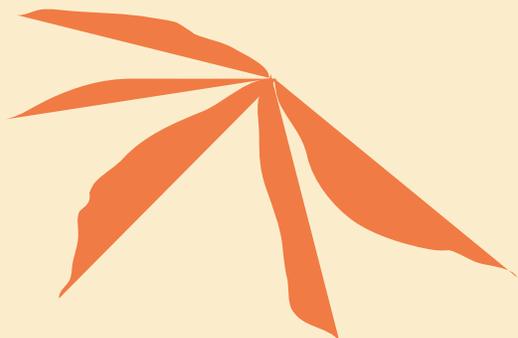




*For Employees, Volunteers and Veterans of VA Roseburg and our Community Clinics*

*JANUARY  
2014*



# FROM THE DIRECTOR



Happy New Year and I hope you had a wonderful holiday and enjoyed time with family and friends. A new year is always an exciting time, as it is a time to make resolutions and start fresh thinking of new possibilities and opportunities to come.

As our new calendar year begins, we continue with many projects for the VA Roseburg Healthcare System. Some of those projects started this past year and are near completion and activation. First on the list is our new Dental Clinic which will open early in the year. Following closely behind for completion is our new Lodge (Protective Care Unit). The new Lodge will be a 20-bed unit with a homelike atmosphere especially designed for our Veterans with dementia and will be a wonderful improvement to the environment in which we deliver their care.

Other construction projects for 2014 include a new Acute Psychiatry building; an extensive renovation of the patient rooms on the 5th floor of Building 1 to create a more patient centered care atmosphere and four state of the art telemetry beds; and a new Sterile Processing Service (SPS) that will be constructed as a second floor over the Primary Care area. These coming projects are exciting for our facility, and I look forward to viewing the changes and improvements.

In reflection, I think back on the many improvements and projects we accomplished this past year. Our new road access, Eagle Landing, expanded programs and services, and extended hours in Primary Care are some of the positive improvements in serving our Veteran population.

I also want to recognize the generosity of the staff at all of our VARHS facilities. In particular, Jennifer Stolburg and team did a wonderful job managing the Combined Federal Campaign this year and, through the generosity of many staff, raised \$19,880.50, which is a higher total than the last four years.

Another outpouring of generosity occurred when over 100 foster children were “adopted” by VARHS staff to provide them with presents for Christmas. Staff provided wrapped gifts of clothing, toys and bikes, making their Christmas special. Photos and more information about the Children’s Holiday Gift Drive are included in this newsletter.

Additionally, staff and AFGE have reached out to one another by helping staff members who are ill or are having difficulty making ends meet due to unforeseen circumstances. Donations of food baskets, cash and gift cards helped make their holiday bright.

Thank you for your continued dedication and service to our Veteran population and I look forward to our growth and accomplishments in the coming year.

Carol Bogedain, FACHE

Director



*COMING 2014!!!*

Construction on our new Dental Clinic is near completion and will be open for business soon. According to our Engineering crew, the clinic is at 95% completion, furniture and equipment are being moved in, and soon dental staff will relocate to the brand new building adjacent to the Ambulatory Care entrance on the Roseburg campus.



Construction on our new Protective Care Unit, the Lodge, is about 65% complete. The project is slated for full completion during the summer of 2014.



## 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](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.

Revisiting Last Month's Question about the Difference between an Advanced Directive and a POLST Form:

Thank you to Chaplain Jonathan Landon for adding this information.



[Ethel], there are some other important things to say about the POLST. You might have known this and left it out due to space limitations, but I think it's pretty important to get the info out there.

1. There's an Oregon POLST registry which securely stores electronic copies of your POLST. This allows health care professionals to access your POLST if the paper copy is not available. Individuals can opt out of having their POLST sent to the register.

