On July 20, 2012 the SORCC received official word that the Grants Pass Outreach Clinic had officially been made a Community Based Outpatient Clinic (CBOC). This is very good news because it now can be open to any eligible Veteran in the Grants Pass area.

Along with the change in designation comes the funding to put another primary care team at the clinic lead by a physician with support from an RN, LPN and a additional clerk. Recruitment efforts are currently underway to hire the additional staff and to realign the existing services at the Grants Pass CBOC to make space for the additional team.

In the future this clinic will have expanded services similar to what is currently being offered at the Klamath Falls CBOC.

Facilities Management Service is preparing to announce an expansion of space to nearly 9500 square feet. This will require a new lease with potentially some design and/or remodeling to accommodate our needs.

Our special thanks to all the staff, Veterans, service organizations and our congressional representatives for their loyal support during this effort to attain the CBOC designation.

Nancy Benton, PhD
Acting VA SORCC Medical Center Director
Who Needs Sleep?
Heart attacks and strokes are more common during the early morning hours. This fact may be explained by the way sleep interacts with...

CRISP
The Klamath Falls VA Community Based Outpatient Clinic (CBOC) re-opened its doors in June, The clinic temporarily closed its doors in preparation for relocating to...

Are You A Former Prisoner Of War?
In 1971, Mrs. Michael Hoff, an MIA wife and member of the National League of Families, recognized the need for a symbol of our POW/MIAs. Prompted...

Service With A Smile.
Customer service is an integral part of our job and should not be seen as an extension of it. A company’s most vital asset is its customers. It is no longer just a department but rather an attitude here at the VA...

Klamath Falls Ribbon Dedication
The Klamath Falls VA Community Based Outpatient Clinic (CBOC) re-opened its doors in June, The clinic temporarily closed its doors in preparation for relocating to...

15th Annual Veteran Pow Wow
White City VA Southern Oregon Rehabilitation Center and Clinic (SOR-CC) was host to the 15th Annual Rogue Valley Veterans Pow Wow. The event was open and free...

CRISP
The Department of Veterans Affairs is not taking any chances with our Veterans sensitive information. We have embarked on a mission to transform...
History of the National League of POW/MIA Families' POW/MIA Flag

In 1971, Mrs. Michael Hoff, an MIA wife and member of the National League of Families, recognized the need for a symbol of our POW/MIAs. Prompted by an article in the Jacksonville, Florida Times-Union, Mrs. Hoff contacted Norman Rivkees, Vice President of Annin & Company which had made a banner for the newest member of the United Nations, the People’s Republic of China, as a part of their policy to provide flags to all United Nations members states. Mrs. Hoff found Mr. Rivkees very sympathetic to the POW/MIA issue, and he, along with Annin’s advertising agency, designed a flag to represent our missing men. Following League approval, the flags were manufactured for distribution.

On March 9, 1989, an official League flag, which flew over the White House on 1988 National POW/MIA Recognition Day, was installed in the U.S. Capitol Rotunda as a result of legislation passed overwhelmingly during the 100th Congress. In a demonstration of bipartisan Congressional support, the leadership of both Houses hosted the installation ceremony.

The League's POW/MIA flag is the only flag ever displayed in the U.S. Capitol Rotunda where it will stand as a powerful symbol of national commitment to America's POW/MIAs until the fullest possible accounting has been achieved for U.S. personnel still missing and unaccounted for from the Vietnam War.

On August 10, 1990, the 101st Congress passed U.S. Public Law 101-355, which recognized the League's POW/MIA flag and designated it "as the symbol of our Nation's concern and commitment to resolving as fully as possible the fates of Americans still prisoner, missing and unaccounted for in Southeast Asia, thus ending the uncertainty for their families and the Nation".

The importance of the League's POW/MIA flag lies in its continued visibility, a constant reminder of the plight of America's POW/MIAs. Other than "Old Glory", the League's POW/MIA flag is the only flag ever to fly over the White House, having been displayed in this place of honor on National POW/MIA Recognition Day since 1982. With passage of Section 1082 of the 1998 Defense Authorization Act during the first term of the 105th Congress, the

ARE YOU A FORMER PRISONER OF WAR?

