



VA MID-ATLANTIC HEALTH CARE NETWORK - VISN 6

Vol. 1, No. 1

"Excellent Care – Earned by Veterans – Delivered Here"

Voices of VISN 6

Official news from around *your* VISN

Nov. 10, 2010

FVAMC, WAMC sign resource sharing charter

By Ed Drohan
Fayetteville VAMC public affairs

With the stroke of a pen, the Fayetteville VAMC took another positive step as good stewards of taxpayer resources.

Elizabeth Goolsby, Fayetteville VAMC director, and Col. Brian Canfield, commander of Womack Army Medical Center on Fort Bragg, signed a charter Oct. 14 establishing the Joint Committee for Resource Sharing. The committee, made up of members of both organizations, was established to research and establish opportunities to utilize both facilities to better serve both the active duty military population and area Veterans.

While the committee was officially established with the charter signing, resource sharing has already been actively taking place for some time to the benefit of both organizations.

Respiratory therapists from Fayetteville VAMC have been trained by Army medical personnel on how to properly intubate patients who need breathing assistance. The training involved actually inserting breathing tubes for patients in the operating room under the supervision of Army trainers. Another round of training will be taking place again in the near future.

Since turnabout is fair play, the Fayetteville VAMC

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Brad Garner

Elizabeth Goolsby and Col. Brian Canfield sign a charter Oct. 14 establishing the Joint Committee for Resource Sharing. The committee will research opportunities to better utilize both facilities.

Durham Balance Lab Diagnoses Dizziness

By Steve Wilkins
VISN 6 public affairs

Experiencing dizziness is common among Veterans with Traumatic Brain Inju-

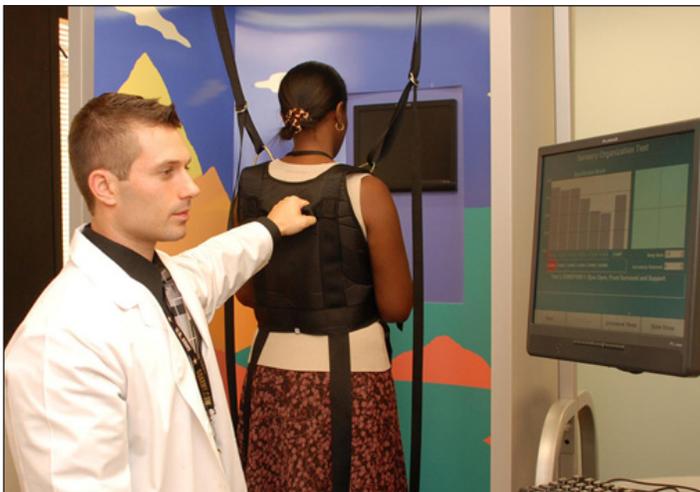
ries, and one important cause is an abnormal balance system. There are many treatments which may improve the problem with balance, but it has been a challenge for clini-

cians to accurately determine the actual cause of the ailment. Like any abnormality, being able to provide the best treatment rests on being able to obtain the best diagnosis and a new technology allows for faster and more accurate diagnosis.

A team of specialists at the Durham VAMC is focusing on this rapidly-growing issue and has developed a protocol which appears to enable them to better diagnose the root cause, which in turn provides the Veteran with the most appropriate treatment.

According to Dr. Bruce Capehart, leader of the Durham OEF/OIF Team, the new balance lab is incorporating the state-of-the-art equipment to help clinicians find and focus in on which of the person's senses is responsible for the dizziness.

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Linnie Skidmore

Durham VA Medical Center Audiologist Dr. Adam Mehlenbacher works with a patient using Computerized Dynamic Posturography to help diagnose balance issues affecting brain function.

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From the Director
“Voices of VISN 6”
Worthy of Attention



Today, many of us are often overwhelmed by the amount of information fighting for our attention. I hesitated to add to your inbox, but my conversations with Veterans, Veterans Service Officers, elected officials, business and civic leaders, made it clear that there is a need for more communication regarding VA's efforts within the VISN's boundaries. So, I'm pleased to introduce this new monthly newsletter – *Voices of VISN 6*.

VA is undergoing a true transformation. Referred to as T-21 (transformation for the 21st century), VA is actively pursuing all avenues to develop itself into a high-performing 21st century organization focused on providing for our nation's Veterans. Secretary Shinseki has forged the foundation to build a people-centric, results-driven and forward-looking operation. As stated in VA's Strategic Plan, VA will

be an advocate for the Veterans we serve, their families, their loved ones, and their caregivers. VA is working to anticipate the needs of Veterans, and to be proactive in meeting those needs. This transformation will leverage the power of 21st century technology and know-how.

So, with dynamic changes on the horizon, our goal is to help communicate national efforts coming from VA, as well as to spotlight what VISN 6 and staff are doing to enhance access and quality of care for the Veterans we serve.

I hope you find *Voices of VISN 6* both interesting as well as informative, and I welcome feedback to ensure that we are providing quality, meaningful information worthy of your time.

Sincerely, Dan Hoffmann

★ THE GREAT AMERICAN ★
SMOKEOUT
QUIT FOR A DAY. QUIT FOR LIFE.
November 18, 2010
 Department of Veterans Affairs

**The Great American Smokeout:
 Quit for a Day, Quit for Life**

No matter how long you've been smoking, it's never too late to quit. In fact, quitting smoking is one of the best things you can do for your health—at any point in your life. This November 18, join the thousands of Americans who quit smoking each year during the Great American Smokeout. Learn more at www.publichealth.va.gov/smoking/quit_smoking.asp.

Voices of VISN 6 is published on the 10th of each month. The contents provide readers with information on VA programs designed to enhance the lives and health care of Veterans. Questions or comments should be forwarded to Bruce.Sprecher@va.gov

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VA Paying New Agent Orange Claim Benefits

WASHINGTON – The Department of Veterans Affairs has begun distributing disability benefits to Vietnam Veterans who qualify for compensation under recently liberalized rules for Agent Orange exposure.

“The joint efforts of Congress and VA demonstrate a commitment to provide Vietnam Veterans with treatment and compensation for the long-term health effects of herbicide exposure,” said Secretary of Veterans Affairs Eric K. Shinseki.

Up to 200,000 Vietnam Veterans are potentially eligible to receive VA disability compensation for medical conditions recently associated with Agent Orange. The expansion of coverage involves B-cell (or hairy-cell) leukemia, Parkinson's disease and ischemic heart disease.

Shinseki said VA has launched a variety of initiatives – both technological and involving better business practices – to tackle an anticipated upsurge in Agent Orange-related claims.

“These initiatives show VA's ongoing resolve to modernize its processes for handling claims through automation and improvements in doing business, providing Veterans with faster and more accurate decisions on their applications for benefits,” Shinseki said.

VA Encouraging Affected Vietnam Veterans to File Claims.