2. It is highly recommended that people who have completed a POLST should keep a copy of it in an obvious place in their home (e.g. front of the 'fridge) so that it is immediately available if paramedics come to your home. If you've registered the POLST with the POLST registry, they will send you a confirmation letter, a 'fridge magnet and a set of stickers. The magnet and stickers will have your name and POLST registry number. The registry recommends one of the stickers should go into your medical records – stuck to the original POLST form. One should go to your PCP and the third should be placed on something you carry on your person such as a wallet or day planner.

The point is, a POLST won't do a lot of good if it's not quickly accessible in an emergency, so relying only on the copy in your medical record is probably not a great idea. <http://www.oregonpolst.org>

## January Ethics Question:

Dear Ethel: How do I respond to someone who asks questions about the Oregon Death with Dignity Act? –Wanting to Be Helpful.

**Answer:** Dear “Wanting to Be Helpful,” this is a great question that a number of VA Roseburg employees have asked about. Please keep in mind that the following is only an overview.

The Oregon Death with Dignity Act has been in effect in the State of Oregon since 1997 and allows terminally-ill Oregonians to end their lives through the voluntary self-administration of lethal medications, expressly prescribed by a physician for that purpose. Information about the law can be found on the internet at the Oregon Health Department website at this location: <http://public.health.oregon.gov/ProviderPartnerResources/EvaluationResearch/DeathwithDignityAct/Pages/index.aspx>

*Continued next page...*

The Department of Veterans Affairs is a federal and not a state agency. Therefore, VA employees do not participate *as employees* with any aspect of the Death with Dignity Law. However, all Oregon citizens are entitled to the provisions of the law. This includes Veterans who are under care of the VA and also includes any VA employees who are Oregon citizens. A Veteran does not need to leave VA care in order to pursue Death with Dignity.

Veterans who ask about Death with Dignity are often experiencing profound feelings. They need love and care. Please make sure that you are familiar with station policy on this topic in MCM653-011-001. You may want to refer to other staff or consult with other professionals as needed. Here are some points to remember which may serve as talking points.

1. The VA does not prescribe lethal medication nor help a Veteran fill out the paperwork relating to Death with Dignity.
2. Since only non-VA providers may participate in Physician Aid in Dying, it may be appropriate to suggest that the Veteran talk to a non-VA professional for further exploration of this request and further resources.
3. VA employees may NOT either encourage or discourage a person from pursuing Death with Dignity.
4. VA employees should tell the Veterans that there are resources in the community available to them—for example, the website cited above.
5. Ask the Veteran what is prompting the request. The most frequent reasons are fear of future pain or a need to reestablish some sense of control over one's life. Other factors may include depression, emotional or spiritual pain, financial concerns or diminished social support.
6. A multidisciplinary approach is often the best to address this variety of potential needs.
7. Because these inquiries are prompted by life threatening illness rather than psychiatric needs, Suicide Prevention is normally not involved.
8. It is appropriate to discuss options such as palliative care and hospice.

We invite you to contact Mike Gillespie, IntegratedEthics Program Manager at 44721, Jon Eastwood, Ethics Consultation Coordinator, 44656, Mary Bartels, Preventative Ethics Coordinator, 40160 or Carol Bogedain, Ethics Leadership Coordinator, 44208 with any ethics issues. We will either help you directly or assist you to make the proper connection for your particular issues.

If you have any more helpful information on this topic please leave a message for Ethel at 44721 or email Mike Gillespie at [Michael.Gillespie@va.gov](mailto:Michael.Gillespie@va.gov).

### February Ethics Question Preview:

Who is entitled to travel pay for appointments? How does a VA employee approach this from an ethical perspective?

# *Employee Wellness Calendar*

## **MONDAY**

**Zumba** 4:45-6:15pm - Auditorium (Bring your own mat)

Special Savings for VA Staff. Classes as low as \$2.20.

