse Practitioner while she was working as a nurse on an organ transplant unit at Georgetown. "I was ready to do and learn more." She became very versed in many acute and chronic disease issues and their management and care in this position.

See McCants next page..

McCants continued....

Carolyn joined VA Roseburg Healthcare System after completing her Nurse Practitioner Program and has been with us for 18 months. She says she knew she wanted to work with Veterans and was interested in traveling after completion of her degree.

Carolyn is a delightfully positive influence and an asset to our primary care team of providers. She is very complimentary to those she works with citing, "People here are wonderful and so helpful," and "I love working with the Veterans- being able to make a difference in their lives. I am really encouraged to work to the height of my abilities here. It is a great opportunity for learning, also."

And Veterans appreciate Carolyn, as she frequently receives written and verbal compliments from them about her professionalism and the great care they receive.

Carolyn's grandfather was a WWII submarine Veteran. She attended many of his reunions after he succumbed to Parkinson's Disease.

Carolyn also has a degree in psychology and prior to nursing, worked at a preschool.

Her hobbies and interests include hiking, camping, movies, travel, and visiting family and friends.

We are very fortunate to have Carolyn!

569 Fans on the VA Roseburg Facebook page. Are you one of them?

www.facebook.com/VARoseburg

Join Today!

HALL of FAME Winner!!

This month, our Volunteer Hall of Fame winner is Bob Howerton, a long-time volunteer driver for the Disabled American Veterans Transportation Network (DAV). Bob was nominated by Brian Bruder, a Veteran who submitted this note:

"*Bob went out of his way to phone me, to let me know that I had left my medication behind in the DAV van. He then met me on his next trip to Eugene and returned my medication. He is very courteous, and I really appreciate his consideration."*

Bob Howerton helps out wherever he is needed in the DAV office. From driving Veterans to and from appointments, to making sure coffee and goodies are all set up for Veterans, Bob does it all!

Thank you Bob! We appreciate you at the VA Roseburg Healthcare System and your dedicated service to our Veteran population!

Tip

YOUR

Head and

CHECK

this

out!!

It's

VA2K

Time!!!

Please join us this year to support your health and wellness and get outside!

PLEASE POST THIS POSTER!

VA2K

JOIN US FOR A

2K WALK + ROLL

TO BENEFIT HOMELESS VETERANS
AND PROMOTE HEALTH + WELLNESS

May 21, 2014

11:00 – 1:00

Wear Red White & Blue

RECOMMENDED DONATIONS

- Coats
- Clothing
- Socks
- Underwear
- Toiletry Item
- Boots/Shoes
- Blankets

Call Employee Wellness:
(541) 677-3025
or Ext 43025

New ID Cards for Veterans Important Update!!

IMPORTANT UPDATE: For Veterans currently enrolled in the VA system who have an existing card, no action is required. A new card will be automatically mailed, beginning in April 2014.

Veterans who do not currently have a VA Veteran Identification Card, please follow the guidelines below. Veterans enrolled in the VA system may report to any of the Primary Care clinics in the VA Roseburg Healthcare System (i.e., Roseburg, Eugene, North Bend and Brookings). Please remember to bring the required proofing documentation in order to initiate the card request process.

General Overview:

The Veteran Health Administration's Chief Business Office, Health Eligibility Center has made the decision to launch a redesigned card and software package for the issuance of Veteran Health Identification Cards (VHIC).

This program change was instituted to enhance the program through:

- Removal of the social security number and date of birth from the card to reduce the risk of Veteran identity theft;
- Addition of Veteran's branch of service emblem;
- Addition of a user-friendly, web-based software application eliminating the need for a dedicated workstation;
- The ability to document individual Veteran proofing documents.
- The use of the Department of Defense Electronic Data Interchange Personnel Identifier as a unique identifier.
- Modifications to the card, barcode and magnetic stripe to bring it in compliance with national insurance card identification standards.

Proofing Process:

One of the principal differences in the new VHIC process, is the "Proofing Process." The Veteran must present certain documentation in order to request a VHIC. This documentation consists of:

- Proof of current address
- Primary identification credential
- Secondary identification credential

Note: both Primary and Secondary identification are required.

1. Address Validation Process: Veterans are allowed to use the following documents/artifacts to validate their address:
    a. Primary ID
    b. Secondary ID
    c. Phone Bill

See New ID Cards next page..

New ID Cards..

Pictured above is what the old ID card looked like. Below is what your new card will look like. Note the bar code does not include you social security number.

   d. Electric Bill
   e. Fossil Fuel (oil/gas/propane) Bill
   f. Credit Card Statement
   g. Checking/Savings Account Statement
   h. Local Personal Property Tax Bill
   i. Mortgage/Rent Payment Voucher
   j. VBA Corporate Data

2. Primary Identification – The following documents are acceptable for purposes of identity verification:
   a. State Issued Driver's License
   b. US Passport or US Passport Card (unexpired)
   c. Foreign Passport with Form I-94 or Form I-94A (unexpired)
   d. US Military ID Card
   e. Military Dependent's ID Card
   f. US Coast Guard Merchant Mariner Card
   g. Foreign Passport that Contains a Temporary I-551 Stamp
   h. Permanent Resident Card or Alien Registration Receipt Card (Form I-551)
   i. Federal, State or Local Government Issued ID Card with Photograph
   j. Employment Authorization Document that Contains a Photograph (Form I-776)
   k. Passport from the Federal States of Micronesia (FSM) or the Republic of the Marshall Islands (RMI) with Form I-94 or Form I-94A
   l. School ID with Photograph
3. Secondary Identification – The following documents are acceptable for documenting identity:
   a. Social Security Card
   b. Original or Certified Birth Certificate
   c. A Certificate of Birth Abroad Issued by the Department of State (Form FS-545)
   d. Certification of Report of Birth Issued by the Department of State (Form DS-1350)
   e. Voter's Registration Card
   f. Native American Tribal Document
   g. US Citizen ID Card (Form I-197)
   h. Identification Card for Use of Resident Citizen in the United States (Form I-179)
   i. Employment Authorization Document Issued by the Department of Homeland Security
   j. Canadian Driver's License

