

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 Director.....1
- BearHugs for Patients.....2
- Labyrinth Coming To SORCC...3
- Power of Performance Awareness Campaign.....6
- The Smile Campaign.....7
- Employee News.....9

Veterans of Foreign Wars Auxiliary Donates \$5,000 Towards Labyrinth



Story on page 3

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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.

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A Message from the

Director

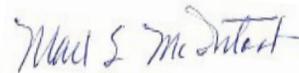
Dear Fellow Employees, Volunteers, Veterans and Friends of VASORCC:

Change is an inevitable part of life. The SORCC has certainly seen its share of changes and will continue to as time goes on. The VISN has focused on access and productivity and we have changed to meet those demands. The SORCC is full of people who enjoy their work and enjoy serving veterans and although we need to meet the goals of the VISN and the VA we cannot forget we are serving individuals. I would ask you all to temper productivity with quality and compassion. If we balance these we truly will provide "The Best Care Anywhere".

In providing this care we cannot forget we do not do it alone and hopefully you have all had a chance to celebrate the wonderful VA Volunteers that help in our mission day in and day out. Let's not forget that although we celebrate volunteers during the week of April 28- May 2, we should remember everyday the critical role they play in our daily mission.

Lastly as we move toward summer and Employee Appreciation Day, take the time to reflect on how far we have come, the exciting challenges still ahead and to enjoy the people we work with daily. Each day we strive to meet the business of serving Veterans, but here at the SORCC we also strive to balance that with fun, creativity and camaraderie.

Thank you all.



Max E. McIntosh, PhD, MBA
Director

BearHugs for Patients



Kay Lavonne Crider



Kay Lavonne Crider and Tim Frizzell

BearHugs founder Kay Lavonne Crider visited the VA SORCC infirmary, Tim Frizzell (above right), and other patients; all of who got to experience first hand the BearHug motto, “The Spirit of Moving Unconditional Love From One Person To Another”. Kay’s BearHug Foundation was born from a passion to extend caring, kindness and compassion to children and adults who have been wounded physically, emotionally and/or mentally.

Thanks, Kay!

CALENDAR OF EVENTS

May '08	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* @

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



Labyrinth Coming To SORCC



On March 24th The VA SORCC received a generous donation of \$5,000 from the Veterans of Foreign Wars Auxiliary in support of our Labyrinth Project underway by Building 241. On hand to present the check to Dr. McIntosh was our very own VA SORCC VFWA Representative, Pat Wright. Other donators include Paulianne Balch; Donna Markle and Students of OHSU School of Nursing; American Legion Auxiliary, Department of Oregon; Veterans of Foreign Wars Auxiliary, Department of Oregon; Ladies Auxiliary to the Military Order of the Cootie, Unit 15.

The Labyrinth is an ancient transformational design found in many cultures throughout the world. In most countries they are associated with the spiritual venture for new meaning. It contains a pathway that guides the walker on a meditative journey through several circuits to the center, and then back out. Stay tuned for further Labyrinth information.

**VA SORCC Staff
Brings Home the Trophy...Again**



EPHS Students and EPHS at-the-SORCC Program Coordinators John Trinca and LeeAnna Clayton.



VA SORCC Staff Tom Marshall and Danny Eskow



SORCC Program Coordinators John Trinca and LeeAnna Clayton.

The results are in on the annual Bowling Tournament between the Eagle Point High School students and the VA SORCC staff. For the second consecutive year, the VA SORCC Bowling Staff this year included, Tom Marshall, Rhonda Haney, Danny Eskow, Billy Haden, Andrea Cordova and Robert Hicks.

Eagle Point Staff included EPHS at-the-SORCC Program Coordinators John Trinca and LeeAnna Clayton. Students involved in this year's program included Esmeralda Andrade, Brandy Freitag, Krystal Hoppes, Amanda Fuerstenberg, Holley Kerr, Tanisha Larsen, Ketura Nelson, Emily Peters, Courtney Phariss, TaSheena Raber, Ashlyn Voorhees, Brittney Woods, Janna Me Boren, Chris Omotoy, Absent: April Leeper Lindsay Nesberg Cynthia Sanchez, Jamie Wayman

VA SORCC Staff believed they “derailed” the students by stuffing them with Tacos and Sodas.