For details, <http://burnhamsbasix.blogspot.com>

## **TUESDAY**

**MOVEmployee** 12-12:30pm - White/Gold Conference Room

**Yoga** 4:45-5:45pm - Auditorium (Bring your own mat)

## **WEDNESDAY**

**Walking Wednesday** 12-12:30pm - Flag Pole

**Zumba** 4:45-6:15pm - Auditorium (Bring your own mat)

## **THURSDAY**

**Creating Balance** 12-12:30pm - White/Gold Conference Room

**Be Tobacco Free** 4-4:30pm - Occ Health office (E152)

## **FRIDAY**

**Fitness Center Orientation** 3:30pm - Occ Health office (E152)

**English & Scottish Dancing** 6:30-8:30 - Auditorium

**Call Employee Wellness for more information:**

(541) 677-3025 or Ext 43025

*Make Yourself Feel Better!*

## *NURSE PRACTITIONERS.....WE LISTEN..... FORMULATE.....RESPOND!*

**Nurse Practitioner Factoid!** There are currently 171,000 Nurse Practitioners (NP) practicing in the United States. In the past year there has been a 10% increase in the number of NPs. With the Affordable Care Act it is expected there will be an even greater increase in physician shortages and an increased focus on health promotion and disease care. NPs will be on board to play an increasing role in the healthcare delivery as independent practitioners. Across the nation, health care organizations and private companies are hiring NPs to practice in a variety of settings including hospitals, traditional medical clinics, home health, retail clinics, urgent care, corporate wellness programs, onsite clinics, independent practices, and many more. NP's.....We care for you!



## *NURSE PRACTITIONER..... A VA ROSEBURG NURSE IN HISTORY*

### **Shirley Purcell...an early NP Pioneer!**

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

I would like to take the opportunity to tell you about Shirley Purcell as a former VA Roseburg NP (Nurse Practitioner). Shirley was a beloved NP for the facility and retired in 1998 after 33 years of serving. She is quick to offer, "The VA was a wonderful place to work."



As with many NP's, she started her career as a nurse who worked up the career ladder. Shirley began her journey as an LVN in 1954, working in an Intensive Care Unit in San Bernardino, Ca. In 1965, she hired on to the VA Healthcare System. In 1970, she earned a BSN while in Fresno, Ca. and then came to work at VA Roseburg as the Head Nurse of the Psychiatric Medical Unit. In 1973 the VA transferred her to Cleveland, Ohio, as the Associate Chief of Nursing of their Nursing Home Care Unit. In 1975 she was transferred to Michigan Iron Mountain VA, and in 1976, to Walla Walla, WA. Shirley came back to Roseburg in 1977 to manage a 100 bed Nursing Home Unit. In 1981, she decided to pursue further education. While working full time, she drove to Oregon Health Sciences University in Portland to obtain her Masters in Nursing and a Mental Health NP. She saw many changes in health care administration through the years.

When she first became a NP, there were no admitting privileges allowed for NP's. Privileges for admission came into being in 1988. She recalls that her unit was very much an isolated entity and getting physicians to come and help was very difficult. Shirley recalled Dr. Peter Zidd agreeing to come twice weekly and being the only physician willing to come on a regular and scheduled basis. She explained, "Nurses were not supposed to bother the doctors," and, "We were expected to manage the patient health care needs as unobtrusively as possible. We had freedom to do whatever we thought we could do safely for the patients care needs."

Dignity and respect was high on Shirley's philosophy of provision of care. It was important to meet the patients necessary medical and psychiatric needs but also to fulfill their bucket list in their end stages of life. She recalls once that they were able to arrange and bring in a horse for a 90+ year-old Veteran who had a dying wish to ride a horse once more.

I asked her why she decided to pursue an NP and she spoke of an acute awareness of Veteran needs for care and attention. "These patients deserved more and the very best." Shirley became an expert "by the seat of her pants" in death and dying and was an advocate in the Hospice movement. She traveled extensively to other VA's teaching a course, *Death & Dying*. "No one discussed death and placed those folks at the end of the hall in a private room," explained Shirley. She also traveled and presented *Hospice/Death and Dying care with Dignity* to Korea, Scotland, and Canada. "We were much more progressive than the chaplains in those days. The focus was front and foremost on the Veteran and end of life care needs."

