

Fall 2010

Source

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



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A Message from the

Director

Dear Fellow Employees, Volunteers, Veterans and Friends of VA SORCC:

As we transition into the Fall, I can't help but to reflect over the last three months. In June we hosted the 13th annual Rogue Valley Veterans POW WOW where we honored one hundred forty Veterans in the traditional Native America Way and the Northern California VA Health care System celebrated the opening of its new Outreach Clinic in Yreka, California. This clinic, which will be shared with a private clinic in the community, is intended to provide primary care



and mental health services to the Veterans living in rural Siskiyou County and outlying areas. We also dedicated our new Labyrinth! The idea of a facility labyrinth to be used in conjunction with classes and activities for cognitively impaired Veterans was finally brought to life. It provides the flexibility of one way entrance and exit so that a Veteran with PTSD can comfortably walk the path without the distraction of others approaching.

In August approximately 2,000 of VHA's top leaders convened in Las Vegas for the 2010 VHA National Leadership Conference, themed "Be the Change You Want to See". The conference agenda emphasized key elements of the major VHA transformation now underway. Topics included the leadership role of VHA in the evolution of public and private health care across the nation including the areas of patient and family centered care, preventive health, and holistic and alternative medicine. This is an exciting time for VHA and a wonderful opportunity for the SORCC to further expand our role as innovators and leaders to create the positive change in health care across the country for years to come.

We hosted the first annual Cycle SORCC Cruise event, which was a non-competitive fun cycle ride for Veterans, SORCC employees and volunteers. The cruise covered up to 20 miles with varying route distances, based on the rider's fitness level.

A new Improvement Team was chartered to identify and implement standard operating procedures for safely and effectively managing Veterans who are awaiting transport to acute mental health facilities. The team will be using the Rapid Cycle Improvement model: Define the problem, Identify causes of failure, Develop interventions, Implement Interventions, Evaluate effectiveness of interventions, modify and formalize. This is the model we will utilize when a quick turnaround time is desirable.

Women Veterans have been integral to our nation's military for more than 220 years beginning with the Revolutionary War until present day in Operations Iraqi and Enduring Freedom. Women today constitute nearly 15 percent of today's active duty troops and represent the fastest growing subpopulation of the US military. The VA SORCC honored all women Veterans in a celebration on August 26. The celebration was attended by more than a hundred Women Veterans. Representatives from Congressional and Senatorial offices were in attendance to show their support and to honor these Veterans. Unique to women is that they all volunteered in response to the call to serve. We continue to honor their patriotism, service, pride and courage.

In closing I would just like to say I am honored to work for an organization that continue to respect each other and put Veterans first.

Max E. McIntosh
Director, VA SORCC

<http://www.southernoregon.va.gov>



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Family Involvement In Recovery

Family involvement is an integral part of the treatment and recovery process of addiction. Chemical dependency is a chronic, progressive illness that affects About 22.5 million Americans aged 12 or older.

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VA CycleSORCC Cruise

On August 28, the VA Southern Oregon Rehabilitation Center and Clinics (SORCC) held its first annual CycleSORCC Cruise event.

30



Volunteers In The Spotlight

by Annelise Weston

On August 18th Dodie Picanso hosted the 2nd Annual C2 Lake Creek Ranch Cookout. Veterans enjoyed a delicious home cooked meal and the opportunity to tour a running cattle ranch, spend time with the quarter horses and socialize with other Veterans. Dodie Picanso has been volunteering for two years at the VA SORCC . Many Veterans know her as the "cookie lady" because she regularly bakes and delivers homemade brownies and cookies to the VA SORCC Library for Veterans to enjoy.

In addition to the annual cook off and cookie delivery, Dodie also participates in pet therapy and brings her three Border Collies Basco, Chili and Sage to visit Veterans in the Infirmary.

Dodie is always looking for ways to share her talents with Veterans in the community and those Veterans living at the VA SORCC. Dodie has a dynamic personality and demonstrates passionate volunteerism. Like so many volunteers at the VA SORCC, she is an example of how one person can make such a difference in the lives of others. It is a privilege to partner with Dodie to enhance the lives of Veterans. One never knows what idea she'll come up with next. Bottom Picture: left to right Zeke Muller, Dode Picanso, Rachel Sol, Tim Brown, Tony Reitingner, Annelise Weston, Jimmy Johnson, bottom row: Doug Modglin, Ronald Brown and Maurice Reese



Rachel Sol, MSW Intern and Jimmy Johnson



Tony Reitingner and Zeke Muller



Ronald Brown



Dodie Picanso and Doug Modglin



Christopher Workman, Doug Simerly, Dodie Picanso and Roger Johnson



C2 Ranch Annual Cookout

October

- 11th Columbus Day-CRD Closed
- 29th Halloween Carnival

November

- 1st VAVS Committee Meeting, 10 am Activity Room
- 11th Veterans Day Ceremony, Theatre, 10 am
- 25th Happy Thanksgiving! CRD Closed

December

- 1st Holiday Tree Lighting (conjunction with Town Hall)
- 2nd Patients Christmas Gift Shop Set Up
- 3rd Patient's Christmas Gift Shop
- 15th Gift Wrap
- 18th Patients Christmas Gift Distribution
- 24th Christmas Eve-CRD Closed
- 31st Patients New Years Eve Celebration Theater-CRD Closed

January

- 1st New Years Day! CRD Closed
- 17th Martin Luther King Jr. Day-CRD Closed



Ashland Elks Committed to Helping Veterans

by Rachel Sol



The Ashland Elks Lodge 944 has a long history of serving and supporting Veterans affiliated with the SOR-CC. Their commitment to Veterans and their families is manifest in various activities, which includes support of both inpatient and outpatient Veterans. The Elks have been active in this role since the 1980s, and in recent years their involvement is facilitated by VA volunteer and Elks member Rhonda Brustol. With Rhonda serving as liaison, the Elks have remained dedicated to Veterans issues, ensuring that our nation's service members are continually honored and remembered for their commitment to our country.

A familiar face at the VA, Rhonda is a vital and active volunteer, successfully bridging the Elks mission and her personal dedication to supporting Veterans. Rhonda volunteers weekly at the SORCC and co-facilitates a weekly Activity Group for Veterans residing at the Laurel Pines Retirement Lodge. Located in White City, Laurel Pines is an assisted living facility, home to Veterans of varying ages.

Currently, a group of Veterans attend the weekly activity group which is held on-station. This group is overseen by Social Work Services Community Care Department and is co-facilitated by Rhonda and MSW Intern Rachel Sol.

As an example of their contribution to outpatient Veterans, the Elks' regularly host the Laurel Pines Activity Group biannually for luncheons at the Ashland Elks Lodge, generally in the spring and winter. This opportunity is highly valued and appreciated by the participating Veterans. The group looks forward to the outings that the Elks make available to them. It provides the chance to visit with other Veterans and Elks members, to participate in these community-based events, and to feel a sense of inclusion and appreciation for their service.

The Elks also have a tradition of holding special events for Veterans residing on-station. Hosting holiday parties and luncheons, funding gardening supplies for the Healing Garden, providing high speed internet and computer components to the SORCC computer lab, holding golf tournaments, and offering trips such as the Elks annual Cars of Summer and Concerts in The Park are examples of how the Elks have reached out to Veterans. The Ashland Elks plan to continue this support of the SORCC and have planned innovative fund raisers to make them possible.

Thank you, Rhonda and the Elks, for supporting Veterans and their families!

HONORING ALL WHO SERVED

LEXINGTON + SARATOGA + YORKTOWN
BARBARY WARS + LAKE ERIE + NEW ORLEANS
MONTEREY + VERA CRUZ + BULL RUN + SHILOH
ANTIETAM + CHANCELLORSVILLE + GETTYSBURG
INDIAN WARS + SANTIAGO + MANILA
BELLEAU WOOD + MEUSE - ARGONNE + MIDWAY
GUADALCANAL + ANZIO + BATTLE OF THE ATLANTIC
NORMANDY + ARDENNES - ALSACE + IWO JIMA
BERLIN AIR LIFT + PUSAN + INCHON + SEOUL
GULF OF TONKIN + ROLLING THUNDER + DAK TO
KHE SANH + TET OFFENSIVE + COLD WAR
GRENADA + PANAMA + GULF WAR I + BOSNIA
SOMALIA + KOSOVO + TORA BORA + KANDAHAR
FALLUJAH + SADR CITY + BASRA

Guest speaker Jim Klug, Commander of the Military Order of the Purple Heart,
Rogue Valley Chapter No. 147 and Vietnam Veteran

A Memorial Tribute to our fallen Oregonian OEF/OIF heroes, a patriotic
performance by Rogue Valley Symphonic Band and the 1-186th Army Infantry
Honor Guard will be posting/ retiring the colors including a taps rendition.

