



**VA HEALTH CARE** Defining EXCELLENCE in the 21st Century

# Veteran Connection

VA Portland Health Care System Newsletter

**Keeping the Promise - Advancing Excellence**



## VA Portland Health Care System

3710 SW U.S. Veterans Hospital Rd.  
Portland, OR 97239  
503-220-8262 | 800-949-1004

Produced by the VAPORHCS Public Affairs Office

### QUESTIONS / COMMENTS ??

Please email us at...  
[VHAPOR-PublicAffairs@med.va.gov](mailto: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.*

### Inside this issue:

Director's Message	1
MyVA Town Hall	1
Post 9/11 Veteran VA Health Care	2
Veterans Health Library	3
Upcoming events	4
Classes for Veterans and family members	5

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

## Message from the Director



Joanne M. Krumberger  
Director, VA Portland Health Care System

Meaningful and proactive engagement with our stakeholders and community partners is an incredibly important part of what we do at VAPORHCS to help ensure we provide the best care possible. I wanted to highlight some of the ways we currently do this and, hopefully, get ideas from you on opportunities to possibly expand these efforts.

On Feb. 25, 2016, I am privileged to support the inaugural MyVA Cascadia Board-hosted Veteran town hall as a member of that board. Formed in late 2015, the MyVA Cascadia Board is a Veteran's engagement network of about 12 Veteran service providers, advocates, and other key community stakeholders focused on improving outcomes for Veterans and their families. The board is chaired by two community leaders; myself and the VBA Portland Regional Office and Willamette National Cemetery Directors are all members of the board.

Every month I meet with leaders and representatives of our Veteran Service Organiza-

February 2016

Volume 3, Issue 5

tion/Officer (VSO) Committee. This is a very inclusive group of all sorts of organizations that support Veterans in many ways in the communities we serve. We provide briefings on a sundry of topics to the group and our members provide valuable feedback on VAPORHCS services, concerns, and they give ideas on ways we might be able to improve our services and facilities. Please let us know if your organization would like to participate in our VSO Committee.

Every quarter I meet with staff members of the 12 congressional offices in the 26 county catchment area VAPORHCS serves. Our congressional members are incredibly engaged partners on a nearly daily basis by both sharing feedback from their constituents and by inquiring about processes and policies. They are great supporters of VAPORHCS in getting us the resources we need to serve Veterans.

If you have ideas for opportunities to improve our engagement and communication efforts with our Veterans and stakeholders in the communities we serve, please let me know your thoughts. You can also share ideas with our Congressional and Public Affairs team at [VHAPOR-publicaffairs@med.va.gov](mailto:VHAPOR-publicaffairs@med.va.gov).

In Service to Veterans,

*Joanne M. Krumberger*

### VA partners with MyVA Cascadia Board for town hall on Feb. 25

**FOR WHO?** Veterans, family members and community leaders

**WHAT?** Town hall-style meeting and VBA Claims Clinic with MyVA Cascadia Board including VAPORHCS, VBA and Willamette National Cemetery Directors. Also—VBA will have claim specialists and VAPORHCS will have patient advocates to address issues and answer questions.

**WHERE?** Montavilla Baptist Church,

9204 SE Hawthorne Blvd. Portland

**WHY?** To provide ideas and priorities to help identify and solve Veteran issues using resources within the community .

**WHEN?** Thursday, Feb. 25, 2016

- Claims Clinic starts at 4 pm, town hall is 6–8 pm.

Click [here](#) for a press release.



## Post 9/11 Veteran VA Health Care five-year eligibility

Congress passed a law in 2008 authorizing free healthcare for post-9/11 combat Veterans for five years after their date of discharge. However, regardless of income level, if Veterans did not complete a required financial assessment, known as a 'means test,' to complete the enrollment process, eligibility may not have been finalized to allow the VA to provide them care.

According to the law, combat Veterans discharged from active duty on or after Jan. 28, 2003, are eligible for enhanced enrollment placement into Priority Group 6 (unless eligible for higher enrollment Priority Group placement) for five years post discharge. These Veterans are eligible to receive VA health care and medication at no cost for any condition that may be related to their combat service.\*

Veterans who enroll with VA under this combat Veteran authority will remain enrolled even after their five-year post discharge period ends. At the end of their post discharge period, VA will reassess the Veteran's information (including all applicable eligibility factors) and make a new enrollment decision.

