



VA MID-ATLANTIC HEALTH CARE NETWORK • VISN SIX

Vol. 2, No. 2

“Excellent Care – Earned by Veterans – Delivered Here”

Voices of VISN 6

Official news from around *your* VISN

November 30, 2011

More Than 400 Attend Albemarle Clinic Opening

Hampton VAMC public affairs

As the saying goes, if you build it, they will come. When the Hampton VAMC opened the doors to the Albemarle Primary Outpatient Clinic on Nov. 10, more than 400 community members were in attendance to confirm it.

“When I arrived this morning and looked across the seats, I could hardly believe we could really fill this tent,” said DeAnne Seekins, Hampton VAMC director. “It shows how much this clinic means to the Veterans in this area and the pride North Carolinians have.”

The Elizabeth City site was little more than a field when the ground breaking took place in January. For nearly two years, members of the Hampton

VAMC Rural Health Initiative team canvassed the eight counties surrounding the site for the new clinic, hosting events at such places as Veterans of Foreign Wars Post 6060 to educate Veterans from all eras about Veterans Health Administration benefits and services.

“This will save many local Veterans from that all inspiring ‘white knuckle’ combat experience of driving to Hampton ...,” joked local Veteran Master Chief Petty Officer T.C. Oneyear as he stood at the podium during the clinic’s ribbon cutting ceremony. “Since the ground breaking, I, as many others, have followed along and watched it go from a plot of land to a fine looking building

[Continued on Pg 9](#)



Steve Wilkins

Network Director Dan Hoffmann joins Hampton VAMC Director DeAnne Seekins and other members of the official party to cut the ribbon signifying the opening of Albemarle POC in Elizabeth City. Hampton VAMC is the parent facility of the POC.

Hampton’s New Clinics Expand Services

Hampton VAMC public affairs

Looking toward the future, the Hampton VAMC opened two new state-of-the-art facilities Nov. 18 during separate ribbon cuttings with community and military leaders, Veterans and their families and staff cheering on the way ahead.

“One of our fastest growing populations of Veterans we serve at Hampton is our female population,” said DeAnne Seekins, director of the Hampton VAMC, during an early morning celebration opening the facility’s new mammography unit. “Of the nearly 40,000 Veterans that we serve annually, nearly 17 percent are women. Because of the large population, it’s more than appropriate that the Hampton VAMC was selected to stand up this mammography unit.”

Seekins said that the mammography service is projected to provide more than 1,200



Christina Tan

Network Director Dan Hoffmann joins Hampton VAMC Director DeAnne Seekins and other members of the official party as they cut the ribbon to open a new building Nov. 18.

mammography screenings and diagnostics annually, bringing more comprehensive health care services to women Veterans receiving their care at the

facility.

“This is just great to see that this has finally come to

[Continued on Pg 7](#)

Inside in Brief

- Pg 3** Fayetteville celebrates a star spangled Veterans Day; FEMA training.
- Pg 4** Richmond seeks Wheelchair Games volunteers; Service dog training.
- Pg 5** Assistive technology helps overcome barriers; Salem hosts local clergy.
- Pg 6** 70th anniversary of Pearl Harbor attack; WWII Vet presides over promotion.
- Pg 7** Congress awards gold medal to first African American Marines.
- Pg 8** UM coordinators exchange ideas, chart way ahead; Holiday weight control.
- Pg 10** Make the Connection online campaign shares experiences.
- Pg 12** VISN 6 Sites of Care with addresses and phone numbers for each location.

From the Director

Here we are with another holiday season upon us. This is a great opportunity for me to share how very proud I am of the men and women of this network. This team has made positive and long-lasting contributions to the health and well-being of many, many Veterans. It's a real pleasure working with this group of professionals dedicated to such a worthy cause.

Next month, I'll provide a look back at accomplishments for the year. What I wish to share now is that we have more programs, more space and are caring for more Veterans than ever before.

We've grown in physical space, but equally important, access to VA health care in the Mid-Atlantic region is the best it has ever been. I've mentioned this before, but feel it is worthy to repeat; in just over 10 years, we have grown from eight medical centers and two outpatient clinics to a network of more than 35 sites of care. We met a great milestone when we opened our newest clinic in Elizabeth City, N.C. on Nov. 10. Bringing this clinic online puts virtually all Veterans residing in VISN 6 within one hour of a VA site of care.

Being able to provide this level of access is the true foundation for delivering health care to our entire Veteran population. But we're not stopping here. We have plans to enhance access even more. We will continue to grow our ability to provide care by embracing and leveraging the most effective forms of technology that connect patients with providers whether they are in the next town or separated by hundreds of miles.

Health care has always relied on technology to give providers the best tools to diagnose and treat illness. But today's technology is changing the rules of health care by putting more tools in the hands of the recipients. Defining, designing and incorporating new technology is all part of the transformation to Patient Centered Care, a philosophy that encourages partnership between patient and provider. Patients will be more knowledgeable of their status and options, and will play a much larger role in determining the best courses of action for prevention, treatment and rehabilitation.

I'm proud of the accomplishments of the Mid-Atlantic Health Care Network team, and I'm excited as we look toward the future and to what we can and will do to deliver, "the best care anywhere." There will certainly be challenges as budgets grow tighter and more servicemen and women return from overseas. Rest assured that this network is moving forward as quickly and efficiently as possible to ensure we can and will meet those challenges.

As we enter the holiday season, I want to thank the entire workforce – regardless of where you work, or what you do; your dedication and hard work has contributed to a noble cause – the health and well-being of America's Veterans. Thank you all.

To all our Veterans, near and far, it's truly an honor and pleasure to serve you. Thank you for giving us the opportunity to be your medical home. I wish you all a safe and happy holiday season.

Sincerely,
Dan Hoffmann



'VA For Vets' Aims To Put More Veterans in VA Workforce

WASHINGTON – Secretary of Veterans Affairs Eric K. Shinseki recently announced the debut of a new program to help Veterans find jobs at VA. The program, VA for Vets, began fittingly on Veterans Day.

"VA for Vets takes a high-tech and high-touch approach to recruiting, hiring, retaining, and reintegrating Veterans into the VA workforce," said Secretary Shinseki.

As part of its "high-tech" solution, the program offers state of the art online tools for Veterans as they seek employment or look to further career development opportunities.

The online career center includes: a military skills translator that translates military skills into civilian language; a resume builder that tailors Veterans' resumes so they can more easily compete for open positions in VA; and advanced technology that connects deployed Servicemembers back to VA during their operational missions.

The "high-touch" solution comes in the form of career and reintegration coaches who are readily available to help Veterans and Servicemembers take full advantage of opportunities

offered through the career center or to ensure a seamless transition into the VA workforce. coaching call centers are now operational in Dumfries, Va., Ebensburg, Pa.; and New Orleans, La.