We will also be honoring our 1-186th service member following this ceremony

Veterans Day

The Public Is Invited



November 11, 2010



10:00 A.M.

Facility Theater

refreshments will be served



Employee Spotlight

By, Katie M. Dodd

Gloria Arenas has been with the SORCC since July 2007. Born in southern California, she moved to the Rogue Valley about thirteen years ago. Coming from a family of Veterans Gloria herself served in the Army for four years. If you have been to Gloria's office you have noticed the walls decorated with awards and medals she received during her service; she is most proud of the two Army Commendation medals she received. Gloria began her current assignment as Library Tech at the SORCC in July 2009, along side of Bob Hall, Terry Melvyn, two volunteers, seventeen IT workers, and Precious the cat.

Question: As a Library Technician, what do you do here at the SORCC?

Answer: I manage the schedule and payroll for the IT workers in the library, purchase items based on department needs, maintain a display case with poetry written by Veterans, assist Veterans signing up for My Health Vet, assist Veterans with providing research, and email staff about new items we've received. When we get donated books, we enter them into the system, put them on the shelves, and maintain the card catalog. I recently created a Lounge Area at the back of the library for Veterans and staff to have a quiet place to read. It is also the only place in the library that you can have your coffee! I also serve on several committees including the Employee Appreciation Day Committee and the Women's Tea Committee for the "Women Veterans Annual Tea". I'm a Customer Service Liaison and a Systems Redesign Coach. I'm a resource to whatever the Veterans need. My task right now is trying to get people more involved with our library!

Question: What would you like people know about the library?

Answer: We are here to serve not only the residents, but also staff and outpatient Veterans. Staff and outpatients can check out books for two weeks. We also have two FREE sections. All paperbacks are free and we have a "free bookshelf" with books for anyone, Veterans or staff!

Question: What resources does the library offer?

We have books, newspapers, magazines, DVDs and VHS (for residents), and audio books. We have everything from westerns to reference books. There are over 15,000 books and we have an area where we feature our newest books. There is also a computer lab with 16 computers for Veterans to use.

Question: What's your favorite thing about working at the SORCC?

Answer: The people! I love the Veterans, the staff, and co-workers. I feel like I'm doing a job that's worthwhile. We're serving the Veterans who served us. If it wasn't for them, we wouldn't be here.

Question: What do you like to do when you're not working?

Answer: About a year and five months ago a group of my family and friends started a CTP tri-group. CTP stands for "continue to persevere". We train together and participate in fun events such as runs, duathlons, and triathlons. I have nine medals for both individual and team events I've been participating in. Last year I placed 1st for my age division in the Sprint Duathlon in Bend, OR. This May I was proud to complete my first half marathon. I ran 13 miles in two hours and 49 minutes. Out of all of the events I've done, this is my greatest accomplishment. I am now training for my 1st Triathlon this July in Bend, OR. Training for these events take up a lot of my time! I am also an accredited foster provider. I've done this for five years. I currently provide respite care, so I get to have kids for two-three day periods and have fun with them.

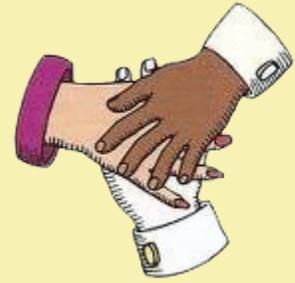
Question: How can people contact you for more information?

Answer: Come on down to the library! We're located in Building 210, lower south. Any questions are welcome and we'll always try to help you with your needs.

RESIDENT COUNCIL

PRESENT MEMBERS OF RESIDENT COUNCIL

President, Mark Hows, Section 3,
1st Vice President, Andy Draper, Section 1
2nd Vice President, Bruce Peterson, Section 3
Gary Scott, Section 4; 1 TC; Jeffrey Darling Section 4; Carrington Chatham,
Section 3; Danial Van Amburgh, Section 3; Susan Benson, Section 1



AWARDS

James BettisWork Ethic
Rick O'Neill....Work Ethic
Michael Bunyard....Honesty
Gerald Carter....Honesty
Gregory Newcomb....Helping a Resident
Victor Johnson....Helping A Resident
Matthew Saylor....Dignity
Scott HaynesSafety
Robert Anderson....Volunteer
James Rogers....Stand Down
Jon Roeder....Stand Down
Jeffrey Darling....Stand Down
Andy Draper....Stand Down
Charles Whitfield....Stand Down
Thomas Carmichael....Stand Down
Robert Garcia....Stand Down
Christopher Brass....Stand Down

CURRENT TOPICS

Stakeholder Committee – The potential Stake holder Committee members may include alumni, employees, community partners, residents and outpatient Veterans. All involved are working on by-laws, membership criteria, and a mission statement. Resident Council voted on the new by-laws and became a Stakeholder's Council.

New Year's Resolution

2010 Employee Challenge Winners Healthy Luncheon

The 1st Annual MOVEmployee! Challenge Winner's Luncheon in March celebrated the success of SORCC employees who excelled in the six week employee health challenge. The winners received signed certificates, the book, Healthier You, and a gift certificate for lunch at the Canteen. Congratulations to the following winners:



From left to right: Katie Dodd, Maureen Dose, Mary Geiman, Melody Hall, Bill Lucas, Marleen Granas, Bernie Peyralans, Mike Twiss, Luz Peterson, Jenny Wooton, Cindy Sweet, Donna Cox, Carol Miller, Laurie Petersen, Lisa Hibberds, Dr. Sheila Meuse, Paula Nettles.

*Greatest Loser: Donna Cox
Fit Club: Mike Twiss
Goal Setters: Lisa Hibberds
(Groups) Greatest Losers: Team Mom– Luz Peterson, Maureen Granas
Fit Club: Quality Management– Russell Kennedy, Bernie Peyralans, Jenny Wooton, Jinx Hawker, Laurie Petersen
Goal Setters: Huff & Puffs– Maureen Dose, Carol Miller, Cindy Sweet, Kathy Geiman, Mark Bodfield, Melody Hall, Bill Lucas*

OEF-OIF Veterans

“Our Turn to Serve You”

The VA's OEF-OIF Program provides exclusive personal service to veterans returning from Iraq, Afghanistan, and many other “hostile fire” areas.



Chris J. Petrone, LCSW
OEF-OIF Program Manager
541-826-2111 x3230
541-531-3274 (cell)



Kristy Huddleston, MSN, RN
OEF-OIF Case Manager
541-826-2111 x3798
541-261-7843 (cell)



Cynthia Houston
Transition Patient Advocate
541-440-1000 x140175
541-285-3819 (cell)

Please call one of the individuals above to learn more about the OEF-OIF Program and the benefits & services available to you through the Department of Veterans Affairs



Department of Veterans Affairs
Southern Oregon Rehabilitation
Center & Clinics

Camp White Military Museum



Major Gen George White
Whom The Camp Was Named For



Captain Mel Cotton
Founder, Camp White Museum

Dedicated September 15, 1942

Camp White Museum
Open Monday - Friday
9-3
Tours Available

campwhite.org



Happy 80th VA

Establishing the Veteran's Administration

1930
Executive Order 5398

On July 21, 1930, President Herbert Hoover issued Executive Order 5398 (Coordination and Consolidation of Governmental Activities Affecting Veterans), which established the Veterans Administration (VA) to, as he said “...make important economies in administration of hospitalization and domiciliary questions and in the better handling of fiscal relations with Veterans.” The Order consolidated three offices: the Bureau of Pensions (from the Department of the Interior) responsible for providing pensions to eligible Civil War and Spanish American Veterans; the National Home for Disabled Volunteer Soldiers (ten domiciliaries for homeless or elderly Veterans established to care for indigent Civil War veterans); and the United States' Veterans Bureau, which included a Veteran's health care system of 54 hospitals, the Nation's compensation program for disabled Veterans, an insurance program, and a vocational rehabilitation program. Today's VA is a cabinet department of Veterans Affairs of more than 300,000 employees serving a population of more than 23 million Veterans and working hard to live up to keep America's promise to all who served yesterday, serve today and will serve tomorrow. Take a closer look at VA's history at <http://www1.va.gov/opa/publications/>; click on VA History in Brief.