Once all criteria have been captured, the medical support assistant staff can proceed to capture the photograph and submit the request. No cards are printed locally. Veterans will receive their new card via mail. All the information is also available at our website at www.roseburg.va.gov under the Resource Tab titled NEW VETERAN IDENTIFICATION CARDS

For questions about your new ID card, please contact the VA Roseburg Administrative Officer for Ambulatory Care, Jackie Wilkerson, at 541-440-1216.

KUDOS

Catch a Star
Making the Difference

Shining Star: Julie Norton

Is Receiving Recognition for: Organizing my prompt move with extreme professionalism. She orchestrated everything with finesse. I really appreciated how she handled everything "like a star'.

Recognized by: Terry Bentley

Catch a Star
Making the Difference

Shining Star: Dr. Robert Turner

Is Receiving Recognition for: Doing an awesome job assisting me fill out paperwork for Patriot PAWS (Veteran Service Dog Program).

Recognized by: Patient

Catch a Star
Making the Difference

Shining Star: Gretchen Cole

Is Receiving Recognition for: Travelling to another unit and going above and beyond to assist residents in CLC. Thank You.

Recognized by: Michelle Holden

Catch a Star
Making the Difference

Shining Star: Carrey Hyder

Is Receiving Recognition for: Carrey is always putting the Veterans first and is quick to help patients so they don't have to wait so long. She always practices good patient centered care.

Recognized by: Londa Romig

Catch a Star
Making the Difference

Shining Star: Carmen Chandler

Is Receiving Recognition for: Being helpful to ensure that things run smoothly. She stayed late to help the OR transport when she didn't have to. She also helped the 5th floor during a new process.

Recognized by: Shalaine Potter

Prosthetics Service Seeks Veteran Team

The VA National Summer Sports Clinic, September 14-19, 2014, San Diego, California; promotes rehabilitation of body and spirit by teaching summer sporting activities to Veterans with significant physical or psychological impairments. Veterans participate in adaptive surfing, sailing, cycling (hand and tandem), track and field events and kayaking.

Participation is open to U.S. military service Veterans with orthopedic amputations, traumatic brain injuries, burn injuries, psychological trauma, certain neurological conditions, visual impairment, spinal cord injuries and other eligible injuries. The National Veterans Summer Sports Clinic is limited to approximately 113 participants; attending from all over the United States. For more information:

www.summersportsclinic.va.gov

The Fisher House Foundation (www.fisherhouse.org) Hero Miles Program will be providing Veterans with free roundtrip airline tickets.

Meals and transportation during the entire week are provided by the VA National Veterans Summer Sports Clinic.

Lodging costs are the responsibility of the Veteran. The host hotel is the Marriott Marquis San Diego Marina:

www.sandiegomarriottmarquisandmarina.com

VA Roseburg Healthcare System is recruiting for Veterans to form an Oregon team. This year's coach is again Patty Prather, CTRS, City of Eugene, Adaptive Recreation Program. If you are interested in this opportunity, contact James M. Manser, Jr., Prosthetics Representative at x44401 or james.manser@va.gov

IntegratedEthics
Improving Ethics Quality in Health Care

Ask Ethel

COMPLIANCE AND ETHICS WEEK IS COMING APRIL 28-MAY 2, 2014

See Newswire and other facility announcements for details.

IntegratedEthics© --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. When calling by phone, please include your name and phone number if you want a personal response. All queries will be replied to promptly.

April Ethics Question:

Dear Ethel: What are the ethical issues involved for VA staff when a Veteran is suspected of unsafe driving? –Lookin' Both Ways

Answer: Dear "Lookin'," In this country, the automobile is a symbol of independence. In modern healthcare, we want to keep patients independent when possible. Autonomy is an important ethical principle, but in the case of motor vehicle operation we need to also consider the well-being of the Veteran patient as well as public safety.

A common cause of impaired driving is dementia. For patients with dementia, VHA's Dementia Safety Review Workgroup encourages health care professionals to use VA Form 10-0435, Firearms and Driving Questionnaire, as part of a focused driving risk assessment. The American Medical Association recommends certain other office-based evaluations. And, while there is professional agreement that office-based tests *can* help determine driving ability, there is not agreement about *which* tools are most useful. This leaves what to do with a particular patient as a matter of judgment.

Ethically, we may consider our obligation to protect others from harm by an unsafe driver. If we think that a driver is unsafe and he or she is agreeable to cease driving that is well and good. But what if the patient wants to continue to drive? Well, there may be ways to keep provide guidance to the person about driving as safely as possible for as long as possible. If this approach is taken, it may help establish rapport for more difficult conversations later on. One can discuss safe driving with the patient, explain how to take medications so they don't affect driving ability, and help the patient identify limitations or habits that pose driving risks and think of steps to minimize them. It doesn't hurt to review safe driving rules and to provide written materials to reinforce learning. It may also be possible to teach rehabilitation driving skills to a disabled Veteran.

