

# VETERANS'

*healthy living*

**VBOI Provides "Street MBA"  
to Entrepreneurial  
Veterans**

**Heart Health:**  
*Not a One-and-  
Done Deal*

*HELP is Closer  
Than You Think!*



**VA**  
HEALTH CARE

Defining  
**EXCELLENCE**  
in the 21st Century



# Dear Veterans

## A Message from the Network Director

Michael F. Mayo-Smith, M.D., M.P.H.  
Network Director

I hope you are having a safe and happy summer so far in beautiful New England!

Regardless of the season, our Veterans deserve the very best of care—not just for their physical wounds, but also for those we can't see. So, we included several articles in this issue about programs that help heal Veterans from the inside out.

On page 3, you'll find an interesting piece about the Veteran Business Owners Initiative, which helps Servicemen and women returning home start or manage their own business. This program is having remarkable success helping many Veterans with post-traumatic stress syndrome.

Healing from the inside out is exactly what Dr. John Michael Gaziano describes in the article on page 4, *Heart Health: Not a One-and-Done Deal*. In his practice, he teaches his patients how to manage their disease; in this issue, he shares his advice about how to have a healthy heart and an overall healthier life.

We also included a special salute to our women Veterans on page 6 by providing information about some of the retreats created just for them—where they can go to bond, heal, or simply have fun!

Finally, we want to reach all Veterans, regardless of where they reside. Page 7 explains how we're doing that with our Mobile Vet Centers.

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

Michael F. Mayo-Smith, M.D., M.P.H.  
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](http://www.newengland.va.gov)

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#### On the Cover:

U.S. Marine Veteran Lindsey Bernard of Manchester brushes a Clydesdale horse named Gruffy before riding at Touchstone Farm in Temple on Friday, May 1. (David Lane/Union Leader) - See more at: <http://www.unionleader.com/apps/pbcs.dll/article?AID=%2F20150503%2FNEWS18%2F150509873&template=printart#sthash.FBurgseG.dpuf>



# VBOI Provides “Street MBA” to Entrepreneurial Veterans

*Returning service members may have difficulty finding a job that is a good fit, especially if they face physical and emotional challenges. But the Veteran Business Owners Initiative (VBOI) can help Veterans achieve their ultimate dream job: running a business doing something they love!*



VBOI is an organization of 75 members that assists New England Veterans with starting and running profitable businesses. During the past 10 years, VBOI has been involved with the launch of more than 150 businesses and helped its members borrow over \$2 million in SBA Patriot Express loans from commercial banks.

The organization’s mentors advise members in all stages of business development, including startup issues like creating a business plan and attaining loans as well as improving daily operations. But unlike sitting across from a stranger, these mentors are like-minded Veterans who have truly “been there, done that” and want to see Veterans succeed.

VBOI members participate in the Business Gymnasium, an 18-module educational course that builds small business development skills. Support groups and networking events also boost Veterans’ entrepreneurial efforts by allowing them to establish relationships with other business owners.

- After being injured while serving in the Marine Corps, Michael Fitzgerald worked with VBOI and ultimately became the successful business owner of Driver’s Side Deli on the campus of Universal Technical Institute. He now serves on the Board of Directors for the VBOI.
- LCDR (Ret) Dan Tereshko served 11 years in the Navy as a Special Operations Officer and Explosive Ordnance Disposal Officer. After leaving the service, he decided entrepreneurship was the next logical step, but he had no business experience. Dan discovered the VBOI upon doing an Internet research on franchising opportunities for Veterans and immediately saw the powerful network, support structure and culture that has cultivated so many successful Veteran-owned businesses. He recently closed on an SBA loan and opened in January 2014 in Norwood, MA. Dan serves on the Board of Directors representing the Brockton, MA VBOI group.
- Colonel Andrea Gayle-Bennett (National Guard) graduated VBOI’s Business Gym and plans to open a laundromat in partnership with her husband. She recently was honored at the State Capital and was invited to President Obama’s second Inaugural ceremony.
- Microsoft-certified consultant Gary Tapp (Navy) learned of the VBOI at a Small Business Administration seminar. He feels the Business Gym modules don’t “sugarcoat” information; they realistically present the challenges new businesses face. Gary serves as Chief Financial Officer for VBOI.

Jerry Pinsky, VA Facilitator, accepted the Network Director’s ICARE Award in March 2015 on behalf of the VBOI for working with Veterans to create meaningful self-employment based on their strengths, visions, skills and ambitions. Pinsky said that during the Business Gym, Veterans learn how entrepreneurs think—calling it a ‘street MBA’ of sorts—and the journey seems to relieve

issues like post-traumatic stress disorder. “Entrepreneurship ... is very successful at helping Veterans overcome the trauma that they had in combat,” he said.

Recently, Albert Tansey, a VBOI member, reached more than \$1 million in sales after completing the Business Gym, and recently was awarded the New England Veteran Business Owner of the Year by SBA.

