



Winter 2013

Source

A Newsletter for the Residents, Volunteers & Staff of the VA Southern Oregon Rehabilitation Center and Clinics

VA SORCC

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The VA SORCC, welcomes Submission of Articles of interest to our readers. The editor reserves the right to use and edit all contributed articles. Views expressed in this publication do not necessarily reflect the opinions of the Administrative Boards, Editorial Staff, or Department of Veterans Affairs.



B. Don Burman, Director, VA SORCC

Dear Fellow Veteran:

First let me say **THANK YOU**, for your service to our great nation. Your desire to serve our country will not be forgotten, and to the best of our ability we will honor you as a true hero. During my first few months here I have really tried to focus on how we, the Southern Oregon Rehabilitation Center and Clinics (SORCC), provide services to you. Much of our effort is measured by accrediting bodies such as the Joint Commission who offer specific guidelines to facilities desiring to attain the highest level possible of patient centered care. Happily our facility was once again able to achieve a continued three-year accreditation. This achievement codifies our desire to provide you with a high level of care and support.

I did want to share one area of support that only you, our Veterans, can aide our facility with. There continues to be individuals coming onto our campus with drugs and alcohol. This behavior contradicts the intentions and goals of Veterans who are with us seeking recovery and to improve their quality of life; it jeopardizes everyone and is unacceptable. I am asking each of you to take action when you know someone is violating VA SORCC rules of behavior. The thought that in doing so you would be labeled a "snitch" doesn't hold water on this campus. I am calling upon our Veteran population to assist us in preventing the use of these substances and maintaining a healthy environment for all.

It is my position that an individual who continues to bring illegal substances on this campus is not really seeking an opportunity for rehabilitation and is putting everyone else on the campus at risk. I would truly appreciate your help in curbing this illegal practice here at your SORCC. I look forward daily to the privilege of serving you.

Best Possible Regards,

B. Don Burman

Telehealth

The Veterans Administration (VA) has been using Home Telehealth (TH) technologies nationally since 2003. Originally, it was implemented to monitor Hypertension (HTN), Depression, Congestive Heart Failure (CHF), Chronic Obstructive Pulmonary Disease (COPD), Weight Management, and Diabetes in Veterans. Some benefits Veterans have experienced are fewer emergency room visits, fewer scheduled appointments, and an improved quality of life. Here at the Southern Oregon Rehabilitation Center and Clinics' (SORCC), Veterans have devices at their homes which they link such as glucose monitors, pressure cuffs, scales, etc. to download data for care manager viewing. The SORCC currently monitors Diabetes, Congestive Heart Failure(CHF), Cardiac Care, Hypertension, Mental Health Issues: Depression and PTSD, Tele-Move!- Obesity, and Individual Voice Response-cellular based treatments in its TH programs. In addition, the SORCC has 3.5 care managers that track the data and contact the Veteran by

phone with instructions and coaching for their treatment.

VHA Telehealth Services, divides Telehealth into three modalities, Clinical Video Telehealth (CVT), Home Telehealth (HT), and Store-and-Forward Telehealth (SF). Telehealth is ideal for patients in areas where distance from a VA facility is a problem, for instance Veterans that live in rural. The value Veterans receive from Telehealth is the result of how technology helps manage care with health informatics, disease management, and case management. The mission is to provide the right care in the right place at the right time through the effective, cost-effective and appropriate use of health information and telecommunications technologies.

Typically, Clinical Video Telehealth (CVT) links the patient(s) at a clinic to the provider(s) at another location. This includes the use of web cams to link providers to Veterans at other VA facilities or into the Veterans home, use of clinical carts to support

both primary and specialty care needs either with providers from other VISN facilities or between the SORCC and other off site clinics, and the use of video conferencing units for individual or group encounters. The SORCC currently uses CVT to support Tele-Mental Health (individual and group), Home-based Tele-Mental Health, Tele-Primary Care, Tele-Cardiology, Tele-Diabetes, Tele-Compensation and Pension, Tele-Veterans Court and this year the SORCC piloted a pain management program with the Portland VAMC.

Tele-Health services continuously strives for improvements by building upon previous successes in developing and implementing the Telehealth program and to achieve and sustain a high level of performance for all Telehealth modalities that reflects Telehealth Services' unique contribution to the mission of VHA. To participate in Tele-Health modalities all clinical sites undergo a thorough process called the Conditions of Participation (COP), which to name a few includes, assessments of compliance, periodic reviews, interviews with key

staff members at all levels of the network, and that a system of standards and procedures is put in place.

If you are interested in participating in Tele-Health services, talk to your provider or the Facility Tele-Health Coordinator to find out the types of programs available for your Tele-Health care needs.

Your SORCC Tele-Health Team includes:

Facility Tele-Health
Coordinator
Tracy Dekelboum:
Bldg. 202, Room 212
(541) 830-7423

Lead Tele-Health Clinical
Technician
Sean O'Conner
Bldg. 202, room 212
(541) 826-2111 ex 3920



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Veterans Gift Shop

Come Shop for Your Immediate Family!!

