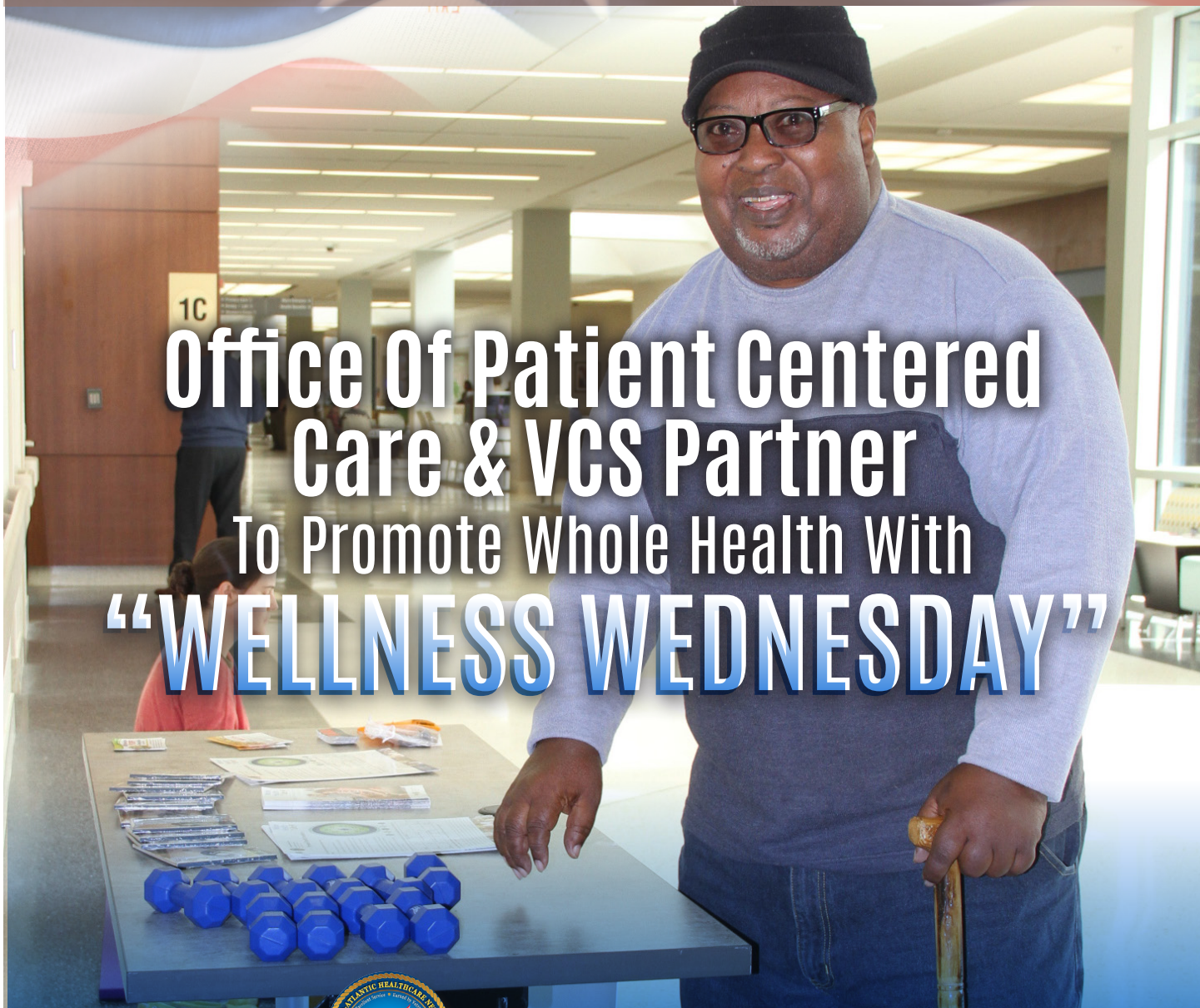


VOICES OF VISN 6

— Excellent Care – Earned by Veterans – Delivered Here —

Office Of Patient Centered Care & VCS Partner To Promote Whole Health With “WELLNESS WEDNESDAY”



Inside This Issue

- 3 Ending Veteran Suicide
- 4 Hampton VA Initiates Leadership Series For Staff
- 6 Charles George VA Collects National Awards
- 7 A Successful First Year in the Immediate Care Clinic
- 8 Richmond Holds First Vow Renewal Ceremony During National Salute Week
- 11 Getting With The “Flow”

FEATURE COVER STORY | By Jeff Melvin | FAYETTEVILLE VA COASTAL HCS

Veterans and staff at the Fayetteville Health Care Center Feb. 13 got a chance to participate in “Wellness Wednesday.” During this event observed at VAs across the nation, Veterans Canteen Service partnered with The Office of Patient Centered Care - Whole Health for Life to promote healthy food and lifestyle merchandise options available at local VA Canteen and Retail Stores.

Marketing and informational materials, coupons, and items focusing on how VCS merchandise, food and services relates to the Whole health for Life Program were on display.

Veteran Charles Mainer examines the “Wellness Wednesday” display table at the Fayetteville HCC Feb. 13. (Photo by Jeff Melvin)

STORY CONTINUES ON PAGE 10

Message from the Network Director



Can you believe we are already well into 2019! There is a lot happening in the Network as well as throughout VA. I'll tell you a little about it here. But first, with so much going on, I'd like to share something we're doing to help serve Veterans with distinction. I've asked staff to reflect on their "why." What motivates them and why are they dedicated to our mission, Veterans and staff?

Many of you have heard my "why," a story beginning in 1984, when I joined VA. My first introduction to the system was linking my WWI grandfather to healthcare. My WWII father, said to me then, "you need to work for the VA and help make it a better place." 31 years later, I had the great honor of being the Director for the Durham VAHCS where my dad spent his final months under Hospice Care. My "why" has become stronger each and every day. I'd like to share a couple of VA initiatives we hope will help drive home the idea for staff how important the Veteran (patient) experience is to outcomes.

