

# TRUMAN VA BULLETIN

Harry S. Truman Memorial Veterans' Hospital — Columbia, Missouri

Volume 2009, Issue 5

March 6, 2009

## GET INVOLVED IN DIVERSITY DAY

The 2009 Diversity Day theme at Truman VA is

**"We Are America."**

America is a nation founded by immigrants. The words of Emma Lazarus are engraved on the Statue of Liberty as follows:

*Give me your tired,  
your poor,*

*Your huddled masses yearning  
to breathe free.*

*The wretched refuse of your  
teeming shore.*

*Send these, the homeless,  
tempest-tossed, to me:*

*I lift my lamp beside the  
golden door.*

As Americans, we are fortunate to live in a free country that embraces and celebrates the diversity of our nation. You can participate in our 2009 Diversity Day event on June 25. In order to celebrate our past, current and future diverse population, and to make our theme of "We Are America" come to life, the EEO Committee is seeking your help. We are seeking volunteers that are willing to speak in their native language, provide cultural music and model costumes or attire from their cultural/ancestral background. To



Statue of Liberty; New York Harbor.

volunteer or for more information, contact **Jeff Kimbro** (HR) at extension 56402. The deadline for volunteers is April 15.

### Inside this issue:

Suicide Prevention	2
Nutrition Month	2
Daylight Savings Time	2
Computer Corner	3
Service Pins	3
Welcome & Farewell	4
Contact Information	4

## DISABILITY EMPLOYMENT INFO UPDATE

Have you updated your disability employment information lately? This information is used to ensure that we are meeting VHA's established hiring goal of two percent for individuals with targeted disabilities. All employees are invited to update their disability employment information by completing a Self

Identification of Medical Disability form (SF-256), which is available on the hospital's home page or in Human Resources (HR). Submit completed forms to HR. Responses are voluntary and the information is kept confidential. It is used only for affirmative employment purposes including indentifying

barriers to hiring, placement and advancement of people with disabilities. Individuals may self-identify at any time during their employment. For more information, contact **Sara Hake**, EEO Program Manager, at extension 56316.

### Take Note:

- Daylight Savings Time begins this Sunday at 2:00 a.m. Remember to "Spring Forward"
- VA's Suicide Prevention Hotline: 1-800-273-TALK

## VA SUICIDE HOTLINE — 2,600 “SAVES”

As the military deals with a record number of suicides among active-duty forces, VA reminds Veterans and their families about an extensive array of services to help Veterans in distress. Since July 2007, VA has operated an around-the-clock suicide prevention hotline that has received about 100,000 calls and has been credited with rescuing more than 2,600 people. The number for VA's suicide prevention hotline is 1-800-273-TALK.

prevention, established suicide prevention coordinators at each medical center and given primary care clinics responsibility for mental health screening. New requests or referrals for mental health appointments receive a preliminary evaluation within 24 hours and a comprehensive evaluation within 14 days. Emergency cases are dealt with immediately.



VA operates the largest mental health program in the country, with special efforts in each VA medical center and outpatient clinic to identify and treat at-risk patients. In addition to the suicide prevention hotline, VA has given all medical personnel training in suicide

## NATIONAL NUTRITION MONTH

March is National Nutrition Month. Stop by the information table in the lobby from 11:30 a.m. to 1:00 p.m. on Wednesday, March 11, to pick up information on eating healthy and staying fit. Take advantage of this event to get information and speak with a dietitian.



### RELATED WEB SITES:

The Food Pyramid  
<http://mypyramid.gov>

American Dietetic Association  
<http://www.eatright.org>

## DAYLIGHT SAVINGS TIME



Don't forget to "spring forward" when Daylight Savings Time begins on Sunday, March 8 at 2:00 a.m. CT.

### Voluntary Leave Transfer Program

**Vicki Maness** (PC) has been approved for the Voluntary Leave Transfer Program. Contact **Lena Warren** (HR) for information.

# O I & T COMPUTER CORNER

## *Limerick For Deleting A Single Text Message From A VA Pager*

Frustrated with trying to remember the series of steps to delete one message from your VA pager?

Try this Limerick: 1 - 2 - 2 - 1 - 2

Imagine the *Function Button* as number 1, the *Select Button* as number 2 and the *Read Button* as number 3.

Press the *Select Button* to highlight the message you want to delete and then press the *Read Button*.

Press the *Function Button* (1) once, the *Select Button* (2) twice, the *Function Button* (1) once and then the *Select Button* (2) once.

There you have it: 1 - 2 - 2 - 1 - 2.

