

VOICES OF VISN 6

— Excellent Care – Earned by Veterans – Delivered Here —

RICHMOND VA ASSISTS VET IN PREP FOR Marine Corps Marathon With New Prosthesis



Inside This Issue



COVER STORY | By Megan Kon

- 3 Support Your Passion
- 4 Retirement Party for Lieutenant Storm - Salisbury VA Police Service's First Narcotics and Missing Person K-9
- 5 Charles George VAMC Campus Grows, Adds Room for SARRTP
- 6 Salisbury VA Health Care System Hosts Local Creative Arts Competition
- 7 National American Legion Auxiliary: President Nicole Clapp Visits DVAHC for National Salute to Veteran Patients Week
- 8 NBC's Today Show, Progressive Honor Hampton Veteran
- 9 The Journey of Jose A. Vazquez
- 10 Being Healthy Doesn't Have to Be So Hard
- 11 Out of the Darkness: A Veteran's "Mindful" Journey

After many years of struggling with foot fractures and infections, a Marine Corps Veteran knew it was time to seek care at the VA.

"I went 12 and a half years with a bad foot," said Edward Purcell. "After multiple infections and eight surgeries to repair brittle bone fractures, my cardiologist advised me to do something about it to prevent any ongoing cardiac issues."

Purcell reached out to the Central Virginia VA Health Care System (CVHCS) for support.

"God's got me here for a reason," Purcell said, now 57 years old. "I've died twice in my life. I've had three traumatic brain injuries and I keep going. I don't quit."

It's been one year since Purcell's amputation. His new goal in life is to complete the Marine Corps Marathon in October of this year.

"Superior mind, superior attitude," Purcell said, citing his personal mantra. "If you follow these words, you will get where you need to be."

TOP PHOTO: Marine Veteran Edward Purcell proudly shows off his running prosthesis as he prepares for the Marine Corps Marathon in October of last year. (Photo: Jason Miller, Visual Information Specialist)

STORY CONTINUED ON PAGE 5

Message from the Network Director



The VISA 6 Regional Health Care System prides itself on providing our Veterans the best care and service anywhere. Many of you have heard me mention our effort to become a High Reliability Organization (HRO). We are making it our business to get things right the first time; to build trust among staff and with Veterans, and to do it safely and efficiently. HRO is a comprehensive effort to improve the Veteran experience, and increase clinical outcomes with high-functioning teams. I am proud to announce the hiring of Catherine McCrimmon to coordinate our HRO efforts. She brings the expertise to continue our journey, re-enforcing a culture of safety; managing efficient systems and creating a learning experience from errors. In addition, she will assist us with refining leadership behavior; asserting advocacy and enhancing followership. Recently, we hosted a national team addressing an important initiative, titled “Referral Coordination Initiative (RCI)” RCI’s goal is to inform Veterans about their full range

of options for care, from VA healthcare system options, to receiving Specialty or Primary Care in the community. Eligibility for community care does not mean a Veteran prefers community care, nor is it necessarily in the Veteran’s best interest. We want to put the Veteran where the care they receive is best for them, singularly. To accomplish this goal VISA 6 facilities are forming interdisciplinary referral coordination teams, who will discuss value of choosing VA, discuss full-range of care options and modalities, and discuss eligibility as needed. We hope that Veterans will recognize improved satisfaction in their care, improved appointment scheduling, whether VA or in the community, and allowing providers more time to focus on their care. I am always excited when VISA 6 can be on the leading edge of change! On a more urgent note, VA is monitoring the outbreak of Novel Coronavirus (2019-nCoV) with the Centers for Disease Control and Prevention (CDC) and other federal partners. The virus is spread predominantly by

droplets, much like the flu. Although symptoms are not always apparent, symptoms may vary from mild upper respiratory to severe disease. The number of confirmed U.S. cases has remained low and stable. This is a result of vigilant screening of passengers inbound from foreign countries, especially Asian locations. Although risk of contracting the virus remains very low here, follow healthy habits such as handwashing, wearing a mask when you’re suffering from illness and seek medical care when you experience symptoms. Updates can be found on VA’s web site or at the CDC web site. Also, this flu season has been quite deadly. If you have not already received a flu shot, please do so, protect yourself and others

