

Summer 2011

The Veterans' Gazette



Aleda E. Lutz VAMC
1500 Weiss Street
Saginaw, MI 48602
1-800-406-5143
989-497-2500



Cadillac
Veterans Affairs
Community Based
Outpatient Clinic
1909 N. Mitchell Street
Cadillac, MI
Call Center
1-800-406-5143
Extension 11230

The clinic provides primary medical care services, screening and prevention for mental health disorder services, and audiology services.

VA Opens Clinic in Cadillac, MI

VA staff welcomed local Veterans, visitors, and community stakeholders to the official Ribbon Cutting and Dedication Ceremony for the Cadillac Community Based Outpatient Clinic (CBOC) on Thursday, July 14, 2011.

The audience heard over and over just how excited the VA is in bringing care closer to Veterans in the Cadillac area. Many presenters reiterated this VA clinic's presence truly signifies the mission of taking care of deserving Veterans who have served, fought, and sacrificed for all of our freedoms.



Message From The Director...



As we engage in our day-to-day activities this summer and enjoy the warm sun, longer days, and an opportunity to share in special events, it causes me to think of just how great it is to live in the United States. Our freedoms have been assured by the service of many Veterans through multiple trials!

Serving Veterans at the Aleda E. Lutz VA Medical Center is an honor. We are carrying on a proud tradition and care deeply for those who have so selflessly served in the military, guards, or reserves to keep our freedoms.

The medical center has been undergoing many infrastructure changes—making the building safer and more efficient so that we can continue to take care of Veterans for years to come. Although these changes may be inconvenient as we move clinic locations temporarily and may cause individuals to be re-routed during their visits, we appreciate your patience as we progress toward project completion.

We recently celebrated the ribbon cutting and official opening of the Cadillac VA Community Based Outpatient Clinic (CBOC) and look forward to opening a VA CBOC in Cheboygan County this fall—striving to bring care closer to Veterans.

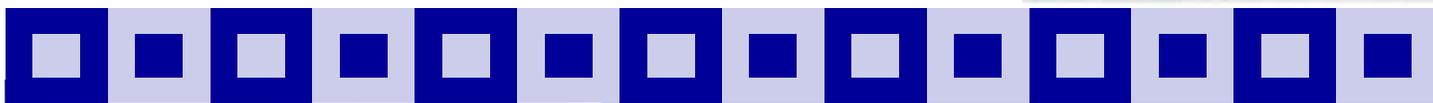
I wish you a healthy and enjoyable summer and look forward to perhaps meeting you at one of our VA care sites in the future.

Happy Summer!

Denise M. Deitzen

Review of Policy on Service Dogs at VA Medical Center

If you rely on a service dog to assist you while you are at the VA Medical Center, we welcome you and your dog. It is important, however, that when you bring your service dog, you are making sure the dog is in appropriate work attire to include a guide harness or leash.



Veterans In Gaylord Area Have Opportunity for Transitional Living Arrangements

The Aleda E. Lutz VA Medical Center's Homeless Program in Saginaw and Community Based Outpatient Clinics have been working with Goodwill Industries of Northern Michigan to provide services to homeless Veterans in the rural communities.

Goodwill Industries of Northern Michigan was approved for a National Veterans Affairs Grant and Per Diem Award. The Grant and Per Diem Program provides up to two years of transitional living for homeless Veterans. While in the Grant and Per Diem Program, the Veterans will be able to work towards independent living.

The goal of the Grant and Per Diem Program is to promote the development and provisions of supportive housing and/or supportive services with the goal of helping homeless Veterans achieve residential stability, increase their skill levels and/or income, and obtain greater self-determination.

The Grant and Per Diem Program and the Aleda E. Lutz VA Medical Center in Saginaw will work together to assist homeless Veterans in getting back on their feet and into permanent housing.

Health Promotion & Disease Prevention

The Health Promotion and Disease Prevention Program at the Aleda E. Lutz Saginaw VAMC wants to announce the Nine Healthy Living Messages. Talk to your health care providers to begin a healthy-living discussion where you and your health care team will set short attainable goals to get you started on your wellness journey.

- **Get Involved in Your Health Care**

Work with your Aleda E. Lutz VA healthcare team to improve your health!

