

Source

A Newsletter for the Patients, Volunteers & Staff of the VA Southern Oregon Rehabilitation Center and Clinics

<http://www.visn20.med.va.gov/southern-oregon/index.asp>

WHAT'S INSIDE



A Message From The Director1

Message From The Network
Director.....2

Annual Volunteer Recognition
Awards.....3

Calendar Of Events.....9

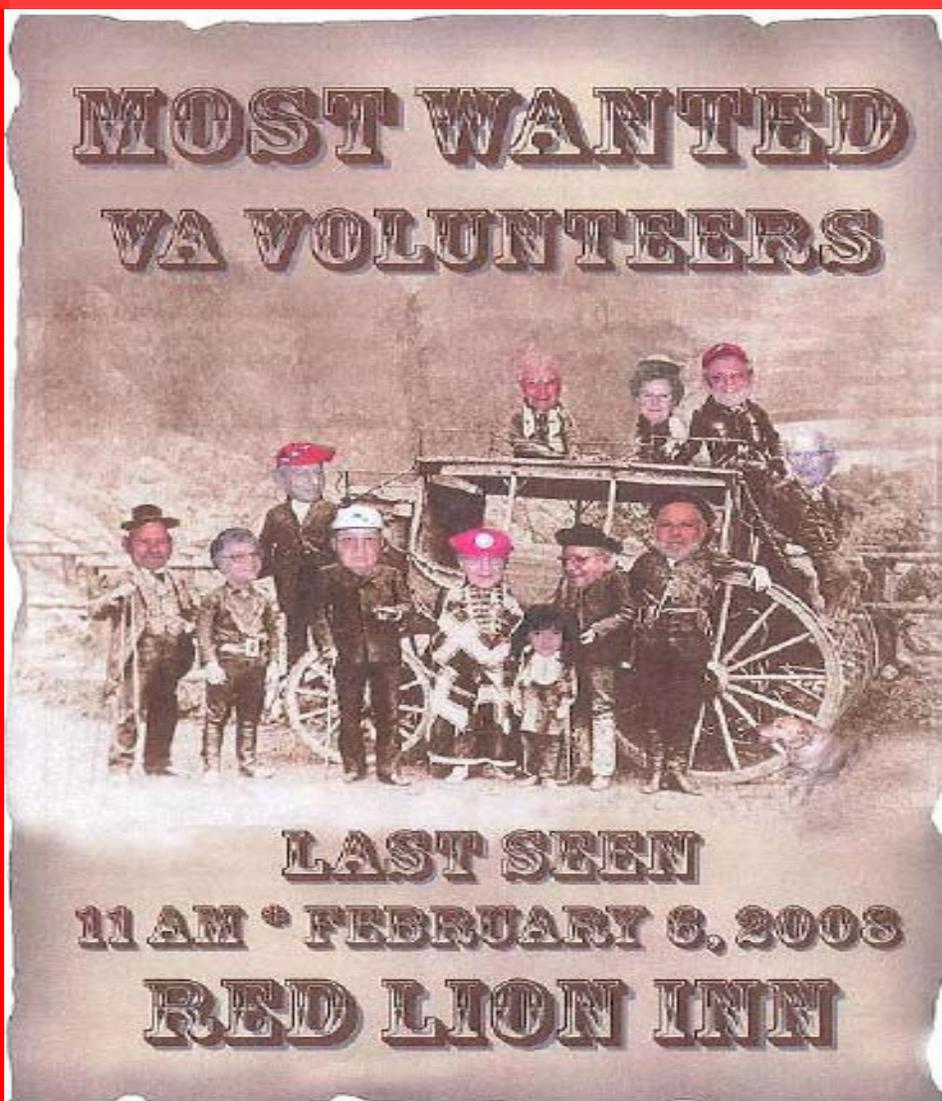
IRS Tax Information.....12

Help Improve VA's Delinquency
Rate.....13

Behind The Lines.....15



VA SORCC Celebrates Annual Volunteer Recognition With "Wild West" Theme



Story on page 3



VA SORCC
 8495 Crater Lake Hwy
 White City, OR 97503
 541-826-2111

Max E. McIntosh, PhD, MBA
 VA SORCC Director

Roy Horne
 Associate Director

Dr. Randall Nelson
 Acting Chief of Staff

Karen Allen
 Associate Director
 of Patient Care Services

The VA SORCC, welcomes submission of articles of interest to our readers. The editor reserves the right to use and edit all contributed articles. Views expressed in this publication do not necessarily reflect the opinions of the Administrative Boards, Editorial Staff, or Department of Veterans Affairs.