— **DeAnne M. Seekins**
VISA 6 Network Director

Ferguson Joins Greenville HCC Team

The Durham VA Health Care System (DVAHCS) recently announced the appointment of Chris “Eddie” Ferguson as Administrative Director of the Greenville VA Health Care Center. As administrator, Ferguson is responsible for ensuring that Veterans in Eastern North Carolina receive timely access to high-quality, comprehensive health care at the Greenville VA HCC, Morehead City VA Community Based Outpatient Clinic (CBOC) and the State Veterans Home in Kinston, N.C.

Before joining the DVAHCS team, Mr. Ferguson served as acting assistant director of the Charlie Norwood VA Medical Center, until August 2019. Prior to that, he served as Ambulatory Care Operations Director for the VA Southeast Health Care Network (VISA 7) in Atlanta, Ga., overseeing ambulatory

operations from June 2016-January 2020. He previously served as Health Systems Specialist to the Chief Medical Officer at the VA South Central VA Health Care Network (VISA 16) in Jackson, Miss.

Mr. Ferguson earned his Bachelor of Radiologic Sciences degree from the University of South Alabama. He earned his Master of Science in Health Administration and Master of Science in Health Informatics, from the University of Alabama at Birmingham.

Mr. Ferguson served in the Army National Guard and was deployed in support of Operation Iraqi Freedom and Operation Enduring Freedom. He is a member of the American College of Healthcare Executives (ACHE), Disabled American Veterans, and the American Legion.



Chris “Eddie” Ferguson, Administrative Director of the Greenville VA Health Care Center

Retirement Party for Lieutenant Storm - Salisbury VA Police Service's First Narcotics and Missing Persons K-9

By Amanda Reilly | PUBLIC AFFAIRS SPECIALIST, SALISBURY VA HEALTH CARE SYSTEM

On Feb. 12, 2020, the Salisbury VA Health Care System's Police Service hosted a retirement gathering for Lieutenant Storm, a black, female Labrador Retriever who was hired and vigorously trained to become the first K-9 to assist the Salisbury VA Police with finding and retrieving narcotics and missing persons. Lieutenant Storm was nationally certified by the American Police K-9 association for tracking narcotics and evidence recovery. She has been with the Salisbury VA for the past 7 years, which is why her retirement was advertised and executed in the same fashion any other employee's farewell party would be.

During Storm's career at the Medical Center, she assisted the Salisbury VA Police in finding and seizing illegal narcotics. There were 15 successful drug busts with 100-percent conviction rates on the charges utilizing Lieutenant

Storm's skill in 2019 alone! She also helped locate a total of four missing persons on or around the VA campus during her career. Additionally, Storm assisted in multiple mutual aid searches for other VA facilities.

For her retirement, there was a beautiful cake and punch served to folks who came to wish Storm well and to give her some last-minute love. Some employees who stopped by even brought gifts for her and expressed how much she will be missed. After leaving VA, Lieutenant Storm will be transitioning to her permanent home with her current handler, Sergeant Jonathan Smith of the Salisbury VA Medical Center Police force. The Police Service is currently recruiting and training the next K-9 to join the team, but it will definitely take a lot to fill the "shoes" of Lieutenant Storm.



Salisbury VA Health Care System's Narcotics K-9, Lieutenant Storm. (Photo: Luke Thompson, Photographer, Salisbury VA Health Care System)



Salisbury VA Health Care System Police Service honor K-9 Lieutenant Storm for her 7 years of service. (Photo: Salisbury VA HCS Police Service)

Salisbury VA Health Care System Hosts Local Creative Arts Competition

By Amanda Reilly | PUBLIC AFFAIRS SPECIALIST, SALISBURY VA HEALTH CARE SYSTEM

On Feb. 8, 2020, the Salisbury VA Health Care System held its 12th Annual Creative Arts Competition. The divisions included in the local competition were Art, Drama, Music, Creative Writing, and Dance. The 2020 competition consisted of 21 Veterans entered in various categories for each division, judged by a panel made up of volunteers from the American Legion Auxiliary. Salisbury VA Health Care System Director, Joseph Vaughn joined a full audience of Recreation Therapists, fellow Veterans and their families, and interested members of the public. “It is easy to see, well ... not easy, but evident, that physical wounds can be healed. But it is quite evident by the art displayed around the room today that some wounds are to the soul, and that is being expressed here,” said Director Vaughn, regarding the Veteran artists’ submissions.

