

# Source

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



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## A Message from the *Director*

Dear Volunteers,

Volunteers give life to Dreams in a Real World: each interaction by any person voluntarily sharing positive energy, care and compassion enriches lives of all connected with the individual served. Such interactions is the breath of wind that enables the receiver to believe that “yes, I can do this; I can achieve my goal, my dream”. Such interactions are a defining characteristic of Americans.

Diversity of cultures forges an internationally unique American culture. All nationalities volunteer, for serving others is the highest contribution and rooted into Americans’ psyche. A woman visiting the United States for the first time initially found Americans, loud, continuously talking, everyone giving opinions on every subject. After weeks of meeting Americans from practically every state in the Union, she announced that she liked these strange, loud people, the Americans. When asked why, she had difficulty in voicing what she felt in her heart.

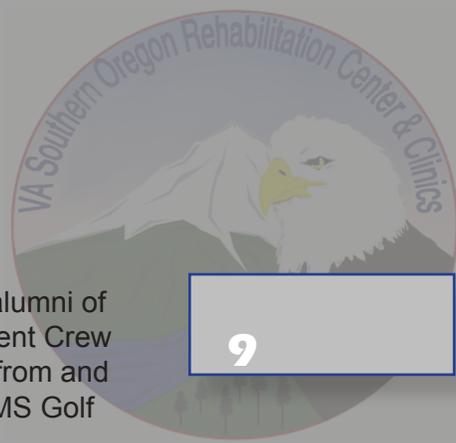
She finally said, “I believe this marvelous mixture of cultures has brought civilization closer to reality than in other culture in history.” In explanation, “So few countries manage complete freedom for all their citizens without chaos; this has been accomplished in this huge land. It appears impossible for large numbers to stay on a course of freedom for all when so many options are available. Just imagine that in many countries the size of America would have a war a minute, with each person certain he had the only correct answer for the good of all! In many lands, men look no farther than their own noses for a solution. Here, it is different.”

Volunteerism is an enabling energy unique to the American Way of Life; it provides lifting hands and encouragement that enables many to know success and who in turn leave their footprints on the sky for others to dream and to follow.



Max E. McIntosh, PhD, MBA  
SORCC Director

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## *How Much Are You Worth?*

It is that time again ... time that most citizens have filled out their tax forms to settle up with the State and Federal government as to what is owed

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## *Two Wheels Only*

When a Cold War era, East German GP Racer defected to freedom in 1961, he forever changed the motorcycle industry and moved an industrial empire from one end of the world, to the other.

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## *VA Caregiver Support Program*

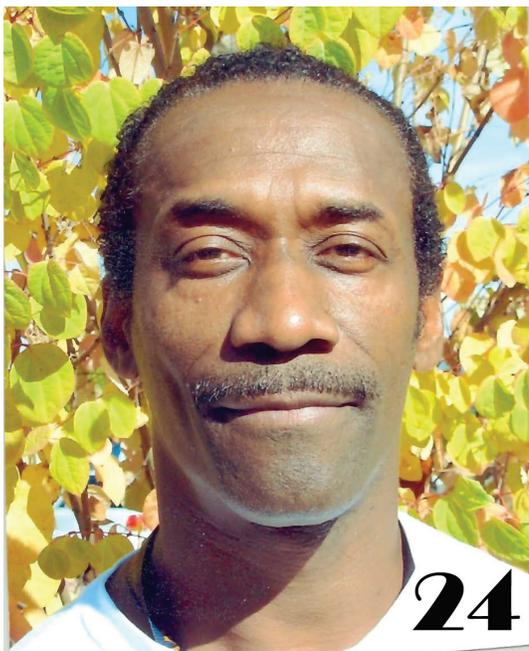
Family Caregivers provide crucial support in caring for our Nation's Veterans by allowing them to stay in the homes and communities they defended, surrounded by the loved ones they fought for.

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## *Lift With Your Back And Twist*

Why would anyone want to work out in a gym? A gym is an odd place, it is filled with people; sweaty people making themselves work hard for what...health?

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# VA Volunteers

## Big Hearts In A Small World

### 50 Hour Brazil Youth Award

Arianna Bowen  
Alexis Paperman  
Dashton Peccia

### 100 Hour Sweden Youth Award

Sean Butler  
Andrew McHatton  
Brandon Peterson

### 150 Hour Portugal Youth Award

Jordan Mock  
Molly Mortimer-Lamb  
Rachel Woollard

### 300 Hour Canada Youth Award

Lisa Higgins

### 100 Hour China Award

Patricia Alley-Pistoresi  
Dale Bartlett  
Julie Beadle  
Ricky Bosshart  
Andrew Brookshier  
Dennis Carver  
Sue Chappell  
Robert Churma  
Wesley Coston III  
Teresa Darland  
Arnold Dawkins  
Charles DeLore  
Gary Foster  
Michael Franz  
Donald Friedrich  
David Fuller  
Alan Gale  
Fred Ganger  
Geri Gibson  
Sandra Glamack  
Bernie Grossman  
James Harper  
Barbara Heckman  
Leslie Holbrook  
Nancy Johnson  
Poongkodi Kannan  
Clifford Kelley  
Alyssa Kennedy  
Joe Lambeth  
Sean McNamee  
Andy Miller  
Richard Moran  
Colleen Mundt  
Joseph Ochoa  
Jose Ortiz  
Carl Saddler  
Joan Speice  
Stephen Vairetta

Dan Warden  
Andrea Wolf  
Robert Woodhouse

### 300 Hour India Award

Rhonda Brustol  
Michael Confer  
David Davenport  
Denis de Dici  
Donna Deignan  
Blanche Douma  
Anne Gilbert  
Li Harder  
Melvin Harder  
Larry Harlan  
Thomas Holland  
Hosea Hunter  
Michael Johnson  
Douglas Kirkpatrick, MD  
Rick Leffler  
Hap Lovell  
Michael Madden  
Joe Malone  
Ed Matthias  
Don McCasland  
Brent McIntosh  
John Misenhimer  
Eric Niemeyer  
George Nims  
Michael Patnesky  
Beth Petery  
Joseph Post  
Thomas Potter III  
Diana Potts  
Patricia Rebello  
Herb Robb  
Les Schluterbusch  
Mahabbat Snell  
Michael Snook  
Mike Thompson  
Warren Toohy  
Gary Wagner  
Rick Young



### 500 Hour Mexico Award

Jeffrey Brooks  
Bud Cordes

Diane Cunha  
Tony Diaz  
Fred Douma  
Michael "Ike" Eichele  
Rod Fueston  
Donald Gale  
Leon Griffin  
Jess Hanon  
Wendy Hayes





Carlos Hinojosa  
 Irvin Johnson  
 Chuck Kilpatrick  
 Gabe Mann  
 Max McHatton  
 Gloria Minneci  
 Jackie Morava  
 Carol Nofziger  
 Nicholas Olivas  
 Dick Oliveras  
 Don O'Meara  
 Bruce Pellecchia  
 Robert Sands  
 Joseph Schacher  
 Ray Shafer  
 Lee Siedlecki  
 Steve Smith  
 Joyce Wollam  
 Dick Young



**750 Hour England Award**

Thomas Baskin  
 Donald Blankenship  
 Marjorie Holthus  
 Alvin Hufford  
 Bob Jacobsen  
 James Johnson  
 Daniel Larson  
 Kathleen McLearn  
 Dorcas Phelan  
 Frank Reach  
 Michael Stewart  
 Michael Swick

**1,000 Hour South Africa Award**

James Bausano  
 Edie Berry  
 John Bromstead  
 Vera Domis  
 Nick Eddings  
 Phyllis Eichen  
 John Gallagher  
 Bob Huff  
 Kari Liekkio  
 Richard Ochoa  
 Richard Pendleton  
 Lee Simmons  
 Thomas Smith  
 Ron Tschetter  
 James Ward

**1,750 Hour Japan Award**

Carl Muck  
 Jim Prevatt  
 Chuck Shinn  
 Coral Shinn  
 Preecha Srisarakorn  
 Angelo Trotta  
 JJ Weigant

**2,500 Hour Iceland Award**

Henry Kahili  
 Barbara Shrode

Jeff Weigant

**3,750 Hour Wales Award**

Dona Spence

**5,000 Hour Australia Award**

Teddy Morehouse  
 Ronald Stein  
 Patricia Wright

**7,500 Hour Italy Award**

David Pence

**Special Awards Presentation**

**Ivory Coast Mileage Award**

Carl Muck

**Honorable Mention Mileage Awards**

Chuck McGilvray (Roseburg)  
 Michael Franz (Grants Pass)  
 Ron Stein (Klamath Falls)  
 Jackie Morava (Local)

**Honorable Mention Driver Awards**

Michael Eichele (SATP)  
 Michael Patnesky (Voc Rehab)  
 Ron Tschetter (Chaplain)  
 Carl Muck—14,498 miles, 274 Vets  
 Michael Franz—4,099 miles, 76 Vets  
 Ron Stein—5,466 miles, 137 Vets  
 Chuck McGilvray—13,857 miles, 422 Vets  
 Jackie Morava—4,634 miles, 174 Vets  
 Michael Eichele—381 hours  
 Michael Patnesky—342 hours

**Special Recognition Award**

Ted Morehouse  
 Extraordinary Contribution Awards  
 Ashland Elks (Rhonda Brustol)  
 Harry & David Corporation (John Cristensen)  
 Native American Elders  
 (Richard Ochoa, Nick Hall, Jim Prevatt, Tom Smith)

**10,000 Hour America Silver Bowl Honor Award  
Virginia Kula**

**German "Caring Critters" Pet Awards**

"Molly" Alvarez  
 "Rondeaux" Crusser  
 "Dozer" Darland  
 "Dolly" Donaldson  
 "Pinky" German  
 "Bailey" Glamack  
 "Brianna" Glamack  
 "Daisy" Glamack  
 "Bonnie" Martin  
 "Zoe" Mazza  
 "Jo-Jo" Murdock  
 "Willy" Murdock  
 "Pebbles" Norcutt  
 "Nala" Norcutt  
 "Basco" Picanso



"Chili" Picanso  
 "Sage" Picanso  
 "Kola" Potts  
 "Harley" Schluterbusch  
 "Popcorn" Schluterbusch  
 "Guy" Spence  
 "Whitney" Spence  
 "Foxy Shadow" Stamper  
 "Duke" Washburn  
 "Jackson" Watson  
 "Jethro" Watson  
 "Joey" Watson  
 "Friday" Wright  
 "Ben" Yamada



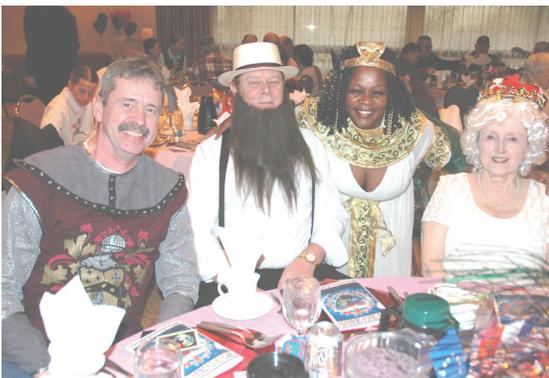
### Volunteers Who Have Served 10 Years or More

|                       | Years |
|-----------------------|-------|
| Richard Backes        | 10    |
| Jerry Bassett         | 15    |
| Florence Behymer      | 12    |
| Carolyn Bell          | 12    |
| Aiko Briles           | 26    |
| Anna Brookins         | 29    |
| Elsie D'Orazio-Martin | 11    |
| Joseph Fidura         | 10    |
| Robert Frenna         | 19    |
| Glenn "Don" German    | 12    |
| Jeannette Gold        | 22    |
| Donald Green          | 14    |
| Floyd Hackman         | 15    |
| Arlene Hoffman        | 32    |
| Marjorie Holthus      | 12    |
| Irene Hunter          | 38    |
| Lois Huntley          | 12    |
| Al Inlow              | 13    |
| Judith Johnson        | 23    |
| Ilene Kiser           | 22    |
| Frank Kula            | 13    |
| Virginia Kula         | 16    |
| James Leffler         | 13    |
| James Marston         | 14    |
| Debbi Mazza           | 18    |
| Edward Mazza          | 16    |
| Patricia McSpadden    | 39    |
| Don O'Meara           | 14    |
| Mary Anne Powers      | 26    |
| James Rainery         | 18    |
| Chuck Shinn           | 10    |
| Coral Shinn           | 10    |
| Robert Silva          | 12    |
| Paul Stark            | 14    |
| Ruby Taylor           | 12    |
| Jeannette Thorn       | 13    |
| Beverly Washburn      | 48    |
| Madaline Winfrey      | 12    |
| Sandra Wright         | 15    |
| Herm Yates            | 13    |
| Dolly Yount           | 15    |

