



# VA Portland Health Care System **Veteran Education and Group Directory** Fall 2016

This document lists education and support programs available to Veterans, their families and caregivers enrolled in the VA Portland Health Care System.



**Prior to attending a group or class, please contact point of contact or clinic to verify schedule or register.**



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

 **Veterans Health  
Education & Information**



More of Your VA Health Record  
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## New VA Blue Button Features Available on My HealthVet

The Department of Veterans Affairs (VA)  
continues to improve **VA Blue Button** on My HealthVet,  
with greater access to your personal information from your VA health record.  
With more of your health information securely at your fingertips,  
you are better able to participate in your care.



**Your MyHealthVet Coordinator:**

Brian Miller

503-220-8262 Ext. 58419



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## **NUTRITION & HEALTHY EATING**

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**NOTE:** Please call to confirm schedule before attending any scheduled group or class

### **GROUP DIABETES CLASSES – MULTIPLE LOCATIONS (SEE DIABETES AND EDUCATION SECTION PAGES 13-15)**

Healthy that was eating for pre or diagnosed diabetics. Includes nutrition education on label reading, carbohydrate counting, portion control and diabetic meal planning.

### **GROCERY STORE TOURS – PORTLAND AREA**

Walk through the local supermarket and learn how to pick the best produce, read labels, chose lean meats and tackle the canned and frozen food aisles. Must be able to stand and walk for the two hour tour.

Location: Off-site, local supermarket in Portland

Day: Second Tuesday of the Month

Time: 10:00 AM to 12:00 PM

Contact: Jessica Mooney MS, RD, 503-220-8262, ext. 55507

Referral Required: You can self-refer, but need to contact Jessica Mooney to schedule and for tour information.

Co-Pay: As it applies

### **HEALTHY COOKING CLASSES**

6 Class Series Cooking Program offered in Portland and Vancouver to assist Veterans in putting knowledge into practice.

#### **PORTLAND**

Location: Portland, Building 101, Room 109

Day: 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the Month

Time: 10:00 AM to 12:00 PM

Contact: Jessica Mooney MS, RD, 503-220-8262, ext. 55507

#### **VANCOUVER**

Location: Vancouver, Building 15, Room 230

Day: 1<sup>st</sup> and 4<sup>th</sup> Tuesday

Time: 1:00 PM to 3:00 PM

Contact: Jenelle York, MS, RD 360-696-4061 ext. 34114



## **HEALTHY COOKING CLASSES – CONTINUED**

Referral Required: You can self-refer to these classes, but an **appointment is required**. Contact your provider or care team and ask them to enter an admin order to schedule into the group.

Co-Pay: As it applies

## **MOVE! COOKING**

One time, hands-on cooking class focusing on weight reduction.

Participants prepare and try 3 recipes with an emphasis on increasing fruit, vegetable, whole grain and legume intake.

### **PORTLAND**

Location: Building 101, Room 109

Day: 2<sup>nd</sup> Saturday of Month

Time: 1:30 PM to 3:30 PM

Contact: Jenelle York, MS, RD 360-696-4061 ext. 34114

### **VANCOUVER**

Location: Building 15, Room 230A

Day: 3<sup>rd</sup> Saturday of Month

Time: 1:30 PM to 3:30 PM

Contact: Jenelle York, MS, RD 360-696-4061 ext. 34114

Referral Required: **Yes, referral from MOVE! facilitator is required.**  
Veteran must be participating in MOVE! Program to attend.

Co-Pay: None



## **MOVE! BASICS**

Basics of nutrition and weight management. Includes healthy plate, label reading, getting started in physical activity, food and activity tracking and goal setting. Visit <http://move.va.gov> for more information.

### **FAIRVIEW CLINIC**

Location: Fairview Clinic  
Day: 2<sup>nd</sup> Thursday of the month  
Time: 12:30 PM to 2:30 PM

### **HILLSBORO CBOC**

Location: Hillsboro CBOC  
Day: 2<sup>nd</sup> Friday of the Month  
Time: 9:00 AM to 11:00 AM

### **PORTLAND**

Location: Building 101, Room 201  
Day: 2<sup>nd</sup> Saturday of the month  
Time: 1:30 PM to 3:30 PM

### **SALEM CBOC**

Location: Salem CBOC  
Day: 2<sup>nd</sup> Thursday of the Month  
Time: 12:00 PM to 2:00 PM

### **VANCOUVER**

Location: Building 15, Room 230A  
Day: 1<sup>st</sup> Wednesday of the Month  
Time: 9:00 AM to 11:00 AM

### **VANCOUVER**

Location: Building 15, Room 230A  
Day: 3<sup>rd</sup> Saturday of the Month  
Time: 1:30 PM to 3:30 PM

Contact: The MOVE! Program, 503-220-3482 or 800-949-1004 ext. 53482  
Referral Required: You can self-refer to these classes, but an **appointment is required**. Contact your provider or care team and ask them to enter an admin order to schedule into the group.  
Co-Pay: None



## **NUTRITION TELEPHONE SERVICES – BY PHONE**

Individual phone appointment for more recommendations after diabetes/weight management classes, for other nutritional/diet concerns or for those who cannot attend class.

Location: Phone

Day: Monday - Saturday

Time: 8:00 AM – 5:00 PM

Contact: 360-696-4061 ext. 36034

Referral Required: You can self-refer to this service, but an **appointment is required**. Contact your provider or care team and ask them to enter an admin order to schedule into the group.

Co-Pay: None



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## **PHYSICAL ACTIVITY & EXERCISE**

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**NOTE:** Please call to confirm schedule before attending any scheduled group or class.

### **GENTLE YOGA FOR FAMILY CAREGIVERS & VETERANS – PORTLAND**

Gentle yoga classes to improve and sustain well-being for Caregivers of all skill levels and their Veterans.