Upon entering the event venue, visitors were instantly captivated by heartfelt works of art displayed around the room. Among these were paintings, carvings, drawings, photographs, poetry, and other written pieces sub-

mitted by Veterans eager to share a glimpse of their inner emotions through artistic expression. After the welcoming remarks, the audience was gifted with works from talented poets, singers, storytellers and actors in a passionate program that left viewers in tears, laughter and buzzing conversation.

Angel Roberts is a former Coast Guard Veteran who was one of the local winners at the Salisbury VA’s 2019 Creative Arts Competition, which led her to be entered in the National Veteran Creative Arts Festival that same year. There, she took home the 2nd-place medal for her vocal solo rock song “Wild Nights.” Creating poetry and music is an outlet that has helped Ms. Roberts to be able to begin healing from her emotional wounds. In her original song “Inside Fight,” she expresses some of the inner turmoil that she has experienced through this powerful tune that was co-written at a retreat called “Operation Song” in June of 2019. Ms. Roberts stated that art and music has helped her tremendously.

“This was one of the best experiences of my life,” said Roberts regarding her performance in the Creative Arts Competition. “I never talked about my experiences prior to writing and sharing this song. I am in awe and joy, and am much more comfortable talking now. ... When I sing —not just songs I’ve written — it helps release things I normally wouldn’t be able to.”

Ms. Roberts took home four 1st-place medals in the local 2020 competition and expressed her hopes to be considered for the National Competition again this year in Saint Petersburg, Fla. from Nov. 28 through Dec. 5. Plans for Salisbury’s 2021 local Creative Arts Competition are also in place. Mark your calendars for the second Saturday in February 2021!



PHOTO ABOVE: Salisbury VA Health Care System’s 2020 Local Creative Arts Competition Winners on Feb. 8, 2020. (Photo: Luke Thompson, Photographer, Salisbury VA Health Care System)



NBC's Today Show, Progressive Honor Hampton Veteran

By John Rogers | HAMPTON VAMC PUBLIC AFFAIRS

In the latest installment of NBC's Today Show special series *Honoring Our Military*, reporter Natalie Morales profiled Navy veteran Nakisha King, who overcame homelessness and health challenges to launch a successful business that helps her fellow veterans. NBC News and The Today Show teamed up with Progressive Insurance and their Keys 2 Progress campaign to gift deserving Veterans with a brand-new car.

While searching for deserving Veterans, NBC News staff found Ms. King's story "Hard times couldn't stop Hampton Navy Veteran turned entrepreneur," on the cover of the "Inside Business" magazine ([Link](#)). They decided to feature a segment on her, based on her powerful story of overcoming obstacles. So how is it

that she became homeless? King related that a sudden decline in her health forced her out of the workplace, and the rent payment became too much to bear, thus her entire family was forced to live in her car. She simply did not have the resources to afford rent. "No one knew that I was struggling or that I was living in my car," she said. "But thanks to the Hampton VA Hospital and other Veteran resource programs, she was able to get housing.

Morales interviewed Ms. King January 17 to highlight her activity in her work-study site at the Hampton VA Chapel Support Center; her business office, *Gift Opener LLC*, as well as her home. Ms. King shared her story on the challenges she faced and how the support of the Hampton VA Medical Center helped her

through her toughest moments. Much to King's surprise, at the end of the segment, she received a huge gift. King was presented with a 2019 Nissan Rogue automobile, sponsored by Progressive Insurance. In King's story, she stated that her family had lived in their car twice. In responding to the surprise, King said she feels so blessed that someone heard her testimony and decided to not only feature her in a news story, but give her something that will allow her to continue to thrive in her personal and professional life. She expressed that she is extremely thankful for the support from Hampton VA Medical Center during her time of struggle, as well as her time of triumph.

