

Veteran Spotlight

Eureka CBOC has been operating a Veteran Art Program which already has past successes displaying Veteran art pieces in their main waiting room area.

In addition to rotating various artists' pieces through our main waiting room, through a grant we were able to frame high resolution photographs created by one of our Veterans for permanent display at the Eureka CBOC. Greg Rumney has enjoyed photography for 28 years and has generously donated his art to the Eureka VA CBOC.

Steven Buckingham, a Telehealth Technician at the Eureka CBOC applied for a grant against other FY-2015 Patient Centered Care Mini-Grant Program applications and won. This allowed Greg's four pieces to be framed by Michael's craft store in Eureka and are now displayed in the hallways at the Eureka CBOC.



New Veteran Service Animal Policy

The VA has revised its rules regarding the presence of animals on VA property, to remain consistent with federal law.

Only **dogs** that are individually trained to perform work or tasks on behalf of an individual with a disability will be considered service animals.

A service animal (dog) must be kept under a handler's control and have been trained to perform tasks or work for a person with a disability, whether it be physical, psychiatric or intellectual. A person on VA property with a dog may be asked: "is your dog a service animal required because of a disability?" and "What work or tasks has your dog been trained to perform?"

Service animals may be restricted from certain areas on VA properties to ensure that patient care, patient safety, and infection control standards aren't compromised.

Note: To obtain previous copies of the Eureka VA Clinic Newsletters please visit:

<http://www.sanfrancisco.va.gov/locations/eEureka.asp>

Next Veterans Town Hall Meeting: December 1st, 2015 at 4:30 pm located in the lobby of the Eureka VA Clinic, 930 W. Harris Street, Eureka, CA 95501.



Eureka VA Clinic Newsletter

October 2015

ICARE - Department of Veteran Affairs



Important Contact Numbers

Primary Medical Care (707) 269-7500
Pharmacy (707) 269-7546
Pharmacy (**Auto Fill**) (415)-750 -2233
Member Services (707) 269-7549
Audiology (707) 269-7534
Nutrition (707) 269-7529
Optician (707) 269-7574
SFVAMC (415) 222 -4810
MyHealtheVet 1-877-327-0022
TLC Advice Nurse 1-800-733-0502
Veterans Choice Card 1-866-606-8198
Home Based Primary Care
(**by referral**) (707)269-2800

New Staff Members at the Eureka Clinic

The Eureka VA Clinic is please to welcome the following staff members to the Eureka CBOC team:

Denise Sweeny, Nurse Practitioner
Stacey Baskette, Registered Nurse
Erin Kingstrom, Registered Nurse
Shannon King, Specialty Medical Support Assistant
Dr. Russell Terrill, Audiology
Social Work Fellow, Alexis Flynn.

Up and Coming Eureka VA Outreach

Honoring Women Veterans Luncheon

November 6th, 2015 from 11-2 pm

Arcata Veterans Memorial Building 1425 J Street.

Monthly Outreach at the Eureka Vet Center 2830 G Street Eureka, CA 95501. Eureka VA Clinic Member Services will be at the Eureka Vet Center to provide Clinic support with anything you may need. Member Services will be onsite at the Eureka Vet Center from 1-4 pm. Mark your calendars, as this is the last Friday of every month.

Up and Coming Flu Clinic Outreach

- North Coast Veterans Resource Center
109 4th Street
Eureka, CA 95501
(707)442-4322
October 22nd, 2015 1-4 pm
October 29th 2015 1-4 PM
- Eureka Vet Center
2830 G Street
Eureka, CA 95501
(707)444-8271
October 21st, 2015 1-4 pm
November 3rd, 2015 9-12 pm

More locations and dates to be determined.

Hoptel

If you have an up and coming appointment at the San Francisco VA Medical Center you may want to know Hoptel will be closing for construction on October 1st. In preparation of the loss of 16 beds the following changes will be effective immediately.

- All reservations for September and October (made as of 8/27/2015) that have already been made will be honored.
- All future reservations for October will be reviewed and prioritized.
Projected timeline for construction.
- October 1, 2015 – March 31, 2016, Hoptel will have 21 beds available
- April 1, 2016 – July 1, 2016, Hoptel will have 34 beds available
- July 1, 2016, Hoptel will have 55 beds available

VLER-Virtual Electronic Records

What is VLER Health? VLER Health is a program that shares certain parts of your health record between the Department of Veterans Affairs (VA), Department of Defense (DoD), and non-VA health care providers. These electronic health records are shared securely and privately through the internet using eHealth Exchange.

For more information check with the front desk at the Eureka VA Clinic.

My Healthy Vet

Using My Healthe Vet helps you gain a better understanding of your health status, and allows you to explore a variety of ways to monitor and improve your health. When you use the tools My Healthe Vet provides, you become an active partner with your caregivers in understanding and managing your personal healthcare. And the best part is, you can easily access your personal health information in your My Healthe Vet account from any place you have an internet connection.

Eureka VA Nutrition Services

Our dietitians, Leah King and Tessa Thralls, have been working hard to provide veterans the best nutrition care anywhere. Individual nutrition appointments can be scheduled Monday through Friday. Plus, they offer many other opportunities to help you eat and move your way to better health.

- ◆ MOVE!! Weight Management Groups

- ◆ Wellness Series (8 sessions): Wed. 1:30-3:00 pm (next group starts Nov 4th)
- ◆ Follow-Up/Ongoing Support: Tue. 11:00-12:00 pm (once a month)
- ◆ Diabetes Shared Medical Appointment: 1st Wed. of the month 9:30-11:30 am
- ◆ Whole Foods Cooking Class: Next class will be on Wednesdays in January 2016
- ◆ Walking Group: Monday's, Tuesday's, and Thursday's 10:00am
- ◆ Mindful Movement: Thursday's 8:30-9:45 am (Yoga-based movement and breathing)

Contact the dietitians at 707-269-7529 to sign-up or with questions about these opportunities

Volunteers

You may have noticed occasionally at the front door of the clinic that we have clinic greeters, Sheryl and James. Be sure to say hello. If you are interested in volunteering here at the Eureka VA Clinic, please ask for an application at Eureka Member Services.

North Coast Veterans Stand Down

October 2015

Eureka VA Clinic participated in the North Coast Stand Down this year. Eureka Clinic was able to offer flu shots to health care eligible veterans. Eureka Clinic was also able to provide Member Services, Mental Health, Peer Support, Homeless Veteran Social Work and Veteran Justice Officer as well. This was more services that the Eureka Clinic has ever been able to offer at the past Stand Downs. Thank you to the veterans that stopped to see us.