Providing initial payments – or increases to existing payments – to the 200,000 Veterans who now qualify for disability compensation for these three conditions is expected to take several months, but VA officials encourage all Vietnam Veterans who were exposed to Agent Orange and suffer from one of the three diseases to make sure their applications have been submitted.

VA has offered Veterans exposed to Agent Orange special access to health care since 1978, and priority medical care since 1981. VA has been providing disability compensation to Veterans with medical problems related to Agent Orange since 1985.

In practical terms, Veterans who served in Vietnam during the war and who have a “presumed” illness do not have to prove an association between their illnesses and their military service. This “presumption” simplifies and speeds up the application process for benefits.

The three new illnesses – B-cell (or hairy-cell) leukemia, Parkinson's disease and ischemic heart disease – are added to the list of presumed illnesses previously recognized by VA.

Other recognized illnesses under VA's “presumption” rule for Agent Orange are:

- Acute and Subacute Transient Peripheral Neuropathy
- Chloracne
- Chronic Lymphocytic Leukemia
- Diabetes Mellitus (Type 2)
- Hodgkin's Disease
- Multiple Myeloma
- Non-Hodgkin's Lymphoma
- Porphyria Cutanea Tarda
- Prostate Cancer
- Respiratory Cancers
- Soft Tissue Sarcoma (other than Osteosarcoma, Chondrosarcoma, Kaposi's sarcoma, or Mesothelioma)
- AL Amyloidosis

Veterans interested in applying for disability compensation under one of the three new Agent Orange presumptives should go to www.fasttrack.va.gov or call 1-800-827-1000.

Mental Health Contract Awarded

By VISN 6 public affairs

The VA Mid-Atlantic Health Care Network has awarded the Rural Health Care Initiative Mental Health Care Services contract to Health Net Federal Services Inc., of Rancho Cordova, CA. This contract teams the Network with Health Net to identify and invite 960 veterans residing in targeted rural counties in North Carolina, Virginia and West Virginia, to take part in a pilot program through which they can receive mental health services by providers in their own communities at VA expense and in coordination with other aspects of their VA health care.

Of the Veterans served by the Network, 52 percent live in rural or highly-rural areas as identified by the U.S. Census Bureau. In North Carolina, the targeted counties include: Alleghany, Ashe, Avery, Madison, Mitchell, Watauga, Wilkes and Yancey Counties. The Virginia counties include: Virginia, Appomattox, Brunswick, Buckingham, Charlotte, Lunenburg, Mecklenburg, Nelson and Prince Edward Counties. The West Virginia counties include Mercer, McDowell and Monroe Counties.

According to Dr. Harold Kudler, Clinical Lead, for the Network Rural Health Initiative, this program has been designed to make mental health services more accessible for rural Veterans but also aims to increase community competence among rural health providers.

"The program will link VA and community providers in new and important ways," said Kudler. "We will train Health Net providers on military culture, deployment stress and trauma-related mental health problems faced by combat veterans and their families. They will learn about VA resources and become knowledgeable about how to work in partnership with VA

to enhance each Veteran's range of and access to care. Clinical notes, lab reports and other key medical data will be shared with VA through a secure communications system and scanned directly into the VA computerized medical record in order to maximize coordination of care."

Kudler went on to explain that by opening new channels between community providers and VA, sharing best practices, resources, and employing secure exchange of medical records, this contract is a giant step forward in ensuring there is no wrong door in our region to which veterans or their families can go to get the right help at the right time.

To qualify for this program, Veterans must be enrolled for VA care, live in one of the targeted counties, require mental health services and live closer to a contract provider than to the nearest VA facility. All enrolled Veterans are eligible for this program. VA will identify Veterans who meet these requirements and invite them to participate. Participation is completely voluntary.

The VA Office of Rural Health has funded the program with over \$2.4 million for the period October 2010 through September 2011. If the project is successful, the Network may apply for up to three more years of funding.

Health Net, which is responsible for TRICARE across the Network, is uniquely qualified to provide community mental health services by virtue of their extensive network of providers who already practice in the designated rural areas and their long experience in serving military members, veterans and their families. They already have significant experience in serving National Guard and Reserve members and families who often reside far from the nearest military medical facility.

There is also talk of possibly establishing a joint cardiac catheterization lab in the community, and of the VA utilizing Womack's CT scanner after duty hours.

The overall goal of the

committee is to ensure federal resources are utilized in the best way possible, and to ensure that Veterans and Soldiers alike enjoy the best access to the finest medical care available anywhere.



James Coty

DAV Chapters Make Generous Donations

By James Coty
Hampton VAMC public affairs

The 13 Disabled American Veterans Chapters operating in the Hampton Roads, Va., area made sizable contributions to the Hampton VAMC, the Foodbanks of Southeastern Virginia and the Virginia Peninsula Oct 5. The DAV chapters are collective owners of six DAV Thrift Stores.

The DAV donated \$35,000 to the Hampton VAMC and

\$25,000 to each food bank, which will go to support programs like the Backpack Program, emergency food boxes and the Food-bank Capital Campaigns.

"We are extremely thankful for the generosity of the DAV," said DeAnne M. Seekins, director of the Hampton VAMC. "These donations help us to serve our Veterans through such programs as recreation therapy, welcome home events, homeless initiatives and the National Wheelchair Games."

Resource Sharing continued from Pg 1

has hosted Womack optometry residents for training sessions as well. Other Womack staff members will soon be coming to the VA to learn techniques for dealing with disruptive patients.

One of the best examples of resource sharing, though, will take place within the next few weeks. Womack will be closing their mental health ward for several months for renovations. While that work goes on, many of Womack's patients will be admitted to Fayetteville's mental health ward, and Army providers will be working alongside VA providers to ensure proper care is received by all of the patients.

Now the resource sharing committee is looking to the future for more extensive joint opportunities. Work is already underway between

the VA and the Army on establishing an electronic medical record system that would be compatible with both organizations. This would allow a virtual lifetime electronic record so Soldiers health data could easily be transferred to the VA when necessary – for example when compensation and pension exams are accomplished or when the Soldier leaves the military and transitions to the VA health care system.

On a more local level, talks are underway to see if a joint rehabilitation center can be built in the community. When operational, the center could be used by active duty military members, their dependents and Veterans receiving health care through the VA for physical rehabilitation following accidents, injuries or illness.

Influenza Season Brings Flu Shots to VISN 6

By Dr. Michael Climo
Richmond VAMC

Influenza, or “flu,” is a contagious respiratory virus that makes its rounds between October and April each year. Anyone can catch the flu virus.

Flu can be mild or serious for some and deadly for others. Flu causes hospitalizations and deaths, especially among vulnerable groups such as the very young, people ages 65 and older, and those with chronic medical conditions.

To prevent flu, VA encourages all Veterans to get vaccinated against flu at their nearest VA health care facility. Each medical center in the Mid-Atlantic Health Care Network has an ample supply of the vaccine. Contact your medical center or visit their web site to learn where and when to receive it.

