



Truman VA BULLETIN

March 23, 2007

WELCOME

Mark Bruce, Vocational Rehabilitation Specialist (BH)
William Burns, Medical Supply Technician (PS)
Wilfred Davis, Autopsy Assistant (CS)
Ronnie Hickem, Medical Supply Technician (PS)
Jack Pestle, Sales Clerk (Canteen)
Gary Uhrich, Housekeeping Aid (FM)
Carmen Vroman, Social Worker (BH)
Russell Wilson, Medical Support Assistant (SC)

FAREWELL

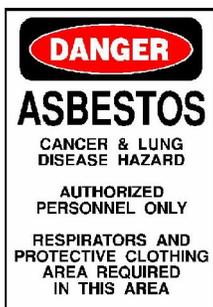
Lecel Combs, Pharmacist (Pharmacy)
Mina Hayes, LPN (PS)

VOLUNTARY LEAVE TRANSFER

Mary I. Boese (Pharmacy) and **Terry Sutton** (BUS) have been approved for the Voluntary Leave Transfer Program. Contact **Lena Warren** (HR) at extension 56397 for information.

ANNUAL AHERA NOTIFICATION

Under [VHA Handbook 7700.1](#), Truman Memorial VA is required to annually notify all employees and employee representatives of the availability and location of the Asbestos Management Plan. The notification includes any post-response action activities, including periodic re-inspection and surveillance activities that are planned or are in progress.



In the past year, the Asbestos Hazard Emergency Response Act (AHERA) included (1) the conduct of the three-year re-inspection survey and (2) one abatement project. For FY 2007, planned activities include routine maintenance of building materials and the periodic surveillance of all building materials.

The AHERA management plan is available for review in the Safety Office (located in the Facilities Management modular building) upon request during normal working hours and within five days of request. If you have questions, contact **Marsha Leigh**, Industrial Hygienist at extension 56307.

MOVE! PROGRAM PROMOTES HEALTHIER LIFESTYLES

Veterans are on the MOVE! at VA medical centers, including Truman VA, by taking part in a weight management program designed to help veterans lose weight by increasing their exercise and changing their behavior and diet. The MOVE! program – Managing Overweight Veterans Everywhere! – is a national program designed by the VA National Center for Health Promotion and Disease Prevention to help veterans lose weight, keep it off and improve their overall health. Any Truman VA provider can send a "shape up/shape down" consult when a patient is interested in the local MOVE! group, which meets bi-monthly on the second and fourth Tuesday afternoons.



The MOVE! program is a significant part of the overall HealthierUS Veterans initiative. Veterans and employees can access information about healthier lifestyles at the following Web sites:

<http://www.move.va.gov> and
<http://www.Healthierusveterans.va.gov>

Tips and advice for healthier eating include:

- ⊗ Aim for at least five servings of colorful vegetables or fruits each day
- ⊗ Have three servings of low fat milk, cheese, yogurt or other calcium rich foods
- ⊗ Make half your grains whole grains
- ⊗ Know the limits on fat, salt and sugar
- ⊗ Control calorie intake
- ⊗ Drink water or other low calorie beverages.

Easy ways to increase exercise through day-to-day activities include:

- ⊗ Use the stairs instead of the elevator
- ⊗ Take a walk each day
- ⊗ Park further away from your destination
- ⊗ Stretch while watching television
- ⊗ Move your body every chance you get.



PROGRESS NOTES ON RESTRUCTURING TEAMS

As previously reported and announced at recent Town Hall meetings, five employee teams have been chartered to address restructuring the fourth floor inpatient unit. Those teams – Restructuring Oversight Team, Medicine Bed Team, Surgery Bed Team, Communication Team and Interdisciplinary Team – have been meeting on a regular basis and are working to address the charges and timeframes assigned to them. Here are some highlights of activities to date:

- ☒ *The Restructuring Oversight Team has developed its recommendations for space allocations for two separate inpatient units. Posters depicting these recommendations will be on display in the near future to allow for feedback from interested employees and staff.*
- ☒ *Both the Medicine Bed and Surgery Bed teams are looking at design, staff mix, care delivery model and structure of the restructured units.*
- ☒ *The Interdisciplinary Team began a pilot project with one of the three Medicine Teams. However, because of concerns about the overall impact of all the change anticipated with the restructuring activities, the pilot and the team have been temporarily suspended until a clearer picture of the restructured units emerges.*
- ☒ *The Communications Team is working on plans for multiple avenues of information dissemination for the restructuring efforts. The team is also charged with an overall assessment of organizational communications to determine employees' preferred methods of communication.*

VA: LARGEST PROVIDER OF MENTAL HEALTH SERVICES

As more newly returned combat veterans turn to the Department of Veterans Affairs (VA) for health care, VA continues to enhance services that will provide them with world-class care, including mental health care. With an annual budget of nearly \$3 billion for mental health services, VA is the country's largest provider of mental health care. VA employs more than 9,000 front-line mental health professionals – psychiatrists, psychologists and social workers – up more than 15 percent from 2003.

Mental health services are provided at each of VA's 154 medical centers and nearly 900 community-based outpatient clinics. Each medical center has a Post Traumatic Stress Disorder (PTSD) Clinical Team or a specialist that focuses on treatment of PTSD. VA is a world leader in treatment and research concerning PTSD. The VA National Center for PTSD is internationally recognized for its research into PTSD, other combat-related mental health issues and non-combat mental health trauma.

A key component of VA's mental health program are the 209 community-based Vet Centers that provide PTSD counseling and mental health screening, along with help for family members dealing with bereavement and loved

ones with PTSD. At the Vet Centers, VA has hired 100 veterans of the Global War on Terror to provide outreach to other newly returned veterans. This outreach effort includes maintaining contact with local National Guard and reserve units. VA plans to open 23 additional Vet Centers within the next two years.

ESCORT OFFICE RELOCATED

The volunteer Escort Office has been relocated to room A-306. The telephone number has not changed.

Dear Director:

It does this old heart of mine a real boost to write this kind of letter. After hearing and reading the reports about Walter Reed, I'm sure glad I'm from "The Heartland." I have been going to your hospital for some twelve or more years now. You have seen me through prostate cancer, surgery on my intestines and skin grafts for cancer.

I wish to thank you and, especially, your fine staff for all they have done for me. Your staff members have always been attentive to my needs and have made me feel welcome at your hospital. It's nice to know that someone cares.

œ

Dear Director:

First let me position the basis of my comments. I have lived a privileged life. I have always had access to the very best medical care available in America. This includes the availability of a personal physician and excellent civilian health care plans. I know what excellent health care is!

About a year ago, I was enrolled in the VA health care system at your facility. During this period, everyone at the hospital has consistently exceeded my expectations. I consider the care I have received to be the very best I have ever received. It exceeds that which I have received at civilian care facilities and by civilian care providers. I believe I owe the staff at Truman VA my highest praise. They have certainly earned it! They are committed, helpful, friendly and willing to listen and take action based upon my concerns. As the President and his administration search for facilities that are not providing an acceptable level of veteran care, they would find that Truman VA is consistently providing services that are at the other end of the spectrum. They are doing an amazingly good job in serving veterans. I am constantly impressed with the whole experience I have had at the Columbia hospital. My hat is off to these great folks!

sc

ENJOY YOUR FREEDOM? THANK A VETERAN!