



VOLUNTARY SERVICE

James Tuchschildt, MD. MM. Director

Jan/Feb/March Winter Edition 2008

Kay Hilt, Chief, Voluntary Service

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Upcoming Events:

New Years Day	1/1/08
Martin Luther King Jr. Day	1/21/08
National Salute Week	2/10-16/08
Presidents Day	2/18/08

FROM THE DESK OF THE CHIEF

This newsletter is the last time I will be writing to you in this column and it brings up a mix of feelings. The years spent as Chief have been some of the most gratifying of my career. I spent these years in awe of your kindness and generosity. You have willingly stepped up to do the work of



making life better in so many ways for our veterans. You have been my role models and teachers. Together we have accomplished a lot. A solid foundation for Voluntary Service has been laid. As the Voluntary Service leadership changes, you will use this foundation to create new programs and services for veterans. The new Voluntary Service leader will put a new face on Voluntary Service. At the same time,

Your ideas, your passion for serving veterans, and your willingness to try new things have contributed to the development of outstanding programs and services for veterans and will continue to do so. Without this, new programs and services I will miss you all very much and hope that our paths will cross again from time to time. Thank-you so much for the time we have shared, for your support and for your dedication to veterans. You have made coming to work a pleasure! You are the smile of the VA. Being around cheerful people who are happy to be of service is contagious. The environment you have helped to create ans. The new Chief will not be an easy one to say goodbye to. At the same time,

the prospect of lots of time to garden, travel, take classes, volunteer and play has an appeal of its own. Thanks to all of you who have offered tips on successful retirement. It has really helped in preparing for this transition. I will miss you all very much and hope that our paths will cross again from time to time. Thank-you so much for the time we have shared, for your support and for your dedication to veterans. You have made coming to work a pleasure!

Kay



NEW VOLUNTARY SERVICE CHIEF SELECTED

It is my pleasure to introduce the new Chief, Voluntary Service, Jacalyn Hardy. Jacalyn comes to us from the PVAMC Education Service where she worked as an Educational Program Specialist for five years. Jacalyn has a BA in English and a MS in Adult Education with career background as teacher, a corporate trainer and an educational trainer. She has worked for non-profit agen-

cies creating, coordinating and supervising various programs. She served as the volunteer coordinator at the Daily Planet, a large home-

less shelter in Virginia. Jacalyn is also an Army veteran who served during Desert Storm. Jacalyn has lots of energy and enthusiasm and I know you will enjoy working with her.



By Kay Hilt

WELLNESS PROGRAM ARTICLE

The Wellness Program... Come be a part!



In May 2007, the Employee Wellness Program began providing wellness education and opportunities for staff to engage in healthy activities. As volunteers, you are encouraged to be part of our program and are welcome to participate in any of our events or classes. Currently we are offering Yoga classes, tobacco independence classes and counseling, online education on stress management and nutrition,

health presentations in the auditorium, wellness health fairs, local fitness center discounts, information on wellness resources in the community and much more. We always welcome comments and requests. Let us know if you are interested in learning more about a topic or have ideas for creating a program that we are not currently offering.

Our Wellness Website is located on the intranet under the Quick Links drop-box under Occupational Health. <http://vaww.portland.med.va.gov/departments/cce/pcd/OccupationalHealth/>

Look for flyers, eposts, announcements on our website and our Wellness Newsletter for the latest events. Feel free to contact the program coordinator by stopping by the Occupational Health office in Building 101 Room 127 or calling (503) 220-8262 ext 57669 .for more information.

By Colleen Minier

In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it."

-Marianne Williamson



A MESSAGE FROM THE DIRECTOR

This message was sent to all staff by Dr Tuchschnidt. Please take a second to read it and use your time volunteering to help us adopt it as part of our culture here at the Portland VA Medical Center. Please direct any questions or comments to the Voluntary Service Staff Office.

“We face many challenges in providing high quality and timely healthcare to our nation’s veterans. Our future success requires breakthrough innovation. Our Network has adopted the slogan “No More Business as Usual” as a visual re-

minder to all of us to think “outside the box” in our day to day quest for veteran’s healthcare excellence. Here in Portland, we’ve accomplished a lot outside the box, but there is always more to do. This slogan doesn’t discount the hard work we’ve already done here, but instead acts as a reminder that we can never rely on yesterday’s solutions to solve tomorrow’s challenges.

In the coming days you will see a marketing campaign for VISN20 employees that will in-

clude some posters as well as buttons to be worn with employee ID badges to remind us all that we must be innovative in our pursuit at safety, excellence, efficiency and an experience for our patient that exceeds their expectations.

I know you are as committed as I am to our noble mission. Thank you for all you’ve done to improve care for our veterans – you make a difference every day.”