If you’re in a high-risk group, you can become extremely ill from the flu. Be sure to take special precaution to prevent the flu and receive flu vaccination if you have any of the following conditions: Asthma, Chronic bronchitis, Diabetes, Heart disease, HIV, Kidney disease, Lung disease, and Weakened immune systems.

Flu can vary in severity from mild to severe disease. While some persons experience mild symptoms, not much different than a cold, others may get a severe infection that requires hospitalization. People with flu should stay home and away from others, get plenty of

rest, drink fluids and take fever reducers. You should seek medical care if a fever lasts more than three to five days or you feel dizzy when standing. More serious conditions requiring immediate medical care include chest pain, coughing up blood, shortness of breath or the inability to function normally.

The flu can spread quickly from person to person. When a person with the flu sneezes, coughs, talks, or laughs, the flu virus can spread into the air as droplets from the mouth or nose. These droplets can spread to people and surfaces within 3 to 6 feet. The flu virus can spread to your hands if you touch anything that has the virus on it. If you then touch your eyes, nose, or mouth, you can get the flu.

To improve your chances against contracting the flu, wash your hands often, avoid touching your face or people who are sick. Stay away from those showing flu symptoms including fever, headache, tiredness, stuffy nose, sore throat, body aches, nausea, vomiting, diarrhea and coughing. Also, people help prevent the flu from spreading by covering coughs and sneezes. Because the flu can live on surfaces for more than a day, it is important to keep counters and tables clean and dispose of tissues often.

Most important is to get the shot. They are free at your VA Medical Centers and available according to the provided schedule.

Asheville	Available in all primary and specialty clinics (except Eye and Ortho) as well as the inpatient areas and the Emergency Department until the Medical Center runs out of the vaccine.
Beckley	Walk in flu clinic operates Monday through Friday from 8 a.m. to 4 p.m., excluding holidays.
Durham	Durham VAMC – Monday through Friday 8:30 a.m. to 3:30 p.m. Hillandale CBOC – Monday through Friday 8 a.m. to 4 p.m. Raleigh CBOC – Monday through Friday 8 a.m. to 4 p.m. Greenville CBOC – Monday through Friday 9 a.m. to 4 p.m. Morehead City CBOC – Monday through Friday noon to 4 p.m.
Fayetteville	Monday - Friday 8:30 to 11:30 a.m. and 1 to 3:30 p.m.
Hampton	Monday through Friday 8:30 a.m. to 3:30 p.m. in Bldg 110 B second floor, excluding holidays.
Richmond	All Veterans enrolled in primary care group practices may walk in to their assigned group practice and receive influenza vaccination during any weekday group practice clinic. Mall clinic is open to all Veterans 10 a.m. to 2 p.m. Monday through Friday until December 3rd.
Salem	Monday through Friday 9 a.m. to 3 p.m., until Nov. 24, excluding holidays.
Salisbury	Charlotte CBOC - 8 a.m. to 3:30 p.m. Salisbury CBOC - 8 a.m. to 3:30 p.m. Winston Salem CBOC and Winston-Salem Annex - 8 a.m. to 3:30 p.m. Hickory CBOC - 8 a.m. to 3:30 p.m.

VA Embraces New Web Practices

By Steve Wilkins
VISN 6 public affairs

Changes in VA policy and operation are providing Veterans and employees more immediate access to VA than ever before. VA jumped on the internet bandwagon many years ago to help make things easier. As with most things, there was a learning curve. While there was a lot on the sites, they weren’t very user friendly. That is changing. The bugs are being removed now.

Information is now available

to Veterans on updated VA facility web sites and Facebook pages that are convenient and easy to use. Information about flu shots, procedures, prescription services or changes in benefits can be accessed quickly without ever leaving home.

Many Veterans will see changes in the appearance of their local medical facility web sites. The sites should be more interesting, informative and user-friendly. When visiting the site, Veterans should see everything they need to know about making appointments, checking

emergency situations and receiving hospital services.

The home page provides features discussing recent developments at the facility, pertinent contact information and links to important web sites for advice about where to get help for medical care, healthy living and getting around.

Many facilities now sponsor Facebook sites in concert with a national VA Facebook site. Everyone is invited to visit those sites to get the latest information on VA news and events, trends, services and practices. Facebook and another soon-to-be available service,

GovDelivery, can provide immediate alerts and updates about critical information Veterans need to know, and deliver it to an email account or a telephone.

Veterans and employees are also being encouraged to use the internet more for personal communication with VA. MyHealthVet, among other VA programs, allows Veterans to view their personal health information and make appointments online securely. Soon they’ll be able to see profile information about VA doctors. It is all a plan to help Veterans know more so they can do more.

Myers Named VA's 2010 Facility Safety Manager

By Dennis Mehring
Asheville VAMC public affairs

Sue Ellen Myers, a native of Salisbury, N.C., and now the safety manager of Asheville's Charles George VAMC has been named the Department of Veterans Affairs 2010 Facility Safety Manager of the Year. She received her award Oct. 20th at a national conference in San Diego.

Myers was nominated for the award because of her work here in Asheville during the last five to six years said Conley Grimes, the safety manager for the network of VA facilities in Virginia, West Virginia and North Carolina.

"Before Sue Ellen, safety policies were outdated, the Joint Commission review had been less than desired, and the overall safety program needed much new direction," said Grimes. Sue Ellen was able to apply her fire science background as well as the safety management experience she gained while working at the VAMCs in East Orange, N.J., and Philadelphia," he said.

Grimes's award nomination noted that Myers was "able to establish a better working relationship with her union partners and a new chief engineer." She also established an excellent working relationship with service line managers. Grimes also noted that she is a "no-nonsense" safety manager who

has developed several model programs that she has shared with other safety managers in his network.

He contends, "Her interim life safety measures approach is certainly one of the best in our network area. Sue Ellen has also served on several national committees through the Center for Engineering and Occupational Safety and Health." Grimes also said that these assignments "are above and beyond her position description. Her leadership skills are excellent and her top management has complete confidence in her abilities to lead and prepare the Asheville VAMC for any regulatory agency survey or inspection. I never hesitate to ask her for input to facility safety concerns that arise within our network," Grimes added.

Myers said, "I wasn't aware I'd been nominated so I was surprised when I found out." How did she find out? She went to the Department of Veterans Affairs Partnerships for Healing Environments Conference in San Diego on Oct. 19. "I found out I won as I was reading the awards section of the conference program." When asked what her working philosophy was that helped her win the award, she replied, "I work with my higher power and everyone is a member of the team."

"I wholeheartedly agree with this award," said Cynthia



Dennis J. Mehring

Sue Ellen Myers performs safety inspections at the Charles George VA Medical Center in Asheville, N.C. She was recently named the Department of Veterans Affairs 2010 Facility Safety Manager of the Year.