TOP PHOTO: Veteran Nakisha King is surrounded by family and friends on the day she was honored for her courage and perseverance, during an episode of the Today Show. Photo by John Rogers.

FEATURED ON

Inside Business
The Hampton Roads Business Journal



The Journey of Jose A. Vazquez

By Joshua D. Edson | DURHAM VA HCS PUBLIC AFFAIRS



Jose Vazquez was born in Ponce, Puerto Rico November 9th, 1926. “When I was 15, I heard on the radio that the Japanese had bombed Peral Harbor.” He was captivated by the news. “I remember everyone being scared, but I also remember so many of us were ready to fight.” Like so many Americans, Vazquez, and many of his Puerto Rican neighbors were anxious to help defend America. “I was too young at the time, so I had to wait for my turn.” That turn came in 1944, when Vazquez was drafted into the 65th Infantry Regiment, also known as the Borinqueneers. The Borinqueneers was an Army unit made up of Puerto Ricans. It was segregated at the time, “but that didn’t matter to me, I was proud to do my part.”

After 90-days of training as a Lineman, “we boarded a ship for Curaçao. It was an important base of operations.” German U-boats were still a big presence there. “I learned Morse Code. I taught my daughter some of that, but sadly, I’ve forgotten it now.”

While in Curaçao, he developed fainting spells. “They never seemed serious. I also developed some trouble hearing out of my left ear.” When the war ended and he was being demobilized, discharged as a Private First Class, he underwent a physical. “By that time, I could not hear out of my left ear and the doctor noted that on my paperwork.”

Back in Ponce, Vazquez wanted to be an Electrical Engineer, but he never got the chance. In 1946 or ‘47, he took a friend to the local hospital with a section just for Veterans. “Some of the hospital staff noticed that I was walking oddly.” An examination exposed a benign tumor on the left side of his brain. That helped to explain why he couldn’t hear, and he was starting to have trouble seeing. He ended up at a VA hospital in Bronx, NY for surgery.

They removed the tumor, “but it left me without a sense of smell, deaf in my left ear and legally blind,” he said. Vazquez received a disability rating and \$50 a-month. He was 23 years old.

Not able to work, “because of the tumor,” he depended on his pension.” Later, he got married. “I married in May of 1955. My wife was a nurse at the hospital in Ponce. That’s where we met. We went on to have three children. Two boys and a girl. Sadly, she passed away in 2014.”

In 1960, he joined American Legion Post 56 in Ponce. “Through the American Legion, I was able to serve my country and my fellow Veterans. I’m still a member, 60-years on.” Over the years, Vazquez served as a post Vice Commander and a Veterans Service Officer. His continued service makes him proud. “I’m also a proud member the Blinded Veteran Association,” he adds excitedly.

The Congressional Gold Medal. It’s a bit of a funny story. “When President Obama awarded members of the Borinqueneers the medal, I was very proud, but I didn’t really feel I deserved it. I could have attended the ceremony in D.C.; the medal was fine; I didn’t really need the ceremony. My daughter told me that I did, that I had done more than enough.” At first, they tried to buy the Medal online, but a friend said that wasn’t necessary. Eventually, Sam Rodriguez, the president of the Borinqueneers Congressional Gold Medal Ceremony National Committee got in touch with Vazquez and broke the news that Soldiers from Fort Bragg will come and award me the medal! Rodriguez arranged a small ceremony for him.

“I have always been very proud of my service. Despite my health problems (I’ve suffered three heart attacks and a few strokes), I will continue to serve if I am able.” February 15 Several Vazquez family members, members of the Borinqueneers motorcycle clubs from NC, VA, and Florida, local members of the community, VA health providers, and newstations were on hand to witness the presentation of the Congressional Gold Medal and honor Mr. Vazquez for his heroism at the Durham VA Medical Center, where he lives.