By Rich Maichle

VOLUNTEER HOLIDAY PARTY FOLLOW- UP

On December 1st PVAMC volunteers, guests and staff congregated in Vancouver’s Victory Room for a holiday celebration.

The festivities began by everyone getting a chance to enjoy the various

dishes brought in by fellow party attendees. There was even a chocolate fountain accompanied by an array of fruits, pretzels, and crackers to dip into the chocolate.



After sampling the tasty cuisine, everyone was greeted by Santa, who and gave out gifts to all in attendance. Once Santa bid farewell, a gift exchange game was played. The game was a sort of hot potato where gifts were passed around the table while music played. Once the music stopped whoever had the gift in their hand unwrapped a layer of wrapping paper. This continued until all the layers were gone and each person had a gift.

Finally, everyone enjoyed sing-



ing some holiday carols before the evening closed. Everyone in attendance had a wonderful time. I would recommend for anyone who can attend these events to do so- It’s a great opportunity to meet some of your fellow volunteers and have some fun!

By Amanda Silvers



HOLIDAY TRAIN NEWS

For the third holiday season the model electric train made its way around the Tree of Honor at the Portland Veterans Affairs Medical Center and as usual brought a lot of enjoyment to the patients, visitors, and employees.

This year the train began running on November 26, 2007 and completed its' last run on December 21, 2007.

Last year we began asking people to write their thoughts or feelings about the train in a book. This year we continued that tradition and had a lot of responses from patients, visi-

tors, and staff.

Here are two of the comments that people wrote.

"It was very nostalgic for me.

The train reminded me of my old Lionel that was taken during the Japanese invasion of the Philippines.

"It is a great gift to see the train go around the Christmas tree. It is always such a wonderful tradition."

The running of the train during the holidays has brought a lot of good comments from people who saw the train. One thing



that brought good feelings to those running the train was when the Voluntary Service staff was taking down the tree in the atrium, a

lot of visitors and staffs said they were going to miss the running of the train and all asked if the train would be here next year. The train will be up and running next year. It will have some maintenance this summer and hopefully we can add some model buildings, and maybe get some money donated to buy some new track.

By Bruce Gross

American Legion Auxiliary Gift Shop Follow-Up

The American Legion Auxiliary's 68th annual Gift Shop for Portland VAMC veterans was held the week after Thanksgiving. In 1939 the Auxiliary decided to serve the hospital patients in a special way. The 26 patients chose from a variety of gifts for their families. This original concept of service to our vets has spread to most Veterans Hospitals throughout the country.

Until a few years ago the Gift Shop was for inpatients only but with medical care changing for the veterans, a resolution was passed at the National convention to include day care

patients. **This is a service showing thanks to our veterans for their service. There is no charge to the veterans for the gifts or mailing of them.**

Our schedule is to set up on Friday after Thanksgiving and have the official opening and ribbon cutting on Saturday. This event has developed into a party atmosphere.

This year Tigard Unit served refreshments, a retired pastor played his accordion while Mrs. Santa Claus lead community singing. The number of guests has increased each year which includes both Legion and Auxil-

iary officers and members. Shopping began on Saturday afternoon and resumed again Monday through Thursday of the next week. More than 70 volunteers escorted 515 veterans, gift wrapped the gifts and prepared them for mailing or to be picked up. Cash donations topped \$3000 with close to \$20,000 being tallied up for gift items donated.

I have been supported by an awesome committee. This year we had the support of an employee who came last year to wrap gifts on her lunch hour and who will be an active committee member in the future.



(ALA Gift shop cont.)

Department Commander Ed Horne presented me with a Certificate of Appreciation from the American Legion. It read " In recognition and sincere appreciation of outstanding service and assistance which contributed to the advancement of the American Legion programs and activities dedicated to God and Country. In recog-

nition for your outstanding leadership helping make our

Veterans at the Portland Veteran's Hospital Gift Shop Christmas more merry."



By Ann M Barrie,

American Legion Auxiliary
Hospital Rep Gift Shop chairman

MANDATORY TRAINING

It is that time of year again! Everyone should have received a mandatory training informational packet and quiz by mail. If not, please let Barbara Parker, Secretary in Vancouver and Amanda Silvers, Secretary in Portland to obtain another copy. Training quizzes

are due February 29th. Volunteers with VA computer access, please stop by the Voluntary Service office for additional information. It is important to refresh the memory by completing these training modules each year for

your safety and awareness. Thank you for your cooperation!

By Barbara Parker

SPECIAL DONATION

On January 3rd, Elk members, Don and Jacqueline Jones, Bob and Patsy Moreland, and Fred Gangwer presented the PVAMC's Social Work department a very generous donation. The donation consisted of 432 prepaid phone cards totaling 15,250 minutes, and \$900 worth of Tri-Met bus passes.



ments. Prepaid phone cards are given out to hospitalized veterans; many of whom are from outlying areas. These veterans may not get to speak with loved ones while hospitalized without such phone cards.