The VA Southern Oregon Rehabilitation Center & Clinics (SORCC) would like to recognize you in a POW/MIA Ceremony on September 21, 2012. If you have not already received a written invitation, please call (541) 830-7467 to RSVP and so that we may verify your current address for future invitations. We salute you!
League’s POW/MIA flag will fly each year on Armed Forces Day, Memorial Day, Flag Day, Independence Day, National POW/MIA Recognition Day and Veterans Day on the grounds or in the public lobbies of major military installations as designated by the Secretary of the Defense, all Federal national cemeteries, the national Korean War Veterans Memorial, the National Vietnam Veterans Memorial, the White House, the United States Postal Service post offices and at the official offices of the Secretaries of State, Defense and Veteran's Affairs, and Director of the Selective Service System.

KEEPING THE PROMISE
Benefits and Services for Former Prisoners of War

Definition Of A Former Prisoner Of War

Period of War – a former POW is a veteran who, while on active duty in the military, air, or naval service, was forcibly detained or interned in the line of duty by an enemy government or its agents or a hostile force during a period of war.

Periods of war include:
World War II, the Korean War, the Vietnam War, the Gulf War, Operation Enduring Freedom, and Operation Iraqi Freedom.

Peacetime-Comparable to Wartime - a former POW also includes a veteran who, while on active duty during peacetime, was forcibly detained or interned by a foreign government or its agents or a hostile force, if the circumstances of the internment were comparable to wartime internment (for example: Somalia or Kosovo).

Health Care
The VA health care system affords priority treatment for former POWs.

Due to Carpet Replacement in Voluntary Services B202, Voluntary Service has temporarily moved to B222 UN and the Donation drop off will also be in B222 LN room 107A, (Sun Porch area). The volunteer sign-in computer has temporarily been moved to the lobby area outside the Police Department greeting window in building 202.
Neuro-Psychiatric. Disabilities in this category are normal consequences of POW captivity. Some of these disabilities can show up many years following captivity and can produce mild to severe symptoms. Irritability, anxiety, restlessness, sleep disorders, and unsociability are only a few of the symptoms. These disabilities include:

- Psychosis
- Dysthymic Disorder (Depressive Neurosis)
- Any of the Anxiety States (e.g., PTSD)

Cold Injury. The freezing of tissue. The extremities farthest from the heart are usually affected, primarily the nose, ears, hands and feet. This usually produces long-term side effects such as numbness, discoloration, excessive swelling, pain, and possibly arthritis in the affected areas.

Traumatic Arthritis. This disability looks and is treated like degenerative arthritis (arthritis associated with age) except it is caused by severe trauma to specific joints.

The following additional conditions are presumed to be service-connected for Former POWs who were captive for 30 days or more:

Nutritional. These disabilities result from the long-term effects of the malnutrition suffered as a POW. While the former POW may not be suffering from malnutrition now, it is possible to have residual disabilities from malnutrition during captivity. These include:

- Avitaminosis – a disease resulting from lack of vitamins.
- Beriberi – a disease marked by inflammatory or degenerative changes of the nerves, digestive system, and heart caused by a lack of thiamin.
- Malnutrition (including atrophy associated with malnutrition).
- Pellagra – a disease marked by dermatitis, stomach disorders, intestinal disorders, and nerve symptoms associated with a lack of niacin.
- Any other nutritional deficiency.

Helminthiasis. Infectious residuals from any type of parasitic worm.

Gastrointestinal Disabilities. Includes:

- Peptic Ulcer Disease – ulcerations of the digestive tract.
- Irritable Bowel Syndrome – symptoms can include pain and constipation, chronic diarrhea, or both.
- Chronic Dysentery – frequent, watery stools with rectal/abdominal pain, fever and dehydration.

Peripheral Neuropathy. A neurological disorder characterized by numbness and tingling of the extremities. It can be caused by nutritional deficiency and will be evaluated by VA as a separate disability for each extremity affected.

Ischemic Heart Disease. A heart disability which may be related to service. Also called coronary artery disease, this disability is characterized by the narrowing of arteries which supply vital oxygen to the heart. Often treated by angioplasty or coronary artery bypass surgery, this is a disability which is commonly found in the aging population; however, this disability can be presumed to be related to service if a diagnosis of this type of heart disease is made and the veteran indicates swelling of the legs (edema) during captivity on his/her POW Protocol Examination.
Cirrhosis of the Liver. A chronic disease of the liver in which normal tissue is replaced with fibrous tissue and associated loss of liver function. It can result from nutritional deprivation or infectious hepatitis.