Location: Building 101, Room 201

Day: 2<sup>nd</sup> and 4<sup>th</sup> Mondays of the month

Time: 9:00 AM to 10:00 AM

Contact: Amber Lynch, LCSW, 503-273-5210

Referral Required: None

Co-Pay: As it applies

### **FALL PREVENTION – VANCOUVER**

Prevent falls in home and in the community.

Location: Building 11, Room D222

Day: 1st and 3rd Thursday of the month

Time: 1:00 PM to 2:30 PM

Contact: Marcella McGee, ext. 33357

Referral Required: None

Co-Pay: As it applies

### **FALL PREVENTION – COMMUNITY RESOURCES**

For a listing of fall prevention classes offered in the community, please visit the Oregon Health Authority's [Fall Prevention for Older Adults website](#). Talk with your healthcare team to explore what group or classes might work best for you.

Please note: This list of local resources is provided as a courtesy by the VA Portland Health Care System. None of these agencies or providers are affiliated with the VA Portland Health Care System, and the VA Portland Health Care System does not endorse or recommend any agency or provider on this list. This list does not constitute a referral by VA Portland Health Care System to any of the listed entities. Use of any of these services or providers is at your own risk.



**MOVE BASICS! (SEE [NUTRITION AND HEALTHY EATING](#))**

Basics of nutrition and weight management. Includes healthy plate, label reading, getting started in physical activity, food and activity tracking and goal setting.

**TAI CHI MOVEMENTS – VANCOUVER**

Tai Chi is a noncompetitive, self-paced program of gentle physical exercise with an eastern cultural influence. The participant performs a defined series of postures or movements in a slow manner – standing or seated.

Location: Vancouver Campus, Building 14, Gym

Day: Mondays or Wednesdays

Time: 1:00 PM to 2:00 PM

Contact: Nancy McFarlane, CTRS, RYT, 360-737-1439

Referral Required: **Yes**. Mental Health provider referral **only**.

Co-Pay: As it applies – if there is copay for other Mental Health appointments, there will be copay for this class.

**TRAUMA SENSITIVE YOGA - VANCOUVER**

Yoga is a physical activity that combines breathing with gentle movements and integrates mind-body awareness to improve mindfulness and stress reduction.

Location: Vancouver Campus, Building 11, Columbia Room #305

Day: Mondays or Wednesdays

Time: 1:30 PM to 2:30 PM

Contact: Nancy McFarlane, CTRS, RYT, 360-737-1439

Referral Required: Mental Health provider referral **only**.

Co-Pay: As it applies – if there is copay for other Mental Health appointments, there will be copay for this class.



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## **TOBACCO CESSATION**

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**NOTE:** Please call to confirm schedule before attending any scheduled group or class.

### **VA TOBACCO CESSATION QUITLINE**

**1-855-QUIT-VET (1-800-784-8838)**

Telephone Quit line is from National Cancer Institute and is for Veterans to help them quit tobacco products. The Quit line is free of charge and provides personalized counseling with Veterans.

Day: All days

Hours: 8:00 AM – 8:00 PM (ET)

### **COMPLEX ADDICTIONS GROUP - PORTLAND**

Good group for Veterans who have “tried everything” and want to try something different. Requires calling ahead to schedule.

Location: Building 104, P2

Day: Tuesday

Time: 10:30 AM – 11:00 AM

Contact: Rhonda, 503-220-8262, ext. 33602 to schedule

Referral Required: Call to schedule, appointment required

Co-Pay: As it applies

### **QUIT NOW: SMOKING CESSATION CLASS - VARIOUS**

For groups open to any Veteran – you may go to any group at any site. You do not need to be at the site where Primary Care or Mental Health service is provided. Spouses, partners, housemates who want to quit may be invited, too. Please check with group leader or group to be sure.

### **CRRC**

Location: CRRC Group Room

Address: 308 SW 1<sup>st</sup> Ave, Suite 155, Portland, OR

Day: Mondays

Time: 2:00 PM – 3:00 PM

Contact: Jessica, 971- 352-1644



**FAIRVIEW**

Location: Fairview Clinic  
Day: Tuesday mornings  
Time: 9:00 AM to 10:00 AM  
Contact: Darin Bergen, Psy.D, 503-273-5142

**PORTLAND**

Location: Building 104, P2 Mental Health Clinic Room 104A (Large Group Room)  
Day: Wednesday  
Time: 9:00 AM to 10:00 Am  
Contact: Rhonda, 503-220-8262, ext. 33602

**SALEM CBOC**

Location: Salem CBOC, Conference Room A  
Day: Monday  
Time: 2:30 PM – 3:30 PM  
Contact: Rhonda, 503-220-8262, ext. 33602

**VANCOUVER**

Location: Vancouver Campus, building 20, Room 104  
Day: Monday  
Time: 11:00 AM to 12:00 PM  
Contact: Rhonda, 503-220-8262, ext. 33602

Referral Required: None, open to any Veteran  
Co-Pay: As it applies

**QUIT NOW: SMOKING CESSATION CLASS – MH & SATP - VANCOUVER**

**Only open** to Veterans enrolled in SATP or the Vancouver Mental Health Clinic

Location: SATP Group Room  
Day: Wednesday  
Time: 12:00 – 1:00 PM  
Contact: Rhonda, 503-220-8262, ext. 33602  
Referral Required: Yes, must be enrolled in SATP or Vancouver Mental Health to attend this class.  
Co-Pay: As it applies



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## **STROKE, MEMORY SKILLS & DEMENTIA EDUCATION**

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**NOTE:** Please call to confirm schedule before attending any scheduled group or class.

### **DEMENTIA 101: INTRODUCTION TO DEMENTIA**

In this one-time, 2 hour workshop you will learn what dementia is, how it is diagnosed, different types of dementia, how cognitive losses impact the person with dementia, and strategies to adapt to these changes.