Breyfogle, Charles George VAMC director. "Ms. Myers is a dedicated and motivated professional who is richly deserving of this honor. I was appointed to the Medical Director job in June and each time

I have a question or concern about safety and emergency preparedness, she has a ready and appropriate answer. The Charles George VAMC is fortunate to have such a highly qualified safety manager."

VA's Rural Health Initiative Takes Hold in N.C., Va.

By James Coty
Hampton VAMC public affairs

VA has provided funds targeted at improving service for Veterans in rural and highly-rural areas, including the rural communities near the Hampton VAMC.

The Hampton VAMC Rural Health team participates in outreach events in North Carolina and Virginia to find Veterans residing in remote communities. "We've talked to many people who served in the military but don't know what they qualify for when it comes to VA benefits," said Kevin Amick, Rural Health integrator at Hampton VAMC. "We spend our time in rural communities making sure that Veterans understand what is available to them and help them get the care and assistance they need."

According to the VA Web site, more than 837,000 service members deployed since 2002. Out of these, 39 percent have used VA health care. "VA is recognized for having the best re-

sources to help Veterans reintegrate from the military back into civilian life," said DeAnne Seekins, Hampton VAMC Director, indicating a desire to improve the numbers..

Seekins explained that in addition to the growing OEF/OIF Veteran population signing up for VA benefits, VA recently made changes to enrollment guidelines for Vietnam Veterans, expanding medical conditions related to Post Traumatic Stress Disorder and Agent Orange exposure. She expects Hampton VAMC's patient population to grow by 10 percent next year.

At a recent outreach event hosted by American Legion Post 102 in Ahoskie, N.C., Veterans and family members turned out to apply for VA benefits. Post commander John Bracy said he was thrilled by the attendance. "We put the word out to our members, but we had no idea that we would see so many Vets!"

"It's exciting to see how Veterans are taking advantage of these seminars," said Seekins, who explained the Hampton program is being recognized for its success by VA management and Veterans, alike.

Richmond VA Polytrauma Transitional Rehabilitation Center Prepares To Open

By Darlene Edwards
Richmond VAMC public affairs

The Richmond VAMC Polytrauma Transitional Rehabilitation Center will host a Grand Opening Celebration soon. The 20 bed, 22,000 square foot, environmentally friendly rehabilitation center will offer post-inpatient treatment for Traumatic Brain Injury patients. Patients at the facility will be the center of focus for an integrated team of medical staff, therapists and actively involved family members.

The new facility will offer

a “home-like” living environment to facilitate patients’ return to family, relationships and work or service with ready access to hospital facilities and staff. The Center includes dedicated therapy spaces for Transitional Rehabilitation, shared dayroom spaces for small group interaction with large common living, dining and kitchen areas.

The facility also has numerous sustainable design features and is anticipated to receive the LEED™ Silver Certification, offering the latest in green design and construction.



Darlene Edwards

The Richmond VAMC Polytrauma Transitional Rehabilitation Center will host a Grand Opening Celebration soon. The 20 bed, 22,000 square foot, environmentally friendly rehabilitation center will offer post-inpatient treatment for Traumatic Brain Injury patients.

Durham Balance Lab continued from Pg 1

“A person’s balance can be affected in many ways,” said Capehart. “We all use our eyes, our inner ears and feedback from joints and muscles to control balance. A problem with any or all of this sensory input can affect balance, and poor balance adversely affects the Veteran’s daily life. Our balance assessment protocols give quick, clear answers and facilitate referral to the most appropriate rehabilitation

therapy.”

The process the Durham VAMC uses involves three distinctive, yet interdependent objective tests. According to Dr. Adam Mehlenbacher, one of the audiologists at the medical center, “The protocol we are developing helps us diagnose the source of dizziness that we haven’t been able to solve in the past, or which required much more time and many more clinic visits. Using these tests,

we’re able to work our way through to a solution more quickly. The synergy of testing in this manner and using this equipment is allowing us to make great strides and may become the standard for VA.”

The first test used to begin the diagnoses is Videonystagmography. The equipment incorporates small infrared cameras that track eye movements to determine if a problem is in the inner ear. While the patient is put in different positions, the movement of their eyes is recorded as they track various images, and the balance organs in the inner ear are stimulated by air.

The second test uses a Rotary Chair. In use at the Durham VAMC for less than two years, the Rotary Chair test allows clinicians to measure responses of the inner ear to a more realistic test stimulus than VNG. The patient is fitted with sensors and then sits in a motorized chair, which is controlled by a clinician inputting data into a computer. The rotation is computer-controlled, using speeds close to those experienced during daily movement.

While the chair is moving, the sensors measure and record eye movements. By reviewing the eye movement

tracking data, clinicians can determine which area of the brain might be improperly functioning.

The third tool being used is Computerized Dynamic Posturography which identifies impairments associated with balance problems. NASA and the National Institutes of Health originally used it to support studies of astronauts in zero gravity. CDP uses a combination of several visual stimuli and changes in the surface that the patient stands on to test the complex sensory, motor and adaptive processes used in maintaining ones balance as well as how the brain controls our posture. The responses to these stimuli are measured by tiny pressure sensors within the platform.

By looking at and distinguishing many of the complex systems involved in balance, posturography can help to objectively quantify balance problems affecting each patient’s ability to function in daily life.

Together, the use of these tools has paved the way for the Durham VAMC’s health care providers to more quickly and effectively deal with dizziness and help Veterans to regain their balance, which is such an integral component to their overall quality of life.



Amanda Stanislav

Dr. Samantha Wright adjusts the sensors on the Rotary Chair while audiology intern Nicole Farmer prepares to experience the test first hand. The test allows clinicians to measure responses of the inner ear in a more realistic way, so they can determine which area of the brain might be improperly functioning.

Veterans Day Honors Veterans From All Wars

The origins of 'Veterans Day' began with Raymond Weeks of Birmingham, Alabama, who organized a Veterans Day parade for that city on November 11, 1947, to honor all of America's Veterans for their loyal service. Later, U.S. Representative Edward H. Rees of Kansas proposed legislation changing the name of Armistice Day to Veterans Day to honor all who have served in America's Armed Forces.

In 1954, President Dwight D. Eisenhower signed a bill proclaiming November 11th as Veterans Day and called upon Americans everywhere to rededicate themselves to the cause of peace. He issued a Presidential Order directing the head of the Veterans Administration, now the Department of Veterans Affairs, to form a Veterans Day National Committee to organize and oversee the national observance of Veterans Day. In addition to fulfilling that mission, the committee oversees the production and distribution of the annual Veterans Day poster.



Eisenhower Presidential Library

President Eisenhower signs HR7786 June 1, 1954, changing Armistice Day to Veterans Day. Standing are: Alvin J. King, Wayne Richards, Arthur J. Connell, John T. Nation, Edward Rees, Richard L. Trombla, Howard W. Watts.