Part of the Hippocratic oath is to *do no harm*, however at some point the risk to a patient's well-being and public safety will override protecting the driver's autonomy. In doing so, it is important to take care not to cause undue damage to the Veteran's feelings or ego. Some possible approaches are to talk about "retiring" from driving instead of quitting, to solicit the patient's ideas about why driving now might be unsafe, to acknowledge past accomplishments while focusing on the present, and to brainstorm ideas for driving alternatives. An interdisciplinary approach can be most helpful here. Use the resources of social work, psychology or chaplaincy.

Continued next page..

Finally, if a patient insists on continuing unsafe driving then it may be necessary for the medical provider (Doctor, Nurse Practitioner or Physician's Assistant) to report this to the Department of Motor Vehicles. The Oregon DMV has a form used for this purpose and, once submitted, a DMV review board determines driver's license status.

You are invited to discuss this complicated topic in more depth by joining the April 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

May Ethics Question Preview:
What is meant by ethics values conflicts?

Watch for ethics news on the NEWSWIRE
Plan to attend the **Ethics Lunch and Learn** at noon on Thursday, April 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.

Federal Retirement Seminars

CSRS and FERS Retirement Seminars will be held on Thursday, May 8, 2014, in the Auditorium (Bldg. 16).

The FERS seminar will be held from 8:30 a.m. to Noon.

The CSRS seminar will be held from 1:00 to 4:30 p.m.

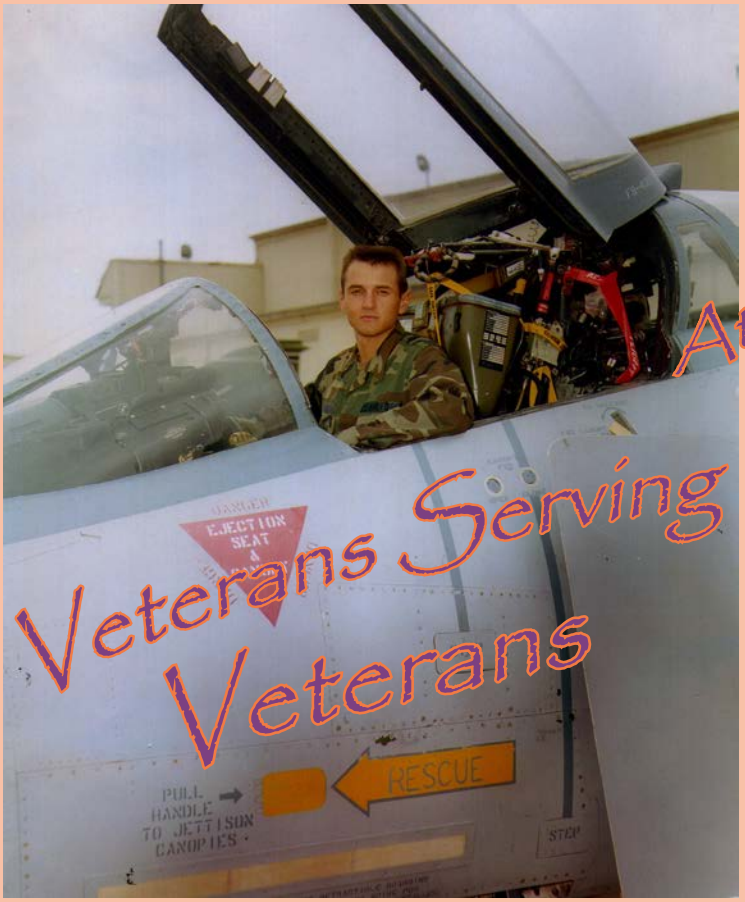
To attend, please complete the registration form and fax it to the number on the bottom of the page. Be sure to have your supervisor's permission to be away from your worksite. **Find the Registration Form on the NEWSWIRE**

If you don't know which retirement system you are under, contact Maria MacDonald, HR Specialist, at Extension 40104.

*Please note, this will be the only CSRS seminar this year. Additional FERS seminars will be held in September.

VARHS Staff

Atticus Lamoreaux



Veterans Serving Veterans

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

I served in the United States Air Force from 1991-1999

What led you to decide to join the Service?

I wanted to serve my country. Being an ardent fan of military history, I was always fascinated by the willingness of ordinary people volunteering to become something bigger than themselves. I started flying when I was 15, then shortly after, joined the Roseburg Wing of the Civil Air Patrol (Air Force Auxiliary); so the Air Force was the next step. At 17, I signed up under the Delayed Enlistment Program and was on a waiting list for nearly a year. A month after graduating high school, I was in basic training at Lackland Air Force Base in San Antonio, Texas.

What was your Military Operation Specialty?