Location: Vancouver VA Campus

Day: Tuesday, March 7<sup>th</sup>

Time: 10:00 AM – 12:00 PM

Contact: Kristi Ketchum, LCSW, 503-220-8262 ext. 58594

Referral Required: None, for more information or to sign up for upcoming workshop, please contact Kristi Ketchum

Co-Pay: None

### **SAVVY CAREGIVER CLASS – VARIOUS**

Savvy Caregiver is a 12-hour course delivered in two hour sessions over six weeks; caregivers are asked to commit to all six sessions. It is for caregivers providing care to a person diagnosed with dementia.

Caregivers will learn what dementia is and how it affects functioning, while developing skills and strategies to make their caregiving job more manageable.

#### **VANCOUVER**

Location: Vancouver CBOC

Day: Fridays, September 30, October 7, 14, 21, 28, and November 4

Time: 9:30 a.m. – 11:30 a.m.

#### **WEST LINN**

Location: West Linn CBOC

Day: Tuesdays, January 24, 31, February 7, 14, 21, and 28

Time: 10:00 AM to 12:00 PM

Contact: Kristi Ketchum, LCSW, 503-220-8262, ext. 58594

Referral Required: You can self-refer to these classes, for more information or to sign up, contact Kristi Ketchum.

Co-Pay: None



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## **DIABETES EDUCATION & SUPPORT**

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**NOTE:** Please call to confirm schedule before attending any scheduled group or class.

### **CHRONIC DISEASE MANAGEMENT SERIES: DIABETES – HILLSBORO**

Everything you need to know about diabetes. From, what is Diabetes, to how to use a meter to lifestyle, setting goals and medical options are available.

Location: Hillsboro CBOC, 3<sup>rd</sup> Floor, Conference Room

Day: 1<sup>st</sup> and 4<sup>th</sup> Friday of the month

Time: 9:00 AM to 12:00 PM

Contact: Yelizaveta Russ (Liza), 503-906-5040

Referral Required: You can self-refer to these classes, but an **appointment is preferred**. Contact your provider or care team and ask them to enter an admin order to schedule into the group.

Co-Pay: As it applies

### **DIABETES CARE PATH EDUCATION – NORTH COAST CBOC**

Education on how to manage your diabetes more successfully.

Location: North Coast CBOC, Room 7315

Day: 1<sup>st</sup> Thursday of the month

Time: 1:00 PM to 3:00 PM

Contact: Clinic Staff, 503-861-1452, Option 2

Referral Required: Self-Referral, call with interest.

Co-Pay: As it applies

### **DIABETES CONTROL GROUP – WEST LINN CBOC**

Insulin pattern management group

Location: West Linn CBOC, 3<sup>rd</sup> Floor, Group Room

Day: 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month

Time: 10:00 AM to 12:00 PM

Contact: Clinic Staff, 503-861-1452, Option 2

Referral Required: Self-Referral, call with interest.

Co-Pay: As it applies



### **DIABETES CONVERSATION MAP - VANCOUVER**

Interactive board game approach to daily management of diabetes. Appropriate for someone with a new diagnosis or to refresh the core concepts to continue your diabetes management.

Location: Vancouver Building 20, Conference Room

Day: 2<sup>nd</sup> Thursday of each month

Time: 10:00 AM

Contact: Vancouver Primary Care Veterans, contact your team Nurse Care Manager to learn more and sign up.

Referral Required: Course limited to Vancouver Primary Care Veterans (plus one guest).

Co-Pay: As it applies

### **PRIMARY CARE NURSING DIABETES CLASS– FAIRVIEW**

Location: Fairview Clinic

Day: 1st and 3rd Wednesday of the month

Time: 2:00 PM

Contact: Nurse Care Managers

Referral Required: Contact PACT team to schedule **\*Fairview Clinic (formerly East CBOC) Veterans/family/care-giver only**

Co-Pay: As it applies

### **WEST LINN DIABETES CONTROL GROUP– WEST LINN**

Insulin pattern management group

Location: 3<sup>rd</sup> Floor, Group Room

Day: 1st and 3rd Thursday of the month

Time: 10:00 AM to 12:00 PM

Contact: Gail Hirokane, 503-210-4938

Referral Required: You can self-refer into this classes, but an **appointment is required**. Contact your provider or care team and ask them to enter an admin order to schedule into the group.

Co-Pay: As it applies



## **GROUP DIABETES CLASSES – VARIOUS LOCATIONS**

Healthy eating for pre or diagnosed diabetics. Includes nutrition education covering label reading, carbohydrate counting, portion control and diabetic meal planning.

### **FAIRVIEW CLINIC**

Location: Fairview Clinic

Day: 1<sup>st</sup> and 3<sup>rd</sup> Thursdays

Time: 12:30 PM to 2:30 PM

Contact: Danielle Wleklinski, MS, RD, 360-696-4061 ext. 36034

### **SALEM**

Location: Salem CBOC, Room 1C-101B

Day: 1<sup>st</sup> Wednesday of the month

Time: 9:30 AM to 11:30 AM

Contact: Jenelle York, MS, RD, 360-696-4061 ext. 34114

### **VANCOUVER**

Location: Building 15, 3<sup>rd</sup> Floor, Room 230

Day: 2<sup>nd</sup> Thursday of the month

Time: 9:00 AM to 11:00 AM

Contact: Jenelle York, MS, RD, 360-696-4061 ext. 34114

### **WEST LINN**

Location: West Linn CBOC, Room 3B111

Day: 4<sup>th</sup> Thursday of the month

Time: 10:30 AM to 12:30 PM

Contact: Jenelle York, MS, RD, 360-696-4061 ext. 34114

Referral Required: You can self-refer into these classes, but an **appointment is required**. Contact your provider or care team and ask them to enter an admin order to schedule into the group.

Co-Pay: Yes



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## **PAIN MANAGEMENT**

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**NOTE:** Please call to confirm schedule before attending any scheduled group or class.

### **CHRONIC PAIN GROUP– FAIRVIEW CLINIC**

Location: Fairview Clinic

Day: 4th Wednesday of the month

Time: 1:30 PM to 2:30 PM

Contact: Tom Carr, MD, 503-273-5142

Referral Required: Please call or talk with your care team to sign-up.