Secretary Shinseki, who is vice-chair of President Obama's Veteran Employment Council, said he is confident that VA can set the standard for Veterans' recruitment and career development at other Federal agencies. VA for Vets is part of a larger strategic initiative led by the newly established Veteran Employment Services Office within the Office of Human Resources and Administration.

"I have set a goal for VA to increase its Veteran workforce from 30 percent to 40 percent, and VESO will be at the forefront of that effort, working with all offices and administrations, to ensure we achieve our goals. The VA for Vets program represents a commitment to transforming the way we hire and retain our Veterans. This program requires the personal commitment of all VA employees so we can uphold our sacred trust and moral obligation to care for those 'who have borne the battle,'" Shinseki said.

JOBS

VA is seeking qualified Veterans to fill more than 1,550 Telehealth clinical technician positions nationwide. Here in VISN 6, all eight VA medical centers in Virginia, West Virginia, and North Carolina are currently recruiting for these positions. Job responsibilities include facilitating the clinical, business, scheduling, and technical aspects for clinic-based telehealth programs. People will use video-conferencing and telehealth technologies, and scheduling software to coordinate and connect staff, resources, patients, and providers in the delivery of services, patient care, education and training. Interested Veteran applicants may apply through the VA for Vets website at www.vaforvets.va.gov, the USA Jobs website at www.usajobs.opm.gov, or by contacting your local medical center's Human Resources Office at:

Asheville	828-298-7911	Beckley	304-255-2121
Durham	919-286-0411	Fayetteville	910-488-2120
Hampton	757-722-9961	Richmond	804-675-5000
Salem	540-982-2463	Salisbury	704-638-9000

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



Daniel F. Hoffmann, Network Director
Augustin Davila, Deputy Network Director
Mark Shelhorse M.D., Chief Medical Officer
Bruce Sprecher, Director, Public Affairs
Steve Wilkins, Network Public Affairs
Jeffery Melvin, Network Public Affairs
Patrick W. Schuetz, Newsletter Editor

Questions or comments about the newsletter, e-mail Bruce. Sprecher@va.gov or call 919-956-5541.

Fayetteville Celebrates A Star Spangled Veterans Day

By Ed Drohan
Fayetteville VAMC public affairs

The stars came out at the Fayetteville VAMC to help Veterans commemorate Veterans Day.

Actress and singer Connie Stevens, who toured Vietnam with Bob Hope's USO show in 1969 and 1970, visited Community Living Center residents and inpatients, bringing with her the USO Liberty Belles singing group. The Stevens and the Belles spent almost two hours talking with Veterans and their families, posing for photos with them and performing.

Earlier that day, former Air Force radio DJ Adrian Cronauer visited CLC residents. Actor Robin Williams portrayed Cronauer in the 1987 movie "Good Morning Vietnam."

Cronauer, Stevens and the Liberty Belles were in town courtesy of the USO of North Carolina as part of Heroes Homecoming, Fayetteville's nine-day celebration of Veterans

Day. The celebration's theme was "Welcome Home, Vietnam Veterans."

Veterans and staff alike were thrilled to see such celebrities take time out of their schedule to visit, especially on Veterans Day. Other events to commemorate the day took place as well.

On Thursday, the FVAMC held its annual Veterans Day Program in the auditorium with guest speaker Lt. Col. James Cook and musical entertainment by the Army's Forces Command Band.

Later that day, the Marine Corps League hosted a celebration of the Marine Corps' 236 birthday in the Community Living Center. Marine Corps Staff Sgt. Michael Rumpfalo cut the birthday cake using a K-bar knife rather than the traditional sword in honor of one CLC resident, who did the same thing while on a hilltop in Vietnam decades ago.

Between celebrity Visits Friday, Fayetteville's Aspen



Ed Drohan

Actress and singer Connie Stevens joins the USO Liberty Belles in singing Happy Birthday to a Veteran resident of the Community Living Center during their visit on Veterans Day.

Emergency Management Officials Receive 1st Ever FEMA Training

In addition to caring for Veterans, VA has another mission: to provide contingency support to DoD and the Public Health Service during disasters or national emergencies.

To achieve effective inter-agency communication and coordination in support of preparedness, response, recovery and mitigation of all natural or man-made hazards, including terrorism, Homeland Security Presidential Directives 5 and 8 require all federal agencies to comply with the national incident management system.

Hurricanes, tornados, earthquakes, fires and the possibility of a terrorist attack are all real threats within the Mid-Atlantic Healthcare Network's boundaries.

Medical center personnel and emergency managers have worked to keep the network trained and equipped to meet the challenges, and during the week of Oct. 31, this training took on a new level with 45 network members, representing all eight medical facilities meeting in Concord, N.C. to learn

how crisis management and response is conducted through multi-agency and joint commands

Rick Rhodes, VISN 8 Area Emergency manager who conducted the training, said it is important to remember that VA not only has a responsibility to be prepared for disasters in order to support our Veterans, but also has a key role in the national response framework. As such, this training was focused on ensuring that VA and the network have the knowledge, skills, and abilities to fulfill VA's fourth mission.

"The FEMA ICS 300 course provides leaders with a complete understanding of Unified Command strategies while the FEMA ICS 400 provides them with an understanding of multi-agency coordination systems under the national incident management system and the national response framework," Rhodes said. "This is the first time this FEMA approved course has been taught in VA."

All 45 who participated

Creek Restaurant sponsored a luncheon for homeless Veterans in the FVAMC auditorium. More than 100 Veterans and their families enjoyed good food and fellowship, and re-

ceived hygiene items and other necessities donated by local charities and individuals.

Overall it was a Veterans Day that many will remember for a long time.

in the training had emergency management responsibilities. Participants included the network's chief medical officer, chief information officer, an associate director, a chief of staff, medical center safety and public affairs representatives, chief engineers, labor, law enforcement, a member of the military and a representative from the Cabarrus County Emergency Management office.

Attendees had to complete Federal Emergency Management Agency's Incident Command System Courses 100, 200, 700 and 800 to receive the training.

Through FEMA, VA emergency managers coordinate medical resources to assist other federal departments, states and communities as requested, before, during and after an emergency or disaster, "so it's incumbent on us to be well trained and to better integrate into the local systems," Rhodes said.

During the week, those attending the training also visited the Cabarrus County Emer-

gency Management Command Center where they learned how the county brings together all its resources and communications to work effectively through emergencies and disasters.

"Most emergencies that impact our facilities will also affect the local community, and this was a great opportunity to train and interact with our DOD and community partners. Visiting the Cabarrus County Emergency Operations Center was icing on the cake," said James Payne, network area emergency manager.

