**Lincoln’s Promise**
*(VA Mission)*
“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
- New imaging center - Vancouver
- VA Portland surpasses 73k vaccinations
- Virtual Care
- Digital Divide
- Acupressure
- Whole Health & Nutrition Classes
- VA Farms Programs
- VA Creative Arts Festival
- Connect with VA Portland

For **VAPORHCS Events and Classes**—go to the VAPORHCS Web page...

[www.portland.va.gov/calendar.asp](http://www.portland.va.gov/calendar.asp)

---

**Memorial Day is formally known as Decoration Day. A day that memorialized Union and Confederate soldiers who perished during the American Civil War. Eventually, the days’ celebration progressed to honor all American service members, who lost their lives while in military service.**

As we reflect on the purpose of this holiday, we should not only mourn, but also be inspired from their acts of bravery. Throughout history American military members, such as myself, have enlisted to join arms to fight for the freedoms of mankind to preserve justice and peace.

No matter which branch of service or place of birth, they fearlessly fought in battles like the Korean War. This battle resulted in many lives that were lost. In Oregon and Washington, alone... there were over 750 US. Military casualties during the Korean War.

In commemoration of each life that was sacrificed, we must also pay homage to all branches of the armed forces for providing a community of service for brave men and women to display countless acts of duty, honor and commitment to our country.

American service members defend the country that they know and love. Their sacrifices are not in vain, and that is why we rise in their honor and continue fighting for liberty and justice for all.

General Douglas MacArthur who led the United Nations in the Korean war said it best, “No man is entitled to the blessings of freedom unless he be vigilant in its preservation.”

- General Douglas MacArthur

As we display the American flag in all of its red white and blue glory, in honor of General MacArthur and the others; let us also remember those who have fought every day over the course of the last year right here on American soil.

They are the essential personnel—healthcare workers, current military employees, delivery drivers, grocery store employees, government employees and their families. Day in and day out, we have been in an ongoing battle for liberties, freedom, and justice.

And through this fight, we will again become victorious. As American people no matter the adversity, we are fighters, we are ingenious, and we are patriotic.

I salute to the American Flag with duty, honor and commitment in remembrance of fellow Military service heroes that led the way.

Darwin Goodspeed
New Vancouver Outpatient Imaging Center (VOICE) under construction

Members of the VA Portland Imaging team along with the Facility Management Services project manager took time on May 20, 2021, for a brief ground-breaking event on the Vancouver VA campus for the new Vancouver Outpatient Imaging Center (VOICE).

The current VOICE, located west of building 11 “F” wing and adjacent to where the new site will be, opened in May 2018. The facility was constructed as a direct result of feedback from our Veterans requesting easier access to imaging services. This temporary ambulatory outpatient imaging center provides computed tomography (CT), magnetic resonance imaging (MRI), ultrasound, and fluoroscopy for the first time on the Vancouver VA campus. The new, permanent VOICE will include all the equipment in the temporary one plus a second 3.0T MRI scanner, a second Ultrasound machine, and a second fluoroscopy room with more room to allow higher patient capacity and improved handicap access.

Construction is expected to last until about August 2022.

More information about VA Portland Imaging Service is located on the web at www.portland.va.gov/services/Imaging_Service.asp

-VAPORHCS-
VA Portland Surpasses 73,000 COVID Vaccinations
vaccinating ALL Veterans, their spouses & caregivers

VA Portland Health Care System has been administering COVID-19 vaccinations across its healthcare system since December 2020 and now has given more than 73,000 doses to more than 28,000 Oregonians and approximately 9,000 Washingtonians. This includes Veterans, their spouses and caregivers, VA staff, and Department of Homeland Security employees.

The healthcare system has been running two mass-vaccination clinics at the Portland VA Medical Center auditorium and at the Vancouver VA campus gym with the ability to give more than 1,500 vaccinations per day. In addition, VA Portland has hosted smaller vaccination clinics at its outpatient clinics and has held ‘pop-up’ vaccination events across its 26-county, two-state area of operations to reach rural-area Veterans.