**Dependency And Indemnity Compensation (DIC)**

DIC is payable to the surviving spouse (and parents and children in some cases) of a former POW who:

- was a service member who died on active duty; or
- died from service-related disabilities; or
- died on or before September 30, 1999, and was continuously rated totally disabled for a service-connected condition (including individual unemployability) for at least 10 years immediately preceding death; or
- died after September 30, 1999, and was continuously rated totally disabled for a service-connected condition (including individual unemployability) for at least 1 year immediately preceding death.

DIC is terminated for a surviving spouse who remarries, but is resumed if the remarriage ends in death, divorce, or annulment. Generally, DIC entitlement continues for a surviving spouse who remarries on or after attaining age 57.

**Other VA Benefits**

The following are other significant VA benefits to which certain Veterans may be entitled: education and training, vocational rehabilitation & employment services, home loan guaranty, insurance, and burial benefits. Certain survivors may be entitled to health care, death pension, education and training, home loan guaranty, and burial in a national cemetery. Contact VA for more information.

For more information on the POW Program call toll-free 800-827-1000 TDD 1-800-829-4833 or Visit the VA Web Site WWW.VA.GOV

"When achievers fail, they see it as a momentary event, not a lifelong epidemic. It's not personal... The last time you failed, did you stop trying because you failed, or did you fail because you stopped trying? What was your level of commitment? Did you give the task everything you had? Did you go the extra mile? Did you put enough of yourself on the line to guarantee that you would give your very best? If you're committed, a failure doesn't mean that you'll never succeed. It just means that you will take longer."

- John C. Maxwell: Failing Forward
The VA SORCC held the 2nd annual VA2K Walk, Roll, & Run with Health Fair. The VA2K was held nationally at all VA facilities and features a 2K walk to promote wellness and benefit homeless Veterans. Additionally, the SORCC VA2K featured a health fair and a group run. The health fair spotlighted booths from 20 services & programs at the SORCC. At noon there was a group run held in loving memory of Kristy Huddleston, former Caregiver Support Coordinator at the SORCC. Over 200 Veterans, volunteers, and employees attended the VA2K. Entertainment was provided by the employee P Band and a solos saxophone performance by a SORCC Veteran. Over 150 items were donated for Homeless Veterans at this event. This event will recur next year on the third Wednesday of May. For more information on Health Promotion Disease Prevention, call (541) 826-2111 ext. 3554.

The VA2K Walk, Roll, & Run with Health

Remember to exercise

Make that “exercise to remember.”

Any exercise that gets the heart pumping may reduce the risk of dementia and slow the condition’s progression once it starts, reported a Mayo Clinic study published in Mayo Clinic Proceedings. Researchers examined the role of aerobic exercise in preserving mental abilities and concluded that it may help in fighting memory loss that comes with age. The researchers broadly defined exercise as enough aerobic physical activity to raise the heart rate and increase the body’s need for oxygen. Examples include walking, gym workouts, and activities at home such as raking leaves.

Employee Wellness

Don’t get stuck behind your desk!!!
Take a walk and refresh yourself, it can make all the difference in your productivity and well being.

Drink a glass of water!
Drinking a glass of water can refuel your body like charging a battery and give you the extra oomf you need.

Wash your hands!
It’s amazing how good it feels to have clean hands and can energize you.

Shut your Eyes!
Just two minutes of shutting your eyes can trigger a psychological response of calmness and serenity.

Laugh!
Think of something that makes you giggle, it will stimulate your body to release endorphins and make you feel better.

From your friendly neighborhood Occupational Health Nurse
1. Sleep Keeps Your Heart Healthy
Heart attacks and strokes are more common during the early morning hours. This fact may be explained by the way sleep interacts with the blood vessels. Lack of sleep has been associated with worsening of blood pressure and cholesterol, all risk factors for heart disease and stroke. Your heart will be healthier if you get between 7 and 9 hours of sleep each night.

2. Sleep May Prevent Cancer
People working the late shift have a higher risk for breast and colon cancer. Researchers believe this link is caused by differing levels of melatonin in people who are exposed to light at night. Light exposure reduces the level of melatonin, a hormone that both makes us sleepy and is thought to protect against cancer. Melatonin appears to suppress the growth of tumors. Be sure that your bedroom is dark to help your body produce the melatonin it needs.

3. Sleep Reduces Stress
When your body is sleep deficient, it goes into a state of stress. The body’s functions are put on high alert which causes an increase in blood pressure and a production of stress hormones. Higher blood pressure increases your risk for heart attacks and strokes. The stress hormones also, unfortunately, make it harder for you to sleep. Learn relaxation techniques to counter the effects of stress. There are also stress reduction techniques for sleep.