Gus Davila, the network's deputy director, said the training was invaluable. "This training goes hand-in-hand with VA's commitment to support the national incident management system and national response framework. As every agency has its own priorities, capabilities and limitations which need to be understood, I'm confident that the group will take with them a greater understanding of, and appreciation for, working complex emergencies with more than one agency."

Richmond Seeks Wheelchair Games Volunteers

By Steve Wilkins
VISN 6 public affairs

Richmond VAMC needs volunteers to help with the National Veterans Wheelchair Games, June 25-30, 2012.

Begun 31 years ago, the 32nd National Veterans Wheelchair Games, the premiere athletic event for disabled Veterans, returns to its site of origin in VISN 6 next summer. Richmond played host of the inaugural Wheelchair Games in 1981. Now the Games are one

of the largest wheelchair sporting events in the world.

Presented by VA and the Paralyzed Veterans of America, the Games showcase 17 athletic events. Honorably discharged Veterans who use a wheelchair to compete in sports and are eligible for health care in the VA system can register to compete in the Games. There is no registration fee.

Using several venues throughout the city, the week-long event will require close to

2,000 hotel rooms, the cooperation of the Richmond community and more than 3,000 volunteers to ensure success. Extra help is needed to assist with every aspect of the Games — from helping bowlers take aim to passing out water during rugby matches.

Those interested in volunteering must be at least 14 years old. Volunteer opportunities include assisting with athletic event coordination, publicity and signage, serving meals, keeping athletes cool

and hydrated, and escorting Veterans, athletes and visitors.

Individuals or groups interested in volunteering should contact Janet Langhorne, volunteer coordinator, at 804-675-5000, ext. 4989. For an online volunteer application visit: www.richmond.va.gov/docs/newwheelchairvolunteerapp.pdf.

For more information, call Alison Faulk, 32nd National Veterans Wheelchair Games local chairperson at 804-675-5208 or email her at alison.faulk@va.gov.

A Little Training Goes A Long Way

By Nancy Short, Salem VAMC and Seyward McKinney

Little did Staff Sgt. Seyward McKinney know that when she was training a Golden Retriever named Whitney to provide assistive services to Veterans, that she would benefit from this training. Seyward began training Whitney as part of the Paws for Purple Hearts program at Walter Reed Army Medical Center and then she became Whitney's partner.

Seyward is an Operation Iraqi Freedom Veteran who served eight years in the U.S. Army as an Operating Room Technician. While on active duty, she suffered a stroke caused by an arteriovenous malformation. Because her family was in the Salem, Va., area she was afforded the opportunity to begin her rehabilitation treatment at the Salem VAMC in 2009, while still on active duty. After months of successful rehab she was then transferred to Walter Reed Army Medical Center, where rehabilitation continued as she went through the Disability Evaluation System. The DES is a pilot program between VA and DoD where the service member is able to undergo VA rating while at the same time, completing the medical retirement process. During this time, Seyward was afforded the opportunity to be a part of the Paws for Purple Hearts program.

Paws for Purple Hearts is the first program of its kind to offer therapeutic intervention for our military servicemen and women through training service dogs. Under the guidance of Rick Yount, founder of Paws for Purple Hearts, service dog training provides service members the ability to reintegrate into civilian life. Once training is complete, the service dogs are paired with Veterans who have sustained mobility-limiting injuries—thus building on the time-honored tradition of Veterans helping Veterans.

Beyond being able to assist Veterans, one of the main benefits of a service dog is companionship. Service dogs tend to improve the Veteran's outlook on life and give them a bond that can help them not think about their disability. While Seyward was teaching young Golden Retrievers and Labs skills such as sitting, bracing, heeling, pushing doors open, and other tasks that would assist disabled Veterans she began to bond with Whitney; however, Seyward knew that her time with Whitney was limited as Whitney had to move on for more advanced training. Seyward had hopes of someday being reunited with Whitney.

Seyward applied to receive a service dog through Paws for Purple Hearts. On March 31, 2011, Seyward attended Whitney's graduation from preliminary training at Walter Reed,



Nancy Short
Seyward McKinney trains with her service dog Whitney at her side. McKinney is an Operation Iraqi Freedom Veteran who suffered a stroke while on active duty.

which was coincidentally Seyward's separation date from the army and her last day at Walter Reed.

Four months later, Seyward traveled to California to receive her service dog and was thrilled to learn that the service dog with which she was matched was none other than Whitney. Seyward brought Whitney home the end of July, 2011 and they have been an inseparable pair.

Whitney provides that companionship and support that Seyward needs to get through her seemingly never-

ending therapy appointments and everyday life tasks.

Do's and Don'ts with Service Animals:

- Don't pet or distract the dog
- Don't offer the dog food or other distracting treats
- Don't offer the dog toys
- Don't tease the dog
- Don't attempt to grab the dog's harness
- Do offer your assistance to the dog's owner, if needed

For more information about Paws for Purple Hearts, log on to www.pawsforpurplehearts.org.



Dez Scott

Jenna Hanson, an occupational therapist at Richmond VAMC, tries out a wheelchair enabled vehicle with voice interactive controls and a tri-spin steering knob.

Assistive Technology Helps Overcome Barriers

Richmond VAMC public affairs

The assistive technology program at Richmond VAMC focuses on physical medicine and rehabilitation services, and is responsible for the evaluation, development and implementation of appropriate assistive technology services, strategies, devices and/or practices to improve the functional challenges faced by service members and Veterans in their daily environments.

An assistive technology or AT device is any item, piece of equipment, or product system, whether acquired commercially, modified, or customized, that is used to increase, maintain, or improve functional capabilities of individuals with disabilities, to include communications, according to Melissa Oliver, Assistive Technology program director. "Communications is one of the primary needs our injured Veterans and active duty members have," Oliver said.

"We provide education and training to family and caregiv-

ers which help ensure proper installation and use of the device," said Brian Burkhardt, a Richmond VAMC rehabilitation engineer.

The AT team administers services in the following areas:

- Powered mobility & seating
- Augmentative and Alternative Communication devices
- Adaptive driving vehicles
- Specialized computer access
- Electronic cognitive devices
- Electronic aids
- Daily living and adaptive sports

AT team adapts and modifies treatment plans, activities and procedures to meet the needs of each patient.

Patient participation is the key in implementing assistive technology objectives to restore and/or maintain patient performance.

For more information about assistive technology, contact Melissa Oliver, at 804-675-500 ext. 2134 or email her at melissa.oliver@va.gov.

Salem VAMC Reaches Out To Roanoke Valley Clergy

By Chaplain Quentin White
Salem VAMC

Salem Director Dr. Miguel LaPuz invited nearly 50 Roanoke area clergy from many denominations to a presentation in the auditorium Nov. 2. The purpose of the gathering was to inform clergy about the unique challenges of returning Veterans and their families and to enlist their support.

