

Source

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

Horses For Heroes

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Veteran maneuver through obstacle course

July 22, 2009, marked the successful completion of the six week Horses for Heroes Pilot Project, located in Yreka California. This project was made possible by the community partnering between the non-profit Stable Hands Inc., of Yreka, California, the VA Southern Oregon Rehabilitation Center and Clinics and the 1,000 acre Double H Ranch owned privately by Mickey and Pat Haze. Over the course of six weeks two seriously injured Iraqi War Veterans whom are enrolled at SORCC for both Primary and Mental Health Care, each participated in 12 hours of intensive equine assisted therapy focusing on: core strengthening, memory and sequencing skills; problem solving; and, the psychosocial aspects of trauma and recovery such as trust, relationships, etc.

On November 17 Stable Hands Inc.'s Lead Occupational Therapist and Director will attend the NARHA National Conference in Fort Worth Texas and participate in the "Horses For Heroes Workshop" by discussing this pilot project and its future direction.



VA SORCC
8495 Crater Lake Hwy
White City, OR 97503
541-826-2111

Max E. McIntosh, PhD, MBA
VA SORCC Director

Roy Horne
Associate Director

Dr. David Donnelly
Chief of Staff

Karen Allen
Associate Director
of Patient Care Services

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.

Editor
Anna L. Diehl

Assistant Editor
Rhonda K. Haney

Editorial Board
Max McIntosh, PhD, MBA
Russ Cooper
Susan Black-Huff
Stacy Webster-Wharton
Karen Allen
Judy Hall

A Message From The

Chief of Staff

Charles Plumb was a US Navy jet pilot in Vietnam. After 75 combat missions, his plane was destroyed by a surface-to-air missile. Plumb ejected and parachuted into enemy hands. He was captured and spent six years in a communist Vietnamese prison. He survived the ordeal and now lectures on lessons learned from that experience.



One day, when Plumb and his wife

were sitting in a restaurant, a man at another table came up and said, "You're Plumb! You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk. You were shot down!"

"How in the world did you know that?" asked Plumb.

"I packed your parachute," the man replied. Plumb gasped in surprise and gratitude. The man pumped his hand and said, "I guess it worked!" Plumb assured him, "It sure did. If your chute hadn't worked, I wouldn't be here today."

Plumb couldn't sleep that night, thinking about that man. Plumb says, "I kept wondering what he might have looked like in a Navy uniform: a white hat, a bib in the back, and bell-bottom trousers. I wonder how many times I might have seen him and not even said "Good morning, how are you?" or anything because, you see, I was a fighter pilot and he was just a sailor."

Plumb thought of the man hours the sailor had spent on a long wooden table in the bowels of the ship, carefully weaving the shrouds and folding the silks of each chute, holding in his hands each time the fate of someone he didn't know.

Now, Plumb asks his audience, "Who's packing your parachute?". Everyone has someone who provides what they need to make it through the day. Plumb also points out that he needed many kinds of parachutes when his plane was shot down over enemy territory-he needed his physical parachute, his mental parachute, his emotional parachute, and his spiritual parachute. He called on all these supports before reaching safety.

Sometimes in the daily challenges that life gives us, we miss what is really important. We may fail to say hello, please, or thank you, congratulate someone on something wonderful that has happened to them, give a compliment, or just do something nice for no reason.

As you go through this week, this month, this year, recognize people who pack your parachute.