4. Sleep Reduces Inflammation
The increase in stress hormones raises the level of inflammation in your body, also creating more risk for heart-related conditions, as well as cancer and diabetes. Inflammation is thought to be one of the causes of the deterioration of your body as you age.

5. Sleep Makes You More Alert
Of course, a good night's sleep makes you feel energized and alert the next day. Being engaged and active not only feels great, it increases your chances for another good night's sleep. When you wake up feeling refreshed, use that energy to get out into the daylight, do active things, and be engaged in your world. You'll sleep better the next night and increase your daily energy level.

6. Sleep Bolsters Your Memory
Researchers do not fully understand why we sleep and dream, but a process called memory consolidation occurs during sleep. While your body may be resting, your brain is busy processing your day, making connections between events, sensory input, feelings and memories. Your dreams and deep sleep are an important time for your brain to make memories and links. Getting more quality sleep will help you remember and process things better.

7. Sleep May Help You Lose Weight
Researchers have also found that people who sleep less than seven hours per night are more likely to be overweight or obese. It is thought that the lack of sleep impacts the balance of hormones in the body that affect appetite. The hormones ghrelin and leptin, important for the regulation of appetite, have been found to be disrupted by lack of sleep. So if you are interested in controlling or losing weight, don't forget to pay attention to getting a good night's sleep.

8. Naps Make You Smarter
Napping during the day is not only an effective and refreshing alternative to caffeine, it can also protect your health and make you more productive. A study of 24,000 Greek adults showed that people who napped several times a week had a lower risk for dying from heart disease. People who nap at work have much lower levels of stress. Napping also improves memory, cognitive function and mood.

9. Sleep May Reduce Your Risk for Depression
Sleep impacts many of the chemicals in your body, including serotonin. People with a deficiency in serotonin are more likely to suffer from depression. You can help to prevent depression by making sure you are getting the right amount of sleep, between 7 and 9 hours each night.

10. Sleep Helps the Body Make Repairs
Sleep is a time for your body to repair damage caused by stress, ultraviolet rays and other harmful exposures. Your cells produce more protein while you are sleeping. These protein molecules form the building blocks for cells, allowing them to repair damage.
Diabetes is the leading cause of blindness in adults in the U.S.

Have you had your eyes examined for diabetic retinopathy recently? Complications can be prevented if caught in time.

If you are a diabetic Veteran patient and have not had your eyes checked in the past year, please call 541-826-2111, ext3765. If you have been seen by a private eye doctor in the past year, please help us to update our records. Please call 541-826-2111, ext3765 and tell us how long ago you had your eyes checked and if there were any problems with diabetes in your eyes.
VA SORCC held its 3rd Annual CycleSORRC bicycle ride. Forty-four riders were given t-shirts, commemorative dog tags, enjoyed a relaxing ride on country roads, had lunch, and all were given prizes. In addition to the riders there were nineteen volunteers who worked behind the scenes to set up, serve food, and clean up. This year’s showing was the best yet! (Right) Congratulations to this year’s bike winner Kathy Geiman.
Employee Spotlight

By Jedediah Kuhn

Dr. Michael Rulon has been serving our Veterans as the Women’s Health Medical Director at the SORCC for a little over a year. He brings over thirty years of experience as an OB/GYN to this position. In his role as director, Dr. Rulon aims to provide comprehensive, prompt, and responsive care to our female Veterans. “I want to make sure female Veterans are just as fully cared for and honored as male veterans have been historically,” he said.

Dr. Rulon is very conscious of the fact that female Veterans come to the SORCC with very different needs than male Veterans. One of his goals is to make sure female Veterans feel secure in the waiting areas and exam rooms. The VA SORCC is making great strides toward meeting this goal, as a new clinic area primarily dedicated to women’s health care is slated to open in the coming months. This new area will feature private exam rooms and a waiting lobby that is just for women.

Dr. Rulon is also sensitive to the fact that some women feel more comfortable being seen by a female doctor. The VA SORCC offers all female Veterans seeking care the option of being seen by a female health care provider. Dr. Rulon believes that Veterans will be better able to communicate their needs to providers with whom they are comfortable. Better communication leads to better healthcare. “I’m here to fight for the best interest of the patient,” Dr. Rulon said.