### Years & Hours Argentina Certificates

|                          | Years | Hours  |
|--------------------------|-------|--------|
| Glenn Bates              | 7     | 3,104  |
| Carolyn Bell             | 12    | 1,618  |
| Brian Busch              | 8     | 1,351  |
| Joyce Button             | 8     | 2,128  |
| Robert Coombes           | 5     | 1,342  |
| Elsie D'Orazio-Martin    | 11    | 1,536  |
| Garth Ellard             | 8     | 1,487  |
| Leland Everist           | 9     | 1,641  |
| Sue Faubion              | 5     | 2,243  |
| Joseph Fidura            | 10    | 5,755  |
| Robert Frenna            | 19    | 9,480  |
| Glenn "Don" German       | 12    | 8,377  |
| Norma German             | 6     | 1,438  |
| Jeanette Gold            | 22    | 3,442  |
| James Holbrook           | 8     | 1,491  |
| Irene Hunter             | 38    | 8,003  |
| Lois Huntley             | 12    | 1,834  |
| Al Inlow                 | 13    | 16,063 |
| Roger Johnson            | 8     | 1,152  |
| Connie Kidd              | 3     | 1,324  |
| Ilene Kiser              | 22    | 8,335  |
| Don Lystra               | 9     | 1,529  |
| Ed Madison               | 8     | 3,052  |
| Leslie "Chuck" McGilvray | 6     | 2,916  |
| Clifford Moore           | 8     | 1,386  |
| Virginia Murdock         | 5     | 5,513  |
| Gary Payton              | 9     | 1,134  |
| Judith Pierpoint         | 6     | 2,195  |
| Herbert "Bert" Plannette | 5     | 1,658  |
| James Rainery            | 18    | 2,949  |
| Jim Rawles               | 8     | 3,433  |
| Michael Reynolds         | 9     | 2,578  |
| Tom Ruhl                 | 8     | 1,257  |
| Robert Seaton            | 7     | 2,370  |
| Robert Silva             | 12    | 3,074  |
| Paul Stark               | 14    | 2,389  |
| Daniel Stephens          | 7     | 5,335  |
| Lois Stephenson          | 6     | 1,687  |
| Beverly Washburn         | 48    | 17,011 |
| John Wright              | 8     | 3,052  |
| Herm Yates               | 13    | 2,341  |
| Howard Zelich            | 9     | 1,161  |





Dear Volunteers,

The heart has held a place in history from the time humans were first able to communicate with sign language and articulation. Before science demonstrated the heart's physical function, humanoids knew that without it there was no life. And, with it came strength, courage, compassion and love. Some how our earliest ancestors knew without verbalization the heart bound people together and with their primitive world around them. They knew it meant the difference between life and death not only physically but mentally and emotionally.

The heart has held many meanings across time--symbolically, metaphorically, physically, mythically, spiritually, and mystically. "Having Heart" implies courage, honor, and kindness. Throughout history the word has been applied to every earthly and every living thing. Heartwood of a tree. Heart of a lion. She/he has a big heart. Heart of the gorge. Heart of the people. Heart of a warrior. Heart of the river. Heart of the lotus. Heart of the Divine. Languages spoken and signed all over the world reference the heart in more ways than any other single word. Yet I wonder how much thought is truly given to the word when used or symbolized or paraphrased, drawn, painted, or otherwise applied. Do people honestly understand its application to volunteers in particular?

It was once widely believed the heart was the seat of the human mind. The heart symbol as we know it today was traditionally a European symbol born from folklore and traditional art. The stylized shape, typically colored red, represents blood, passion and strong emotion. It has been the symbol of Old World family Coats of Arms. In Egyptian mythology the heart symbolized truth as part of the soul. Its Biblical references are many. Aristotle considered the heart the seat of thought, reason and emotion often rejecting the value of the brain. According to esoteric Buddhism the heart of beings is like an unopened lotus; when the virtues of the Buddha develop therein the lotus blossoms.

Of all its references down through time, a common belief exists. That is, the heart of a person speaks to who we are as individuals and as a race. The heart defines our character, embracing tenacity and willpower allowing us to dare to believe in something bigger and more important than ourselves. So profoundly so we can "feel" it inside to our very core. This profound belief is what drives each of our volunteers to share their individual talents and inner strengths that make the difference in the lives they touch. Through their "heart" volunteers stand as the center of humanity--teaching, healing, motivating us all--as the Heart of the World.

To our Volunteers, you are the "Heart of the VA SORCC" and the lifeblood in all that we do.



Anna L. Diehl  
Chief, Community Resources/Public Affairs

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

We make a living by what we do, but we make a life by what we give. —Winston Churchill



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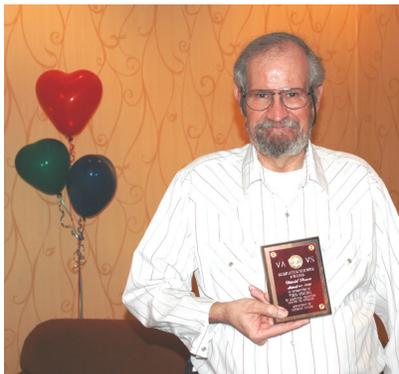
Dear Volunteers,

Red, White, and Blue, these colors are displayed with significant meaning on the American flag, which has flown in the United States since our forefathers founded this country.

A common thread was woven through my ancestry, starting with immigration in the 1600's from England, the 1700's from Scotland and Ireland, and the 1800's from Ireland and Germans from Russia; my in-laws came to America from Germany in the 1900's. This immigration reflects the common thread of valuing community. Sharing strong hearts, minds, and bodies to preserve and appreciate the freedom of America. Our ancestors wove together a fabric which brings us to the present time. We join our hearts and minds to celebrate the value of sharing.

You bring the rich fabric of your backgrounds, ancestry, and service to this country to share with Veterans who preserved our freedom. Your volunteerism respects the significance of the colors Red, White, and Blue, for these colors do not run.

*Sharon Kalvels*  
Sharon Kalvels, MS, RD, FACHE  
Associate Director



A community is like a ship; everyone ought to be prepared to take the helm. —Henrik Ibsen, poet and playwright

Dear Volunteers,

“Volunteers don’t get paid, not because they’re worthless, but because they’re priceless.” ~Sherry Anderson

No monetary value can be placed on the work and generosity of the volunteers that give every day to help improve the lives of the veterans that we serve. Dollar amounts are used to correlate with the hours and materials donated, but there is no dollar figure for the caring and kindness that every volunteer demonstrates. We thank you for helping us care for the veterans in our community, for surely we would be much poorer without your help.

*David A. Donnelly*  
David A. Donnelly, MD  
Chief of Staff



(right) Dennis C.W. Smith, Jackson County Commissioner, thanks a resident Veteran



(left) Kevin Kenerly, a member of the Oregon Shakespearean Festival for 16 seasons thanks a resident Veteran

**In recognition of National Salute to Veteran Patients week, February 13-19** Mr. Kevin Kenerly, a member of the Oregon Shakespearean Festival for 16 seasons who appeared in such plays as (Colonel Fitzwilliam in *Pride and Prejudice*; Sgt. Amusa in *Death and the King’s Horseman*; Oberon in *A Midsummer Night’s Dream*; Oswald in *King Lear*; Romeo in *Romeo and Juliet*) visited with Veterans throughout the facility shaking hands and handed out “National Salute to Veteran Patients” lapel pins, posed for pictures, and signed autographs. Dennis C.W. Smith, Jackson County Commissioner, Air Force Veteran and Vietnam Veteran also visited with Veterans throughout the facility shaking hands and handed out “National Salute to Veteran Patients” lapel pins. Commissioner Smith ate lunch with the residents in their dining hall sharing military stories, posed for pictures, and signed autographs. A variety of creative home-made Valentine’s Day treats, comfort items, and Valentine cards were provided by a number of schools and youth groups throughout Oregon and Northern California. Veterans were excited and grateful being remembered with cards and treats.



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North Medford Senior, Alexandria Jones, decided to focus her senior project on those military personnel serving in Afghanistan and Iraq by providing them with "cakes in a jar". She ended her project by donating 34 cupcakes and 12 jar cakes to the VA SORCC. The refreshments were opened and served that very evening when the Veterans of Foreign Wars and their Auxiliary hosted a BINGO party for the residents.



**I think James Cunningham does a great job, and is a wonderful representative of the SORCC. Everyone I have had any interaction with at the SORCC is also, always pleasant and helpful.**

**Blanche A. Douma**

## VAVS CALENDAR

- May '11                    2<sup>nd</sup> VAVS Committee Meeting, 10 am Activity Room  
19<sup>th</sup> Youth Volunteer Recognition Party  
30<sup>th</sup> Memorial Day Ceremony, VA Cemetery \*@
- June '11                    14<sup>th</sup> Flag Day
- July '11                    4<sup>th</sup> Residents Fourth of July Picnic/Carnival \*@
- August '11                1<sup>st</sup> VAVS Committee Meeting  
10<sup>th</sup> am Atchley Picnic Shelter
- September '11        16<sup>th</sup> National POW/MIA Recognition Ceremony  
16<sup>th</sup>-18<sup>th</sup> Stand Down-VA SORCC

\*= Volunteer assistance needed    @=Volunteers invited to attend

## Camp White Museum Open House

On Saturday, April 2 the Camp White Military Museum held its Annual Open House from 10:00am to 3:00pm at the VA SORCC in building 200.

The successful event drew over 170 guests from the local community. Guests were treated to historical guided tours conducted by Al Inlow, Museum Curator, and three dedicated volunteers; Wendy Hayes, Don Gale and Bob Jacobsen. The tour highlighted military memorabilia from WWI to the present. We also had a special visit from the Southern Oregon Military Vehicle Club. Afterwards free donated refreshments were provided to the delight of our patrons.



(Above Right) Wendy Hayes giving tour



Ed Mazza

March 2, 1938-April 18, 2011

Ed Mazza—Vietnam Veteran, former VA SORCC employee, VA Volunteer, and genuine Veterans Advocate-- passed away from complications resulting from lung cancer. To our many VA Volunteers and CRD/PA staff, Ed was also family. For those of us who had the privilege of knowing Ed, he enriched our lives, inspired us, and taught us the true meaning of courage. Ed was greatly responsible for the overwhelming community support which saved our facility many years ago from possible closure during the CARES years. He was a member of many veterans service organizations, but the Disabled American Veterans were near and dear to his heart being a disabled Vet himself. Ed traveled the country, held a number of state and national DAV offices in his continual advocacy upholding Veterans rights, educating the community in Americanism, and supporting the Department of Veterans Affairs. Ed was the epitome of Patriot. His was a noble cause and for the rest of us who remain, it is our duty to carry on his work each and every day here at the SORCC. Ed will be deeply missed.



### Home based primary care

Beth Wilkins, Psy. D.

Helping  
Our  
Military Veterans  
Exist for as long as possible in their home

Both with  
Autonomy and  
Self efficacy  
Even with the challenges of age and  
Despite the medical problems they endure

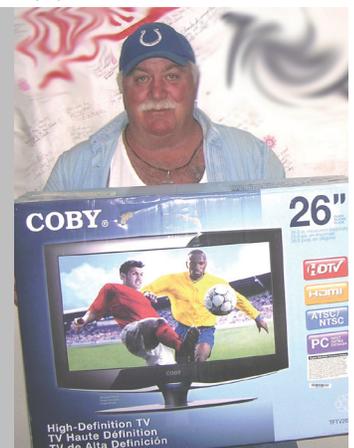
Providing  
Real and effective  
Interventions that are  
Meaningful  
And which  
Respect the wisdom of their  
Years

Caring for our wounded warriors  
As they  
Reminisce about their past and progress toward the  
End of their brave and valued journey



## National Volunteer *Appreciation Week*

In celebration of National Volunteer Appreciation Week (Celebrating People in Action), numerous items were given through the annual volunteer drawing. Items included were flashlights, ice scrapers, flower seeds, umbrellas, windshield sun screens and other miscellaneous items. With Oregon's current weather pattern, they could all be needed on the same day! One grand prize winner, of a 26" flat-screen TV, was drawn from all current volunteers. Congratulations to Mike Snook, who drives residents to various AA and NA meetings in the evenings, and a big THANK YOU to all of our volunteers at the VA SORCC in White City, the Grants Pass Clinic and at the Klamath Falls CBOC. You are truly "People in Action".