Congratulations to all the VA SORCC Staff and thanks to all who participated.



EPHS Students having tacos and Sodas



THE SECRETARY OF VETERANS AFFAIRS

WASHINGTON

April 11, 2008

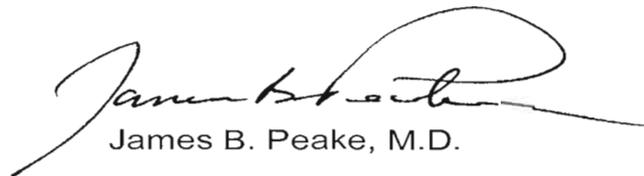
**NATIONAL VOLUNTEER WEEK MESSAGE
APRIL 27 – MAY 3, 2008**

The week of April 27 – May 3 is National Volunteer Week. As Secretary of Veterans Affairs, it is my very special privilege to take this opportunity to honor all who freely give their time and talents to help the Department of Veterans Affairs (VA) serve America's veterans.

I commend the many dedicated volunteers at our VA hospitals, clinics, national cemeteries, and benefits offices across the country. Through your hard work and commitment, each of you plays a crucial role in improving the quality of life of America's veterans and their families.

Today, there are close to 90,000 active VA volunteers. For more than 6 decades VA volunteers like you have set a standard for voluntary service to our Nation. As times have changed, the work of volunteers has also changed. But your mission and focus to honor and serve those who have defended our freedom have never waived.

National Volunteer Week focuses on the best of who we are as a Nation. I take a special pride in the work of all VA volunteers and offer my sincere appreciation on behalf of the veterans we serve.



James B. Peake, M.D.

Message from the Network Director

On April 22, millions of people around the globe come together to celebrate the 38th anniversary of Earth Day. Since its founding in 1970, Earth Day has led to the passage of major environmental protection legislation, the creation of the U.S. Environmental Protection Agency, and many other positive actions for a cleaner, healthier, and safer environment worldwide. The annual observance of Earth Day provides VA the opportunity to renew and strengthen its stewardship commitment to the environment. All VA facilities are encouraged to conduct or participate in an Earth Day event or activity that raises environmental awareness. Typical Earth Day activities include tree plantings, recycling drives, educational fairs, and joint community clean-up campaigns. Visit <http://www.EarthDay.gov> to learn about how you can support Earth Day while at work, at home, in the community, or in the classroom. This Web site also provides links to other Federal Government or local community events and volunteer opportunities.

Dennis M. Lewis, FACHE
Network Director

Power of Performance Awareness Campaign
to Promote VHA Undersecretary for Health Four Goals



Goal 1: *put **Patient Care** first*

Goal 2: *practice progressive **Leadership***

Goal 3: *promote improved **Business Processes***

Goal 4: *produce meaningful **Performance Measures***

VHA Office of Communications, in partnership with the National Leadership Board Communications Committee, developed VHA Power of Performance Awareness Campaign to facilitate quality, excellence and performance at all levels using a variety of communications tools, both visual and written. VHA's Employee Education System designed graphic elements and products to creatively capture the "Power of Performance" message, targeted to increase awareness of the four goals among VHA employees, volunteers, Veterans and stakeholders.

The goal of the campaign is to increase audience awareness of Dr. Kussman's 4 main goals using a variety of materials distributed in a creative way to offer flexibility in implementation by field Public Affairs Officers. The products available are key items suggested by PAOs in implementing a campaign with national scope. PAOs should work with their facility leadership to promote "Power of Performance" using the tools provided. The attached feature article and talking points are a great way to kick off a local campaign.