To learn more, log on to [www.veteranbusinessowners.org](http://www.veteranbusinessowners.org) or contact:

Jerry Pinsky, VA Facilitator, at 781-983-3728 or [geraldpinsky70@yahoo.com](mailto:geraldpinsky70@yahoo.com)

Mike Fitzgerald, VBOI President, at 617-413-1956 or [utideli@gmail.com](mailto:utideli@gmail.com)



Dr. John Michael Gaziano is a principal investigator on the Million Veteran Program; the Director of Science for MAVERIC; and an avid teacher, mentor, and author.

# Heart Health: *Not a One-an*

Dr. John Michael Gaziano, a VA Boston Healthcare System cardiologist, is passionate about his work for good reason. “My grandfather died from a heart attack in his 40s,” he says. “My father had the same disease in his 50s, but began exercising and managed his cholesterol and diet. He’s still a practicing physician 20 years later.”

Dr. Gaziano admits that improved technology helps treat heart disease and that some situations require medications or procedures, but he believes patients hold the key to heart health—and good health in general.

“Historically, doctors made the decisions,” he says, “and patients just went along because their problem was life-threatening. But I encourage patients to take charge of managing their disease, and most appreciate the opportunity to do so.”

First, Dr. Gaziano figures out what will motivate a patient to change.

“Some people want to see their kids graduate or meet their grandchildren,” he says. Fear of having a heart attack or dying is also a good motivator. Sometimes, it’s money, and people healthy enough to continue working earn much more than those drawing disability. “Our greatest economic asset is our health.”

After assessing a person’s risk factor, Dr. Gaziano makes a list of risk factors that can be changed and then works with a patient to make a plan – a “prevention prescription” that might include medications for blood pressure and cholesterol and quitting smoking. For weight management he negotiates a realistic goal—but nothing too extreme—and he doesn’t prescribe a diet that is difficult to adopt or to cook. “I give them the general rules of the road, but I want *them* to figure out what works for *them*.”

He suggests a simple rule: balance calories in with calories out. “If you’re active, your diet is more forgiving, but don’t eat so little that you’re miserable. Good nutrition is more about replacing the bad things with good things, like swapping whole milk for skim.”

Dr. Gaziano also teaches patients about good and bad carbohydrates—too much sugar and starch produce excess insulin, which can lead to diabetes and heart disease. “Whole wheat bread is as bad as regular bread,” he cautions, “and a spoonful of mashed potatoes is as bad as a spoonful of sugar. Good carbs are less processed.”

## Did you know...

A healthy lifestyle can also reduce your risk of stroke, kidney disease, dementia, cancer, depression, and other diseases?

A collection of various food items representing healthy fats. It includes two whole avocados and one halved avocado showing its green flesh and brown pit. There are several walnuts, a pile of almonds, a pile of hazelnuts, and a pile of sunflower seeds. To the right, there is a glass of yellow oil and a pile of cooked salmon fillets.

**4.** **Don't be a couch potato.**  
Do something every day instead of just sitting.

# WOMEN VETERANS: *Thank You for Your Service!*

*All Veterans share a special bond, and the bond among women Veterans is perhaps even more special. Thanks to many fine organizations and individuals, female Veterans now have more opportunities than ever to get together, become acquainted, have fun, help each other heal, and form lasting friendships.*



One such event occurred last August when Manchester VA Peer Support Services arranged for a group of women Veterans to spend a memorable weekend at **Wounded Warriors @ 45 North**, based in Pittsburg, NH. Last year's free excursion for women Veterans coincided with the Old Home Day celebration in Pittsburg—complete with a parade, fireworks, food, and other festivities. As well as the August trip for women, this organization provides many other activities and trips that involve rest and FUN, including hunting, fishing, archery, and Thanksgiving and Christmas gatherings. For more information, go to [www.ww45n.com/trips.html](http://www.ww45n.com/trips.html).

**Project New Hope**, headquartered in Worcester, MA, hosts a Women Veterans and Daughters Retreat one weekend each year. Events take place in a relaxed wilderness setting at the Grotonwood Camp and Conference Center (Groton, MA) and include workshops and activities at no cost to participants. In addition to building friendships, there are workshops that target post-traumatic stress disorder (PTSD); traumatic brain injury; military sexual trauma; addiction; suicide prevention; and lesbian, gay, bisexual, and transgender issues. To find out more about this retreat or the many others offered by Project New Hope, please visit [www.projectnewhopema.org/retreats](http://www.projectnewhopema.org/retreats).



The **Warrior Connection** hosts two retreats in Vermont annually for women Veterans. This organization uses a unique process to help heal invisible wounds—loss, moral injury, PTSD, and military sexual trauma—so Veterans can safely return to their families, friends, and communities. The group welcomes Veterans from any theater; among its goals are to mitigate loss; decrease suicides; reduce PTSD, depression, and anxiety; improve intimate relationships; and increase inner resources. More information is available on their website at <http://www.warriorconnection.org/womensretreat.html>.