This donation was greatly appreciated and will be put to good use getting veterans and from the medical center

for appointments. It was said that many of the veterans who use the bus passes given out by Social Work have no other means to get to their appoint-

The prepaid phone cards and bus passes will bring much joy to many veterans and we are so pleased to be able to offer these to patients.

By Amanda Silvers



BEREAVEMENT PROJECT

Bereavement Quilts Needed



Veterans who are dying deserve to be treated with respect and dignity. This is a difficult time for the veteran and his/her family. Although we cannot change the outcome of a person's life, we can provide the veteran and family with as much comfort as possible during this time. Volunteers can receive special training to become Hospice volunteers. The Hospice Unit is located at the Vancouver Division.

At the Portland hospital, when a veteran moves from medical care to comfort care, he/she and the family are given a

folder that contains information which will help them understand what to expect from their care. The veteran is also given a hand made quilt which is embroidered with "FOR YOUR COMMITMENT TO OUR FREEDOM, THE PVAMC THANKS YOU" The quilt stays with the veteran after death and then is given to the family. After the veteran has died, volunteers are instrumental in making sure that the family receives a condolence card from the veteran's provider. From the Hospice volunteers, to handmade quilts to condolence cards veterans and their families receive care that truly says "we care".

We are currently in need of bereavement quilts at PVAMC. If you have material you would like to donate (such as batting) please contact the Voluntary Service office at (503)273-5042 for Portland or (360)690-1842 for Vancouver. If you are interested in making bereavement quilts the directions are as follows:



- *Must be 5' x 7' or 6' x 7'
- *Must be fabric with batting, can be hand tied

If you bring a donation of quilts to the medical center, please leave them in the office with the Voluntary Service staff, not the workroom.

By Amanda Silvers

VOLUNTEER RECOGNITION

Another way of saying "thank you"

The Voluntary Service department is proud to announce that starting in March we will be holding monthly prize drawings to recognize volunteers for their hard work.

How it works:

When a volunteer signs in for their scheduled shift their name will go into the drawing. Names will be entered into the drawing once per month. At the end of the month a name will be drawn randomly from the pile. That volunteer wins a prize!!!!

We know that our volunteers work very hard and do such a wonderful job. This is merely a small token of our appreciation for what you do each and every time you're at the PVAMC.

By Amanda Silvers

UP COMING OEF/OIF EVENT

The Portland VA Medical Center would like to show their appreciation and celebrate the returning home of OEF/OIF veterans by hosting a

"Welcome Home" celebration day amusement rides at no cost. More details to come. at Oaks Amusement Park on May 31, 2008. OEF/OIF veterans and their families will be able to enjoy a picnic and all

By Barbara Parker



NATIONAL SALUTE TO HOSPITALIZED VETERANS

“National Salute to Hospitalized Veterans Week” was celebrated at the Portland VA Medical Center and the Vancouver Division.

The Vancouver division was proud to honor its NSCU residents during national Salute week, February 10th-16th. Activities got underway on Saturday morning, February 9th, when lively members of Camp Fire USA arrived at the NSCU Victory Room and set to work making colorful banners and Valentine cards. Upon completion, the banners were hung and brightened the halls and the cards were delivered to the veterans by these fine young people. American Red Cross volun-

teers saluted NSCU residents with a festive party in the Victory Room on Monday evening, February 11th. Entertainment by a youth musical group from Trinity Lutheran Church and great refreshments made for an enjoyable evening.

Valentine’s Day was the big celebration with the Portland Trail Blazer Dancers visiting the patients at the Portland VA Medical Center and cakes were served to our veterans in the afternoon at both locations.

These cakes were donated by Richard Hanson of the Elks Lodge and the Portland VAVS Executive Committee.

A special morning coffee hour in Vancouver provided by the Recreation Therapy staff was another Salute to Hospitalized Vets activity.

Cake was served to all comers in the lobby of building D-7 on Valentine’s Day do observe this special week.

A few other “Salutes”, that had not been scheduled at press time, were in the offering.

By Barbara Weatherill and
Marj Varner



VANCOUVER HAPPENINGS

To liven up the gloomy days of winter, Recreation Therapy staged some fun activities. In mid-January, a group of residents took in a lacrosse game played by the Lumber Jax, Portland’s newest professional athletic team. From all reports, it’s a lightning-fast game, exciting to watch.

February 3rd was Super Bowl Sunday. VA residents watched the game between the Patriots and Giants on a

big-screen TV while munching on snacks and soft drinks. A betting pool (no money involved) was filled in by fans and prizes were awarded at the end of each quarter to those who had filled in the right score.

February 5th was Fat Tuesday, the day before Lent, and that meant the traditional Ice Cream Social—sundaes and root-beer floats served free to patients and at a nominal

charge to all others.