Recently, several of our staff at-

tended VA's national Patient Experience (PX) Symposium with VHA senior leadership, network and facility directors, and PX champions. "Patient experience" summarizes the interactions during a Veteran's visit that can influence perceptions of VA healthcare. One of the most successful methods to improve patients' experience is Own the Moment training, introducing principles that guide our experiences with Veterans and their families.

Not long ago, I traveled with some of my VISN leadership to the VA High Reliability Organization (HRO) Summit in Orlando, Florida. In health care, becoming the HRO means that your facility instills a culture of safety, continuous improvement, and leaderships commitment to safety and reliability.

Market Area Health Systems Optimization teams began visiting VISN 6 locations February 15. Also known as Market Assessments, the teams will analyze health care resources there, measuring Veteran needs against the

resources available. The resulting assessment will help us roadmap our provision of foundational services to Veterans in each of these market areas and make plans to optimize services Veterans need.

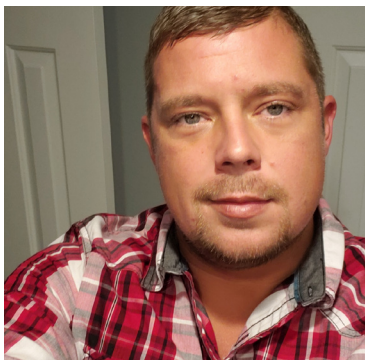
We hope these and other environment of care transitions enrich Veterans' experiences to help them live better.

— *DeAnne M Seekins, Network Director*



Dr. Carolyn Clancy (Center, right), Deputy Undersecretary for Discovery, Education, and Affiliate Networks, and VISN 6 Director DeAnne Seekins (center, left) are flanked by members of VA's Office of Research and Development (ORD) and members of the Richmond VAMC Research Team during a recent summit at the medical center. Office of Research and Development members included Dr. Rachel Ramoni, Chief Research and Development Officer, Dr. Chris Bever, Director, Biomedical Laboratory Research and Development Service, and Dr. Michael Fallon, Chief Veterinary Medical Officer.

Veteran Airlifted from Cozumel by the Durham VA Health Care System



Veteran Jameson Ryan Parker is grateful to everyone who helped in getting him airlifted from Cozumel, Mexico, to the Durham VA for emergency health care.

Durham, N.C. — On Jan. 10, 2019, Army Veteran Jameson Ryan Parker was airlifted from Cozumel, Mexico, to the Durham VA Health Care System. Mr. Parker began having symptoms of pneumonia while on vacation with his girlfriend Megan, and her 4-year old daughter, Aaliyah. After receiving medical attention from the medical staff on his cruise, Mr. Parker was taken to one of the local hospitals in Cozumel.

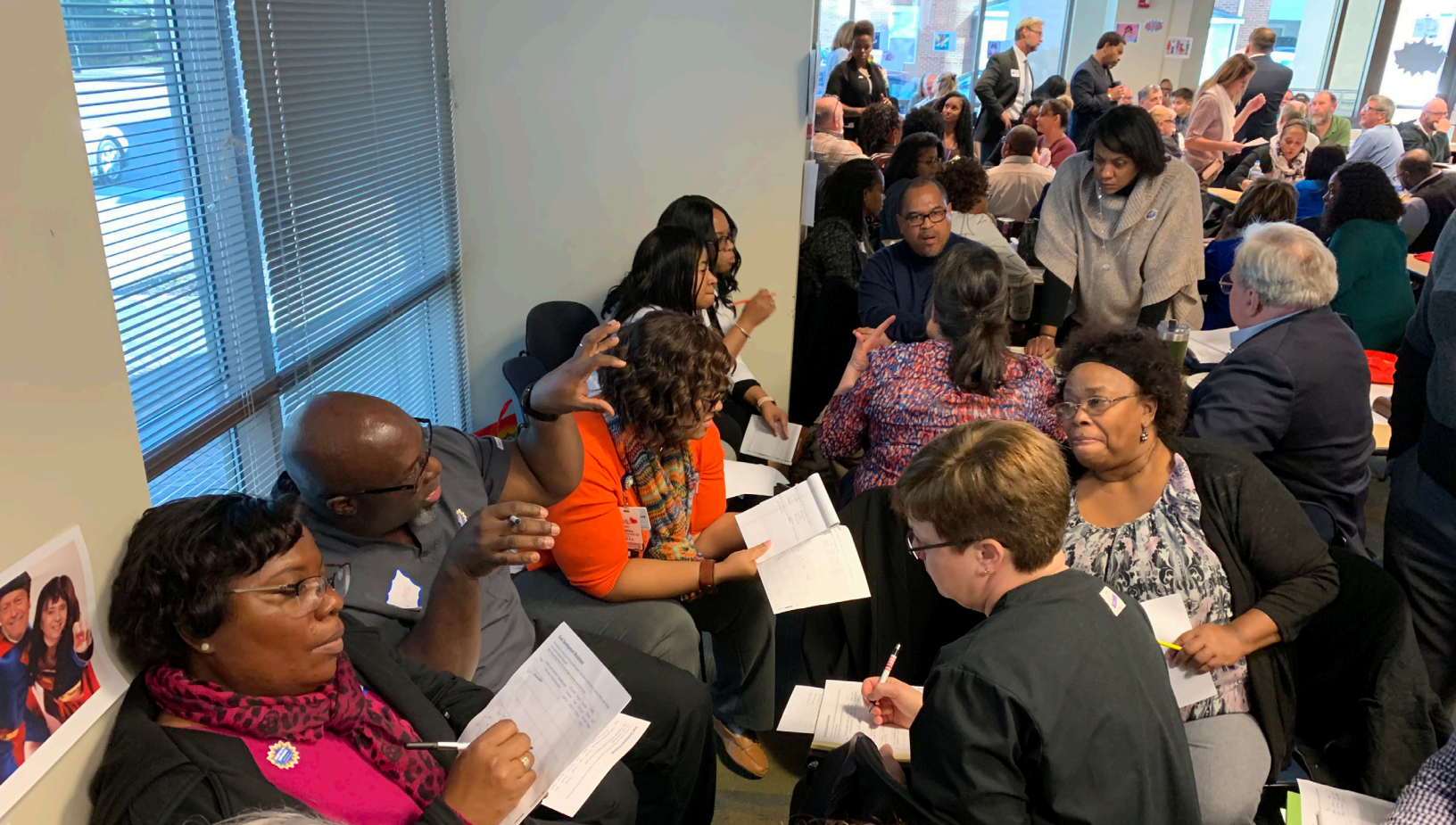
"Basically, I was in pretty bad shape and I don't remember many of these days, but my father contacted a congressman in North Carolina to get me back over here, along with the VA staff," said Parker.