“I have no fears for the future of our country. It is bright with hope.” - Herbert Hoover's Inaugural Address, March 4, 1929.

2010 Women Veterans Celebration

Women Veterans have been integral to our nation's military for more than 220 years beginning with the Revolutionary War until present day in Operations Iraqi and Enduring Freedom. Women today constitute nearly 15 percent of today's active duty troops and represent the fastest growing subpopulation of the US military.

The VA SORCC honored all women Veterans. About 125 women attended the celebration.

Several representatives from Congressional and Senatorial offices were in attendance to show their support and to honor women Veterans. The key note speaker was Mr. John Howard from US Congressman Greg Walden's office. A video entitled "Called to Serve" was shown.

The video showed Women Veterans serving alongside their "brothers" since the founding of our country. It gave tribute to the some 2.5 million uniformed women who have served in the nation's defense, beginning with the American Revolutionary War to the present day war.

The Women Veteran Celebration recognized and celebrated women Veterans, our warriors and heroes, who have and are breaking down barriers on land, sea, and in the air. Unique to women is that they all volunteered in response to the call to serve. We honor their patriotism, service, pride and courage.

The Women's Advisory Planning Committee would like to thank the supporters for helping to make this event a success. Canteen Service catered a beautiful lunch for the women Veterans. The event was supported by numerous SORCC staff including the Police Service who provided shuttle service from the parking area to the Theater, Facilities Management Service who ensured that the Theater was set up and ready to for the arriving women Veterans, Voluntary Services who assisted with serving lunch and other staff volunteers that contributed to making the Celebration a success.



VA Mission Statement

Honor America's Veterans by providing exceptional health care that improves their health and well-being.

Vision Statement

VA will continue to be the benchmark of excellence and value in health care and benefits by providing exemplary services that are both patient centered and evidence based.

This care will be delivered by engaged, collaborative teams in an integrated environment that supports learning, discovery and continuous improvement.

It will emphasize prevention and population health and contribute to the nation's well-being through education, research and service in National emergencies.

2010 Federal Benefits Handbooks on Station

The 2010 Federal Benefits Handbooks are still available and are located at the greeters desk, the outpatient clerks, and at Release of Information in building 201. You can go green and access the Handbook at www.myhealth.va.gov? This gives you another wonderful opportunity to show how the VA practice "green"



Maureen P. Dose, Privacy Officer
Enrollment Coordinator
MyHealtheVet Coordinator
VA SORCC
(541) 826-2111 X-3220

My HealtheVet

The Gateway to Veteran Health and Wellness

My HealtheVet is VA's award winning e-health Website, which offers Veterans, active duty service members, their dependents and caregivers anywhere, anytime Internet access to VA health care information and services. My HealtheVet is a free, online Personal Health Record that empowers Veterans to become informed partners in their health care. With My HealtheVet, America's Veterans can access trusted, secure, and current health and benefits information as well as record, track and store important health and military history information at their convenience. Veterans who are enrolled in a VA facility can refill their VA prescriptions and more, so register today! Using My HealtheVet is easy and it's for YOU!

Darryl Worley and James House

Visit Veterans

On August 28th in Central Point a Veterans Benefits Concert was held to raise money for returning service members and their families. The event served as the OEF/OIF program's annual Welcome Home Event for the Oregon National Guard 41st BCT who returned from Iraq last April. Tickets were purchased by the OEF/OIF Program and were distributed to the Oregon National Guard service members and their families. Two of the musicians who performed were, Darryl Worley Who's six albums produced eighteen singles on the Billboard Hot Country Songs charts, and James House, who is an original member of the James House Band and recorded singles for Diamond Rio and Dwight Yoakam Darryl and James made a special visit to the VA SORCC earlier that day where they performed for the Veterans in the Theater was provided a tour of the facility and personally thanked the Veterans for serving our country.



Veteran Jerry Rattledge getting his scooter signed by Darryl Worley as James House looks on.

Community Integration Program Celebrates One Year



The Community Integration Program (CIP) designed as a safety and supportive system for Veterans transitioning from an inpatient setting to a more independent community settings has completed its first year. The goals of the program is to help Veterans transition into their community with an increased sense of accomplishment, self-esteem, independence, pride and ownership while being connected to extra community supports and resources.

This program is designed to:

- Provide services that focus on the Veteran's strengths, abilities, needs, and preferences rather than on illness and symptoms.
- Provide services that address medical conditions, mental illness, addiction, and psychosocial issues.
- Facilitate the transition to safe, affordable, and appropriate community housing.
- Assist Veterans in choosing, accessing, and utilizing the community and natural supports needed to be independent, self-supporting, and successful in their lives.
- Develop skills to maintain sobriety and mental health wellness.

The program is currently staffed with one case manager/coordinator, one peer support specialist and one fulltime volunteer who began as a member of the first cohort. The peer support specialist's (PSS) role in the Community Integration Program is to provide peer mentoring to our Veterans and to facilitate some of the classes. A Peer Support Specialist is one that has lived with mental health issues and addiction, has been an inpatient with the VA SORCC and has overcome the barriers to live in the community while maintaining his/her well being. Overcoming these past issues while maintaining a new and healthy life are instrumental in the peer support person's role. Our fulltime volunteer gathers information from community resources, has organized a resource brochure and filing cabinet, and is valuable in gathering veteran volunteers for our community garden, as well as other

duties that arise daily.

The Case Manager maintains a continuing care plan to help coordinate a smooth and seamless transition from institutional living to community living), develops evidence based courses, and facilitates classes. The following classes are important in achieving the goals for the CIP program:

- WRAP (Wellness Recovery Action Plan)- A plan that Veterans develop to identify what makes them well and then use their own wellness tools to relieve difficult feelings and maintain wellness.
- Wellness Class- Offered weekly, community providers as well as VA SORCC providers explain how their programs work, what is offered and how to become a recipient.
- Vet to Vet Support Meetings- offered weekly on station and in the Medford Oregon area at the local college. These support meetings allow in-patient Veterans a chance to meet and learn from out-patient veterans what can be expected when transitioning; how to overcome triggers and relapse potentials; along with developing a community network before the changes of transitioning occur.
- Community Garden- CIP and a local community program ACCESS have teamed up to provide a 8,600 square foot garden for Veterans to volunteer their time in planting and donating fresh produce to the Southern Oregon Food Banks. Veterans state that this allows them to give back to the community and to feel a connection to their surroundings. Some Veterans states that the garden gives them a place to relax, do their homework, or just sit and contemplate in a healthy positive manner.
- Sober Leisure Skills- These recreational trips combine social gathering with mentoring of positive communications and behaviors, learning to identify and overcome past triggers, developing new hobbies, or reestablishing old hobbies in a more productive and healthy manner.

Since the development of CIP the VA SORCC has seen a decrease in the recidivism rate and an increase in Veterans sustaining sobriety. We have had 95 Veterans attend the classes, participate in the support meetings both on station and in the community, and participate in our sober leisure activities. Of the 95 participating Veterans, 93 have a co-occurring disorder of addiction in addition to a mental health diagnosis, 34 have reclaimed their financial independence with pensions, full time employment and/or

continued on page 12

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have returned to full time higher education attendance, 19 Veterans have obtained supported housing and 28 remain inpatients at the VA SORCC.

The criteria for the CIP Program:

- Have no recent history of significant behavior problems (violence, intimidation)
- Able to handle daily living activities
- Able to verbalize physical or emotional problems, requesting help when needed
- Have actively participated in treatment activities (if living at the SORCC)
- Able and willing to participate
- To be free from Benzodiazepines and opiate medications.

Our primary guiding principles which aid in our successes are choice, self determination, access to mainstream resources, identifying barriers, and involvement with ones community and peers.

