



Homeless Veteran Stand Down in Montgomery

Central Alabama Veterans Health Care System (CAVHCS) recently conducted a Homeless Veteran Stand Down in Montgomery's State of Alabama Farmers Market, which was designed to provide assistance and information to Homeless Veterans in the River Region.

"We're serving Homeless Veterans," said CAVHCS Grant & Per Diem Liaison Springle Love on the second day of the Stand Down. "This year we were fortunate enough to do a two-day Stand Down. Yesterday we were able to address the basic needs of Homeless Veterans. Today we're linking them with community resources.

"So if there is anyone here who was on the street prior to coming here, there's no reason for them to go back to the street today. We have transitional housing available, employment opportunities, community resources. We have whatever it takes to get a Homeless Veteran off the street."

In late 2009 Department of Veterans Affairs Secretary Eric Shinseki announced a national VA goal to eliminate Veteran Homelessness by 2015



U.S. Army Veteran Jimmy Frazier shares his inspirational story from entering the CAVHCS Homeless Veteran program to now living in a HUD/VASH Voucher supported residence.

and CAVHCS has been working with the community to realize that goal.

"Secretary Shinseki's goal is to end veteran Homelessness by 2015," said State of Alabama Department of Veterans Affairs Commissioner, W. Clyde Marsh during the Opening Ceremony. "And the state of Alabama, and our Department of Veterans Affairs will do everything we possibly can to assist and to make that a reality."

Listen to these statistics," added Tonya Terry, of WSFA-12 News, who served as the Mistress of Ceremonies for the Opening Ceremony. "Two years ago, the VA estimated that there were 131,000 Homeless Veterans in this country. Today, that estimate is down to 75,600. The target is to take that estimate below 60,000 by June of 2012.

"We can do this can't we," added Terry to a raucous crowd. "We can do this, we can eliminate Veteran Homelessness."

CFC Celebrates 50th Anniversary, Kicks Off at CAVHCS

The Heart of Alabama Combined Federal Campaign celebrated its 50th Anniversary by formally launching its annual campaign in Central Alabama Veterans Health Care System (CAVHCS) East Campus' Building 90 Theater, Tuesday, September 13th, 2011.

"It's time to answer the call to help others in their time of need by generously donating to one of several agencies listed in the CFC brochure," said CAVHCS 2011 Project Chairperson Twilla Mercan during opening remarks. "You never know when it will be you or your family that will need help or assistance later on."

Heart of Alabama CFC, which covers 29 Alabama counties, is part of a world-wide effort and the only authorized solicitation of employees in the Federal workplace on behalf of charitable organizations. It continues to be the largest and most successful workplace fundraising model in the world, with more than 300 CFC

campaigns throughout the country and internationally to help to raise millions of dollars each year.

Pledges made by Federal civilian, postal and military donors during the campaign season (the CAVHCS Campaign ends November 4, 2011) support eligible non-profit organizations of their choice that provide health and human service benefits throughout the world.

The CFC provides the opportunity to give gifts of hope, opportunity, and charity in the finest sense of those words. From bringing education resources to our inner cities, to helping harness the power of medical research; from providing service animals to the visually impaired, to helping a non-profit fly a cancer-stricken child to a distant medical center for specialized treatment - your time and effort strengthened our sense of purpose in ourselves, in each other, and in the communities we serve.

CAVHCS has already conducted training of CFC Key Workers, and the CFC booklets listing the more than 20,000 nonprofit, charitable organizations participating in this year's campaign are now available for review.

The list of CFC Key Workers is located on the CAVHCS Intranet at <http://vaww.visn7.med.va.gov/intranet/facilities/46382>. If you have any questions please contact your work center Key Worker or CAVHCS' 2011 Project Chairperson Twilla Mercan Ext. 3792, Senior Project Officers, Melanie Lunsford-Johnson, Ext. 3627 and/or Rose H. McCall, Ext. 4559.



CAVHCS All-Stars

This note is to bring your attention to an employee in your hospital whom I think deserves special recognition. Her name is Tina Flanagan in the Diabetic Clinic. Ms. Flanagan has been a great help to me and always seems willing to go that extra mile to help her patients. She is always professional and knowledgeable. Please do something to recognize the exceptional person on your staff. -- *Thank you and God Bless, William S. G. Jones, Ala.*

Mr. Lindsay Osborne is the most positive, professional and courteous person in her lab (blood draw section). He is a great Candidate to teach other employees the necessity and importance of being courteous and professional to the Veterans. — Sincerely, Heidi O. Wetumpka, Ala.