The first VA medical facility to be informed about the status of Mr. Parker's health was the Miami VA Health Care System, who called a Durham VA Health Care System Administrator on Duty (AOD.) It was at this point that the Patient Transfer Center reached out to Cathy Kruger, a licensed clinical social worker here at the Durham VA.

The Patient Transfer Center has been developed to help coordinator movement of Veterans coming into the VA Health Care system and to also coordinate care for Veterans in the community, who may be receiving medical care from local hospitals.

Once she was notified, Ms. Kruger began

CONTINUED ON PAGE 3 >>



Hampton VA Initiates Leadership Series for Staff

For several months, the Hampton VA Medical Center staff has implemented and experienced vast organizational change. Two years ago, the facility found itself in need of revision. Since that time the Hampton team has worked arduously to make things happen. Many times, they found the challenges facing them daunting and overwhelming, but they soldiered through. With so much going on, as staff made changes to programs, policies, behavior and attitudes, across the board, it seemed oftentimes that nothing stayed the same.

To manage the fast-changing environment, Hampton leadership has begun to rally their staff around a new management protocol. Recognizing that change is tough and too much change can cause stress, pushing staff away from the path they want to follow, the team has adopted training in the Studer Group method.

According to their website, “Studer Group works with healthcare organizations in the United States, Canada, Australia, and beyond, to help them achieve and sustain exceptional improvement in clinical outcomes and financial results. A Huron (company) solution, Studer Group partners with organizations to build a sustainable culture that promotes accountability, fosters innovation, and consis-

tently delivers a great patient experience and the best quality outcomes over time.”

Hampton hosted its first, very successful Studer Leadership Development Institute (LDI) on Jan. 25. Each LDI will enable Hampton VA leaders to gather and engage in a day of learning. Through these LDIs, leaders will enhance their current knowledge, skills and ability to achieve Hampton VA Medical Center’s goals.

Studer Groups’ overarching coaching process is based on the Evidence-based Leadership (EBL) model of execution and accountability. EBL lays the foundation for a culture of execution that helps organizations respond to new initiatives and change quickly. The EBL framework helps accelerate rates of improvement and efficiency in any measurable outcome. **The EBL has three major components:**

Aligned Goals: Organizations must implement an objective evaluation system that tells leaders not only what they’re supposed to be doing, but also what their priorities are.

Aligned Behavior: Standardizing leader behavior ensures predictable responses from their employees.

Aligned Processes: Consistency in process allows people to move more effectively, and opens the door to acceleration — the phase during which results start getting better and better.

Some of the LDIs support accountability, reduce leadership variance by providing the skills needed to improve, and help to sustain outcomes. They also help individuals to share responsibility and instill ownership.

The model relies heavily on open, transparent communication to prepare employees for what’s coming, and to encourage them to begin thinking about ways they can deal with the changes. It assumes that people react better when they know the “why” — not that they’ll completely understand, but they will recognize at least a purpose.

As the Hampton team continues to move forward, with this tool they hope the changes become easier because they will better understand what they’re doing and why, then because they’ll begin to see and enjoy the results.

(TOP PHOTO) On Friday, Jan. 25, the Hampton VAMC leadership team kicked off our first Studer Group Leadership Development Institute (LDI). These LDIs will be a quarterly opportunity for all Hampton VAMC leadership to get together and learn the best way to move Hampton VAMC forward in a new way.



WASHINGTON — The U.S. Department of Veterans Affairs (VA) announced that Veterans interested in registering for the 2019 National Veterans Wheelchair Games can do so online Jan. 7 through April 15.

Presented by the U.S. Department of Veterans Affairs (VA) and Paralyzed Veterans of America (PVA), the world's largest sports event for Veterans who use wheelchairs will be held July 11-16 at Robley Rex VA Medical Center in Louisville, Ky.

The event is a sports and rehabilitation competition to engage Veterans who use wheelchairs due to spinal cord injuries, amputations or other neurological conditions.

"I encourage every Veteran interested in

competing at the National Veterans Wheelchair Games to register for this important event," said VA Secretary Robert Wilkie. "The games exemplify VA's commitment to supporting Veterans as they navigate through recovery and rehabilitation to active, independent lives. Sports and recreation play an important role in this journey, enhancing Veterans' positive mental health and physical wellbeing."

Each year, Veterans challenge themselves and cheer on their fellow Veterans in the excitement-packed games. This year, David Zurfluh, national president of PVA and a service-disabled Air Force Veteran, plans to compete alongside hundreds of other Veter-

ans at the games.

The National Veterans Wheelchair Games offer 19 different competitive events, including air guns, archery, basketball, bowling, field events, hand cycling, nine-ball, power soccer, quad rugby, slalom, softball, swimming, table tennis, track, trapshooting and weightlifting. Athletes compete against others with similar athletic ability, competitive experience or age.

For more information about the games, visit www.wheelchairgames.org. Follow VA Adaptive Sports on Facebook, Twitter and Instagram at [@Sports4Vets](https://www.instagram.com/Sports4Vets).