In 1968, Congress moved Veterans Day to the fourth Monday in October. However, it became apparent that the November 11th date was historically significant to a great many Americans. As a result, Congress formally returned the observance of Veterans Day to its traditional date in 1978.

The Veterans Day National Ceremony is held each year on November 11th at Arlington National Cemetery. At 11 a.m., a color guard, made up of members from each of the military services, renders honors to America's war dead during a tradition-rich ceremony at the Tomb of the Unknowns.

The President or his representative places a wreath at the Tomb and a bugler sounds "Taps." The balance of the ceremony, including a "Parade of Flags" by numerous Veterans service organizations, takes place inside the Memorial Amphitheater, adjacent to the Tomb.

In addition to planning and coordinating the National Veterans Day Ceremony, the Veterans Day National Committee supports many Veterans Day Regional Sites where individual celebrations provide excellent examples for other communities. For a listing of these sites, please visit: www.va.gov/opa/vetsday/regsites.asp.

Honor Flight Network Honors Veterans

Among the most recent memorials dedicated to Veterans is the National World War II Memorial, dedicated in 2004 in Washington, D.C. The memorial was a welcome sight for America's World War II Veterans. But sadly, of the 16 million men and women who served our Nation during World War II, only 2 million are alive today. For some of these Veterans, now in their 80's and 90's, traveling to Washington D.C., to visit their memorial was no easy feat.

When Mr. Earl Morse, a physician assistant for the Department of Veterans Affairs and retired Air Force captain living in Springfield, Ohio, learned that Veterans in his community were financially and physically unable to visit the memorial, he decided to do something about it. He formed Honor Flight, a network of pilots who volunteered to fly World War II Veterans to Washington D.C., free-of-charge to visit their memorial.

That first year, 2005, Morse and his Honor Flight Network flew 137 Veterans to Washington D.C. As word spread, the program "exploded" according to Morse, who began receiving more than 100 applications a month. Other communities began their own efforts. In 2006 in Hendersonville, N.C., Mr. Jeff Miller arranged for a commercial jet to fly local Veterans to the memorial. Miller shared his story with others and by the end of 2006, 891 World War II Veterans across America were able to visit their memorial.

In 2008, Southwest Airlines became an Honor Flight sponsor. That year, more than 11,000 World War II Veterans got the oppor-



Dedicated in 2004, the National World War II Memorial in Washington D.C. is the most recent memorial to honor the legacy of U.S. Veterans.

tunity to visit their memorial and in 2009 that figure jumped to more than 17,000. Looking forward, Honor Flight Network plans to expand their mission by flying Veterans of the Korean and Vietnam Wars to visit their memorials in Washington, D.C. For information, visit www.honorflight.org/.

VA, DoD Collaborate On Comp and Pen Exams

By Sheila Womack
VISN 6 C&P Coordinator

There are significant improvements underway regarding C&P processes throughout the VISN.

As a result of feedback from Veterans, and in order to improve services and reduce travel time, the C&P Program in North Carolina has been decentralized to all four VA Medical Centers in the state. Traditionally, Veterans had to drive to Winston-Salem to get their disability examinations. This created an undue hardship for those traveling from the eastern and western ends of the state.

Now, Veterans living in North Carolina are able to obtain disability exams at their nearest VA Medical Center.

In addition, VHA and VBA have embarked on a joint initiative to ensure the needs of the Veteran or service member are at the center of the examination process. This increased collabora-

tion between VHA and VBA is expected to improve the overall disability evaluation experience by reducing travel time and the length of time between the examination request and completion.

Specific actions that have been implemented include improved communication strategies for the agencies to assist in scheduling appointments and in problem-solving when a Veteran or service member encounters an obstacle during the process. VBA and VHA are planning joint training sessions for examination providers as well as administrative support staff in an effort to improve both the quality and efficiency of the process.

"All Veterans and service members deserve an expeditious evaluation of their claim. We've put this system in place to improve the time frames for VHA examination requests, with a particular emphasis on Priority groups such as Severely Injured/Very Severely Injured, Ex-

POWs, Homeless, Hardship, and certain priority Global War on Terror veterans," said Dan Hoffmann, VISN 6 Network Director.

In addition, VHA and VBA are collaborating with the DOD to provide one comprehensive medical evaluation that meets the VA's criteria for disability examinations and the Services' need for a determination of fitness for duty. This will allow for one rating organization to determine the disability rating and to ensure expeditious payment of benefits on the first day allowed by law after separation from the service. This is a tremendous improvement to the system that many Veterans experienced in which they were unable to file for VA benefits until they had been discharged.

There are three operational sites for this program in VISN 6: Fort Bragg, Camp Lejeune, and Portsmouth Naval Base. These sites were involved in a pilot called Disability Evaluation System, which is no longer a pilot

project and is now referred to as the Integrated Disability Evaluation System. In addition to the three sites mentioned, VISN 6 has six additional sites being implemented in FY 2011: Cherry Point, Pope, Langley, Seymour Johnson, Fort Lee, and Fort Eustis.

VBA and VHA share the mission to ensure a smooth delivery of disability evaluations. This message is being reinforced throughout the VA system to help staff members understand the critical relationship of disability evaluations to holistic care for Veterans and service members.

Disabilities can lead to loss of income, loss of functioning, loss of independence, and can even lead to homelessness and despair, with the subsequent negative impact on overall health and well-being.

For those reasons, as well as the fact that it is the right thing to do, timely and compassionate disability evaluations are a top priority for VBA and VHA.

VA, DoD Work To Improve Benefit Delivery

By VBA Regional Office
Winston-Salem, NC

VA and DOD have developed two programs to help those leaving active duty service. Service members with 60 to 180 days left on active duty may be eligible to use the Benefits Delivery at Discharge program. The BDD initiative uses a paperless process called "Virtual VA," based out of the Winston-Salem VA Regional Office. This Virtual VA process greatly improves the efficiency of the rating process and creates accessibility to electronic records for future claims or appeals.

Both Fort Bragg and Camp Lejeune participate in the BDD program. When the Winston-Salem BDD team processes a paperless claim, it becomes the permanent jurisdiction of the Winston-Salem VARO and any subsequent claim a Veteran submits will be processed

by the Winston-Salem VARO, regardless of where the Veteran resides.

Service members with 1 to 59 days remaining on active duty may be eligible for an initiative called Quick Start. Fort Bragg and Camp Lejeune are also participating with this program, which too is serviced by the Winston-Salem VARO. During the Quick Start program, the treatment folder is shipped to the Winston-Salem VARO where the claim is developed and rated. The Winston-Salem VARO is also responsible to notify the Veteran and for making payment. Quick Start is not a paperless claim, so the folder and all future claims go to the Regional Office nearest the Veteran's home.