Editor
 Anna L. Diehl

Assistant Editor
 Rhonda K. Haney

Editorial Board
 Max McIntosh, PhD, MBA
 Russ Cooper
 Susan Black-Huff
 Stacy Webster-Wharton
 Karen Allen
 AJ Brummett
 Judy Hall

A Message from the

Director

Dear Fellow Employees, Volunteers, Veterans and Friends of VASORCC:

The California Gold Rush of 1848 has long been linked as the beginning of the settlement of the American West. And though it was a catalyst, expansion really started nearly fifty years earlier. The settlement of the “Wild West” was set in motion when, in 1803, President Thomas Jefferson sent a message to Congress requesting funding for a “secret” expedition in search of a water route to the Pacific Ocean. Led by Meriwether Lewis and William Clark, the expedition started in St. Louis and headed west into French-owned land. Fortunately, later in that same year, Napoleon of France approached the U.S. with a “real estate” offer, known as The Louisiana Purchase, which extended our eastward border to the Rocky Mountains. Even though legal ownership of the land west of the Rockies to the Pacific Ocean wasn’t ceded to the U.S. by Mexico until 1948, the settlement of the “Wild West” was already well on its way...aided by the offer to settlers of 320 acres of land to live on and work. Facing hardships and uncertainties, they knew they had a job to do, and they got it done.



It was the “can do” spirit of the western settlers that shaped the west. It is the same “can do” spirit that drives our volunteers. Working together with organizations, businesses and individuals, we are “partners” in our shared goal to provide the “Best Care Anywhere” for our veterans. February 6, we recognized and thanked you for your devotion and dedication, your commitment and your drive, and at the end of the day, riding side by side into the sunset; we thank you for always being there and getting the job done.

Max E. McIntosh, PhD, MBA
 Director



Message from the Network Director

As you may know, Network 20, after a year of restructuring, ranked 19 out of 21 Networks in performance at the end of FY07. Coming in last is something I know you are not used to, and it has been a challenging season. In that regard, we have a new strategy. By way of background, during a VISN office staff meeting in early November, several people, after giving their morning reports, ended by saying, "It's just business as usual".

Dr. Frank Marré, VISN 20's new Chief Medical Officer, and a leader in quality improvement efforts in the private sector, took exception to the statement, explaining that if we continue with "Business as Usual", we'll end 2008 at #21. This led to a conversation and brainstorming session, the result of which was a strategy for rapid and sustained performance improvement.

At the Network's most recent Tetrad meeting (a quarterly conference during which all 8 facility Directors, Associate Directors, Chiefs of Staff, Nurse Executives and a variety of VISN staffers gather), every facility received a spreadsheet itemizing areas for improvement with timeframes. To summarize the discussion, by the end of the meeting, we reached agreement that the VISN will par down our focus on the 200+ performance measures, concentrating instead on 15 clinical and 19 access measures for the remainder of the fiscal year. By achieving best performance in both areas, the Network as a whole will move from the bottom rankings to the top among VISNs - an attainable and necessary goal.

Perhaps most important, when we achieve our access goals, by April 4, 2008, there will be no patients waiting over 30 days for their desired appointment dates for the Top 50 clinics, except Orthopedics, and by September 30, 2008, there will be no patients waiting over 30 days for their desired appointment dates for the Top 50 Clinics, to include Orthopedics. Other goals include open access in FY 2009 where veterans can call and request their own appointment at a time most advantageous to them, and veteran satisfaction with all elements of their care - VISN 20 has always ranked high in this area, but we believe we can do better.

At a follow up meeting last November, facility leadership received two buttons intended to reinforce our goals. The first reads NO "Business As Usual". Bold black letters on a white background with the international symbol for "NO" superimposed in red. The second button, of the same design, reads NO "Backsliding", a reference to the fact that VISN 20 went from #18 in FY06 to #19 in FY07, a backwards trend we must stop.

First intended as a bold reminder to Tetrad members, our simple buttons have now garnered national notoriety. At a Congressional panel meeting in Yakima, Washington on November 30, 2007, Senator Patty Murray noticed Walla Walla's Director, Sharon Helman, wearing her NO "Business As Usual" button and congratulated her on being such an advocate for veterans. Sharon presented the Senator with the button.

At December 5, 2007 Senate confirmation hearing for VA Secretary nominee, Dr. James Peake, Senator Murray spoke in glowing terms about the care veterans are receiving in VISN 20. She noted the progress made by our facilities and in particular our NO "Business As Usual" strategy. In fact, she presented Dr. Peake with one of our pins, telling him he was the right person for the job if he held the same philosophy. The Senator also spoke in glowing terms about the staff and leadership at Walla Walla and received a commitment from Dr. Peake to visit the facility with her and to partner on the construction project for their new Outpatient Clinic as directed under CARES.

The Network office shipped NO "Business as Usual" buttons to all facilities, for distribution to every employee and volunteer. Posters were also provided for display in each Medical Center and CBOC lobby, as well as every Director's suite. Please wear your buttons with pride and as a reminder of the importance of focusing on these critical issues. If you have not received a button, contact your Public Affairs Specialist, Rhonda Haney at 541 830-7585. Together we can be successful in our quest to provide the best, most timely care possible to veterans in the Pacific Northwest and Alaska. Thank you for the work you do on a daily basis for our patients and their families. VISN 20 will achieve great things in 2008. It's going to be a year for the record books.