Ms. Broele helped me so much in contacting the CWT program. We need more kind people like her. Thank you so much and please convey my thanks to her. -- *Respectfully, Michael R., Ultrasound Exam, Ward 3A*

Please accept my thanks! Today is the first time I received assistance from the nice Triage Nurse who called to move the appointment to fill lost time on my appointment. She did this to make the best use of her office time to be able to see patients, with duty and compassion for others. She really helped everyone today when she did this in such a timely manner. -- *Please thank her for me, Thomas R. Columbus, Ga.*

Please offer my compliments to Nurse Mary Younge who was very attentive during a 1.75 hour appointment delay. She provided me with reading material and updated the appointment status and my comfort. She should be commended. -- *Thanks, Fred F., Montgomery, Ala.*

While having an Ultrasound I was treated with the utmost respect and care thanks to the staff at the VA. Please thank them very much for showing care and concern. -- *Donald S., Montgomery, Ala.*

First there were no compliment forms available so I wrote on this regular sheet of paper. Second the Emergency Room personnel/staff were very nice and friendly. Please thank Dr. McCutchens and Nurse Annie McCants. -- *Fred F., Montgomery, Ala.*

Please give some recognition to one of your staff members whose name is Lauren Owens a worker in the Pharmacy Department. She has gone out of her way to help me several times when I have had problems with my medication. She always presents herself in a professional way and has great knowledge of her job. -- *Thank you, William S. Jones, Ala.*



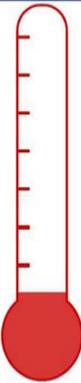


It's that time again!

The Combined Federal Campaign

Check with your Key Worker for information and materials.

CAVHCS GOAL: \$51,132



CAVHCS hosted the kick off the 50th Anniversary of the Heart of Alabama Combined Federal Campaign in the Tuskegee Campus' Building 90 Theater, September 13, 2011. Please find a list of Key Workers on Page 3.

The CAVHCS Salute



Accredited by
The Joint Commission

The CAVHCS Salute is produced by the Central Alabama Veterans Health Care (CAVHCS) Public Affairs Office. CAVHCS Salute is an unofficial, internal communications publication.

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Chief of Staff
Public Affairs Officer

James R. Talton, PA-C, MBA, MS, FACHE
Johnny R. Davis
Rozelia Bean, MS, RN
Cliff Robinson, MD
Al Bloom

The CAVHCS Survey says...

How and why do you support the Combined Federal Campaign?



James V. Harris,
Vehicle Dispatcher
“I make yearly contributions, and I’m an ambassador of the program, because I promote it to other people so they will give as well. I give because health care is not cheap, and not everyone is as fortunate as I am.”



Cathy Bond
Histology Lab Technician
“The reason I support the CFC is that they reach out to so many people in need, locally, nationally, and internationally. Donating to CFC agencies allows them to better serve those in need.”



Oveta White,
MSA, Rehab Medicine
“I support the CFC because by raising these funds it helps charitable organizations achieve their goals. I can pick several organizations and support their causes in the community that support people in need.”

2011 CFC Key Workers

Twila Mercan – Chair/Sr. Project Officer, Ext. 3792
(East Campus)

Melanie Lunsford-Johnson – Senior Project Officer,
Ext 3627 (East Campus)

Rose H. McCall – Senior Project Officer, Ext. 4559
(West Campus)

Monsherri Golston, Montgomery - Ext. 4096
Chief of Staff Office

Patricia Garrett, Tuskegee - Ext 3628 or 3727
GEC&R

Marivic Reighard, Montgomery - Ext. 4391
Patient Care Services-Acute Care & Specialties-
Intensive Care Unit