The Dixon Five, a favorite musical group from Battle Ground, WA, made one of its’ frequent appearances on a morning in late January. A talented group of eight young people, all from one family, the Dixon Five performs light classical music.

By Marj Varner



THE STAFF BEHIND DISABILITY FILING

To a veteran filing a claim for a service connected disability the process can appear to be overwhelming. Time consuming, yes; is it insurmountable, no. At the present time with so many of our troops coming home from Iraq and Afghanistan the system is even more loaded down but our veterans organizations are doing their best to encourage congress to increase funding to aid in cutting the backlogs down to a reasonable level. The path taken by a claim on the way to approval is fairly straight forward. The key word is PATIENCE.

It is recommended that the claimant start the process by enlisting the help of a Veteran's Service Officer (VSO); they are trained by the WDVA and know the ins and outs of how to handle your claim. Two VSO's can be found on the Vancouver Campus; the VFW and also the American Legion. A veteran may also file a claim directly with the VA Regional office; Portland for Oregon residents and Seattle for Washington residents. It is highly recommended to use a VSO though.

When your paperwork has been completed it is forwarded to the appropriate regional office where medical and service records are checked to verify the validity of the claim. Once

it has been confirmed that you have a valid claim for disability the paperwork is sent to the Compensation and Pension office where the medical appointments are scheduled to determine the claimant's medical condition. If appointments are necessary in several departments the C&P office will try to coordinate appointments to fall on the same day. The Vancouver Comp & Pen office will normally turn a claim around within 30 days.

The claim is then returned to the appropriate VA Regional Office for processing.

The persons who will handle your claim in the Vancouver office have many years of experience in a variety of areas in the VA system. The Supervisor and Program Specialist for Primary Care is Julia Walters. While attending the University of Portland Julia applied for and was accepted to study for a year in Salzburg, Austria. Julia says that the year was a wonderful experience and recently returned to Salzburg on vacation. Julia has been employed by the VA for 13 years; the last three in her current position. She was encouraged by her Mom, a former

VA employee, to apply for a Ward Secretarial Administrator job. This experience gave her broad based experience in all areas of the VA Hospital system.

Vanora Satterfield is the Lead Patient Services Assistant, is a 30 year employee and is a jack of all trades, master of many. Vanora attended Portland State majoring in business administration. She also began her time as a Ward Secretarial Administrator after being encouraged by a friend to apply for the job. Vanora

has worked in admitting, the clinic and has been with Compensation & Pension Office for 20 years. She coordinates the clinics, oversees day to day questions and concerns while also dealing with issues for incarcerated veterans.

Linda Poer is the Patient Relations Assistant, has charge of the Agent Orange Registry for Vancouver's patient service area; she works with the Ionizing Radiation Registry (atomic veterans) and is an exam scheduler. Linda came to the VA in 1988 working in food services, then spent two years working at Willamette National Cemetery. She came to the Vancouver Compensation and Pension office five years ago.



(The Staff Behind Disability Filing cont.) Patrick C, Kim, Michael and our veteran population. Patrick L make up the administrative staff, they work extremely hard at providing excellent customer service for The Compensation and Pension Clinic has an incredible staff. Mara, cellent