Dr. Rulon has also taken on the mantle of Medical Director of Palliative Care. Dr. Rulon gained experience in this field while participating in a fellowship. He said he hopes to link up with palliative care programs in other facilities, such as the Portland VA. This will help the SORCC expand and improve the services we offer to patients.

Away from work, Dr. Rulon likes to spend time at home relaxing with his family. He is married with four children and multiple grandchildren. He loves spending time in his garden, tending to his flowers and vegetables and collecting honey from his beehive. Dr. Rulon looks forward to spending sunny days this summer taking his grandkids fishing. “I feel very blessed,” he said.
Customer service is an integral part of our job and should not be seen as an extension of it. A company's most vital asset is its customers. It is no longer just a department but rather an attitude here at the VA. Without customer service, a company’s revenues will suffer and customers will go elsewhere. As a result, those in customer service have a direct impact on the perception that a customer has of an agency. The ability of a customer service representative to do things such as communicate effectively and problem solve are very important.

To gain the trust and understanding of the Veteran one must come across as a good customer service staff that is there to meet the needs of the Vets. Providing positive customer service is to better serve the Vet. To help the Vet feel like he or she is not just another number, one must make them feel they are worth the time and that their service to our country means something.

Customer Service Representatives (CSR) must be able to communicate effectively in person and over the phone. In person the CSR must ensure that their body language does not contradict what they’re saying. Their non-verbal cues should be in sync with what they are saying. Even over the telephone one must actively listen to the Veteran. This means asking clarifying questions to ensure that they understand the Veteran’s issue and restating the Vet’s problem to inform the customer that they are being listened to. Regardless of how the customer service is delivered, the representative must have problem solving skills. They should know how to ask the proper questions to get the appropriate solution. The CSR needs to get to the core of the Veteran’s issue, gather information, create solutions for the Vet and assist in implementing those solutions.

All of us have aspects of our jobs that feel routine, mundane, and sometimes boring. Often these activities require little thought or planning. Unfortunately, this is the place where our service momentum lags or breaks down first. Redefining the routine, mundane and mindless aspects of our job functions often reveals new opportunities for service at a level unexpected by our Veterans. Take a brief survey of the routines in your job that you dread, dislike, or find boring.

Talk to someone who is creative and ask for suggestions that might breathe new life and excitement into these routines. A new pair of eyes may be just what we need to get a fresh perspective that we can’t see ourselves. People remember most what they experience last. Making the last few seconds count is a great way to not only build rapport but to leave your Veteran with good thoughts about their experience. The first step to accomplish this is to display and communicate an appreciative attitude. Tell them specifically what you appreciate about them, because this proves that you know and care about what others do for you. Never part company without asking if there is any other way you can help them. Offering your assistance is the single best way to identify continuing or additional needs your Veteran may have.
Employee Appreciation Day

Horse Shoe Competition
First place (defending champs) Mike Kilbane and Joshua Horn
Second place Bill Lucas and Rick Bell,
Third place Keith Dillard and Jeffrey Miller.

Golf Competition
With an even par
Gloria Arenas
Dan Melicke
Roger Hudson
Steve Baker

The Longest drive Josh Horn
Closest to the pin Tim Bell

Free Throw Competition
First Place Benjamin Giesebracht with 10 points under a minute
Second Place Andrea Cordova with 9 points under a minute
Third Place Dalton Maurin with 8 points under a minute

Thanks to all of those of you who came out and participated and made it another great Employee Appreciation Day. A special thanks to the Employee Appreciation Day committee for all your hard work.
Another Great Employee Appreciation Day!!
The Klamath Falls VA Community Based Outpatient Clinic (CBOC) re-opened its doors in June. The clinic temporarily closed its doors in preparation for relocating to its new expanded location at 2225 N. Eldorado Blvd. The new location will more than double the size of the Klamath Falls VA clinic and expand its health care services.

As part of the expansion, new equipment was purchased so the clinic can offer more services to patients. The original clinic opened in October 2000 at 2819 Dahlia St., to offer primary and nursing care, mental health services, and medication management for Klamath Basin Veterans. Before the Klamath CBOC opened, the nearest VA medical clinic was in White City. The expansion will allow the clinic to offer more services to existing clients and allow patients to transfer their primary care services from White City to Klamath Falls.