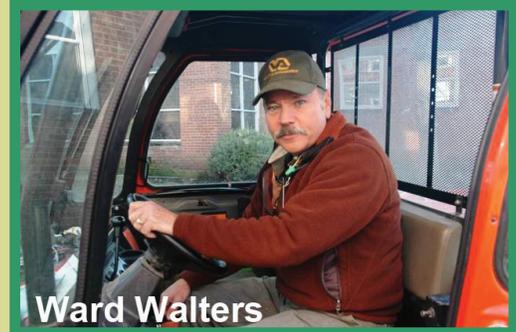


# Stakeholder Council

By: Stakeholder Council Member, Bruce Bennett

## Green Acres

As a member and current alumni of VA SORCC Turf Management Crew I had the privilege to learn from and work with Ward Walters, FMS Golf Course Supervisor and it was a great experience. After knowing Ward for a year I had the chance to sit down with him and talk about golf courses and guitars.



Ward was born and raised in California where he attended Navy Boot Camp at NTC San Diego and was stationed on the U.S.S Saratoga in Jacksonville, Florida. After his military service Ward attended Junior College for 3 1/2 years. During that time he earned three Majors; Construction Technology, Ornamental Horticulture and Irrigation Technology.

This led to his first job as a gardener on a private estate located along the 14th fairway at Pebble Beach. That's when Ward caught the "golf bug" and went to work for the City of Salinas on their golf course for five years. He relocated to Oregon to work at Mountain High in Bend and Shield Crest in Klamath Falls. Shield Crest requested his relocation back to California to work as the Superintendent at Rancho Murrieta Country Club which he managed for fourteen years. Ward has been a "Class A" member of the Golf Course Superintendents Association for seventeen years. He has garnered over twenty seven years of experience working on golf courses.

When asked what was most important to him; Ward states sincerely his family, his wife of twenty seven years, two sons, two grandchildren and their families.

The other love of his life behind his family and gardening is music. Ward has been playing musical instruments for forty years and is most proficient on the acoustic guitar. He supplemented college tuition by playing clubs with a group called Tangent where they played a little bit of everything. Today Ward plays what he calls new age rocky jazz electro fusion with a country twang. He also enjoys building acoustic guitars from scratch.

Ward is pleased to now have a job where he can assist in serving his fellow Veterans with a respectful and compassionate approach. On the golf course the regulars are thrilled with the quality of the course. Volunteers and golfers have stated "The greens on the course are the best I have seen since the course opened in 1996".

Tom Marshall, CRD Specialist commented that under the guidance and leadership of Ward and his Turf Management Crew our golf course has garnered a reputation throughout the valley among diehard golfers and beginners alike "as the place to play". Unbeknownst to some; because of Wards efforts and expertise we currently enjoy the prestige of being recognized as an OGA (Oregon Golf Association) rated 9-hole course. The VA SORCC residents, volunteers and local Veterans recognize his efforts and service above self attitude. Thanks Ward for a Job-Well done!

As for me getting kudos on a daily basis while working on the golf course was very satisfying because of Wards guidance. My personal testimony "The green acres at the VA SORCC are a jewel of the Rogue Valley and will continue to be for many years to come".

**W**ASHINGTON- The Department of Veterans Affairs (VA) will extend health care to eligible Veterans in halfway houses and other temporary, post-incarceration housing under a new program aimed at cutting back on repeat offenses.

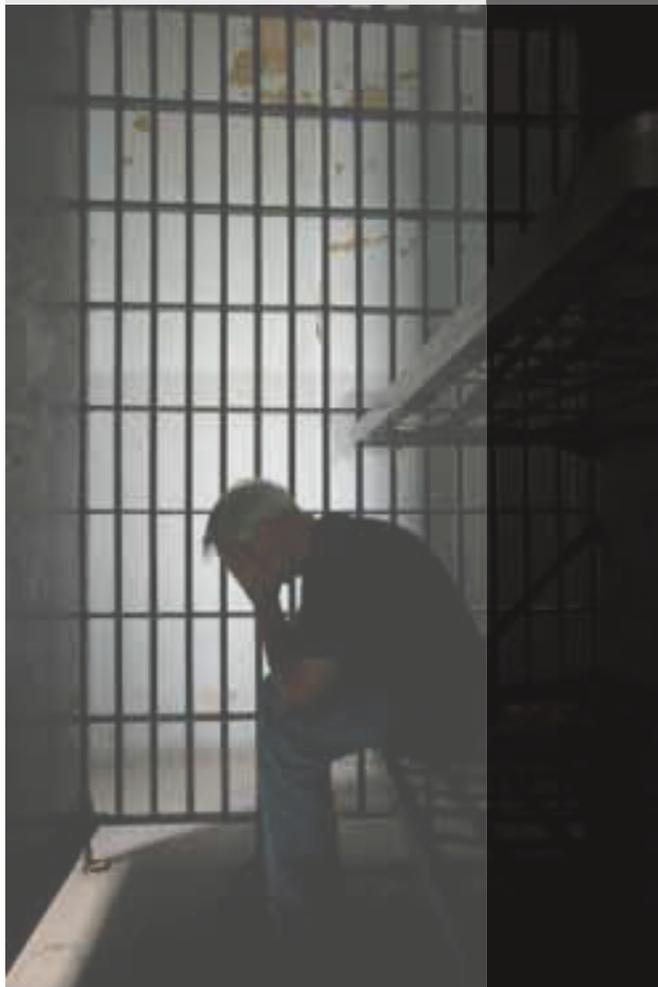
"There's hard evidence that lack of access to health care, including mental health care, for newly released inmates is a factor in people becoming homeless or returning to prison and jail," said Jim McGuire, director of VA's Veterans Justice Outreach Programs. "These are Veterans who otherwise qualify for VA health care."

A long-standing rule has barred VA from providing health care to Veterans for whom another federal, state or local government has an obligation to provide health care. Frequently, that means inmates of prisons and jails.

Under the changed rule, that prohibition would be amended and VA would be allowed to provide health care to Veterans in halfway houses and other temporary, post-incarceration housing.

An Urban Institute study in 2008 found that good health care in the first months of community reentry played a key role in easing readjustment and reducing recidivism.

About 29,000-56,000 Veterans are released annually from state and federal prisons, and at least 90,000 Veterans are released each year from city and county jails, according to Department of Justice's Bureau of Justice Statistics.



# The Power of Friendship *In Recovery*

By Marleen Granas

I never truly understood what true friendship was until I was laid up from a surgery in the hospital unable to take care of myself and having to depend on close friends and family to recuperate. My friends Susan and Karen were amazing in the way they helped me. Bringing groceries, feeding my pets, taking me to appointments, sitting with me, just being the great friends I knew they were. I began thinking to myself what if I didn't have them in my life? Who would have stayed with me at the hospital or driven me home? I've known Karen for 7 years and Susan for over 20 years. I have always had good friends. I guess my mother taught me early on the importance of good friends. My mother has had the same friends for the past forty years. She is 72.

According to Wikipedia, a friend is a person whom one knows, likes, and trusts. Friendships start with our childhood and continue on in to adulthood. They can give you moments of joy, sorrow, and laughter and more importantly moments of fun. Friendships keep us healthy, happier and less-stressed. You stand to gain a lot from having good friends, perhaps more than you might have thought. Friends can also help you reduce your stress levels - be it work or relationship stress - by just having a hearty conversation. A cup of coffee and a random topic to talk about is all you need to get those stress release hormones going. Someone you feel safe around and feel that you can trust him/her with your thoughts or secrets.

When you are going through substance abuse treatment, the most important thing is support. If you have close friends to walk you through those depressing days, your chances of achieving strong sobriety will increase dramatically. A study published in the Journal of Clinical Oncology and conducted jointly by University of California, San Francisco and Berkeley/Harvard Medical School found that women diagnosed with breast cancer were more likely to survive if they had close friends.

The number one treatment for depression is friendship. The loneliness is only going to make things tough for you. A 2002 study conducted at Johns Hopkins University found that seniors with an active social life and friends are less likely to suffer depression. Studies also have shown that most people with mental illnesses get better, and many recover completely with the help of supportive friends.

*People with stronger friendship networks feel like there is someone they can turn to.*



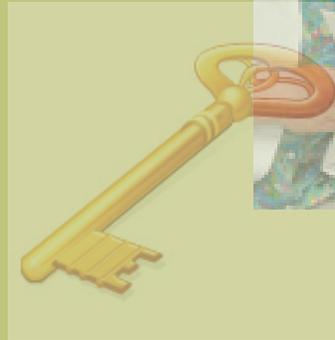
Learning to communicate and share with another person is a great feeling. Most important is being able to talk and listen to each other. Having communication based on honesty and trust by sharing your thoughts and feelings is an amazing feeling. Respect and trust is built by being able to handle disagreements. Learning to set boundaries and feel good about them is important. Studies show that gender and marital status seem to enhance the likelihood of long term sobriety. Lack of relationships in one's life is one of the major reasons relapse happens. Alcoholism and drug addiction currently affects approximately 17 million people in the US. The study also concludes: Having a strong social network does mean that you can live longer. Surprisingly, having a close relationship with relatives makes a difference, but it is friendship that matters most. People with stronger friendship networks feel like there is someone they can turn to. They feel more relaxed and at peace, which is related to better health. So get out from your computer and make some real friends!

Introduce yourself. Ask the person about him or herself and show genuine interest. Finding out about the other person keeps the conversation going. Most people enjoy talking about themselves because that is one subject they know. Learn to phrase discussion-starting questions. Door openers as opposed to door closers--which are yes or no questions. Ask lots of them. Go ahead and prepare a list and practice ahead of time. We prepare for a lot less important things in life. Tell the person about yourself. Some facts, such as your work, school, hobbies, interests, any connections you might have in common. Speak clearly, calmly and look the other person in the eye. Practice good listening skills. Listening shows respect and interest for others.

# Patient Centered Care

- Focuses on the patient's experience, not the clinician's intention.
- Every decision, every discussion – brought back to the patient and his/her experience of us.
- Encompasses compassion, empathy, and responsiveness to the needs, values, and expressed preferences of the patient.

Human Interactions  
Family, Friends, Social Support  
Access to Information  
Healing Environments  
Food & Nutrition  
Healing Arts  
Spirituality  
Complementary Therapies  
Healthy Communities



**A**lmost no one is completely satisfied with life and the way it is being lived. From time to time most can look back to when they did something better, felt better, thought better, had more or enjoyed life more. Most have some regrets about procrastination, lost opportunities, unfortunate choices, impulsive actions and a host of other life events that may have made life less rewarding than was hoped for.

Sometimes it's as small as a case of being non-dangerously embarrassed in a social situation. Sometimes it is as huge as having a part (body, feeling, thinking, or spirit) blown off in a wartime firefight or explosion. Everyone responds somewhat differently to these setbacks and downfalls. It is harder to bounce back from some of the downfalls and it is just plain harder for some of us to bounce back at all. But if we are to get the best out of life, Bounce Back is what we must do.

## Recovery is Bouncing Back

Sometimes bouncing back is a matter of mere minutes. But other times full Recovery takes hours, days, or even years. To help Veterans and Guards with the Bounce Back of Recovery, the Veterans Administration Southern Oregon Rehabilitation Center & Clinics (VA-SORCC) is concentrating resources on expanding the Recovery Model of health care. The Model focuses on a genuine partnership between the VA helper and the Veteran or Guard member and families. Instead of "What is wrong with you?" the Recovery-Model concentrates on "What is right with you? What is right with you and how can we work together to make it even better? How can we help you with the task of bouncing back, of recovering?"

Ten fundamental components have been identified which support our efforts to Recover or Bounce Back from whatever downfalls we have experienced:

**Hope** – If I don't have hope, I don't seem to have any bounce left in me.

**Self Direction** – I don't take well to being told what to do (unless it is what I wanted to do anyway).

**Individualized** – "One size fits all" doesn't work for me! We all have somewhat different needs.

**Empowerment**- When I feel powerless, there is no bounce back. Life is flat and I feel weak.

**Holistic**- Focusing on one problem and ignoring other life issues (mind, body, spirit, etc.) doesn't work.

**Non-Linear**- Setbacks happen. Punishing me for them won't help. Encourage me to bounce back!

**Strengths-Based**– Focus on building my talents and skills, not on defeating my "weaknesses".

**Peer Support**- When I isolate from those who could support my recovery, I stay stuck down here.

**Respect**- If you don't respect me, we've got problems. If I don't respect/accept me, we've got problems.

**Responsibility**- When I don't own my response-ability for my actions but blame others...I stay stuck!

Remember: Recovery is for everyone

RECOVERY is for everyone

# Eat Right

Food, Nutrition and Health Tips from the American Dietetic Association

## Everyday Eating for a Healthier You

The newly released 2010 *Dietary Guidelines for Americans* offer a practical roadmap to help you make changes in your eating plan to improve your health.

