

CVAMC Employees Give Back



CVAMC employees are grateful for their many blessings. It is the time of year for giving, so members of the Materiel Management Service came together to do something nice for a special Veteran. On Monday, December 7th, the team presented Matthew Krepps and his daughter, Sklyer, with a holiday basket filled to the brim with goodies. In it was a big turkey, dinner rolls, vegetables – everything a family needs for a holiday celebration. It was so full and heavy, they had to bring the car around rather than carry it out.

The basket was really an adult gift, but Skyler didn't leave empty-handed. She was presented with a gift bag of her own and one to take home to her younger brother. Everyone who participated walked away with a good feeling that day.

Did you know? Coatesville VAMC has two Community Based Outpatient Clinics

If you are interested in hearing more about these clinics please discuss it with your health care provider or contact a member of the OEF/OIF team (contact information on the opposite page).

Springfield and Spring City Outpatient Clinics' VA physicians, nurses, social workers, psychologists, and other healthcare professionals provide many important outpatient services at these sites. Major emphasis is given to health needs assessment, primary medical care, mental health treatment, addiction therapy, wellness, preventive healthcare and education. Our compassionate and highly qualified staff provides quality care at both of these locations.

Springfield VA Outpatient Clinic

Crozer Keystone Healthplex
194 West Sproul Road
Suite 105
Springfield, PA 19064
(Entrance from parking garage, ground level)
Phone: (610) 543-3246
or (610) 543-3726
Fax: (610) 543-1738

Spring City VA Outpatient Clinic

11 Independence Drive
Spring City, PA 19475
Phone: (610) 948-0981
Fax: (610) 948-1464

Spouse BATTLEMIND Telephone Support Groups are available now!

The BATTLEMIND group is a Department of Defense and Army funded research study administered by the Memphis Veterans Affairs Medical Center for the spouses of service members who have been deployed at least one time to Iraq or Afghanistan. It offers free confidential telephone support groups in one hour increments, once a month for 12 months.

Spouses learn ways to manage stress and solve problems related to reintegration. It also provides information about post traumatic stress disorder, traumatic brain injury, and other medical and mental health conditions.

For Information or to enroll please contact us at:

Spouse BATTLEMIND

Toll Free: 1-800-636-8262, ext. 7485

www.memphis.va.gov/spousebattlemind

"After being discharged from the Marine Corps, I became overwhelmed with civilian life and memories from Iraq. I drank and used drugs and didn't really want to live anymore. I was skeptical about going up to the VA for help but went anyway. I received all the professional help I needed and found other Veterans dealing with the same problems I had. If you're having any problems or are curious about what the VA has to offer you should really check it out."

Josh Wargo

CCPC Marine Corps

ENROLLMENT AND ELIGIBILITY

ENROLL NOW- IT ONLY TAKES A FEW MINUTES! You can inquire about your eligibility and enroll for benefits by visiting Room B10A in Building 2. You can also call 610-384-7711, extensions 5034 or 5008 if you have questions. Some of our clinics have evening hours on Wednesdays.

Check out these online resources:

www.oefoif.va.gov – A national resource for OEF/OIF Veterans.

www.paveterans.state.pa.us – A website that details what the State of Pennsylvania is doing for Veterans.

www.coatesville.va.gov – Coatesville VAMC

What is the Post-9/11 GI Bill?

The Post - 9/11 GI Bill is a new education benefit program for individuals who served on active duty on or after September 11, 2001.

When Can I Receive Benefits under the Post-9/11 GI Bill?

Post-9/11 GI Bill benefits are payable for education and training pursued on or after August 1, 2009. No payments can be made under this program for training pursued before that date.

Am I Eligible?

You may be eligible if you served at least 90 aggregate days on active duty after September 10, 2001, and you are still on active duty or were honorably:

- discharged from active duty; or
- released from active duty and placed on the retired list or temporary disability retired list; or
- released from active duty and transferred to the Fleet Reserve or Fleet Marine Corps Reserve; or
- released from active duty for further service in a reserve component of the Armed Forces.

You may also be eligible if you were honorably discharged from active duty for a service-connected disability and you served 30 continuous days after September 10, 2001.

For more information call: 1-888-GIBILL-1 or visit www.gibill.va.gov

Help Is Only A Telephone Call Away!

It takes the courage and strength of a warrior to ask for help...If you're in an emotional crisis call 1-800-273-TALK and Press 1 for Veterans.

www.suicidepreventionlifeline.org

COATESVILLE VAMC'S OPERATION ENDURING/IRAQI FREEDOM STAFF

Stacey Castel, Program Manager

610-384-7711, extension 6817

Alan Reiland, Case Manager

610-384-7711, extension 6820

Schenay Miles, Case Manager

610-384-7711, extension 5125

Wendy Sherwin, Enrollment

610-384-7711, extension 5034

Deborah Eustice, Enrollment

610-384-7711, extension 5008

Rosalind Phillips, Program Support

610-384-7711, extension 5160

EXTENDED HOURS OF OPERATION

We have extended our hours of operation in the Mental Health Clinic. For additional information on evening hour appointments please call: 610-384-7711, extension 6833.

EXTENDED BENEFITS FOR COMBAT VETERANS

Currently enrolled Veterans who were discharged from active duty on or after January 28, 2003 are eligible for enhanced benefits for five years after discharge. If you would like more information, please call us at 610-384-7711, extension 5034 or 5008.

New Enrollee Orientation

You are invited to attend an orientation class being held on:

DATE: 4th Thursday of every month

TIME: 1:30PM – 3:00PM

WHERE: Building 2, room 107A

If you have any questions, please call 610-384-7711, x6226.

Flu Season is Here, Protect Yourself

Coatesville VA Medical Center is currently offering seasonal flu and H1NI flu shots to Veterans, volunteers and employees. They are available Monday through Friday from 8:30am until 3:30pm in Building 2, Room 115 and Building 57, Room 131 and on Mondays from 4pm until 7pm in Building 2, Urgent Care. Spring City and Springfield outpatient clinics offer the shots on Thursdays from 12:30pm until 3:30pm. Contact extension 4239 with any questions.

OEF/OIF Veteran Support Group

This support group meets every Wednesday from 6pm to 7pm in the Mental Health Clinic in Building 57, Room 149. Topics of discussion include adjustment to civilian life, feelings of anger and managing them, sleep difficulty including nightmares, anxiety issues, feelings of isolation, safety concerns, combat experiences, and coping strategies. For more information or to join the group, please contact Dr. David Inman at extension 6833 or Dr. Leanne Valentine at extension 6831.

OEF/OIF Group Announcement:

There is a PTSD Group for OEF/OIF Veterans at the Springfield Clinic in Springfield, PA. All Veterans who want to attend should go through their outpatient therapist. For further information call Sandra Chierici, Ph.D., at 215-543-3246