VA Portland continues to give vaccinations on a walk-in basis and by appointment at multiple locations. Eligible people can call (503) 273-5100 Monday–Friday 8 a.m.–4 p.m. to get scheduled. All the COVID vaccination details are at www.portland.va.gov. As demand for vaccinations decline, the healthcare system will continue to transition to smaller scale vaccination operations, but availability will continue on a regular basis.

The SAVE LIVES Act, signed into law on March 24, authorized VA Portland to give vaccinations to all Veterans, their spouses and caregivers. VA Portland will continue to do so and will adjust the eligibility as the congressional authority / law allows.

WWII Army Veteran George Kent getting his 2nd COVID vaccination at Portland VA Medical Center on January 29, 2021.

George was an engineer and served time in the Philippines during the war making maps of Japan for the planned invasion. George turned 100 years young in March 2021.
VA Portland increases availability of telehealth services through launch of Digital Divide Consult

VA Portland Health Care System has expanded opportunities for Veterans enrolled in the VA health care system to access their care by telehealth through the launch of its Digital Divide Consult and continued partnerships with private-sector companies facilitated by the VA's Secretary's Center for Strategic Partnerships.

This effort is to ensure all Veterans, regardless of where they live, have convenient access to VA care and these initiatives do just that.

"During the pandemic, VA’s telehealth services have been of critical importance, enhancing options for Veterans in Oregon and southwest Washington to connect with the high-quality care they deserve," said Darwin Goodspeed, VA Portland Health Care System Director. "VA’s Digital Divide Consult assists qualifying Veterans who do not have the internet or technology needed to access telehealth services from home by loaning them internet-connected devices or helping them apply for federal subsidies for their needed technology."

Since October 2020, VA Portland has conducted more than 89,000 video telehealth visits into Veterans’ homes with over 21,000 Veterans, which is over 27% of the Veterans VA Portland serves. Nationally, VA regularly provides over 41,000 video telehealth visits into Veterans’ homes on a typical single business day, exceeding the number of visits VA previously offered over an entire month.

"VVC allows Veterans to see their Doctor or VA Provider from the comfort of their own home," said Dr. Joanne P. Parker, MD. Clinical Practice Manager for the Vancouver VA Primary Care Clinic. "No driving, no parking hassles, or waiting room delay. Loved ones can join them if needed. It’s convenient, safe and comfortable."

Visit VA Video Connect at the VA App Store and VA Office of Connected Care for information about VA telehealth. Veterans interested in scheduling a telehealth visit, in need of assistance with technology and connectivity or interested in a Digital Divide Consult should talk to their VA healthcare team.

Dr. Joanne P. Parker, MD. Clinical Practice Manager for the Vancouver VA Primary Care Clinic, demonstrates one of VA virtual care modalities from her office in Vancouver, Washington.
Living with low back pain can affect every aspect of your daily life, and it is a common complaint among Veterans and the general population. Research shows that movement is essential for reducing most low back pain and can be the key to recovery. But how does one get over that it can be difficult to move when it hurts?!

See this video on ways to help you.

Headaches can be a real, well, headache! When one comes along, we either try to muscle through it or we go to our trusty pain reliever. But, what if there was a different way to manage headaches? Would you give it a try? Acupressure can be useful for all types of headaches, including tension headaches, sinus headaches and migraines.

See this video on ways to help you.
Did you know staying active can help prevent and treat dozens of diseases, such as diabetes, high blood pressure, and obesity?

Explore resources and tools offered to help you mindfully move your body, set sustainable goals, and be successful.

VA Portland Classes...

Take a gander and see what might be right for you on these VA Portland web pages...

Active Movement Classes
Nutrition Classes
Weight Management Classes / Resources
VA Portland MOVE Program

-VAPORHCS-
For 2021, try participating in one of the MANY virtual VA Portland nutrition classes!

Your VA Portland dietitians are offering many nutrition classes designed to help you achieve your health goals via [VA Video Connect](#) (VVC).

- VA Video Connect makes VA health care more convenient for you and other Veterans and caregivers.
- VA Video Connect enables you to quickly and easily meet with your VA care team through secure and private videoconferencing sessions.
- You can attend nutrition classes in a virtual medical room using the camera on your phone, computer, or tablet.
- There are NO Co-Pays for VVC appointments.

