



VA HEALTH CARE Defining EXCELLENCE in the 21st Century

Veteran Connection

VA Portland Health Care System Newsletter

Keeping the Promise - Advancing Excellence



December 2016

Volume 4, Issue 3

VA Portland Health Care System

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Produced by the VAPORHCS Public Affairs Office

QUESTIONS / COMMENTS ??

Please email us at...

VHAPOR-PublicAffairs@med.va.gov

or call 503-402-2975

Lincoln's Promise (VA Mission Statement)

"To care for him who shall have borne the battle, and for his widow, and his orphan" by serving and honoring the men and women who are America's Veterans.

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For [VAPORHCS Events and Classes](#)—got to the VAPORHCS Web page...
www.portland.va.gov/calendar.asp

Message from the Director



Michael W. Fisher
Director, VA Portland Health Care System

Ending Veteran homelessness in the Portland Area is a reality and the

VAPORHCS **Community Reintegration Services (CRS)** team has and continues to be a key player in making it happen.

This month, the Portland community was formally recognized by the U.S. Interagency Council on Homelessness, Department of Housing and Urban Development, and the VA for building coordinated access for Homeless Veterans and having a robust plan to effectively end Veteran Homelessness. Each month the Portland community has been housing more homeless Veterans than there have been Veterans entering into homelessness. Our work continues every day to meet the needs of our most vulnerable population of Veterans and to get them into permanent housing and access to the care they need. What it does mean is that the City of Portland, VAPORHCS, and multiple other partner agencies met the [First Lady's call to action through the Mayors Challenge](#) that we accepted just two years ago. It means, based on multiple measurements, that these agencies are confident that the infrastructure and systems established locally ensures that any Veteran experiencing homelessness in Portland or Multnomah County can get the support they need to put the Veteran on a path to permanent housing.

CRS' programs are designed to address the needs of Veterans who are currently,

or have been, chronically homeless, or at high risk of becoming chronically homeless in the near future. Many of these Veterans have barriers to community living due to psychiatric illness, substance abuse, complex medical needs and economic concerns related to income and affordable housing.

The [HUD-VASH](#) program is designed to provide supportive housing to Veterans who have been chronically homeless Veterans. VAPORHCS is currently working with ten housing authorities across Oregon and SW Washington to implement this program. To date, VAPORHCS, in collaboration with our many partners, has housed more than 1,060 Veterans through this program. Through the [Grant and Per Diem \(GPD\) program](#), VAPORHCS coordinates transitional housing with area homeless shelters— in FY16 alone, 49,520 total nights of Veteran homelessness were prevented through this program and the CRS team discharged 260 formerly homeless Veterans into permanent housing arrangements during this same time. The CRS team also serves thousands of Veterans through our [Community Resource and Referral Center \(CRRC\)](#) in the center of downtown Portland to provide accessible and coordinated services to Homeless Veterans.

I am extremely proud of our CRS Team for these accomplishments and the differences they are making in the lives of Veterans every day.

Thank you for your service and for letting us serve you.

Michael Fisher



When weather hits—get updates on VAPORHCS clinical operations



Where can Veterans get information on VAPORHCS operations when weather hits our area?

1.
Call the VAPORHCS Alert Line at (503) 721-1458

2.
Connect with us on...



Facebook is fast and easy for us to update and Veterans can ask questions too. We at VAPORHCS share all kinds of helpful information as do other Veterans.

3.
On the web...



The [VAPORHCS “Current Operating Status” web page](#) takes a little longer to get updated after hours, but it will have all the information you need. Anyone can sign up to get ‘Alerts.’ Just go to the [main web page](#) and “Connect with the VA Portland Health Care System.” You can get alerts about all kinds of information to include when we post this newsletter, press releases, and more.

Veteran Service Officers and Service Organizations — join the conversation...



An invitation to VSOs to join the “VA Portland VSO Committee”

Meet monthly with the VAPORHCS Director & Portland Regional Office VBA Director

Who?

Veteran Service Officers or representatives of government, non-government, non-profit organizations who support Veterans in SW Washington and Oregon. This “VSO Committee” is very inclusive.

Why?

For VA leaders to hear from the people we serve; to have a conversation about ideas, issues, concerns to better serve veterans; to provide a platform for VA leadership to share information about VA programs and services; for VSOs to network and learn about other non-VA services and resources in the area.

How do organizations join this conversation?

Contact the VAPORHCS Public Affairs Office at VHAPOR-PublicAffairs@med.va.gov or 503-402-2975

- VAPORHCS -

New drug disposal receptacle at the Portland VA Police Office

Veterans can now drop off unwanted medications 24/7

Do you have any of the following you need to dispose of?