David Donnelly, MD, Chief of Staff



It's A Family Affair

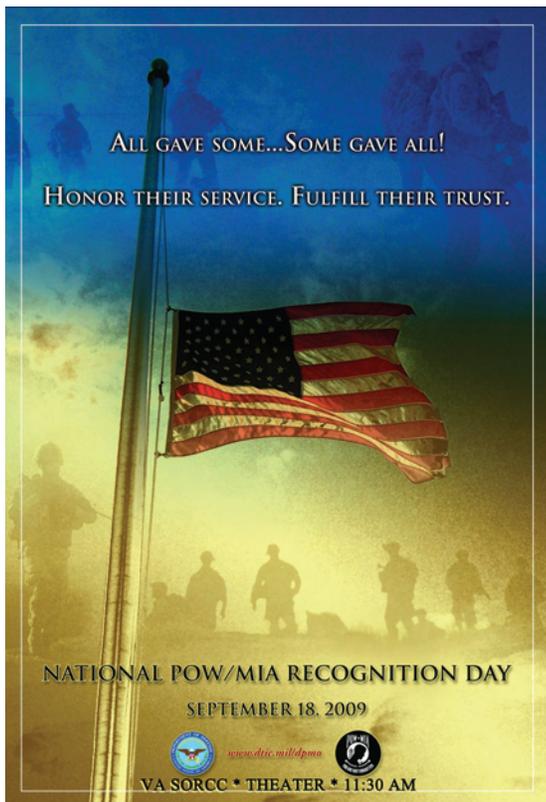
By Tom Marshall

What do you get when you have three generations of family members who volunteer at the VA SORCC? You get countless hours of dedication and commitment towards our Nations' Veterans given from a family of Veterans. From left to right Dr. Dale Monroe, a retired college professor who assists the Education Department on Microsoft applications; Linda Rae Monroe, who interviews Veterans for our Veterans History Project; Robert Monroe, who is a Navy Veteran and volunteers with Compensation and Pension; Mark Monroe, who volunteers in Medical Records (BOS) and drives for our Volunteer Transportation Network. Last but not least, Jessica "Rae" Monroe a senior at South Medford High School, who is a Certified Nursing Assistant and volunteers in the Infirmary on the weekends. Now that's what we call "A close knit family".



(Front) Dr. Dale Monroe, Linda Rae, Robert Monroe, (Back) Mark Monroe and Jessica "Rae" Monroe.

If you are interested in volunteering at the SORCC, please contact Voluntary Services at 541-826-2111 Ext. 3796. Thanks Monroe Family, for all you do!



MISSING IN ACTION

You left home, hardly more than a boy
Yet man enough to be called a Ranger.
Your duty took you to a distant land.
With gun and guts to face the danger.
Like the legions marching through centuries
You took your place in battle and time.
We cannot know the out-come of your fight
Nor pay honor due with simple rhyme.
With hearts as heavy as the stone
Upon which we have carved your name,
we ask ourselves "Where is he now?"
And wonder still, "Who is to blame?"
Was your body broken and left a shell,
Abandoned on Koreas' bloody soil?
Have they taken you to China or beyond?
Your shackles loosened just to toil.
We'll meet again in Gods own time,
Where there will be no tears or strife.
Answers will be given then
That we do not have in mortal life.
'Til then, somehow, I hope you know
You're in our constant thoughts and prayer.
It matters not who's taken first.
Just know that we will meet you there.