In an ongoing effort to establish eligibility for this specific group of Veterans, VAPORHCS recently identified and reached out to approximately 400 combat Veterans in the Pacific Northwest who had not completed the enrollment process that may have been a result of not completing and submitting a means test. If you believe that you are eligible for VA healthcare as a post-9/11 combat Veteran or under other eligibilities, you may complete an enrollment application on line at <https://www.1010ez.med.va.gov/>. Veterans can also choose to enroll in person by visiting one of VAPORHCS enrollment offices located at the main hospital in Portland or at one of our Community Based Outpatient Clinics.\*\* Veterans may also call

us at 503-220-8262 or 800-949-1004, then extension 55289, then option 3 for Enrollment assistance. Post 9/11 combat Veterans may also choose to go directly to the Transition and Care Management Team for assistance to enroll.

\*Reference: [Department of Veterans Affairs Federal Benefits for Veterans, Dependents and Survivors, 2014 Edition.](#) (see page 4 under *Recently Discharged Combat Veterans*)

\*\*Please note that North Coast, Lincoln City, Newport and The Dalles Clinics do not have Enrollment representatives on site.

**Are you a  
Post 9/11 Veteran ?**

**The VAPORHCS  
Transition and  
Care Management Team  
is here to help you**

Call the TCM team direct at  
(503) 273-5075 or if  
outside the Portland area:

(800) 949-1004, ext. 53062

TCM fax number is (503) 220-3475

**In-person visits:**

Mon-Fri 8 a.m. to 4 p.m.

Please go to Building 101, Room 107

**Mailing Address:**

Portland VA Medical Center

Building 101, Room 107

3710 SW U.S. Veterans Hospital Road

Portland, OR 97239



# Veterans Health Library

Your source for health information

## Veterans Health Library interactive features help educate patients

### One-stop source for reliable health information for Veterans

The [Veterans Health Library](#), is your one-stop source for reliable health information reviewed by VA clinical experts. It presents information in many innovative formats, including:

- More than [150 videos](#) that carefully explain conditions, tests, and procedures
- More than 1,500 illustrated [Online Guides](#) on [cardiology](#), [orthopaedics](#), [dental](#), and [general surgery](#), which can be printed for easy reference.
- Go-To-Guides for several topics in the Living With... section, which incorporate audio, video, and interactive quizzes, such as this one on [heart failure](#).

Try out the Veterans Health Library to see how it can help you learn information that can help you better manage your health.

The screenshot displays the Veterans Health Library website. At the top, it features the U.S. Department of Veterans Affairs logo and the 'My healthvet' logo. A navigation menu includes links for Health, Benefits, Benefits & Memorials, About VA, Resources, News Room, Locations, and Contact Us. Below the navigation is a search bar and a 'HEALTH ENCYCLOPEDIA' section with an alphabetical index. The main content area is divided into several sections: 'Veterans Health Library - Welcome' with a video thumbnail, 'MULIMEDIA' with a video player, 'MENTAL HEALTH LIBRARY' with a video thumbnail, 'LIVING WITH...' with a video thumbnail for 'Heart failure', and 'LIVING WELL' with a video thumbnail for 'Be Tobacco Free'. A sidebar on the right lists 'VETERANS RESOURCES' such as Agent Orange and Other Exposures, AIVS, Anger and Irritability Management Skills Course, DoD Traumatic Brain Injury, Ebola Virus Disease, Electronic Cigarettes, Flu, Healthy Living Messages, Hepatitis C, HIV/AIDS, Manage Stress Workbook, Military Sexual Trauma, PTSD Information, Rabies Exposure for Returning Veterans, VA Polytrauma/Traumatic Brain Injury, and VA Smoking Cessation. At the bottom right, there is a 'Veterans Crisis Line' logo.



## New Fairview Clinic Ribbon Cutting/Open House

March 3 at 10:30 a.m.



The new 26,000 square foot [Fairview Clinic](#) (replacing the East CBOC) is scheduled to open for business March 11! Please join us for a ribbon cutting and open house event on March 3 at 10:30 am.