### Balancing Calories to Manage Weight

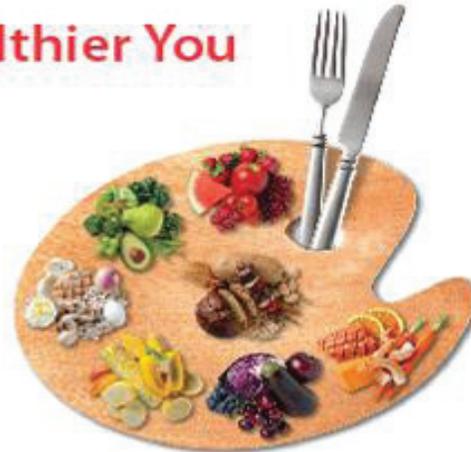
The first step is to focus on balancing calories with physical activity and consuming an overall healthy eating pattern. This will put you on the road to achieving or maintaining a healthy weight and reducing the risk of developing diet-related chronic diseases.

The *Dietary Guidelines* recommend shifting eating patterns to eat more of some foods and nutrients and less of others. A healthy eating pattern will allow you to meet the recommendations while staying within your calorie needs.

### Foods and Nutrients to Increase

The *Dietary Guidelines* encourage Americans to eat more:

- **Whole grains:** Increase whole grains by choosing whole grain breads and cereals, brown rice and whole wheat pasta. Make at least half your grain servings whole grains.
- **Vegetables:** Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Most adults need 2 ½ cups of vegetables per day.



- **Fruits:** Add fruit to meals and snacks—fresh, frozen or canned—to get about 2 cups each day.
- **Low-fat or fat free milk, yogurt and cheese or fortified soy beverages:** Include 3 cups per day for calcium, vitamin D, protein and potassium. Lactose-free milk is also an option.
- **Vegetable oils such as canola, corn, olive, peanut and soybean:** These are high in monounsaturated and polyunsaturated fats. Use in moderate amounts in place of solid fats.
- **Seafood** – Include a variety of seafood more often in place of some meat and poultry.

### Foods and Food Components to Reduce

More than one-third of all calories consumed by Americans are solid fats and added sugars.

“It’s important to make informed food choices and develop sound eating and physical activity habits!!! Remember to include a colorful variety of fruits, vegetables, whole grains, lean proteins and dairy on your plate every day. The recently released 2010 Dietary Guidelines for Americans recommend an increased focus on a plant-based diet. This combined with including lean meats, fish and poultry, and low-fat milk and dairy products creates a rainbow of colors on the plate that serve as the foundation for a healthful eating plan” – *American Dietetic Association*

The power of friendship...continued from page 11

Be aware of your body language, eye contact, feelings underneath words. Don't interrupt, and rephrase what you think you hear your friend say so you can correct if necessary. It's ok to listen for awhile...in time; your turn will come to talk.

Test the waters by proceeding slowly. The addictive mind tends to be all or nothing, hot or cold, black and white. As you both enjoy each other more, let the friendship deepen naturally. Notice how you feel about yourself when you are with the other person. If you feel good about yourself, you may be on the road to a fulfilling friendship. Remember to safeguard your sobriety and to remember that you are your own best advocate. Take the chance to reach out and bridge the gap between you and who could possibly be your next friend. It is a "WE" program.

# How Much Are You Worth?



It is that time again ... time that most citizens have filled out their tax forms to settle up with the State and Federal government as to what is owed; hopefully there was something returned! However it seems that we are just but numbers with attached assets.

They wanted to know just what we are worth and what was owed, thus they looked at our financial earnings and statements ... plus other taxes based on our possessions such as houses, boats, etc.

Often we get caught up with this thinking and value ourselves by looking at what others may think of us. We also may add to our own value line what we think of ourselves in what we have achieved in life and even what we look like; all this can contribute to our own estimation of worth.

The problem with all of those things is that none of these things are stable, they all change. Is there any measure of worth that does not change? I think so ... it is what we are worth to God. I don't think that there would be a value figure attached to that, except maybe: priceless!

Yes the Tax Man has come, and this year April 18 was a day of celebration since all the forms are mailed out and the process is over for the year. However, there are other dates this month that tells me more about my worth than Tax Day ... more than what the Tax Man has figured out and even more than what I think about myself! Our Jewish friends will celebrate Passover ... for me it is Easter.

Passover tells of the value of God's people as they were delivered from a life of slavery ... in Easter we too were delivered from slavery of sin and death ... coming at a great price. With these events I discover that I am worth more, and loved more, than I can ever know! There are not enough zeros than can be ever be added to any dollar figure for this deliverance.

There is even more to the story ... not only deliverance but now we can enjoy things we could never ever afford ... a personal relationship with the Creator Himself and an Eternity reaching past this mortal life.

Celebrate the passing of Tax Day but my hope and prayer would be that we can all know the joy of the holidays God provides.

God bless,  
Chaplain Jim Roberts

## AFGE Union 1089 Officers



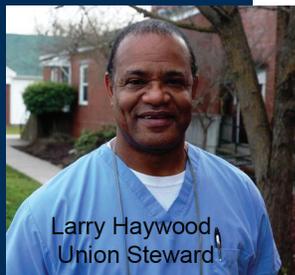
RJ Beadle  
Union President



Shilo Schalk  
Title 38 Union Steward



Colleen Corson  
Chief Steward



Larry Haywood  
Union Steward



Tobi Morrison  
Title 38 Union Steward



Vicki Roberts  
Union Steward

George Hurtt, Vice President, photo not shown

# Are you Stressed?

Rate yourself as to how you typically react in each of the situations listed below.

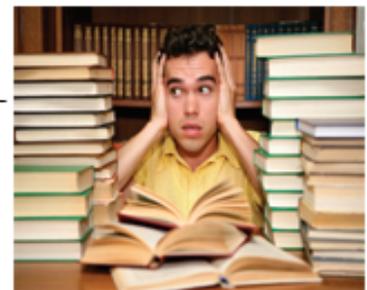
There are no right or wrong answers.

When you complete the questionnaire, add up your total number of points.

Enter a number on the line next to each question. 4 = Always 3 = Frequently 2 = Sometimes 1 = Never

An answer key is provided below.

1. Do you try to do as much as possible in the least amount of time? \_\_\_\_
2. Do you become impatient with delays or interruptions? \_\_\_\_
3. Do you always have to win at games to enjoy yourself? \_\_\_\_
4. Do you find yourself speeding up the car to beat the red light? \_\_\_\_
5. Are you unlikely to ask for or indicate you need help with a problem? \_\_\_\_
6. Do you constantly seek the respect and admiration of others? \_\_\_\_
7. Are you overly critical of the way others do their work? \_\_\_\_
8. Do you have the habit of looking at your watch or clock often? \_\_\_\_
9. Do you constantly strive to better your position and achievements? \_\_\_\_
10. Do you spread yourself "too thin" in terms of your time? \_\_\_\_
11. Do you have the habit of doing more than one thing at a time? \_\_\_\_
12. Do you frequently get angry or irritable? \_\_\_\_
13. Do you have little time for hobbies or time by yourself? \_\_\_\_
14. Do you have a tendency to talk quickly or hasten conversations? \_\_\_\_
15. Do you consider yourself hard-driving? \_\_\_\_
16. Do your friends or relatives consider you hard-driving? \_\_\_\_
17. Do you have a tendency to get involved in multiple projects? \_\_\_\_
18. Do you have a lot of deadlines in your work? \_\_\_\_
19. Do you feel vaguely guilty if you relax and do nothing during leisure? \_\_\_\_
20. Do you take on too many responsibilities? \_\_\_\_



Total \_\_\_\_

Answer Key If your score is between:

20 and 30, chances are you are non-productive or your life lacks stimulation.  
31 and 50 designates a good balance in your ability to handle and control stress.  
51 and 60, your stress level is marginal and you are bordering on being excessively tense.  
If your total number of points exceeds 60, you may be a candidate for heart disease.

# Employee Resources for a Healthier You... stress

When was the last time you took time to unwind? It's healthy to relax, renew, and rejuvenate. From work demands to financial pressures to family problems, there are many aspects of life that can cause stress. Unfortunately, because we know that stress is a universal experience endured by all, we often downplay the impact that it has on our lives. Luckily, there is a remedy for stress that is low cost, fast acting, and highly effective. This remedy is relaxation, for which there is one rule: for maximum effectiveness, use as often as possible. So whether you rejuvenate through reading, jogging, playing with a pet, or laughing with a friend, for your health's sake, make sure every day to tackle your stress head-on and take time to unwind.

Sometimes stress can be beneficial, such as when a tight deadline at work require us to stay focused and finish our tasks. Chronic stress, however, can lead to many health problems, ranging from headaches and stomach disorders to heart disease and stroke. The first step to effectively manage stress is to recognize its early warning signs.

## Possible Signs and Symptoms of Stress

Anxiety  
Back Pain  
Constipation or diarrhea  
Depression  
Fatigue  
High blood pressure  
Trouble sleeping or insomnia  
Shortness of breath  
Stiff neck or jaw  
Upset stomach  
Weight gain or loss

16

## Ways to Manage Stress:

- Learn how to say "no;" don't take on more than you can handle
- Express your feelings
- Manage your time
- Stay positive
- Accept things you can't change
- Take time to relax and recharge
- Adopt a healthy lifestyle - exercise regularly, eat healthy, get enough sleep, and reduce caffeine and sugar intake

## Need more information or assistance with managing the stress in your life?

- Log onto your WIN account ([www.vaemployeewellness.com](http://www.vaemployeewellness.com)) for informative articles
- WorkLife4You is available 24/7 by phone or web. Call 877-399-8235 or log on to [www.WorkLife4You.com/va](http://www.WorkLife4You.com/va). Access code is DVA
- Contact your local Employee Assistance Program or medical provider

VA's focus is to have a healthy workforce that is content with their jobs, making VA an employer of choice. The Department wants VA employees to be healthy and happy, advance your personal and professional growth, and advance service to Veterans and their families. For more information on WIN and other ADVANCE programs, visit <http://vaww.va.gov/ADVANCE>.