Photos: (top) The New Klamath Falls CBOC, (middle) Dr. Randy Nelson, ACOS, Primary Care. Dr. David Donnelly, Chief of Staff. Dr. Nancy Benton, Acting Director. David Connolly, Klamath Falls CBOC Manager. Kelly Goudreau, Nurse Executive. Sharon Kalvels, Associate Director. (below) Klamath Falls crew and ribbon cutting attendees.
Safety Is Our Business

Safety in the workplace is everyone’s responsibility. If you see hazardous conditions or are concerned about your work environment, please alert your supervisor, Occupational Health or Safety Officer right away and follow up by filling out an employee work order in the Vista system; it’s how we keep track of keeping you safe.

If you have a ‘near miss’ incident where you are not hurt, but could have been, please fill out a form 2169 and submit it to Occupational Health or the Safety Officer so we can evaluate the work environment and ensure your safety and your co-workers. Also, remember that part of being safe in the workplace, is following all policies and procedures set forth by the VA. Cutting corners or working outside your scope isn’t just unsafe for you, it’s unsafe for your fellow employees.

Be a sport and report!

Help Save Energy

In an effort to help the SORCC continually reduce energy usage; please turn off lights in any room when lights are no longer needed. Lighting accounts for 5 to 10 percent of total energy use, and when multiplied by the number of users, the potential for waste is enormous. Make the most of natural daylight, and turn off unnecessary lights. Be proactive; turn off lights whenever they are not needed. Some types of bulbs are more efficient than others, but the most-energy efficient bulb of all is one that’s turned off when not in use.

David Schellinger, Energy Engineer, VA Roseburg/White City
WHERE TO FIND HELP SUBMITTING A CLAIM FOR VA COMPENSATION
Locate A Veteran Service Officer Near You

Federally chartered national Veteran Service Officers (VSOs) are recognized or approved by the US Department of Veterans Affairs (VA) Secretary for purposes of preparation, presentation, and prosecution of claims under laws administered by the VA. For more information, call VA: 1-800-827-1000. There are two types of VSOs:

- the local post or chapter VSOs who are part-time volunteers, and
- the full-time professional VSO.

### Jackson County - Bob Carson
1000 E. Main St. Ste. 3  
Medford, OR 97504-7460  
Office Hours: Monday - Friday, 8 a.m. - 12 p.m. & 1 p.m. - 5 p.m.  
By appointment only  
Phone and Fax: 541-774-8214 and 541-774-8177  
Web: www.co.jackson.or.us/SectionIndex.asp?SectionID=40

### Klamath County - Kathy Pierce
123 N. 4th St  
Klamath Falls, OR 97601  
Office Hours: Monday - Friday, 8 a.m. - 5 p.m., by appointment only  
Phone and Fax: 541-883-4274, Fax: 541-885-2440  
Web: http://www.co.klamath.or.us/Veterans

### Josephine County - Lisa Shipley
Veteran Service Office  
500 NW 6th St. Dept. 15  
Grants Pass, OR 97527  
Office Hours: Phone and Fax: 541-474-5454 and 541-474-5106

Inclusion of an organization in the directory does not constitute approval or endorsement by VA, the U.S. Government or by ODVA and the State of Oregon of the organization or its activities.

### The American Legion
Monday - Friday, 8 a.m. - 4 p.m.  
503-412-4771 or FAX 503-412-4772

### Disabled American Veterans (DAV)
Monday–Thursday, 9 a.m.–3 p.m.  
503-412-4750 or FAX 503-412-4751

### Military Order of the Purple Heart (MOPH)
Monday – Friday: 7 a.m. - 3 p.m.  
503-412-4770 or FAX 503-412-4769

### National Association for Black Veterans (NABVETS)
503-412-4159 or FAX 503-412-4156

### Paralyzed Veterans of America (PVA)
503-412-4762 or FAX 503-412-4763
White City VA Southern Oregon Rehabilitation Center and Clinic (SORCC) was host to the 15th Annual Rogue Valley Veterans Pow Wow. The event was open and free to the public and there were hundreds of Native Americans and non-Natives in attendance.

The PowWow Committee has been committed to providing Veterans at the SORCC and from around the Northwest with access to healing and restoration through the experience of Native American practice, acknowledgement, and fellowship.

The VA SORCC is proud of its commitment to culture sharing. The annual Rogue Valley Veterans Pow Wow provides an opportunity for residents in rehabilitation programs at the SORCC and citizens of the greater Rogue Valley to experience the beauty, pageantry and spirituality of this traditional Native American gathering.

