



Straight Talk

2ND QUARTER/APRIL 2018

INSIDE

WORDS FROM OUR
ADMINISTRATOR

NEW VETERAN HOUSING

GREENVILLE VA 2K EVENT

HEART HEALTH AWARENESS

WOMEN'S HISTORY MONTH

SPS GETS IT DONE

NUTRITION

TEA FOR THE SOUL

PRESS ON



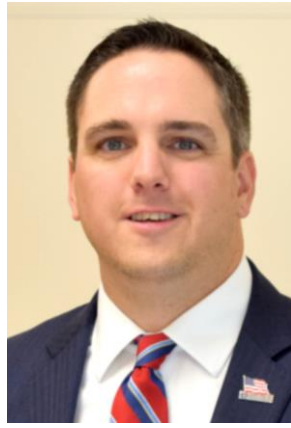
THIS IS A QUARTERLY NEWSLETTER, PUBLISHED FOUR TIMES A YEAR. PLEASE SUBMIT ARTICLES YOU WISH TO HAVE CONSIDERED FOR "STRAIGHT TALK" TO SHARON HAYES IN MICROSOFT WORD FORMAT BY THE DEADLINES GIVEN. LATE SUBMISSIONS MAY BE REVIEWED FOR THE NEXT QUARTERLY PUBLICATION.

EACH DEPARTMENT IS ASKED TO PROVIDE A PARAGRAPH OR TWO SUMMARIZING HIGHLIGHTS AND/OR ACCOMPLISHMENTS; PHOTOS ALLOWED, BUT ONLY 1 OR 2 CAN BE USED.

WE LOOK FORWARD TO THE CONTINUED SUCCESS OF OUR NEWSLETTER AND YOUR TIMELY SUBMISSIONS HELP MAKE THAT POSSIBLE.

*Secretary to the Administrator,
Sharon Hayes*

Words From Our Administrator



On March 29, 2018, we paused to remember the sacrifice and honor of our Vietnam War Veterans. We remember those killed in action, pray for those who are still missing, and Welcome Home those with us today. After Vietnam, many endured a great national shame.

But many times since then, we've pledged to never let that happen again, and to give ALL Veterans the respect and honor they deserve. Over 3 Million Americans served in Vietnam between 1955 and 1975 and more than 58,000 gave their lives in defense of freedom and democracy.



It may seem unimaginable to young people today, but Vietnam Veterans were not always treated with the dignity and respect they deserved in the years after the war. Reflecting on the courage and valor of Veterans during this 50th Anniversary is a National opportunity to help heal the wound this left. At the Greenville VA HCC and Morehead City CBOC, our dedicated staff work every day on the front lines of a battle to honor, serve, and improve the health and well-being of Veterans in Eastern North Carolina. Just as our Veterans have done, the men and women of the Department of Veterans Affairs step forward and accept the mission in the face of stress and limited resources to help those in need.

We received a reminder of just how difficult our mission is a few weeks ago in California, while we mourned the loss of three incredible Veteran Advocates and mental health professionals. They dedicated their lives to assisting Veterans and gave their lives in service to others. Many of our VA professionals are Veterans themselves, who laid down their rifles and picked up GI Bills and degrees in Social Work, Pharmacy, Nursing, and other allied health professions.

It is important to remember, just as we marked the 50th Anniversary of the end of the Vietnam War, we marked the 15th Anniversary of the Iraq War. We're still a nation at war, and that has long lasting consequences on the health and well-being of many.



However, it is our mission to provide the support and care needed to thrive in the years after the battle has been borne. We do that here in Greenville and Morehead City, second to none!

Dr. Olive Cyrus, Dr. Amba Jonnalagadda, and I would like to thank you from the bottom of our hearts for all you do, because we simply do not thank you enough. To our Veterans, thank you for your service and WELCOME HOME. To our staff, thank you for the dedication you display day after day. You continue to ensure that VA is here to stay and our Veterans will receive world-class healthcare, close to home in Eastern NC.