For more info:

Power of Performance online at <http://vaww.ush.va.gov/> or Contact: Stacie Rivera, 202-552-9254

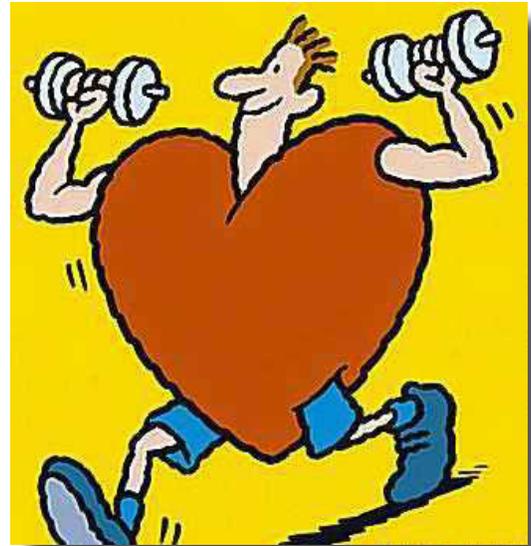


2008 Champions' Challenge

Thirty-five thousand veterans, caregivers and staff registered to participate in the 2008 Champions' Challenge with a completion rate in excess of eight percent. Participation in this type of fitness program is considered a success with a five percent completion rate. Nearly three thousand participants completed 100 miles. Research shows that individuals who begin a new program of physical activity and actively participate for six to eight weeks will tend to continue this healthy activity and make this a regular part of their lives.

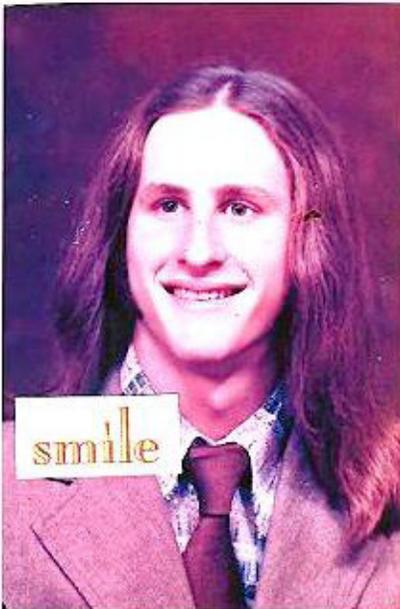
Congratulations to participants and prize winners Randolph Buckley and Sharon Kalvels.

Max E. McIntosh, PhD, MBA
Director



The Smile Campaign

In some ancient time, a monk sat in the corner of his room to meditate. When asked what he thought of all that time he spent meditating, he said "I just smile, I keep on until I have smiled so deep inside that my liver is grinning."



1976
senior picture

Who Am I? page 10

Linda Plumlee, Food Service Supervisor, heard that story and knew that she could do something special for the employees in the kitchen. Working in NFS is hard, hot work. Add special circumstances such as heightened safety precautions, and the staff of NFS are working extra hard. Linda just wanted to make them smile and look forward to coming to work each day so she started the "Smile Campaign."

The 'Smile Campaign' consists of committee members:

Janet Christie
Cookie Lunsford
Deborah Carey

Rule #1 – There are no rules

Rule #2 – You just have to smile

Rule #3 – We party the last of each month with prizes and food

Rule #4 – We vote for a person who has been of help to us through the day

The employees can put names in the bucket of the people who have made them smile or helped them in some way. The names go into a hat, and are drawn during the staff party each month for prizes. The committee continues to make improvements to the campaign, and has even incorporated the campaign into the NFS window display in March.

The Smile Campaign motto is "Serve them with a smile!"