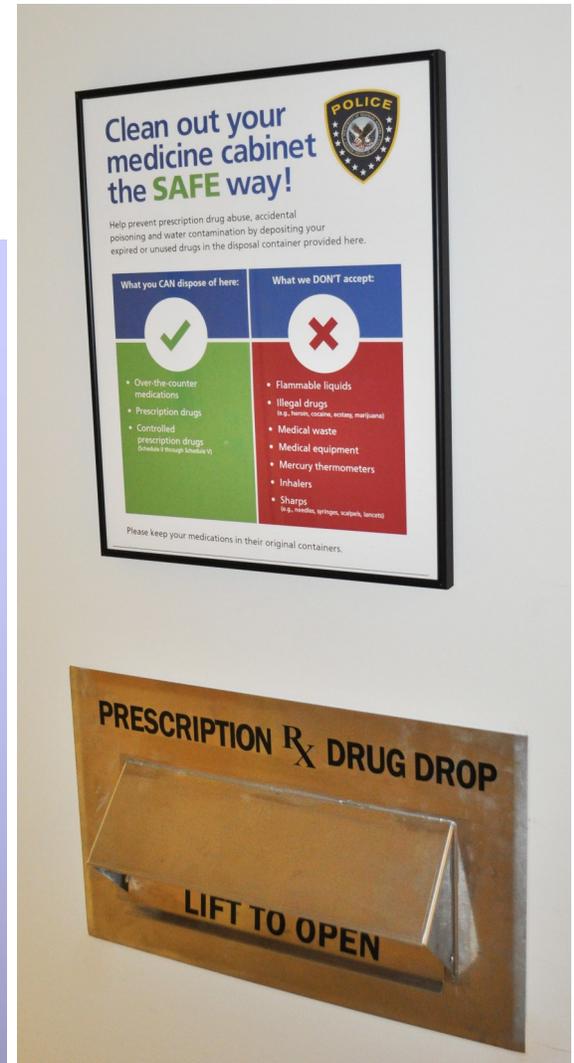
- Over-the-counter medications
- Prescription drugs
- Controlled prescription drugs
(Schedule II through Schedule V)

Stop by any time 24/7 at the VA Police Office,
Bldg. 101, 2nd floor, outside Rm 202A

NOT ACCEPTED are...

- Flammable liquids
- Illegal drugs (e.g., heroin, cocaine, ecstasy, marijuana)
- Medical waste
- Medical equipment
- Mercury thermometers
- Inhalers
- Sharps (e.g., needles, syringes, scalpels, lancets)

**Please have all medications in their original
containers when you drop them off.**





Veterans: Get Your Flu Shot Now!

You have lots of ways to get a flu shot

1. Ask for a flu shot during your visit at the VA today or any day.
2. Visit the VA clinic in the community where you get your care.
3. Visit your local [Walgreens Pharmacy](#)

No-cost flu shots for Veterans until March 31, 2017.

Show your Veteran's ID card and second photo ID

Use Group Code: 5933XBAYV

Flu shots for VA patients

We've joined forces

- No cost to you*
- Records updated with VA
- Just walk into your local Walgreens



VA
HEALTH
CARE | Defining
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Walgreens



Department of Veterans Affairs Medication Copayments

VA charges a copayment for each 30 day or less supply of medication provided on an outpatient basis for the treatment of a non-service connected condition.



Effective early 2017, copay amounts are:

Priority Group	Outpatient Medication Tier	Copayment amount		
		1-30 day supply	31-60 day supply	61-90 day supply
2-8	Tier 1 (Preferred Generics)	\$5	\$10	\$15
	Tier 2 (Non-Preferred Generics and some OTCs)	\$8	\$16	\$24
	Tier 3 (Brand Name)	\$11	\$22	\$33
\$700 Medication Copayment Cap				

These changes apply to:

- Veterans without a service-connected condition, or
- Veterans with a disability rated less than 50%
 - » who are receiving outpatient treatment for a non-service connected condition, and
 - » whose annual income exceeds the limit set by law.

Note: Medication copayments do not apply to former Prisoners of War, catastrophically disabled Veterans, or those covered by other exceptions as set by law.

Copayments stop each calendar year for Priority Groups 2-8 once a \$700 cap is reached.

Photo credit: Jose Luis Pelaez Inc./Blend Images/Thinkstock

For more information call us at: 1-877-222-VETS (8387), or visit our website at: <http://www.va.gov/healthbenefits>



U.S. Department of Veterans Affairs
Veterans Health Administration



Are you caring for someone with Dementia?



VA Portland Health Care System is pleased to offer **The Savvy Caregiver Program**

Savvy Caregiver Program is a six-week series designed especially for unpaid caregivers caring for a loved one with a dementia diagnosis.

Savvy Caregiver workshops include:

- ✓ Dementia 101 including types of dementia and how dementia is diagnosed
- ✓ Understanding how dementia impacts your loved one
- ✓ Tips on how to provide the best care
- ✓ Overview of the stages of dementia
- ✓ Behavioral management strategies

<u>Class Location</u>	<u>Class Dates & Times - 2017</u>
West Linn CBOC	Tuesdays 10:00 a.m. – 12:00 noon January 24, 31, February 7, 14, 21, 28
Portland VA	Fridays 10:00 a.m. – 12:00 noon March 3, 10, 17, 24, 31, April 7
Center for 50+ 2615 Portland RD NE Salem Salem, OR	Tuesdays 11:00-1:00 p.m. April 25, May 2, 9, 16, 23, 30

[Reserve your spot for a workshop today!](#)

**To register and for more information:
Call: Kristi Ketchum at
(503) 220-8262 ext. 58594 or (800) 949-1004 ext. 58594**

VA is Curing Hepatitis C

**“ My advice for other Veterans
about taking the new hep C treatments?
DON'T BE AFRAID, GO FOR IT.
YOU WON'T BE SORRY. ”**

David, Army Veteran
Cured of hepatitis C.

Interested in
hepatitis C treatment?
Please contact:
(503) 220-3471 or
(800) 949-1004 ext. 53471

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Patient Care Services

hepatitis.va.gov