Sincerely,

Dennis M. Lewis, FACHE
Network Director

Annual Volunteer Recognition Awards



Acting Chief of Staff, Dr. Randall Nelson; Associate Director, Roy Horne; special guest VISN 20 Director, Max Lewis; SORCC Director & “Sherriff” Max McIntosh; Chief of Community Resources/Public Affairs, “Annie” Diehl, and (hidden in the back) Chaplain Wayne Bell lead the volunteers, staff and guests in the Pledge of Allegiance prior to the Recognition Ceremony and Banquet.



A very special “Howdy-do” and “Thank You” goes to the Red Lion Inn for setting up a fantastic “spread”, to Dona Spence for assisting in setting up the dining area and tables, Dalton Maurin (photographer) and to Virginia Kula, Patricia Wright, Jeanette Gold and Carol Nofziger on the check-in tables.



Yee-haw!

Annual Volunteer Recognition continues



50 Hour “Hop-Along Cassidy” Youth Award - Alex Mebane;
100 Hour “Calamity Jane” Youth Award - JannaMae Boren;
150 Hour “Sundance Kid” Youth Award - Heather Hardy,
Alexis Kula; 300 Hour “Cisco Kid” Youth Award - Kayla
Mathis, Nicole Williams; 500 Hour “Billy the Kid” Youth
Award - Brent Carroll, Jazmin Miranda



100 Hour “Jesse James” Award - James Armstrong, Gene Austin, Donald
M. Ball, Krystal Bartlett, Thomas Baskins, Edie Berry, Enjolie Bostic,
Sherry Bostic, Joan Breedlove, Ylia Casper, Jean Chase, Margie Cran-
ston, Donna Deignan, Donald Doty, Alberta Frey, Keith Frey, Brandon
Gallego, Vicki George, Lawrence Gibson, Rodney Goodman, Anthony
Guillory, James Hale, Bryan Hathaway, Patt Herdklotz, Raymond Horst,
Robert Jacobsen, Willis “Wayne” Jones, Chuck Kilpatrick, Alicia Kula,
William Morris, Richard Powers, Joy Proper, Frances Rowan, Timothy
Smith, Russell Stelle, Sharon Vickoren, Edward Walker, James G. Wilson

300 Hour “Butch Cassidy” Award - Matt
Bowers, Robert Coombes, Donald Dough-
erty, Charles Ebner, Phyllis Eichen, Donald
Gardner, Alvin Hufford, Stephen Janos,
Earl Martin, James Miner, Danny Rehm,
Terrance Robinson, Jeffrey Wolfe, Louis
Woodworth



500 Hour “Doc Holliday” Award - Carolyn Bell,
Robert Burgess, Vicki Domis, Elsie D’Orazio, Harris
Harper, Richard Jewell, Jim Laqua, Daniel Laviolette,
Amelia Lucht-Robinson, Kenneth Metzker, Herb
Plannette, Elmer Simmons, Lois Stephenson, Angelo
Trotta, Ron Tschetter, Paula Waldrop, James Ward





Annual Volunteer Recognition continues

750 Hour “Wyatt Earp” Award - Richard Bickel, Sal Blydenburgh, Brian Busch, Norma German, Paul Grimsrud, James Holbrook, Judylyn Morser, June Mundine, Frank Quin, Hayden Robertson Jr.



1,000 Hour “Gene Autry” Award - Garth Ellard, Leland Everist, Sue Faubion, Lawrence Green, Michael Hall, Leslie “Chuck” McGilvray, William Moeggenberg, Virginia Murdock, Judith Pierpoint, Monica Ross, Robert Seaton, Barbara Shrode, Deborah Walker, J.J. Weigant, Ronald “Jeff” Weigant, Lucy Wescom



1,750 Hour “Gabby Hayes” Award Glenn Bates, Jim Rawles, William Reilly, Michael Reynolds, Dona Spence, Ronald Stein, Daniel Stephens, Johnnie Waldrop, Herm Yates



Annual Volunteer Recognition continues



3,750 Hour “Andy Devine” Award - Ted Morehouse with Associate Director Roy Horne



2,500 Hour “Buffalo Bill” Award - Raymond Bledsaw, Bobby “Ray” Keasler, David Pence, Patricia Wright



7,500 Hour “Annie Oakley” Award - Virginia Kula, Sandra Wright with Roy Horne



12,500 Hour “Molly Brown” Award - Al Inlow with Roy Horne



“Caring Critters” Pet Awards - “Bugsy” Jarred, “Zoe” Mazza, “Willy” Murdock, “Guy” Spence, “Whitney” Spence, “Pepper” Walker, “Duce” Winfrey, “Tater” Winfrey, “Friday” Wright

Annual Volunteer Recognition continues



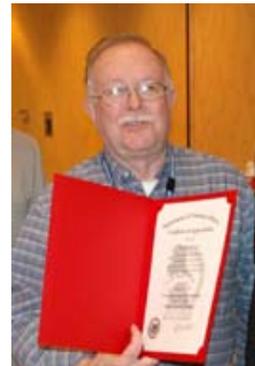
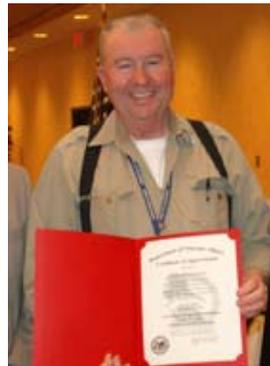
“Roy Rogers” Mileage Award - Virginia Murdock