*A Proclamation:
Biomedical/Clinical Engineering Appreciation Week*

Whereas, as medical technology advances, healthcare facilities must keep pace by providing quality, well-trained professionals capable of understanding the complexity of medical equipment operation and applications; and

Whereas, the complexity of medical technology today and in the future makes it essential that those individuals responsible for the care, safety, and accuracy of this equipment are recognized as an invaluable resource to the healthcare industry; and

Whereas, biomedical equipment technicians, clinical engineers, and other medical technology professionals uniquely serve patients, the medical community, and new technology development to improve the quality of today's healthcare; and

Whereas, these professionals research, recommend, install, inspect, and repair medical devices and other complicated medical systems, as well as advise and train others concerning the safe and effective use of medical devices, thereby controlling healthcare costs and improving patient safety; and

Whereas, the Association for the Advancement of Medical Instrumentation (AAMI) is a unique alliance of more than 6,000 members united by a common goal to increase the understanding and beneficial use of medical instrumentation, and

Whereas, AAMI's Technology Management Council (TMC) seeks to advance the interests of biomedical equipment technicians, clinical engineers, and other medical technology professionals; now

Therefore, the TMC hereby proclaims May 18-24, 2008, as National Biomedical/Clinical Engineering Appreciation Week.

EMPLOYEE NEWS

From Human Resources

WELCOME ABOARD:

Ambulatory Care Services Klamath Falls CBOC: Tammi De Forrest, Medical Support Assistant; White City - Karen Van Winkle, MSA

Clinical Support Service: Jolene Lowe, RN Outpatient; Virginia Rondel, RN Infirmery

Dental: Dr. John Hall, Staff Dentist

Facilities Management Service: Joshua Horn, Housekeeper; Robert Barthol, Housekeeper; Steve Gasper, Pipefitter

Mental Health Product Line (MHPL): Dr. Jerry Easterday, Staff Psychiatrist; Psychology - Pamela Mindt, LSW Suicide Prevention Coordinator; Vocational Rehabilitation - Charles Lewis, Vocational Rehabilitation Specialist; SATP/Recreation - Michelle Peterson, Secretary

Nutrition & Food Service: Robert Rietinger, FSW; Jeffery Beals, FSW; LeDerrick Nesbitt, FSW; Lynette Barnes, FSW

Office of Information Management: James Salfen, IT Specialist

Utilization Management: Donna Naglich, Social Worker

MOVING AROUND:

Business Management Office: Sharon Hayes, Medical Admin Specialist (ADPAC)

Clinical Support: Denice Malvini, reassign to Outpatient Clinic

Office of Information Management: Yoogin Lee, transferring to Austin

VISN 20C10: Mark Cecil, VISN Chief Information Officer

RETIREEES:

Business Management Office: Chris Christianson, Medical Records Administrator (HIMS)

Thank You De-Icing Crew!

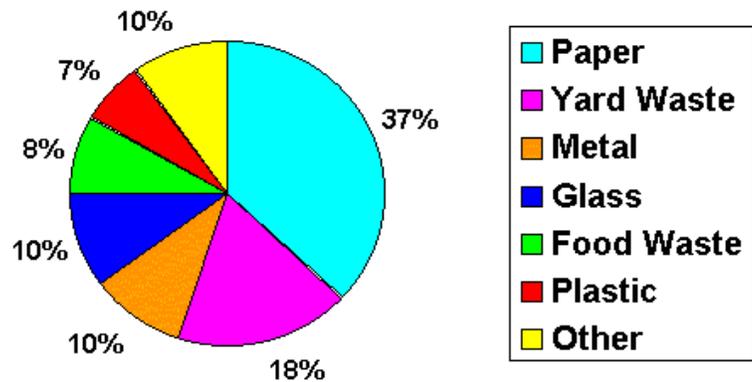
Winter is officially over but we would like to thank unsung heroes here at VA SORCC. These men get out and about before many of us are even out of bed in the morning. They are the De-Icing Crew; the crew consists of Dennis Bowen, Mick Jackson, Robin Brewer, John Forrest, Mike Young, Doyne McFarlin, Bill Beymer, Gerald Howe and Shawn Phillips headed up by Operations Foreman Kevin Lee. These guys were up by 0500 making sure that all ramps, cross walks, and entry ways to the buildings are safe for staff, visitors, patients and volunteers. If you happen to see any of the De-Icing Crew members thank them for watching out for us.