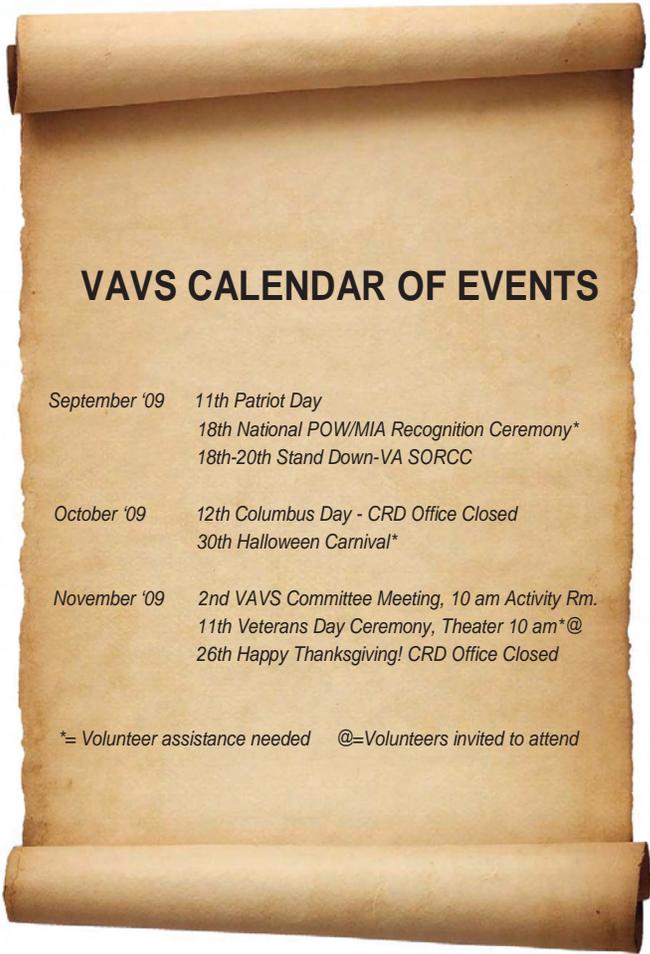
By: Judith Ludgate Knight



SORCC Presents Feature Booth



August 12-16, VA SORCC joined the Marine Corps Recruiting office in providing a feature booth at this year's Siskiyou County Fair to inform Veterans of the services and programs the facility has to offer to include extensive information on volunteer program and OEF/OIF services. The feature booth received a first place blue ribbon.



VAVS CALENDAR OF EVENTS

- September '09 11th Patriot Day
18th National POW/MIA Recognition Ceremony*
18th-20th Stand Down-VA SORCC
- October '09 12th Columbus Day - CRD Office Closed
30th Halloween Carnival*
- November '09 2nd VAVS Committee Meeting, 10 am Activity Rm.
11th Veterans Day Ceremony, Theater 10 am*
26th Happy Thanksgiving! CRD Office Closed

*= Volunteer assistance needed @=Volunteers invited to attend



Ashland Elks Host Social For Veterans

Veterans and staff from SORCC were guests of Ashland Elks for ice cream and hospitality at the Ashland City Band concert on August 23, 2009. Ashland City Band Conductor, Don Bieghler, acknowledged and dedicated a song to the Veterans. Afterwards the audience stood to applaud. Some of the Veterans enjoyed walking around town and ventured to the swimming hole in Reeder Reservoir. The Ashland Elks would like to thank the following people for contributing to this event: Past Exalted Ruler Joey Nyan, Brigid McDermott, Ashland Police Departments, Don Bieghler, Clyde Brustol, Berniece Monning, Sharon James, Melanie Hemmingsen, Geri Capuzo, Gisela Padilla, Gaila Gale, Tim McCartney, Polly Stonier, and Don Gale.

18th Annual Southern Oregon Stand Down To Be Held At The VA SORCC

By Tom Marshall

The 18th annual 'Southern Oregon Stand Down' (SOSD) for Veterans in need, will be held September 18, 19, and 20, 2009 at the VA Southern Oregon Rehabilitation Center and Clinics (SORCC) Ballpark in White City, Oregon

Services to be offered at this year's event include medical and mental health counseling, dental, chiropractic, legal assistance and a homeless court, employment and vocational rehabilitation counseling, assistance with VA and Social Security benefits claims, tax matters, drug and alcohol counseling, clothing, haircuts, three good meals per day, showers, and a safe place to sleep.

If employees are interested in volunteering for Stand Down please contact Ylia Casper at: Ylia.Casper@va.gov to make sure a Volunteer Registration Form is completed which includes a tentative schedule of the number of hours and which days you will be volunteering.

If you have any questions or would like to learn more about Stand Down visit the Stand Down website at www.southernoregonstanddown.org/ or contact Tom Marshall at 541-826-2111ext. 3585.

