

VETERANS'

healthy living

**Veterans Honored with
Trip of a Lifetime**

**Togus Marks
150 Years**



**Living
Healthy
in 2017**



**VA
HEALTH
CARE**

Defining
EXCELLENCE
in the 21st Century



A Message from the Network Director

*Michael Mayo-Smith, MD, MPH
Network Director*

Dear Veterans,

A New Year is upon us! It's a great time to reflect on the joyous events that took place in the past year, and look to new opportunities that await.

One way to start the year off on the right foot is to think about ways to make healthy changes in your life. Read on pages 4 and 5 about the VA's Healthy Living Messages, and the different programs that are available throughout the VA New England Healthcare System to help you reach your goals! And, read on page 6 about the various screenings and vaccines you may need this year.

We are greatly indebted to Veterans across the country for their service during the various wars and conflicts throughout the last 80 years. Read more on page 3 about how Veterans from World War II and the Korean War are getting the praise and recognition they deserve for sacrificing so much to ensure our freedom.

Stand Downs are another way we show our support for Veterans through every stage of life. Read on page 7 about how these events reach at-risk Veterans to make sure they have access to the best health care and support services.

2016 was also a historic year for our VA Maine Healthcare System-Togus hospital. It celebrated its 150th birthday, making it the oldest VA healthcare facility in the nation! Read on page 7 more about how this remarkable hospital continues to this day to provide the best care for Veterans.

Thank you for your service. Now let us serve you!

Michael Mayo-Smith, MD, MPH
Network Director



Veterans' Healthy Living EDITORIAL BOARD

Maureen Heard
VISN 1 Chief Communications
Officer / Public Affairs Officer

Carol Sobel
VISN 1 Public Affairs Specialist

WEBSITE: www.newengland.va.gov

Veterans' Healthy Living is published as a patient education service by VA New England Healthcare System. The publication is intended to provide information to help you maintain good health and learn about the many health services available through VA. This publication is not intended as a substitute for professional medical advice, which should be obtained from your VA health care provider. All articles may be reproduced for educational purposes.

ON THE COVER:

Veteran James Macriganis from New Hampshire beams brightly as he prepares to board for the October 16 Honor Flight. Macriganis served in World War II as a Tech Sergeant in the Army. He served in the New Guinea campaign, helping in the liberation of the Philippine Islands from Japanese occupation. Photo courtesy of Honor Flight New England.



Honor Flights Give Thanks, Show Respect



Photo courtesy of Honor Flight New England.

Veterans taking part in the October 16 New England Honor Flight pose on the National Mall in Washington, D.C. A total of 24 World War II and Korean War Veterans participated in the event. They visited the WWII, Korean, Lincoln, Vietnam, Navy, Iwo Jima and Air Force Memorials. They also watched the Changing of the Guard at Arlington Cemetery.

Throughout the last century, Veterans have given so much to defend their country and secure freedom for coming generations. So to give back to all those that have served, Honor Flight New England celebrates Veterans through a trip-of-a-lifetime to Washington, D.C. For one day, they are treated to sight-seeing at national monuments, police escorts, and a show of gratitude from many people for all they have done.

Honor Flights take place across the country. Since they began in 2005, they have flown over 159,000 Veterans from hubs in 43 states.

"It's an opportunity for America to show their appreciation to the World War II, Korea and terminally ill Vets," says Honor Flight New England founder, Joseph Byron. For those that are chosen, they say the trip is something they'll never forget.

"It was the most fabulous moment of my life," said Veteran

Harvey Frederick. "They treat us so good." Frederick participated in the October 16 trip from Baltimore, Maryland.

Frederick served during the Korean War as a medic. He eventually served in a mobile army surgical hospital, or MASH unit, helping soldiers who had been wounded on the battlefield. He was discharged in 1953 as a corporal. He went on to work in the Department of Defense during the Cold War.

During each Honor Flight, the Veterans participate in "Mail Call" upon arriving in Washington, D.C. Friends, family, and fellow Veterans write letters telling them how much they appreciate their service. It is one of the highlights of the trip.