Salem VA's Hospice and Palliative Care Service Teams Up With Local Veterans to Dedicate Memorial

By Laura Hart | PA-C, GERIATRICS, HOSPICE AND PALLIATIVE CARE

On Sunday, Nov. 18, 2018, members of Salem VA Medical Center's Hospice and Palliative Care Team, along with the medical center's Executive Leadership Team, Ms. Stackhouse, Dr. Hutchins, Dr. Chappell, Mr. Moye, Pam McAnally, and many other employees, volunteers, and family members of our fallen Veterans, dedicated the newest memorial on the grounds at Salem VA Medical Center: The Service Insignia Memorial.

Located between Buildings 1 and 2, this beautiful memorial was designed by Jeff Webster and was completed in October 2018 by Jeff and his team of dedicated co-workers — William Buchanan, Mike Arnold and Dennis Leary. These gentlemen are all Veterans themselves, having served in the Army, Air Force and Marine Corps. This made the completion of this memorial especially meaningful for them. The five service emblems were donated by Carlos and Patty Hart — both Air Force Veterans — and by active participants in Salem VA Medical Center's Gerofit program.

The memorial is the newest in a growing memorial area that is utilized twice a year to hold memorial services for families and friends of all Veterans who have passed away at the

Salem VA Medical Center in the six months prior to the memorial service. The services are held twice a year, around Memorial Day and Veterans Day. The area is also open year-round for Veterans, families and friends to visit.

In the near future, the Hospice and Palliative Care team plans to include a brick paved

walkway from the sidewalk to the memorial area.

(Photo Below) Dennis Leary, William "Buck" Buchanan, Jeff Webster, Patty Hart, Carlos Hart (Photo: Laura Hart, PA-C)



The Service Insignia Memorial was recently dedicated at the Salem VA Medical Center.

Taking the Time to Mourn

Story and Photos by Scott Pittillo | CHARLES GEORGE VAMC PUBLIC AFFAIRS

Working at a VA facility, staff might not realize how many people pass away there each year — people they form relationships with and end up caring deeply for before they're gone. While the family of each person often has their own quiet memorial service, many people may not know that most VAs also hold a memorial service for Veterans who have recently passed away.

The Charles George VA Medical Center has a memorial once every quarter; inviting families and staff to mourn, and remember together the Veterans who have passed away at the facility.

Led by the Chaplain Service, it's a simple service that includes, among other things, music performed by employees, a welcome from the medical center Director and a reading of the names of those who have passed away.

"The Memorial Services are vitally important. In many instances, we as people are conditioned to or willfully choose to stuff our grief and this can lead to an onslaught of difficulties in life. In our Quarterly Memorial Services, we provide the opportunity for our Veterans' family and friends and our VA

staff to pause, remember, and reflect," says Charles George VAMC Chaplain Jeremiah Richards. "We seek to provide an opportunity to honor and remember what has been lost."

Exactly 63 names were read at one of the recent services — 63 Veterans who had received care at the medical center before passing on in the last three months. Employees have known many of these Veterans for years, forming lasting and memorable relationships — relationships that should be celebrated and remembered.

Richards says the Asheville VA has been doing their local service since at least 1993 and probably before that.

Anyone who is interested in attending a service at a local facility should contact their local Chaplain's Service for the dates and times of their local services.

(TOP-PHOTO) Licensed Clinical Social Worker Rebecca Moore-Painter (left) and Physician Salvatore D'Angio provide music at CGVAMC's Quarterly Memorial Service. **(BOTTOM PHOTO)** CGVAMC Chaplain Jeremiah Richards speaks at the Charles George VA Medical Center's Quarterly Memorial Service.



Charles George VA Medical Center personnel receive the Organizational Health Award 2018 All Employee Survey for Employee Engagement.

Charles George VA Collects National Awards

Charles George VA Medical Center was recently awarded two prestigious national awards. The Organizational Health Award 2018 All Employee Survey highlights the medical center's excellence in employee satisfaction, and the VA Excellence in Patient Experience — Overall Best Experience Award, highlighting the medical center's excellent customer service.

Bestowed by VA Secretary Robert Wilkie, the Organizational Health Award shows that Charles George VA employees rated the facility the best VA in the nation for which one could work.

The medical center and its Community Based Outpatient Clinics were among the highest-scoring sites on the 2018 VA All Employee Survey (AES). Of the 66 AES items, the medical center had 62 scores that were significantly higher compared to peer institutions. (And tied for the most among VHA facilities.)

The Overall Best Experience Award, given during the national VA Patient Experience Symposium in Arlington, Va., highlighted the medical center's efforts to provide quality, Veteran-centered health care and services.

The facility is one of 12 finalists across the nation, evaluated in Patient Experience, Employee Experience, and a 1,000-word essay on specific aspects of the Patient Experience at their facility. "We cannot overestimate the importance of our Veterans' and their family members' customer experience in our health care facilities," said Dr. Richard Stone, VHA Executive in Charge.

The Overall Best Experience award reflects employees' commitment to Owning the Moment and providing outstanding customer service for all Veterans, family members, caregivers, and fellow employees.



Charles George VA Medical Center personnel receive the Organizational Health Award 2018 All Employee Survey for VA Excellence in Patient Experience.

VA Wait Times for New Appointments Equal to or Better Than Those in Private Sector

JAMA study compared four VA specialty care services with private care

WASHINGTON — A study recently published in the Journal of the American Medical Association (JAMA) shows that VA significantly reduced wait times for Veteran patients in primary care and three specialty care services between 2014 and 2017.

The study, titled “Comparison of Wait Times for New Patients Between the Private Sector and United States Department of Veterans Affairs Medical Centers,” compared wait times between VA and private-sector clinicians in 15 major metropolitan areas for appointments in primary care, dermatology, cardiology and orthopedics.

For all specialties except orthopedics, VA wait times were similar to private-sector wait times in 2014, and were shorter in 2017.

“Since 2014, VA has made a concerted, transparent effort to improve access to care,” said VA Secretary Robert Wilkie. “This study affirms that VA has made notable progress in improving access in primary care, and other key specialty care areas.