Shirley was also an early founder at VA Roseburg in Alzheimer's care. Roseburg (VA) was one of the first VA's to have an Alzheimer's Unit, which Shirley and staff developed. In comparing yesteryears to now, she figures that generationally, NP's then and now work very hard to provide care and are very good at it.



**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)

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



**My healthvet**  
Celebrating 10 years of online access to VA health care

# QUICK LINKS

**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/>

## CATCH A STAR WINNER

## DECEMBER



Director Carol Bogedain presents Jon with his Catch a Star Certificate that includes a \$50 cash award

Congratulations to Jon Schlais, VTS Motor Vehicle Operator, as our December Catch a Star winner!

Jon was nominated by Marilyn Nelson with this submission:

*"Jon went way over and above when he assisted a Veteran with getting a much overdue Means Test appointment, and then drove him to it!"*

Thank you Jon, for your dedicated service to Veterans!

# KUDOS

**Catch a Star**  
Making the Difference

Shining Star: Darren Dinneen

Is being recognized for: A quick response to sweeping up broken glass on an icy sidewalk. I appreciate your great attitude!

Recognized by: Julie Norton

**Catch a Star**  
Making the Difference

Shining Star: Selena Michael

Is being recognized for: Going above and beyond to schedule multiple groups to meet with an architect to review equipment and furniture for the Eugene clinic. She scheduled multiple dates, rooms and times to make this a success.

Recognized by: Daniel Ritchie

**Catch a Star**  
Making the Difference

Shining Star: Dennis Challand

Is being recognized for: Always being friendly, reliable and expedient in completing the tasks that I have needed his assistance with in the past three years. Always a pleasure to work with!

Recognized by: Jennifer Stolburg

**Catch a Star**  
Making the Difference

Shining Star: Kathy Holthouser

Is being recognized for: Always going above and beyond to help her PACT team and all other PACT teams at NB CBOC. Any time people ask for her help she is available.

Recognized by: Robert Marine and Danell Dailey

**Catch a Star**  
Making the Difference

Shining Star: Rosanna Gillam

Is being recognized for: When an important computer document listing resource for Veterans became inaccessible, she voluntarily typed and re-entered the document into the Word program. Rosanna's work was perfect and much appreciated.

Recognized by: Randy Opela and Lenora Hanna



*VARHS STAFF*

# *VETERANS SERVING VETERANS*

## *DEAN BONNEY*

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

US Marine Corps 1988-1994

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

Along with five of my best friends, we decided we were going to join the Marine Corps and go off and see the world. I thought it was a great way to be independent and not rely on others to get a start at life. It made it more fun having a group of guys that I grew up with in Boot Camp with me. Having somebody else to feel your pain and laugh with, made it more bearable.

**What was your Military Occupation Specialty?**

I was an 0231 Intelligence Specialist and deployed with HMH-465 to Desert Shield, Desert Storm, Okinawa and the Phillipines. I then had the opportunity to work with the Border Patrol counter-narcotics section on the Mexican Border while still serving as Active Duty USMC before becoming the Information Systems Chief for Marine Aircraft Group 16 at MCAS Tustin.

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

I am currently the Telecommunications Manager for the VA Roseburg in the OI&T Service.

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

I enjoy working with the staff of the VA Roseburg HCS to help them with technology problems and solutions that will allow them to provide the best possible service to my fellow Veterans. It is a highlight of my day getting to greet the Veterans I meet in the hallways.