15,000 Hour “John Wayne” Exceptional Honor Medallion & Pin - Beverly Washburn



Wisdom Award - Laura Phillips



Honorable Mention “Dale Evans” Mileage Awards - Chuck McGilvray, William Reilly, James Ward



20 Years “Jackie Lamb” Awards - Judith Johnson



Annual Volunteer Recognition continues



30 Years of Service Award - Pat McSpadden



45 Years of Service Award - Beverly Washburn



Extraordinary Contribution Awards - American Sewing Guild (Alma Gates), Fasturn Junction (David Graham), Harry & David (Robin Raye, Ken Ashker), Nicky Snyder



“Tom Mix” Years & Hours Certificates - Jerry Bassett, Anna Brookins, Jim Brookins, Max Burford, Joyce Button, Tommy Bybee, Racheal Cushing, Joseph Fidura, Glenn “Don” German, Dennis Gloyn, Donald Green, Pauline Green, Floyd Hackman, Swanee Inlow, Frances Jarred-Rowan, Ilene Kiser, Edward Madison, Hubert Marsh, James Marston, Virginia Martin, Debbi Mazza, Edward Mazza, Mae Quinn, Kent Rader, James Rainery, Chuck Shinn, Coral Shinn, Robert Silva, Frank Sloan, Paul Stark, Darrel Wilttrout, Madaline Winfrey, John Wright, Dolly Yount

Happy Trails, To You!



CALENDAR OF EVENTS

March '08	17 th	VAVS Follow-up Meeting, 10 am Activity Room
April '08	18 th	Youth Volunteer Recognition Party (tentative)
April '08	28 th - May	National Volunteer Week
	24 th	EPHS vs. Staff Bowling Tournament
May '08	5 th	VAVS Committee Meeting, 10 am, Activity Room
	26 th	Memorial Day Ceremony, VA Cemetery* @
June '08	14 th	Flag Day Program, Theater
	17 th	VAVS Follow-up Meeting, 10 am Activity Room
July '08	4 th	Patients Fourth of July Picnic/Carnival* @

Coming Soon! New Bed Building Dedication Ceremony in Mid-May

NOTE: This is not an all-inclusive list. It is a general guideline to recurring events!

Employee News

Tom Roberts Completes 25th California International Marathon

Have you ever thought about running a marathon? Hearing the cheering support of the crowd and feel the rush of adrenaline? Experience the sense of great accomplishment and satisfaction upon crossing the finishing line? But, how are you going to swing running 26.2 miles when you get winded going up a flight of stairs?

Tempo Coordinator, Tom Roberts who finished the 25th California International Marathon during December, in four hours, fifty-three minutes and forty-six seconds believes that almost anyone can complete a marathon if he or she trains properly. "The first thing you need is the desire. Secondly, you need the time to train," said Tom.



If you have never run before or you run very infrequently, Tom advises that you start running regularly for about a year building up to 15 miles a week. For people who run regularly, most training programs last three to five months, depending on the runner's ability and his or her strength. The more time you give yourself to train, Tom says, "the better experience and the less risk of injury you'll have." Plus, the more time you spend training, the more confidence you'll have when you run the race. Physical ability is important, but your mental outlook is even more so.

Most importantly, you need to be in good physical shape before training. If your strength, flexibility or overall health is weak, you'll need to work on that through weight training, yoga or a visit to your general health-care practitioner or specialist beforehand.

Before Tom made the decision to run in the California International Marathon he ran in the Pear Blossom run, April 2007, and the Talent Harvest Festival the prior month. Running a marathon was not always on his life's to-do list; it wasn't until after he ran the Pear Blossom that he decided to go for it. By running shorter races before the marathon, you can figure out a pace that works best for you. It will also allow you to see how you handle crowds. "Small competitions along the way can keep you motivated as well," says Tom. His motivation for completing the California International Marathon was his two sons, Aaron, 15, and Andrew, 7, who ran part of the last 100 yards with him.

Tom's next marathon attempt will be October 2008 in his home town of Columbus, Ohio with the support of his parents who will be in the crowd to cheer him on. Good Luck Tom!

Employee News Continued

Prepared by: Susan Black-Huff, HR Specialist

WELCOME ABOARD:

Ambulatory Care Services: Tracy Dekelboum, Chief Ambulatory Care Service

Canteen: Kloudi Downing, Retail Clerk

Clinical Support: Andre Champagne, RN; Enjolie Bostic, Nursing Asst.