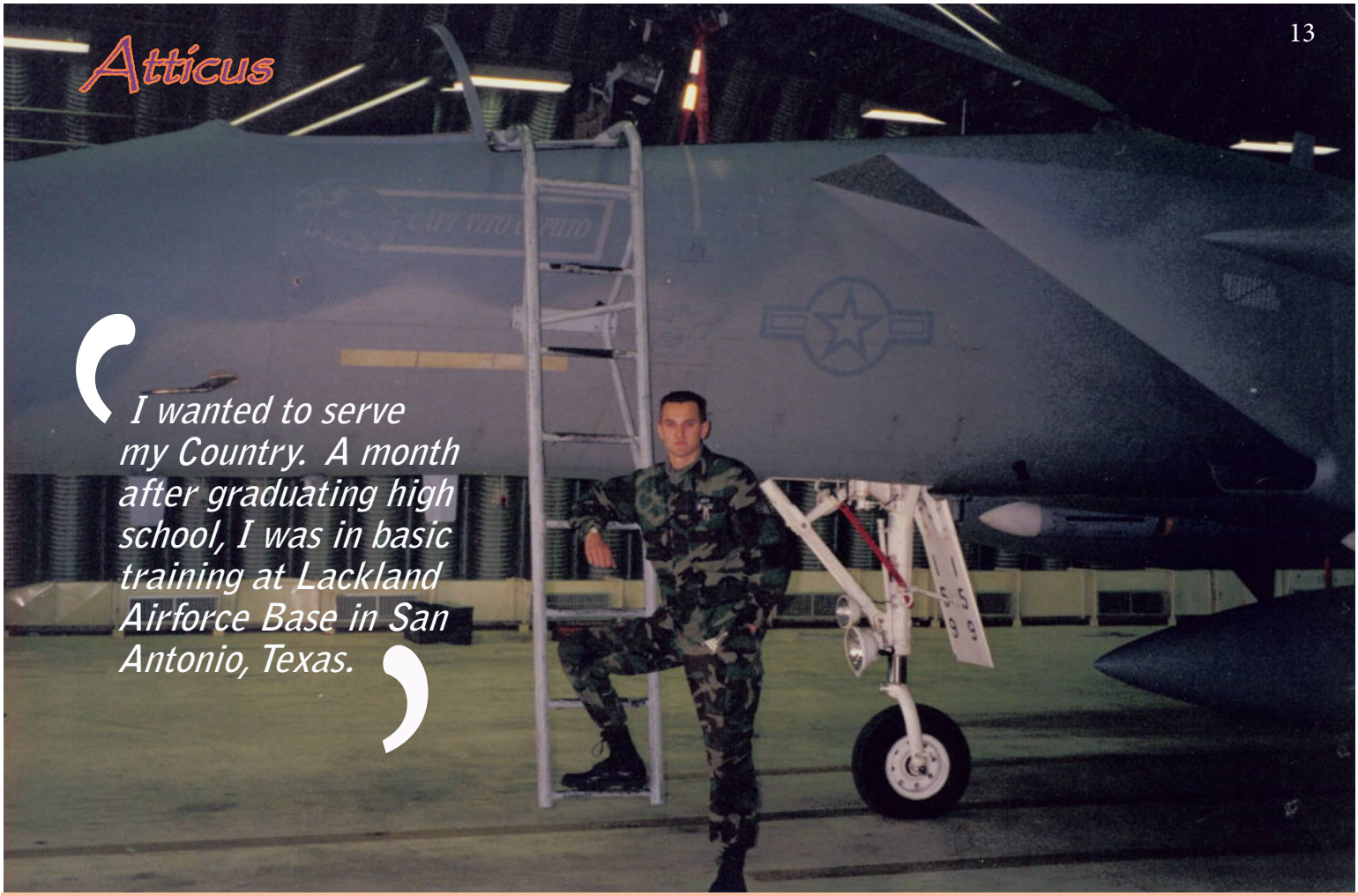
I was a Tactical Aircraft Maintenance Specialist assigned to the F-15 (AFSC 2A373A). In short, I was a Crew Chief on F-15C, F-15D, and the F-15E aircraft. The aircraft was initially designed as an "Air Superiority" answer to the Russian MIG-25 during the cold war, but over time morphed into an all-weather fighter/bomber dependent upon the model. Do you remember the "SCUD Hunters" and "Bunker Busters" in the Persian Gulf? Yeah, that was the Strike Eagle as well as in the "Bosnian Conflict." Most of what the media reported as F-117 Stealth strikes, were actually the F-15E. These aircraft are still actively in use today, even with the introduction of the F-22 and F-35.

My first assignment was in Mountain Home AFB, Idaho. I was hand selected to crew the squadron commander's *Flagship* of the 391st Fighter Squadron *Bold Tigers*. As the 366th Composite Wing was a new idea in the Air Force, we were constantly deployed to show the strength of our combined Wing.

Overall, as an "Eagle Keeper", I was deployed to a few places on the map; a couple tours in Southwest Asia encompassing Operation Northern Watch, Operation Provide Comfort and I also provided support to Operation Deny Flight in the Balkans. But, most of the operations we conducted were not found on many maps. Thinking back now, it's almost mind-numbing that at 18, I was dropped off in front of a $55 Million aircraft and told that I had crew show in 40 minutes, but that's what the military does--it empowers people of all backgrounds to do more than they thought possible. A year before, I had been flying Cessnas out of the Roseburg airport.

By 22 years of age, I was Assistant NCOIC of the Maintenance Reporting Center, 48th Fighter Wing RAF Lakenheath. This operational unit reported directly to the base commander and 3rd Air Force United States Air Force in Europe (USAFE). I was proud to have been selected for this position as it gave me my first General Staff experience, room for advancement, as well as a break from constant deployments.

See Atticus next page...



"I wanted to serve my Country. A month after graduating high school, I was in basic training at Lackland Airforce Base in San Antonio, Texas."

In 1999 and at the age of 26, I finished my military career at Tyndall AFB in Florida as Assistant NCOIC of End-of-Runway Operations, 325th Operations Support Squadron. This position gave me respite from deployments and time to concentrate on raising my daughters.

What is your current occupation with VARHS?

I am currently the Safety & Occupational Health Specialist assigned to Facilities Management Service.

