VETERANS healthy living







Honoring All Who Served





Message from the Network Director

Ryan Lilly, MPA

Dear Veterans,

At VA New England we put our hearts into everything we do for our Veterans who have given so much for us. This summer was no exception.

VA is dedicated to serving Veterans and their families from every service era. We will never forget the sacrifices of generations of Veterans before us. The Veterans Day Observance in Arlington National Cemetery is one of our nation's most moving tributes to the men and women who have sacrificed for our great country. This year, the commemorative Veterans Day poster that will also serve on the cover of the official program for the Veterans Day Observance was designed by Bedford VA's Teresa Harrington to honor her father, WW2 Veteran James Battcock. Read Teresa's story, as well as excerpts from her father's wartime journal, on pages 4-5. Her winning poster is proudly displayed on our cover.

This summer we improved outreach to Women Veterans at Bedford VAMC, hosted a regional conference to fight Veteran suicide, and further improved the VA experience for our visitors in several locations. Visitors to White River Junction will enjoy enhanced wayfinding to improve their experience with appointments. Others at VA Connecticut will enjoy spiritual support through the newly accredited Chaplain Training Program. Veterans everywhere may someday benefit from a promising new treatment for PTSD (page 6). And of course, we celebrated our wins, including 40 years of Vet Center support. See page 6 for more about how the New Haven Vet Center celebrated 40 years of keeping our promises to our Veterans.

We could not be more proud of our Veterans, staff, and partners.

With thanks for your service,

Ryan Lilly, MPA Network Director



Veterans' Healthy Living EDITORIAL BOARD

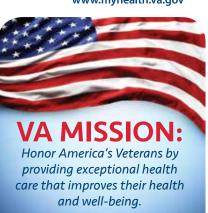
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Women Veteran's Health Fair



Veteran Lillian, 102 years old, enjoys the Women Veteran's Health Fair

Bedford VA Medical Center held their 2nd Annual Women Veterans Health Fair in June. Staff and community partners focused on Whole Health and its importance to a woman's health over the years.

Women Veterans of all service eras were invited to learn about benefits and Whole Health services at VA and within the community. More than 80 vendors participated. Veterans met various vendors and enjoyed activities including Tai Chi, art therapy, acupuncture, chair yoga, equine therapy, and much more.

More than 125 Women Veterans attended, along with many friends and family.

Women have been a powerful force in the military since the Revolutionary War. VA is proud to deliver the care and benefits that these valued service members have earned.

Call the Women Veterans Call Center for information at 855-VA-Women (855-829-6636) or visit womenshealth.va.gov.







Lung Cancer

Awareness

Month

Lung cancer is the deadliest cancer in the United States. However, the most common type can sometimes be cured if found early.

Should I be screened?

You and your health care provider should decide together. Especially if you have these risk factors:

- 55–80 years old, and
- A current or former smoker who quit less than 15 years ago, and
- A smoking history of at least 30 pack-years.
- Exposure to Agent Orange is also a risk for lung cancer.

Possible symptoms

Contact your provider if you notice:

- · New persistent cough
- Change in an existing cough
- · Coughing up blood
- Shortness of breath or chest pain
- Unplanned weight loss

Avoiding cigarettes is the most important thing you can do to lower your risk. If you smoke and need help to quit, talk with your VA health care team and call 1-855-QUIT VET (1-855-784-8838).

Wayfinding Project improves visits



A visitor to White River Junction VA reads the new map

Visitors to White River Junction VA will soon find some pleasant changes. White River Junction began a new project in June to make navigating the medical center easier. The Wayfinding Project uses colors, logos, and themes to help guide visitors.

Instead of being identified by number, each building will be assigned a patriotic or nature theme. Signs, furniture, and wall colors will follow each building's color and design theme. Signs will also be redesigned to be much easier to follow.

The new visual navigation will help visitors recognize where they are and find the right path to their destination. The updates promise relief from the anxiety and frustration we've all experienced getting lost.

Navigating with ease contributes to the customer experience. With the Wayfinding Project, White River Junction has further improved this experience.

Teresa Harrington, Bedford VA, honors her father with winning Veterans Day poster



Teresa Harrington poses with her winning poster and her father's journal, featured on the poster with her brother's dog tags

Each year a commemorative Veterans Day poster is chosen from artist submissions as the cover of the program for the Veterans Day Observance at Arlington National Cemetery. It is also shared with VA facilities and military installations worldwide.