Co-Pay: As it applies

### **CHRONIC PAIN EDUCATION GROUP– PORTLAND**

A 5-week educational group series that offers up-to date knowledge about chronic pain, techniques and approaches to reduce your struggle with pain and increase your understanding on how to live with chronic pain.

Location: Rehabilitation Medicine Conference Room, 1C-195

Day: Tuesdays

Time: 10:00 AM to 11:30 AM

Contact: Larry Bolf, 503-220-8262, Ext. 55389

Referral Required: Please call to register and find out when the next group starts.

Co-Pay: As it applies

### **LIVING WELL WITH CHRONIC PAIN**

A 6-week workshop for anyone living with chronic pain. Sessions provide support on ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand treatment options and more.

Location, Day, Time: Varies, depending on interest.

Contact: Robert Rasey at 503-703-7848 or Rene' Stell at 503-220-8262, ext. 53241

Referral Required: Self- Referral – **call with interest**. May be able to offer classes in various locations, depending on interest.

Co-Pay: None



### **MANAGING CHRONIC PAIN– PORTLAND**

Location: Building 104, Mental Health Clinic (P2), check in at front desk

Day: Tuesdays

Time: 10:00 AM to 11:00 AM

Contact: Kimberlee Dennery, 503-220-8262, ext. 57360

Referral Required: Contact Portland MH clinic with interest

Co-Pay: As it applies

### **MANAGING CHRONIC PAIN– NORTH COAST**

Location: North Coast CBOC

Day: Mondays from October 17 – November 21, 2016

Time: 1:00 PM to 2:30 PM

Contact: Clinic Staff, 503-220-1452, Option 3

Referral Required: Self-referral, self-interest

Co-Pay: As it applies

### **WOMEN’S MANAGING CHRONIC PAIN- PORTLAND**

This is a 6 week, women’s only, cognitive behavioral class that teaches strategies to live with chronic pain including: increase activity, incorporate mindfulness and relaxation skills, address ways that pain interferes with sleep, discuss the impact of pain on relationships. This class is focused on active interventions that Veterans can learn and practice, which does not include medication management, medical/surgical recommendations or interventions. **Please note** that this class runs about 4x/annually based on the number of Veteran’s interested. Please call the # listed below and leave your name and last four of social security to be added to the list for the next group.

Location: Portland VA, Building 104, room TBD

Day/Time: To be determined, 6 Weeks, 90 Minute Group

Contact: Dr. Odessa Cole, 503-220-8262 ext. 57410

Referral Required: Self and Provider Referral, call with interest.

Co-Pay: As it applies



## **TENS CLASS**

Group instruction on use of TENS unit (Transcutaneous Electrical Nerve Stimulation TENS)

### **BEND**

Location: Bend CBOC

Day/Time: Varies – depends on interest

Contact: Jennifer Alexander, 541-550-5454

### **SALEM**

Location: Salem CBOC, Conference room

Day: 4<sup>th</sup> Wednesday of the month

Time: 2:00 PM to 3:00 PM

Contact: Lauren Anderson, PT, 971-304-2276

### **PORTLAND**

Location: Building 100, Room 1C-194

Day: 4<sup>th</sup> Friday of the month

Time: 9:30 AM to 10:00 AM

Contact: Katherine Rodenkirch, PT, 503-220-8262, ext. 52142

### **PORTLAND**

Location: Building 100, Room 1C-194

Day: 1<sup>st</sup> Tuesday of the month

Time: 10:00 AM to 11:00 AM

Contact: Ethelbert Yap, PT, 503-273-5018

Referral Required: Provider Referral required for all TENS classes

Co-Pay: As it applies



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## **SLEEP IMPROVEMENT**

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**NOTE:** Please call to confirm schedule before attending any scheduled group or class.

### **CBT FOR INSOMNIA – PORTLAND**

Cognitive-Behavioral Therapy for Insomnia (CBT-I) is a proven treatment for those with difficulty falling or staying asleep. This is an 8-week CBT-I group for Veterans. The group restarts about every 8 weeks.

Location: Building 100, 6C, Room 109

Day: Fridays

Time: 12:30 PM to 2:00 PM

Contact: Provider referral required, talk with your provider.

Referral Required: **Provider referral required.** Providers can refer by adding a note and including Katherine Chiba and Jonathan Emens as co-signers.

Co-Pay: As it applies



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## **WOMEN'S WELLNESS**

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**NOTE:** Please call to confirm schedule before attending any scheduled group or class.

### **WOMEN'S BEHAVIORAL HEALTH GROUP - PORTLAND**

6-week, class that will cover topics such as, mindfulness and relaxation skills; sleep hygiene, behavioral weight loss management; and effective communication. **Please note** that this class runs about 4x/annually based on the number of Veteran's interested. Please call the # listed below and leave your name and last four of social security to be added to the list for the next group.

Location: Portland VA

Day/Time: To be determined, 6 Weeks, 90 Minute Group

Contact: Dr. Odessa Cole, 503-220-8262 ext. 57410

Referral Required: Self and Provider Referral, call with interest.

Co-Pay: As it applies

### **WOMEN VETERANS SPIRITUAL VALUES GROUP - PORTLAND**

This is a weekly group for Women Veterans of all ages, combat or non-combat. Participants will have the opportunity to have confidential and honest conversations about their experiences in the military and post-military in a safe environment.

Location: Building 104, P5, Audiology research (NCRAR)

Day: Mondays (Every Week)

Time: 1:00 PM to 2:30 PM

Contact: Chaplain Janet Hanson, 503-220-8262 ext. 50526

Referral Required: Self- Referral, contact Chaplain Hanson to sign-up



### **POST DEPLOYMENT GROUP – PORTLAND**

This is a weekly group where we come to discuss challenges faced by women who have returned from military deployments after 9/11/2001. Emphasis will be on learning skills and offering solutions to promote successful re-entry into civilian life.