## Gone But Not Forgotten Eagle Point Cemetary Quarterly Memorial Service

| Veteran                                   | Branch of Service | War Period          |
|---|-------------------|---------------------|
| Airman 2nd Class John Adams II            | Air Force         | Korea               |
| Specialist 5th Gayland Merrill            | Army              |                     |
| Saff Sergeant Gordon Lyda                 | Air Force         | Korea               |
| Corporal Morries Garbarini                | Army              | WW II               |
| SGT Paul Auken                            | Army              | Korea               |
| Airman 1st Class Mark Grandtsaff          | Air Force         | Vietnam             |
| Private First Class Arthur Doll           | Army              | Korea               |
| Jay Cochran                               | Navy              | Vietnam             |
| Richard Lehm                              | Navy              | Korea               |
| Aviation Machinist Mate William Arthur    | Navy              |                     |
| Private First Class Angus Cripps          | Army              | WW II               |
| Seaman David Wingard                      | Navy              | Vietnam             |
| Specialist 4th Rick Rice                  | Army              | Vietnam             |
| Specialist 4th Roger Stokely              | Army              | Vietnam             |
| Private 1st Class Joseph Eberhardt JR     | Army              | Vietnam             |
| Carpenters Mate 3rd Class Loyal Johnson   | Navy              | WW II               |
| Private First Class Alfred Odear          | Marine Corps      | WW II               |
| SGT Jim Smith                             | Army              | WW II               |
| Douglas Snow                              | Navy              | Vietnam             |
| Gunner's Mate 3rd Class Ivan Burton       | Coast Guard       | Korea               |
| Robert Creamer                            | Coast Guard       | WW II               |
| Radioman 2nd Class John Manlove Jr        | Navy              | Korea Vietnam       |
| CPT Louis Pfeiler                         | Air Force         | WW II               |
| Corporal William Oates                    | Army              | WW II               |
| Murrell Eldridge                          | Navy              | Korea               |
| Staff SGT Ralph Stevens                   | Air Force         |                     |
| Master Sergeant William Snell             | Air Force         | Korea Vietnam       |
| Petty Officer 1st Class Frederick Davey   | Navy              | Korea Vietnam       |
| SGT James Marshall                        | Army              | WW II               |
| LT Col Robert Manni                       | Air Force         | WW II Korea Vietnam |
| Staff Sergeant Clinton Hartwell           | Army Air Corps    | WW II               |
| 1st LT Jacques Lafitte III                | Army              | WW II               |
| 2nd LT Patricia Lafitte                   | Army              | WW II               |
| Walter Lewis                              | Navy              | WW II               |
| Airman 1st Class William Sprague          | Air Force         | Korea               |
| Radioman 3rd Class Thomas Moser           | Navy              | Vietnam             |
| SGT Virginia Wade                         | Air Force         | Vietnam             |
| Private Carl Birthingam                   | Army              |                     |
| Private 1st Class Bobby Jonas             | Army              |                     |
| Senior Airman Bruce Montgomery            | Air Force         | Vietnam             |
| SGT Joe Perez                             | Marine Corps      | Korea               |
| Private First Class Wilbur Fuller JR      | Army              | Vietnam             |
| Seaman 1st Class Ernest Wilhite           | Navy              | WW II               |
| Private 1st Class Joe Long JR             | Army              |                     |
| Carpenters Mate 2nd Class John Mailho     | Navy              | WW II               |
| Airman 3rd Class Russell Williamson       | Air Force         | Korea               |
| 2nd LT James Harvey                       | Air Force         | Korea               |
| Corporal Charles Long                     | Army              | WW II               |
| Seaman Apprentice Stephen Benich          | Navy              | Vietnam             |
| Specialist 5th Ronald Fugiel              | Army              | Vietnam             |
| Seaman 2nd Class George Kinread JR        | Navy              | WW II               |
| Fireman Mas Oneal                         | Navy              | Vietnam             |
| SGT Richard Anderson                      | Marine Corps      | Korea               |
| Corporal Jack Hansard                     | Marine Corps      | WW II               |
| Chief Commissary Steward Clayton Hatmaker | Navy              | WW II               |
| Airman 1st Class William Cales            | Air Force         | Korea               |
| Seaman 1st Class Wayne Beighley           | Navy              | WW II               |
| 1st Sergeant Donald Orton                 | Army              | WW II               |
| Alvin Eller                               | Navy              | WW II               |
| Corporal Stanley Proett                   | Marine Corps      | Korea               |
| Fireman 1st Class Lionel Love             | Navy              | WW II               |
| SGT Joseph Castro                         | Air Force         | Vietnam             |
| SSGT William Mccord                       | Air Force         | WWII Korea Vietnam  |
| T SGT Wesley Smith                        | Air Force         | Korea Vietnam       |
| PFC Charles Clark                         | Air Force         | WW II               |
| Corporal Stephen Glover                   | Army              | Korea               |
| SSGT Elvin Colby                          | Marine Corps      | WW II               |



## News you can use...from your EAP

### Relationships: Breaking Up Is Hard To Do

Although relationships often appear to end abruptly, closer inspection reveals that the disintegration of the relationship is a gradual process. The stages that couples commonly pass through as they break up can be identified as follows:

**Stage 1 - Disillusionment.** Each member of the couple begins to realize that the romantic picture he/she has of the other partner differs from reality. If the couple does not take this stage as an opportunity to renegotiate their spoken and unspoken relationship contracts, they may quietly move on to the next stage.

**Stage 2 - Erosion.** When either partner repeatedly represses his/her fiery feelings, such as disappointment, hurt, anger, they will wear away at the relationship. The repressed feelings may be indirectly expressed through subtle means such as avoidance or put-down behaviors. A couple who works through such feelings and resolves the conflict situation will renew their relationship. The couple who fails to do so moves on to the next stage.

**Stage 3 - Detachment.** The intense feelings experienced during the erosion stage change to ambivalence or apathy. One or both partners may begin to take steps toward independence. Once either of the partners move to this stage, the prognosis is poor for a renewed commitment.

**Stage 4 - Physical Separation.** The decision has been made by one or both partners to end the relationship. This can mean not only the loss of a partner, but also losing some common friends. This is usually the most traumatic stage. Initially one may feel shock and disbelief. This is often followed by rapid mood swings, severe loneliness, anxiety, and sometimes, a sense of relief.

**Stage 5 - Mourning.** Since the relationship has died, each partner will experience grief in his/her own way. Common emotional reactions are anger, hurt, loneliness, depression, guilt, and helplessness. By allowing oneself to experience the emotional pain of the loss, each ex-partner can expedite the healing process.

**Stage 6 - Who Am I?** Healing has begun. Feelings of both relief and a sense of freedom sometimes result in a period of overreaction. Some people rush right into another relationship while others swear off intimate relationships altogether. Two important tasks during this stage are to adjust to living without the ex-partner and to reevaluate one's beliefs and values regarding relationships. Through this stage a person gains a clearer sense of "who am I?"

**Stage 7 - Renewal.** In this stage, people develop increased confidence and experience a new feeling of control over their lives. It is at this point that a person genuinely feels ready to reinvest his/her emotional energies into a new, intimate relationship.

**Relationship Assistance is Available through your Employee Assistance Program (EAP).** Your EAP can help you and your dependent family members with any type of personal, family or work-related concern. To obtain no cost counseling or other EAP services, please call **800-869-0276** or securely request services from the Member Access section of the EAP website: [www.eapconsultants.com](http://www.eapconsultants.com).

# VA Royalty:

## VA Kings Win the Medford Southern Basketball Conference

The VA Kings took the throne as the 2011 City of Medford Southern Conference Champions beating the Central Medford Transformers 48 to 31 at the March 27th game at the Santo Center. At least twenty-five VA SORCC employees came to cheer on their VA Kings basketball team. VA King Team members include employees Herbert House (Occupational Health), Tom Roberts (Education Service), Anthony Liufau (Psychology), Robert Hicks (Resource Management), George Hurtt (SATP), and Jason Peterson (FMS). Family and friends helped to make up the remaining team members (Johnny, Travis, Big Ben, Sunny, Vinnie, and Deshawn). The team was lead by Coach T, the niece of VA employee Heather Jenard (Social Work Services).

The Kings went into the 2011 Winter Basketball season with a slow start. The talent for playing ball was there, but practice was needed to bring them together as a team. The VA Kings had lost the preseason basketball game which placed them in a lower division in the league, but their hard work and determination to succeed eventually paid off. The VA Kings practiced weekly using free passes to Oz Fitness obtained by George Hurtt. After the Recreation Department obtained a new basketball hoop in the theater, the VA Kings began practicing here on campus. Eventually practice made perfect. The VA Kings pulled together as team and went on to win the last four games of the season including the championship game. The VA Kings were also known for their defensive team work in league. Only one team scored over 50 points when playing against the Kings.

The highlight of the season was definitely the championship game. VA Kings team member Herbert House summed up the excitement: "The win was great, but the support we had that day was much greater. There had to be over 25 staff members plus friends and family members there cheering us on. It was good to hear all of the compliments and congratulations from everyone!" VA employee fans were left wanting more and the VA Kings are going to give it to them. The Kings will be returning to the game for the Summer league to play more ball and keep the fans happy. After winning the championship game the team celebrated with a pizza party at Wild River. Until next season, the VA Kings reign supreme as champions.



VA Kings group photo



VA Kings winning game

## Home Based Primary Care Has a New Home at the SORCC

The VA SORCC Home Based Primary Care (HBPC) program has spent the past year and a half off campus at the White City Medical Clinic (also known as the Asante Building). Now, with the renovation of Building 249, the old Eagle Point High School Building on the corner of Avenue J and Kelly Rd, HBPC has a new home at the SORCC.

Before moving into the new building, the HBPC team requested a blessing/smudging ceremony through the SORCC Native American Program. On March 15th Shasta Elder Jim Prevatt carried out a blessing in each room using a smudge of sage to carry the blessing.

Smudging involves lighting a sacred herb such as sage and wafting the smoke with a feather as a way to thank the earth, bring in good positive thoughts, and bless a space. The blessing was performed so that good things will be carried out from now on in Building 249 and for the work that is done for our Veterans.

The HBPC team would like to thank FMS, ITOS, and Logistics for a smooth and seamless transition to this new building and the SORCC Native American Program and Shasta Elder Jim Prevatt for performing the blessing ceremony. To contact HBPC, please call the HBPC office at 541-826-2111, extension 1-3961.



HBPC Smudging Ceremony Group

# "Two Wheels Only"

*"The Axis, the Reds and the Rising Sun"*

When a Cold War era, East German GP Racer defected to freedom in 1961, he forever changed the motorcycle industry and moved an industrial empire from one end of the world, to the other. This desperate act was achieved with his secret transmission of Nazi Missile technology and which would become the blueprint for a revolutionary 2 stroke motorcycle engine; a technology which would find itself in the hands of the Japanese and ignite their global dominance in the arena of motorcycle development and racing.

This catalyst-man was named Ernst Degner; a competitive East German who raced for the MZ racing team and whose lead Moto-engineer was Walter Kaaden, a man who had previously worked on the infamous V-2 rocket and other secret weapons for the Nazis. Kaaden's genius was in discovering how sound waves, expansion chambers and other dimensions boosted their motorcycle performance and in helping Degner score win after win.

As a result of their union, Degner became a moto-racer champion and the pride of Euro-Communists. After the notorious Berlin Wall had been built, witnessing his fellow citizens shot, and knowing that western racers live a life far better, Degner arranged an escape during the Swedish Grand Prix. His ticket to freedom was in illicitly giving this "super-engine" to a Suzuki Company connection during a secret hotel meeting and at much peril to his family and self. His defection left the loyal Kaaden in grave disappointment and communist



By Wolfgang Agotta

shame.

Later, Suzuki hired him and he moved to Japan to work for Suzuki and in 1962, Degner won Suzuki's first World Championship. He won his freedom, money and laurels but lived in fear of assassination from East German agents. In 1963, Degner crashed his moto-racer at the Japanese Grand Prix. The fuel tank exploded and he incurred over fifty skin grafts from the burns. He retired from motorcycle racing at the end of 1966 and the remainder of his life was spent in episodic ruin and despair. Because of the sinister reputation of the east-German secret police and his being labeled as a traitor, there is still some speculation that Degner was sabotaged and destroyed.

Walter Kaaden eventually recovered from Degner's actions, both in career and status and died a happy family man.

Suzuki and other Japanese companies used the new-technology for moto-development, race-wins and engineering prowess. Over 50 years later, the legacy remains.

Thomas Hewitt McElroy, DDS,  
New Chief of Dental Service at SORCC

Dr. McElroy comes to SORCC from the Harry S. Truman Memorial Veterans Hospital in Columbia, Missouri, where he was a dental specialist (maxillofacial prosthodontist) for 25 years, and, prior to his transfer to SORCC, Acting Chief of Dental.

Dr. McElroy's family includes his wife, Sarah, a physician, two daughters, Sarah Beth, an artist, and Rachel, a massage therapist, and son Timothy who is finishing his senior year in high school and plans to begin college in the Fall on a performing arts scholarship.

Dr. McElroy's hobbies and interests are many and include home remodeling and landscaping, music and collecting and selling antique English china and pottery.

Dr. McElroy is pleased about coming to southern Oregon in general and ecstatic about joining the staff here at SORCC. Dr. McElroy has written and presented regarding provision of essential dental care for medically compromised Veterans, feels strongly about advocacy for our Veterans, and has implemented methods of maximizing the dental services that are available to them. Dr. McElroy also feels strongly about advocacy for his staff, which he feels, makes him a good fit for SORCC.



Dr. Thomas H. McElroy

## EARTH DAY

The SORCC Green Environmental Management System (GEMS) Committee would like to remind everyone that earth day is a time to celebrate environmental accomplishments and to look for new opportunities for environmental stewardship. It is important to be environmentally conscious on Earth Day, but it is equally important to do what you can to be environmentally conscious every day.

The SORCC GEMS program continues to strive towards advancing in environmental protection and performance through focusing on new ways to prevent pollution, minimize waste, and conserve natural resources. The SORCC now has more than twenty recycling streams that help reduce the environmental footprint of the facility. In fact, in 2010, **SORCC recycled approximately 10,423,228 pounds of material which is more than 86% of our total waste stream.**

- Air conditioners
- Aerosol cans
- Antifreeze
- Batteries
- Cardboard
- Commingled
  - Paper, Newspaper, Plastic, Aluminum/Tin cans, Magazines, Phonebooks
- Electronics
  - Computers, monitors, TVs,
- Cooking grease
- Deconstruction material
- Dental amalgam
- Electronic light ballasts
- Fluorescent light tubes
- Glass
- Lead
- Leaves, grass (composted)
- Mercury
- Metal
- Pharmaceuticals
- Sawdust
- Shredded confidential documents
- Tires
- Used oil
- Wood debris, prunings, etc.