The location is: 1800 NE Market Drive, Fairview, OR 97024

More details can be found on the [VAPORHCS Web Site](#) and on our [Facebook page](#).

The East Portland CBOC located at 10535 NE Glisan Street, Gateway Medical Bldg., 2nd Floor, Portland, OR 97220, will be closed as of March 4 to allow for the transition – we apologize for any inconvenience. Services will still be scheduled, but at other VAPORHCS facilities.

## VA Portland Fisher House Grand Opening

March 23 at 1 p.m. at the VAPORHCS Vancouver Division



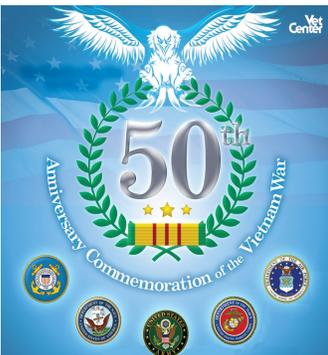
**FOR WHO?** The public is invited.

**WHAT?** A ceremony and open house celebrating the opening of a 16 suite home away from home for families of Veterans and military service members who are hospitalized within VAPORHCS.

**WHERE?** VAPORHCS Vancouver Division, 1601 E. Fourth Plain Blvd. Vancouver, WA 98661

More details can be found on the [VAPORHCS Web Site](#) and on our [Facebook page](#).

## The Salem Vet Center hosts 50th Anniversary Commemoration of Vietnam War — March 29, 11 a.m. to 2 p.m., Salem Armory



**FOR WHO?** The public is invited; targeting Vietnam-era Veterans to honor.

**WHAT?** A brief ceremony and lunch to recognize, honor and thank Vietnam Veterans for their service. There will be two Vietnam Veterans sharing their experiences. Members of the Oregon Army National Guard 234th Band will be providing music, the McKay High School Air Force JROTC is providing a color guard.

**WHERE?** The Salem Armory, 2320 17th Street NE, Salem OR 97309

More details can be found on the [VAPORHCS Web Site](#) and on our [Facebook page](#).

**CONTACT:** [Charles Anderson](#) or [Paul Schweitzer](#) from the Salem Vet Center at (503) 362-9911



# Dementia Education Workshops for Veterans and family members

Sign up now for workshops in Hillsboro CBOC, West Linn CBOC, and Portland VAMC in May and June

**Registration Now Open for Savvy Caregiver Class**  
 This is a six-week educational series designed especially for unpaid caregivers caring for a loved one with a dementia diagnosis.  
**Classes in March & April in Salem**  
**Call Kristi for more information**

## Dementia 101: Introduction to Dementia

What is dementia? How is it diagnosed? How does it affect my loved one?

**In this workshop, you will learn:**

- What dementia is and how it is diagnosed
- The different types of dementias including Alzheimer’s disease, vascular dementia, lewy-body dementia, and fronto-temporal dementia
- Eight cognitive losses in dementia: memory, judgment, attention, perception, reasoning, organization, abstraction, and language
- How cognitive losses impact the person with dementia and strategies to adapt to these changes

Class Location	Class Dates & Times
Hillsboro CBOC	Thursday May 1st & 9th 10 a.m. – noon
West Linn CBOC	Tuesday, June 7 10 a.m. – noon
Portland VA Medical Center	Tuesday, June 21 10 a.m. – noon

Call Kristi Ketchum, LCSW to register: (503) 220-8262 ext. 58594



## Cancer Survivors and Caregivers come listen and relax!

Sound Therapy for those coping or recovering from illness

April 7, 10 to 10:30 a.m.

Both classes are at the **Portland VAMC**  
**1st, Building 100, Room 1C-188(Across from PT/OT)**

Call the Navigation Team Social Worker to register  
**Marcia Long,**  
**503-220-8262 Ext. 51754**

## Art as Therapy for Cancer Survivors and Caregivers

**Second Thursday of each month, 10 a.m. to noon**

Our program will offer you a chance to express yourself, treat yourself to a relaxing and restorative activity, and connect with others going through cancer treatment and recovery.

- Become more self-aware, express fears, anxieties, and other emotions that may be difficult to talk about
- Communicate and interact better with others
- Build self-esteem, reduce stress, improve quality of life
- Find comfort, freedom, and hope