As one CIP veteran so eloquently put it, "Stay involved.....It works!"

VA2010 Federal Employee Food Drive

In these tough economic times we are facing, many food banks are experiencing severe shortages of non-perishable goods. Demand continues to soar, yet contributions continue to come in at slower rates. To address this summer's urgent need for assistance to our community's families, the Department of Veterans Affairs (VA) in partnership with OPM's Chief Human Capital Officers (CHCO) Council was encouraging all employees to participate in this year's food drive.

VA employees were encouraged to bring non-perishable food items to their offices for collection and delivery to local area Access Inc. The Access Inc. Food Bank provides emergency food boxes to hungry families and individuals in Jackson County through a network of 20 food pantries, and food to 25-30 agency programs that serve low-income individuals. Contributing to this centralized repository greatly helps feed area families and communities.

Thanks to our generous employees who donated a total of 1,124 pounds which is 762 more pounds than last year. Way to go team VA!

Kristy,

I just wanted to thank you so very much for letting Steven and I come into your office and talk. We felt so connected when we left yesterday. I have to admit I wasn't very positive about going in and seeing you, I thought it would be another counselor session like we have been through before.

The talk with you really made us feel better as a couple and you are so easy to communicate with. I am not used to telling my feelings to people I don't know and you made it very easy for me to be open. Steven has talked with a lot of people at the VA and said that you are very nice and good at what you do. It's nice to know that there are people like you that really care about the vets and we really do appreciate it.

Thanks again,

F



Wounded Warrior Project

Caregiver Retreat-Big Mountain Montana

by Jim Brennan

The Wounded Warrior Project (WWP) Caregiver Retreat Program assists those who take care of their loved ones living with service connected wounds, illnesses, or injuries, occurring on or after September 11, 2001. A Caregiver supports their service member or loved one by helping them through some very difficult and trying adjustments in their lives. The love and around-the-clock care the caregivers provide can certainly be very tiring and taxing on them, no matter how committed they might be.

The Wounded Warrior Project tries to help relieve some of the compassion fatigue that can begin to manifest itself by getting the Caregivers out of the house and providing a weekend opportunity of respite, relaxation and support with other caregivers by sending them on a "little retreat".



WWP offers many programs and services to warriors and caregivers such as Project Odyssey for warriors coping with Combat Stress and caregiver retreat for the caregivers and spouses. One of the most recent events was an all men's Caregiver retreat to Big Mountain Montana. The retreat was geared to keeping the male caregivers busy with as many activities as they cared to participate in. It also gave the men an opportunity to connect with each other and to break down the sense of isolation that can often set in when you feel you are alone in your role. Lasting bonds were created and email addresses and phone numbers were exchanged so that we could continue to contact and support one another even after the event ended. My name is Jim Brennan. I really never thought of myself as a caregiver. My wonderful wife April, who recently returned home from a yearlong tour in Iraq is my personal hero. After working hard for a number of years in the construction field as a Sand and Gravel Drier, as well as a Concrete Mixer Driver, She moved on to become co-owner of an HVAC Co. with me as her partner.

April has always worked diligently in the performance of the never ending duties of wife and mother, along with taking care of our office. As the economy started its downturn she felt the best way to serve her family and her country as well, was to join the Oregon National Guard. At forty-one years old, April was past the age of being accepted into any other branch of service, but she was proud to be able to serve in the Oregon National Guard. April had to graduate Basic Training before she turned forty-two and she accomplished that task with one month to spare. I really don't think that I could have done that at that age. WOW!

Now that April has returned home, she has experienced some difficulties in dealing with day-to-day life. My wife has been diagnosed with PTSD (Post-Traumatic Stress Disorder); Not completely unusual in the after math of exposure to traumatic situations, especially in times of war. After being home for a while she decided to seek professional help in order to deal with her difficulties.

I am happy to say that there are people and places that Service Members (past and present) can go to seek the help that they need. The VA, VET Center Program and groups like the Wounded Warrior Project have helped my wife and others who have come home from deployment, and who need a helping hand during their time of readjustment.

When I was asked to attend the Men's Caregiver Retreat in Montana I was quite happy to accept the invitation. It gave me time to decompress, and also gave my wife some time with me out of her hair.

On day one, the guys had a choice of racing down a series of six zip-lines or walking on small walkways hung precariously from near the tree tops. As in most group activities it seems that we always find someone we really seem to get along with particularly well. As with a lot of guys, a little competition is just the thing to get the ball rolling. Some friendly competition is just what I found when I met a great guy by the name of John. We had a





great time participating in most of the activities together. We started off by going down the zip-lines side by side. Things got a little more heated when we went on something called the alpine slide. We both ended up with scraped knees and elbows. We laughed all the way back up to the top of the hill.

On day two, there was a choice between fly-fishing and whitewater rafting. You just couldn't go wrong! After the activities ended that day, everyone was treated to barbeque in a park in the town of Whitefish. The town just happened to be having a barbeque cook-off along with live music in the park and a lot of local residents and neighbors who treated us like one of their own! As the evening wore on, a lot of the guys went exploring in the great little downtown area of Whitefish. A few of the local establishments were nice enough to provide us with some free drink tokens. We were all able to enjoy some of the town's friendly hospitality. I don't think that we could have been made more welcome.

Day three was a ride through Glacier National Park. Everyone piled on what they like to call a JAMMER BUS. We saw some of the most beautiful scenery anywhere in North America.



After a long and wonderful day exploring the park, everyone was treated to another fantastic barbeque at a private fishing reserve. Some of the people who sponsored the different activities were in attendance.

On day four, it was time for everyone to pack their bags and head back home for some much needed R and R from all of the fun and excitement that we were all treated to on this great adventure. It just so happened that John and I were lucky enough to have time prior to heading off to the airport for one more great activity. We were able to take some mountain bikes and ride up to the top of the ski hill on a chair-lift, where our very able guide Kelly (a ten year old young lady) and her dad Steve, who took us on very exciting downhill Mountain Bike ride. It was a Retreat that I, and I'm sure, any of the other men who attended will never forget.

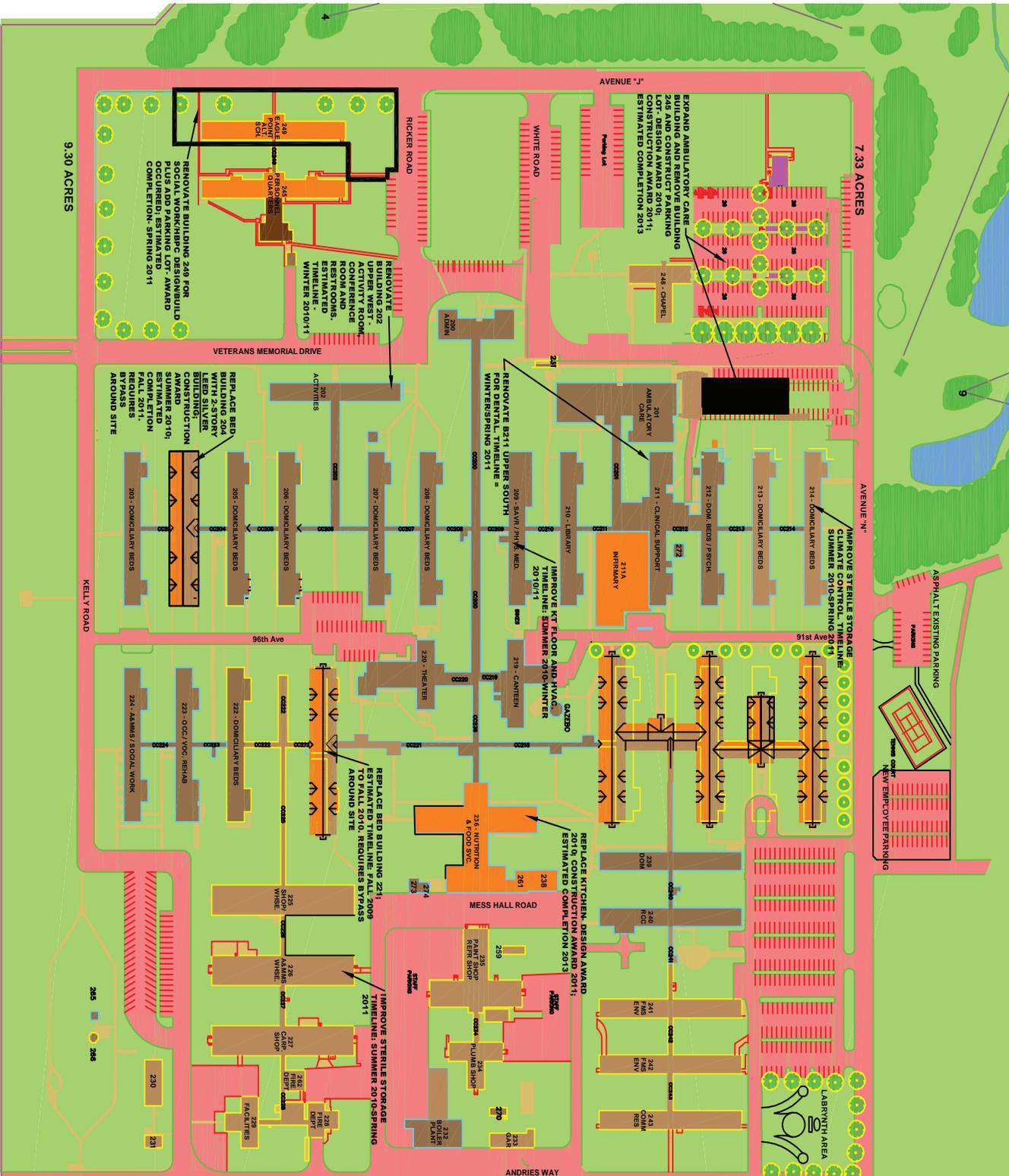
The Wounded Warrior Project – Caregiver Retreat is a great gift to the people who give care to those who have given so much. This great organization has a full continuum of care and services for our warriors and their families and caregivers coupled with a caring staff that stands at the ready to make sure that this generation of Warriors is the most well-adjusted group of Veterans who have ever returned home.