SOUTHERN OREGON STAND DOWN September 18, 19 and 20, 2009 Event Schedule

Friday, Sept. 18

Registration	8 am to 4 pm
Services	9 am to 4 pm
Hair Cuts	9:30 am to 3:30 pm
Valor Phones	10 am to 4 pm
Lunch	12 pm to 1 pm
Dinner	5 pm to 6 pm
Entertainment	6 pm to 9 pm

Saturday, Sept. 19

Breakfast	7 am to 8 am
Registration	8 am to 3 pm
Services	9 am to 3 pm
Hair Cuts	9:30 am to 2:30 pm
Valor Phones	10 am to 3 pm
Lunch	12 pm to 1 pm
Dinner	5 pm to 6 pm
Entertainment	6 pm to 9 pm

Sunday, Sept. 20

Breakfast	7 am to 8 am
Registration	9 am to 12 pm
Lunch	12 pm to 1 pm

Veterans activities and follow up services 9 am to 3 pm. The event ends at 3 pm. (Except for those Veterans seeking admittance to the VA SORCC on Monday, September 21.)



Take Action Against The Flu

Flu is a serious contagious disease. Each Year in the United States, on average, more than 200,000 people are hospitalized and 36,000 people die from seasonal flu complications. This flu season could be worse.

Flu-like symptoms include:

- Fever (usually high)
- Headache
- Extreme tiredness
- Dry cough
- Runny or stuffy nose
- Muscle aches
- Sore throat
- Vomiting
- Sometimes diarrhea



There is a new and very different flu virus spreading worldwide among people called novel or new H1N1 flue. This virus may cause more illness or more severe illness than usual.

CDC says “Take 3” steps to fight the flu (these actions will protect against the new H1N1 too!).

#1 Take time to get vaccinated

CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal flu. The seasonal flue vaccine protects against the three seasonal viruses that research suggests will be most common. Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older. Seasonal flu vaccine also is important for health care workers, and other people who live with or care for high risk people to prevent giving the flu to those at high risk. A seasonal vaccine will not protect you against novel H1N1. A new vaccine against novel H1N1 is being produced and will be available in the coming months as an option for prevention of novel H1N1 infection.



#2 Take everyday preventive actions.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.* Avoid touching you eyes, nose or mouth. Germs spread this way. Try to avoid close contract with sick people. If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible. This is to keep from

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making others sick. While sick, limit contact with others to keep from infecting them.

*Though the scientific evidence is not as extensive as that on hand washing and alcohol-based sanitizers, other hand sanitizers that do not contain alcohol may be useful for killing flu germs on hands in settings where alcohol-based products are prohibited.

#3 Take flu antiviral drugs if recommended.

If you get seasonal or novel H1N1 flu, antiviral drugs can treat the flu. Antiviral drugs are prescription medicines (pills, liquid or an inhaled powder) that fight against the flu by keeping flu viruses from reproducing in your body. Antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. Antiviral drugs are not sold over-the-counter and are different from antibiotics. Antiviral drugs may be especially important for people who are very sick (hospitalized) or people who are sick with the flu and who are at increased risk of serious flu complications, such as pregnant women, young children and those with chronic health conditions. For treatment, antiviral drugs work best if started within the first 2 days of symptoms. For more information, visit www.flu.gov or call 800-CDC-INFO Department of Health and Human Services Centers for Disease Control and Prevention (CDC).