*Thank you,
Jonathan P. Forte, FACHE
Administrator, GVHCC/MHCBOC*

OUR VETERANS,

OUR HEROES,

OUR MISSION

New Veteran Housing - Honor Ridge

New Permanent and Affordable Rental Housing for Veterans

Ending Veteran homelessness is an important goal of the U.S. Department of Housing and Urban Development (HUD), Department of Veteran Affairs, Pitt County, City of Greenville, The Housing Authority of the City of Greenville, and Groundbreaking, LLC.

Working collaboratively, we are expanding the number of housing units and services that are aligned with intervention resources.

Contact:
Veteran Affairs at
(252) 830-2149, Ext. 3115

Housing Authority of the
City of Greenville
(252) 329-4008

Call Today!

Honor Ridge
1400 Thomas Langston Road
Greenville, North Carolina

Greenville's New Veteran Housing Complex

To receive assistance through this program, Veterans must first contact Greenville's VA Health Care Center for eligibility purposes and referral to HACG.

Honor Ridge Grand Opening

The Grand Opening for the first Veteran's housing complex in the Greenville/Winterville area was held on March 21st at 2PM.



Photo: GreenvilleNC.gov

The Grand Opening was for the first 3 phases of 7-unit apartments. 14 of the housing units have been allocated to Veterans in the HUD/VASH program and will greatly improve the quality of life of Veterans in this program and Eastern NC.

The final project will have 98 housing units, 11 more phases will



Honor Ridge

Honor Ridge housing complex provides 14 units of project-based rental assistance vouchers through the Housing Authority of the City of Greenville (HACG). Qualified Veterans and their families will have a safe and decent place to live while receiving expert case management services from the V.A. Veterans will address the root causes of their homelessness and receive assistance with returning to a self-sufficient lifestyle.

Development Facts

Buildings: Two 7-unit buildings (14 units)