Byron says these trips give Veterans the chance to open up to those that understand just what they went through. "It's life changing for all of us. Just to be with these heroes is an incredible honor," said Byron.

Veteran Celebrates Life on Honor Flight

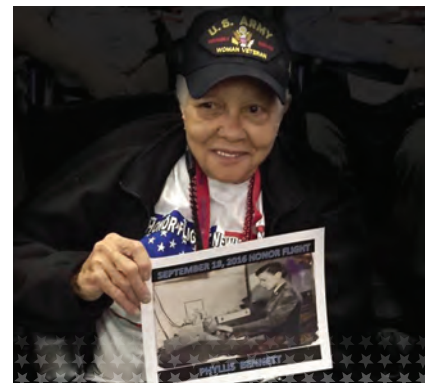


Photo courtesy of Honor Flight New England.

Veteran Phyllis Bennett is an adventurer, who spent much of her life travelling as a military photographer. So, when she had a chance to set off on another adventure with Honor Flight New England, she took it.

Bennett served during the Korean War era from 1950-1956. She had developed an interest in photography from an early age, so when she enlisted in the Army, she naturally gravitated toward war photography. She was stationed in Germany for much of her military career, taking photos wherever she went with her Polaroid camera.

When it was her turn to go on an Honor Flight, Bennett said she was "shocked" the day she received the call. She especially loved visiting the Women's Memorial, where she found her name in the records.

"It was something I'll remember for the rest of my life. It was really an honor to be on the Honor Flight," said Bennett.



9 Ways to Be Healthy this Year

This is a great time of year when we celebrate new beginnings and clean slates. What a good time to also make some healthy living changes. The Veterans Health Administration has introduced nine "Healthy Living Messages" for improving health and having a vibrant life. The New England VA Healthcare system offers classes and programs to help you succeed in each of these areas. Talk to your health care team about what's available to you.



Be Involved in Your Health Care:

Partner with your health care team to find the best treatment for you. Use online resources, like My HealthVet (www.myhealth.va.gov) and www.veteranshealthlibrary.org, to help manage your health issues.



Be Tobacco-free:

Quitting tobacco is one of the healthiest things you can do. Ask about your VA facility's Tobacco-Free Program or visit www.smokefree.gov/VET.



Eat Wisely:

Eating healthier starts with adding a wide variety of foods to your diet. Through the Bedford VAMC's Healthy Teaching Kitchen course, Veterans learn how to prepare simple, low-cost, nutritious meals while encouraging healthy eating habits. Call 781-687-3209 to sign up.



Be Physically Active:

Regular physical activity (30 minutes a day) strengthens your body and decreases risks for many health issues. The VA Central Western Massachusetts' Back to Boot Camp helps those suffering from chronic back pain, improve core strength, become more flexible and increase cardiovascular health. You need a referral from your primary care doctor and must be evaluated before you can participate. Call 413-582-3034 to learn more.

Veterans Find Relief with Yoga



Strive for a Healthy Weight:

Maintaining a healthy weight can help you do more in life. If you're overweight, losing just 5-10% of your weight can lower your risks for issues related to weight gain. Check out the VA's weight management program, *MOVE!*, at www.move.va.gov.



Limit Alcohol:

If you choose to drink, do so in moderation (no more than 1 drink a day for women; no more than 2 drinks a day for men). If you struggle with substance abuse of any form, VA Boston offers a range of treatment programs. Learn more at www.boston.va.gov/services/Substance_Abuse.asp.



Get Recommended Screening Tests and Immunizations:

Vaccines and screening tests help to prevent some serious diseases, or treat conditions early when they're easier to control. See page 6 to learn more about what you may need this year.



Manage Stress:

Don't let stress and anxiety overwhelm you. The VA offers many different programs to help you deal with stress and trauma. The Integrative Restoration Yoga (or iRest) class offered through VA Central Western Massachusetts helps those suffering from past trauma. The class teaches movements to help the body and mind function normally again. Talk to your VA Provider for a referral to the program.



Be Safe:

There are many dangers that we encounter every day. Learn how to keep yourself and your loved ones from harm. The Safing Center is an outpatient clinic of Bedford VAMC. It provides a holistic, recovery-oriented, Veteran-centered approach to help Veterans establish and maintain safety in their relationships. Visit www.bedford.va.gov/services/The_Safing_Center.asp to learn more.