Location: Women's Health Clinic, Portland

Day: Mondays

Time: 3:30 PM to 5:00 PM

Contact: Erin Danielson, MSW, 503-220-8262, ext. 58364 or Mary Rivera, MSW and Lonnamae Ladke, LCSW at 503-688-5361

Referral Required: Self-referral, drop- in welcome.

### **WOMEN'S MANAGING CHRONIC PAIN- PORTLAND**

[For more information, visit the Pain Management section.](#)

### **VA SUPPORT NETWORK: A VA AND AMERICAN HEART ASSOCIATION PARTNERSHIP - ONLINE**

Visit website to sign up for free access to an online community for survivors and caregivers of heart disease and stroke. Individuals have access to experts via online chats, webinars and an online community.

For more information, visit:

<http://supportnetwork.heart.org/registration/WomensVeteransAffairs>



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## **HEALTH EDUCATION & SUPPORT**

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**NOTE:** Please call to confirm schedule before attending any scheduled group or class.

### **28 DAY JUMP START TO HEALTH**

Education sessions on how to make healthy changes part of your normal daily routine.

Location: North Coast CBOC

Day: Mondays, from January 9<sup>th</sup> 2017 to February 6<sup>th</sup> 2017

Time: 1:00 PM to 2:30 PM

Contact: Erin Danielson, MSW, 503-220-8262, ext. 58364 or Mary Rivera, MSW and Lonnamae Ladke, LCSW at 503-688-5361

Referral Required: Self-referral, drop- in welcome.

### **BACK CLASS**

Group education class on back anatomy, safety and rehab exercises.

#### **BEND**

Location: Bend CBOC, room will vary.

Day: 3<sup>rd</sup> Thursday of the month

Time: 1:00 PM to 3:00 PM

Contact: Kimberly Hillis, 541-550-5510

#### **PORTLAND**

Location: Building 100, Room 1C-194

Day: 2<sup>nd</sup> & 4<sup>th</sup> Friday of the month

Time: 10:00 AM to 11:30 AM

Contact: Katherine Rodenkirch, PT, 503-220-8262 ext. 52142

#### **VANCOUVER**

Location: Building 11, Rehab medicine department

Day: 4<sup>th</sup> Thursday of the month

Time: 10:00 AM to 12:00 PM

Contact: Rehab Medicine MSA to schedule, 360-690-1826 ext. 31826 or 31826 or 33366

Referral Required: Provider-Referral required

Co-Pay: As it applies



### **CHRONIC DISEASE MANAGEMENT SERIES: HIGH CHOLESTEROL – HILLSBORO**

Everything you need to know about high cholesterol -from what is it and why do the guidelines say that to lifestyle, setting goals and medical options out there.

Location: Hillsboro CBOC, 3<sup>rd</sup> Floor, Conference Room

Day: 3<sup>rd</sup> Friday of the month

Time: 9:00 AM to 12:00 PM

Contact: Yelizaveta Russ (Liza), 503-906-5040

Referral Required: Self- Referral

Co-Pay: As it applies

### **CHRONIC DISEASE MANAGEMENT SERIES: HYPERTENSION– HILLSBORO**

Everything you need to know about hypertension from what is it to lifestyle modifications, setting goals and medical options out there.

Location: Hillsboro CBOC, 3<sup>rd</sup> Floor, Conference Room

Day: 2<sup>nd</sup> Friday of the month

Time: 9:00 AM to 12:00 PM

Contact: Yelizaveta Russ (Liza), 503-906-5040

Referral Required: Self- Referral

Co-Pay: As it applies

### **KIDNEY TRANSPLANT PATIENT AND FAMILY EDUCATION CLASS – PORTLAND**

Pre-transplant educational class to ready Veterans and caregivers for the transplant process.

Location: Building 100, Floor 7C, Room 109

Day: Wednesdays

Time: 9:30 AM to 12:30 PM

Contact: Heidi Lyons, BSN, RN or Christian Curtin BSN, RN, 503-220-8262 ext. 54464 or 55509

Referral Required: Self-Referral, call with interest.

Co-Pay: None



### **LIVER TRANSPLANT EDUCATION CLASS – PORTLAND**

Pre-transplant educational class to ready Veterans and caregivers for the transplant process.

Location: Building 100, Floor 7C, Room 106 or 103

Day: Monday or Tuesday based on interest

Time: Varies based on interest

Contact: Amy Hester BSN, RN, 503-220-8262 ext. 54512

Referral Required: Self-Referral, call with interest.

Co-Pay: None

### **LIVING WELL WITH CHRONIC CONDITIONS - VARIOUS**

A free, 6-week workshop for anyone living with chronic health concerns and wanting to build confidence for staying active, managing your health and enjoying life.

Location, Day, Time: Varies, depending on interest.

Contact: Robert Rasey at 503-703-7848 or Rene' Stell at 503-220-8262, ext. 53241

Referral Required: Self- Referral – **call with interest**. May be able to offer classes in other locations.

### **POSITIVE LIVING - PORTLAND**

A support group for Veterans living with HIV. Topics covered include, coping with stress, managing medications, healthy lifestyle, and relationships and navigating the VA.

Location: Building 104, Level P2

Day: Every Friday

Time: 1:00 PM – 2:00 PM

Contact: Stephen Boyd, PhD, 503-220-8262, ext. 58272

Referral Required: No appointment necessary

Co-Pay: As it applies

### **SHOULDER CLASS – PORTLAND**

Group education class on shoulder anatomy, safety and rehab exercises.

Location: Building 100, Room 1C-194

Day: 1st and 3rd Monday of THE month

Time: 1:00 PM to 14:30 PM

Contact: Katherine Rodenkirch, PT, 503-220-8262 ext. 52142

Referral Required: Provider-Referral required

Co-Pay: As it applies



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## HOME TELEHEALTH

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The Home Telehealth program helps you manage your health care needs in the comfort of your home. Using in-home technology, Registered Nurse Care Coordinators monitor and assess your health and well-being. The Registered Nurse Care Coordinator serves as a link between you and your Patient Aligned Care Team (PACT). Home Telehealth is currently able to serve Veterans with the following conditions:

- ❖ Congestive Heart Failure (CHF)
- ❖ Chronic Obstructive Pulmonary Disease (COPD)
- ❖ Diabetes (DM)
- ❖ Hypertension (HTN)

For more information please contact your primary care team.