Bedroom Size: 1, 2, & 3 bedroom units

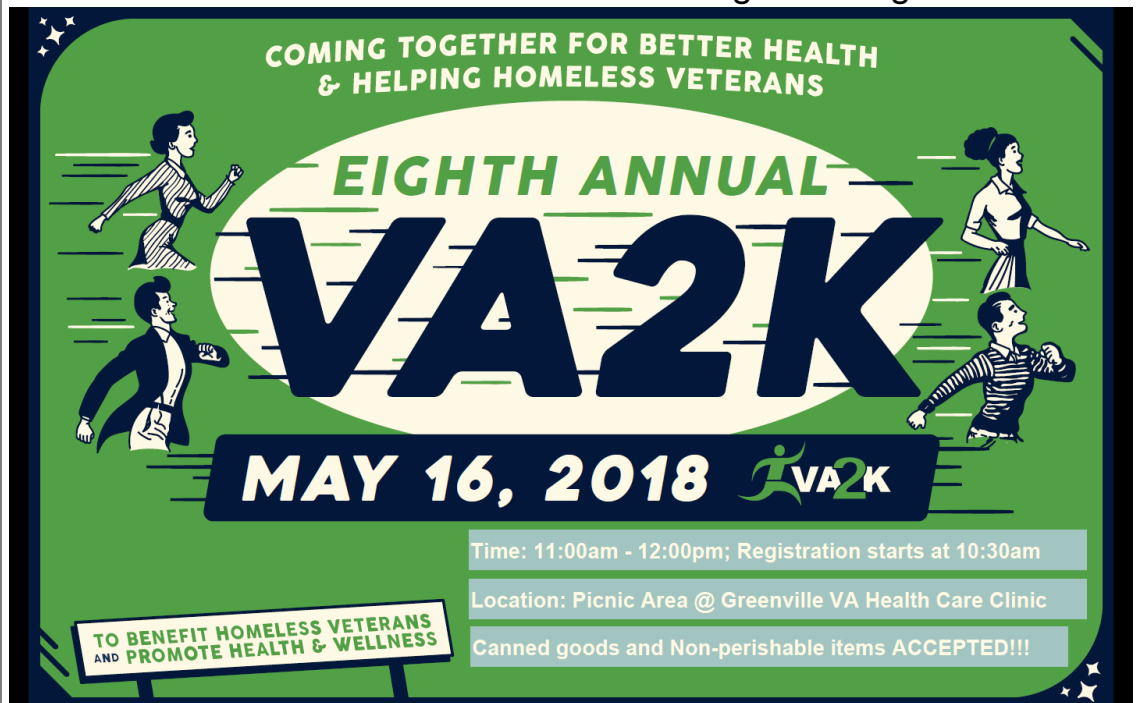


Photo: GreenvilleNC.gov

Greenville VA 2k Event

VA 2k Event

On May 16, 2018 from 11:00AM to 2:00PM, the Greenville VA Health Care Center will be hosting its annual VA 2K event. This national annual event looks to encourage wellness among the staff, Veterans and to raise awareness about hunger among our Veterans.



WALKING
FOR
A
GOOD
CAUSE

COME
JOIN US!

BE A PART
OF
THE
EIGHTH ANNUAL
V2K

MAY 16, 2018

During the event, Veterans or staff can donate non-perishable food items when they register for the event. These items will go directly to the Veterans Food Pantry which supports Veterans in need at the Greenville VA Health Care Center.

Keep in mind, this Food Pantry is available to any Veteran that need food items due to emergencies, financial strain, or other conditions.

If the weather permits, we will walk two laps around the entire Health Care Center perimeter. In case of inclement weather, the participants will walk 13 laps upstairs. Mr. Alex Averell, Outreach Social Worker will be the primary point of contact for this event. We hope to make this a fun time, so we encourage you to come walk for a worthy cause.

If you have additional questions, please contact:
Alex at (252) 830-2149, ext. 3348 or Candace at ext. 3115.

Candace Parker
HUD/VASH Social Worker

Heart Health Awareness



Morehead CBOC Heart Health Day

Morehead Staff Goes Red for Heart Health Day

Why Go Red?

Cardiovascular disease in the U.S. kill approximately one woman every 80 seconds. The good news is that 80 percent of cardiac events may be prevented with education and lifestyle changes.

Know Your Numbers

Five numbers, that all women should know to take control of their heart health are: Total Cholesterol, HDL (good) Cholesterol, Blood Pressure, Blood Sugar and Body Mass Index (BMI).

Knowing these numbers can help women and their healthcare provider determine their risk for developing cardiovascular diseases. It's time for all women to learn the most critical numbers in their life — their hearts depend on it.

[Article source: goredforwomen.org](http://goredforwomen.org)

FEBRUARY IS
AMERICAN HEART
MONTH

WHAT IS AMERICAN HEART MONTH?

American Heart Month, a federally designated event, is an ideal time to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved.

The biggest part of living healthy comes down to simply making healthy choices. While you can't change things like age and family history, the good news is that even modest changes to your diet and lifestyle can improve your heart health and lower your risk by as much as 80 percent.