The overwhelmingly positive response of the clergy who attended was a hopeful indication of future support for our Veterans from some of the most important leaders in our community. One VA chaplain commented that the months of preparation and planning really paid off in this event.

Chaplain John Oliver, chief of chaplain service at

the Durham VAMC, gave a three-hour presentation covering topics such as transition problems, PTSD, relationships, alcohol and drug abuse, domestic violence, depression, anxiety, suicide and more. Attendees received literature and study materials covering all the subjects presented.

Following the presentation, the chaplains and area clergy talked about the Veterans in local congregations and how they could be assisted. Jennifer Holland, Salem's associate chief nurse for extended care, outlined the services and benefits available at the medical center to Veterans. Many of the local religious leaders express their willingness to stay in contact with the VA chaplains and other professionals here.

Hampton Travel Pay Changes

Effective Jan. 1, the Hampton VAMC will use a cashless process for all beneficiary travel claims. Payments will be made by either Treasury check or direct deposit. Those Veterans choosing direct deposit will receive reimbursement within 14 days of submitting their travel claim; those choosing treasury check reimbursement will receive within 21 days.

Veterans should ensure that their address is accurate at the

time of requesting reimbursement as checks returned undeliverable will be sent back to the Treasury office. The travel office will provide the form to assist with all address and/or direct deposit change requests.

Those with additional questions about this procedural change should stop by the travel window, located on the first floor of building 110B, during their next visit to the medical center.

VA, DoD Joint Ventures Approved

The Health Executive Council has approved the DOD-VA Health Care Sharing Incentive Fund proposals for FY 2012 that include an initiative for Integrated Women's Health Care Services between Richmond VAMC and Fort Lee's Kenner Army Health Clinic, and a Family Assistance Program expansion between Hampton VAMC and Portsmouth Naval Medical Center.

In Richmond, a \$700,000 joint venture for shared gynecological services to more than 16,000 soldiers, Veterans and dependents will help to streamline the continuum of care, im-

prove the access to and quality of medical care for females and further strengthen the partnership between the facilities.

At Hampton, a Family Assistance Program, primarily directed toward OEF/OIF/OND service members and their families is also open to all Veterans and active duty members and their families. It provides for \$1.4 million to create an interdisciplinary marriage and family treatment team, increase the number of chaplains and their training for counseling service members, expand mental health outreach and establish a couples therapy program.

EXCELLENT SERVICE
Earned by Veterans. Delivered Here.
 VA Mid-Atlantic Health Care Network VISN 6

2011 Marks 70th Anniversary Of Pearl Harbor Attack

Dec. 7, 2011, marks the 70th anniversary of the attack on Pearl Harbor, Hawaii, a day, which like Sept. 11, 2001, Americans will remember forever.

Many Americans, including some military commanders, had come to consider U.S. lands immune from enemy invasion. That feeling of immunity ended forever on the morning of Dec. 7, 1941, when the Japanese Navy attacked the island of Oahu, Hawaii in two massive waves of carrier-based warplanes.

The two-hour Japanese attack sank 21 Navy ships, destroyed 185 military planes and killed 2,290 military personnel at bases throughout Hawaii, along with 48 civilians. Japan lost 29 planes and five midget submarines. The hull of the sunken U.S.S. Arizona became a tomb for 1,103 U.S. sailors. Soon after, Japanese planes eliminated much of the American air force in the Philippines, and a Japanese Army was ashore in Malaya.

These great Japanese successes shocked and enraged the previously divided American people into a level of purposeful unity hardly seen before or since. For the next five months, until the Battle of the Coral Sea in early May, Japan's far-reaching offensives proceeded with little interruption. American and Allied morale suffered accordingly. However, the memory of the "sneak attack" on Pearl Harbor fueled a determination to fight on. Once the Battle of Midway in early June 1942 eliminated much of Japan's striking power, that same memory stoked a relentless war to reverse her conquests and defeat her, and her German and Italian allies.

Even after the conflict ended, the Pearl Harbor attack helped shape a generation of national defense policy and was not forgotten by those who had lived through the war. Monuments, large and small, were erected on the battle sites. Around the country, Veterans' reunion groups met regularly to keep the memory alive. Even



now, some seven decades later, Pearl Harbor remains the subject of a regular flow of documentaries, dramatic productions, books and articles.

The Congress, by Public Law 103-308, has designated December 7 of each year as "National Pearl Harbor Remembrance Day."

On National Pearl Harbor Remembrance Day, we pay tribute to the brave men and women who made the ultimate sacrifice for our country, and we honor all those who selflessly served our nation at home and abroad during World War II.

Veterans Day Promotion Ceremony Ties Past With Present

By Steve Wilkins
VISN 6 Public Affairs

VISN 6 Quality Management Officer Lisa Shear, who serves in the Air Force Reserve, was promoted to the rank of Lieutenant Colonel in a ceremony at the Durham VAMC Community Living Center Nov. 11. Shear performs her Reserve duties at Wright-Patterson AFB, Ohio.

The ceremony held greater significance because Shear's oath was administered by a CLC resident Navy Capt. (ret.) John Dinger. Dinger, a 35-year Veteran of World War II, Korea and the Vietnam era, is originally from Ohio, said, "It felt like a real honor to participate in the event."

Shear said the setting at the VA medical center, with a Veteran to officiate her promotion reflected the "many wonderful experiences I've had," during her military and VA careers. She added that she was honored to share her promotion with the Veterans at the Durham VAMC. She spent some time afterward talking with Veterans, including Dinger, who remembered many of his commands fondly, concluding, "I love the Navy."

She said she spent time this year with a family that had recently lost its patriarch, a decorated WWII pilot, and wanted a WWII veteran to preside over the promotion ceremony. Dinger, who spent WWII on a destroyer in the South Pacific, but lived in Raleigh and then Youngsville since 1964, was available.

Shear joined the Air Force in 1994 after working as a civilian nurse for three years. Through the latter part of her 17-year Air Force career, she has served as the assistant chief nurse for the 445th Aerospace Medicine Squadron based at Wright-Patterson AFB, where she has been for eight years. She provides mentorship for eight nurses and 40 medical technicians, within a unit of approximately 100 medical professionals.

As a VA quality management officer, Shear provides oversight



Steve Wilkins

Lt. Col. Lisa Shear, who holds a civilian position as VISN 6 Quality Management Officer, swears an oath of office, administered by WWII Veteran Navy Capt. (ret.) John Dinger during her promotion ceremony on Veterans Day in the Durham VAMC Community Living Center. Shear is accompanied by her daughter, Katy Rogers, who pinned the new rank on her uniform.

of the VISN's accreditation, performance measurement, utilization management, data management and analysis, risk management and performance improvement programs. She has been with VHA for eight years, serving in the quality management arena for VISN 6 and the Dayton VAMC.