What do you like most about what you do now?

I feel very privileged to be working here. We have a great staff highly dedicated to the care of Veterans. What do I like most about what I do now? I get to work with heroes every day.

Do you have a special achievement you would like to share?

After eight years of honorable service, I felt I had fulfilled my obligation and wanted to come back home to raise my daughters and help my grandparents as they aged. I consider myself lucky with my military career; seeming to be in the right places at the right times. Having served my time and seeing parts of the world others dream about; I left the United Stated Air Force with an honorable discharge, numerous medals, commendations, awards; and having the personal satisfaction of belonging to an elite cadre.

Veteran Artists go National

Written by Carrie Boothe, VARHS Public Affairs Specialist

Dennis and Roger and Willis and Michael and Gilbert and Archie and Ken and the other Dennis all have a couple things in common. They are accomplished artists and all have served their Country. It may be different conflicts, in assorted eras, in a mixture of time frames and branches of the military, and they may create completely different types of art, but they all agree-creating art is calming and therapeutic.

Nationwide, the Department of Veterans Affairs medical facilities use the creative arts as one form of rehabilitative treatment to help Veterans recover from and cope with physical and emotional disabilities. Across the Country each year, Veterans treated at VA facilities compete in a creative arts competition. At the local level, Veteran artists are encouraged to submit their work for consideration. The competition includes 53 categories in the visual arts division that range from oil painting to leatherwork to paint-by-number kits. In addition, there are 120 categories in the performing arts pertaining to all aspects of music, dance, drama and creative writing.

Roger Carnes, Airforce, '51-'65, started painting long ago, but quit. He picked the brush back up about a year ago. Roger says, " You can only paint when you feel creative. It calms me, helps me think, focus and concentrate." Roger painted the Ram and Tiger.

A national selection committee chooses first, second and third place winners among all of the entries. This year, select winners are invited to attend the National Veterans Creative Arts Festival. Each year, a different location is selected for the event, and this year it will be in Milwaukee, Wisconsin, and run from October 27- November 2, 2014. Winners are invited to attend and bring with them their art for display.

Roger Carnes chose the Ram painting to be submitted for consideration.

VARHS Recreation staff and I worked together to promote the request for Veteran artists to enter, and this year we were fortunate to have eight local Veterans interested in entering into the competition. Karl Tanner, Recreation Therapy Assistant, coordinated the submissions and says, "I'm always surprised about how much talent we have in this area. Veterans don't always want to come out and show their work, but we were able to get a great variety of submissions this year, and I think that's wonderful."

Continued next page...

Featured Veteran Artists

And Marilyn Warren, Recreation Therapist agrees that, “This program lends an opportunity for local Veterans to participate in part of the culture of the VA in treating Veterans-using art as therapy.”

My good fortune came when I had the opportunity to meet some of the artists, learn about their work, and photograph their art. I was so impressed with the quality of craftsmanship that I decided everyone should have a chance to see what we presented this year. The photos here do not include all of our submissions, as we also had music, poetry and a short story to submit to the VA national committee for consideration.

The competition itself is extensive in that there are 151 VA hospitals, and the call for art submissions includes every hospital. Can you imagine how many submissions the selection committee must observe to choose just a first, second and third place winner from each category? I’m glad I don’t have that job.

My thought is whether or not any of our local Veterans’ works are selected, they all already won. Anyone can see that just by observing the photos we sent of their work. So right now, I’m saying congratulations to all of our winners and thank you for participating in this VA national event!

It will be a month or more before we hear if any of our Veterans were selected to bring their art to Wisconsin. For me, the waiting to hear is like that anticipation you feel at Christmas time when you know you’ve bought the perfect gift for someone and you just can’t wait to see them open it. Very exciting! So let’s all cheer them on, and we’ll keep you informed if any of our Veterans are selected.

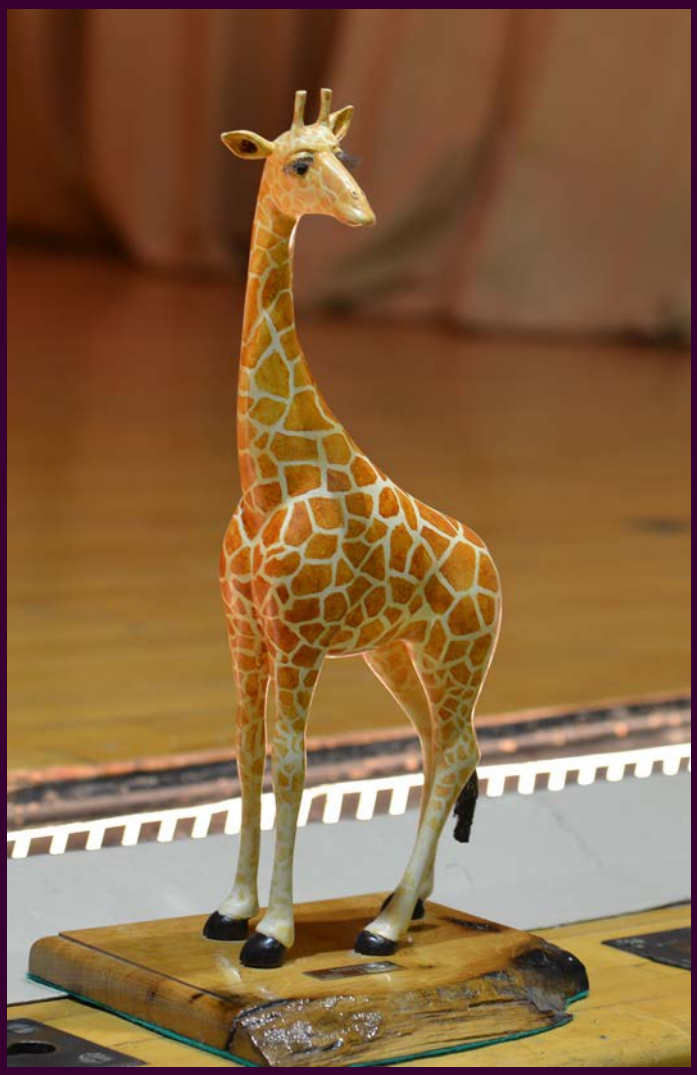
Left: Dennis pictured during a demonstration in wood carving he conducted in our Community Living Center.