Medical Services: Dr. Lindy Dugan, Physician; Rebecca Brem, Nurse Practitioner

Mental Health Product Line (MHPL): Psychology - Anthony Liufau, Social Science Specialist; Social Work Services - Amy Tweist, Social Worker

MOVING AROUND:

Ambulatory Care Services: David Connolly, Promotion – Medical Administration Specialist K-Falls CBOC

Business Management Office: Richard Bell, Promotion - Medical File Clerk

Chief of Staff: Debbie Badizadegan, Promotion – Program Specialist (CAC), MCCF

Dental Service: Elisha Rasor, Conversion from Student Training Program to Certified Dental Assistant

Facilities Management: Randy Jameson, Promotion – Environmental Care Specialist; Danny Meilicke, Promotion – Maintenance Supervisor;

Quality Management: Jeanne Wooton, Promotion – Program Support Assistant

Utilization Management: Nora Mowat, Promotion – Psychological Technician

RETIREES:

Mental Health Product Line (MHPL): Vocational Rehabilitation - Randy Biggs, Vocational Rehabilitation Specialist

Business Management Office: Sally Dieter, Medical File Clerk

Information Management Service Receives Name Change

As part of the Office of Information and Technology's realignment effort and to develop standardized terminology, Information Management Service (IMS) is now Information Technology Operations Service (ITOS). As with any long-standing service receiving a name change, there will be a transition period before it is fully in effect.



Snow Day

On January 28, 2007 we received up to ten inches of snow in Jackson and Josephine Counties causing schools to close and sporadic power outages; but what a great day to build a snowman and play in the snow.

Photo taken by Dispatcher Linda Genaw

IRS News Release

Media Relations Office

Georgia

Media Contact: 404.338.7886

For Release:

mark.green@irs.gov

Public Contact: 800.829.1040

IRS Will Send Stimulus Payments Automatically Starting in May; Eligible Taxpayers Must File a 2007 Tax Return to Receive Rebate

ATLANTA — The Internal Revenue Service today advised Georgia Taxpayers that in most cases they will not have to do anything extra this year to get the economic stimulus payments beginning in May.

If you are eligible for a payment, all you have to do is file a 2007 tax return and the IRS will do the rest.

The IRS will use information on the 2007 tax return filed by the taxpayer to determine eligibility and calculate the amount of the stimulus payments.

The IRS will begin sending taxpayers their payments in early May after the current tax season concludes. Payments to more than 130 million taxpayers will continue over several weeks during the spring and summer. A payment schedule for taxpayers will be announced in the near future.

Stimulus payments will be direct deposited for taxpayers selecting that option when filing their 2007 tax returns. Taxpayers who have already filed with direct deposit won't need to do anything else to receive the stimulus payment. For taxpayers who haven't filed their 2007 returns yet, the IRS reminds them that direct deposit is the fastest way to get both regular refunds and stimulus payments.

Most taxpayers just need to file a 2007 tax return as usual. No other action, extra form or call is necessary. The agency's Web site, www.irs.gov, will be the best information source for all updates and taxpayer questions.

In most cases, the payment will equal the amount of tax liability on the tax return, with a maximum amount of \$600 for individuals (\$1,200 for taxpayers who file a joint return).

The law also allows for payments for select taxpayers who have no tax liability, such as low-income workers or those who receive Social Security benefits or veterans' disability compensation, pension or survivors' benefits received from the Department of Veterans Affairs in 2007. These taxpayers will be eligible to receive a payment of \$300 (\$600 on a joint return) if they had at least \$3,000 of qualifying income.

Qualifying income includes Social Security benefits, certain Railroad Retirement benefits, certain veterans' benefits and earned income, such as income from wages, salaries, tips and self-employment. While these people may not be normally required to file a tax return because they do not meet the filing requirement, the IRS emphasizes they must file a 2007 return in order to receive a payment.

Recipients of Social Security, certain Railroad Retirement and certain veterans' benefits should report their 2007 benefits on Line 14a of Form 1040A or Line 20a of Form 1040. Taxpayers who already have filed but failed to report these benefits can file an amended return by using Form 1040X. The IRS is working with the Social Security Administration and Department of Veterans Affairs to ensure that recipients are aware of this issue.

Some people receiving Social Security and veterans' benefits may not realize they will need to file a tax return to get the stimulus payment. To reach these people, the IRS and Treasury will work closely with the Department of Veterans Affairs, the Social Security Administration and key beneficiary groups on outreach efforts.

"Our goal is to reach as many qualifying recipients as possible" said IRS Spokesman Mark Green.

Eligible taxpayers who qualify for a payment will receive an additional \$300 for each child who qualifies for the child tax credit.

Payments to higher income taxpayers will be reduced by five percent of the amount of adjusted gross income above \$75,000 for individuals and \$150,000 for those filing jointly.

Taxpayers must have valid Social Security Numbers to qualify for the stimulus payment. If married filing jointly, both taxpayers must have a valid Social Security Number. And, children must have valid Social Security Numbers to be eligible as qualifying children.

Taxpayers who file their tax returns using an Individual Taxpayer Identification Number issued by the IRS or any number issued by the IRS are ineligible. Also ineligible are individuals who can be claimed as dependents on someone else's return, or taxpayers who file Form 1040-NR, 1040-PR or 1040-SS.

To accommodate taxpayers who file tax returns later in the year, the IRS will continue sending payments until December 31, 2008. The IRS also cautions taxpayers that if they file their 2007 tax return and then move their residence that they should file a change of address card with the U.S. Postal Service.