Congress Honors Montford Point Marines

Just hours before the Marine Corps' 236th anniversary and two days before Veterans Day, the Montford Point Marines, the first African Americans to serve in the U.S. Marine Corps, were honored for their courage and service. The U.S. Senate voted Nov. 9 to award them Congress' highest civilian award, the Congressional Gold Medal, the highest expression of national appreciation for distinguished achievements and contributions.

The Marine Corps was the last military branch to accept black soldiers. The first black Marines trained at the segregated Camp Montford Point, near Jacksonville, N.C. African Americans entered the Marine Corps in 1941, as a result of an executive order signed by President Franklin D. Roosevelt. The executive order established the Fair Employment Practices Commission and banned employment discrimination in the defense industries and government based on race, creed, color or national origin.

Overall, nearly 20,000 African American Marines received training at Montford Point between 1942 and 1949. It's estimated that 200 to 300 of the men are still living today. Many participated in the Pacific

Theatre Campaign of World War II, distinguishing themselves by acts of great valor.

Senator Kay R. Hagan, original sponsor of the bill, led the bipartisan push to recognize the Marine Corps pioneers.

"Today, the Montford Point Marines are finally receiving the recognition they deserve," said Hagan. "These men, who were based out of North Carolina in WWII, served our country with courage and dedication, even in the face of discrimination and intolerance. There is no better way to celebrate the Marine Corps' birthday and Veterans Day than by honoring these men for their service and sacrifice and granting them the recognition that is 50 years overdue."

Hagan introduced the bill Sept. 8 with Senators Burr, Blumenthal, Roberts and Schumer as lead sponsors. The House passed the bill on Oct. 25.

"On behalf of all Marines past and present, I extend my sincere thanks to Senator Hagan and all the members of the Senate and House of Representatives who supported this bill to honor the Montford Point Marines with a Congressional Gold Medal," said Marine Corps Commandant General James Amos. "The Montford



File Photo

African American Marines train at Camp Montford Point near Jacksonville, N.C. in the 1940s.

Point Marines' selfless service and sacrifice, during a time when their contributions to our nation were not fully appreciated or recognized, have made this country a better place for all Americans."

In receiving the Congressional Gold Medal, the Montford Point Marines join the select and extraordinary group of people who have received the medal since it was first granted to General George Washington in 1776, including Mother Teresa, the Wright Brothers and Thomas Edison.

Since 1965, the Montford Point Marine Association, a charitable nonprofit Veterans

organization, has preserved the legacy of the first African American Marines. Today the Association has 36 chapters throughout the United States and maintains a national museum at Camp Gilbert H. Johnson in Jacksonville. This Association has several memorials in place to perpetuate the memory of the Montford Point Marines and their accomplishments. Additionally, it holds an annual convention to celebrate the Montford Point Marines, make organizational decisions, and distribute scholarships.

(Adapted from a release from the office of Sen. Kay Hagan.)

Hampton Opens New Clinics continued from Pg 1

fruition," said Dassa Carvey of WAVES National Women of the Sea Services, who proudly stood next to the new machine with her fellow women Veterans to pose for photos. "This is something our Veterans services organizations have been working and pushing for at Hampton VA for a long time and we're thrilled!"

In the afternoon, staff hosted another ribbon cutting for the newly constructed Operation Enduring Freedom/Operation Iraqi Freedom/Operation New Dawn Clinic building. The ceremony took place under a clear blue sky and included patriotic medleys from the U.S. Fleet Forces Band.

"With the anticipated draw-down of the military forces in Iraq and Afghanistan, the number of Veterans we serve here at the medical center is growing each day," said Seekins. "We anticipated the influx of newly separated service members. Our goal is to be ready to provide these new Veterans with the services and health care that they are going to need to make the transition back into civilian life."

Seekins explained that the Hampton VAMC is situated in the heart of one of the largest active-duty military communities in the country and noted it is more than appropriate to locate the clinic there. She also

pointed out that the OEF/OIF/OND Veteran population at the Hampton VAMC accounts for more than 23 percent of the nearly 40,000 Veterans receiving health care at the medical center.

"We are here today because past generations of Veterans found the transition from military duty to be a lone effort," said Daniel Hoffmann, Mid-Atlantic Health Care Network director, who explained that the clinic staff will be advocates for this generation of warriors and that this newest generation of Veterans is receiving the care and assistance necessary to help set each one of them on the path to success.

"This clinic is another way for a grateful nation to say 'thank you' to our Veterans."

The services offered to OEF/OIF/OND Veterans are aimed at providing an entry point into the VA. The clinic staff will assist Veterans with services such as post-traumatic stress disorder counseling, health care, social services and more.

"For all here today, I ask that you help spread the word that this clinic is up and running," Hoffmann said. "Help get the word out that we are here to serve. Most importantly, help spread the word that no Veteran who has served America stands alone."

UM Coordinators Exchange Ideas, Chart Way Ahead

By Jeff Melvin
VISN 6 Public Affairs

Twenty-five utilization management coordinators from across VISN 6 met in Durham Nov. 15-17 for their InterQual training and FY 12 planning session.

Utilization Management is an integral component of the quality management program, monitoring the utilization of resources and optimization of operational efficiency. InterQual is an evidence-based clinical decision support process many hospitals, health plans, and government agencies use to answer critical questions about the appropriate levels of care and resource use.

VISN 6 Quality Management Officer Lisa Shear and Heidi Martin, a health systems specialist from the Office of Quality Safety and Value-Utilization and Efficiency Program, spoke to the group and shared vital information and keys for success with the UM coordinators as they gathered to exchange ideas and discuss



Jeff Melvin

Twenty five utilization management coordinators from around the VISN meet to exchange ideas for FY 12 and participate in InterQual training.

the critical roles they play in supporting medical decision making, strategic planning and evaluation of appropriate levels of care.

For FY 12, key measures will focus on cost containment and cost avoidance strategies as it relates to ascertaining de-

crease inpatient average length of stay, reducing preventable hospital readmissions and decreasing avoidable bed days of care, said VISN 6 Utilization Management Officer Cheryl McKoy.

“The overall successful outcome of enhancing access

and operational efficiency across the continuum of care cannot be achieved by the UM coordinators alone but rather via collaborative efforts of UM coordinators, physician utilization management advisors and the entire patient care management team,” McKoy said.

Enjoy The Holiday, Keep Your Health/Weight Under Control

By Stephanie Ong
Salem VAMC

It's that time of year again; the holidays are just around the corner. Each of us looks forward to the festivities associated with family gatherings and with all of the yummy food that the season brings! Unfortunately, for many it also becomes a time of year for over-eating and weight gain.