By: Phil Ruhmshottle

NEW VOLUNTEERS

FirstName	LastName	Assignment	StartDate
Taeun	Kim	Clinical Services: Pharmacy: Tech Assistant	11/02/07
Peter	Dutton	Guest Services: Voluntary Service: DAV Driver	11/02/07
Crystal	Marchese	Administrative Services: Day Treatment Program: Miliue Assistant	11/02/07
Francesca	Lee	Guest Services: Voluntary Service: HSC Assistant	11/02/07
Douglas	Gildroy	Guest Services: Voluntary Service:Information Receptionist	11/05/07
Katrina	Hayford	Clinical Service: Recreation Therapy: Hospice Volunteer	11/05/07
Lindsey	Kemp	Clinical Services: Pharmacy:Pharmacy Assistant	11/05/07
Richard	Pipher	Guest Services: Voluntary Service: Information Receptionist	11/07/07
Richard	Lisher	Facilities Management Services: Supply Clerk Assistant	11/09/07
Robert	Diaz	Administrative Services: Emergency Medicine: Office Assistant	11/09/07
Ruth	May	Clinical Services: Inpatient and Emergency Care Service: Patient Escort	11/09/07
Alicia	Wang	Guest Services: Voluntary Service: Patient Visitor	11/09/07
Grant	Colby	Guest Services: Voluntary Service: Patient Visitor	11/09/07
Wayne	Ray	Clinical Services: Inpatient and Emergency Care Service: Patient Escort	11/09/07
Sarah-Ann	Kieffer	Clinical Services: Inpatient and Emergency Care Service: Patient Escort	11/09/07
Pamela	Hursey-King	Clinical Services: OT Aide	11/09/07
Andrea	Wasserman	Administrative Services: Revenue Office: Office Assistant	11/14/07
Kenneth	Zeigler	Clinical Services: Voluntary Service: Patient Visitor	11/14/07
Sharon	Latta	Guest Services: Inpatient and Emergency Care Service: Patient Escort	11/14/07
Connie	Fowler	Clinical Services: Voluntary Service: Patient Visitor	11/14/07
Delores	Dingman	Clinical Services: Voluntary Service: Patient Visitor	11/14/07
Elizabeth	Fairbrother	Guest Services: Recreation Therapy Activities/One on One Socialization	11/16/07
Nathaniel	Smith	Administrative Services: TIMS/Computer Operations Volunteer	11/21/07
Robert	Davee	Guest Services: Voluntary Service: DAV Driver	11/26/07
Margaret	Renshaw	Clinical Services: Voluntary Service: Patient Visitor	11/26/07
Norman	Griffin	Guest Services: Voluntary Service: Patient Visitor	11/26/07
David	Fraidenburg	Guest Services: Voluntary Service: DAV Driver	11/26/07
Huong-Nhung	Pham	Clinical Services: Pharmacy: Pharmacy Tech Assistant	11/26/07
Roger	Hurley	Guest Services: Courtesy Care: Recreation Activity Assistant	11/26/07
Tara	Hurley	Guest Services: Courtesy Care: Recreation Activity Assistant	11/26/07
Philip	Lee	Guest Services: Recreation Therapy/Activities Assistant	11/26/07
Caleb	Pugh	Administrative Service: Voluntary Service: Office Assistant	11/26/07
Diana	Garrett	Administrative Services: Voluntary Service: Office Assistant	11/26/07
Thanh-Nhien	Tran	Clinical Services: Optometry: Optometry Project Asssistant	11/28/07
Matthew	Conti	Hospital Support: Animal Research: Research Assistant	12/05/07
Brian	Moore	Clinical Services: Inpatient and Emergency Care Service: Patient Escort	12/05/07
Earl	Lindquist	Guest Services: Voluntary Service: DAV Driver	12/05/07
Firas	Basha	Administrative Services: Dental Service: Office Assistant	12/05/07
Bonnie	Lambert	Guest Services:Liver Kidney Transplant Lodging:Patient Driver	12/06/07



New Volunteers Continued

FirstName	LastName	Assignment	StartDate
Amanda	Compson	Clinical Services: Laboratory and Pathology: Laboratory Technician Assistant	12/10/07
Katheryn	Shamrell	Guest Services: Voluntary Service: Patient Visitor	12/11/07
William	McCann	Guest Services: Voluntary Service: Patient Visitor	12/11/07
Cindy	Linebaugh	Guest Services: Voluntary Service: Patient Visitor	12/11/07
Ronald	Holland	Guest Services: Voluntary Service: DAV Driver	12/14/07
Charles	Douthit	Guest Services: Voluntary Service: DAV Driver	12/14/07
Mike	Aemmer	Guest Services: Voluntary Service: DAV Driver	12/14/07
Dennis	Henthorn	Guest Services: Voluntary Service: DAV Driver	12/14/07
Mike	Louie	Guest Services: Courtesy Care Program	12/14/07
Perri	Parker	Hospital Support: VAVS Advisory Committee: Daughters of the union Veterans of the Civil War/Clinical Services: Voluntary Service: Patient Visitor	12/17/07
Caitlin	Fitch	Administrative Services: Nutrition and Food Service: Nutrition Assistant	12/17/07
Christopher	Holton	Clinical Services: Day Treatment Program: Milieu Assistant	12/17/07
Sally	Rogers	Clinical Services: Voluntary Service: Patient Visitor	12/17/07
Sarah	Aden	Clinical Services: Inpatient and Emergency Care Service: Patient Escort	12/20/07
Sharon	Deyarmie	Guest Services: Voluntary Service: Patient Visitor	12/20/07
Lynn	Bussing	Guest Services: Voluntary Service: Patient Visitor	12/20/07
Karen	Ashford	Guest Services: Voluntary Service: Patient Visitor	12/21/07
Linda	Petersen	Guest Services: Voluntary Service: Patient Visitor	12/21/07
Tina	LaValley	Administrative Services: TLU Manager	12/21/07
Stephen	Hummer	Guest Services: Voluntary Service: Patient Visitor	12/28/07
Keith	Cloudas	Guest Services: Voluntary Service: DAV Driver	01/02/08
James	Caudill	Administrative Services: Community Reintegration Service/ TLU Manager	01/07/08
Charles	Dearborn	Guest Services: Voluntary Service: Information Receptionist	01/08/08
Linda	Edwards	Guest Services: Voluntary Service: Patient Visitor	01/11/08
Gayle	Turner	Clinical Services: Physical Medicine and Rehab: OT Aide	01/18/08
Wendy	Galliant	Clinical Services: NSCU Hospice/Palliative Care: Hospice Volunteer	01/24/08
Sherry	Crenshaw	Clinical Services: NSCU Hospice/Palliative Care: Hospice Volunteer	01/24/08
Thue	Tran	Clinical Services: Pharmacy: Tech Assistant	01/28/08
Samuel	Hawks	Clinical Services: Pharmacy: Tech Assistant	01/28/08
Shirley	Gray	Guest Services: Voluntary Service: DAV Driver	01/28/08
Robert	Keeler	Guest Services: Voluntary Service: DAV Driver	01/28/08
Edward	Hostetler	Guest Services: Voluntary Service: DAV Driver	01/28/08
Katharine	Bland	Guest Services: Voluntary Service: Coffee Program	01/28/08
Judith	Padgett	Administrative Services: Salem Veterans Center: Information Desk Receptionist	01/30/08
Timothy	Noland	Administrative Services: CBOC: Information Desk Receptionist	01/30/08
Betsy	Jeffries	Clinical Services: Imaging Service: Imaging Tech Assistant	01/30/08
Amy	Lindeman	Clinical Services: Imaging Service: Imaging Tech Assistant	01/30/08
John	Alford	Guest Services: Voluntary Service: Patient Visitor	01/30/08
Ronald	Schroeder	Clinical Services: Inpatient and Emergency Care Service: Patient Escort/Courier	01/30/08
Cliff	Park	Administrative Services: AM&M: Supply Clerk Assistant	01/30/08
Joseph	Brill	Administrative Services: AM&M: Supply Clerk Assistant	01/30/08