Thank You All!

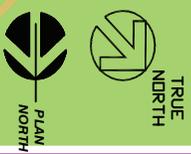
You can learn more about the Wounded Warrior Project by visiting their web site at Woundedwarriorproject.org.

PROJECT LOCATION AND SCHEDULE

UPDATED JUNE 2010



- OTHER PROJECTS:**
1. FLOORING CONTRACT BUILDING 224 UPPER SOUTH;
 2. EXTERIOR PAINTING - THROUGHOUT SITE AND NOT JUST BUILDINGS
 3. CLIMATE CONTROL AND SECURITY WORK - VARIOUS LOCATIONS INSIDE BUILDINGS
 4. THEATER RESTROOMS - ALMOST COMPLETED
 5. FIRE PENETRATION CONTRACT - THROUGHOUT THE SITE. VARIOUS BUILDINGS
 6. RENOVATE PORCH LANDING, B219
 7. FACILITY SIGNAGE - INTERIOR AND EXTERIOR - SUMMER 2010



Prevent Infection

Public health officials announced on September 30, the first Case Of Flu was reported In Los Angeles County [California]: A man in his thirties was confirmed with the first case of locally acquired flu this year, “This confirmed case marks the beginning of a flu season that can stretch from then until May of next year,” said Dr. Jonathan Fielding. The Los Angeles County man developed a strain of the flu identified as Influenza A H3N2. This year’s flu vaccine is designed to provide protection against the strain and two others, including H1N1, Pandemic Flu. This lets us know that the Influenza is on its way. It’s time to get your flu shot! This year Central Office expects 80% of staff at each facility to be vaccinated. We have also been entered in the Joint Commission Flu Vaccination Challenge. You will have plenty of opportunities to receive your shot at the time you think is best for you, but don’t wait too long. It takes two weeks after your shot to build up immunity.



So step up to the plate, protect our Veterans by protecting yourself and help us meet our goal at the same time.

EMPLOYEES CAN NOW GO TO THE DAILY WALK-IN
FLU CLINIC IN AMBULATORY CARE
8:00 A.M. TO 4:00 P.M.

LISTEN FOR ADDITIONAL ANNOUNCEMENTS!



- Number 1 Way to prevent infections is to practice good hand hygiene at all times
- Cover your cough with a tissue or your elbow to prevent spreading your illness
- Wear a mask when you are running a fever or have flu symptoms and are within 6 feet of other people.

Yvonne Chilcoat, RN, MA, CIC
Infection Control/Occupational Health

Cover
Your
Cough

If you know of a person in our military who died (or served) to preserve our freedoms, take some time to visit their children and spouse to acknowledge their great sacrifice. This is in their honor, and for their children on Father's day, which is everyday.

FATHER'S DAY



Father's day is coming, we can see the signs.
Kids across this USA have daddy on their minds.
If it's baseball or it's soccer, or just fishing off the pier.
Dads can be so special at this time of the year.

We know all the great things that only dads can do.
If its broken dad can fix it, and make it look like new.
If we do something stupid, we know dad will understand.
We want to be just like him,
when we become a man.

Every child won't celebrate on daddy's special day.
Some will never understand why daddy went away.
We only know he isn't here,
and won't be coming back.
Mommy said we lost our dad,
in a country called Iraq.

We won't shed a million tears; what a child's heart
can hold. We will try to understand from the stories
we've been told. Freedoms don't come easy, but
we have to make a stand. Somebody has to do the
job, in Iraq or Afghanistan.

In our hearts we'll celebrate, like every child will do.
We'll say a prayer for freedom, and one for daddy too.
You will see that we stand taller, backs and shoulders
square. Never questioning for a moment, how life can
be unfair.

Freedoms don't come easy, and security isn't cheap
We children know this in our hearts, its something we
must keep. We will miss our daddies, and we know
they won't be back. Our daddies died for freedom, in
Afghanistan or Iraq.

Howard Wand, Army Veteran
God bless our troops.

Drug Abuse Warning Network

By Marleen Granas

The Drug Abuse Warning Network (DAWN) is a public health surveillance system that monitors drug related death that have been referred to medical examiners and coroners in selected metropolitan areas such as Medford, Salem, Bend, and Corvallis Oregon and other states. Since 2003, a DAWN case is any death related to recent drug and alcohol use reviewed by a Medical



Examiner/coroner (ME/C). DAWN has been in operation since 1972 and redeveloped in 2003. The DAWN data is used by a diverse group including government agencies like the Federal Drug Administration, Center for Disease Control, and private agencies such as hospitals. The data helps agencies develop new policies, health programs, obtain grant support, and improve patient care by giving them an idea of what they are up against. SAMHSA is a sponsor of DAWN's and uses the data to track changing patterns of drug and alcohol abuse. The data is available to the public through the DAWN website and its publications.

Public health agencies can use DAWN data to analyze pattern of drug related emergencies in their metropolitan area and compare the data to patterns in other areas and nationally. In 2003 they were able to find that cocaine was involved in 1/5th of the Emergency Departments (ED) visits related to drug abuse. About 1/3rd of adverse reaction visits involved anti-infectives, and suicide attempts primarily involved CNS agents, i.e. pain relievers and psychotherapeutic agents, including medication like benzodiazepines and antidepressants.

DAWN provides a variety of information such as Annual statistical estimates of drug related ED visits for the Nation and certain selected metropolitan areas. Also provides data for annual profiles of drug related deaths in these areas. "In 2006, hospitals in the United States delivered a total of 113 million ED visits, and DAWN estimates that 1,742,887 (confidence interval [CI]: 1,451,086 to 2,034,688)1 ED visits were associated with drug misuse or abuse." DAWN cases are found by a retrospective review of all ED medical records or ME/C case files. Patients or families are never interviewed.

continued on page 8

Veterans Affairs Employee Association

What is VAEA?

VAEA is your Morale Committee at the SORCC!

What do we do?

- Ice Cream socials for Members only
- Raffles
- Games and off-station family outings!
- Pizza Party For Members Only
- Halloween Costume Contest
- Entertainment For Employee Appreciation Day
- Annual Burger Burn Membership Drive
- Kans For Kids Drive-VAEA collects cans and the proceeds are donated to local Foster Parent Association.