[Link to Ceremony video](#)



Fayetteville Group Salutes Veteran Patients

By Tara Ricks-Edger

FAYETTEVILLE NCVAHCS PUBLIC AFFAIRS

In honor of National Salute to Veteran Patients week and Valentine’s Day, the Tarheel Quilters Guild made homemade lap quilts to give to inpatients at the community living center at the Fayetteville VA Medical Center.

For 32 years, quilters from Tarheel Quilters Guild have been covering Veterans inpatients with handmade lap quilts made with love, care, and a yearlong dedication. “This is such a rewarding experience, seeing the joy on the faces of our Veterans when they receive their quilts,” said Karen Potts, president of the Tarheel Quilters Guild.

Quilters gave more than 85 homemade quilts away with the Veteran’s name inscribed on each and every one. “These quilts are so meaningful for our Veterans,” said Debra Young, associate director of patient services and nurse executive. “We are so lucky to have the Tarheel Quilters Guild as volunteers of the Fayetteville NC VA Coastal Health Care System; we look forward to their visit every year.”

TOP PHOTO: The Tarheel Quilters Guild made homemade lap quilts for inpatient Veterans at the community living center at the Fayetteville VA Medical Center. **BELOW PHOTO:** Members of the Tarheel Quilters Guild made more than 85 personalized homemade quilts to Fayetteville VA Medical Center patients in recognition of National Salute to Veteran Patients Week and Valentine’s Day.



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Being Healthy Doesn't Have to Be So Hard

By Stephen Wilkins | MID-ATLANTIC HEALTH CARE NETWORK (VISN 6)

I recently told someone that I was in the worst shape of my life. Last year I battled issues with my ankle and pneumonia, and the crazy part is that I am — well, was (and will be again) — a dedicated marathon runner. Not in 2019, but maybe in 2020. But life is like that, an ebb and flow from being healthy, to being not so healthy, to being healthy again.

I am sure you feel like I do, that getting in shape, or trying to get healthier, can seem daunting, but it shouldn't feel that way. Most of us can feel more empowered when we move our bodies more and manage what we eat better. Not only does that make our overall health better, but we look better and we feel more confident.

Let's start by looking at exercise. A quick walk through the library or a Google search will drown you in more information than you know what to do with — but it doesn't have to be that hard. Keep it simple. According to Steve Kamb, author of *How to build your own workout routine: plans, schedules and exercises* (last updated Jan. 1, 2020) a workout should be developed around a person's age, goals, nutritional strategy, free time, etc. OK, that seems like a reasonable place to start.

You don't need to learn a whole book full of exercises to address every little muscle. Try to find one or two exercises that work a major muscle group. Don't start a routine that takes you out of the rhythm of your schedule. Two or three days a week should suffice. Kamb says the best routine is the one you can actually stick with. So, make it easy on yourself.

Pulling from Kamb's blog, pick a routine that has at least one exercise for you:

- Quads (front of your legs) — [squats](#), lunges, one legged squats, box jumps.
- Butt and hamstrings (back of your legs) — [deadlifts](#), hip raises, straight leg deadlifts, step ups.
- Chest, shoulders, and triceps: ("push" muscles) — [overhead press](#), [bench press](#), [push ups](#), dips.
- Back, biceps, and grip ("pull" muscles) — [chin-ups](#), [pull-ups](#), [bodyweight rows](#), [bent-over rows](#).
- Core (abdominals and lower back) — planks, side planks, mountain climbers, hanging leg raises.

Rest and stretching are important to your success as well. By allowing muscles two days between workouts, you'll stay injury free and get stronger. Here's a link on some common mistakes: [Eight Worst Mistakes a Beginner Can Make](#). According to the Harvard Health Letter, "Stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. Then, when you call on the muscles for activity, they are weak and unable to extend all the way. That puts you at risk for joint pain, strains, and muscle damage."