Portland Volunteer Opportunities

Current Volunteer Opportunities - Portland		
Appointment Reminder Calling	Clerical Support – Emergency Department	NFS Research and Education Project Assistant
A/R Assistant – Revenue Office	Clinic Assistant – Infectious Diseases	Patient Escort
Accounting Support Clerk – Financial Services	Coffee Program Host/Hostess	Patient Service Representative
Carpenter Assistant	Eye Clinic Assistant	Patient Visitation
CBOC Receptionist	Information Desk Reception	Pet Assisted Activities
Clerical Support – Audiology	Inventory Manager – Voluntary Service	Pharmacy Assistant
	Library Volunteer	Research Assistant
	Musician	Supply Clerk Assistant
		Volunteer Companion
		Volunteer Driver

Vancouver Volunteer Opportunities

Current Volunteer Opportunities - Vancouver		
Appointment Reminder Calling	Grounds Assistant Gardener	ing Unit Driver
Automated Telephone System	Guest Shuttle Driver	Music Therapy
Clothing Room Manager	Horticulture Therapy Assistant	Office Assistant- Office of Resolution Management
Computer Resource Room Attendant	Hospice Volunteer	
Craft Room Attendant – NSCU	Hospitality Host/Hostess – Coffee Program	Pastry Distributor
Gardener- Vietnam Memorial Garden	Information Desk Receptionist	Patient Escort
	Inventory Manager – Voluntary Service	Patient Service Assistant
	Laundry Assistant	Patient Visitation
	Library Book Cart Volunteer	Pet Assisted Activities
	Liver/Kidney Transplant Lodg-	Physical Therapy Aide
		Popcorn Cart Program
		Recreation Activities Assistant

FLU SHOT STILL AVAILABLE

It's not too late to get a flu shot! The flu season can range from November to as late as May peaking in February. Influenza (flu) is a contagious disease and is caused by the influenza virus, which spreads from infected persons to the nose or throat of others.

Please take precautions to protect yourself, patients and others in the medical center from participating in the transmis-

sion of germs. The way to help with transmitting germs from one person to another is to wash your hands thoroughly with soap and warm running water for 15 to 20 seconds covering all surfaces of wrists and hands.

Another precaution to protect yourself is to use an alcohol hand rub (Isagel) by applying a small amount of product in the palm of your hand and rubbing your hands together for 30

seconds or until dry. Use this product between patient visits but remember that the product will build up on your hands after about 8-10 applications. You will need to wash your hands thoroughly to remove any excess product.

Anyone can get influenza with symptoms lasting a few days. If you should have any of these symptoms or feel under the weather please "stay



(Flu Shot cont.)

home” so you don’t pass the virus to others:

- Fever – Sore Throat –*
- Chills – Fatigue – Cough –*
- Headache – Muscle Aches*

Some people with medical problems may get much sicker from the virus which could lead to pneumonia and possibly death. On an average, 226,000 people are hospitalized every year because of influenza and 36,000 die, mostly elderly.

So use your opportunity as a PVAMC volunteer to get a free flu shot.