Ms. Leanne Maraman, Montgomery - 4835
Patient Care Services

Debra Hill, Tuskegee - Ext. 5422
Office of the ACOS/GEC&R

Valerie Tomlinson, Tuskegee - Ext. 5041
Physical Medicine and Rehabilitation

Deloris Sweeney, Montgomery - Ext. 4761
Physical Medicine and Rehabilitation

Samantha J. Davis, Montgomery - Ext. 4262
Chaplain Service

Eric Patterson, Montgomery - Ext.4451
Dental Service

Alice M. Smelly, Tuskegee - Ext. 5321
Dental Service

Catherine Wilson, Ext. 3449
Environmental Management Service

Dorothea McBride, Tuskegee - Ext. 3094
Director’s Office

Jennifer Armolt, Ext. 3253
Diabetes Clinic / Food and Nutrition

William H. Thomas, Tuskegee - Ext. 5229
Painter Bldg 14

Brenda J. Bradford, Montgomery - Ext. 4881
Bldg 7

Lydia Corte, Montgomery - Ext. 4669
Logistics, Room 6

CAVHCS Photo Gallery

CAVHCS teamed with several local agencies to conduct a two-day Homeless Veteran Stand Down in Montgomery's State Farmer's Market. River Region Veterans were provided support ranging from haircuts, flu shots, food, clothes, showers and medical exams to counseling, program information, benefits information and even employment opportunities. (VA photos by Robin Johnson)



The Perfect Power of PINK Prompts Prevention

By: Mary Catherine Porch, APN

CAVHCS Health Promotion Disease Prevention
Program Manager

Lately I have noticed a plethora of pink ribbons on everything from lapels and license plates to yogurt. The fight against breast cancer appears to be raging. October begins the National Breast Cancer Awareness month and I expect to see even more "Pink" around. When you see "Pink," remember to consider if it is time for you or a loved one to get screened for breast cancer.

The estimated number of new cases of breast cancer in 2011 is 230,480 in women and over 2000 cases in men. Of those with this disease it is estimated that 39,520 women and 450 men will die of breast cancer in 2011. Early detection is the best defense. So who should be screened and when? Among women there are several known risk factors for breast cancer, namely, the following:

Age. The older a woman is the more at risk she is for breast cancer. Although occurring in younger women, a majority of women are diagnosed in their 60's.

Personal history of breast cancer. Women who have a history of breast cancer in one breast are more at risk to get breast cancer in the other breast.

Family history. Anyone with a mother, father, sister or daughter with breast cancer is at increased risk. Having other relatives on either side of the family with this disease and/or ovarian cancer also increases risk.

Gene changes. Changes in certain genes known as BRCA1 and BRCA2 greatly increase the risk of developing breast cancer. (Testing for these genes is usually limited to special cases and never routinely done.)

Radiation to chest or breast.

Reproductive history. The reproductive history in a woman is important when assessing risk. Do not be surprised if your health care provider asks questions related to the age of onset of your menstrual cycle or menopause. Women who started menses early (before age 12) and ended later (age 55 or older) are at increased risk. Also, women who took hormonal therapy for several years during or after menopause are also at increased risk.



Lifestyle. As with many diseases, some cases of cancer can be prevented with a healthy lifestyle. Being overweight or obese after menopause and having an inactive lifestyle increases the risk for breast cancer. Excessive use of alcohol can also increase risk.

Of course, not all women who are at increased risk will get breast cancer. The opposite is also true. Women who do not fall into any higher risk group may still get this disease.

The VA follows the guidelines of the U.S. Public Health Service Task Force's recommendations for screening of women. The gold standard for breast cancer screening is the mammogram. This is an xray that can reveal breast changes before they can be felt. It is recommended that women ages 50-74 and at average risk for breast cancer have a mammogram every two years. Women who feel they need a mammogram before age 50 or after age 74, or at more frequent intervals, should discuss their concerns with their primary care provider.

For the past several years, women were encouraged to perform self-breast examinations. These are no longer recommended as necessary for early detection of breast cancer. However, women are strongly encouraged to report any breast changes to their primary care provider.

The important message for this month of "Pink, Pink, Pink" is to get the recommended screening for breast cancer. If you are a woman 50 years of age or older, talk to your health care provider about obtaining a mammogram. Let your provider know if you fall into any high risk groups. Men and women alike should report any breast changes to their primary care provider right away.

As always I wish you good health and invite you to visit the Veteran/Family Health Education Centers in Tuskegee and Montgomery for more information about being involved in your health care and healthy living. For more information on this topic you can also visit <http://www.cancer.gov/cancertopics/types/breast> and <http://www.uspreventiveservicestaskforce.org/uspstf/uspstfbrca.htm>.

CAVHCS Analyst Outstanding VHA Budget Leader

Recognition is always a good thing. While most of us would probably say that we don't do what we do for recognition, most of us wouldn't mind a pat on the back once in awhile. Recently a member of CAVHCS' Financial Management Service received far more than a simple pat on the back.