VA and DOD continue to find new ways to partner to provide more effective methods to deliver benefits and services to our nation's military and Veteran populations. For further information, visit WWW.VA.GOV.

North Carolina Breaks Ground On Veterans Homes

By James Woodard
NC Division of Veterans Affairs

Ground has been broken and grading is underway for two new NC State Veterans Homes. Located on opposite sides of the state, both homes are being constructed simultaneously. They will share the same design; a neighborhood concept with 100 private rooms, and will offer skilled nursing care to Veterans. Each home will be 111,000 sq. ft., with 65 percent of the funding coming from VA's State Home

Grant Construction Program and 35 percent from the State.

According to NC State Veterans Home Program Manager James Woodard, "One facility will be located on Hull Road in Kinston, and the second off Lake Eden Road in Buncombe County. The Kinston home is located next to the Caswell Center Arboretum, which is a quiet and aesthetically peaceful setting. The Buncombe County home is nestled in a mountain locale that is simply gorgeous. It is easy to imagine a veteran sitting on the

porch rocking at either facility and enjoying the view."

The homes are designed to be non-institutional to improve the quality of life for each resident. Each of the four resident buildings will house two neighborhoods with 10-14 residents per neighborhood.

The residents will have a private room with a bathroom. There will be a living room with a fireplace, day room, dining area, and porch in each neighborhood. The administrative building, will house a large day room, two meeting or

activity rooms, a barber and beauty salon, a physical therapy room, and a therapy pool. All buildings will have access to two courtyards that will contain a gazebo, fountains, and walking areas.

Both facilities are scheduled for completion in spring 2012. Employment opportunities during the construction phase as well as staffing for the facilities will be advertised through the media.

For additional information, please contact James Woodard or Diane Norris at 919-733-2832/3851.

WOMEN VETERANS HEALTH CARE

*You served, you deserve
★ the best care anywhere.*



Fayetteville Celebrates Women's Health & Fitness Day

By Marie Robinson-McLaughlin & Kenya Graham
Fayetteville VAMC Womens Health program

There are as many ways to work fitness into the daily routine as there are people, and women veterans did just that during the 9th annual National Women's Health and Fitness Day Sept. 29 at the Fayetteville VAMC. Approximately 100 participants joined thousands of other women at hundreds of locations — all across the country on the same day — as they walked, danced, played and learned about VA healthcare benefits and other healthcare tips. NWHFD gave women an opportunity to begin or renew a commitment to fitness and to celebrate an active lifestyle, while celebrating women veterans.

Fayetteville VAMC demonstrated that fitness can be fun. Women of all ages experienced appropriate and enjoyable forms of exercise. Physical Training sessions were led throughout the event by Spc. Jamie Vance and Staff Sgt. Equinthnia Swann from Fort Bragg 82nd Airborne. Terri Kane, who serves as a Veterans Service Officer and NC State Women Veterans Coordinator, also led women through physical training sessions during the event.

Betty Goolsby, Director of the Fayetteville VAMC, joined the women veterans in a PT session and thanked each participant individually for being a part of the event.

She stated, "If you had been at the VAMC Fayetteville the week of September 27th, you would have seen women exercising to the instruction of active Army physical fitness trainers, displays on health and wellness, and renewed pledges to living a healthier lifestyle. The energy level, motivation, and commitment to taking care of one's self were incredible!"

Marie Robinson-McLaughlin, who had been in her role as Interim Women Veteran Program Manager for the Fayetteville VAMC for less than a week, thought it was very important for women veterans in the Fayetteville area to be a part of this na-



Brad Garner
82nd Airborne soldiers Staff Sgt. Equinthnia Swann and Spc. Jamie Vance lead a physical training session for women Veterans.

tional event.

The Fayetteville VAMC has approximately 8,300 women veterans enrolled and is working diligently to increase the number of women veterans using the numerous healthcare services available.

For more information about the Fayetteville VAMC's health and educational activities for women, contact Marie Robinson-McLaughlin at 910-488-2120 extension 7210 or 7979.



Brad Garner
Harry Jones, Fayetteville VAMC recreation therapist, demonstrates use of a treadmill at a Women's Health event.

State Fair Equals Outreach Success

By Ruth M. Miller
VISN 6 Womens Health program

Representatives from VA's Mid-Atlantic Health Care Network, the Richmond VAMC, the Richmond Vet Center and Virginia's Wounded Warrior Program joined ranks Sept. 23 through Oct. 3 at the Virginia State Fair.

"Because of the Fair's great location, we knew it would be an excellent venue to hold a large outreach event," said Sharon Rhone, Richmond VAMC's Rural Health Program Coordinator. The displays offered a wealth of outreach materials covering enrollment for VA

services and OIF/OEF Eligibility, Depression in Women Veterans, Diabetic Health, Patient Self-Management, patient benefits and more.

The group spoke to nearly 300 Veterans, with their families and friends, assisting them with a variety of topics.

One issue that became clear, according to Pete Pettrey, Outreach Coordinator for the Virginia Wounded Warriors Program, was that a significant number of veterans are not aware, or have little understanding of their benefits. "Our presence provided them a great opportunity to learn about benefits, eligibility and even enroll for VA healthcare," he said.

Send In The Clowns – Never Mind, He’s Here

By Ed Drohan
Fayetteville VAMC public affairs

When Frank Byrne comes to work as a volunteer at the Fayetteville VAMC, he never comes alone. Of course, his friends never make a move without him, so it makes sense they’d help out at the hospital as well.

Byrne’s friends include a chimpanzee named Patrick O’Shaughnessy, along with a sheepdog, crow, parrot, owl and 70 other hand puppets he’s collected over his years as a professional entertainer. They can be found together three days a week greeting patients, employees and visitors as they enter the building.

While the 79-year-old retired Army Special Forces Soldier and his entourage have only been volunteering at the Fayetteville VA for about a year, he’s been fine tuning his act for decades. After serving in Korea and Vietnam, Byrne retired in 1974 and briefly entered the law enforcement field. It didn’t take long, though, for him to discover that his true passion was for entertaining.

“When I was in the service I saw death and dying,” the puppeteer volunteer explained. “I got out and went into law enforcement in the ID Bureau where I had to fingerprint and photograph dead bodies, accompany them to Chapel Hill and assist with the autopsy to keep the chain of evidence complete. I started bringing home my negativity, until my daughter said, ‘Dad, you’ve got to get out of that.’ That’s when I decided to start clowning.”

His entertainment career didn’t have a very auspicious start, though.

“I belonged to the Moose Club and they’d ask me to clown at pool parties and such,” Byrne said. “I used to scare the kids more than make them laugh. I found out later that I did

everything you’re not supposed to do.”

It was the advice of a true clown that helped get Byrne pointed in the right direction. He’d briefly met Red Skelton in California in the 1960s, and had the opportunity to speak with him again in 1986 when the comedian visited Fayetteville. Byrne showed Skelton a photo of his clown persona and asked for advice.