The holidays don't have to mean weight gain, though. Focus on the healthy balance of food, activity, and fun. Implement a few simple tips that will help keep you healthy throughout the holiday season.

It's not hard to understand why people fall into bad habits during the holiday season. Everywhere you go, it seems like someone is thrusting a glass of wine or a piece of pie in front of you. Surely, it would be rude to refuse? Right?

On the contrary, do not let yourself be coerced into eating something you don't want. Try a low calorie snack before heading out to a big feast; munch on carrots, celery or apple slices to hold

you over from scavenging the appetizer platters.

Keep in mind, eating wise doesn't mean you have to miss out on your holiday favorites. Have a little of everything, but try to fill your plate with lots of fruits and vegetables. You can still savor your favorite treats, just aim for smaller portions. This way you'll get to indulge, while still focusing on receiving valuable nutrients and vitamins.

Don't forget that alcohol contains calories too. Try to control your alcohol intake and similar to your food, try not to over-indulge regularly. Also, remember, that just because it's the holidays doesn't mean you should throw exercise out of your daily routine. Exercise will help relieve some holiday stress and keep extra pounds from sneaking up on you!

Food will always be a major part of the holiday season – and there is certainly nothing wrong with that. Enjoying the holidays and keeping your weight under control is possible! If you practice some of these tricks, in the long run, your body and mind will thank you!

SET YOUR SIGHTS ON HEALTHY EATING

Avoid the holiday bulge!

1. Balance party eating with small, lower-calorie meals at other times during the day.
2. Have a small snack before a party to take the edge off your hunger.
3. Enjoy small portions of special holiday foods.
4. Add more physical activity to your routine.

Veterans Encouraged To Get Tested On World AIDS Day

The Office of Public Health wants to remind everyone about World AIDS Day, Dec. 1. The illness now known as HIV was first identified 30 years ago, and since then, more than 25 million people worldwide have died of AIDS.

VA remains the largest provider of HIV care in the country and a national leader in high quality, comprehensive HIV care.

An estimated 1.2 million Americans are living with HIV, and yet one out of five don't know it. World AIDS Day is an opportunity to take action.

This year's US government's theme for World AIDS Day is "Leading with Science, Uniting for Action." Public health experts advise that every Veteran—not just those who think they are at risk—get tested for HIV. Early detection of HIV infection can afford Veterans excellent care and good health for years to come. Join VA in

recognizing World AIDS Day. Say yes to the test. Make HIV testing a part of every Veteran's routine care.

An HIV test is the only way to be certain about your HIV status. A person with HIV could show no symptoms for years, but could still pass the virus on to others.

HIV testing is voluntary and confidential. It is up to you to decide whether you want to be tested. Before deciding, you will be given educational materials on HIV and HIV testing. VA also encourages you to ask your provider any questions you may have.

If you consent to be tested, an HIV test will be done with either a sample of blood or fluid (saliva) from inside your mouth. For the blood test, blood is drawn either from an arm or from a finger with a needle stick.

For more information, visit www.hiv.va.gov/.



Network Seeks Health Care Providers

The VA Mid-Atlantic Health Care Network is looking for highly qualified healthcare providers. If you or someone you know is looking for a challenging and rewarding opportunity, please contact Harold "Keith" Liles Jr., Mid-Atlantic Region's National Healthcare Recruitment Consultant, for additional information. Liles can be reached via email at Harold.Liles@va.gov or by phone at (919) 688-7613.

Current Vacancies

- Chief of Staff – Fayetteville
- Psychiatrist – Fayetteville, Salisbury
- Gastroenterology – Beckley, Asheville, Salisbury, Salem
- Emergency Medicine – Beckley, Salem, Asheville, Salisbury
- Hospitalist – Beckley, Salem
- Urologist – Hampton
- Pulmonologist – Beckley
- General Surgery – Asheville
- Infectious Disease – Salisbury
- Geriatrician – Salisbury
- Physical Medicine and Rehabilitation – Fayetteville
- (PA) Cardiothoracic Surgery – Richmond
- (PA) Gastroenterologist – Salisbury

Albemarle continued from Pg 1

at a great location. It's exciting to now have this going into operation."

The Albemarle POC will serve 2,400 Veterans who reside in northeastern North Carolina providing primary care, telehealth and mental health service to Veterans within the region.

"This clinic will serve eight counties in northeastern North Carolina who previously had to drive hours to receive their health care," said Daniel Hoffmann, Mid-Atlantic Health Care Network director. "Our goal is not only to provide health care closer to where Veterans live, but also engage them in preventive health care so they can live healthier lives."

Hoffmann, the keynote speaker at the event was greeted with warm applause amongst the pomp and circumstance provided by the U.S. Fleet Forces Band from Norfolk Naval Base. The band entertained the community leaders, Veterans and their families who gathered to celebrate the delivery of the facility the day before Veterans Day.

"When they broke ground here in January, I finally knew it was a reality," said Phyllis Kondracki, a strong and tireless Veteran advocate and a driving force behind the Elizabeth City location of the clinic. "I have been raising awareness within the community, driving outreach programs with Veteran Services Organizations, and working with local government officials and congressional offices to expand VA services in the area since 2007. With more than 17,000 Veterans in northeastern North Carolina, it's very exciting to open this new facility."

North Carolina Senator Kay Hagan praised the clinic opening. In her letter applauding VA's commitment to providing essential health services to the Veteran population in the greater Elizabeth City area, she wrote that North Carolina is committed to creating opportunities for Veterans to seek quality, affordable medical support. She also applauded the leaders, staff and volunteers for their contributions to the safe, independent and healthy lives of Veterans.

'Make The Connection' Online Campaign Shares Experiences

Make the Connection, a new campaign launched by the Department of Veterans Affairs, is creating ways for Veterans and their family members to connect with the experiences of other Veterans—and ultimately to connect with information and resources to help them confront the challenges of transitioning from service, face health issues, or navigate the complexities of daily life as a civilian.

The campaign's central focus is a website, www.MakeTheConnection.net, featuring numerous Veterans' shared experiences, challenges, and triumphs. It offers a place to view the candid, personal testimonials of other Veterans who have dealt with and are working through a variety of common life experiences, day-

to-day symptoms, and mental health conditions. The website also connects Veterans and their family members with services and resources that may help them live more fulfilling lives.

At MakeTheConnection.net, Veterans and their family members can explore information on mental health issues and treatment—and easily access support—in comfort and privacy, anywhere, anytime. Visitors to the website can customize and filter their online experience, directly connecting with content that is the most relevant to their own lives and situations.

For more information, visit MakeTheConnection.net or VA's mental health services website at www.mentalhealth.va.gov.