Veterans Don MacLeod, Mike Losos, and Robert Pushee practice yoga moves during their class.

The power of yoga has captivated people throughout the centuries. Now, it's the Veterans of White River Junction that are discovering the healing nature of this ancient tradition.

Two years ago, VA White River Junction started offering yoga as an alternative treatment. Marine Veteran Brianna Renner offered to teach a class. The first day she had three students. Since then, the class has grown to as many as 20 students. A second instructor, Army Veteran Carolyn Brennan, has also come on board. Now, they offer classes on Tuesdays and Thursdays for any Veteran.

"As the VA moves forward with a patient-centered culture with movement towards whole health and alternative therapies, being able to offer yoga to our patients is invaluable," says Karen Campbell, Chief, Voluntary Service, for VA White River Junction Medical Center.

Annual Health Screenings

Do you know what you may need to get this year?

Check out these recommendations from www.prevention.va.gov/index.asp. Then, talk to your health care team about what screenings and vaccines you need.

SCREENING TEST OR EXAM	Recommendation	Date Given
Blood cholesterol: LDL (bad) – cholesterol HDL (good) – cholesterol Triglycerides	Every 5 years: Men age 35 and older. Women age 20 and older, discuss with your provider.	
Colon cancer screening	Age 50–75. How often tests are done will be decided by your provider.	
Depression	Yearly	
High blood pressure	Every 2 years	
HIV infection	Once	
Tobacco	Every visit if 18 & older & using tobacco. Yearly if 18 & older & not a tobacco user.	
FOR MEN		
Prostate cancer	Talk with your provider.	
Abdominal aortic aneurysm	Recommended for some, age 65–75.	
Sexually Transmitted Infections	Talk with your provider.	
FOR WOMEN		
Cervical cancer	Pap test — Every 3 years (age 21–29). Every 3 to 5 years (age 30–65).	
Sexually Transmitted Infections	Talk with your provider.	
Osteoporosis	One time, age 65 and older.	
Breast cancer for women not at high risk	Every 2 years age 50–74. Ages 40–49 discuss with your provider.	
VACCINES		
Influenza (Flu)	Every year	
Tdap (Tetanus and diphtheria)	Booster every 10 years	
Zoster (Shingles)	Once at age 60 and older	
Pneumonia	Age 65 and older – one dose PCV13 and one dose PPSV23	

Talk with your health care team about screenings for Hepatitis B and C, PTSD, substance use, overweight and obesity, military sexual trauma and diabetes. Visit www.prevention.va.gov/index.asp for the full screening schedule.

Around VISN 1



A Veteran is greeted during the "Vietnam Veteran Recognition and Welcome Home" pinning ceremony at the 1st Annual "Rev it Up for Heroes" Car Show through the Manchester VAMC. The Sept. 17 ceremony welcomed home and showed appreciation for 74 Vietnam Veterans and their loved ones.



The Drum Alarm Company Color Guard performed on September 25, 2016, at the Vettes to Vets event at Bedford VAMC.



John McIntear, US Navy Veteran and Manchester VA Employee, sorts through food donated for the Feds Feed Families Drive through the Manchester VA Medical Center on Sept. 30. In 2016, the Manchester VA Medical Center and the NH Food Bank donated food equaling 8,579 meals! Next to John is Christy DeWitte, US Army Veteran and Manchester VA Medical Center Employee and Danielle Ocker, Director, Manchester VA Medical Center.

Stand Downs Reach At-risk Veterans



Vietnam Veterans "form ranks" to receive 50-year Commemoration Pin of start of Vietnam War at the VA Central Western Massachusetts Healthcare System's Stand Down in Springfield, Mass. on Sept. 30, 2016.

In the fight to end Veteran homelessness, and to ensure that each Veteran has access to adequate care, VA hospitals from around the country organize "Stand Down" events. These one- to three-day events provide supplies and services to homeless Veterans, such as food, shelter, clothing, health screenings and Social Security benefits counseling. Veterans can also get information and referrals for other assistance, such as health care, housing, employment, and mental health counseling.