SORCC Theater

December 5, 2013 1pm-4pm

December 6, 2013 8am-11am and 12-4pm

One Gift per Child

Up to 3 Adult Gifts

Please bring names and address (including zip code)

Gifts will be wrapped and shipped courtesy of :

VAVS and VA SORCC

Free To VA SORCC Residential Veterans

Second Hand Abuse With Second Hand Consequences

By Marleen Granas

Whether or not you have the intentions, illegal drugs and alcohol (second hand abuse) leads to second hand consequences. Addiction is the overwhelming urge to use a substance no matter the risks associated. If there are children looking to you as a role model you are giving them firsthand experience on how to be an addict. And as we know children learn by example. If you are a binge drinker then your teenage child will be prone to being a binge drinker as well. Why? Because they have learned that this is how you cope when you are stressed, happy, sad, or celebrating. This is the one coping skill you do not want your children to learn. Your behavior demonstrates that you avoid

reality by numbing yourself.

This in turn teaches your children that it is okay to use mind altering substances and it shows them that this is an approved way of life. Children are impressionable and need to learn real coping skills in order to face society as they grow. When that isn't supported or nurtured children are going to look towards their parents to see how they are coping. This is where children learn that it is okay to use because their parents did.

Second hand abuse is involuntary for your loved ones. You have the choice, they don't or at least you have put them in an uncomfortable situation. It's like blowing smoke in their face as they are tied to a chair. By using you have systemati-

cally forced your loved ones into a life of deception and denial. Soon they will begin to cover for you, lie for you, and bail you out of crises. Family secrets lead to family tension which leads to resentment. Your behavior will make it hard for your family members to hold down jobs, be in relationships, be successful in school, or function in society because you have brought them in to your web of denial and lies. They never know what to expect at home, some may even begin to avoid home for that specific reason. And they can't count on you for support because your main focus now is not the family but the drug. When there's a school play it will be the drug that you choose. When it's dinner at the in-laws it will be the



IT'S YOUR CALL

Confidential help for Veterans and their families

Confidential chat at VeteransCrisisLine.net

1-800-273-8255 PRESS 1

Veterans Crisis Line

continued

Second Hand Abuse With Second Hand Consequences

drug that wins. No one can count on you for support and most begin to choose not to because your mood begins to change and is very unpredictable. Your behavior not only affects your spouse and children but can influence generations after generations just with your current behaviors.

Often time's children act as surrogate parents to their parents. Children begin to take on roles that are not age appropriate. They are the ones that someone hung over or high can rely on to feed the other siblings, bring them food and drink, hold their head as they get sick, or get yelled at because someone views them as a battering ram. Children can go as far as developing their own false reality in order to cope with what is happening. Parents who abuse drugs or alcohol tend to neglect their children leaving them to their own devices. Because they are pre-occupied with their addictions, they

fail to provide the proper guidance that children need especially during their growing years. Teenagers who grow up in homes where a respected adult or parent uses alcohol or drugs have a higher tendency for developing the addiction later on mainly because the household is more lenient in terms of substance use

Other family members may begin to feel abandoned, neglected, hurt, embarrassed, guilt, or shamed over the family's use or they can feel all that because the addiction is so well hidden that they just think they are being ignored. People who abuse drugs and alcohol often times find themselves isolated from their families. Most times they choose to hang around old people, places, and things rather than family members with whom you have to hide your addiction from. Promises to cut back or to stop are often made and quickly broken, serving

to weaken the trust and expectation of the family. Drug and alcohol addiction does not only affect you but everyone around you. Ultimately, the society is largely affected by your predisposition for substance use even when your just one person. If you are a Veteran dealing with drug or alcohol abuse call the VA Southern Oregon Rehabilitation Center and Clinics at 541-826-2111.



VA SORCC MUSEUM CURATOR RECEIVES AWARD



AL Inlow, VA SORCC Volunteer and SORCC Museum curator

AL Inlow, VA SORCC Volunteer and SORCC Museum curator received the Distinguished Citizen Award in appreciation and gratitude for meritorious service in the interest of the United States of America, the United States Marine Corps and the Marine Corps League, which is the highest award presented by the Marine Corps League.



I CARE Award Winners – October 2013

Carol Berger Psychology Service; Dr. Douglas Burwell, Primary Care Service; Gary Gimenez, Logistics Service; Gloria Arenas, Education Service; Heidi Rios, Primary Care Service; Jenny Schmidt, Patient Care Service; Linda Genaw, Police Service; Misty Rodriguez, Primary Care Service; Scott Lytle, Primary Care Service; Dorothy Ferranti, Primary Care Service; Eric Altgilbers, Patient Care Service; Dr. Garry Harris, Primary Care/Patient Care; Greg Acedo, Primary Care Service; Jackie Arnett, Primary Care Service; Joyce Perry, Primary Care Service; Mike Ellis, Primary Care Service; Patrick Callahan, IT Operations Service; Wendy Blackwell, Patient Care Service

Make Veterans Day A Family Day



1st Sgt. Mark Dalton, guest speaker

The White City Department of Veterans Affairs invited the community, Veterans, active duty, and their families, to join them on Veterans Day as they host a Veterans Day Celebration on November 11th, in the facility's Theater located at 8495 Crater Lake Highway, White city, Oregon. This year's guest speaker was **First Sergeant Mark Dalton** with the local Oregon Army National Guard Unit, who served two tours in Iraq and **Congressman Greg Walden**. The celebration salutes our Nation's Veterans, active duty military, and featured a mini-concert by the Rogue Valley Symphonic Band and the Young Marines posted the colors. Children's Patriotic Activity Booth, information booths on available VA services, and refreshment social was also slated. Additionally, the event honored America's Fallen Heroes.

The event begins at **10am and concludes at 12 noon** giving families time to participate in other community happenings around the Valley. Like us on Facebook at [VASouthOregon](#). For information on next year's event contact Anna Diehl (541) 830-7583



Young Marines