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## **STRESS MANAGEMENT & EMOTIONAL WELL-BEING**

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**NOTE:** Please call to confirm schedule before attending any scheduled group or class.

### **ANGER MANAGEMENT FOR GRADUATES - PORTLAND**

This is a place where Veterans are able to bring to the table a current and challenging problem with anger. Veterans will need to be willing to review the scenario, identify the barrier, and an alternative action to decrease the anger as they work through the problem. They will be expected to utilize and identify tools they learned in previous anger management classes. This group takes on the recovery model format with the expectation that Veterans will present their challenges and also provide feedback and alternatives to the presenting thinking errors and/or reactions that are being identified.

Location: Building 104, Mental Health Clinic (P2), Group Room C

Day: Mondays

Time: 12:00 PM to 1:00 PM

Contact: For more information, call 503-220-8262, ext. 53088

Facilitator: Janyce Prine

Referral: Must have successfully completed "Anger Management" class after January 1, 2013.

Co-pay: As it applies

### **THE ALLIANCE GROUP – CRRC**

This group provides a safe, confidential space for Veterans who have many types of unique gender identities. This is not a treatment group. Group is facilitated by a gender affirming VA social worker but content is guided by attendees.

Location: Community Resource and Referral Center (CRRC)

Address: 308 SW 1<sup>st</sup> Ave. Portland. Transit Stop: Oak Street.

Day: First Thursday of the month

Time: 12:00 PM to 1:30 PM

Contact: CRRC, 503-808-1256

Referral Required: Self or Provider Referral

Co-Pay: As it applies



**CHAPLAIN SERVICES: BIBLE STUDY – PORTLAND**

A weekly opportunity for veterans to come together to share about their lives, pray for one another, and study the Bible.

Location: Building 101, Room 207

Day: Wednesdays (Every Week)

Time: 10:45 AM to 11:15 AM

Contact: Chaplain Services, 503-220-8262, ext.55939

Referral Required: Self- Referral

Co-Pay: None

**CHAPLAIN SERVICES: SPIRITUAL LIFE GROUP - PORTLAND**

A weekly opportunity for veterans in Mental Health ward to encourage one another through spiritually focused resources and conversations.

Location: Building 100, Room 5C

Day: Fridays (Every Week)

Time: 9:00 AM to 9:45 AM

Contact: Chaplain Services, 503-220-8262 ext.55939

Referral Required: Self- Referral

Co-Pay: None

**DISTRESS TOLERANCES– PORTLAND**

A drop in group focused on learning how to survive crisis moments.

Location: Building 104, Mental Health Clinic (P2), Group Room A

Day: Fridays

Time: 12:00 PM to 1:30PM

Or

Day: Mondays

Time: 3:00 PM to 4:30 PM

Contact: Rebecca Casanova LCSW, MPH and Guy Tyler MSW, CSWA

Referral Required: Participation limited to Portland Mental Health patients only.

Co-Pay: As it applies



## **FAMILY TO FAMILY, LIVING WITH MENTAL ILLNESS – PORTLAND**

Family-to-Family is free 13 class course for families and friends of those living with mental illness. You will gain support, learn more information about mental illness and develop ways to live a healthier life with your loved one. The class is from materials provided by the National Alliance on Mental Illness (NAMI).

Location: Portland VA

Day: Mondays, September 12<sup>th</sup> through December 12<sup>th</sup>, 2016

Time: 6:30 PM to 9:00 PM

Contact: NAMI Multnomah at (503) 228-5692

Referral Required: Self-referral OK, call contact to register

Co-pay: None

## **GRIEF AND LOSS SUPPORT - PORTLAND**

Facilitate use of spiritual resources such as awareness, ritual, and community in the soul work of grieving well.

Location: Building 100, 5C-165

Day: Wednesday (Every Week)

Time: 1:00 PM to 2:00 PM

Contact: Chaplain Thom Phillips, 503-220-8262, ext. 57025

Referral Required: Self- Referral

Co-Pay: None

## **GRIEF AND LOSS SUPPORT - VANCOUVER**

Group to help educate and process grief and loss.

Location: Building 11, Room F129

Day: Wednesday (Every Week)

Time: 9:30 AM to 12:30 PM

Contact: Chaplain Thom Phillips, 503-220-8262, ext. 57025

Referral Required: Self- Referral

Co-Pay: None



### **LIVING WITH EPILEPSY SUPPORT GROUP - PORTLAND**

Our support group is designed to provide a safe place for exchanging common experience and stories to Veterans with seizures.

Location: Building 104, Floor P5, Room 154A

Day: Every 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month.

Time: 1:00 PM to 2:30 PM

Contact: Jan Spencer, LCSW, 503-220-8262 ext. 51661

Referral Required: You can self- refer, contact Jan Spencer to register.

Co-Pay: As it applies

### **LODESTONE: PTSD AND SPIRITUALITY - PORTLAND**

Ongoing, co-ed, open class that focuses on various topics to include moral injury & PTSD & spirituality. This group welcomes ALL PTSD Veterans for ongoing spiritual dialogue and support.

Location: Building 104, Mental Health Clinic (P2), room A-101

Day: Monday

Time: 10:30 AM to 12:00 PM

Contact: Chaplain Rebecca Morris, 503-220-8262 ext. 56025

Referral Required: Self-referral, drop in

Co-Pay: As it applies

### **MANAGING ANXIETY– PORTLAND**

Supportive group setting for Veterans to discuss and receive education on topics related to anxiety management.