SORCC to Debut New Trash Compaction System and Cardboard Baler

Earth Day, April 22, is a time to celebrate environmental accomplishments and look for new opportunities for environmental stewardship. The VA is committed to reducing its environmental impact by focusing on new ways to prevent pollution, minimize waste, and conserve natural resources. The SORCC Green Environmental Management System (GEMS) was established June 2005 as a formal system for reducing the facility's environmental footprint by integrating environmental aspects into the overall management of the organization.

Compositon Of An Average Dump



Household dump

Since 2005, GEMS has led to the establishment of numerous recycling processes for materials that were historically considered hazardous waste or general solid waste. In addition to commingled recycling (paper, aluminum cans, cardboard, etc.), the facility has also found ways to recycle various materials such as fluorescent light bulbs, used oil, batteries, tires, aerosol cans, and computers. In fact, more than twenty recycling streams have been identified since the program's inception.

2008 marks another milestone for GEMS, as Facilities Management Service is implementing a new solid waste compactor and cardboard baler in early May 2008. Currently, SORCC has four outdated trash compactors with low compaction capabilities. These compactors are picked up one to three times per week by a local waste collection vendor. The new system will replace these units with eight wheeled carts. The carts will be towed periodically to a trash compactor at the north end of the facility, compressed by the new and powerful unit, and then emptied into one dumpster. This will significantly decrease the volume of trash and the number of trips for our waste collection vendor, thus saving money while saving space in the landfill. In addition, the new baler will press cardboard into bales to be recycled in exchange for a reduction in the sanitation bill. It is estimated that the new system will reduce solid waste disposal costs by as much as two-thirds and pay for itself in less than two years.



Chris Miller, Physical Rehabilitation & Medicine and his wife of 21 years Cathy. Chris has also been with the VA SORCC, White City for 21 years.

VAEA Que It Up



(Upper Left) Roy Horne, Associate Director and Dan Kelly, Administrative Assistant to the Director joined employees for The VAEA (Veterans Affairs Employee Association) annual membership drive/Burger Burn on April 17 to introduce the new board members:

Kathy Geiman, President;
Ryan Carter, Vice President;
Jennifer Carder, Secretary;
Maria Parmar, Treasurer;
Brandy Hall, First Director-over recreation & entertainment;
Robbie Beadle (RJ), Second Director-over raffles.

The VAEA holds several raffles during the year to raise money for activities and donations. We sponsor Kans for Kids and collect soda cans throughout the year to raise money for local children that are served through Jackson County Foster Parents. The VAEA matches the money collected and presents a check just before Christmas. The donated funds go to send foster children to summer camp. Two years ago we gave a check of \$740.00 and last year we gave \$900.00.

Last year VAEA provided a pizza lunch and an ice cream social that was free to members.

Bring Your Daughter Or Son To Work Day



Shawn Roberts, Residential Care Program Coordinator give the kids a VA history lesson.



April 24th was “Bring your Daughter or Son to work Day.” Many employees took the opportunity to share with their children what a work day at the SORCC is like. The children enjoyed a tour of the facility complete with watching the koi being fed at the Camp White Plaza and taking a ride in the patrol car with the Police. The children sounded the sirens, flashed the lights and even wrote courtesy citations for their parents. All in all it was a very educational day.

Why People Live Longer than Dogs!

A veterinarian had been called to examine a ten-year-old Irish Wolfhound named Belker. The dog's owners, Ron, his wife Lisa, and their little boy Shane, were all very attached to Belker and they were hoping for a miracle.

He examined Belker and found that the dog was dying of cancer. He told the family there were no miracles left for Belker, and offered to perform the euthanasia procedure for the old dog in their home. As they made arrangements, Ron and Lisa told the vet they thought it would be good for the six year-old Shane to observe the procedure. They felt as though Shane might learn something from the experience.

The next day, they all felt the familiar catch in their throats as Belker's family surrounded him. Shane seemed so calm, petting the old dog for the last time, that they wondered if he understood what was going on. Within a few minutes Belker slipped peacefully away. The little boy seemed to accept Belker's transition without any difficulty or confusion.