*Right: Dean Bonney, OI&T Telecommunications Manager, pictured today, during one of his many service calls*



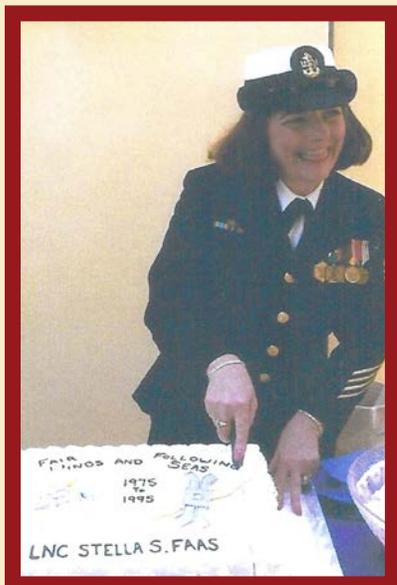
*Dean Bonney, Boot Camp graduation*



## VARHS STAFF

# VETERANS SERVING VETERANS

## SUSIE FAAS



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

I served in the U. S. Navy from April 1975 to May 1995

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

I wanted to get the GI Bill to finish college – it just took me 30 years to do it!! I graduated from the U of O in June of 2002 with a BA in History.

**What was your Military Occupation Specialty?**

Legalman. I worked with JAG Officers (Judge Advocate General's Corps, also known as JAG or JAG Corps, refers to the legal branch or specialty of a military concerned with military justice and military law) for 19 years. I did paralegal work and court reporting. And, no, JAG Officers do not solve the crimes.

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

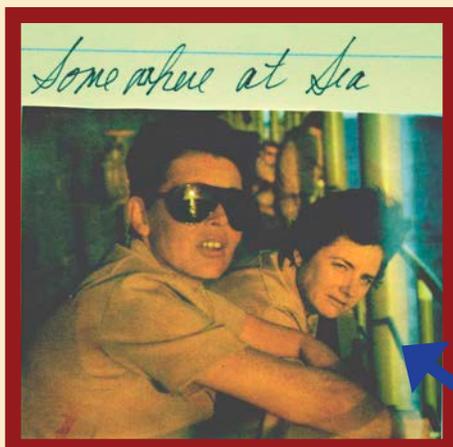
Readjustment Counseling Technician, Residential PTSD Program.

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

Being able to help Veterans readjust to life after trauma or combat.



*Susie Faas, today in her office*



**Special Note-** Susie was onboard the USS McKee, a submarine tender that deployed to Desert Storm to work on surface ships in the Persian Gulf. That had never been done in the Navy before. Wow!

*Susie at sea*

# VARHS NEW EMPLOYEES

Sprague, Michelle M.

Medical Support Assistant

Nursing Service/Operative Care

Binford, Ryan L.

Industrial Hygienist

Facilities Management Service

## WELCOME TO THE VA!

## RETIRED OR RETIRING SOON

Jim Miller  
Eligibility Service

Rhonda Buxton  
Business Support Service

*THANK YOU FOR YOUR  
YEARS OF DEDICATED  
FEDERAL SERVICE!!*

Are you a Veteran employed at the VA Roseburg Healthcare System? If yes, would you like to be part of the Veterans Serving Veterans series? We'd love to hear from you!

Please contact Christina Fallin, Worklife Improvement Team (WIT) member and coordinator for the monthly VA Relay's Veterans Serving Veterans Series, at Extension 40103.

The VA Roseburg Healthcare System followers on Facebook continues to grow! We have 534 fans- are you one of them?

If not, join us and find updates, photos, video links and much more!

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



# VARHS STAFF HOLIDAY GENEROSITY

*Debbie Wheeler, pictured passing gifts to the “elves” who loaded the van to deliver to the Child Welfare Service Office.*

Each year, through the generosity and compassion of the VARHS staff, foster children are “adopted” during the holidays through the Douglas County Children’s Welfare Program. Gifts are purchased and wrapped for the children by the staff who adopted them, and delivered to the Director’s Office.

Staff in the Director’s Office manage the adoption process, and Debbie Wheeler, Executive Secretary to the Chief of Staff, reports:

This year, the VA Roseburg Healthcare System’s annual Children’s Holiday Gift Drive started off with a burst of enthusiasm. We had just announced it

on the Newswire when requests began pouring in! Within 48 hours all of our names were taken. So, we asked for 20 additional names ... which were also taken in no time. All total, our employees gave gifts to 100 children who are involved in the Douglas County foster care system. We had a variety of gifts ranging from a bike, scooters, travel bags filled with gifts, teddy bears, PJs, coats, and toys--all gift-wrapped in unique and colorful holiday décor! Our employees have the pleasure of doing the shopping and wrapping the gifts and the Child Welfare case workers have the joy of delivering the gifts to the children. Our thanks to all of those who participated!