Location/Day/Time: Call with interest

Contact: Kimberlee Dennery, LICSW, 503-220-8262, ext. 57360

Referral Required: Group size limited, call with interest

Co-Pay: As it applies



## **OEF OIF OND COMBAT VETERAN DROP-IN GROUP**

Weekly drop-in support group for veterans who have served in Iraq or Afghanistan.

### **PORTLAND**

Location: Building 101, Room 207

Day: Thursdays (Every Week)

Time: 2:30 PM to 4:00 PM

Contact: Erin Danielson or Ty Miller, 503-273-5075

### **WEST LINN**

Location: Check in with front desk

Day: Tuesdays (Every Week)

Time: 4:00 PM to 5:30 PM

Contact: Melissa Bensink, 503-220-8262 ext. 53061

Referral Required: Self-referral, space is limited. **Please call** to speak with facilitator prior to joining.

Co-Pay: None

## **RELAPSE PREVENTION #C – VANCOUVER**

Introduces the Twelve-Steps with Higher Power alternative

Location: Building 11, Room F157

Day: 4th Thursday of the month

Time: 1:00 PM to 2:00 PM

Contact: Chaplain Mary Mahoney, 503-220-8262 Ext. 33923

Referral Required: **Referral required**, referred through SATP/RRTP

Co-Pay: None

## **SPIRITUAL SKILLS AND SPIRITUAL VALUES - VANCOUVER**

On-going discussion of family of origin and addiction issues.

Location: Building 15, Room 106

Day: Fridays (Every Week)

Time: 3:00 PM to 4:00 PM

Contact: Chaplain Rebecca Morris, 503-220-8262 Ext. 55939 or 57025

Referral Required: Self- Referral

Co-Pay: None



## **TRAUMA RECOVERY TOOLBOX – PORTLAND**

Drop in group for Veterans with childhood, adult and/or military trauma. The goal of this group is to address first stage trauma treatment and work on safety, stability and skills. This is not a trauma processing group. Veterans do not need a diagnosis of PTSD to attend. Topics covered include, impact of trauma, trauma recovery process, calming the body, mind, emotions and behaviors and healthy relationships.

Location: Building 104, Mental Health Clinic (P2), Group Room 103

Day: Thursdays, starting 7/7/16

Time: 3:00 PM to 4:00 PM

Contact: Anne Connor, LCSW, 503-220-8262, ext. 58379

Referral Required: Self- Referral, drop-in

Co-Pay: As it applies

## **WISE WARRIORS**

A weekly drop-in group providing support and distress tolerance skills instruction to Veterans who have developed Suicide Prevention Safety Plans. Must have completed plan with a provider prior to attending.

### **PORTLAND**

Location: Building 104, P5 Room F154-B (NCRAR Conference Room)

Day: Fridays

Time: 1:00 PM to 3:00 PM

Contact: Joe Bertagnolli, LCSW & Monireh Moghadam, LCSW, 503-402-2857

Referral Required: **See above requirements.**

Co-Pay: None



## **WISE WARRIORS**

A weekly drop-in group providing support and distress tolerance skills instruction to Veterans who have developed Suicide Prevention Safety Plans. Must have completed plan with a provider prior to attending.

## **VANCOUVER**

Location: Vancouver Mental Health Clinic, Building 11, Room F-164

Day: Thursdays

Time: 10:00 AM to 11:00 AM, 10:45 AM on the 1<sup>st</sup> Thursday of the month

Contact: Kenneth Vickery, MSW, LCSW, 360-696-4061 ext. 34375

Referral Required: **See above requirements.**

Co-Pay: None

## **FAIRVIEW**

Location: Fairview Outpatient Clinic, Room B-105

Day: Mondays

Time: 10:00 AM to 11:30 AM

Contact: Dimitri Ntatsos, LCSW, 503-402-2857 or Matt Schmidt, LCSW, 503-660-0600 ext. 0726

Referral Required: **See above requirements.**

Co-Pay: None



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## **RELATIONSHIP SKILLS & FAMILY SUPPORT**

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**NOTE:** Please call to confirm schedule before attending any scheduled group or class.

### **CANCER SUPPORT GROUP – PORTLAND FOR VETERANS AND CAREGIVERS**

Food, Friends, & Fun. Each session lasts two hours and includes an educational cancer-related topic, nutritional education, activity and light refreshments. Open to Veterans and caregivers.

Location: Building 100, Room 1C-188

Day: 3<sup>rd</sup> Thursday of the month

Time: 10:00 AM to 12:00 PM

Contact: Marcia Long, LCSW, OSW-C, 503-220-8262 ext. 51754

Referral Required: Self-Referral

Co-Pay: None

### **CANCER SUPPORT GROUP: ART AS THERAPY - PORTLAND FOR VETERANS AND CAREGIVERS**

This 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. Open to Veterans and their caregivers.

Location: Building 100, Room 1C-188

Day: 2<sup>nd</sup> Thursday of the month

Time: 10:00 AM to 12:00 PM

Contact: Marcia Long, LCSW, OSW-C, 503-220-8262 ext. 51754

Referral Required: Self-Referral

Co-Pay: None

### **CAREGIVER SUPPORT PROGRAM - PORTLAND**

Drop-in group that provides education and emotional support to caregivers of Veterans of all eras.

Location: Building 100, 5D Room 122

Day: 1<sup>st</sup> and 3<sup>rd</sup> Mondays of the month

Time: 1:00 PM to 3:00 PM

Contact: Amber Lynch, LCSW, 503-273-5210

Referral Required: Self-Referral

Co-Pay: None



## **CAREGIVER WELLNESS CAFE – CANCELLED UNTIL SEPTEMBER**

Explore a variety of holistic self-care practices that support health and well-being.