As they sat together for a while after Belker's death, they were wondering aloud about the sad fact that animals lives are shorter than human lives. Shane, who had been listening quietly, piped up, "I know why."

Startled, they all turned to him. What came out of his mouth next stunned all. They'd never heard a more comforting explanation of death.

He said, "People are born so that they can learn how to live a good life – like loving everybody all the time and being nice, right?"

The six year-old continued, "Well, dogs already know how to do that, so they don't have to stay as long."

Let us learn to live simply, love generously, care deeply and speak kindly. If we all do that we can leave the rest to God for God's got control of it all.

Chaplain Bell



Chaplain's Corner

Bug Byline

By Yvonne Chilcoat, RN, MA, CIC

VA SORCC Teams Up With the President's Council on Physical Fitness and Sports

May is National Physical Fitness and Sports Month. This year, VA SORCC joins the President's Council on Physical Fitness and Sports to challenge Americans to get moving for health and to get active and fit during the month of May.

On Wednesday, May 28, the SORCC sponsored a Fitness Day Event. Patients and employees met in the Theater at noon and walked around the station. Healthy snacks and water were provided. Blood pressures were taken before and after the walk. Handouts on health and fitness were also distributed. The MOVE website contains other activities for those interested.

According to Melissa Johnson, executive director of the President's Council on Physical Fitness and Sports, which started National Physical Activity and Sports Month in 1983, "Americans of all ages need to incorporate more movement in their daily lives. Adults need at least 30 minutes of activity 5 days each week. This can be done by choosing to bike or walk instead of driving, taking stairs instead of elevators, or pushing a lawnmower instead of riding one. Children need at least 60 minutes of active play daily. They need to run, climb, jump, and just get up and move around, away from their desks, the television and computer games."

Twenty minutes of vigorous physical activity three times a week, such as sports, aerobics, working out in the gym, and running, has added health benefits. Johnson says, "But it's important to understand that you don't need to sweat in a gym or run a marathon to reap the health benefits of daily physical activity. Even 30 minutes a day, broken up into shorter increments of ten or fifteen minutes, can greatly improve your health."

For more information about the MOVE Program at the SORCC, contact Paula Nettles at extension 3469. For information about the President's Council on Physical Fitness and Sports, go to www.fitness.gov. To start a physical activity and fitness program, log on to www.presidentschallenge.org and sign up to take the President's Challenge.

Behind the Lines By Patient Council

The Patient Council would like to recognize Joanne, Primary Care Clerk, in the patient travel department. Joanne has more duties than can be listed. Some of Joanne's many tasks include: communicates with the local hospitals making arrangements for the patients from the VA, transfers patient money from one VA to another, verifies all appointments, makes travel arrangements... and the list goes on. Joanne does all this with a positive attitude. She always puts veterans first and follows through to make sure the veterans travel run smoothly. Thank you, Joanne, for doing these thankless tasks. You are much appreciated.





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



My Talk Show

- | | |
|------------------|---------------------|
| 1. An OFFBEAT | 20. FILMED |
| 2. SERIES | 21. IN HER |
| 3. of the LAST | 22. LIVING |
| 4. DECADE | 23. ROOM. Real |
| 5. WAS the | 24. CELEBRITY |
| 6. SYNDICATED | 25. GUESTS, |
| 7. "MY TALK | 26. like NELL |
| 8. SHOW," with | 27. CARTER, |
| 9. CYNTHIA | 28. JACKIE Collins, |
| 10. STEVENSON of | 29. and ROBERT |
| 11. "Oh, BABY" | 30. GOULET, |
| 12. and "HOPE & | 31. HELPED |
| 13. GLORIA" | 32. BLUR |
| 14. as JENNIFER | 33. the LINE |
| 15. BASS, a | 34. BETWEEN |
| 16. DERBY, | 35. FICTION |
| Wisconsin, | 36. and REALITY. |
| 17. NATIVE | |
| 18. with a CABLE | |
| 19. TV PROGRAM | |