By Toni Davis

VOLUNTEER PROFILE



Vie Anderson
Special Projects: Program Assistant: Voluntary Service

Vie volunteers in the VAVS office. She calls patients to remind them of their appointments and works with the bereavement committee. She also makes coffee and delivers it to the Eye Clinic on 8C. She is friendly and enjoys volunteering very much. For the past few years, Vie has made the backdrops for the pictures of volunteers at the annual awards luncheon. She has made a poster for the Poster Competition for three years and has won Peoples Choice award twice, one for the DAV Van program.

Vie was born in Omaha, Nebraska and came to Oregon

with her family, settling in the Portland area. At a young age, Vie learned to pick beans and berries during the summer. When she was at Canby High School, she was involved with many activities such as pep squad, chorus and the Girls Athletic Association. After graduation, she was employed in Portland. In 1965, she met and fell in love with a wonderful man named Don. They have been married for 41 years. They both have a great sense of humor, making it lots of fun to be around them. They have enjoyed many vacations. Two cruises that were of special interest to them was a cruise on the east coast, where they went into different ports and visited different historical and scenic sights and then they cruised the Panama Canal, from the Atlantic to the Pacific



Vie is a very good cook and sauerbraten is one of her specialties. I might add that her ancestors came from Ger-

Vie belongs to the American Legion Auxiliary and is a past president of her unit. She helps with the flea market sales at Aurora. In addition, she has been active in the Woodburn Elkettes.

Since 1973, she has been a member of the Women’s Shipping Club (WSC) of Portland, an international and transportation organization. She is a Past President and is a Life Member for her continued membership in WSC. In 1990, she had the honor of being Boss of the Year. She has participated in the ‘Children’s Shopping Spree’ since 1985. The club participates in taking children from Portland area shelters to a local department store, provides funds for the children to shop for Christmas presents for their families, and then provides a gift for the child that is from the shelter.

She likes to keep busy, in her spare time works on crafts, and loves working in her flower garden.

By Nita Lucht



VOLUNTEER PROFILE



Carolyn Minor
Hospital Support: VAVS Advisory Committee

Carolyn Minor's VA volunteer service comes naturally to her from her own generous, compassionate nature and from her family's long history with the Disabled American Veterans (DAV) organization and the Vancouver VA. A great-uncle

started it all back in the 1950's and it continued with Carolyn's parents, Isaac and

Marge Pritchett. Isaac, an Army veteran, was DAV Representative to VAVS for many years and Marge Pritchett continues her long term as DAV Auxiliary Representative to the present day. As a small child, Carolyn remembers accompanying her great-uncle and great-aunt, her mother and father as they sold DAV Forget-Me-Nots, and later helping her mother at home with preparation for DAV parties and picnics for the veterans at the Vancouver VA.

Born in Vancouver, Carolyn grew up with two older brothers. She attended Washington elementary and Lewis Junior

High, graduated from Ft. Vancouver High School and then earned two Associate Degrees from Clark College. She went to work full-time after her marriage ended to support herself and her daughter, Robi. She also supported Robi in all of her school activities, including Camp Fire where she was a leader for 32 years. She became active in the DAV Auxiliary and has filled all the Vancouver's unit's offices at least once. She has served as State Conventions every year and several National Conventions, especially enjoying those in Dallas and Las Vegas.

Four years ago she retired from a 30-year career with the federal government (US Fish

and Wildlife and the Dept. of Veterans Affairs) and since then, her volunteer service for the VA has almost become a second career. Preferring to serve behind the scenes, at home she is constantly knitting afghans that DAVA distributes to NSCU residents, making book marks for the VA Library and tray favors for the Dining Room. She crocheted the colorful, warm, red-white-and-blue scarves worn by shuttle drivers as they drive patients from their cars to the Outpatient Clinic in building D-7. She has accepted responsibility for organizing and staging recent successful VAVS Bake

Craft Sales. She works hard every December of the DAV Christmas party for Transitional Lodging Unit residents.

In 1996 the DAV-DAVA-VA family connection grew even stronger when Carolyn married Norm Minor, WWII Navy and Coast Guard vet and long-time active DAV member and VA volunteer. Norm's Coffee Hour at the NSCU is named in his honor. Sadly, Norm died in 2000, so their marriage was not a long one. In their time together, they enjoyed spending time at Seaside, where Norm owned a house, and this is still one of Carolyn's favorite pastimes.

And there's more. Robi's husband, Mike Riley, is current DAV Rep, and last December, Robi co-ordinated the VAVS project of providing Christmas stockings to the Mental Health Division, shopping, packing and delivering their contents of useful items and surprise gifts. Robi's two daughters, Carolyn's grand-daughters, are members of the new DAVA Youth Group and seem headed in the direction of the VA.