Article Source: American Heart Association Newsroom

Greenville HCC – Heart Health Day



Women's History Month

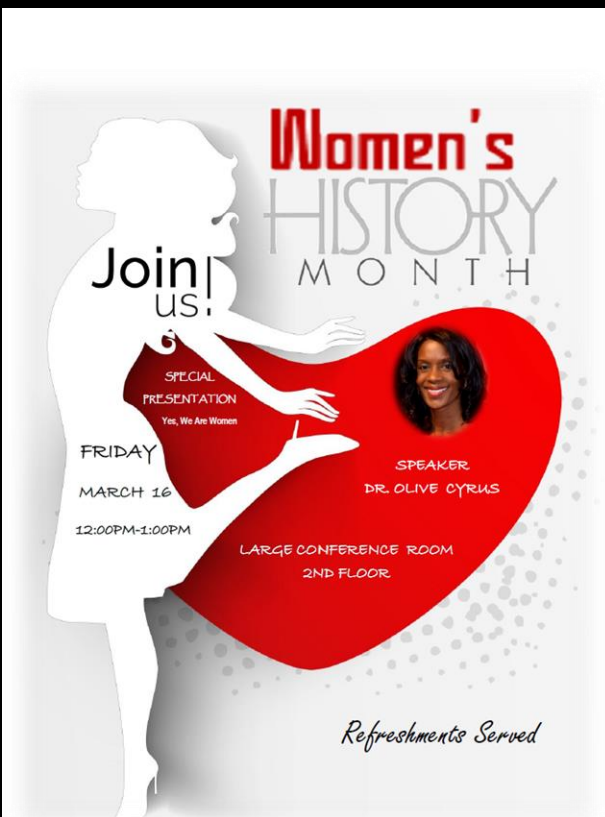
On Friday, March 16, 2018 women of the Greenville HCC and Morehead CBOC gathered in celebration of International Women's Day.

Dr. Olive Cyrus spoke on "Press for Progress" which was this year's campaign theme. She encouraged women to go the extra mile, succeed in life and ignite positive change. She shared her own story which was a powerful yet inspirational rendition of growing up in the U.S. Virgin Islands.

A special presentation was given by Ms. Sharon Hayes, Secretary to the Administrator. She shared a poem written by herself entitled: "Yes, We Are Women", coupled with a Power Point Presentation. Ms. Hayes always captivates listeners with her riveting poetic expression.

Women from both locations listened intently but enjoyed this refreshing and enlightening commemoration to Women's History Month at the Greenville VA Health Care Center.

Secretary, to the Administrator
Sharon Hayes



Greenville SPS Gets It Done!

Do you ever wonder what happens to the medical instruments you use daily? How is it in the proper place when needed? Who ensures its safety and availability for use? - The Sterile Processing Services (SPS) is the team that handles these tasks. We are located on the 2nd Floor behind locked doors. We have an acting supervisor and 3 medical supply technicians (MST) in the department: Carey Kempthorne, Phyllis Brimage and Josh Narron.



Photo: Steris.com

SPS ensures each piece of reusable medical equipment (RME) is processed for use as directed by each manufacturer. Equipment is processed by washing, disinfecting in various solutions, steam sterilizing and many other methods. SPS picks up dirty supplies and delivers clean, processed supplies. When instruments are damaged, we send them out for repair. When instruments are no longer repairable, SPS works with Department Managers to purchase new and better instruments for procedures. Most importantly, we make sure necessary equipment is available, at the right time, and in the necessary condition to service our Veterans.

Although, many may not see us, we exist and are working for you behind the scenes. We play a vital role in Healthcare, without which, multiple departments would not be able to do their jobs. Our most frequent customers at the Greenville VA Healthcare Center are Dental, Procedures, Specialty, the Eye Clinic and Women's Health.

*Phyllis Brimage
SPS Medical Supply Technician*

STERILE
PROCESSING
SERVICES

WORKING

BEHIND

THE

SCENES

PLAYING

A

VITAL

ROLE

IN

VA HEALTHCARE

Nutrition

Celebrating National Nutrition Month and Registered Dietitian Nutritionist Day

"Go Further with Food" is the theme for 2018, and its importance is timely for many reasons. Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a real difference. Preparing your foods to go further, by planning meals and snacks in advance can also help to reduce food loss and waste. Learning how to manage food resources at home will help you "Go Further with Food", while saving both nutrients and money. Realize the benefits of healthy eating by consulting with a registered dietitian nutritionist at both the Greenville HCC and Morehead city CBOC. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.



We celebrated nutrition month with a staff lunch and educational programs which focused on heart health. We also had informational displays in our foyers. Pictured at our Registered Dietitian Nutritionist Day display is Meredith Powell, our nutrition volunteer who also is a nutrition student at East Carolina University.