National Call For Photos Underway

The Vietnam Veterans Memorial fund is leading a "The National Call for Photos," campaign to gather images of the more than 58,000 men and women whose names are engraved on the Vietnam Veterans Memorial.

The images eventually will be displayed at The Wall's education center, an underground facility that will be built near the memorial. The display will showcase pictures of the military servicemen and women lost during the Vietnam War on their birthdays.

There are several ways to submit photos. People can

bring photos to their local FedEx office where they will be scanned and uploaded for free; go to www.VVMFCenter.org to upload the photo themselves; or mail a high-quality, 8-by-10 print of your photo along with the submission form available at vvmf@vvmf.org to Vietnam Veterans Memorial Fund, Attn: Call for Photos, 2600 Virginia Ave. NW, Suite 104, Washington, D.C. 20037.

For more information about how to add a photograph to the collection, contact the Memorial Fund at 202-393-0090 or via email at vvmf@vvmf.org.

New Health Benefits Site Launched

VHA Health Eligibility Center launched a new Health Benefits website Nov 11, to enhance communications with Veterans. The new site www.va.gov/healthbenefits replaces the Health Eligibility website (www.va.gov/healtheligibility/), and is designed for easier navigation and is more interactive to enhance the user's experience. The new site will be an online portal for Veterans, family members and care givers to learn about eligibility, enroll-

ment options and benefits offered by VHA. It also provides detailed information about how to apply for VHA health services, cost of care, accessing VA health care and VA's Medical Benefits Package. The Health Benefits website provides the following new features: simple, easy instructions on how to obtain and access health benefits, medical benefits package and priority group information, income threshold determination and copay mapping

VMLI Maximum Coverage Increases

WASHINGTON – VA announced that the maximum amount of Veterans Mortgage Life Insurance (VMLI) increased from \$90,000 to \$150,000, effective Oct. 1, under the Veterans' Benefits Act of 2010. Maximum coverage will further increase from \$150,000 to \$200,000 after Jan. 1.

VMLI is issued to those severely disabled Veterans and Servicemembers who have received grants for specially adapted housing from VA. These grants are issued to Veterans and Servicemembers whose movement or vision is substantially impaired because of their disabilities.

Policyholders have three options for their VMLI coverage. They may decline the increase and retain their pre-October level of coverage and premium, accept the maximum amount of coverage for which they are eligible, or select a different amount of VMLI coverage. Coverage may not exceed the maximum allowed by law, or their mortgage balance, whichever is less.

All policyholders will be automatically covered for \$150,000 or their mortgage amount, whichever is lower, between Oct. 1 and Jan. 1,

2012, with no increase in their premium for this period. After Jan. 1, 2012, coverage will increase to the maximum amount for which the policyholder is eligible unless a different level of coverage is elected. Premiums for the new level of coverage will be deducted from VA compensation checks beginning in February 2012.

VA sent notification letters to eligible VMLI policyholders Sept. 1 to inform them of the increases.

In addition, VA developed a special VMLI Online Notification Application allowing policyholders to select their level of VMLI coverage. The website is not available to the general public; it is open only to those policyholders eligible for the additional coverage.

Policyholders access the site by entering a personal identification number included in their notification letter. Once an online request is submitted, an electronic workflow task is automatically generated, authorizing immediate processing.

For more information about VA's Insurance Program, go to www.va.gov or call 1-800-827-1000. Veterans are also encouraged to visit VA's web portal eBenefits - Insurance.

New Form Assists Death Notifications

CLEVELAND – Defense Finance and Accounting Service officials report that survivors can now use a "fast form" to report the passing of a retiree on the Internet rather than waiting on the phone.

The DFAS Form 9221 for notification of death can be processed quicker than faxed or mailed forms, said officials, and they save paper and postage costs. Officials warn that if a survivor doesn't receive confirmation of receipt from DFAS within 48 hours of submitting the form, they should call 800-321-1080.

The form can be completed and submitted online from the privacy of a customer's home, or with the help of a casualty assistance representative. Submitting the form initiates all of the same actions a DFAS customer care center representative would:

- The retiree's account will be suspended to avoid release of monthly payments.

- A Standard Form 1174 claim form will be sent to the retiree's arrears-of-pay beneficiary.

- If the decedent was enrolled in the Survivor Benefit Plan or the Retired Serviceman's Family Protection Plan, an annuitant care package will be sent to the beneficiary.

The notification-of-death form is only for reporting the death of a military retiree. Annuitant deaths must still be reported to one of the DFAS customer care representatives at 800-321-1080.

To access the notification of death fast form, click on the link at www.dfas.mil/retired-military/forms.html.

For more retiree news and information, please visit www.retirees.af.mil.

Documentary Highlights Heroes

WASHINGTON – The Department of Veterans Affairs has launched a campaign to increase awareness about Traumatic Brain Injury and services provided by the VA for Veterans and Servicemembers recovering from TBI and co-occurring complex injuries.

The campaign debuted with a 25-minute documentary highlighting individual stories of recovery for some of the most severely injured and wounded Veterans through the VA Polytrauma System of Care at the Hunter Holmes McGuire VAMC in Richmond, Va. The documentary and other videos can be viewed at www.polytrauma.va.gov.

“The stories of true courage and determination are an inspiration to all who watch this documentary,” said Secretary of Veterans Affairs Eric K. Shinseki. “The stories go beyond their injuries resulting from combat or vehicle accidents by highlighting their he-

roic roads to recovery, aided by VA’s system of care. I encourage everyone to take the opportunity to watch the video.”

VA has released a series of products to promote awareness of TBI and services available to Veterans, including public service announcements www.polytrauma.va.gov/multimedia-library/multimedia-library featuring Golden Globe, Emmy, and Screen Actors Guild SAG Award winner and Academy Award nominee Gary Sinise.

The pieces highlight the fact that effects of TBI can range from mild to severe, lasting for a brief or prolonged period of time. Treatment is available and VA provides specialized services to support Veterans and Servicemembers through evaluating and diagnosing TBI, related problems, and enabling their recovery. More information about TBI and VA’s Polytrauma / TBI System of Care is available at www.polytrauma.va.gov.

Osteoarthritis Finding Could Pave Way For Prevention

WASHINGTON – Challenging long-held notions that osteoarthritis is a result mainly of wear and tear on the joints, researchers led by Dr. William H. Robinson of the Department of Veterans Affairs Palo Alto Health Care System and Stanford University have provided new insights into the immune-system changes that may trigger cartilage breakdown. Their report appears in the Nov. 6 online edition of *Nature Medicine*.

“This research can lead to a better quality of life for Veterans and others with osteoarthritis,” said Secretary of Veterans Affairs Eric K. Shinseki. “This is an example of how VA’s research program can lead to many significant breakthroughs in health care.”