Dennis Ediger, Navy, ‘59-64, has always been a wood worker- from cabinets to furniture, but joined a Wood Carvers Club after he retired about 5 years ago. “Your imagination can go on forever with wood. It’s endless. I’m inspired by the love of wood-to make beautiful things. My wife and I both carve, and I am also a wood turner. It gives us a great sense of satisfaction and feel good all over.”

Dennis chose his myrtle wood box (right) to be submitted for consideration.

Willis (Willie) Johnson, a Marine WWII Veteran, '43-'45, was a trucker, and has been welding his whole life. He got serious about metal sculpting about 25 years ago when he retired. "It's exciting to take a bunch of metal and see what you can do with it. I get ideas from my grand kids, magazines, or even a stamp. Then I draw it out, blow it up, and get to work on it. Every piece is different."

Willie chose his dragon weighing about 150 pounds and more than 4 feet long to be submitted for consideration.



Archie chose this giraffe to be submitted for consideration. Check out the eyelashes!

Above: Ken McFarland created this detailed model tank for submission

Archie Davis, Airforce, '55-'58, started carving in 2005, but before that worked in pencil sketching. He likes to carve animals and uses bass wood due to its softness and close grain. "I do as much research as possible to learn about the animal- like, did you know a giraffe has a 15 inch tongue? For me, art is relaxing and calming. If a person needs to slow down, it's the way to go. You can't be worried about anything when you are creating.... because you are concentrating."

Other Submissions:
Gilbert Rosario- Song, Poetry- Patriotic/combat
Dennis Young- Poetry
Michael Heath- Short Story

VA Roseburg Healthcare System

Safety Salvo

April 2014

For All Emergencies
Dial *35
Off Hospital Campus dial 911

EMPLOYEES!!

Be aware on ongoing construction projects throughout the campus.

Report any construction safety concerns to the Safety Office immediately.

Your VA Roseburg Healthcare Safety Team

Jose Hernandez, Safety Officer.....Ext. 40087
Atticus Lamoreaux, Safety Specialist.....Ext. 40144
Ryan Binford, GEMS Coordinator/IH.....Ext. 41319
Safety Hotline– 44000

CBOC Facility Safety Representatives

Eugene: Wendy Powell.....Ext. 47522
Kim Cooley.....Ext. 47416
North Bend: Nick Long.....Ext. 48022
Brookings/Crescent City:
Janet Hinds.....541-412-1842

SAFETY TIP OF THE MONTH

The Seven Deadly Sins of Unsafe Lifting—Sponsored by LIKO ©

Lifting without thinking *When you lift a patient without thinking about what you are doing and without assessing the entire lift and transfer scenario in advance, you risk injuring yourself and your patient. Don't lift a patient spontaneously. Think before you act!*

Overestimating your capabilities *OSHA imposes a lifting weight restriction of 51 pounds for workers in most industries (except healthcare) to keep workers from injuring themselves.*
Why on earth would a nurse think she/he can lift or reposition a 150-200 lb. person (or heavier) without risk of self-injury! Male or female, in-shape or out of shape, don't overestimate your personal strength. And, don't underestimate your susceptibility to injury…because every caregiver is at risk.

Using poor body mechanics *Remember that every time you maneuver a patient, even when using a mechanical lift; you risk incurring a musculoskeletal injury. Understand good body mechanics and use sound ergonomic practices on a daily basis, even when relying on mechanical devices to do the heavy lifting.*

Failure to consider obstacles *Every patient lift and transfer maneuver can involve obstacles; items ranging from medical equipment to furniture to wet floors. By attempting to maneuver around these obstacles rather than clearing them in advance, you risk injuring your patient and yourself due to unanticipated torqueing movements. Clear a pathway before you attempt to transfer the patient.*

Reluctance to impose on co-workers *Sometimes you're tempted to lift or reposition a patient by yourself simply because you don't want to impose on a co-worker and ask for assistance.*
Whenever you need another person — even when using an assistive device – ask for one! And be sure to closely coordinate your activities whenever two or more caregivers are involved in a transfer procedure.

Inadequate training *Today's patient lifting equipment is carefully designed to prevent injuries to patients and caregivers assuming it's used properly. Train yourself and your staff associates on equipment operating procedures and sling hook-up. Don't guess how a piece of equipment works; refer to your training manual or the manufacturer's operating instructions.*

Hurrying *We saved the deadliest for last. Most nurses who resist the use of lift equipment do so because they do not want to take the time to locate the proper device and hook it up according to accepted procedures. Take the time to use the right piece of assistive equipment — avoid paying for your mistake for the rest of your life.*

ALWAYS utilize patient lifting equipment when available

PLEASE POST

April Healthy Living Tips
From Your Patient Aligned Care Team

Alcohol...know your limits

You often hear that it's okay to drink alcohol in moderation. But what is "moderation"? And how much is "too much" when it comes to drinking?