Please review the SORCC's list of recycled items **above**. It is each staff member's duty to reduce this facilities waste stream and recycle as many items as possible. If you require information concerning the location of recycling stations or the procedure for recycling any item, contact Seth Cooley at 541-826-2111, extension 3150. For additional information about GEMS, contact Greg Martinen at 541-826-2111, extension 3694



# VA Caregiver Support program

## Applying for the Caregiver Support Program under the Interim Final Rule for the Program of Comprehensive Assistance for Family Caregivers

Family Caregivers provide crucial support in caring for our Nation's Veterans by allowing them to stay in the homes and communities they defended, surrounded by the loved ones they fought for. Caregivers in a home environment can enhance the health and well-being of Veterans under VA care. Additional VA services are now available to those Family Caregivers who share VA's daily charge to serve those "who have borne the battle." VA will accept applications from seriously injured post 9-11 Veterans and their Family Caregivers for the new Program of Comprehensive Assistance for Family Caregivers, starting May 9th, 2011. For those eligible to enroll in the program, training will begin in early June 2011. Many Veterans and caregivers, members of congress, Veteran Service Organizations and community partners helped make this legislation possible. We at VA appreciate all the support for the Family Caregiver as the regulation that will define this program is implemented.

### Eligibility:

- Veterans eligible for this program are those who sustained a serious injury including traumatic brain injury, psychological trauma or other mental disorder incurred or aggravated in the line of duty, on or after September 11, 2001.
- Veterans eligible for this program must also be in need of personal care services because of an inability to perform one or more activities of daily living and/or need supervision or protection based on symptoms or residuals of neurological impairment or injury.
- To be eligible for the Program of Comprehensive Assistance for Family Caregivers, Veterans must first be enrolled for VA health services, if not enrolled previously.
- Starting on May 9, 2011, Veterans may download a copy of the Caregiver program application (VA CG 10-10) at [www.caregiver.va.gov](http://www.caregiver.va.gov). The application enables Veterans to designate one primary Family Caregiver and up to two secondary Family Caregivers if desired. Caregiver Support Coordinators are available at every VA medical center to assist Veterans and their Family Caregivers with the application process. Additional application assistance can be found by via phone at 1-877-222 VETS (8387).
- If the Veteran is not currently enrolled, both the VA Form 10-10 EZ for VA health services and the application for the Caregiver Program (VA Form 10-10 CG) will need to be completed.
- The application must be completed and signed by both the Veteran or their legal representative and the primary Family Caregiver. The application can be hand carried to the VA SORCC for walk-in processing, or if expedited processing is preferred, it may be mailed to:

**Family Caregivers Program  
Health Eligibility Center  
2957 Clairmont Road NE  
Suite 200  
Atlanta, GA 30329-1647**

- Within three business days of receipt of the initial application, the Caregiver Support Coordinator at the Veteran's preferred VA Medical Center will contact the Veteran and primary Family Caregiver to arrange for the

# Pear Blossom Run feeling tired but finished

by Jim Morgan

The second Saturday in the month of April has marked the celebration of the Pear Blossom Festival in the Rogue valley for 58 years. For the last 35 years the inaugural event has been the Pear Blossom Run. The Pear Blossom Run is one of the premier running events in the Northwest and features a highly competitive 10 mile race that draws over 1500 participants.

Back in February of this year, a mere eight weeks before the Pear Blossom Run on April 9, SORCC resident Damend Evans approached Chris Petrone (OEF/OIF Program Manager) and Jim Morgan (Recreation Therapist) with the idea of training for and running in the race. To that point he described his running background as "military training" and some recreational trail jogging. Additionally, Damend had set personal goals for the event. Not to just finish the ten mile run but to be competitive. He wanted to be able to run it in under 70 minutes and to place in the top 100 finishers.



Jim Morgan, Damend Evans and Chris Petrone

For eight weeks Damend embarked on a daily training program to prepare for the event. He kept to a workout schedule of running between four and ten miles each day and on one warm Spring day in March he completed an 18 mile run.

With Chris and Jim serving as coaches/mentors/training partners Damend learned how to push himself in workouts and also how to properly rest and recover from stressful training sessions. At another level of preparation he participated in a couple of weekly runs hosted by an elite group of ultra distance aces from Ashland's Rogue Valley Runners store.

On race day Damend stood at the start with Chris, Jim and over 1500 participants. Passing the one mile mark he was moving comfortably along at his goal pace. He then began to gradually pick up his tempo and was set to press through to the finish. At the end of the race, feeling tired but strong, Damend's time of 1:09.32 and finish place of 91st overall met the goals he set over eight weeks earlier and is an accomplishment reflective of his determination, dedication and hard work.

Soon after enjoying the satisfaction of his personal accomplishment the question came up about what would be next. "I'd like to compete in longer races, possibly the marathon distance or ultra distance runs." For now he is going to appreciate the moment, let his body recover then start increasing his training and set some new goals.

Congratulations on a great accomplishment, Damend and best wishes in all your endeavors.



**American  
Red Cross**

2011 Blood Drive Dates in the VA SORCC Theater

May 26  
July 28  
September 22  
December 22

# SORCC Stakeholder Council

## *Partners in Health Care*

By Dr. Charles Moore

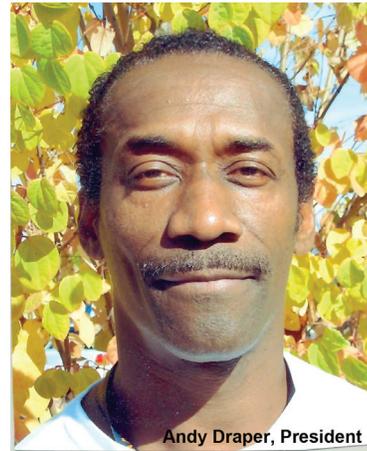
Only one month after the Grand Kickoff of the Stakeholder Council the VA SORCC reached a new milestone in its development of partnerships for health care. Newly elected President Andy Draper and First Vice President Bruce Peterson shared in the duties of ushering in the new era of partnership. On February 18, 2011, the Council inducted new members from community partners and SORCC alumni. Joining the Council were Rebekah Lawrence (Easter Seals) and Michael Phillips (Soldiers Heart; Alumni). The benefit of their participation is added to SORCC staff already admitted to membership (R.J. Beadle, Anna Diehl, Chris Mckennet, and Gail German Rightnour). With a burst of celebratory enthusiasm, the Council members trekked to the SORCC main entrance for a historical, pictorial record of this great accomplishment. Veteran Centered Health Care will now have the benefit of guidance from all stakeholder perspectives, Veterans, Staff health care providers, and Community partners.

One month earlier the Grand Kickoff of the Stakeholder Council was attended in the Theater January 21 by more than 40 staff and more than 40 guests and SORCC residents. Kickoff attendees received the Council-produced Partners for Good Health booklet, a copy of the Council Bylaws Preamble, and a descriptive brochure.

Introductory remarks were provided by Acting Associate Director Laurie Petersen and Residential Care Program Coordinator Shawn Roberts.

First on the podium was Acting Associate Director Laurie Petersen who emphasized that high quality health care absolutely requires active participation by all the stakeholders involved. This "Kick Off" of the SORCC Stakeholder Council signals the New Era of Partnership between the VA and Veterans it serves. The new VA is being described by terms such as "Patient-Centered Care", "Patient-Aligned Care Teams", "Veteran-Centered Care", "Recovery-Oriented Care", and "Local Recovery Coordinator". These terms represent the health care era where the VA, SORCC, and Veterans are understood to be active partners in the production and maintenance of good health. Our SORCC Stakeholder Council is the heartbeat of that partnership. We are all Partners for Good Health.

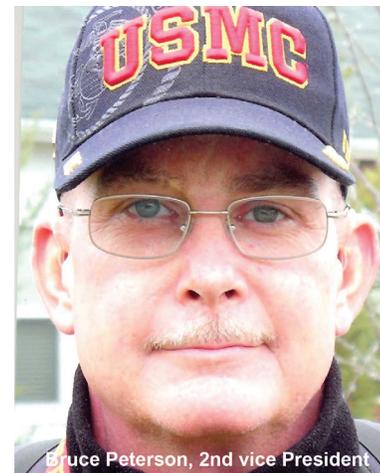
Next, Residential Care Program Coordinator and the continues on page 29



Andy Draper, President



Zak Schroonover, 1st Vice President



Bruce Peterson, 2nd Vice President



Carrington Chatham, Secretary

## Welcome:

### Employee Name

### Service

|                     |                            |
|---------------------|----------------------------|
| Duvall, Cameron     | Nutrition and Food Service |
| Jackson, Amy        | Clinical Support           |
| Brenner, Terry      | Psychology                 |
| Romero, ThomasJ     | Nutrition and Food Service |
| Sherbourne, Boyd    | Psychology                 |
| Gilbertson, Barbara | Primary Care               |
| Bisbee, Christine   | Residential Care           |
| Kiernan, Kenneth    | Social Work                |
| Roundtree, Ashley   | VCS Canteen                |
| Hehn, Megan         | Psychology                 |
| Cardinal, Justin    | Residential Care           |
| Marin, Becky        | Clinical Support           |
| Barger, Johnnie     | Facilities Management      |

## Paralympic Veterans May Qualify for New Benefit

WASHINGTON- Some Veterans in training for the Paralympics will be able to qualify for a monthly subsistence allowance from the Department of Veterans Affairs (VA), under a new program to help disabled Veterans more easily take part in competitive sports.

"Our disabled Veterans are models of courage, resilience and determination," said Secretary of Veterans Affairs Eric K. Shinseki. "This new allowance will enable our disabled athletes to further their recovery by taking part in world-class adaptive sports."

VA officials caution that not all disabled Veterans will qualify for the subsistence allowance, which will actually be administered by the U.S. Paralympics.

The allowance will be pegged to VA's subsistence allowance for participants in a full-time institutional program under chapter 31 of title 38 of the U.S. Code. Those rates start at \$554 per month for Veterans without dependents. The current rate table is available at [www.vba.va.gov/bln/vre/sa.htm](http://www.vba.va.gov/bln/vre/sa.htm).

Under the new rule, VA will pay the allowance to a Veteran with a service-connected or non service connected disability if the Veteran is invited by the U.S. Paralympics to compete for a slot on the U.S. Paralympic team or is residing at a U.S. Paralympic training center for training or competition.

"While in uniform, our service men and women are continually challenged to push themselves beyond expectations, both physically and mentally," said Christopher J. Nowak, director of VA's paralympic program. "Their motivation and desire to succeed doesn't end with injury. Paralympic sports allow them to harness their competitive nature and push themselves beyond any perceived limitations."

Applications for the allowance must be submitted through the U.S. Paralympics. The VA Paralympics Program Office will work closely with U.S. Paralympic Committee to ensure that Veterans who are eligible for retroactive payments are processed in a timely manner.



# HOLOCAUST

## DAYS OF REMEMBRANCE

"That four great nations, flushed with victory and stung with injury stay the hand of vengeance and voluntarily submit their captive enemies to the judgment of the law is one of the most significant tributes that Power has ever paid to Reason." — Justice Robert Jackson, Chief U.S. Counsel to the International Military Tribunal, Nuremberg, Germany, November 21, 1945

Congress established the Days of Remembrance as the nation's annual commemoration of the Holocaust and created the United States Holocaust Memorial Museum as a permanent living memorial to the victims. This year's Holocaust remembrance week is May 1–8, 2011. The theme designated by the Museum for the 2011 observance is Justice and Accountability in the Face of Genocide: What Have We Learned?

In the immediate aftermath of the massive death and destruction of World War II, revenge might have satisfied the shock and anger of the moment. But many believed that justice under the rule of law rather than vengeance would better serve humanity. In support of this principle, the Museum is marking the 65th anniversary of the verdicts at the first Nuremberg trial, a watershed moment in international justice, and the 50th anniversary of the trial of Adolf Eichmann, one of the most high-profile postwar recountings of the Nazi genocide and a landmark in public awareness of the Holocaust. The International Military Tribunal at Nuremberg in 1945 held 22 top Nazi leaders accountable for atrocities they commanded and perpetrated. Subsequent proceedings between 1946 and 1949 prosecuted another 183 persons. This total represented only a tiny fraction of those responsible for the Holocaust, but established important precedents. Who was prosecuted was more telling than how many stood trial. No one, regardless of official position, was above the law. The argument that someone had just been following orders was no longer considered a valid defense. Not only were the shooters at mass executions and the guards at gas chambers tried, but physicians and business leaders, government officials and civil servants also were required to take responsibility for their actions—for as noted historian Raul Hilberg wrote, "The annihilation of Jewry required the implementation of systematic administrative measures in successive steps."

After Nuremberg, a new understanding of international responsibility for human rights emerged, as the world began to fully understand the events we now call the Holocaust, spurring on a process to create a new legal vehicle that criminalized attempts to destroy any entire group of people—the 1948 United Nations Convention on the Prevention and Punishment of the Crime of Genocide.