2010 VAEA Board Members

President- Mary Hannah

Vice President- **Maybe You?**

Treasurer: Kathy Geiman

Secretary: Linda Hardy

1st Chair: Theresa Case

2nd Chair: Missy Rall

Join us and find out HOW GREAT VAEA CAN BE!!!

For More Information About Joining The VAEA Contact
Mary Hannah at extention 3254

VAEA Meetings are held the third Tuesday of every month!

Do Your Part To Protect Our Veterans Information

VA sensitive information is all Department data, on any storage media or in any form or format, which requires protection due to the risk of harm that could result from inadvertent or deliberate disclosure, alteration, or destruction of the information.

The term includes information whose improper use or disclosure could adversely affect the ability of an agency to accomplish its mission, proprietary information, records about individuals requiring protection under various confidentiality provisions such as the Privacy Act and the HIPAA Privacy rule, and information that can be withheld under the Freedom of Information Act.

Examples of VA sensitive information include the following:

- Individually-identifiable medical, benefits, and personnel information
- Financial, budgetary, research, quality assurance
- Confidential commercial, critical infrastructure, investigatory, and law enforcement information
- Information that is confidential and privileged in litigation (such as information protected by the deliberative process privilege, attorney work-product privilege, and the attorney client privilege)
- Other information which, if released, could result in violation of law or harm or unfairness to any individual or group, or could adversely affect the national interest or the conduct of federal programs.

Please remember it is up to us to protect the data that we have access to.

Government Bond Ponzi Scheme

Securities and Exchange Commission (SEC)

Charges Benefits Consultant to Government Agencies with Ponzi Scheme

The SEC charged the estate of the recently deceased Kenneth Wayne McLeod, his benefits consulting firm, Federal Employee Benefits Group, Inc. (FEBG), and his registered investment adviser, F&S Asset Management Group, Inc., with fraudulently soliciting government employees to invest in a government bond fund that did not exist. As part of the ongoing investigation, the SEC obtained a court order that temporarily restrains FEBG and F&S Asset Management and freezes their assets and the assets of the Estate of McLeod. According to the SEC's complaint, McLeod lured many of his investors through retirement benefits seminars he gave at government agencies nationwide. In addition to personalized benefit analyses, he advised participants on how to allocate their Thrift Savings Plan (TSP) dollars across funds and even made changes for those who provided their usernames and passwords.

For more information on this issue and tips on protecting your assets, please visit the following websites:

- SEC: <http://www.sec.gov/news/press/2010/2010-108.htm>
- Government Executive "Asset Protection": http://www.govexec.com/story_page.cfm?filepath=/dailyfed/0710/070110pb.htm

Bernice Reber, CSP
Information Security Officer

Family Involvement

by Marleen Granas

In Recovery

Family involvement is an integral part of the treatment and recovery process of addiction. Chemical dependency is a chronic, progressive illness that affects About 22.5 million Americans aged 12 or older. 3.4 million Americans were classified with dependence for both alcohol and illicit drugs (Substance Abuse and Mental Health Services Administration.). Addiction affects not only the afflicted person, but also his or her spouse, partner, family members, or concerned friends. This is why family involvement is imperative. Involvement by family members and significant others can assist one's chances for treatment success, as well as reduce the risk of others following in the path of addiction. Some family members may require special attention as they deal with their own emotions, and seek to understand what has happened to their addicted loved one and the family as a whole.



Family involved treatment can significantly increase the treatment and recovery outcome and is an important inclusion to the treatment process overall, for both the veteran and their loved ones. The family should be a part of the entire treatment process. Statistics have shown us the more immediate the family involvement is the faster recovery is. One of the main worries and possible barriers to treatment is the lack of involvement and communication from the support system. It is important for the family to be open to the therapeutic process and what roles if any they might be playing that might inhibit the recovery of the addicted individual.

Many family systems have a way of maintaining equilibrium. When this equilibrium is thrown off balance due to addiction many family members either pick new roles or embrace existing roles to a greater degree to help address the imbalance of the family system due to the effects the problem of addiction being faced by a family member. Imbalances can put unnecessary strain on the family and could cause another member to begin to abuse drugs or alcohol themselves. Families can however play a role in the continuation of addictive behavior as well as a role in the recovery of the veteran.

When a family determines that a member of the family is addicted to drugs or alcohol it becomes important that they begin to reflect as a family about the family's role with regard to the addicted veteran. This is why families benefit greatly by being part of the recovery journey, even if it is limited participation. It has been shown that family involvement in the process can help increase recovery rates of those who are suffering the effects of the addiction. It helps them begin to understand the challenges as well as the joys of recovery as their veteran progresses. Families then become an essential part of a veteran's support system.

Take Me Out to the Ball Game

This year's employees appreciation day theme was "Take Me Out to the Ball Game" which fit perfectly with the MOVE Committees 2nd Annual Softball Challenge event. Ball players from the MOVEmployee Softball teams took on other Staff members for the softball challenge. Ed Stachel coached the MOVE team and Anthony Liufau coached the Staff team. Also assisting was Roger Hudson as umpire and Maria Parmer as scorekeeper. The game started with a welcome from announcer and MOVE Committee member Paula Nettles. Teams took the field and the audience rose as Jessica Meuse, Associate Director, Dr. Shelia Meuse's daughter, beautifully sang the National Anthem. Director Max McIntosh threw the first official pitch of the game. Then both team battled, with the Staff team taking home the win. Employees came out to watch the game and enjoy popcorn, peanuts, and cracker jacks provided by the Employee Appreciation Day Committee. Thank you to all who participated to make this event a success as the SORCC continues to honor the American tradition of playing ball.

The Esteamed Bean
Recognized the
MVP's from Team VA SORCC
by offering
12 oz Latte's or Smoothies for
\$1.50
Employee Appreciation Day
June 30th



Anthony Liufau, Paula Nettles and Tim Sauer before the softball game.

Winners

Parade Winner
OEF/OIF

Baked:

- 1st Melody Hall – German Chocolate Cake
- 2nd Sidonna Steele – German Chocolate Cake
- 3rd Dahna Dow-Osmus – Apple Pear Pie

Canned:

- 1st Melody Hall – Barbeque Sauce
- 2nd Eldon Lynch – Green Beans
- 3rd Mike Hines – South African Chutney

Best Presentation: Zona McGahn:
Chocolate Chip Pound Cake with Chocolate Glaze

Thank you to all the entries we at VA SORCC
have some very talented employees.



Employees Enjoying Parade



Andrea Cirovica spins the wheel as employees look on

Employee Appreciation Day photos continued



Integrated Ethics

Raising Ethical Concerns

By Tracy Dekelboum & Anthony Cary



By now you are familiar with Integrated Ethics, the process to address any type of clinical and business ethics issue. What may not be fully known are the sources for raising an ethical concern and the process for having an ethics concern addressed. It is the policy of the VA SORCC to establish and maintain a mechanism for:

Ethics Consultation- responding to ethics concerns in health care. This process facilitates resolution of ethical concerns arising in the delivery of health care services. Ethics Consultation may be for an active clinical case, ethical analysis of a hypothetical or historical case, or to answer questions about health care ethics.

Preventive Ethics -addressing health care ethics issues on a systems level and analyzes and resolves systems issues that are referred by individuals or groups concerned about patient rights or ethics in the provision of health care.

Ethical Leadership- Fostering a positive health care ethics environment

Topics considered may contain one or more of the following ethics quality gaps:

- There is a pattern of similar cases that raises ethics concerns
- Health care practices deviate from ethical standards
- Guidance regarding ethical health care practices is inconsistent or unclear
- There is a lack of knowledge about ethical health care practices
- Systems or processes systematically undermine ethical practices
- Systems or processes designed to promote ethical practices are not functioning well
- The organization is otherwise failing to promote ethical health care practices

How to Refer an Ethical Concern

Integrated Ethics issues may be referred by patients, family members of patients, legal guardians, or any VA SORCC employee. Issues are referred by contacting the Integratee Ethics Program Coordinator, IE Committee member, or any member of the Preventive Ethics or Ethics Consultation Teams directly by telephone, via email, or CPRS consult. Employees can also contact Regional Counsel for clarification of concerns or issues. Confidentiality of participants and patients will be maintained in accordance with VHA and Federal regulations.