You won't see Carolyn to the Vancouver VA often, but the work she does at home for the veterans is amazing. She is embarrassed by any



(Volunteer Profile cont.)

recognition and performs these services because they are second-nature to her and she says, make her feel good.

dition of patriotism and service to our veterans.

By Marj Varner

PORTLAND VAVS EXECUTIVE COMMITTEE

PORTLAND VAVS EXECUTIVE COMMITTEE

According to the by-laws of the Portland VAVS Executive Committee the start of the new year meant it was time to elect new officers. This election took place at the December 19, 2007 meeting. The following people were elected:

Barbara Weatherill – Chairman

Ann Barrie – Co-Chairman

Dorothy Leonard – Secretary

Delora Compton – Co-Secretary

Nita Lucht – Treasurer

Albert Reijonen – Co-

Nita Lucht, our past chairman, did an outstanding job and left some big shoes to fill. Thank you Nita for your leadership and for always being at the committee's events. Your presence was really appreciated by the members and most of all, our veterans.

As your new chairman, I pledge to do my very best and to always be available. If you have any questions or concerns, please contact me either by telephone (503)273-5042 or email: barbara.weatherill@va.gov

This committee is a working committee. By holding the ice cream/craft sale every other month, we have given back to the hospital almost \$80,000.00 since March 17, 1997, for the care of our veterans since March 17, 1997.

The next Portland VAVS Executive Committee meeting is February 20th at 9:30 AM in room 106. I am looking forward to seeing you.

Barbara J. Weatherill
Chairman

VANCOUVER VAVS EXECUTIVE COMMITTEE

We have had three successful fund raising events since Oct 07. The ice cream sale in Oct. was surprisingly popular for that time of year. We will fine tune expenses for those sales in order to generate a better net.

Our bake sales in Nov. and Dec. were great and produced some excellent numbers. A great big 'THANKS' goes out to all those who worked those events.

In Dec. we had elec-

tions for new Executive Committee officers. Chairperson: Rex Hopper, V Chairperson: Jan Nelson, Secretary: Antonia Smith, Treasurer: George LaFrazia. We are all looking forward to serving.

Thanks to the executive committee and volunteers Richard Graham and his sons donations, the TLU was supplied with food and gift cards for their Thanksgiving and Christmas Holiday dinners and celebrations.

A big thanks goes out to Robi Bishop with the DAVA who supplied the Mental Health Dept with stockings and stuffing for their Christmas Stockings event. It's reported that this event was very popular again this year. The Ex. Comm. has supplied TLU with laundry soap twice since Oct 2007. This being a regular need by the TLU, we will endeavor to keep them supplied unless, or until one of the service organization would like to



(VAVS Vancouver cont.)
make that donation at any
time in the future.

We, the new officers of the

Vancouver Executive Com-
mittee wish to thank the out-
going officers for a job well
done and pledge our sincere
efforts to continue the great

service provided by the Van-
couver VAVS Executive Com-
mittee.

By: Rex Hopper

VAVS COMMITTEE MEETING SCHEDULES

2008 VAVS Quarterly Meeting Schedule - VANCOUVER and PORTLAND Combined

February 12, 2008	11:00am	Portland Auditorium
May 6, 2008	11:00am	Vancouver Columbia Room
August 12, 2008	11:00am	Portland Auditorium
November 4, 2008	11:00am	Vancouver Columbia Room

2008 VAVS Executive Committee Meeting Schedule – VANCOUVER ONLY

February 5, 2008	1:00pm	Vancouver Columbia Room
April 1, 2008	1:00pm	Vancouver Columbia Room
June 3, 2008	1:00pm	Vancouver Columbia Room
August 5, 2008	1:00pm	Vancouver Columbia Room
October 7, 2008	1:00pm	Vancouver Columbia Room
December 2, 2008	1:00pm	Vancouver Columbia Room

2008 VAVS Executive Committee Meeting Schedule – PORTLAND ONLY

February 20, 2008	9:30am	Building 101 Room 106
April 16, 2008	9:30am	Building 101 Room 106
June 18, 2008	9:30am	Building 101 Room 106
August 20, 2008	9:30am	Building 101 Room 106
October 15, 2008	9:30am	Building 101 Room 106
December 17, 2008	9:30am	Building 101 Room 106



RECIPE

Mary Lou Peake's Chili

- 1 lb ground turkey
- 1 lb ground pork
- 3 small cans of Bush Chili Beans
- ½ package of chili seasoning mix
- 1 large can of tomato sauce
- 1 large can diced tomatoes
- ½ cup onions
- ½ cup celery

Brown the turkey and pork together in a large skillet. Add chopped onions and celery and brown together until meat is done. Drain the meat mixture and rinse with hot water to remove excess fat. Return meat mixture to pan and add chili beans, diced tomatoes, tomato sauce and seasoning mix. Simmer for 3 to 4 hours on low heat.