“He said he hoped I didn’t mind harsh criticism, and then told me to get rid of the face and get rid of the costume because I obviously didn’t know what I was doing,” Byrne said.

After that, and with the help of a grant from the Fayetteville Arts Council, Byrne headed for the University of Wisconsin – Lacrosse to study clowning. While there, he met many of the top clowns in the country including Mark Anthony, a member of the Clown Hall of Fame. It was Anthony who suggested Byrne try out for the Ringling Brothers Barnum and Bailey Circus – the “Greatest Show on Earth.”

While he didn’t make the cut with his first try out, he persisted and tried again the next year when the circus came to Fayetteville. This time he was accepted and spent two years with the world famous traveling show. He spent another 10 years with other circuses as a clown, magician, stilt walker, puppeteer and ventriloquist, lectured for the World Clown Association, taught at a clown school, and continued entertaining on his own as Rosie the magical Clown until suffering a stroke in 2005 that left his right side paralyzed.

With the help of the VA medical system, he eventually regained much of his mobility, but his career as a clown and stilt walker was over. He could still work



Ed Drohan

Frank Byrne is happiest when performing with some of the many puppets he is seen with here. Once an Army Special Forces soldier, he has performed as a clown, magician, stilt walker, puppeteer and ventriloquist.

with his puppets, which number around 75 now.

Although he is active in organizations ranging from the Special Forces Association to his church (where he is a Eucharistic minister), Byrne still made time to help those who had helped him through his stroke. He has put on puppet shows for residents of the hospital’s community living center, and decided to volunteer as a greeter at the suggestion of a friend from his Veterans of Foreign Wars post. After a few months as a standard greeter, he decided to bring his skills as an entertainer to the job. At first it was just the puppets, but he’s now started dressing in

character depending on the season or occasion, with his characters including a leprechaun, a pirate and – most recently – a Bavarian gentleman in recognition of Oktoberfest.

Byrne said reactions to his menagerie vary. Some people argue that the animals are real (he’s studied animals’ characteristics to help him make his characters move more realistically). Some have no response, but most enjoy his presence. As for Byrne, he feels he gets as much out of it as the visitors do.

“I’ve been doing this for so many years,” Byrne said. “I probably enjoy it as much as the people who see me do it.”

VISN 6 Facility Enhancements

Asheville VAMC

- The Main Atrium is being renovated. The med center is adding a third elevator and a new stairwell to improve access to the clinics, lab and Canteen. Construction barriers will be in place until mid-March.
- All waiting areas will have new chairs by the end of the year.
- The System-wide Ongoing Assessment and Review Strategy team will be reviewing operations Nov. 15-19. The SOARS team helps the VAMC staff prepare for the Joint Commission inspection.
- Executive offices are moving to the 3rd floor in December to make room for additional clinical space on the 1st floor.

Beckley VAMC

- Access to Building 7 and the general area will be restricted on November 10 due to installation of a new heating and air conditioning unit on the roof.
- Upgrading of nurse call system to digital pillow speakers in all inpatient rooms is underway. The complete upgrade is expected to take about 12 months.
- The Mental Health clinic will be moving into the newly constructed office building during the next two weeks.
- Renovation of basement bathrooms, walls and floors continues through November.

Durham VAMC

- Secure messaging for Veterans enrolled in MyHealthVet at the Raleigh CBOC is up and running.
- Physical therapy and hospice unit renovations are underway in the Community Living Center.
- Effective November 15, Psychology Services, previously located in Bldg 8, will be relocated to the 2nd floor D wing. Veterans can check in with Psychology Services located at D2003. The extension to Psychology Services is 6934. The D-Wing can be accessed by the blue, green or brown elevators. The clinic is located down the hall from Volunteer Services.

Fayetteville VAMC

- The A-wing elevators will be undergoing renovations for the next nine months. Patients, staff, and visitors may experience some delays as only one of the two elevators in that wing will be operating at any given time.

Hampton VAMC

- The medical center is performing preventive maintenance to its Electrical Distribution System. Maintenance runs through Nov. 11. There will be controlled power outages, however these will occur after normal work hours and have no impact to patient care.

Richmond VAMC

- The first phase of the 1st floor public restroom renovations will be completed by the end of November.
- The mall roofing project will be completed by the end of November.
- The Polytrauma Transitional Rehabilitation Center Grand Opening will be held in December.

Salem VAMC

- Contractors are continuing with the building addition for new MRI and expansion of the emergency department.
- Replacement of elevators throughout the Medical Center is ongoing.
- Upgrades to the fire alarm system serving the main hospital are nearing completion.
- Exterior lighting is currently being replaced with energy efficient LED lighting.

Salisbury VAMC

- Contractors are continuing with the replacement of the underground piping and roadway work between Buildings 11 and 11A, 11B, 11C and 15. The parking spaces on the north side of the roadway (Building 11 side) will be closed effective Nov. 1, to facilitate this work.



VISN 6 Veterans Day Events

November 10

Beckley VAMC: Hosts a breakfast honoring the medical center's employees who are Veterans.

Fayetteville VAMC: Veterans Day Program activities begin at 11:30. Guest speaker is former POW Paul Dallas.

Hampton VAMC: Veterans Day Ceremony begins at 11 a.m.

Richmond VAMC: Veterans Day program begins at 11 a.m. Guest speaker is Kenneth T. Cuccinelli, II, Virginia's Attorney General

November 11

Asheville VAMC: Veterans Day celebration begins at 11 a.m. in front of the ambulatory care center. Guest speaker is World War II Veteran Robert Youngdeer. Junior ROTC cadets will present the colors. The event is co-sponsored by Asheville VAMC, City of Asheville, Buncombe County Government and the Buncombe County Veterans Council.

Beckley VAMC: Employees and Veterans from the Community Living Center will participate in the Beckley Veterans Day Parade, sponsored by the American Legion.

Durham VAMC: Carolina Preserve Veterans Club Men's Cho-

rus will perform in Community Living Center. Also, the Durham Rural Health team will participate in Pitt Community College's Salute to Veterans celebration.

Fayetteville VAMC: Veterans Day Program, hosted by the NC State Nursing Home at Fayetteville VAMC, begins at 11:30. Elizabeth Goolsby, Medical Center Director will be the guest speaker.

Richmond VAMC: WTVR, Lite 98, will broadcast live from the medical center from 7 a.m. to 9 a.m.

Salem VAMC: The Salem Rural Health Team will participate in Alta Vista's Veterans Day program. The program, hosted by American Legion Post 36, begins at 11 a.m. at the Alta Vista YMCA.

Salisbury VAMC: Memorial wreath laying at Old National Cemetery begins at 9 a.m., followed by a program in social room in Bldg 6 at 10 a.m. Guest Speaker is Bill Oxford, NC American Legion State Commander. The annual barbecue at VFW 3006 begins at 11 a.m., followed by a parade beginning at the medical center and continuing to downtown Salisbury.