MyPyramid Word Search



When it comes to healthy eating, one size doesn't fit all.
 MyPyramid offers personalized eating plans and interactive tools to help you plan/ assess your food choices based on the Dietary Guidelines for Americans. Start the path to better health today, check out: www.mypyramid.gov!

F O S V S T M N M H G Y Z D Y A B
 A R Z E E M D C D B H J O O P S E
 S P U D R G F I T N E S S G R H A
 T H P I A V E M I L K F B I U E N
 E F U L T P I T B S M V A T V R S
 P H G E E W P N A L G T T O T U T
 S S T Q H S Z J G B S T M G F D C
 N U T R I T I O N Y L K C O P B N
 Z O L W O B Q P T P O E T U S C S
 C M H A S N S I B D G H S I P N P
 A E L F V N V N D A P Y R A M I D
 R A A E I I K F W K L M S K P D W
 R T D A T Q A N J F N A A S O O C
 O H R C G R O U P S O K N O M M O
 T G A D O V N G J Y Q C F C P J Z
 S H E A L T H Y P A N L U T E D R
 R A I N B O W A B R E A D S C W I

ACTIVITY
 FRUIT
 MILK
 PYRAMID
 APPLES

BALANCE
 GRAINS
 MOVE
 STAIRS
 CARROTS

BEANS
 GROUPS
 NUTRITION
 FITNESS
 BREAD

FOCUS
 HEALTHY
 STEPS
 SERVING
 YOGURT

FOOD
 MEAT
 VEGETABLES
 RAINBOW
 TOFU

BROUGHT TO YOU BY:



Crew

“Civility Respect Engagement in the Workplace”

submitted by SORCC CREW Coordination Team

Although directives may enforce change and data is a great thing and can support that particular directive, what is really at the heart of the matter to truly effect change?

“Put simply, the central issue is never strategy, structure, culture or systems, but the core of the matter is always about changing behavior, and behavior change happens in highly successful situations mostly by speaking to peoples’ feelings.



CREW can assist in identifying ways to grow, improve, and change through the process of identifying ways through group introspection to develop and “own” our processes and to identify what may be at the heart of our staff’s concerns by getting to the heart of the matter!

As we continue our integration of the **CREW** as an interpersonal and professional tool, we want to acknowledge those of you who are exhibiting the **CREW** philosophy, that of being civil, respectful, and promoting engagement in our workplace. To provide this acknowledgement, we recently have had approved what we call the CREW CUT. This is a cut in your day by 59 minutes. The Director has agreed that this award can be considered separate from the limit of four 59’ers per pay period.

How does it work? If you find someone who you feel is deserving, send the attached form to the WCO Crew Coordination mail group. We will review the requests and then submit the 59’er. In the comments section of the 59’er we will state that this is the CREW CUT. Employees who have received a CREW CUT will also receive the following certificate:



You have been awarded a CREW CUT!

You have been identified as being Civil, Respectful, and showing Engagement in the Workplace. For that you have been awarded a CREW CUT! You will receive a 59-minute cut in your workday.

Healthy Living

Have You Been Tested?

Since mid-August, 2009, the VA changed its policies and is now recommending that voluntary HIV testing be provided to all patients who receive medical care—even for those Veterans who do not think that they have risk factors. A recent electronic survey conducted at 129 VA medical facilities showed that in 2009, fewer than one out of every ten Veterans in care had EVER received an HIV test and only one in every forty had been tested for HIV in 2009. Getting diagnosed and treated early can keep you healthier longer. It can even save your life. So, if your doctor doesn't bring up the subject of HIV testing, you should!

What is HIV?

HIV stands for the human immunodeficiency virus:

H - Human. This virus infects human beings.

I - Immunodeficiency. This virus attacks a person's immune system. The immune system is the body's defense against infections, such as bacteria and viruses. Once attacked by HIV, the immune system becomes deficient and doesn't work properly.

V - Virus. A virus is a type of germ too small to be seen even with a microscope.

HIV is a virus. Some viruses, like the ones that cause colds or flu, stay in the body for only a few days. HIV, however, never goes away. A person who is infected with HIV is said to be "HIV positive." Once a person is HIV positive, that person will always be HIV positive.

- o In VHA, over 50% of Veterans living with HIV are over the age of 50.
- o At some medical facilities, over 30% Veterans with a new HIV diagnoses are over the age of 50.
- o According to CDC, in 2007, persons over 50 accounted for:
 - o 16% of new HIV/AIDS diagnosis
 - o 27% of persons living with HIV
 - o 33% of persons living with AIDS
 - o 19% of all AIDS diagnosis
 - o 38% of all deaths of those living with AIDS

More information available on our HIV website at www.hiv.va.gov.



Minority Veterans Program

The Minority Veterans Program is dedicated to ensure that all Veterans, regardless of race, origin, religion, gender or ethnicity receive equal and fair service. Title 38 Public Law 103-446 establishes a Center for Minority Veterans. This law places primary emphasis on the following minority Veteran groups: Pacific Islander, Asian American, African American, Hispanic/Latino, and Native American - to include American Indian, Alaska Native, and Native Hawaiian.

The primary goal of this outreach initiative is to increase local awareness of minority Veteran related issues and develop strategies for increasing their participation in existing VA benefit programs for eligible Veterans. Minority Veterans Program Coordinator's are located at Regional Offices, Health Care Facilities and National Cemeteries and are responsible for:



- Promoting the use of VA benefits, programs, and services by minority veterans.
- Supporting and initiating activities that educate and sensitize internal staff to the unique needs of minority Veterans.
- Targeting outreach efforts to minority veterans through community networks.
- Advocating on behalf of minority veterans by identifying gaps in services and make recommendations to improve service delivery within their facilities.

Sincerely,
Nicole D. Thomas, MAP
Minority Veterans Program Coordinator

Employee News

Submitted by Human Resources

WELCOME ABOARD:

Ann Prosyniuk, Clinical Support
Derek Kemmer, Clinical Support
Victor Bolchoz, Business Management
Marie Reising, Pharmacy
Michael Romero, Canteen
Teresa Darland, Canteen
Aaron Severson, Primary Care
Mark Hahn, Primary Care
Treena Phillips, MHC-SATP
David Rodriguez, MHC-SATP
Thomas McElroy-Dental
Jenna Brehm, MHC-Social Work
David Burnett, MHC Social Work
Sarah Demulder-MHC Social Work

Vaughn, Gayle, Nutrition and Food Service
Avery Kelly, Nutrition and Food Service
Nathan Garnett, Nutrition and Food Service
Brittany Lumsden, Nutrition and Food Service
Christina Saunders, Primary care
Janet Beabert, Clinical Support
Joshua Hanna, Primary Care
Korin Richardson, Pharmacy
Mark Gosnell, Facilities Management
Karl Haeckler, Residential Care
Glenn Holland, Residential Care
Marijo Medcraft, MHC- Social Work
Linda Feldthausen, MHC- Psychology

The Power of Group Work

by Marleen Granas

Each person in a group dynamically acts and interacts with others to accomplish individual and group goals without even knowing. Each member has a unique impact on the group, and the group also has a unique impact on the individual. This helps make groups effective, and it helps build the skills required to aid in the recovery of each member. Many things have a powerful effect on the dynamics of a group. This includes cultural and gender differences, power shifts, and hierarchies within a group. Whether judgment and criticism is allowed or ostracized, many factors impact a group in such a way that would not happen if the person was in individual counseling.



Freud and Rogers believed that patients should be segregated from their families for therapy and treatment and focused on their individual symptomatic behaviors. The advent of family therapy ushered in a whole new way of understanding and explaining human behaviors. Among the most instrumental events were studies of group dynamics.

Social work group practice is found in many settings: hospitals, clinics, schools, prisons, and the workplace. Group work is also effective in response to managed care concerns and can be a useful way to provide treatment with carrying a larger caseload. For many providers as well as clients, groups can be a less expensive alternative to treatment than individual care.

During group, members learn to take responsibility for the situation by talking about what is troubling them. Members are also encouraged to give feedback to others. Feedback includes expressing your own feelings about what someone says or does. Interaction between group members is highly encouraged and provides each person an opportunity to try out new ways of behaving; it also provides members with opportunity for learning more about the way they interact with others.

