

Eureka VA Clinic Displays Veterans' Art

Eureka VA Clinic staff and local Veterans have pioneered a project that brings Veteran-made art to the walls of the Eureka VA Clinic.

“Eureka, Humboldt County and the surrounding area of northern California contain some of the most beautiful scenery in California with coastal, old-growth redwood forests, mountains and beaches,” says Steven Buckingham, Eureka VA Clinic’s Telehealth Certified Technician (TCT).

“The region has many artists, many of whom are also Veterans,” says Steven. “For example, Virgil Anderson of Eureka is a local Army Veteran who has generously loaned four of his paintings depicting coastal beach scenery to our clinic. His art—framed by a local store, Humboldt Hardware—features frames that are crafted from reclaimed old-growth redwood material.”

To help manage this project, a committee comprised of Veterans and staff was formed to review proposed Veteran art monthly. Committee members perform various roles from recruiting artists and hanging art, to promoting the program locally.

The program initially began with art displayed in the front waiting room, and has expanded with plans for art being exhibited in other common areas of the clinic. Paintings are displayed for 3-month rotations.

Benefits of Eureka VA Clinic’s Veteran Art Program are abundant: Veteran-made art gives local Veteran patients the chance to demonstrate a sense of local partnership with the VA facility from which they receive their health care; their artwork enhances the clinic environment; and the Veteran artists are part of the VA staff-

Veteran team helping to create a patient-centered care environment.

“Eureka VA Clinic serves over 4,600 Veterans residing in Humboldt County,” says Steven. “When Veterans, their friends and family come through the doors of the Eureka VA Clinic, they are greeted with Veteran art. Veteran artists appreciate the exposure, and displaying their art inspires other Veteran patients to create art as well. It has been therapeutic for our Veterans, and a team-building experience for our staff.”



From left: Veteran artist John Mitchell; Steven Buckingham, TCT; Mandy Leonhardt, MSA; Veteran artist Virgil Anderson; Linda Ravetti, NP; and Juanita Duran-Wilson, LCSW.

Veteran Kudos

"The SFVAMC is the best friend you can have." - S. T. U.



"The San Francisco VA has saved my life many times both physically and through their mental health systems. That includes all the social workers there. They have also saved my marriage for which I am eternally grateful. They not only do their jobs superbly but also truly care for the Veterans that they work with." - R. R.



"I have used MyHealthVet online prescription ordering for a long time now. It has saved me! Absolutely a great part of MyHealthVet." - C. C.



"San Francisco VA Medical Center is where I get all medical, dental, optical and all other care I need as I age. The staff there is amazing, I've been using this facility for over 10 years now, there are people of every background who care for me in a professional yet loving manner!" - R. A.



"The service and attention I get at the VA Clinic in San Bruno has been fantastic. The staff there are professional, friendly and most importantly, prompt." - B. L.

Affordable VA Dental Insurance

Veterans enrolled in VA health care can now purchase dental insurance coverage at a reduced cost through Delta Dental. The VA Dental Insurance Program (VADIP) is authorized by the U.S. government for Veterans enrolled in VA health care and individuals enrolled in VA's Civilian Health and Medical Program (CHAMPVA).

The Delta Dental VADIP program offers enrollees three levels of coverage from which to choose. The premiums are very affordable and depend on the level of coverage selected, the amount of eligible people that the Veteran chooses to enroll, and the Veteran's location. Each participant pays a fixed monthly premium for coverage

and copayments identified in the plan they select. Delta Dental is voluntary, and there are no eligibility limitations based on service-connected disability or other factors. Participation in the program does not affect eligibility for VA-provided dental services and treatment.

Eligible Veterans can enroll, compare plan options, look up rates, watch a program video, and find a network dentist at www.deltadentalvadip.org. For more information contact the West Region Delta Dental representative Joe Montoya at jmontoya@delta.org.

Those who don't have Internet access can call (855) 460-3302 for more information.

Signs and Symptoms of a Stroke

May is Stroke Awareness Month. Stroke is a disease that affects the arteries to the brain. It's the fifth leading cause of death and a major cause of disability in the U.S., per the American Heart Association.

Stroke can be caused either by a clot blocking the flow of blood to the brain or by a blood vessel rupturing and preventing blood flow to the brain. A "mini stroke" is caused by a temporary clot.

If someone is having a stroke, it's critical to get medical attention right away. Call 9-1-1. Immediate treatment may minimize the long-term effects of a stroke and even prevent death. When you can spot the signs of a stroke, you'll know that you need to call 9-1-1.

"F.A.S.T." is an easy way to remember sudden signs and symptoms of stroke:

"F" is for Face Drooping - Does one side of the face droop or is it numb? Ask the person to smile. Is the person's face uneven?

"A" is for Arm Weakness - Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

"S" is for Speech Difficulty - Is speech slurred? Is the person unable to speak or hard to understand?

"T" is for Time to Call 9-1-1. - If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately.