Part of the healing quality of the Pow Wow comes from the focus on service to family, community and country. Native American storytellers weave the idea of the spiritual nature of service to others as a key element in recovery. These qualities are also highly valued in the VA SORCC rehabilitation mission. The residents of the SORCC who helped the elders and children find their way or helped set up and tear down the tents and shelters, displayed the healing power of community. The Pow Wow offers a beautiful display of how Veterans can experience healing by helping others.

The Rogue Valley Veterans Pow Wow Committee wishes to thank the VA SORCC, SORCC Stakeholder council, the residents and staff for all their help and all Veterans, families, and business for their support and attendance to the 15th Annual Rogue Valley Veterans Pow Wow. The success of this event is directly related to the combined efforts of everyone.
Building 201 is being updated to a two story approximately 16,500 gross square footage (GSF) Outpatient Ambulatory Care and clinic expansion to the existing clinic and incorporate access to primary care. The expansion includes 18 exam rooms, 8 offices, 6 team rooms, 2 conference rooms, 2 treatment rooms, 2 elevators, 2 waiting rooms, 8 check-in desks and lobby. The demolition of old quarters building 245, approximately 24,800 GSF, will be replaced with a new 90 vehicle parking lot.
After a decade of war, more than 1 million active-duty military personnel are expected to join the ranks of America’s 22 million Veterans over the next five years. To ensure they, and every other generation that has safeguarded the Nation, receive the high-quality care and benefits they have earned, VA relies on a sophisticated network of information technology systems.

The Department of Veterans Affairs is not taking any chances with our Veterans sensitive information. We have embarked on a mission to transform the way we protect you and other vital VA information. Introducing CRISP: Continuous, Readiness in Information Security Program. It was created by the VA Office of Information and Technology to shelter VA information from inappropriate exposure or loss. Most importantly, CRISP embodies “VA I CARE” core values of Integrity, Commitment, and Excellence. Securing information is everyone’s responsibility and that cohesive theme will be interwoven into the fabric of normal operations across VA.

CRISP Goals

1. Protect the trust relationship with every Veteran.
2. Promote key habits in all VA personnel.
3. Optimize the potential of technology in information security.
4. Streamline the administration of information security.

Top Ten CRISP Habits We Will Practice to Protect You.

• Secure Personally Identifiable Information on paper.
• Encrypt sensitive Veterans data or avoid its use in digital formats.
• Have correct authority to use computers and systems.
• Protect all IT equipment and systems from theft or loss.
• Regularly change my passwords and use strong versions.
• Limit use of government equipment to appropriate tasks.
• Rapidly report any information incidents or losses.
• Follow storage and security procedures with removable media.
• Avoid peer-to-peer file sharing or other public access to VA systems or data.
• Pay close attention to physical access to VA buildings and offices.
The tendency for alcoholism to occur more frequently in some families than in others has long been recognized. Such familial aggregation has been attributed to heredity, to environment, and more recently, to an interaction between the two (M. Russell). Children of alcoholics are thought to be at heightened risk for development of alcoholism. However, there remains much controversy surrounding this. This is where biological vs. environmental factors come into play. Many scientific studies, including research conducted among twins and children of alcoholics, have shown that genetic factors influence alcoholism (NIAAA). These findings show that children of alcoholics are about four times more likely than the general population to develop alcohol problems. Research shows that the risk for developing alcoholism does indeed run in families. The genes a person inherits partially explain this pattern, but lifestyle is also a factor. Currently, researchers are working to discover the actual genes that put people at risk for alcoholism (NIAAA). Some researchers believe that even now specific genes have been traced back to alcoholism. Scientists have identified a gene that appears to play a role in regulating how much alcohol people drink and say their finding could help the search for more effective treatments for alcoholism and binge drinking (Reuters).

Research shows that many factors influence your risk of developing alcoholism. Some factors raise the risk, while others lower it. Genes are not the only things children inherit from their parents. How parents act and how they treat each other and their children has an influence on children growing up in the family. Other than genetics, there are factors like a person's nature, family background and perception towards life, that make him addicted to alcohol. These aspects of family life also affect the risk for alcoholism. Adults from alcoholic families experience higher levels of state and trait anxiety and lower levels of differentiation of self than adults raised in non-alcoholic families. Additionally, adult children of alcoholics have lower self-
esteem, excessive feelings of responsibility, difficulties reaching out, higher incidence of depression, and increased likelihood of becoming alcoholics (Elaine; DelCampo, Robert L. (March 1998)). It has also been stated that children of alcoholics have an increased suicide rate and on average have a total health care cost 32% higher than children of nonalcoholic families (Wikipedia).