Government health guidelines say that men should drink no more than two drinks per day, and women no more than one drink per day. That means limiting yourself to 14 drinks each week if you're a man, and 7 drinks a week if you're a woman.

The guidelines also say that some people shouldn't drink *any* alcohol. Children and teenagers, pregnant women, people who operate machinery and drive, people on certain medications, and those recovering from alcohol dependence (alcoholism) all should avoid alcohol.

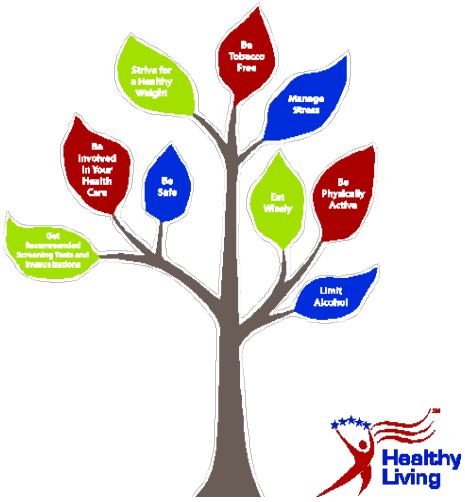
Importantly, you should also avoid drinking too much alcohol at one time, called "binge drinking." For men, binge drinking is more than four drinks on one occasion. For women and people over 65 years of age, it's drinking more than three drinks at one time.

But what exactly is "one drink"?

It's the amount of alcohol in a typical bottle of beer, glass of wine, cocktail, or shot of liquor. In other words, 12 ounces of beer, 8 to 9 ounces of malt liquor, 5 ounces of table wine, or 1.5 ounces of 80-proof hard liquor.

For many adults, drinking small amounts of alcohol does not cause health problems. However, if you drink too much alcohol, you are at higher risk for alcohol-related health problems. These problems are serious, and range from chronic liver disease and certain cancers, to unintentional injuries and alcohol abuse. Binge drinking is particularly dangerous because it typically results in "getting drunk" (intoxicated), which can be harmful, and even deadly, for a variety of reasons.

Fortunately, your VA provider can help you determine whether you're setting healthy limits for alcohol use. He or she can even help you reduce or stop your drinking if you're ready. There are many treatments available, including counseling, group treatment, and medication, and they've all been proven effective.



So if you want to learn more about the recommended alcohol limits, are concerned about your drinking, or even want to stop using alcohol, talk with your VA health care team. Remember, reducing your alcohol use is key to staying or getting healthy—and your VA provider can help you find the right resources for you!

NCP National Center for Health Promotion and Disease Prevention

April Healthy Living Recipe

MORNING MUFFINS

Serving size: 1 Muffin
Calories: 180
Yield: 12 Servings
Cooking Time: 15 minutes

Ingredients:
Nonstick cooking tray
1 egg
1 cup low-fat milk (1%)
1/3 cup sugar
2 tablespoons vegetable oil
½ cup grated carrots
½ cup raisins
½ cup toasted walnuts (optional)
1 teaspoon vanilla
1 ½ cups flour
1 cup old-fashioned oatmeal
1 teaspoon cinnamon
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
Directions:
Heat oven to 400 degrees.
Coat muffin tin with nonstick cooking spray.
Mix egg, milk, sugar, oil, carrots, raisin, walnuts and vanilla.
Mix flour, oatmeal, cinnamon, baking powder, baking soda and salt.
Add wet ingredients to dry ingredients and stir gently until flour is just moistened. Gently fill muffin cups about ¾ full.
Bake for 15 minutes or until edges start to brown.
Note: Morning muffins freeze well and thaw quickly.

VARHS New Employees

Welcome to the VA!