*Pictured Right:*

*Dan Ritchie, left, and Lars Severson, were part of the crew that loaded the van for one of the many trips it took to deliver hundreds of presents for foster children. Beautiful!*



# VARHS STAFF HOLIDAY CHEER



Each of the VARHS facilities had a holiday party hosted by the Director's Office that included holiday decor, camaraderie, and food and desserts catered by our Canteen Service. Delicious!

Included in the holiday events, the WIT team hosted a Gingerbread House creation contest, and the submissions were unique, creative and beautiful!



Roseburg winner  
Jennifer Ellington



Above: Holiday party attendees enjoy a smorgasbord during the Roseburg event.

# COOKIE DROP



Right: Director Bogedain delivers a "Cookie Drop" to the OR as part of one of the many Worklife Improvement Team monthly programs.



Eugene winner

During the Eugene Clinic's holiday party, staff voted for their favorite handmade gingerbread house, and pictured left, is the winner! Congratulations to Matt Davis and thanks to everyone who participated!



# HEALTHY LIVING TIPS



Each January thousands of people make a commitment to improve their health by beginning an exercise program, eating healthier, losing weight, quitting tobacco and limiting alcohol. Let the VA help you achieve your goals in **2014!**

Whatever your situation, talk to your PACT Team and find out how you can live a healthier and safer life this year. Your PACT team can also provide you information on additional resources available to you.

## Know your health resources available to you:

- The VA provides many resources for smoking cessation. They offer support groups, medications, text messages and a quit line designed for Veterans.
- MOVE is a weight management program available to Veterans through group classes held at Roseburg, Eugene and North Bend clinics. They also have a home based Telehealth Program for those Veterans who live long distances. This program teaches healthy eating, physical activity and looks at the mental health component of eating.
- Diabetic classes and individual appointments with dieticians are available
- We provide preventive care information depending on your age, gender, health status and family history. Ask your team which screenings are recommended for you.
- VA Roseburg includes physical activity programs.



## Protect yourself from injury and disease:

- Wear your seatbelt.
- Avoid driving under the influence of alcohol/drugs. Also avoid texting while driving.
- Practice safe sex.
- Keep your scheduled medical appointments and get your recommended screenings and vaccinations. Now is the time for your flu vaccine--get your flu vaccine if you have not done so!
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.

## Start moving! Every 10 minute session helps.

Take five minutes for your health! Being healthy and safe takes commitment, but it doesn't have to be time-consuming. Below are some steps you can take to help protect your health and safety in five minutes or less:

- Wear sun screen and hats to protect your skin from the sun.
- Buckle up and wear helmets when riding a motorcycle or bicycle.
- Prevent falls by removing small throw rugs, improving lighting in your home and wearing shoes inside and outside.
- Keep track of your numbers for blood pressure, blood sugars, cholesterol and BMI (body mass index).
- Read food labels and know how much fat, salt, cholesterol and sugar are in each serving size.
- Check your smoke alarms and carbon monoxide detectors.
- Know the signs of a heart attack or stroke.
- Ask questions and get involved with your health.

**Make being healthy a priority for 2014! Your PACT team can assist you in ways to get and stay healthy this year- just ask us!**

# JANUARY RECIPE

## VEGGIE CHILI!

The beans and veggies in this dish make it a great source of fiber with 10 grams per cup. The recipe makes 8 servings, so save leftovers for a delicious lunch the next day.