Bedford VA is proud to share that this year's winner is Teresa Harrington, Voluntary Service Activity Assistant at Bedford VA. The theme for the 2019 Veterans Day Poster is Service. For Teresa, nothing speaks more of service than the war time journal of her father. "Every Veteran has a story of service and sacrifice," said Teresa. "I'm lucky that my father recorded some of his story."

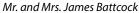
Her father served in the Army and reenlisted in the Navy during WW2. He left his wife and two children to head off to war, uncertain if he would ever see them again. Pictured in this year's Veterans Day poster is the journal he secretly kept in 1944-45 while serving onboard the USS Montpelier, "Mighty Monty."

Titled "Dates and Facts to Remember," his cloth bound diary begins with their journey to Pearl Harbor on October 25, 1944. By November 25, USS Montpelier had joined a task group off Leyte Gulf and fought off numerous attacks, sustaining damage in kamikaze attacks. Some excerpts from his journal read:

"November27 – At 11:30 AM had a strong air attack By The Japs. Four suicide planes dove at our ship, shot three down, one explode 25 yds from port beam. Debris hit ship. And a few men were injured on MT 41.0 and 5MT 410 men were injured."

In August he writes, "still at Okinawa...Suicide Planes in area." Finally, he writes of rumors of peace: "August 19th – No air attacks, looks like the Japs have given up." His family was never far from his thoughts: "August 22 – My wife Birthday. Thinking of home and the kids..."







WW2 Veteran James Battcock, Teresa's father

Battcock had even penned a letter to his five-year-old son prior to one of his deployments:

"My dear son: as I sit here wondering about you and your mother and little baby sister...I want you to know that if anything happens to me that you will be the man of the house. ... There will probably be a question as to why I enlisted in the navy. I enlisted because to my way of thinking when my country is in danger I think it is my duty to help her all I can, and I want you to be proud of me, as I was of my father. I want you to know that wherever I go I will try my best and if it is God's will that I should be taken from my little family, then I will die happy fighting for my country, as I would want my son to do if ever our country is in danger."

That son grew up and joined the Navy and two other brothers joined the Army. One was a Combat Veteran in Vietnam. The dog tags in the Veterans Day poster belonged to one of them.

As Battcock's discharge paper in the poster attests, he did make it home safely and eventually had four more children. It was the baby of the family, Teresa, who honors him today with this Veterans Day poster design. "If my father ever knew his humble journal of service would be featured like this, he would be brimming with pride to be recognized by the country he loved and served," she smiles. "He always told me that someday someone would find it and do something with it."

On Teresa's poster, her father's journal and discharge paper, simply pictured with her brother's dog tags, are watched over by the strong proud Veterans Affairs eagle. VA has been an integral part of Teresa's family ever since she can remember.

In 2002 Teresa came to work at VA as a nursing assistant. She currently works as an Activity Assistant in Voluntary Service. She brings her deep personal understanding of the importance of quality time for Veterans and their families beyond their medical care. She is extremely grateful to the Veterans Day National Committee for selecting her poster, as she states, "Sharing my father's journal with the world is the greatest honor I can give to him." The journal is 23 pages and can be read in its entirety at www. bedford.va.gov/giving/Battcock_ Journal WWII 3.pdf.

Chaplain Training Program earns accreditation



CPE students provide valuable care to Veterans while gaining clinical experience

The VA Connecticut Healthcare System chaplaincy training program received Association for Clinical Pastoral Education (ACPE) accreditation. ACPE is recognized by the Department of Education for providing spiritual care education.

VA Connecticut is now one of only 300 ACPE centers throughout the country to offer chaplaincy training.

Clinical Pastoral Education (CPE) provides students experience in a clinical environment as part of their studies. Students come from many different ethnic and cultural groups as well as various faith traditions.

At VA Connecticut, CPE students serve as chaplains on medical, surgical and intensive care units, and in the medical and psychiatric emergency rooms. Graduates report that the valuable skills they gain as chaplains help form and assist them for careers in ministry.