Registered dietitians are available to meet with you to discuss nutrition concerns:

- **Contact**: Nutrition Scheduling (503) 273-5112 - You can self-refer to these classes, but an appointment is required.
- **Or Consult**: Contact your provider or care team and ask them to enter a consult to schedule into the group.
**Horticulture 101**
This general class teaches a variety of horticulture and agriculture topics at a broad, introductory level. Topics are new each week.

**What:** Virtual meeting using VA Video Connect (VVC).
**Where:** Sign into VVC online, join us from anywhere!
**When:** Monday, 1:00pm-2:00pm (ongoing)

---

**Vegetable Production**
While working in the gardens with VA FARMS staff, learn about soil health; water and fertilizer use for high yields; disease, insect, & weed management; and PNW regional gardening tips. Bring vegetables home with you!

**What:** In-person in the gardens
**Where:** VA FARMS garden at the Vancouver VA campus
**When:** Tuesday, 10:30am-12:00pm (Starting May 18, ending July 20)

---

**Greenhouse Production**
Start seeds indoors at home in your own mini greenhouse; grow, maintain, and transplant your seedlings outdoors. Manage common seedling problems and diseases; learn lighting, temp, and watering techniques

**What:** Virtual meeting using VA Video Connect (VVC).
**Where:** Sign into VVC online, join us from anywhere!
**When:** Tuesday, 1:00pm-2:00pm (starting June 1, ending August 3)

*Special Considerations: A greenhouse starter kit will be provided to participants who commit to attend the full 10-weeks of class. Supplies are for use during class time and specifically utilized during the subject that is taught each week. Consistent class participation is expected, as each weekly class builds from the previous week.*

---

**Hive Dive**
Care and maintain for beehives to promote a healthy honey harvest. Learn all about bees and hives from OSU Master Beekeepers: learn how to properly interact with the bees, care for the hives, and learn how you could become a beekeeper yourself! Safety gear is provided.

**What:** In-person meeting
**Where:** VA FARMS garden at the Vancouver VA campus
**When:** Thursday, 11:00-12:00pm (starting May 20, and ongoing)

*Special considerations: Medical Clearance from a provider is required to verify the absence of any bee allergy*

---

**General Gardening and Landscape Maintenance**
VA FARMS maintains several gardens with a variety of crops and flowers. Learn necessary skills while tending the gardens! Get to know other veterans while sharing a common hobby!

**What:** In-person meetings. Work with VA FARMS staff, one-to-one, or in small groups with other like-minded veterans
**Where/When:**
--VA FARMS garden at the Vancouver VA campus, Tuesdays 9am-10am; Fridays 1pm-3pm
--VA FARMS garden at the Park Cleone Veterans Garden in Fairview, Fridays 9am-11am

---

**Live Whole Health.**

---

**GET INVOLVED WITH VA FARMS!**
**PLEASE EMAIL BRENDA.TAYLOR2@VA.GOV**
**CALL OR TEXT 503-853-0088**
VA Portland Recreation Therapy presents...

Who: Veterans with a creative flair for visual or performing arts.

What: The Competition

Across the country each year, Veterans enrolled at VA compete in a local creative arts competition. The competition includes many categories that range from oil painting to leatherwork to paint-by-number kits; there are categories in writing; performing arts of dance, drama, and music.

Local first-place winning entries advance to a national judging process and first, second, and third place entries in each category are determined. Selected gold-medal-winning Veterans are invited to attend the National Veterans Creative Arts Festival hosted by a different VA facility each year.

When: Local competition **deadline is 5 p.m., Sept. 3, 2021**

Where: TBD, contact information below for more information

How: Contact [Debra.Vourlas@va.gov](mailto:Debra.Vourlas@va.gov) or 503-220-8262, ext. 33002
Sign up to get email alerts on all things VA Portland!

- COVID Vaccine updates
- Emergency Notifications
- News & Announcements
- Customize to get ANYTHING VA

Go to the VAPORHCS main web page
And click
“CONNECT WITH VA PORTLAND HEALTH CARE SYSTEM”

Subscribe to Receive Email Updates

Email Address