“This progress represents another reason Veterans Choose VA for their health care, following on a recent Dartmouth study that found VA medical centers ‘outperform private hospitals in most health care markets throughout the country,’ and the Partnership for Public Service ranking VA as one of the Top 6 Best Places to Work in the federal government.”

According to the JAMA study, average wait time in 2014 for a VA appointment in one of these specialties was 22.5 days, compared with 18.7 days for private-sector physicians. In 2017, the average VA wait time was 17.7 days, while the private-sector average was 29.8 days. That translates to a shorter average wait time of 12 days in VA, compared with the private sector.

Primary care, dermatology and cardiology wait times were all shorter than in the private sector in 2017. While orthopedic wait times were longer for VA in both 2014 and 2017, they did decrease during the study period.

According to the study, the number of patients seen yearly in VA increased slightly between 2014 and 2017, to around 5.1 million. VA patient satisfaction has also risen, according to patient surveys cited in the study.

For more information about VA access to health care, visit <https://www.va.gov/health-care/about-va-health-benefits/>.

Kimberly Pasquino (Left), Lisa Rose (Center), Chief Nurse Outpatient Care, and Lory Hudgins simulate patient treatment

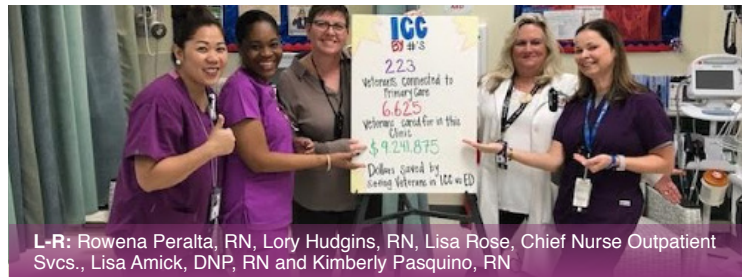
A Successful First Year in the Immediate Care Clinic

By Lisa Amick | HAMPTON VAMC ICC

Feb. 20, 2019, marked the one-year anniversary of the Immediate Care Clinic (ICC) at the Hampton VAMC. The ICC was established because of rapid and unplanned growth, coupled with provider- and support-service staffing shortages. As a result, same-day access within the clinics was not always feasible. Additionally, the Emergency Department (ED) was often overburdened with primary care patients. The negative impact of the situation could be felt in primary care and in the ED, through longer ED wait times, increased numbers of patients leaving without being seen, and increased risks and costs to the facility.

Although most thought the introduction of the ICC, as a solution, was unorthodox, the ICC has proved a valuable resource for Veterans, primary care teams and the ED. It serves as a bridge between the ED and primary care for Veterans that were unassigned, ensuring that those with the desire to be assigned to a PACT had an appointment scheduled before leaving the ICC. The ICC has assisted traveling and transferring Veterans in need of immediate care, ensuring that they received the care they needed. The ICC has been a Veteran satisfier, with Veterans commenting that this clinic is “quick and efficient care” and the “staff are amazing and caring.”

The goals of the ICC were to decompress an already crowded ED, decrease ED wait times and costs, as well as to recapture these Veterans back into primary care. After just one year, we have accomplished those goals.



L-R: Rowena Peralta, RN, Lory Hudgins, RN, Lisa Rose, Chief Nurse Outpatient Svcs., Lisa Amick, DNP, RN and Kimberly Pasquino, RN

The ICC by the numbers are:

- 223 Veterans connected to primary care
- 6,625 Veterans seen in the ICC
- \$9,241,875 dollars SAVED by seeing the Veterans in the ICC vice the ED

Hampton VAMC’s ICC has proven to be a huge success for our Veterans. Congratulations ICC on a job well done!

MESSAGE FROM THE SECRETARY

Department of Veterans Affairs (VA) Commemoration of the *50th Anniversary* OF THE VIETNAM WAR

President Trump signed the Vietnam War Veterans Recognition Act on March 28, 2017, to recognize and thank our Vietnam Veterans and their families for their service and sacrifice during one of the longest wars in our country's history. This Act designates every March 29th as National Vietnam War Veterans Day. It is a time for all Americans to come together to remember and honor the service and sacrifice of our Vietnam Veterans.

We remember 9 million American men and women — some 6.6 million living today — who served on active duty in the U.S. Armed Forces during our involvement in Vietnam from Nov. 1, 1955, to May 7, 1975. Whether they were stationed in-country, in-theater, or elsewhere during those two decades, they answered the call to duty.

I am the son of a Vietnam Veteran and career Army officer. One of the most traumatic days of my life was being told that my father had been gravely wounded in the invasion of Cambodia in 1970. I was six. After 3 long years of recovery, he returned to the 82nd Airborne Division. So my family and I experienced firsthand the enormous sacrifices this generation of Americans made in courageous service to our nation.

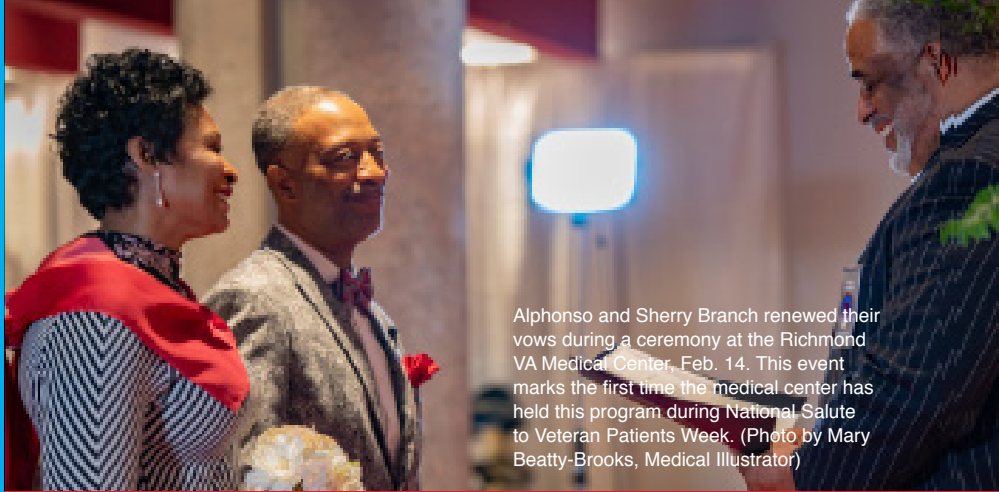
This year, VA joins over 10,000 organizations across the country as a commemorative partner supporting the Department of Defense in this Vietnam War Commemoration. And I encourage all VA leaders to either host ceremonies or participate in community events from March 25th to March 29th. It is our duty to show our deep gratitude to this generation of warriors and their families.