- **Be Tobacco Free**

If you're using tobacco, Saginaw VA health care team can help you quit!

- **Eat Wisely**

Eat a variety of foods including vegetables, fruits, and whole grains. It is important to include fat-free or low-fat milk and milk products in your diet, and limit total salt, fat, sugar, and alcohol.

- **Be Physically Active**

Aim for at least 2 ½ hours of moderate-intensity aerobic activity each week. Even 10 minutes of exercise counts!

- **Strive for a Healthy Weight**

Staying in control of your weight helps you be healthy now and in the future.

- **Limit Alcohol**

If you choose to drink alcohol, drink in moderation. If you are concerned about your drinking, talk to your health care team at Saginaw VA.

- **Get Recommended Screenings and Immunizations**

Get the right preventive services including vaccines, screening tests, and preventive medications. Find out which ones are right for you!

- **Manage Stress**

Saginaw VA is available to help you manage and reduce your stress.

- **Be Safe: Think Ahead**

There are actions you can take to protect yourself and those you love from harm. Be mindful of fire safety, storm safety, infection control, and other precautions.

For more information please contact your health care team or the Health Promotion Disease Prevention Program Manager, Rose Birkmeier, at 989-497-2500 Extension 11529.

Home Tele-Health is a modality of care whereby a team of home tele-health providers assist the Veteran with monitoring his or her medical condition through technology, telephone, and home visits. Ultimately, the Veteran can receive care in their own home which may help to promote a better quality of life.

The requirements for this type of care are taught to the Veterans so they are extremely involved, have an understanding of their medical condition, and know how to report problems or issues when necessary.

If you need frequent visits or monitoring to improve your health, ask your health care team if this is an option for you!

Home Tele-Health What Is It and What Does It Do for Veterans

How May We Help You



Quality Management extension 13036 or Margaret Russell, Chief QM at extension 13032

Patient Advocate extension 13012 and located near mail lobby – Rm 135-1

Environmental Safety concerns (wet floor, icy walkways, etc.) call Sheila Taylor, Safety Manager, at extension 13903.

Patient Safety, please contact Alicia Morse, Patient Safety Manager, at extension 13037.

Nationally:

The Joint Commission 1-800-994-6610--If you have concerns about safety or patient care that you have Not Been Able To Resolve With the Staff At the Medical Center

The Office of Inspector General—1-800-409-9926

FARMERS MARKET



WHEN: Each Tuesday
July 5 – October 4
10:00am-2:00pm

WHERE: Front Lawn of Main Medical Center

**Come and purchase fresh produce
while you are visiting the VA!**

~Hope to see you there!~

What is the Mobile Kitchen?

- Live demonstrations
- Healthy recipes
- Free taste testing



Mobile Kitchen Display Schedule

10:30 a.m. - 11:00 a.m. Main Lobby



June	6/06/11
July	7/11/11
August	8/01/11
September	9/12/11
October	10/03/11
November	11/07/11
December	12/05/11



Enlist On-Line Today and Take Charge of Your Healthcare!!!

www.myhealth.va.gov

Reorder your VA medications
On-line not In line



Create Your Own Electronic Health Record to Log Health Maintenance Activities and Research Other Important Health Information

Access is free anywhere, anytime through the Internet

**For Questions call
Dave Roberts at
1-800-406-5143,
extension 11874**

My Healthvet Records Now List Allergies

The Allergy feature in My Healthvet (MHV) health records has now been activated. All allergies listed in the Veteran's CPRS record will now appear automatically in their MHV record. That means if a Veteran ever needs to seek care at a non-VA facility, he/she can print out all MHV Health Information including allergies from anywhere there is Internet access!

Veterans in Saginaw can use the MHV computers in the waiting rooms on the Red Team, Gold Team, lab check-in area and near the Agent Cashier to open their account for free. They should then go to Medical Records/Release of Information to complete the In-Person Authentication. There is a MHV computer located at each CBOC and the VA Annex.

www.myhealth.va.gov

Speed Bumps Are Back Help Protect Pedestrians at VA

Just a reminder! Speed bumps are strategically located in our driveways and parking lots to help protect pedestrians on our grounds. Your diligence in slowing down and driving over these speed bumps is appreciated. Please do not swerve to avoid these speed bumps as it is a violation to do so. By following this guidance, the risk of injuring someone is greatly reduced. Thank you!