### **SALEM CBOC**

Location: Salem CBOC, Suite 130, Room 1C-101B

Day: 4<sup>th</sup> Wednesday of the month

Time: 1:00 PM to 2:00 PM

Contact: Maria Loebach, RN, 503-729-0781

### **VANCOUVER**

Location: Building 11, Columbia Room 305

Day: 1<sup>st</sup> Thursday of the month

Time: 10:00 AM to 11:00 AM

Contact: Maria Loebach, RN, 503-729-0781

Referral Required: Self-Referral

Co-Pay: None

## **CAREGIVERS: COMMUNICATING TO PREVENT AND PROTECT USING VERBAL DE-ESCALATION SKILLS – VARIOUS LOCATIONS**

Learn how to recognize early signs of aggression and hostility, effective communication skills, and de-escalation techniques and skills.

Location, Day, Time: Varies – call for interest

Contact: Kyong Yi, LCSW, 503-273-5210

Referral Required: Self-Referral

Co-Pay: None

## **HEALING TOUCH – PORTLAND**

Healing Touch is non-invasive, utilizes gentle touch to assist in balancing your mind and body. This is done by placing hands on or above the body to help facilitate balance. Open to Veterans, caregivers and staff.

More information, see [Integrated Health section](#).



**POWERFUL TOOLS FOR CAREGIVERS – VARIOUS**

6 week series (90 minutes each) in-person classes for caregivers to reduce stress, improve self-confidence, and enhance communication skills.

Location: Varies– call for interest

Day: Varies

Time: 10:30 AM to 12:00 PM

Contact: Amber Lynch, LCSW, 503-273-5210

Referral Required: Self-Referral

Co-Pay: None



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## **GENERAL EDUCATION & SUPPORT**

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### **RENT WELL – CURRENTLY ON HOLD**

6-week tenant education course for Veterans with barriers to housing (evictions, debt, criminal history, etc.) Currently on hold, contact CRRC for more information, 503-808-1256



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## **INTEGRATED HEALTH**

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### **SELF-COMPASSION HEALTH BREAK - VARIOUS LOCATIONS**

This program will offer you a chance to express yourself, treat yourself to a relaxing and restorative activity. Open to Veterans and their caregivers and staff.

#### **PORTLAND**

Day: Tuesdays

Time: 12:15 PM to 12:45 PM

OR Day: Thursdays

Time: 2:00 PM to 2:30 PM

#### **VANCOUVER**

Day: Wednesdays

Time: 12:15 PM to 12:45 PM

Contact: Judy Ulibarri, 503-220-8262, Ext. 59604

Referral Required: Drop-in

Co-Pay: None

### **HEALING TOUCH – PORTLAND**

Healing Touch is non-invasive, utilizes gentle touch to assist in balancing your mind and body. This is done by placing hands on or above the body to help facilitate balance. Open to Veterans, caregivers and staff.

Location: Building 104, Specialty Clinic

Day: Monday (Every Week)

Time: 12:00 PM to 3:00 PM

Contact: Judy Ulibarri, 503-220-8262, Ext. 59604

Referral Required: No referral, Veterans welcome to drop-in

Co-Pay: As it applies

### **VETERANS HEALING GARDEN – PORTLAND**

Visit our garden for a peaceful place to relax, view and explore nature, promote healing and more.

Open to Veterans, caregivers and staff.

Location: Garden is located between Portland buildings 100 & 101 on the 1<sup>st</sup> floor near the Specialty clinics.

Contact: Scott Hoffman, Gardener, 503-220-8260, Ext. 57376

### **MIND BODY CLASSES (INCLUDING YOGA, TAI CHI)**

For more information, see [Physical Activity and Exercise section](#).



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## **SPECIAL EVENTS**

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For most current information on Special Events, please visit the [VA Portland Health Care System's event calendar](http://www.portland.va.gov/calendar.asp):  
<http://www.portland.va.gov/calendar.asp>

### **HONORING VETERANS IN THE GARDEN - PORTLAND**

Join us for a patriotic nature activity, garden tours, and more! This is a free event, no registration required.

Location: Portland, Veterans Healing Garden, between buildings 100 & 101 on the 1<sup>st</sup> floor near the Specialty Clinics

Date: Wednesday, November 9, 2016

Time: 10:00 AM to 12:00 PM

### **CANCER SUPPORT GROUP: FOOD AS MEDICINE -PORTLAND FOR VETERANS AND CAREGIVERS**

Join us for a lively cooking demonstration by our guest chef who will discuss the healing properties of food and healthy fats and gaining weight healthfully post treatment. Be inspired with a delicious, whole-food meal!

Location: Portland, Building 101, Room 109

Date: Quarterly, next program is Thursday December 29, 2016

Time: 10:00 AM to 12:00 PM

Questions? Marcia Long, LCSW, OSW-C, 503-220-8262 ext. 51754

### **EXPERIENCING THE LABYRINTH**

A labyrinth is a single pathway weaving in a circle around a central point. Walking a labyrinth has been used for centuries as a moving meditation. Questions? Judy Ulibarri, 503-220-8262, Ext. 59604

No dates scheduled yet for Fall 2016, but check VA Portland Health Care System special events calendar for updates.

### **CANCER SUPPORT GROUP: SOUND THERAPY - PORTLAND FOR VETERANS AND CAREGIVERS**

This program provides Sound Therapy which assists with relaxation and rehabilitation for those coping with illness.

Location/Date/Time: Group occurs quarterly, to be announced

Questions? Marcia Long, LCSW, OSW-C, 503-220-8262 ext. 51754



## **UNSUNG HEROES FAMILY CAREGIVER CONFERENCE**

Free annual conference held for Caregivers of Veterans of all eras, featuring speakers, opportunities to connect with other Caregivers and to engage in self-care practices.

Location: Vancouver VA Campus

Date: November 18<sup>th</sup>, 2016

Time: 9:00 AM to 3:00 PM

Questions or to RSVP: Please call 503-273-5210 by November 7m 2016.



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## DIRECTIONS

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**[ONLINE, CLICK HERE FOR LINK TO COMMUNITY CLINIC DIRECTORY](#)** Includes directions and general facility contact.

Or visit: <http://www.portland.va.gov/locations/directions>



For immediate access to Veteran health education resources, please visit,  
<http://www.veteranshealthlibrary.com> :



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