Finally, **Operation We Are Here** offers visitors to the website a comprehensive list of national resources—from sea to shining sea, with a lot of others in between—that include seminars, camps, and retreats for Veterans and their families. You can learn more at [www.operationwearehere.com/PTSDandTBIRetreats.html](http://www.operationwearehere.com/PTSDandTBIRetreats.html). Retreats are just a small part of the information available to Veterans. Be sure to check the site's links to other resources for women Veterans at [www.operationwearehere.com/FemaleVeterans.html](http://www.operationwearehere.com/FemaleVeterans.html).

Mobile Vet Centers look remarkably like recreational vehicles. Inside, however, most MVCs have private counseling rooms, couches for individual or small group counseling sessions, state-of-the-art satellite communications capability, and audiovisual equipment. For emergencies, the vehicle also comes with a medical exam table, defibrillator, first aid kit, shower, refrigerator, microwave, beds and other amenities.

Just like at the 300 Vet Centers around the country and in U.S. territories—where Veterans can get help transitioning from military to civilian life—Veterans do **not** need to be enrolled with the Department of Veteran Affairs, and there is **never** a charge for service. No information is released to any person or agency without the written consent from the Veteran, except in circumstances to avert a crisis.

MVC staff not only let Veterans know what benefits and services are available to them through VA, but they also provide Veterans and family members help with issues such as post-traumatic stress disorder and military sexual trauma; bereavement, marriage, and family counseling; or suicide prevention referrals. Counseling sessions are one of the most important resources Mobile Vet Centers provide, saving Veterans in rural areas valuable time and travel expenses.

MVCs participate in thousands of federal, state and locally sponsored Veteran-related events nationwide each year.

If a Mobile Vet Center is not available nearby and you need help, please contact the 24-hour toll-free Vet Center hotline at 877-WAR-VETS (927-8387). This confidential call center allows combat Veterans and

their families to call and speak to someone about their military experience or any other readjustment issue.

Some MVCs also respond to natural disasters and catastrophic events. After the

Boston Marathon bombing, VISN 1 Communications Officer Maureen Heard accompanied five Mobile Vet Centers dispatched to assist Boston area Veterans and first responders. The MVC staff provided counseling and referrals to anyone who needed it. Maureen learned from a pedicab driver that he and some co-workers who transported doctors in and patients out after the bombing were having a hard time.

"When I told him that they were indeed first responders and that they should come over and talk to our counselors, he just started weeping," she said. "Quite accidentally, I had been the first one to validate what he had done was indeed to act as a first responder. I love my job as VISN 1 Communications Officer, but I couldn't help but feel that what I did that day was the most important work I had done in a long time."

More information about Vet Centers is available at [www.vetcenter.va.gov](http://www.vetcenter.va.gov).

## 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 Outreach Clinic  
(Bangor Satellite Clinic)**  
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 Outreach Clinic**  
Medical Office Building  
197 East Main St.  
Fort Kent, ME 04743  
(207) 834-1572

**Houlton Outreach Clinic**  
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**  
275 Nichols Road  
Fitchburg, MA 01420  
(978) 342-9781

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

**Gloucester CBOC**  
298 Washington 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 Outpatient Clinic**  
640 Marlboro Street  
Keene, NH 03431  
(603) 358-4900

**Littleton CBOC**  
685 Meadow Street, Ste. 4  
Littleton, NH 03561  
(603) 444-1323

**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

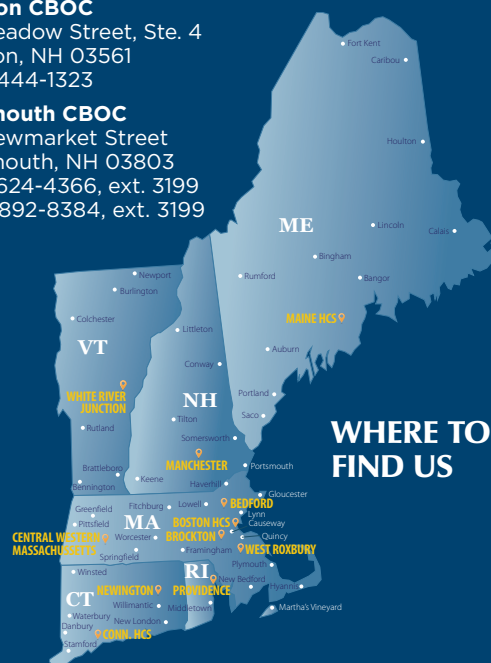
**Bennington CBOC**  
186 North Street  
Bennington, VT 05201  
(802) 447-6913

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

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

**Newport Outpatient Clinic**  
1734 Crawford Farm Rd.  
Newport, VT 05855  
(802) 334-9700

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



**WHERE TO FIND US**