Children of alcoholics also have a higher risk for many other behavioral and emotional problems. But alcoholism is not determined only by the genes you inherit from your parents. In fact, more than one–half of all children of alcoholics do not become alcoholic. Research has shown that familial transmission of alcoholism risk is at least in part genetic and not just the result of family environment. The task of current science is to identify what a person inherits that increases vulnerability to alcoholism and how inherited factors interact with the environment to cause disease. This information will provide behavioral and pharmacologic approaches to prevent and treat alcohol problems (NIAAA).

Research also shows that many factors influence your risk of developing alcoholism. Some factors raise the risk while others lower it. Genes are not the only things children inherit from their parents. There are behaviors that are modeled as well, such as how parents act, treat each other and how they cope with stressors that also have an influence on children growing up in the family (Fisher). Other than genetics, there are factors like a person’s nature, family background, and perception towards life that can make one susceptible to alcoholism.

Just as a family history of alcoholism does not guarantee that you will become an alcoholic, neither does growing up in a very troubled household with alcoholic parents. Just because alcoholism tends to run in families does not mean that a child of an alcoholic parent will automatically become an alcoholic too. The risk is higher but it does not have to happen. Some research studies suggest that the environment in which the child grows determines whether he or she would become an addict. Such as people who get addicted to alcohol because they are unable to overcome problems in their lives. They may have poor coping skills and have seen by their family or friends behavior that the easy way to cope is to numb yourself with alcohol. Another important thing to remember is that even though genes play an important role in alcohol addiction, it depends on a person’s inner ability and strength, which determines whether the individual would turn alcoholic or not (Deepa Kartha), even if they may be playing with a loaded gun.

Just because alcoholism tends to run in families does not mean that a child of an alcoholic parent will automatically become an alcoholic too.
Ahhh...how cute! Right?

Although it is in our nature to cuddle and care for animals and people alike, remember that you should never attempt to feed, pet or capture a feral friend.

- An estimated 4.7 million canine bites occur in the U.S. each year and nearly 800,000 dog bites require medical care
- Only two lizards in North America are poisonous, the Hila monster and the Mexican Bearded lizard, but infections from other lizard or non-venomous snakes usually occur due to small teeth breaking off in the wound and carrying viruses such as salmonella
- Squirrels can carry rabies and in some cases Typhus and involves aggressive medical therapy
- Avian flu can be transmitted through small tears in skin by bird beaks as well as other infections such as swimmer’s itch, histoplasmosis, toxoplasmosis, and giardia

Bites that break the skin and bites of the scalp, face, hand, wrist, or foot are more likely to become infected. Cat scratches, even from a kitten, can carry "cat scratch disease," a bacterial infection.

We ask that you report any encounter, or near encounter that occurs in the workplace to occupational health so we may evaluate the situation. Please do not try to capture or in any way relocate wildlife. Our pest specialist is happy to take care of it! It takes less than a blink of an eye for animals to act like, well, animals.

A reminder from your friendly neighborhood Occupational Health Nurse
**VA Mission Statement**

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

**Vision Statement**

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

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

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

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**CRD Calendar of Events**

<table>
<thead>
<tr>
<th>Month</th>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>September</td>
<td>3rd</td>
<td>Labor Day - CRD Closed</td>
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<tr>
<td></td>
<td>4th-16th</td>
<td>Stand Down - VA Roseburg</td>
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<tr>
<td></td>
<td>21st</td>
<td>POW/MIA Recognition Ceremony*</td>
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<tr>
<td>October</td>
<td>8th</td>
<td>Columbus Day - CRD Closed</td>
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<td></td>
<td>31st</td>
<td>Halloween Carnival*</td>
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<tr>
<td>November</td>
<td>5th</td>
<td>VAVS Committee Meeting, 10 am Activity Room</td>
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<tr>
<td></td>
<td>11th</td>
<td>Veterans Day Ceremony, Theater, 10 am@</td>
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<tr>
<td></td>
<td>29th</td>
<td>Patient’s Christmas Gift Shop Set up Gift Shop 1 pm*</td>
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<tr>
<td></td>
<td>30th</td>
<td>Patient’s Christmas Gift Shop (day 2)</td>
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</tbody>
</table>

*=Volunteer assistance needed
@= Volunteers invited to attend