The IRS will mail two informational notices to taxpayers advising them of the stimulus payments. However, taxpayers should be alert for tax rebate scams such as telephone calls or emails claiming to be from the IRS and asking for sensitive financial information. The IRS will not call or email taxpayers about these payments nor will it ask for financial information. Scam emails and information about scam calls should be forwarded to phishing@irs.gov.

You Can Help Improve VA's Delinquency Rate

This is a reminder that income tax returns for the 2007 tax year must be postmarked by April 15, 2008. Everyone can help improve VA's delinquency rate by filing tax returns in a timely manner. Several options are available to assist employees in meeting their tax obligations and with making potential tax payments less difficult. Options include payroll deduction, a voluntary payment plan agreement with the IRS, increased withholding, and seeking tax assistance from professional certified tax providers. Call the IRS taxpayer assistance toll free number, 1-800-829-1040, if you need help. Additional information can be found at www.irs.gov. If all employees make a successful effort to mail their tax returns by April 15, VA's delinquency rate will be eliminated!

Ethics

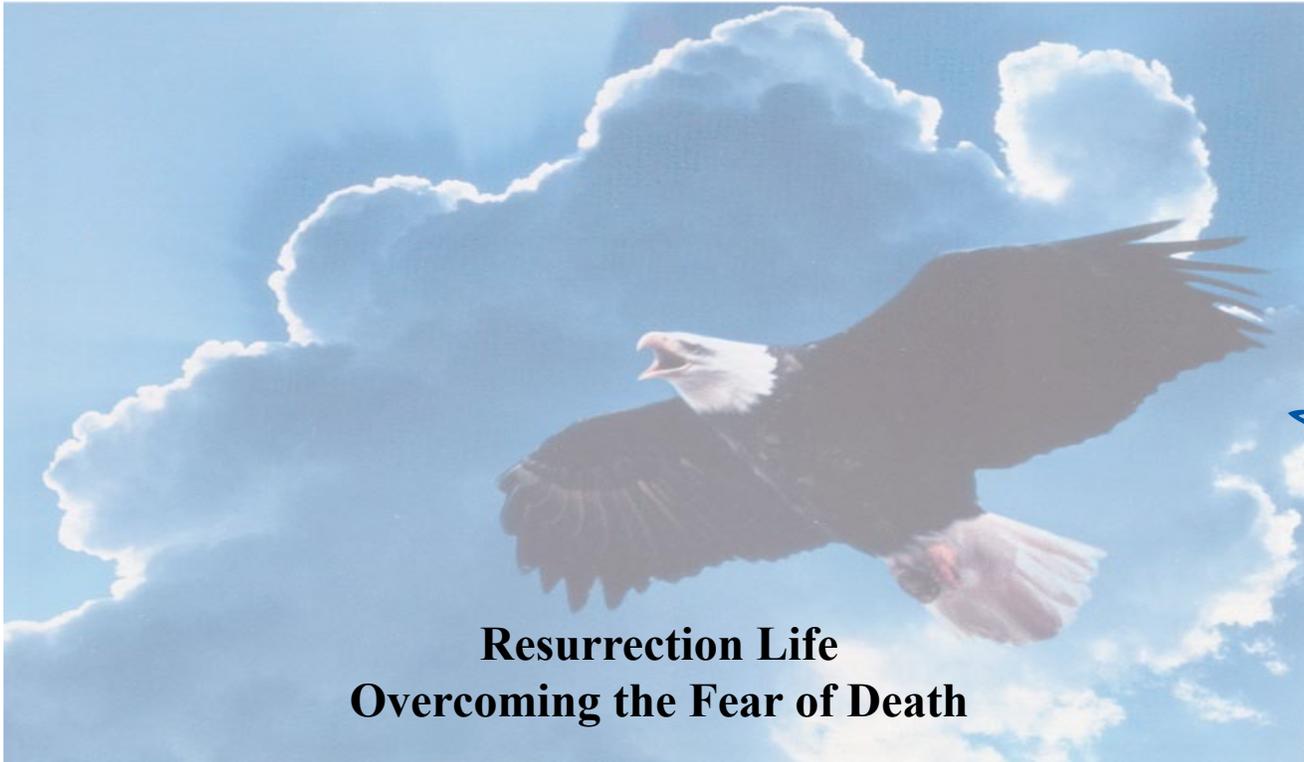
An Ethics question asks which decisions or actions are ethically justifiable given a conflict between two concerns. Questions are in two forms:

Given (*uncertainty or conflict of values*), what decisions or actions are ethically justified?

Given (*uncertainty or conflict of values*), is it ethically justifiable to (*decision or action*)?

Any patient or staff who wishes an ethics review can do so by contacting the Patient Representative or any member of the Integrated Ethics Committee.





Resurrection Life Overcoming the Fear of Death

The Cross and Resurrection of Jesus Christ are highly regarded as the pivotal events in the history of mankind. The cruelty, brutality, and suffering death of Christ was followed by the miraculous resurrection of Jesus from the dead. His tomb is empty to this day, as he predicted.