Fifteen years after the first Nuremberg convictions, a single individual would come to personify these crimes—Adolf Eichmann. A midlevel SS officer central to the planning and implementation of the "Final Solution," Eichmann was captured by Israeli agents while hiding in Argentina in 1960 and brought to Israel for what would become known as the "trial of the century."

In an event televised around the world, the Eichmann trial refocused attention on the murder of the Jews of Europe. Unlike the Nuremberg trials, which relied heavily on documentary evidence, the Eichmann trial featured eyewitness testimony by Holocaust survivors, speaking out in a way they never had before, enabling the world to put a face not only on the perpetrators, such as Eichmann, but on the millions of victims and survivors.

The Nuremberg and Eichmann trials strove for justice, but what can justice really mean in the face of a crime like genocide? While the trials were an act of public accountability owed to the victims, justice to a great extent was aspirational. These anniversaries come at a time when some of the last living Nazis are on trial and perpetrators of recent genocides and crimes against humanity are being prosecuted. Precedents set in trials against Holocaust perpetrators have guided a new understanding of justice as a tool for seeking accountability, providing affirmation to victims, warning perpetrators, and reflecting society's highest ideals about truth and justice. These trials are also a harsh reminder that while accountability is necessary in the aftermath of genocide, early intervention is vital to saving lives. Whether it is prevention, response, or accountability, the Holocaust teaches us that inaction can be deadly; actions, even small ones, can make all the difference for those whose lives are at risk, now and in the future.

# JUSTICE AND ACCOUNTABILITY IN THE FACE OF GENOCIDE: what have we learned?

# CREW: Civility, Respect and Engagement in the Workplace

## WORD SEARCH



**Are you familiar with CREW?** CREW stands for Civility, Respect, and Engagement in the Workplace. The tenets of CREW are foundational in support of creating a culture of respect and trust for our employees and also the SORCC virtue of embracing a culture devoted to providing our Veterans with strong customer service through courtesy, our can-do attitude and commitment to providing great health-care. VA staff can access more information about CREW on the SORCC SharePoint website under the Employee Center tab.

A T R C Z I P J Y H H N G L H N F I W N  
 C N O R W P F H A S O O I U T F N Z O Q  
 C E I M E F I O I I E S N B Z T D I R G  
 O M V T R L R U S L T T K E E C T F K C  
 U T A O C A A S W E O T R R S A Q M P U  
 N I H S N T A T N S C S A U R T M R L L  
 T M E C R P N I I E N C O E O R Y A A T  
 A M B T M L N E P O T E D P G C B M C U  
 B O Z O X G T S M I N I T R H B X L E R  
 L C C Z J H E C O E S S U R V Y G C F E  
 E C X S I R Q N C N G E H F R F B S A F  
 H T A C B M G R O R G A N I Z A T I O N  
 D O S F H R A C A R O T G O P I A V W Y  
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 R Q V J A D U G I P N F J B T S U R T U  
 Q M S E R V I C E R H K S T B C U G M N  
 V H D O W B J C U E T G R S X A D C N Z  
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|                   |                     |                      |                     |
|-------------------|---------------------|----------------------|---------------------|
| <b>CREW</b>       | <b>Commitment</b>   | <b>Ethics</b>        | <b>Interaction</b>  |
| <b>Civility</b>   | <b>Service</b>      | <b>Compassion</b>    | <b>Expectation</b>  |
| <b>Respect</b>    | <b>Courtesy</b>     | <b>Trust</b>         | <b>Behavior</b>     |
| <b>Engagement</b> | <b>Honesty</b>      | <b>Authorized</b>    | <b>Culture</b>      |
| <b>Workplace</b>  | <b>Listening</b>    | <b>Accountable</b>   | <b>Organization</b> |
| <b>SORCC</b>      | <b>Relationship</b> | <b>Consideration</b> | <b>Philosophy</b>   |

# A Healthy New Year

## IT'S OK TO ASK US!

A woman took her mother to a doctor appointment in Medford. As they sat in the doctor's office waiting for him to come in the room, they noticed there wasn't a sink for the provider to wash his hands. They were pleased however, to see that there was a hand sanitizer dispenser on the wall conveniently placed by the door. "Wonderful" thought the daughter to herself. This is great and we can all use it. The provider came into the office and without a thought of the dispenser, shook the mother's hand and then turned to the daughter and shook her hand. "The daughter thought to herself, "Hmmm... wasn't he supposed to wash his hands as he came into the room?" The office visit was pleasant as they discussed the mother's care. "What a nice guy," the daughter thought to herself, "Very personable, friendly, and answered our questions; excellent customer service!" The provider stood up, shook our hands again, wished them both a nice day and left the room. The hand dispenser went untouched! As the two women left the room together they each took a turn at the dispenser to clean their hands. The daughter asked, why didn't you say anything to him about not washing his hands? The mother replied, "I didn't want to offend him, he is going to be doing surgery on me in a couple of weeks and I don't want to make him mad at me." "Well," the daughter stated, "I certainly hope he washes his hands before he does the surgery!" Nothing was said by the two out of fear and being uncomfortable with confronting a provider that they would have to see in the future.

We at the VA SORCC don't want you to have that experience. We encourage you to feel comfortable enough to ask us. In fact, we want you to ask us! It is important that you feel empowered to ask about your care. Good communication between you and your provider or caregiver is a step in the right direction towards a healthier you. If you do not see your caregiver clean their hands with soap and water or use a waterless alcohol hand rub when entering your room to provide care remember... "It's ok to ask us!"

By Gail German-Rightnour

## “Have You Washed Your Hands?”

Healthcare associated infections affect nearly 2 million individuals annually in the U.S. and are responsible for approximately 80,000 deaths each year. Transmission of healthcare-associated pathogens most often occurs via contaminated hands. Hand hygiene has long been considered one of the most important infection control measures for preventing infections.

Director's Liaison to the Council Shawn Roberts shared a historical perspective on the Council. Roots of the Council extend back to the 1980's "Patient Council" when there were six residential sections with two representatives each. Their main focus at that time was socialization and food. Little changed until the early to mid 2000s when inspired Council leaders, including one who is now a SORCC employee, shifted focus from food to recovery. Early 2010, they changed their name to the Resident Council. They requested and were granted a voice on several key SORCC committees. Interests have broadened to include participation in focus groups, town hall meetings, and survey sessions with every group that came through. In addition they had direct impact in everything from the timing of traffic lights on Highway 62 to the rebuild plans for areas such as the new dining room. September 24, 2010, marked a milestone in the evolution of the Council as the name changed to Stakeholder Council and their circle of influence was enlarged to include alumni, community partners, and staff. Together, this partnership will contribute to keeping SORCC Veteran-centered by emphasizing the Veterans' voice as focal point. Their creed, "Nothing about me without me," makes the Council the perfect Patient Centered, Patient Aligned partner.

Resident Council Officers, Vice Presidents Andy Draper and Bruce Peterson, received a symbolic Key to the Council's office and then spoke of the Council's mission as well as some of the past successes and current projects. Other members of the Council were then introduced. Additional Council members attending were Veterans Bruce Bennett, Christopher Brass, Scott Dahlheimer, Jeffrey Darling, Cindy Hurst, Scott Leverett, Martin O'Connell, Marc Smith, Michael Yingling, and Zach Schoonover. Anna Diehl was present as one of the first SORCC staff to join the Council. Mark Hows, sitting president of the Council, was unfortunately unable to attend this grand moment. Members received the new official Council T-shirts.

Following the introduction of Council members, awards were presented to several residents for exhibiting special merit during their residency at SORCC. The event was concluded with refreshments and the opportunity to talk one on one with the Council Section Representatives.

## DADDY I CAN'T BELIEVE

### VERSE ONE:

I sneaked a peek toward the stands, but the sun was in my eyes  
So I couldn't see the faces in the crowd.  
But there for just a moment, a figure did appear  
I dropped my glove, and I began to cry out loud.

I raced toward the uniform, forgot all about the game  
My heart beat so fast I thought that I would die.  
I jumped up in his arms and hugged with all my might  
It was the only time, I ever heard my daddy cry.

### CHORUS:

Daddy, I can't believe you're home.  
They told momma that you might not return.  
I prayed hard so God would not desert me  
Till the tears upon my face began to burn.

Daddy, I can't believe you're home.  
Please tell me daddy, you are here to stay.  
I realize now how much I missed you.  
And I know that I will not forget this day.

### VERSE TWO:

I understand you had to go, you said your country needed you.  
And we remembered what you said, in God we trust.  
But no one seems to understand, how hard it was for you.  
But your little girl knew, - you'd rather be with us.

### CHORUS 2:

Daddy, I can't believe you're home.  
They told momma that you might not return.  
I prayed hard so God would not desert me  
Till the tears upon my face began to burn.

### Bridge:

Nobody ever said it would be easy.  
But daddy's do what daddy's have to do.  
Please know how much I love you, and proud that you're my dad.  
One day I hope that I can serve like you.

### REPEAT CHORUS 2

(Add) Till the tears upon my face began to burn.  
I love you daddy.

By Howard Wand, Army Veteran

## **Family Caregiver to complete the application and schedule required training**

- A clinical team from VA will coordinate arrangements with the Veteran to complete a clinical eligibility assessment. This will include evaluating what assistance the Veteran needs with activities of daily living such as eating, bathing, grooming, and/or need for supervision or protection.
- Training is completed by the primary Family Caregiver once it is determined the Veteran meets clinical eligibility criteria. Training can be completed in one of three ways: Attending the Family Caregiver classroom training conducted at a local VA medical center or community location; completing the training online on a security protected website; or by self-study using a workbook and DVD that will be mailed to the Family Caregiver.
- Once the Family Caregiver training is completed, a VA clinician will visit the Veteran's home. The purpose of this visit is to make sure that the Family Caregiver and Veteran have everything they need to be safe and successful in the home setting.
- After the home visit is completed, the Family Caregiver will begin receiving a monthly stipend based on the Veteran's level need and required assistance. The Family Caregiver may also receive health insurance benefits through CHAMPVA if the Family Caregiver does not have existing health insurance. The stipend and health insurance benefits will be retroactive to the date of initial application.
- There are over two dozen services specific to Caregivers of Veterans of all eras that are currently being offered by VA. You can contact your local VA SORCC Caregiver Support Coordinator, Kristy Huddleston at 541-826-2111 extension 3798 or the Caregiver Support Line at 1-855-230-3274 for information on these and other caregiver resources and services.

## **Caregiver Benefits for Veterans of all Eras**

### **Current VA programs for Veterans and their Family Caregivers include:**

- In-Home and Community Based Care: This includes skilled home health care, homemaker home health aide services, community adult day health care and Home Based Primary Care.
- Respite Care: Designed to relieve the Family Caregiver from the constant challenge of caring for a chronically ill or disabled Veteran at home, respite services can include in-home care, a short stay in one of VA's community living centers or an environment designed for adult day health care.
- Caregiver education and training programs: VA currently provides multiple training opportunities which include pre-discharge care instruction and specialized caregiver programs in multiple severe traumas such as Traumatic Brain Injury (TBI), Spinal Cord Injury/Disorders, and Blind Rehabilitation. VA has a Family Caregiver assistance healthy living center on My HealthVet, [www.myhealth.va.gov](http://www.myhealth.va.gov), as well as caregiver information on the VA's main Web page health site; both Websites include information on VA and community resources and Caregiver health and wellness.
- Caregiver support groups and other services: Family Caregiver support groups, offered in a face to face setting or on the telephone, provide emotional and peer support, and information. Family Caregiver services include family counseling, spiritual and pastoral care, family leisure and recreational activities and temporary lodging in Fisher Houses.
- Other benefits: VA provides durable medical equipment and prosthetic and sensory aides to improve function, financial assistance with home modification to improve access and mobility, and transportation assistance for some Veterans to and from medical appointments.

# VA Doctors

Did you know that VA trains more than half of America's doctors? VA doctors have earned two Nobel prizes. Did you know that VA Doctors performed the first successful liver transplant at the Denver VA? Did you know that a VA doctor invented the first electronic device to replace a physiological function in the body...the heart pacemaker? The list of accomplishments goes on and on.

National Doctors Day is held every year on March 30th, a day to celebrate the contribution of physicians who serve our country by caring for its' citizens.



The first Doctors Day observance was March 30, 1933 in Winder, Georgia. Eudora Brown Almond, wife of Dr. Charles B. Almond, decided to set aside a day to honor physicians. This first observance included the mailing greeting cards and placing flowers on graves of deceased doctors. The red carnation is commonly used as the symbolic flower for National Doctor's Day.