Please visit <https://www.vietnamwar50th.com/> to learn how your organization or facility can be a commemorative partner and participate in this important tribute. Official commemorative partnership offers historical media and opportunity to request lapel pins and other recognition items to present to Vietnam Veterans.

Thank you all for your service to VA and your devotion America's Veterans.

Robert L. Wilkie

- Robert L. Wilkie



Alphonso and Sherry Branch renewed their vows during a ceremony at the Richmond VA Medical Center, Feb. 14. This event marks the first time the medical center has held this program during National Salute to Veteran Patients Week. (Photo by Mary Beatty-Brooks, Medical Illustrator)

Richmond Holds First Vow Renewal Ceremony During National Salute Week

By Keith Gottschalk | VAMC PUBLIC AFFAIRS

St. Valentine himself may have been smiling down upon those gathered in the McGuire VA Medical Center chapel to see four Veteran couples renew their wedding vows, just before.

The chapel was decorated with rose petals, and lit candles lined the main aisle, the pathway for a procession of brides and bridegrooms, ready to pronounce their undying love for one another.

As the ceremonies concluded, there was hardly a dry eye in the house.

The four couples who renewed their vows were: Thomas (Tommy) and Carol Briggs, Pompay and Clementine Bailey, Matthew and April Gill, and Al and Sherry Branch. The vow renewal ceremony was part of the National Salute to Veteran Patients Week at McGuire, and it was a joint effort by both Voluntary Service and Chaplain's office.

Voluntary Service Chief Kristy Coie-Day brought the idea of a vow renewal day with her from a former position at another VA. "This is part of recognizing the sacrifices of Veterans and their spouses," said Coie-Day. "We bring them back together to show our support through their union."

For the Briggs family, their renewal may have evoked a sense of *déjà vu*; they were married in the same chapel in 2006 after being introduced at American Legion Post 137 in south Richmond. They currently volunteer at McGuire and have a combined total of more than 17,455 volunteer hours.

For Carol, who is now 70, it was her first marriage (at 58), but she said even though she had to wait, "God gave me the perfect husband." Tommy replied, "Well, I'd marry her again tomorrow."

"Isn't he sweet?" asked Carol, the couple seemed as giddy as teenagers.

A particularly dramatic moment came after the Gill family exchanged their vows in front of Chaplain James Johnson. Matthew broke into a sonorous love song for his bride: an acapella verse from K-Ce & JoJo's hit song "All my Life." Chief of Chaplains Dewane Stone said that moment typified the sincerity of the entire ceremony.

"When he sang that song — you can't script that," Stone said. "That comes right from the heart." Stone said he felt the ceremony was one of joy and one of hope — that true love thrives.

"These couples showed us that real love is still alive, and all we have to do is look for it," said Stone. "It still is out there."



April (left) and Matthew Gill give each other a kiss after renewing their vows in front of Chaplain James Johnson during a special Valentine's Day ceremony at the Richmond VA Medical Center. (Photo: Jason H. Miller, Visual Information Specialist)

NATIONAL CREATIVE ARTS FESTIVAL

Showcases Veteran Talent

SALISBURY, N.C. — On Feb. 9, the chilly weather outside didn't stop poets, singers, musicians and artists from showcasing their art forms at the Salisbury VA's local competition of the National Creative Arts Festival.

This year, Salisbury VA had nine creative writing entries, eight vocal performance entries, two instrumental performance entries, and 26 fine art entries.

"The Creative Arts Festival was an amazing show of talent from the Veterans who use the Salisbury VA," Salisbury VA Medical Center Director Joseph Vaughn said. "I was incredibly impressed with the musical and creative talent of all the Veterans who participated. To share some of the written and visual art, we are working with our partner in the competition, the American Legion Auxiliary, to put together a booklet that can be shared and placed in our waiting areas for everyone to enjoy."

The annual competition is open to Veterans enrolled in VA health care and includes more than 50 categories in the visual arts division ranging from oil painting to leatherwork. In addition, there are 100 categories in the performing arts pertaining to all aspects of music, dance, drama and creative writing.

Veterans who are interested in submitting fine art or performing for next year's NCAF competition can contact the Salisbury VA Recreation Therapy department at (704) 638-9000 extension 13575 or extension 13065. Entries are accepted beginning in December or January, and are announced on Salisbury VA's Facebook page and participating partners'.

The National Creative Arts Festival is sponsored jointly by the U.S. Department of

Veterans Affairs and the American Legion Auxiliary.

For further information about VA services, visit www.explore.va.gov or like us on Facebook at www.facebook.com/VASalisbury.