HOMELESS VETERAN PROGRAM

**Are you a Homeless Veteran or know a
Homeless Veteran?**

**Please contact
Mary Richards
at 1-800-406-5143 or
(989) 497-2500,
extension 11773**



MILITARY SEXUAL TRAUMA COORDINATOR

*Military Sexual Trauma (MST) –
if you believe you experienced
sexual trauma while in the
military, please contact:*

Pamela Lawrence, LMSW
989-497-2500,
Extension 11777



VA Caregiver Support Program

VA Can Help Post
9/11 Veterans and
Their Families With:

- In-Home and Community Based Care
- Respite Care
- Caregiver Education and Training
- Caregiver Support and Other Services



Please Contact the
VA Caregiver Support
Coordinator:
Rebecca Scarbrough at
989-497-2500,
extension 11953



Veterans Justice Outreach Program

Providing assistance to Veterans who are incarcerated or those who are pending sentencing...

VA Staff can help with:

- VA Enrollment for Eligible Veterans
- Obtaining the DD214, Military Record of Discharge
- Coordination with Court System
- Housing
- Vocational Rehabilitation
- Case Management



For Additional Information, please contact:

Terry Troxell, LMSW
 Veterans Justice Outreach
 Coordinator
 1500 Weiss Street
 Saginaw, MI 48602

Phone (989)-497-2500,
 Extension 11916
 FAX (989)-321-4970
terry.troxell@va.gov

Alpena VA CBOC
 180 N. State Street
Arthur Ohlrich
 Phone 989-497-2500
 Extension 15435
 FAX (989) 356-8707
arthur.ohlrich@va.gov

Gaylord VA CBOC
 806 S. Otsego
Michael Morey
 Phone 989-497-2500
 Extension 15235
 FAX (989) 732-6577
michael.morey@va.gov

Additional Program Points of Contact:

Suicide Prevention Coordinator

Sharleen Gray

989-497-2500, extension 11778

Assisting Veterans in the Prevention of Suicide

**Suicide Prevention
Hotline**

1-800-273-8255

Seamless Transition

Anne Milko-Delpier

989-497-2500, extension 11794

Newly discharged Veterans point of contact

Women Veterans Coordinator

Marie Johansen

989-497-2500, extension 11468

For female Veterans health and services



Community Based Outpatient Clinics

**Clement C. Vanwagoner
Department of Veterans Affairs
Community Based Outpatient Clinic
180 North State Avenue
Alpena, Michigan 49707**



**Bad Axe Veterans Affairs
Community Based Outpatient Clinic
1142 S. Van Dyke Road
Bad Axe, MI 48413**



**Cadillac Veterans Affairs
Community Based Outpatient Clinic
1909 N. Mitchell Street
Cadillac, MI, 49601**



**Clare Veterans Affairs
Community Based Outpatient Clinic
11775 North Isabella Road
Clare, MI 48617**



**Gaylord Veterans Affairs
Community Based Outpatient Clinic
806 S. Otsego
Gaylord, Michigan 49735**



**Oscoda Veterans Affairs
Community Based Outpatient Clinic
5671 Skeel Avenue, Suite 4
Oscoda, Michigan 48750**



Traverse City Veterans Affairs
Community Based Outpatient Clinic
3271 Racquet Club Drive
Traverse City, Michigan 49684

New VA Community Based Outpatient Clinic Location Announced...

The **SAGINAW VAMC—CHEBOYGAN COUNTY VA CBOC** is projected to open in the fall. The title and address are provided below:

Saginaw VAMC
Cheboygan County VA Community Based Outpatient Clinic
14540 Mackinaw Highway
Mackinaw City, MI 49701

The clinic will provide primary medical care services, and screening and prevention for mental health disorders. Veterans will also be able to receive their lab draws at the clinic as well.

Don't forget to look us up on
the web:

www.saginaw.va.gov

Alleda E. Lutz VA Medical Center

1500 Weiss Street

Saginaw, MI 48602

1-800-406-5143

Call Center - Ext. 11230