Each of us will inevitably face the grave, but the resurrection assures us of a greater reality – eternal life beyond the grave. Many live in fear of death without the assurance and hope of a greater life beyond death. Jesus’ disciples, seeing the horrors of their Master’s death, locked themselves in a room in fear for their own lives. But after they saw their Master resurrected – alive again – they lived fearlessly and freely, often facing threats of death because they were confident of being alive again forever after death.

One of the most influential persons in history was a man named John Wesley. He was deeply religious, but harbored a paralyzing fear of death. On a voyage from England to America, a storm arose and threatened to capsize the vessel. John trembled with fear that he would die. On the same ship was a group of Moravian Christians who had the confidence of resurrection. They held hands and sang hymns with no fear of death. The ship and passengers survived and John Wesley was convinced that he needed something more in order to live without fear. Later he experienced his heart “strangely warmed” as Jesus Christ touched his heart with the assurance of life after death. John Wesley carried on as one of the most dynamic and courageous men who ever lived – facing stonings, mob riots, and threats time after time.

The same assurance is extended to each of us as a gift. Simply ask the Resurrected One, Jesus Christ, for the gift of eternal life and receive in assurance His promise ... “everyone who beholds the Son and believes in Him will have eternal life and I Myself will raise Him up on the last day” (John 6:40). The fear of death will be broken and life can be lived fully and freely.

Chaplain Steve Philo

Behind the Lines



The Patient Council would like to give a special thanks to staff members you may not see on a daily basis but whose work is very important to our everyday lives. This month we would like to give a special “Thank You” to those individuals involved in the Sack Lunch program: Reta, Marie, and Diane. They provide inpatients with sack lunches if they are working off station or attending other off station activities. If you pass any of these special people in your daily events, give them a big “Thank You!” for all their hard work.

If you know of a staff person who deserves special thanks, let one of your Patient Council representatives know. We would like to give them a big “Thank you!”

“Excellent Safety Record Award”

2007 Excellent Safety Record Awards were given to the following Nutrition and Food Service employees at the NFS All Employee Meeting held on January 24, 2008. Recipients received 59er’s for their outstanding safety records!

Recipients as follows: Teresa Baehr, Diane Baldwin, Marie Barrows, Darren Blunkall, Vicki Buss, Deborah Cary, Janet Christie, Mike Corona, Tony Corosu, Donald Cowsert, Kevin Davis, Annie Davis, Dennis Dye, Laura Fitzsimmons, David Hanson, Brian Hartgraves, Judy Haynes, Cindy Klumpp, Chuck Leadford, Lenora Lunsford, Jim Maloney, Dan McCaslin, Rick O’Callahan, Izora Osborne, Michael Peacock, Rudy Pinedo, Reta Poplin, William Queener, Denise Roberts, Bob Rumzie, Scott Rutter, Sylvia Salazar, Michelle Sauer, Janice Van Domelen, Lance Zimmerman.



Stacy Webster-Wharton, PE

Hello everyone!

I have been asked to Chair the Rewards and Recognition Committee since Dr. Holmgren has moved on to another position elsewhere. I am honored to be chairing this important committee.

I will need to have the routing on the forms changed, but until then please route the forms to FMS (138).

Thanks, and I look forward to this new responsibility.

MOVEemployee 2008

The following people participated in this year's **MOVE** Challenge:

Stephanie Yates-----53,754	Carol Miller-----100,000
Truman Sanderson-----726,575 lost 30 lbs	Jim Figone-----1,000,000 +
Melody Hall-----1,000,000 +	Andy Paperman-----512,000
Tobi Morrison-----132,400	Jeanette Miller-----1,393,525
Cynthia Sweet-----173,853	Don Cowsert-----966,740
Danny Meilicke-----425,854	Rudy Pinedo-----834,170
James Hostick-----794,151	Paula Nettles-----631,748
Max McIntosh-----324,000	Jennifer Ragan-----500,000 +

The following people also participated in the **MOVE** challenge or the Champion's challenge and I would like to recognize them for their participation.

Judy Haynes, Mike Peacock, Amy Jason (no longer with us), Gretchen Watson, Kathleen O'Marro, Dave Hanson, Darren Blunkall, Deborah Cary, Lisa Hibberds, Sharrie Akers, Izora Osborne, Jim Maloney, Denise Roberts, Reta Poplin, Jodi Hayward-Viar, Chuck Silvey, Benny Dickerson, Cheryl Lindsay, Cindy Klumpp, Janet Christie, Linda Plumlee, William Wren, Vicky Buss, Mike Corona, Diane Baldwin, Kevin Davis, Sharon Kalvels, Jeff Roderick, Rudy Pinedo, and Jeanette Miller.

\$35.00 Dinner Certificates were awarded to the top 3 steppers who are:

Jeanette Miller-----1,393,525 Melody Hall-----1,000,000 + Don Cowsert-----966,740

Special Recognition awards were awarded to those who stepped more than 500,000 steps and those people are:

Truman Sanderson-----726,575 James Hostick-----794,151 Jennifer Ragan-----500,000
Andy Paperman-----512,000 Rudy Pinedo-----834,170

Also to thank everyone who took part, the people who sent emails to me or reported to their POC will receive a 59er courtesy of Max McIntosh and the **MOVE** Committee.