Home Based Primary Care Information

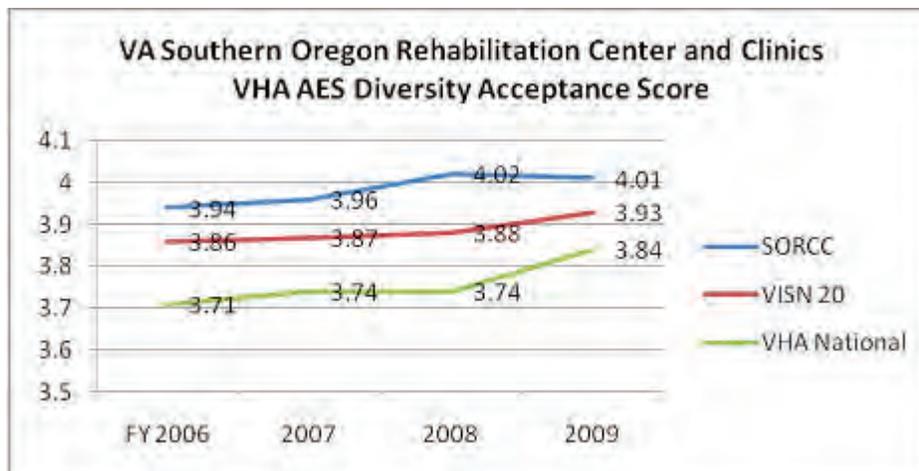
Home Based Primary Care (HBPC) would like to thank all of the VA SORCC departments that continue to send consults on those patients who need their care delivered in the home and meet the requirements for admission. The Veterans that are admitted into the program have multiple complex problems and many unmet needs. Who qualifies to be admitted into the program?

1. The patient must meet specific diagnostic requirements:
Cancer, Parkinson's, MS, Dementia, Diabetes, CVA, Alzheimer's, COPD, Mental Health, CHF, Catheter Care, Wound Care, Inability to get to the SORCC for care, Failure to Thrive.
2. The patient must want to be in the program and agree to receive Primary Care in the home.
3. The Patient must need long term longitudinal care, which is neither episodic nor emergent.
4. This program is not limited to Service Connected Veterans only. We take any Veteran who meets the above criteria and is registered with the VA.
5. HBPC is expanding their services to the Grants Pass area and has hired two additional nurses for rural health which will have boundaries to Wolf Creek to the North and Cave Junction to the West. These additional nurses should be oriented and ready to case manage and admit patients into the program by mid-October.

If you need information or have questions on admissions, please contact Linda Vollrath, RN MNCordinator, HBPC (541) 826-2111 Ext. 13972.

VA SORCC Diversity Acceptance is above the VISN and National Averages!

As the EEO/Compliance Officer I would like to thank all of you who participated in this year's Diversity Fair. The SORCC continues to shine as an employer of choice and a great facility!! The All Employee Survey results for Diversity Acceptance is above the VISN and National Averages!



Tony Cary, EEO/Compliance Officer, VA Southern Oregon Rehabilitation Center & Clinics

APPROPRIATE DRESS

By Pam Hillers, Assistant HR Manager

As we experience the heat of the summer we must be reminded that this is a professional facility that has constant contact with our customers and is highly visible by the public in general. We need to present a professional appearance. It is the responsibility of each of us to conduct ourselves professionally at all times while at work. How we are perceived by others is critical. Professional conduct includes not only how we verbally communicate with others, but also how we non-verbally communicate. Appearance plays a major part in how the facility and you are perceived. Business casual dress is appropriate. "At-home casual", shorts, flip-flops, low cut tank tops, etc..., is not considered business casual. Please dress appropriately to present a professional image to our customers. There may be occupations where Bermuda-type shorts are appropriate when required to work outside, or when working as a driver. If you