New Haven Vet | Promising Center 40th anniversary



New Haven Vet Center staff stop for a picture at the open house

On June 18, the New Haven Veteran Center celebrated 40 years of keeping America's promise to its Veterans.

The New Haven Vet Center joined Veterans Health Administration, Readjustment Counseling Service and its 300 Vet Centers as they hosted open houses during the month of June to celebrate the 40th Anniversary of Vet Centers providing readjustment counseling services to Veterans, active duty service members and their families.

The New Haven open house included Agency on Aging of South-Central Connecticut, High Plains Community Center, Work Force Alliance, and Gateway Community College. They were some of many organizations there to inform Veterans about the opportunities available for those that are eligible.

Free meals were provided by Pig Rig BBQ mobile restaurant, which is owned and operated by Army Veteran Daniel Lanigan.

new PTSD treatment



Dr. Noah S. Philip demonstrates theta burst transcranial magnetic stimulation with research assistant Emily Aiken

In June, researchers at Providence VAMC published results of a study that found a possible new treatment for PTSD. The treatment, called theta burst stimulation, is a type of magnetic stimulation of areas of the brain.

In the study, researchers monitored changes in symptoms, depression, and social and occupational function in participants. The good results give hope for a promising new treatment for our Veterans with PTSD. Using MRI, the team is also able to identify participants most likely to improve with iTBS.

The article, "Theta-Burst Transcranial Magnetic Stimulation for Posttraumatic Stress Disorder," was published in the American Journal of Psychiatry in June.

The study was supported by U.S. Department of Veterans Affairs grants, and VA Rehabilitation Research and Development Service's Center for Neurorestoration and Neurotechnology at the Providence VA Medical Center.

Provider Who Served: Peter Lombardo



Peter Lombardo, night Nurse Officer of the Day (NOD) in the ICU at VAMC Providence

Nursing is a noble profession, demanding skill, empathy, selflessness, and the courage to do what others can't. Peter Lombardo's career embodies all the above, and more.

Over the years he's touched many patient's lives around the world in specialties ranging from medical oncology to newborn nursery.

He's left a legacy of healing behind him, sharing his skills and experience with others through leadership roles in education and training, including Fleet Hospital Operations and Training Command (FHOTC), culminating in Head of Education and Training, Naval Health Clinic New England until his retirement in 2007.

In 2008, he joined the staff of VA Medical Center Providence. He wanted to give back at the VA because "I have an understanding of what my fellow Veterans have given to our country and I believe they deserve the best care possible. I think my experience as a Veteran helps me better understand some of the hidden challenges our Veteran patients face."

Peter lives in Connecticut with his wife and two beagles. He is active with his Parish's Scout Troop and Knights of Columbus. On Sundays, he plays trumpet in the choir at St. Mary Church of the Visitation Catholic Church.

Saving Veterans Lives



Ryan Pitts, Medal of Honor Recipient, co-presenting The Road Home

On June 26, leadership from VA New England Healthcare, community providers, Veterans, professors, and faith-based leaders came together to address the Department of Veterans Affairs' number one clinical priority: eliminating suicide among Veterans.

Over 170 participants shared resources, gained insight from combat Veterans and experts, and discussed how to better arm our communities to end suicide among Veterans.

The program included presentations from combat Veterans Richard Barbato, MSW, 82nd Airborne Division, Iraq, Acting Management Analyst, VHA Readjustment Counseling Service, Office of Planning and Policy and Ryan Pitts, Medal of Honor Recipient, 173rd Airborne Brigade Combat Team, Afghanistan, who presented The Road Home: Interdicting Suicide Risk by Strengthening Our Communities. They shared their personal experience with readjustment and loss, and the importance of community connection.

If you are a Veteran, service member, National Guard or Reserve member there is support no matter what you are experiencing. If you are a loved one, family or a friend there is help and guidance for you. Call the Veterans Crisis Line for free confidential support at 800-273-8255 and press 1. You can also text at 838255. For more information and support go to www.veteranscrisisline.net.



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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

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

Lewiston/Auburn CBOC

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Mobile Medical Unit

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

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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

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

Fitchburg CBOC

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Framingham CBOC

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Gloucester CBOC

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

Greenfield CBOC

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

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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.

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

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Keene CBOC

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

Littleton CBOC

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

Portsmouth CBOC

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



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