## *Limerick For Deleting All Text Messages From A VA Pager At Once*

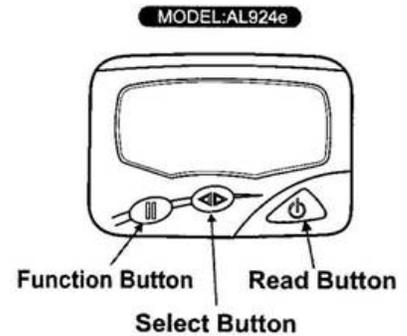
Try this Limerick: 1 - 2 - 1 - 2

Imagine the *Function Button* as number 1, the *Select Button* as number 2 and the *Read Button* as number 3.

To delete all messages at once: If the pager's display screen is blank, press the *Read Button* to 'wake it up'.

Press the *Function Button* (1) once, the *Select Button* (2) once, the *Function Button* (1) once and then the *Select Button* (2) once.

There you have it: 1 - 2 - 1 - 2.



## MARCH SERVICE PIN RECIPIENTS

### 35-Years

**Lea A. Foster**, Education Program Specialist (LOS)

### 25-Years

**George L. Kovacs**, LPN (PS)

### 20-Years

**William K. Dickinson, RPh**, Pharmacist (Pharmacy)

**Velma L. McMillan**, Dental Assistant (SC)

**Wade P. Park**, Health Systems Specialist (COS)

**Michelle M. Wallenmeyer**, Medical Records Technician (HAS)

### 15-Years

**Kathryn J. Burks, PhD**, Designated Learning Officer (LOS)

### 10-Years

**Stephanie A. DeVore**, LPN (PC)

**Henri M. Jefferson**, Housekeeping Aid (FM)

### 5-Years

**Ann R. Beasley, RN**, Staff Nurse (PS)

**Ashley M. Forbis**, Accounts Receivable Technician (FIN)

**Lori A. Montague, RNP**, Nurse Practitioner (PC)

**Susan L. Tremblay, RN**, Staff Nurse (PS)

**Mary L. Whaley**, Supervisory Medical Records Technician (HAS)

## DEPARTMENT OF VETERANS' AFFAIRS

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On the web: <http://www.columbiamo.va.gov>



## TRUMAN VA EMPLOYEES SUPPORT CHAMBER CAREER DAYS

The Education Committee of the Columbia Chamber of Commerce sponsored "Career Days" in February at all three middle schools in the Columbia Public School District. Several Truman VA employees participated in the annual event in which brief informative presentations about various careers in six different career paths, including health services, were presented to 7<sup>th</sup> grade students at Gentry, Lange and Smithton Middle Schools. Truman VA employees that participated included **Tina Armstrong**, Nurse; **Larry Brady**, Vocational Rehabilitation Counselor; **Dawn Brooks**, Laboratory Technologist; **Tiffany Colvin**, Laboratory Technologist; **Josey Erickson**, Audiologist; **Stephen Gaither**, Public Affairs; **Carla Hansel**, Pharmacist; **Julie Heese**, Social Worker; **Kim Hickey**, Occupational Therapist; **Laura Jacobs**, Audiologist; **Veronica Ramnarine**, Social Worker; **Bob Van Arsdale**, Pharmacist; **Melissa Vansteenburgh**, Social Worker; and **Paula Williams**, Nurse. More than 75 individuals from the community participated in the three "Career Days."

## WELCOME AND FAREWELL

### WELCOME

**Lance Fuller**,  
Medical Instrument Technician (SC)

**Raymond Marsh**,  
Staff Engineer (FM)

**Lori Smith, RN**,  
Staff Nurse (PS)

### FAREWELL

**Jessica Anderson, RN**,  
Staff Nurse (PC)

**Shelia Berry**,  
Nursing Assistant (PS)

**Andrew Cummins**,  
Pharmacy Technician (Pharmacy)

**Preonica Gray**  
Medical Supply Aid (PS)

**DeAngelo Huffman**  
Cook (Canteen)

**Geraldine Ikerd, LPN**  
(PS)

**Joseph Montie, MD**,  
Staff Physician (SC)

**Jennifer Nold**,  
Telephone Operator (HAS)

### *Thank You*

Thanks to everyone who supported me through donations of furniture, money, household items, cards, hugs and prayers after my family lost our home in a fire. Thank you doesn't convey the depth of my gratitude, but I wanted to say it again. I trust that you will know how glad I am to be your friend, co-worker and fellow member of the VA family. May God bless each of you!

*Connie Riker*