John Weathers
Housekeeper

Veronica S. Samaniego
Registered Nurse, Ambulatory Care

Linda Weatherford
Registered Nurse, Brookings Clinic

Mary M. Reynolds
Supervisory Dietitian

Brian Graham
Agent Cashier/Teller

Marica McCauley
Medical Support Assistant, Eugene

Judith Mouser
CLC - Nursing Assistant

Jennifer Hawkins
Mental Heath - Nursing Assistant

Keri Perez
CLC - Nursing Assistant

Suellen McLaughlin
Mental Health - Nurse Practitioner

Retired or Retiring soon

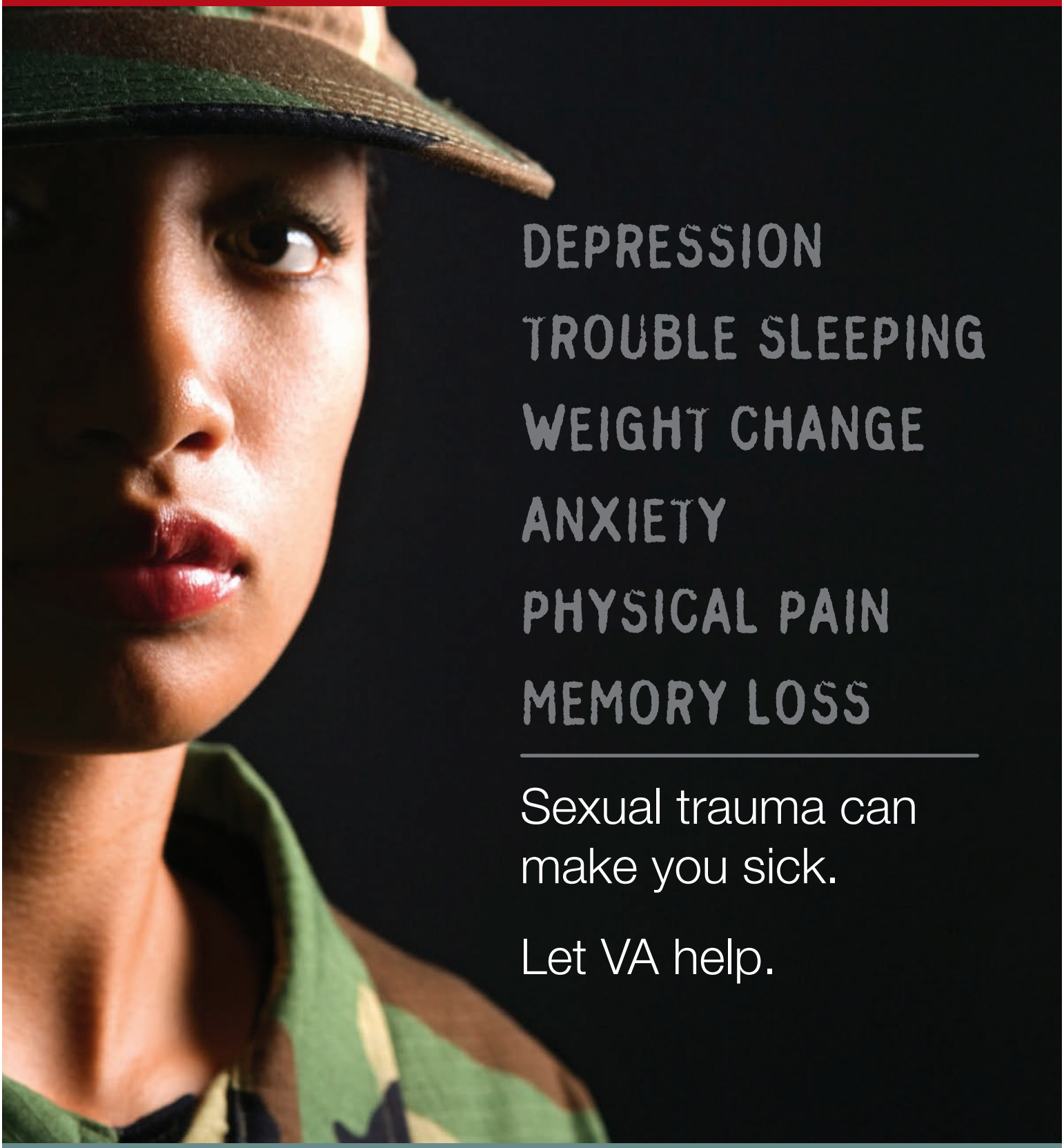
Lon Laughlin

Steve Heaivilin

Lester Garwood

Thank you for your years of Dedicated Federal service!!

WOMEN VETERANS HEALTH CARE



Sexual trauma can make you sick.

Let VA help.

You served, you deserve the best care anywhere.

Department of Veterans Affairs | www.publichealth.va.gov/womenshealth
Women Veterans Health Strategic Health Care Group, VACO 04/2010

VA Roseburg Healthcare System

Is pleased to announce construction of our new clinic in Eugene is about to begin! To commemorate this exciting project that will provide enhanced services for Veterans throughout Lane County:

Please Join Us For a
Ground Breaking Ceremony
April 21, 2014
1:00 - 3:00 p.m.
Chad Drive and Old Coburg Rd.
Eugene, Oregon

Guest Speakers

Official Breaking Ground

Refreshments Served

Quick Links

My healthevet
VA's Personal Health Record
Access Health Resources
Track Your Health
Refill VA Prescriptions
Register Today!
www.myhealth.va.gov

https://www.myhealth.va.gov/mhv-portal-web/

Women Veterans Health Care

http://www.roseburg.va.gov/services/women/

Veterans Crisis Line
1-800-273-8255 PRESS 1

http://veteranscrisisline.net/

eBenefits
My Gateway to Benefit Information

https://www.ebenefits.va.gov/

PTSD INFORMATION

http://www.ptsd.va.gov/

My healthevet
Celebrating 10 years of online access to VA health care

Employees and Volunteers!!

WIT Second Annual

Show Your Stuff Competition

VARHS employees and volunteers-Do you have a talent/craft/ creative outlet you want to show off? April's WIT competition will let you showcase your talents.

Bring your entry/entries by the Auditorium Foyer at 11 am on the 17th of April. Voting will be done by community so come by and vote on your favorite artist, tinker, crafter, seamstress, etc.

The winner will have the choice of one of the following prizes:

- Picking their parking spot for the month of May
- A 59er

Please contact Jennifer Stolburg if you have questions 40312

A Day of Celebration for Military & Veterans: "Flags & Families"

Come join Operation Informed Warrior &

The VA Roseburg HCS OEF/OIF/OND Program for a

fun filled day with food, information, and great people.

Resources for Veterans, Service Members, and Families
plus activities for kids.

LOCATION: Ferry Road Park, North Bend, Oregon

DATE & TIME: Saturday, June 14th from 1-5PM

OPERATION INFORMED WARRIOR

I CARE
DEPARTMENT OF VETERANS AFFAIRS

DEPARTMENT OF VETERANS AFFAIRS
UNITED STATES OF AMERICA

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