Working with samples from humans with osteoarthritis and mice, the research team found that the complement system, a group of proteins that move freely through the bloodstream, plays an important role in the development and spread

of osteoarthritis. When functioning normally, the complement system is an important part of the body’s immune system, killing harmful bacteria and cells infected by viruses when it is called upon to do so.

The researchers discovered that one component of the complement system, called the membrane attack complex, or MAC, is formed and activated in the joints of both humans and mice affected by osteoarthritis. They believe that when the MAC is aberrantly activated in the joints (a phenomenon called “dysregulation”), it induces low-grade inflammation and the production of enzymes that break down cartilage and result in the development of osteoarthritis.

“It’s a paradigm change,” says Robinson, a physician-researcher with the Geriatric Research, Education and Clinical Center at the Palo Alto VA and an associate professor of immunology and rheumatology at Stanford. “People in the field predominantly view osteoar-

Clothing Allowance Reg Published

WASHINGTON – Secretary of Veterans Affairs Eric K. Shinseki announced the publication of a final regulation in the Federal Register on clothing allowance that expands the eligibility criteria for Veterans with multiple prosthetic and orthopedic devices or who use prescription medications for service-connected skin conditions.

“Veterans whose service-connected disabilities require prosthetic appliances and skin medications deserve financial assistance for the extra clothing they have to purchase,” said Shinseki. “A federal appeals court has ruled that Veterans may be entitled to more than one clothing allowance, and we are adjusting our regulations to make sure Veterans get the benefit of that decision.”

The new regulation provides criteria for more than one annual clothing allowance in situations where distinct garments are affected, and ensures Veterans are adequately compensated for damaged clothing.

Veterans, who because of a service-connected disability, wear or use a prosthetic or orthopedic appliance that tends to wear out or tear clothing, are eligible for payment of an annual clothing allowance.

Examples of appliances include an artificial limb, rigid extremity brace, rigid spinal or cervical brace, wheelchair, crutches or other devices prescribed for the Veteran’s service-connected disability.

Veterans who because of

a service-connected skin condition use a medication that causes irreparable damage or stains to outer garments, are also eligible for payment of an annual clothing allowance.

The change makes VA’s clothing allowance regulations consistent with the U.S. Court of Appeals for the Federal Circuit’s holding in the case of *Sursely v. Peake*.

The application deadline for an annual clothing allowance is Aug. 1 of each year, with payment administration in September and October. Payment of more than one clothing allowance to qualifying Veterans will begin in 2012.

VA is in the process of revising VA Form 10-8678, Application For Annual Clothing Allowance, to accommodate application for more than one annual clothing allowance. Currently, the single annual clothing allowance is \$716.

In the meantime, if a Veteran wishes to claim more than one allowance, the Veteran may continue to download and complete the current forms at www.va.gov/vaforms/medical/pdf/10-8678-fill%204-08.pdf and www.vba.va.gov/pubs/forms/VBA-21-4138-ARE.pdf, to indicate that he or she desires consideration for more than one annual clothing allowance.

Veterans can also contact their nearest VA regional office at 1-800-827-1000 for more information about applying for more than one clothing allowance.

thrititis as a matter of simple wear and tear, like tires gradually wearing out on a car.”

Osteoarthritis, also known as degenerative arthritis, affects millions of people around the world, usually those who are middle aged or older. The disease is most commonly found in hands, neck, lower back, knees and hips.

Currently, there are no therapies available to slow the progress of the disease, and treatment is focused on pain control. Ultimately, some patients with osteoarthritis require joint replacement surgery.

Robinson says one-third of people aged 60 or over suf-

fer from osteoarthritis. VA estimates that more than 6 million World War II and Korean War Veterans are still living and could be affected. Finding a way to stop the disease from progressing in an aging population could potentially help millions of Veterans.

Robinson said he is optimistic about the potential of the new findings to eventually translate into better therapies to treat osteoarthritis or prevent it altogether. “Right now,” he says, “we don’t have anything to offer osteoarthritis patients to treat their underlying disease. It would be incredible to find a way to slow it down.”

VISN 6 Sites of Care

Albemarle POC
1845 W City Drive
Elizabeth City, NC
252-331-2191

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

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

Beckley Vet Center
1000 Johnstown Road
Beckley, WV 25801
304-252-8220

Brunswick Outreach Clinic
20 Medical Campus Drive
Supply, NC 28462
910-754-8574

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

Charlotte CBOC
8601 University East Drive
Charlotte, NC 28213

Charlottesville CBOC
650 Peter Jefferson Pkwy
Charlottesville, VA 22911
434-293-3890

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

Durham VAMC
508 Fulton St.
Durham, NC 27705
919-286-0411, 888-878-6890
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
www.fayettevillenc.va.gov

Fayetteville Vet Center
4140 Ramsey St.
Fayetteville, NC 28311
910-488-6252

Franklin CBOC
647 Wayah St.
Franklin, NC 28734-3390
828-369-1781

Fredricksburg CBOC
1965 Jefferson Davis Highway
Fredericksburg, VA 22401
540-370-4468

Greensboro Vet Center
2009 S. Elm-Eugene St.
Greensboro, NC 27406
336-333-5366

Greenbrier County CBOC
804 Industrial Park Rd.
Maxwelton, WV 24957
304-497-3900

Greenville CBOC
800 Moye Blvd.
Greenville, NC 27858
252-830-2149

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

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

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

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
241 Freedom Way
Midway Park, NC 28544
910-353-6406, 910-353-6406

Jacksonville, N.C. Vet Center
110-A Branchwood Driv
Jacksonville, NC 28546
910-577-1100

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

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

Princeton Vet Center
905 Mercer Street
Princeton, WV 24740
304-425-5653

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 Vet Center
1649 Old Louisville Rd.
Raleigh, NC 27604
919-856-4616

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

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

Robeson County CBOC
139 Three Hunts Drive
Pembroke, NC 28372
910-521-8452

Rutherford County CBOC
374 Charlotte Rd.
Rutherfordton, NC 28139
828-288-2780

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/

Staunton CBOC
102 Business Way
Staunton, VA 24401
540-886-5777

Tazewell CBOC
123 Ben Bolt Ave.
Tazewell, VA 24651
276-988-2526

Virginia Beach CBOC
244 Clearfield Avenue
Virginia Beach, VA
757-722-9961, ext. 1900

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

Wilmington CBOC
736 Medical Center Drive
Wilmington, NC 28401
910-763-5979

Winston-Salem CBOC
190 Kimel Park Drive
Winston-Salem, NC 27103
336-768-3296

Winston-Salem Annex
2101 Peters Creek Parkway
Winston-Salem, NC 27127
336-761-5300

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