In 2016, VA campuses throughout New England held Stand Down events. Bedford held two Stand Downs in June and November. Tim Driscoll, Healthcare for Homeless Veterans Program

Manager and one of the organizers, said the events were great for Veterans and volunteers. But, he noticed a slight drop in attendance, which may be a good thing.

"It's a result of all the outreach that occurs throughout the year," said Driscoll. He said Stand Downs were once one of the only ways they had to reach homeless or at-risk Veterans. Increased support from the VA Central Office has helped them beef up their outreach to at-risk Veterans throughout the year.

To see where the next Stand Down is happening in your area, visit www.va.gov/homeless/events.asp.

Togus Marks 150 Years



What began as the Togus Springs hotel just after the Civil War, has become the nation's oldest Veterans Affairs facility. The VA Maine Healthcare System-Togus celebrated 150 years on Nov. 10, 2016.

The last piece of legislation President Lincoln signed before his assassination was to create the first facility within the National Asylum for Disabled Volunteer Soldiers at the Togus Springs site in 1866. Today, it serves about 42,000 of Maine's nearly 130,000 Veterans. On Sept. 17, 2016, the Togus facility celebrated this milestone with a day of events; a parade, several guest speakers, including VA Secretary Robert McDonald, and a Civil War re-enactment.

"As the first facility in what would become the nation's largest integrated healthcare system, Togus' role in the evolution of health care for America's Veterans is an important one," said Togus Director, Ryan Lilly.



VETERANS'

healthy living

VISN 1 Communications
Department of Veterans Affairs
200 Springs Road
Bedford, MA 01730

VA MEDICAL CENTERS

CONNECTICUT

VA Connecticut Healthcare System

Newington Campus
555 Willard Avenue
Newington, CT 06111
(860) 666-6951

West Haven Campus
950 Campbell Avenue
West Haven, CT 06516
(203) 932-5711

MAINE

VA Maine Healthcare System

1 VA Center
Augusta, ME 04330
(207) 623-8411
(877) 421-8263

MASSACHUSETTS

Edith Nourse Rogers Memorial Veterans Hosp.
200 Springs Road
Bedford, MA 01730
(781) 687-2000

VA Boston Healthcare System

Brockton Campus
940 Belmont Street
Brockton, MA 02301
(508) 583-4500

Jamaica Plain Campus
150 S. Huntington Avenue
Boston, MA 02130
(617) 232-9500

West Roxbury Campus
1400 VFW Parkway
West Roxbury, MA 02132
(617) 323-7700

VA Central Western MA Healthcare System

421 North Main Street
Leeds, MA 01053
(413) 584-4040

NEW HAMPSHIRE

Manchester VAMC
718 Smyth Road
Manchester, NH 03104
(603) 624-4366
(800) 892-8384

RHODE ISLAND

Providence VAMC
830 Chalkstone Avenue
Providence, RI 02908
(401) 273-7100
(866) 590-2976

VERMONT

White River Junction VAMC
215 North Main Street
White River Junction,
VT 05009
(802) 295-9363

COMMUNITY-BASED OUTPATIENT CLINICS

CONNECTICUT

Danbury CBOC
7 Germantown Road
Danbury, CT 06810
(203) 798-8422

New London CBOC
4 Shaw's Cove, Suite 101
New London, CT 06320
(860) 437-3611

Stamford CBOC
Stamford Health System
1275 Summer Street
Stamford, CT 06905
(203) 325-0649

Waterbury CBOC
95 Scovill Street
Waterbury, CT 06706
(203) 465-5292

Willimantic CBOC
1320 Main Street
Tyler Square (next to
Social Security Office)
Willimantic, CT 06226
(860) 450-7583

Winsted CBOC
115 Spencer Street
Winsted, CT 06098
(860) 738-6985

MAINE

Bangor CBOC
35 State Hospital Street
Bangor, ME 04401
(207) 561-3600

Lincoln CBOC
99 River Road
Lincoln, ME 04457
(207) 403-2000

Calais CBOC
50 Union Street
Calais, ME 04619
(207) 904-3700

Caribou CBOC
163 Van Buren Road, Ste. 6
Caribou, ME 04736
(207) 493-3800

Fort Kent CBOC
Medical Office Building
197 East Main St.
Fort Kent, ME 04743
(207) 834-1572