Aligned This year's winners are:

Poetry, Humorous – **Jeremy Chapman**
 Poetry, Inspirational – **Angel Herlong**
 Poetry, Patriotic – **Eileen Gavellini**
 Poetry, Other – **Angel Herlong**
 Vocal Solo, Country/Folk/
 Bluegrass – **Diane Stine**
 Vocal Solo, Pop – **Angel Herlong**
 Vocal Solo, Spiritual – **Bruce Douglas**
 Vocal Solo, Rap/Hip Hop – **Jeremy Chapman**
 Original Vocal – **Angel Herlong**
 Vocal Group, Country/Folk/Bluegrass –
 Coffee & Teainstrumental Solo, Country/
 Folk/Bluegrass – **Sam Gallimore**
 Acrylic Painting – **Tom Petty**
 Oil Painting – **Angel Herlong**
 Watercolor – **Tom Petty**
 Monochromatic Drawing – **Kelly O'Gara**
 Colored Drawing – **Kelly O'Gara**
 Pastels – **Terry Elliot**
 Sculpture – **Judy Fleming**
 Color Photography – **Angel Herlong**
 Fine Art, Military Combat
 Experience – **Tom Petty**
 Woodworking – **Calvin Norton**
 Carving – **Judy Fleming**
 Applied Art, Mixed Media – **Kelly O'Gara**
 Craft Coloring Kit – **Linda Moore**
 Fine Art, Special Recognition/
 Mental Health – **Diana Rahe**



Colored Drawing 1



VCS, OPCC Partner To Promote Whole Health With “Wellness Wednesday”

Other activities included a yoga demonstration by a Kionna Zappe, an active duty soldier from Fort Bragg who was on hand to represent the VETOGA organization. VETOGA is a non-profit based in Washington, D.C., whose mission is to provide yoga, meditation and healing arts to military, veterans, their families, and communities. VETOGA holds free monthly yoga classes, events and veteran specific teacher trainings throughout the year at locations across the country.

Blue Cross Blue Shield Federal Employee Program representatives also took part in the inaugural event, sharing information about their health coaching for non-VET employees and other health improvement opportunities.

Last year, VA began expanding peer community outreach and group sessions in the VA Whole Health initiative from 18 Whole Health Flagship facilities to all facilities. Whole Health recognizes the patient as a whole person and helps support a patient's unique needs. Whole Health goes beyond an individual's illnesses, injuries, or disabilities, focusing on values and aspirations, recognizing that health and wellbeing includes self-care and complementary therapies such as acupuncture, massage and yoga, along with conventional medical care.

To learn more about Whole Health, visit Whole Health For Life.

And don't forget to check out VCS' new online shopping site: www.shopvcs.com.



VETOGA member Kionna Zappe demonstrates yoga techniques during the Wellness Wednesday promotion at the Fayetteville HCC Feb. 13. (Photo by Jeff Melvin)

NC STRIVE

SAVE THE DATES

PURPOSE: To equip administrators, faculty and staff in higher education with information, resources, and networking that will enhance the experience and success of student Veterans in their pursuit of certificates and degrees.

INVITEES: Administrators, faculty and staff from 2-year and 4-year public and private colleges and universities; LME/MCOs; treatment providers; Veteran services organizations; behavioral health advocates; federal and state agencies; and others.

COST: Free but registration required.

STUDENT TRANSITION RESOURCE INITIATIVE FOR VETERAN'S EDUCATION



STRIVE Eastern Conference Slated for April 24

By Jeff Melvin | FAYETTEVILLE VA COASTAL HCS

Veteran students have found themselves in better places recently, thanks to the Student Transition Resource Initiative for Veteran's Education (STRIVE). The organization, sponsored in part by VA and NC Governor's Working Group, will hold its Eastern Regional Conference at Craven Community College in New Bern April 24.

The organization provides assistance, tools and resources to facilitate Veterans' smooth transition from the military to higher education, and from higher education to the workplace. The group works for Veterans' successful integration into community colleges and four-year public and private colleges and universities through seamless access to state and community behavioral health services, supports and resources, VA healthcare services and Veteran's benefits, Vet Centers, and on-campus support and resources.

Formed in 2014, the organization and its conference have grown every year. Members of the planning committee brought together a broad coalition to design the statewide conferences, including the NC Division of Mental Health, Developmental Disabilities, and Substance Abuse Services (DMHDDSAS); the Governor's Institute; the U.S. Department of Veterans Affairs (VA); community colleges; the UNC System; the NC Independent Colleges and Universities; the NC Department of Public Instruction; the NC Department of Military and Veterans

Affairs; the NC National Guard; and advocacy organizations.

In fact, STRIVE used to hold a single conference each year, but to afford more advocates and vendors opportunities to network where it counts for them, they created regional conferences for greater access.

Each regional conference was designed and implemented by a regional planning committee responsible for planning the conference, securing a location, and raising funds to support the lunches and breaks. They also planned the agenda, addressing themes like behavioral health, military culture and other topics specific to their region.

Susan Watkins, OEF, OIF, OND Program Manager at Durham VA Health Care System says, "As many of you know, Greenville and Morehead support a large number of Veterans."

"It is a great opportunity for us to be hosting the 2019 NC Strive Eastern Conference," said Michael Mitchell Martin, Craven Community College Military Affairs Resource Coordinator.

STRIVE partners are committed to our Veteran population, and this initiative is completely community-based and locally funded through donations and in-kind gifts. Other STRIVE Conferences are taking place at Blue Ridge Community College (April 9), Central Piedmont Community College (April 23), and NC State University (June 6).