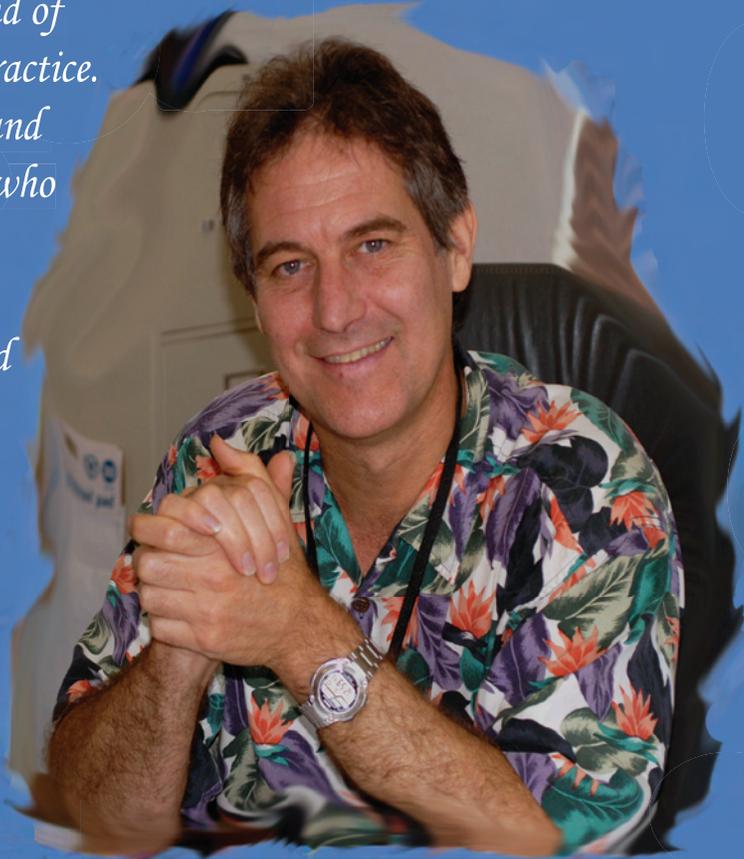


Who Cares?

About Quality Health Care.

Dr. Randy Nelson does. He picks a mean bluegrass tune and applies that kind of harmony to his everyday medical practice.

Dr. Nelson says, "It is a privilege and honor to provide care for veterans who have been willing to sacrifice their physical and mental well being for our country. My grandfather served in WWI and several of my uncles served in WWII. One uncle was at Normandy on D-day and later fought in the Battle of the Bulge. Those experiences had a significant effect on him psychologically and impressed upon me that often the most serious wounds are not the most visible."



VA SORCC Employees. Dedicated to Your Care.
Every Day.

BINGE DRINKING

Submitted by Marlene Granas

According to NIDA (National Institute on Drug Abuse), the definition of binge drinking is consuming five or more drinks on the same occasion (i.e. at the same time or within a couple of hours of each other) on at least 1 day in the past 30 days. Four or more for women. Binge drinking is a level of alcohol drinking whereby someone gets drunk periodically and stays drunk for days at a time. . And once they commence drinking heavily, they continue to do so for some period of time. The period of time may vary from over a weekend, on vacation, etc. Binge drinking has been associated with college partying. Then they can stop and not drink for an undisclosed period of time, leading some people to believe there isn't an addiction. Over the years we have learned that binge drinking encompasses a bigger group of people.



It is difficult to say exactly the overall effects from binge drinking. Some of the effects from binge drinking are the impact it has on the physical body and the mind. Alcohol consumption, especially in large quantities in a relatively brief amount of time is severe. It kills brain cells and liver cells, neither of which is replaceable. Perhaps even more consequential, is the behavioral pattern it establishes of losing touch with reality and being under the influence for long stretches of time. Under these conditions, people have been known to do things and act inappropriately. In the extreme, people have acted violently towards strangers or loved ones, without consciously realizing it. NIDA reported the following statistics for 2007:

- The 2007 binge drinking survey reports more than one fifth (23.3 percent) of persons aged 12 or older participated in binge drinking at least once in the 30 days prior to the survey in 2007. This translates to about 57.8 million people. The rate in 2007 is similar to the rate in 2006 (23.0 percent).
- In 2007, heavy drinking was reported by 6.9 percent of the population aged 12 or older, or 17.0 million people. This percentage is the same as the rate of heavy drinking in 2006 (6.9 percent).
- In 2007, rates of current alcohol use were 3.5 percent among persons aged 12 or 13, 14.7 percent of persons aged 14 or 15, 29.0 percent of 16 or 17 year olds, 50.7 percent of those aged 18 to 20, and 68.3 percent of 21 to 25 year olds. Among older age groups, the prevalence of current alcohol use decreased with increasing age, from 63.2 percent among 26 to 29 year olds to 47.6 percent among 60 to 64 year olds and 38.1 percent among people aged 65 or older.
- The pattern of higher rates of current alcohol use, binge alcohol use, and heavy alcohol use among full-time college students compared with rates for others aged 18 to 22 has remained consistent since 2002.