Prep Time 15 minutes

Serving Size 1 Cup

Calories 179

Carbohydrate 33 g

Protein 9 g

Fat 3 g

Saturated Fat 0 g

Dietary Fiber 10 g

Cholesterol 0 mg

Sodium 492 mg

Ingredients:

- 1 tablespoon canola oil
- 1 medium onion, chopped
- 4 carrots, sliced
- 1 green bell pepper, chopped
- 1 zucchini, chopped
- 2 garlic cloves, minced
- 1 tablespoon chili powder
- 1 16-ounce can kidney beans, rinsed and drained
- 1 16-ounce can black beans, rinsed and drained
- 1 15-ounce can tomato sauce
- 2 14.5-ounce cans no-salt diced tomatoes in juice

Instructions

Heat oil in a large soup pot over medium-high heat.

Add onion and carrots and sauté 5 minutes. Add green pepper and zucchini and sauté another 2 minutes.

Add garlic and sauté 30 seconds. Add chili powder and all remaining ingredients; bring to a boil.

Cover, reduce heat, and simmer 30-35 minutes or until the vegetables are tender.



## VARHS FLU SHOTS

Protect Yourself and Others  
From the Flu!

**FLU VACCINE AVAILABLE NOW!**

**Roseburg Primary Care Clinics:** Monday – Friday  
9:00–11:00 a.m. and 1:00-3:00 p.m.

**Eugene CBOC:** Tuesday, Wednesday, Thursday  
10:00 a.m.-2:00 p.m. (appointments preferred, but not required) 541-607-0897

**North Bend CBOC:** Monday, Wednesday, Friday  
10:00-11:00 a.m. and 3:00-4:30 p.m. Tuesday,  
Thursday 4:00- 4:30 p.m.

**Brookings CBOC:** Monday–Friday  
9:00 a.m.-3:00 p.m.

**Crescent City CBOC** Wednesday and Thursday  
9:00 a.m.-4:30 p.m.

ALSO, ALL VETERAN PATIENTS CAN HAVE THEIR FLU  
VACCINATION DURING A REGULAR APPOINTMENT WITH  
THEIR PACT TEAM STAFF! JUST ASK US!

## HEART SAVER CLASS

**SIGN UP NOW!!**

New scheduled offering!!  
Opportunity for  
Non health care  
providers for BLS,  
Heartsaver CPR  
training!

Description: Sign up for this 2 hour non healthcare provider, Heartsaver CPR class. Learn adult CPR and how to use our Automated External Defibrillators (AED's)!

Intended for FMS, Nutrition, Fiscal, EMS, warehouse, laundry, clerical etc. We will continue to promote employee readiness and hold classes quarterly and as needed. Nine slots per class.

Class Time: Monday 1/13/2014 1:00 PM - 3:00 PM

Location: Building Two, Room B307, Simlab

Call Amanda Morrow at extension 44225 for more information and to sign up for the class.



Worklife Improvement Team (WIT) will start the VA Employee Association (VAEA) Membership Drive Beginning January 2014.

What is the VAEA?

We are not an association for Veterans. We represent VA employees of the Dept. of Veterans Affairs, including CBOC employees, Retirees, and Volunteers.

**WE ARE THE EMPLOYEE MORALE COMMITTEE!**

The goal of the VAEA is:

- To assist in stimulating morale among ALL VA employees of the Veterans Affairs, CBOC employees, Retirees, and Volunteers.
- Plan, organize, sponsor, and conduct social, recreational, athletic, and welfare activities of any and all kinds for the benefit of said employees.
- To promote the welfare of its members by aiding and encouraging their participation in cultural, educational, physical, social and related activities.
- To provide a method for the collection, safekeeping and disbursement of funds provided by the members and from activities conducted by the Association for the welfare and benefit of its members.

Representatives are needed from each service. Representatives help by selling Raffle tickets for their service and give advice on event planning ideas!

If you would like to attend a meeting, be a representative or just see what the VAEA is about, please contact Jennifer Stolburg in Human Resources at Extension 40312.

### ***The VA Relay Editor:***

Carrie Boothe

#### **Email -**

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Intra-mail Bldg.Two Rm. A102C

**Phone: 541-440-1000**

**Extension 44101**

**Cell: 541-580-9481**

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