During the Veterans Health Administration's Financial Management Conference in New Orleans in late August, CAVHCS Budget Analyst Clarice Craig received the VHA CFO Outstanding Budget Leadership Award.

"Her contributions were considered and recognized for their impact," said Debra Nicholson, CAVHCS Financial Management Service Chief. "Between developing databases to manage everything from detailed service line budgets, overtime budgets and future year budget calls to developing a paperless travel process which saves us an estimated \$45,000 annually, she was a well deserving recipient of the award."

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Craig's regular duties include management of over \$206.5M annually as well as control point user training, trend and tracking of overtime and salary expenditures and analysis of commodity spending.

According to the citation she also independently developed linked databases to provide daily micro and macro reports relating to funding matters. She developed a secondary database to manage delegation of authority memos and to provide a reporting mechanism to review for separation of duty requirements.

Congratulations are clearly in order for Clarice Craig for her innovation, hard work and representing CAVHCS as a professional. That said - at this point she'll probably prefer a simple pat on the back.



Enthusiastic School At Work (SAW) graduates recently received their diplomas during a ceremony in the Montgomery Campus' Multipurpose Room. The goal of the SAW program is aid in achieving CAVHCS' mission by providing more high-quality, trained employees. **First row left to right;** Cecelia Pitts, Dr. Arlene Lester, Deloris Sweeney, Deloris Wilson, Denise Hall, Gelenda Pace, Norman Knight, and Jacqueline Glaze. **Back row left to right;** Walter Thompson, Justin Grant, Sharon Wesley, Gerald Johnson, Tranecee Stone and Grady Wyatt.
(VA Photo by Robin Johnson)

2011 CALENDAR OF EVENTS VA OFFICE OF PUBLIC AND INTERGOVERNMENTAL AFFAIRS							FEDERAL HOLIDAY
October 2011							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<input type="checkbox"/> Healthy Lung Month <input type="checkbox"/> Health Literacy Month <input type="checkbox"/> Emotional Wellness Month <input type="checkbox"/> National Chiropractic Month <input type="checkbox"/> Talk About Prescriptions Month		<input type="checkbox"/> National Cyber Security Month <input type="checkbox"/> National Dental Hygiene Month <input type="checkbox"/> Italian-American Heritage Month <input type="checkbox"/> German-American Heritage Month <input type="checkbox"/> Polish-American Heritage Month					1
Mental Illness Awareness Week (Oct. 2-8); Nuclear Medicine Week (Oct. 2-8); National Physician Assistants (PA) Week (Oct. 6-12)							
2	3	4	5	6	7	8 *Yom Kippur *National Depression Screening Day	
Emergency Nurses Week (Oct. 9-15)							
9	10 *Columbus Day *World Mental Health Day	11	12 *Emergency Nurses Day	13 *Navy Established (1775)	14	15	
National Veterans Creative Arts Festival (Oct. 17-23); National Health Care Quality Week (Oct. 16-22)							
Medical Assistants Recognition Week (Oct. 16-22); International Infection Prevention Week (Oct. 16-22)							
16	17 *National Boss Day	18	19	20 *World Osteoporosis Day	21 *National Mammography Day	22	
National Consultant & Senior Care Pharmacists Week (Oct. 23-29); National Respiratory Care Week (Oct. 23-29)							
23	24 *United Nations Day (1945)	25	26 *Lung Health Day	27	28	29	
30 	31 *Halloween	<input type="checkbox"/> National Orthodontic Health Month <input type="checkbox"/> National Spina Bifida Awareness Month <input type="checkbox"/> National Breast Cancer Awareness Month <input type="checkbox"/> National Depression Education and Awareness Month <input type="checkbox"/> National Hispanic Heritage Month (Sept. 15-Oct. 15)			<input type="checkbox"/> National Physical Therapy Month <input type="checkbox"/> National Medical Librarians Month <input type="checkbox"/> National Disability Employment Month <input type="checkbox"/> National Liver Awareness Month <input type="checkbox"/> Eye Injury Prevention Month		

The CAVHCS Community Calendar is not intended to be an all-inclusive, official calendar. It is intended rather to provide a medium for CAVHCS Salute to share upcoming events.

If you would like to add a CAVHCS event please email details directly to alan.bloom@va.gov. Submissions are not guaranteed to be published. Editorial considerations will be made for propriety, promptness and print space.