Reference: National Survey on Drug Use and Health, NIDA

Support For Military Families Serving Overseas

The Rogue Valley Chapter of the Non Commissioned Officers Association has an on-going support program for helping military families serving overseas where the cost of living in many foreign countries is higher than here in the USA. We are collecting manufacturers coupons only and sending them to the Department of Defense. The DOD has arranged to allow these coupons to be used in Commissaries and Exchanges for six months after they expire. We are seeking community support in collecting Manufacturers only coupons from newspapers and advertisements for these families. The current collection point has been established at OZ Fitness Center in the Sears Shopping Center in Medford. This will greatly benefit our military families stationed overseas. Please contact Terry Haines at 541-601-8467 for details.





By Katie M. Dodd, MS, RD, LD, HBPC Dietitian/ MOVE! Coordinator

The 2009 Champions' Challenge *national* prize drawing, sponsored by Veterans Canteen Service, was held in VCS Central Office on Tuesday July 28, 2009. VCS awarded over 150 prizes, valued at over \$12,000.00. The prizes ranged from big screen TVs, Wii Fit Bundles, Blu Ray players, Cameras, MP3 players, running shoes, Timex watches, etc.

One lucky winner was from right here in White City:

VCS would like to congratulate the

CHAMPIONS' CHALLENGE

Winner

Beverly Teruel

PRIZE WON! 2 GB Coby MP3 Player

A big Thank You! To the MOVE! Committee and Canteen Services for making this great event possible and to everyone who participated in the 2009 Champion's Challenge!!! Remember to continue getting 150 minutes of physical activity every week- the greatest prize you can get is good health!

Who is responsible for Security and Privacy? EVERYONE

If you see a security or privacy violation in the course of your daily routine, it is your responsibility to inform the appropriate official. Privacy represents “what” must be protected. It covers the collection, use, and disclosure of personal information. Security represents “how” privacy and other information must be protected. It encompasses the methods for accessing and protecting the information. For more information on Security and Privacy contact:

Facility Information Security Officer (FISO)
Bernice Reber
541-826-2111 Ext. 7404
Bernice.Reber@va.gov

Privacy Officer (PO)
Sandra Kindsvater
541-826-2111 Ext. 7445
Sandra.Kindsvater@va.gov

You must report all actual or potential incidents involving personally identifiable information (PII) to your Privacy Officer and Information Security Officer as soon as possible. You should also notify your supervisor. VA police must be notified if the incident involves the theft of computer equipment. The Privacy Officer and the Information Security Officer will report these incidents within one hour to VA's Network Security Operations Center (NSOC). If the ISO, PO and alternates are not available, contact the NSOC (available 24 hours per day, seven days a week) Phone Number 866-407-1566 Email vasoc@va.gov and/or the Privacy Service Hotline 202-273-5070 Email privacyservice@va.gov NSOC

Next SORCC's Blood Drives In The Theater

Thursday, October 22 from 10 am to 4 pm

Donors wishing to schedule an appointment or who have questions regarding blood donation may call, 1-800-GIVE-LIFE (1-800-448-3543).

Since June of 2008, the American Red Cross has collected 194 life-saving units of blood at Southern Oregon Rehabilitation Center and Clinics—helping save up to 582 patients. The need for blood is constant. The gratification is instant. Only volunteer donors can help save the lives of patients in need of blood. In about an hour, donors can save up to three lives with a single donation.



Wolfgang Agotta, Patient Advocate **Gail German-Rightnour, Patient Representative**

Can help you with: Compliments, complaints or unmet needs. If you have SORCC policies and procedures questions not answered elsewhere, come see us we have an open door policy. Our hours are:

7:00a.m. to 4:00 p.m.
Monday—Thursday
Building 201, Room 272 and 274
Ext. 3657 (Wolfgang)
Ext. 7504 (Gail)