Tracy Rogers
Clinical Nutrition Manager

Tea for the Soul

Tea for the Soul

The Tea for the Soul program began at the Morehead City CBOC in February 2018 facilitated by our staff Chaplain, Wallace Allen. This is a program that offers the opportunity for our staff members to take a small break away from the hustle and bustle of their daily routines to enjoy a cup of tea and each other's company.



Our chaplains usually work with Veterans facing a variety of challenges, but Chaplain Allen also wanted to provide support to the men and women who come to work every day to serve our nations' heroes; the caregiving staff of Morehead City. For Chaplain Allen, by participating in this program it provides him enhanced connections with the staff, and gives his work deeper meaning. He recognizes that health care providers excel at taking care of others but lack that same zeal when it comes to caring for themselves. The result can be stress, anxiety and burnout.

Tea for the Soul is a pastoral care tool widely utilized by Chaplaincy departments in hospitals and other healthcare facilities. This community-building program supports departments who are facing periods of stress, loss, or difficulty.

*Wenonah Babauta
PACT RN, Morehead CBOC*

The Morehead City staff has had 3 sessions since Chaplain Allen began the Tea for the Soul program. Below are some of the comments from staff members who attended.

“This event helps everyone get together with coworkers and take time to remember and reflect on self. It also reminds us that we are not alone while we go through life's challenges”

“We are reminded that we are valued as a group and as an individual”

“This group allows us to just stop to talk with a coworker that you may not usually interact with”



Words of Encouragement

Press On

Persist in your accomplishments - continue to serve and care like you do,

And in the midst of work, take notice of the great things we manage to celebrate betwixt the two; notable contributions of your peers – old and new.

Surrounded by movers, shakers, and policy makers – just as it seems,
Changing lives, communities – this is what it means.

Bridging the gap of disparity, compassion shown to humanity, just being there,
VA providers and nurses providing good quality, nurturing care.

Continue to be the pioneering, process-improving firesticks,
illuminating cultures of change,
Be great in your existence at your level – don't ever think it strange.

Healthcare needs your shining light to glow from the inside out,
You never know who or how many lives you touch – what it's all about.

So, may grace, wisdom, peace and strength continue to uphold us in all that we do,
Press on VA staff, let others see GOD's life-changing power coming from the very core of you.

*Author, Ms. Sharon Hayes
March 29, 2018*



LIGHT UP
THE WORLD
WITH THE
KINDNESS
OF YOUR
HEART



Greenville VA Health Care Services Offered

Greenville VA Health
Care Center

401 Moye Boulevard
Greenville, NC 27834

(252) 830-2149

- Acupuncture Therapy
- Audiology
- Cardiology
- Chaplain Services
- Chemo/Infusion
- COACH Program
(Caring for Older Adults and Caregivers in the Home)
- Dental
- Diabetes Education
- Endocrinology
- Eye Clinic
- HBPC (Home Based Primary Care)
- HCHV (Health Care for Homeless Veterans)
- Health Administration Services (Medical Records, Enrollment & Eligibility)
- Hematology/Oncology
- Hepatology
- Home Oxygen Clinic
- Home Tele-health
- Lab
- Mental Health
- Neurology
- Nutrition Services
- Occupational/Rehab & Physical Therapy
- Orthopedic
- Pharmacy
- Podiatry
- Primary Care
- Prosthetics
- PT/INR
- Radiology
- Speech Pathology
- Sterile Process Services & Procedures
- Tele-retinal
- Urology
- Women's Health



Welcome OUR NEW TEAM MEMBERS

JANUARY

THEREAS A. HILLARD: ADVANCED MSA

JEANNA A. PERRY: ADVANCED MSA

MEGAN B. LEWIS: ADVANCED MSA

FEBRUARY

SONYA W. GRADY: ADVANCED MSA

EUGENE A. PANKEY: SOCIAL WOKER

MARCH

NICKEL A.D. SAMUEL: MATERIALS HANDLER

“Our Veterans, Our Heroes, Our Mission”

Creative Design Artist, Sharon Hayes
Secretary to Administrator