November 12

Durham VAMC: US - Army Field Band will perform in the Community Living Center's dining room.

VISN 6 Sites of Care

Asheville VAMC
1100 Tunnel Road
Asheville, NC 28805
828-298-7911, 800-932-6408
<http://www.asheville.va.gov/>

Beckley VAMC
200 Veterans Avenue
Beckley, WV 25801
304-255-2121, 877-902-5142
<http://www.beckley.va.gov/>

Beckley Vet Center
1000 Johnstown Road
Beckley, WV 25801
304-252-8220
<http://www2.va.gov/directory/guide/facility.asp?ID=5634>

Charlotte Vet Center
2114 Ben Craig Dr.
Charlotte, NC 28262
704-549-8025
<http://www2.va.gov/directory/guide/facility.asp?ID=485>

Charlotte CBOC
8601 University East Drive
Charlotte, NC 28213
<http://www.salisbury.va.gov/visitors/charlotte.asp>

Charlottesville CBOC
650 Peter Jefferson Pkwy
Charlottesville, VA 22911
434-293-3890
<http://www.richmond.va.gov/visitors/charlottesville.asp>

Danville CBOC
705 Piney Forest Rd.
Danville, VA 24540
434-710-4210
<http://www.salem.va.gov/visitors/Danville.asp>

Durham VAMC
508 Fulton St.
Durham, NC 27705
919-286-0411, 888-878-6890
<http://www.durham.va.gov/>

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

Fayetteville VAMC
2300 Ramsey St.
Fayetteville, NC 28301
910-488-2120, 800-771-6106
<http://www.fayettevillenc.va.gov/index.asp>

Fayetteville Vet Center
4140 Ramsey St.
Fayetteville, NC 28311
910-488-6252
<http://www2.va.gov/directory/guide/facility.asp?ID=486&dnum=All&stateid=NC&v=1>

Franklin CBOC
647 Wayah St.
Franklin, NC 28734-3390
828-369-1781
<http://www.asheville.va.gov/visitors/franklin.asp>

Fredricksburg CBOC
1965 Jefferson Davis Highway
Fredericksburg, VA 22401
540-370-4468
<http://www.richmond.va.gov/visitors/fredericksburg.asp>

Greensboro Vet Center
2009 S. Elm-Eugene St.
Greensboro, NC 27406
336-333-5366
<http://www2.va.gov/directory/guide/facility.asp?ID=719&dnum=All&stateid=NC&v=1>

Greenville CBOC
800 Moye Blvd.
Greenville, NC 27858
252-830-2149
<http://www.durham.va.gov/visitors/greenville.asp>

Greenville Vet Center
1021 W.H. Smith Blvd.
Greenville, NC 27834
252-355-7920
<http://www2.va.gov/directory/guide/facility.asp?ID=720&dnum=All&stateid=NC&v=1>

Hamlet CBOC
100 Jefferson Street
Hamlet, NC 28345
910-582-3536
<http://www.fayettevillenc.va.gov/visitors/hamlet.asp>

Hampton VAMC
100 Emancipation Dr.
Hampton, VA 23667
757-722-9961, 888-869-9060
<http://www.hampton.va.gov/>

Hickory CBOC
2440 Century Place, SE
Hickory, NC 28602
828-431-5600
<http://www.salisbury.va.gov/visitors/hickory.asp>

Hillandale Rd. Annex
1824 Hillandale Road
Durham, North Carolina 27705
919-383-6107
<http://www.durham.va.gov/visitors/hillandale.asp>

Hillsville
702 Pine St.
Hillsville, VA 24343
276-779-4220
<http://www.salem.va.gov/visitors/hillsville.asp>

Jacksonville CBOC
241 Freedom Way
Midway Park, NC 28544
910-353-6406, 910-353-6406
<http://www.fayettevillenc.va.gov/visitors/jacksonville.asp>

Lynchburg CBOC
1600 Lakeside Drive
Lynchburg, VA 24501
434-316-5000
<http://www.salem.va.gov/visitors/lynchburg.asp>

Morehead City CBOC
5420 U.S. 70
Morehead City, NC 28557
252-240-2349
<http://www.durham.va.gov/visitors/morehead.asp>

Norfolk Vet Center
1711 Church Street
Norfolk, VA 23504
757-623-7584
<http://www2.va.gov/directory/guide/facility.asp?id=403>

Princeton Vet Center
905 Mercer Street
Princeton, WV 24740
304-425-5653
<http://www2.va.gov/directory/guide/keystaff.cfm?id=400>

Raleigh CBOC
3305 Sungate Blvd.
Raleigh, NC 27610
919-212-0129
<http://www.durham.va.gov/visitors/raleigh.asp>

Raleigh II CBOC
3040 Hammond Business Place
Raleigh, NC 27603
919-899-6259
<http://www.durham.va.gov/visitors/raleighII.asp>

Raleigh Vet Center
1649 Old Louisburg Rd.
Raleigh, NC 27604
919-856-4616
<http://www2.va.gov/directory/guide/facility.asp?ID=5442&dnum=All&stateid=NC&v=1>

Richmond VAMC
1201 Broad Rock Blvd.
Richmond, VA 23249
804-675-5000, 800-784-8381
<http://www.richmond.va.gov/>

Roanoke Vet Center
350 Albemarle Ave., SW
Roanoke, VA 24016
540-342-9726
<http://www2.va.gov/directory/guide/facility.asp?ID=405>

Rutherford County CBOC
374 Charlotte Rd.
Rutherfordton, NC 28139
828-288-2780
<http://www.asheville.va.gov/visitors/rutherfordton.asp>

Salem VAMC
1970 Roanoke Blvd.
Salem, VA 24153
540-982-2463, 888-982-2463
<http://www.salem.va.gov/>

Salisbury VAMC
1601 Brenner Ave.
Salisbury, NC 28144
704-638-9000, 800-469-8262
<http://www.salisbury.va.gov/>

Tazewell CBOC
123 Ben Bolt Ave.
Tazewell, VA 24651
276-988-2526
<http://www.salem.va.gov/visitors/tazewell.asp>

Virginia Beach CBOC
244 Clearfield Avenue
Virginia Beach, Virginia
757-722-9961, ext. 1900
<http://www.hampton.va.gov/visitors/cboc.asp>

Wilmington CBOC
736 Medical Center Drive
Wilmington, NC 28401
910-763-5979
<http://www.fayettevillenc.va.gov/visitors/wilmington.asp>

Winston-Salem CBOC
190 Kimel Park Drive
Winston-Salem, NC 27103
336-768-3296
<http://www.salisbury.va.gov/visitors/winstonsalem.asp>

Winston-Salem Annex
2101 Peters Creek Parkway
Winston-Salem, NC 27127
336-761-5300
<http://www.salisbury.va.gov/visitors/winstonsalem.asp>