Even if you're not exercising, staying flexible as you age is a good idea. It helps you to move better. For example, regular [stretching](#) can help keep your hips and hamstrings flexible later in life, says Lynn Millar, Ph.D. She's a physical therapist and professor at Winston-Salem State University.

TOP PHOTO: Exercising can — and should — be enjoyable and easily integrated into your routine.

Stretching a muscle to the full extent of your ability and holding it for 15 to 30 seconds is what's called a static stretch, and there's no harm in stretching that way as long you don't stretch until it hurts. But studies suggest a dynamic stretch is just as effective, and sometimes better, especially before your workout. A dynamic stretch moves a muscle group fluidly through an entire range of motion.

On top of the main exercising benefits to stretching, it can also promote circulation by increasing blood supply to muscles and joints, and it decreases the risk of lower back pain when hamstring and hip flexibility relieve stress on the lumbar spine. For a start, check out the [Bowflex five-minute full body stretch](#) video or take a look at the [Flexibility: 8 stretches that will stretch your workout routine](#) by Vonda Wright, M.D.

Support your efforts on the mat or in the gym with healthier eating. Again, keep it simple! What is the point in changing so many things that it is hard to track or keep pace with, too complicated or detailed that you get frustrated and give up before the plan has a chance to work? Try applying some of these [12 Small Resolutions to Clean Up Your Diet in 2020](#). According to an article in *Fast Company* by Lauren Steele: "Doctors and registered dietitians say that a more sustainable approach to managing weight, feeling good, and changing eating habits is to focus on identifying which foods nourish your body and give you the proper fuel you need to live a great life."

Taking just a few of these ideas and applying them consistently is sure to help you out, so do what you can and add more when you're comfortable. Live well! Live fully! [#takecharge](#) [#livefully](#) [#MyWholeHealth](#)



VISN 6 Sites Of Care & VA Vet Centers

MEDICAL CENTERS

Asheville VAMC

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

Durham VAMC

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

Fayetteville VAMC

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

Hampton VAMC

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

Richmond VAMC

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

Salem VAMC

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

Salisbury VAMC

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

OUTPATIENT CLINICS

Albemarle CBOC

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

Brunswick County CBOC

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

Charlotte CBOC

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

Charlotte HCC

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

Charlottesville CBOC

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

Chesapeake CBOC

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

Danville CBOC

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

Emporia CBOC

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

Fayetteville HCC

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

Fayetteville Rehabilitation Clinic

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

Franklin CBOC

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

Fredericksburg CBOC

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

Fredericksburg at Southpoint CBOC

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

Goldsboro CBOC

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

Greenville HCC

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

Hamlet CBOC

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

Hickory CBOC

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

Hillandale Rd. Annex

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

Jacksonville CBOC

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

Jacksonville 2 VA Clinic

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

Jacksonville 3 VA Clinic

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

Kernersville HCC

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

Lynchburg CBOC

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

Morehead City CBOC

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

Raleigh CBOC

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

Raleigh II Annex

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

Raleigh III CBOC

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

Robeson County CBOC

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

Rutherford County CBOC

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

Sanford CBOC

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

Staunton CBOC

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

Tazewell CBOC

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

Virginia Beach CBOC

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

Wilmington HCC

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

Wytheville CBOC

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

DIALYSIS CENTERS

VA Dialysis and Blind Rehabilitation Clinics at Brier Creek

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

VA Dialysis Clinic Fayetteville

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

VET CENTERS

Charlotte Vet Center

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

Fayetteville Vet Center

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

Greensboro Vet Center

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

Greenville Vet Center

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

Jacksonville, N.C. Vet Center

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

Norfolk Vet Center

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

Raleigh Vet Center

8851 Ellistree Lane
Raleigh, NC 27617
(919) 361-6419

Roanoke Vet Center

1401 Franklin Rd SW
Roanoke, VA 24016
540-342-9726

Virginia Beach Vet Center

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

VISN 6 Newsletter

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

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

VISN 6 EDITORIAL

DeAnne Seekins // VISN 6 Network Director
Tara Ricks // Director of Communications
Steve Wilkins // Editor

PRODUCTION TEAM

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