Judy Haynes, Mike Peacock, Gretchen Watson, Kathleen O'Marro, Dave Hanson, Darren Blunkall, Deborah Cary, Lisa Hibberds, Sharrie Akers, Izora Osborne, Jim Maloney, Denise Roberts, Reta Poplin, Jodi Hayward-Viar, Chuck Silvey, Benny Dickerson, Cheryl Lindsay, Cindy Klumpp, Janet Christie, Linda Plumlee, William Wren, Vicky Buss, Mike Corona, Diane Baldwin, Kevin Davis, Sharon Kalvels, Jeff Roderick, Rudy Pinedo, and Jeanette Miller.

Thank you so much to everyone and keep your eyes open for the next challenge. It's only weeks away and prizes will be awarded by VISN for your participation.

Sincerely,

Paula Nettles
MOVE Committee.

Bug Byline

Tis Still the Season: Norovirus and Influenza

by Yvonne Chilcoat, RN, MA, CIC

The VA SORCC experienced a minor Norovirus outbreak from the beginning of January until the end of February. Norovirus is still widespread throughout our community and state. In recent weeks Influenza has also become more prevalent in our state with confirmed cases in Jackson County. The SORCC is now experiencing an increase in respiratory infections and may begin to see Influenza cases.

Norovirus used to be called Norwalk virus, but it is now a term we use for a group of viruses that cause gastrointestinal (GI) illness. Symptoms include nausea, vomiting, diarrhea, headache, body aches, no fever or low grade fever and weakness. With Norovirus, you are usually very ill for 24 to 48 hours and then rapidly improve. It is often called “stomach flu” or “winter flu” but it is not related to Influenza, a respiratory illness that we give flu shots for every year.

Influenza symptoms include high fever, chills, sore throat, cough, headache, muscle aches, extreme fatigue and weakness. You are often ill for 1 to 2 weeks. Influenza can lead to pneumonia and hospitalization, especially in the elderly, children or the chronically ill. More than 36,000 persons in the US die from influenza (flu) complications each year.

There is no vaccine to prevent Norovirus. We control the spread by keeping residents who become ill in the Infirmary until they no longer have symptoms. Employees are asked to stay home until symptoms have stopped. Our cleaning crews work hard to disinfect all common areas, clinics, group meeting rooms, bathrooms, and handrails every day.

Flu vaccinations are still the number one way to prevent Influenza or to make sure you have a milder case if you do get it. If you become ill, prevent spreading your disease by reporting to the Infirmary if you are a resident, staying home from work if you are an employee, covering your cough and sneezes with a tissue or your arm, disposing of tissues in a proper waste container, wearing a mask when in a waiting room, and practicing good hand hygiene.

We are asking everyone to help prevent the spread of these nasty infections. It is not too late to get your flu shot! Keep your rooms and workstations clean. Wash your hands with soap and water after using the restroom, before and after eating or handling food, after coughing or sneezing and frequently throughout the day as you move around the facility. It is also wise to avoid touching your face and mouth.

If everyone does their part, we can prevent severe outbreaks of both unpleasant illnesses, and remain healthier and happier until “the season” is over!



Gordon Pritchett, Patient Advocate

Can help you with: Compliments, complaints or unmet needs. If you have SORCC policies and procedures questions not answered elsewhere, come see me I have an open door policy. My hours are:

6:30 a.m. to 4:00 p.m.
 Monday—Thursday
 Building 202, Room 103
 Ext. 3657

To submit articles, editorials, letters or story ideas for possible inclusion, please contact Rhonda Haney at:

541-830-7585 or via email:
 Rhonda.Haney@va.gov



“GUNSMOKE”

- | | |
|---------------------|------------------------|
| 1. Dr. ADAMS | 21. KITTY Russell |
| 2. Freight AGENT | 22. Woody LATHROP |
| 3. BARNEY Danches | 23. LONG BRANCH Saloon |
| 4. BARTENDER | 24. LONG-RUNNING |
| 5. BLACKSMITH | 25. LOUIE Pheeters |
| 6. Harry BODKIN | 26. MOSS Grimmick |
| 7. CAST changes | 27. NEWLY O'BRIEN |
| 8. Dr. CHAPMAN | 28. Ed O'CONNOR |
| 9. Dodge CITY | 29. PERCY Crump |
| 10. DEPUTY | 30. QUINT Asper |
| 11. Marshal DILLON | 31. Started on RADIO |
| 12. DRAMA | 32. RANCHES |
| 13. GUNFIGHTS | 33. RESIDENTS |
| 14. GUNSMITH | 34. Ma SMALLEY |
| 15. Festus HAGGEN | 35. STABLEMAN |
| 16. Joshua HALLIGAN | 36. THAD Greenwood |
| 17. HORSES | 37. UNDERTAKER |
| 18. HOTEL clerk | 38. WESTERN |
| 19. HOWIE Uzzell | |
| 20. KANSAS | |