

Veteran Updates

Hoptel to be Renovated



For eligible Veterans traveling 50 or more miles from their home to the San Francisco VA Medical Center (SFVAMC) to receive health care services, SFVAMC provides overnight, shared lodging accommodations (bed, linens, and shared bathroom/showers) in the Hoptel.

Until now, the Hoptel (consisting of Bldgs. 9 and 10) was ADA accessible on the ground floor. Soon the Hoptel will be ADA accessible on both floors thanks to new construction and renovations to modernize the facility.

An additional Hoptel building will be added and will provide more rooms and private bathrooms for an enhanced comfortable stay for our Veterans.

After the addition is complete, Buildings 9 and 10 will be retrofitted to become even more resistant to earthquakes. Hoptel Buildings 9 and 10 will be open during the construction, which is scheduled to begin in late December or early January. Most of the work will occur weekdays from 8 a.m. – 5 p.m. The entire project is slated to be completed within a year.

As a reminder, the Hoptel is for use by Veterans who are clinically stable and capable of self-care. Lodgers must be able to get back and forth from scheduled appointments and procedures independently.

Arrangements must be made in advance by a referring clinic and confirmed by the Veteran prior to arrival. The number to reach Hoptel is (415) 221-4810, ext. 2528 or 2529.



December 1 is World AIDS Day. AIDS stands for acquired immunodeficiency syndrome.

HIV stands for the human immunodeficiency virus.

Most people who are HIV-positive do not have AIDS.

AIDS is the most advanced stage of infection caused by HIV.

The CDC recommends that all U.S. adults get tested for HIV infection at least once, and be tested repeatedly if there is an ongoing risk of HIV infection.

The VA leads the country in HIV/AIDS screening, testing, treatment, research and prevention.

Visit www.hiv.va.gov for the latest information about HIV/AIDS basics, getting tested, treatment, questions to ask your health care provider, living with HIV, tips and tools.

Order Hearing Aids Online From VA

Hearing loss does not just affect older Veterans. Per the VA, as many as 59,000 of our young Veterans returning from Operation Iraqi Freedom, Operation Enduring Freedom and Operation New Dawn also suffer from hearing loss.

VA has an extensive network of services and benefits for Veterans to cope with hearing loss.

Did you know that VA offers a quick and easy way to reorder your hearing aid batteries online? Go to eBenefits (www.ebenefits.va.gov) and select "My Personal Dashboard."

From there, navigate to the "Apply for Benefits" column and select from the subcategory called "Health" an option called "Order Medical Equipment." This link will take you to a page where you can order hearing aid batteries.

A confirmation email will be sent once the order is processed. If there is a problem, an error message to that effect will pop-up and direct you to a help line to call and complete your order.

Once ordered, your batteries should arrive within 7-10 days.

Tips for Handling Holiday Stress

Holiday stress can be triggered by almost everything--from noisy and crowded shopping, no parking spaces, overspending, entertaining, under-exercising, over-committing, or eating and drinking ourselves into a coma. We get overstressed, and too much stress affects our health. This holiday season, try these tips to help manage stress:

- 1. Carve some time for yourself.** Listen to your favorite music, take a hot bubble bath, write in a journal, meditate, get a massage, sleep in, try a Tai Chi or Yoga class—anything that can restore your inner calm.
- 2. Recognize and acknowledge your feelings.** If you can't be with loved ones, or there's been a divorce or death of someone close to you, it's normal to feel sadness and grief. Resist the urge to hide under your goose-down comforter all day, emerging only to inhale an entire platter of reindeer cookies. Reach out to others, volunteer, be with others who can make you laugh and feel good about yourself.
- 3. Set aside differences.** Practice accepting everyone as they are, even if they don't live up to your expectations.
- 4. "Bring your Own" situations.** Respect your limits. If you're in recovery from alcohol or other substances, do not consume or bring these items to a party.

- 5. Take good care of yourself.** Do get enough rest, drink enough water, eat wisely, keep up physical activity, don't over-commit, dress appropriately for the weather, take time to laugh, breathe deeply to de-stress, and surround yourself with positive people.
- 6. Have the courage to seek professional help.** If you persistently feel sad or anxious, irritable and hopeless, talk with your provider or mental health professional. Professional counselors can help you discover the source of your stress and provide you with useful coping techniques.

- 7. Where to go for help.** For urgent services, enrolled Veterans in crisis may be seen at the SFVAMC Emergency Department. Veterans may also call the 24/7 Veterans Crisis Line, (800) 273-8255 and press 1.

Breathe. You've got this. Happy holidays!

Veterans' Town Hall

Topic:
Veterans Choice Program

December 16, 2014
5 - 6 p.m.

SFVAMC Auditorium
(Bldg. 7, st Floor)