VISN 6 Sites Of Care & VA Vet Centers

MEDICAL CENTERS

Asheville VAMC

1100 Tunnel Road
Asheville, NC 28805
828-298-7911 | 800-932-6408
www.asheville.va.gov

Durham VAMC

508 Fulton Street
Durham, NC 27705
919-286-0411 | 888-878-6890
www.durham.va.gov

Fayetteville VAMC

2300 Ramsey Street
Fayetteville, NC 28301
910-488-2120 | 800-771-6106
www.fayettevillenc.va.gov

Hampton VAMC

100 Emancipation Dr.
Hampton, VA 23667
757-722-9961 | 866-544-9961
www.hampton.va.gov

Richmond VAMC

1201 Broad Rock Blvd.
Richmond, VA 23249
804-675-5000 | 800-784-8381
www.richmond.va.gov

Salem VAMC

1970 Roanoke Blvd.
Salem, VA 24153
540-982-2463 | 888-982-2463
www.salem.va.gov

Salisbury VAMC

1601 Brenner Ave.
Salisbury, NC 28144
704-638-9000 | 800-469-8262
www.salisbury.va.gov

OUTPATIENT CLINICS

Albemarle CBOC

1845 W City Drive
Elizabeth City, NC 27909
252-331-2191

Brunswick County CBOC

18 Doctors Cl., Units 2 & 3
Supply, NC 28462 | 910-754-6141

Charlotte CBOC

8601 University East Drive
Charlotte, NC 28213
704-597-3500

Charlotte HCC

3506 W. Tyvola Rd.
Charlotte, NC 28208
704-329-1300

Charlottesville CBOC

590 Peter Jefferson Pkwy
Charlottesville, VA 22911
434-293-3890

Chesapeake CBOC

1987 S. Military Highway
Chesapeake, VA 23320
757-722-9961

Danville CBOC

705 Piney Forest Rd.
Danville, VA 24540
434-710-4210

Emporia CBOC

1746 East Atlantic Street
Emporia, VA 23847
434-348-1500

Fayetteville HCC

7300 So. Raeford Rd
Fayetteville NC 28304
910-488-2120 | 800-771-6106

Fayetteville Rehabilitation Clinic

4101 Raeford Rd. Ste 100-B
Fayetteville NC 28304
910-908-2222

Franklin CBOC

647 Wayah Street
Franklin, NC 28734-3390
828-369-1781

Fredericksburg CBOC

130 Executive Center Pkwy
Fredericksburg, VA 22401
540-370-4468

Fredericksburg at Southpoint CBOC

10401 Spotsylvania Ave, Ste 300
Fredericksburg, VA 22408
540-370-4468

Goldsboro CBOC

2610 Hospital Road
Goldsboro, NC 27909
919-731-4809

Greenville HCC

401 Moye Blvd.
Greenville, NC 27834
252-830-2149

Hamlet CBOC

100 Jefferson Street
Hamlet, NC 28345
910-582-3536

Hickory CBOC

2440 Century Place,
SE Hickory, NC 28602
828-431-5600

Hillandale Rd. Annex

1824 Hillandale Road Durham
North Carolina 27705
919-383-6107

Jacksonville CBOC

4006 Henderson Drive
Jacksonville, NC 28546
910-353-6406

Jacksonville 2 VA Clinic

306 Brynn Marr Road
Jacksonville, NC 28546
910-353-6406

Jacksonville 3 VA Clinic

4 Josh Court
Jacksonville, NC 28546
910-353-6406

Kernersville HCC

1695 Kernersville Medical Pkwy
Kernersville, NC 27284
336-515-5000

Lynchburg CBOC

1600 Lakeside Drive
Lynchburg, VA 24501
434-316-5000

Morehead City CBOC

5420 U.S. 70
Morehead City, NC 28557
252-240-2349

Raleigh CBOC

3305 Sungate Blvd.
Raleigh, NC 27610
919-212-0129

Raleigh II Annex

3040 Hammond Business Place
Raleigh, NC 27603
919-899-6259

Raleigh III CBOC

2600 Atlantic Ave, Ste 200
Raleigh, NC 27604
919-755-2620

Robeson County CBOC

139 Three Hunts Drive
Pembroke, NC 28372
910-272-3220

Rutherford County CBOC

374 Charlotte Road
Rutherfordton, NC 28139
828-288-2780

Sanford CBOC

3112 Tramway
Road Sanford, NC 27332
919-775-6160

Staunton CBOC

102 Lacy B. King Way
Staunton, VA 24401
540-886-5777

Tazewell CBOC

141 Ben Bolt Ave.
Tazewell, VA 24651
276-988-8860

Virginia Beach CBOC

244 Clearfield Avenue
Virginia Beach, VA
757-722-9961

Wilmington HCC

1705 Gardner Rd.
Wilmington, NC 28405
910-343-5300

Wytheville CBOC

165 Peppers Ferry Rd.
Wytheville, VA 24382-2363
276-223-5400

DIALYSIS CENTERS

VA Dialysis and Blind Rehabilitation Clinics at Brier Creek

8081 Arco Corporate Drive
Raleigh, NC 27617
919-286-5220

VA Dialysis Clinic Fayetteville

2301 Robeson Street, Ste. 101
Fayetteville, NC 28305, 910-483-9727

VET CENTERS

Charlotte Vet Center

2114 Ben Craig Dr.
Charlotte, NC 28262
704-549-8025

Fayetteville Vet Center

2301 Robeson Street
Fayetteville, NC 28305
910-488-6252

Greensboro Vet Center

3515 W Market Street, Suite 120
Greensboro, NC 27403
336-333-5366

Greenville Vet Center

1021 W.H. Smith Blvd.
Greenville, NC 27834
252-355-7920

Jacksonville, N.C. Vet Center

110-A Branchwood Drive
Jacksonville, NC 28546
910-577-1100

Norfolk Vet Center

1711 Church Street
Norfolk, VA 23504
757-623-7584

Raleigh Vet Center

8851 Ellistree Lane
Raleigh, NC 27617
919-856-4616

Roanoke Vet Center

350 Albemarle Ave.
SW Roanoke, VA 24016
540-342-9726

Virginia Beach Vet Center

324 Southport Circle, Suite 102
Virginia Beach, VA 23452
757-248-3665

VISN 6 Newsletter

Voices of VISN 6 is published monthly by VA Mid-Atlantic Health Care Network.

Questions or comments about the newsletter, email stephen.wilkins2@va.gov or call 919-956-5541

VISN 6 EDITORIAL

DeAnne Seekins // VISN 6 Network Director
Linda Exner // Acting Deputy Network Director
Tara Ricks // Director of Communications
Steve Wilkins // Editor

PRODUCTION TEAM

Fanning Communications
John Fanning // President + CEO
DeAnna Clark // Graphic Designer
Karl J. Paloucek // Editor + Copywriter