Houlton CBOC

Houlton Regional Hospital
20 Hartford Street
Houlton, ME 04730
(877) 421-8263, ext. 2000

Lewiston/Auburn CBOC
15 Challenger Drive
Lewiston, ME 04240
(207) 623-8411 Ext. 4601
(877) 421-8263 Ext. 4601

Mobile Medical Unit
Main Street
Bingham, ME 04920
(866) 961-9263

Portland CBOC
144 Fore Street
Portland, ME 04101
(207) 771-3500

Rumford CBOC
431 Franklin Street
Rumford, ME 04276
(207) 369-3200

Saco CBOC
655 Main Street
Saco, ME 04072
(207) 294-3100

MASSACHUSETTS

Causeway Street CBOC
251 Causeway Street
Boston, MA 02114
(617) 248-1000

Fitchburg CBOC
Phillip J. Philbin Federal Bldg.
881 Main Street
Fitchburg, MA 01420
(978) 342-9781

Framingham CBOC
61 Lincoln Street, Suite 112
Framingham, MA 01702
(508) 628-0205

Gloucester CBOC
199 Main Street
Gloucester, MA 01930
(978) 282-0676

Greenfield CBOC
143 Munson Street
Greenfield, MA 01301
(413) 773-8428

Haverhill CBOC
108 Merrimack Street
Haverhill, MA 01830
(978) 372-5207

Hyannis CBOC
233 Stevens Street
Hyannis, MA 02601
(508) 771-3190

Lowell CBOC
130 Marshall Road
Lowell, MA 01852
(978) 671-9000

Lynn CBOC
225 Boston Street, Ste. 107
Lynn, MA 01904
(781) 595-9818

Martha's Vineyard Hosp.

One Hospital Road
Oak Bluffs, MA 02557
(508) 771-3190

New Bedford CBOC

175 Elm Street
New Bedford, MA 02740
(508) 994-0217

Pittsfield CBOC
73 Eagle Street
Pittsfield, MA 01201
(413) 499-2672

Plymouth CBOC
116 Long Pond Road
Plymouth, MA 02360
(800) 865-3384

Quincy CBOC
110 West Squantum St.
Quincy, MA 02171
(774)-826-3070

Springfield CBOC
25 Bond Street
Springfield, MA 01104
(413) 731-6000

Worcester CBOC
605 Lincoln Street
Worcester, MA 01605
(508) 856-0104

NEW HAMPSHIRE

Conway CBOC
71 Hobbs Street
Conway, NH 03818
(603) 624-4366, ext. 3199
(800) 892-8384, ext. 3199

Keene CBOC
640 Marlboro Street
Keene, NH 03431
(603) 358-4900

Littleton CBOC
264 Cottage Street
Littleton, NH 03561
(603) 575-6700

Portsmouth CBOC
302 Newmarket Street
Portsmouth, NH 03803
(603) 624-4366, ext. 3199
(800) 892-8384, ext. 3199

Somersworth CBOC

200 Route 108
Somersworth, NH 03878
(603) 624-4366, ext. 3199
(800) 892-8384, ext. 3199

Tilton CBOC

630 Main Street, Ste. 400
Tilton, NH 03276
(603) 624-4366, ext. 3199
(800) 892-8384, ext. 3199

RHODE ISLAND

Middletown CBOC

One Corporate Place
Middletown, RI 02842
(401) 847-6239

VERMONT

Bennington CBOC

186 North Street
Bennington, VT 05201
(802) 440-3300

Brattleboro CBOC

71 GSP Drive
Brattleboro, VT 05301
(802) 251-2200

Burlington Lakeside CBOC

128 Lakeside Ave., Ste. 260
Burlington, VT 05041
(802) 657-7000

Newport CBOC

1734 Crawford Farm Rd.
Newport, VT 05855
(802) 624-2400

Rutland CBOC

232 West St.
Rutland, VT 05701-2850
(802) 772-2300