There are a number of reasons why group therapy works better than individual therapy. First, when people come into a group and interact freely with other group members, they usually re-create those difficulties that brought them to group therapy in the first place. The group is able to give support, offer alternatives, or gently confront the person in such a way that the difficulty becomes resolved and alternative behaviors are learned. The group allows a person to develop new social techniques or ways of relating to people.

Humans as a species have a strong need for belonging. It is in our genes, our tribes, and classes. History has shown that we are stronger collectively than individually. We are able to find comfort, support, and solace within groups. Some factors that make a group interaction powerful and effective are a sense of belonging and learning to trust in others and thereby ourselves. We can gain hope for the future, and gain feedback and support from our peers. We can learn appropriate social skills. Groups can offer a place where information can be shared in a safe environment with others. We are able to heal differing points of view and apply these thoughts to see our situations. There is also an amazing amount of power and healing in having our thoughts and feelings validated. They are not alone.

6th Annual Walk & Roll and

By, Katie M. Dodd

Health Fair

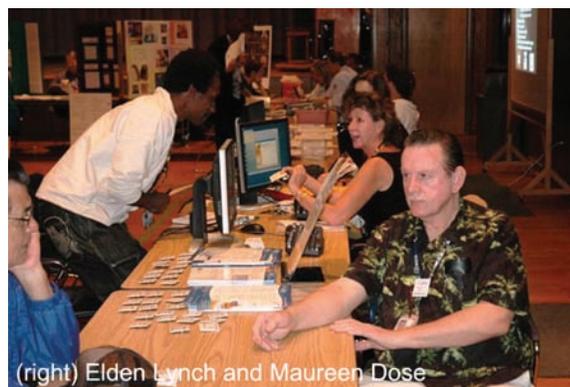
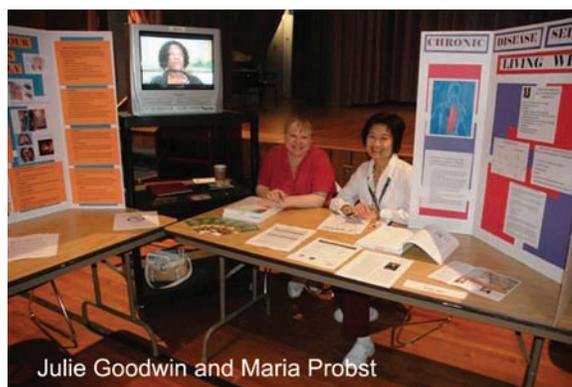
This year's 6th Annual Walk and Roll event and the MOVE! Committee collaborated with the Veterans Health Education Committee to put on this year's event. The Walk & Roll was for both Veterans and staff. It featured a 1.2 mile walk around the facility, 12 health fair booths with health screens, healthy refreshments, and raffles for Veterans and employees.

This year's Walk & Roll was a great success! Many residents and outpatient Veterans came to walk & learn about all of the great services the VA SORCC has to offer to help keep them healthy. Employee participation increased from 65 participating in 2009 to 115 employees participating in this year's Walk & Roll. Thank you to everyone who participated in this event!

Also, we would like to extend a BIG thank you to MOVE!, My Health Vet, Chronic Disease Self-Management Program, Diabetes Health Clinic, Women's Health Program, Infirmary/Treatment Room, Recreation Department, Palliative Care, Tobacco Cessation, Occupational Health/Infection Control, Mental Health, VAEA, and all of the volunteers who made this event such a success!!!

The Recreation Department provided Canteen books and the MOVE Committee provided goodie bags and books for the Veteran raffle. The employee raffle was extended several days to allow all employees a chance to complete the walk independently and get entered into the raffle and the VA Employee Association provided two guest pass gift certificates for the movies. Congratulations to the winners of these raffles!

The Walk & Roll is an annual event at the VA SORCC. It is held on National Employee Health & Fitness Day which occurs every year on the 3rd Wednesday of May. Mark your calendars for next year's Walk & Roll and remember to be active your way and get 150 minutes of physical activity a week.



VA CycleSORCC Cruise

by Katie Dodd

On August 28, the VA Southern Oregon Rehabilitation Center and Clinics (SORCC) held its first annual CycleSORCC Cruise event.

Thirty-three Veterans, employees, and volunteers rode close to 500 miles total in this non-competitive bike ride. The cruise went through picturesque Eagle Point, with a portion of the route following a creek and taking riders through the town's historic covered bridge. The cruise covered up to 18 miles with varying route distances, based on the rider's fitness level. The event was coordinated through the Prosthetics Department and the MOVE Weight Management Committee. A big thanks to the VA SORCC Volunteers for sponsoring the event, refreshments, snacks, prizes, t-shirts, and CycleSORCC dog tag medallions.

One lucky Veteran, Mike Corona, went home with the grand prize drawing- a new 3-speed cruiser bike.

The CycleSORCC Cruise was a great success with riders joining in the spirit of camaraderie, healthy living and Veteran unity. The SORCC hopes to make the CycleSORCC Cruise an annual event that continues to grow bigger and better each year. For more information on future CycleSORCC events contact Katie Dodd, MOVE! Coordinator, 541-826-2111 ext.1-3965 or Randy Tegge, Chief of Prosthetics, ext. 3873



Max McIntosh, Director with starting "pop gun"



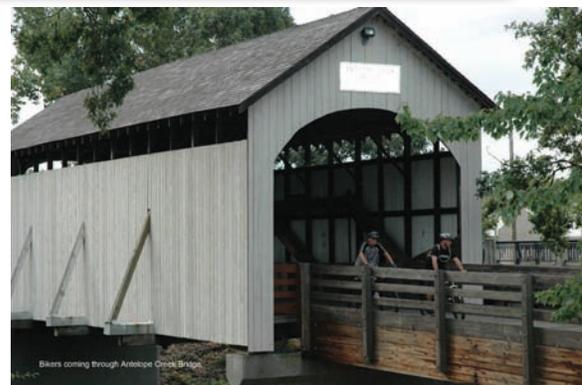
Elena Garcia and Tami Bowker



CycleSORCC riders ready to go



Mike Corona bike winner



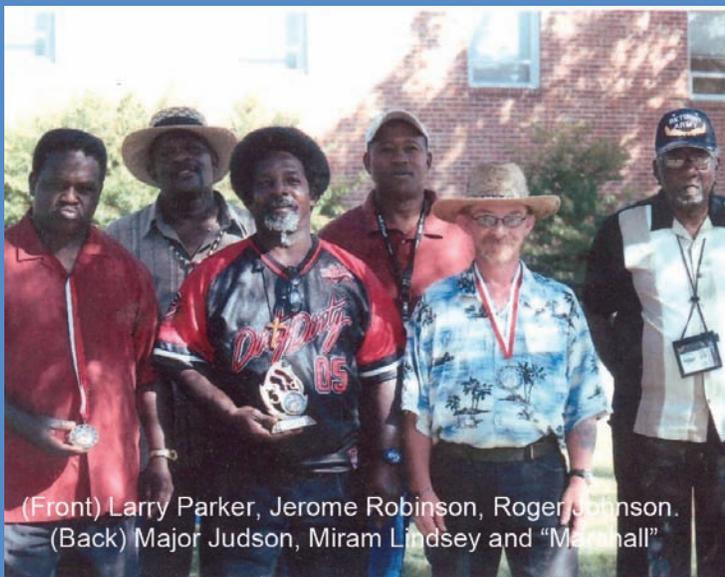
Bikers coming through Antelope Creek Bridge

Residents Represent SORCC in Battle of The Bones

by Rhonda Haney

Five VA residents, Larry Parker, Roger Johnson, Jerome Robinson, Miram Lindsey and Major Hudson, who were sponsored by resident Veteran "Marshall" were participants in this years Battle of the Bones Barbeque competition held at Twin Creeks Park and placed 1st in overall crowd pleaser. The benefit covered two days. This was a first time challenge for the group. When asked Head Chef Larry Parker, what was their secret ingredients to cooking 250 pounds of briskets and pulled away pork all I could get out of him was they used cherry and alder blend wood and marinated the meat over night to keep the flavor in the meet.

Congradulations guys and thanks for representing the VA SORCC with class, integrity and good barbeque!



(Front) Larry Parker, Jerome Robinson, Roger Johnson.
(Back) Major Judson, Miram Lindsey and "Marshall"

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