On March 30, 1958, a Resolution Commemorating Doctors Day was adopted by the United States House of Representatives. In 1990, legislation was introduced in the House and Senate to establish a national Doctors Day. Following overwhelming approval by the United States Senate and the House of Representatives, on October 30, 1990, President George Bush designated March 30th as "National Doctors Day."

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## Changing the face of medicine

On November 27, 1946, VA announced the appointment of its first women doctors. Dr. Margaret D. Craighill, the first woman doctor to be commissioned in the Army Medical Corps, in 1943, became VA's first chief medical consultant on women veteran's medical care after her discharge from the Army. She Dr. Craighill was directly involved in the selection of VA's first women doctors and was also a member of the Menninger School of Psychiatry's first class held in Topeka, KS.

These doctors set out to ensure that medical care for women Veterans in VA hospitals and homes were kept at the highest possible standards at all times. VA's first women doctors, with branch office assignments as of November 1946, are listed below:

- Dr. Margaret Janeway – New York
- Dr. Marion C. Loizeaux – Boston
- Dr. Jane Liebfried – Philadelphia
- Dr. Gertrude R. Holmes – Atlanta
- Dr. Grace Haskin – Columbus, OH
- Dr. Angie Conner – Chicago
- Dr. Elizabeth Fletcher – St. Louis
- Dr. Eleanor B. Gutman – Seattle
- Dr. Hulda E. Thelander – San Francisco
- Dr. Ruther Bergess - Denver

**Thank you, VA Doctors, for your service to America and to America's Veterans!**

Presenting the:

# CycleSORCC Cruise

## Prosthetics/MOVE! Event

**Saturday, June 25, 2011**

SORCC

8495 Crater Lake Hwy., White City, OR

Sign-in starts at 7:00am/Ride starts at 8:00am



**Veterans, employees, and volunteers are invited to join this fun cycle event for health & fitness!**

Please RSVP for participation in this event by June 3rd, 2011:

-Sign up on line; Share Point, Committees, Cycle SORCC

-Veterans, call Chad at (541) 826-2111 ext. 3322

-Staff & volunteers, call Katie at 1-3938 or email [katherine.dodd2@va.gov](mailto:katherine.dodd2@va.gov)

Participants must provide their own water, snacks, sun block, tire repair kits, etc. Waivers will be completed at sign-in before the event. Helmets are required.

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## Features:

- Scenic routes along Jackson County back roads.
- A variety of routes with distances up to 22 miles.
- Well marked routes on lightly traveled roads.
- Convenient start/end location at SORCC.



# Lift with your back and twist.. *WHAT?!?!?!?*

By Matt Becker, DPT

Why would anyone want to work out in a gym? A gym is an odd place, it is filled with people; sweaty people making themselves work hard for what...health? As an average on-looker walking into a gym for the first time exercise looks painful and somewhat asinine. It does not look healthy at all, people laying down lifting a bar with weight on it that looks like it weighs more than they do, people bending over and lifting with their backs, people lifting a HUGE dumbbell over your head relying only on their arm strength so that weight does not suddenly drop and crush their skull. What are these people thinking? More than you think.

Working in a gym you see a lot of things that do not make sense. There is always one person who is grunting and groaning really loud, making a lot of noise annoying everyone else in the gym. This individual has not learned that when lifting you need to exhale when you are in the lifting phase and inhale when you are on the returning phase, the amount of noise that you can contribute has nothing to do with being able to lift more. Another person is lifting so much weight that you do not understand how the floor is not going to give out underneath them. This person is more than likely using poor body mechanics such as lifting with their back instead of their legs, has improper posture, or is compensating with other muscle groups. Lifting this way is ruining the whole idea of the exercise, which is to focus on one to two muscle groups. Then you have the person who is in really good shape sitting there staring at themselves in the mirror for what seems like an entire workout, but you never see them lift anything. This person, who we will call Narcissus, is somewhat of a conundrum, either they are making sure that you are not looking and they are doing their exercises when your head is down or else they are a genetic anomaly. Safe weight lifting takes careful calculation so that you will not hurt yourself. It takes a health conscious attitude, and most of all motivation that tells you that no matter how sore you are going to be the next day you have to stick with it. Working in the gym at SORCC I get to see a lot of people working out doing things that are right and doing things that may cause injury. These are some of the most common exercises and examples of how they are performed incorrectly.

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**Bench press:** One of the most common exercises that may be done completely wrong and can lead to injuries is the bench press. One of the most common issues with the bench press is people arch their backs, if you have been benching for a long time then you are definitely guilty of this at one time or another, yours truly included. A way to stop this is placing your feet up on the bench you are laying on with your knees bent, if you cannot get your feet onto the bench you are laying on place something under your feet elevating them a minimum of one foot. Exhale on the lift, inhale when you are bringing it down to your chest.

**Lat Pulldown-** The most common compensation for this exercise is bringing the bar down behind your neck. This makes me cringe on the inside.

When performing lat pulldown you should have perfect posture, when you bring the bar down behind your neck it forces your head forward and can lead to neck pain. Make sure you bring the bar down to your chest, with your head back with proper posture.



**Tricep pushdown:** The most common thing I see with this exercise is not to move your elbows. This exercise, to only target the triceps should be done with your arms at your sides not moving; elbows should only bend to 90 degree, then push down in a controlled manner.

**Bicep curl:** I cannot emphasize enough, **DO NOT USE YOUR BACK!!** This exercise should be done sitting in a chair with good back support, or else standing against a wall until you can get the hang on doing this without arching your back.

Seated knee extensions- Keep your back against the seat. With this exercise I see many people lifting their backs off of the back rest when the weight is returning to the down position which allows people to use their backs allowing them to lift more but increasing the risk of injury. Exercise is a wonderful activity. It can give you health, happiness, and vitality if done correctly. If don't incorrectly it can give you hernias, sprained ligaments and strained muscles. Correct exercise is the key to a long life of exercise. Some other words of advice:



1. Know your boundaries- One issue with beginner exercisers is that their mind thinks their bodies are in better shape.

When you are exercising listen to your body. Your body will tell you if you are doing too much. Remember that you are just starting a lifetime of exercising, try not to ruin it in 1 day.

2. My rule of thumb (and many other people who enjoy taking month long breaks from working out) is that if you do not work out for over a month that you will feel a little sore the day after a workout, 2 days after your workout, a Mac truck has run over you, backed up, ran over you again, backed up one more time and finished the job. This is called Delayed on-set muscle soreness, this soreness usually lasts 2-3 days, and sometimes longer. This is what deters many people from exercising because they are not used to being so sore.



3. Go slow- Many people exercise quickly, performing each repetition with such velocity that the exercise is done before they even feel any type of muscle burn. The best way to perform an exercise with maximum gain is to take a few seconds for each repetition. You are not in a race.

4. Make sure you drink a lot of water and eat a balanced diet. During a workout you will sweat, you need to replenish the fluid that you lose so plenty of water is good for you.

5. And last but not least, the most common question asked by many new weight lifters. How do I lose weight/get toned/gain strength. For weight loss you need to keep your heart rate elevated so circuit training/cardio will probably be the best route for you. To tone up performing high repetitions and low weight will help. To gain strength you want to lift moderate to heavy weight, low reps. Make sure you are listening to suggestion #1 and stay in your boundaries.

Exercising is a lifelong activity that can improve your physical health, improve your mental health, and improve your vitality and longevity. Working out in a gym will introduce you to many new people with many different views on health. It's a wonderful place to be....what are you waiting for?

#### **DISCLAIMER:**

Rule number 1: Talk to your Doctor first before starting any strenuous exercise program.

Rule number 2: Don't do anything stupid that will cause you to hurt yourself.

This article is not meant to turn you into the Arnold Schwarzenegger, Lance Armstrong, or Jillian Michaels of our day. This article is merely a work of the author after spending way too many hours in gyms, and multiple hours in school studying body mechanics. The exercises highlighted in this article are some of many exercises that are performed with poor body mechanics. You may have learned how to do exercises differently at some point or another and this article is not meant to change your workouts, just to make you more aware of possible injuries.

**Effective March 1ST, 2011**, the Department of Veterans Affairs began using the USA Staffing position posting system. To help ensure that all employees are given the utmost in training and educational resources regarding what this transformation means to you, there are two documents on the Human Resources Links section of the Sharepoint Drive: A link to the USA Staffing Information Center, which provides a multitude of different documents and webinars, and a guide to creating a www.USAJOBS.gov account.

The Human Resources Management Service (HRMS) encourage you to spend as much time as you can to familiarize yourself with these two resources. If you have any questions regarding USA Staffing and what it will mean for you, please do not hesitate to call Human Resources at 541-826-2111, extension

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1. When you receive notice that you have been selected to report to Jury Duty. You need to bring in a copy of the notice as soon as possible to the Supervisor or Timekeeper.
2. When you report for Jury Duty you must bring back a slip stating that you reported to Jury Duty from the Jury Duty Clerk. If you are involved in a Trial that goes past 5pm, you may ask the Court Clerk for a slip, also. Please turn this slip into your timekeeper. Please keep your supervisor informed of jury duty.
3. MP-4, Part II, Chapter 6, Section D, 6D.01 Jury Service: Employees of the VA, except those holding “when actually employed,” or intermittent appointments, called upon for jury service will be granted leave of absence for such purpose without a charge to their leave accounts, and carried on the records as “Court Leave (Jury).” An employee will be required to furnish evidence of jury service and the compensation received, and turn in to the agent cashier any fees received, except for jury service rendered during a period when he/she was in a nonpay status, or during a holiday on which he/she was excused from duty. .... If an employee refuses the amount payable by a State or Local court for jury service, there will be recovered from the employee, either by cash collection or salary deduction, the amount due the Government for the period he/she was absent from his/her official duties; however, the amount recovered will not exceed the salary otherwise payable to the employee for the period of his/her absence on account of jury service.
  - A. On the first day of Jury Duty you will be asked to fill out a Juror Questionnaire. Part B: Request/Waiver for payment of Juror Fees and Per Diem; Question 1: (b), (c) and (d) are very important to answer correctly. Question 1: (a) Are you employed? Yes
    - (b) Will your employer continue to pay your salary/wages while serving as a juror or potential juror? Please mark yes.
    - (c) Does your employment agreement require that you turn your juror fees over to your employer? Please mark yes.
    - (d) I wish to waive receipt of jury fee. Yes/No If you waive the amount payable by a State or Local court for jury service, there will be recovered from the employee, either by cash collection or salary deduction, the amount due the Government for the period he/she was absent from his/her official duties; however, the amount recovered will not exceed the salary otherwise payable to the employee for the period of his/her absence on account of jury service..
  - B. Remember that each court may have a questionnaire that may be a little different from the above questions. If you have a question on how to answer them, be sure to ask the Jury Duty Clerk at the time you are filling out the form. You are responsible for the jury fees whether you receive them from the courts or have to take them out of your pocket.
  - C. The only Court that you will not receive payment for is Federal Court, but you will receive a letter from them stating that you will not receive payment, because you are a Federal employee. Please bring a copy of that letter to your timekeeper.
4. When your Jury Duty is finished your timekeeper will do a Bill of Collection. You will have 30 days from the time you receive the notice of payment do, to pay the Agent Cashier. The Agent Cashier will not cash the check from the courts, you either need to pay by cash or personnel check. The Agent Cashier will give you a receipt for your payment.

Remember all jury duty fees are due the government and please do not waive the fee with the courts. If you serve on a Federal Court, you will receive a notice stating that you are a Federal employee and will not receive payment for jury duty. If you receive one of these letters bring in a copy to your timekeeper.

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VA SORCC Volunteers provide invaluable support in a variety of ways to our Veterans, their families and staff. Upcoming in April, the nation will celebrate National Volunteer Week. More recently, our facility recognized and honored our 500+ volunteers on March 2 at the annual volunteer banquet. Too often, volunteers are taken for granted. We can never say thank you enough or repay their selfless dedication, but we can remember a few simple considerations. If you have volunteers assigned to your area, also remember they are part of your workforce team. Afford them the same acts of thoughtfulness and incentive you would your paid staff.

#### 12 Ways to "Kill" Volunteer Support

1. Never acknowledge a volunteer
2. Never take more than five minutes to explain an assignment
3. Be impatient when asked a question
4. At least once an hour, ask the volunteer to do something other than what they were assigned to do
5. Never inquire about a volunteer's well being, family or health
6. Never be open to suggestions
7. Never ask a volunteer's opinion
8. Never give volunteers a place of their own to work
9. Never include a volunteer in meetings or decisions
10. Never call a volunteer by their name
11. Never challenge their intellect or skills