The Eagle

Newsletter for Veterans, Stakeholders, and Employees of the Coatesville VA Medical Center

Autumn 2018

Health Promotion & Disease Prevention - Keeping You Healthy

The goal of Health Promotion & Disease Prevention (HPDP) is to empower you to choose healthy behaviors that keep you healthy and help reduce health risk factors. HPDP works with you to identify risk behaviors, promoting wellness, self-management, and follow through with care.

While Health Promotion addresses behavioral risk factors such as tobacco use, obesity etc., the Disease Prevention part addresses medical risks and preventive services to improve the chances for positive health outcomes. Examples include sharing information about the flu and encouraging flu vaccinations, following through on Hepatitis C screening, and encouraging regular health/dental screenings for early detection of diseases.

To encourage Veterans to choose healthy living behaviors, nine healthy living messages have been developed to reduce behavioral risk factors.

- Be Involved in Your Healthcare
- Be Tobacco Free
- Eat Wisely
- Be Physically Active
- Strive for a Healthy Weight
- Limit Alcohol
- Get Recommended Screening Tests & Immunizations
- Manage Stress
- Be Safe

Our clinical staff can help you achieve a healthier lifestyle by providing you the tools needed within the VA and your local community, such as health education, clinical services, health behavior coaching and continued support to enhance self-management of your health condition.

Some services need a clinical referral, while other services are self-referral (examples below).

Clinical Referral	Self-Referral
♦ Pain Management	♦ Yoga Sessions
♦ Biofeedback	♦ *MOVE!* Program
♦ Tai-Chi	♦ Talking with a Dietician
♦ Cancer Screening	♦ Flu Shot Vaccination
♦ Mammograms	♦ Health Behavior Coaching
	♦ Smoking Cessation

Health Promotion & Disease Prevention share many goals and there is considerable overlap between the two.

In summary - our team is engaged to empower you and to equip you to take charge of your whole health and promote follow through of your goals. Follow through and ensuring that you attend your appointments and see your doctor on a regular basis is an important part of HPDP. Talk with your doctor about what is available or for more information on HPDP and the many opportunities available, please contact vhacoawholehealth@va.gov

We are here to help, but ultimately, the responsibility to live a healthier lifestyle lies with you.

Whole Health - What Matters Most to You?

Whole Health Care is personalized care to empower you to take charge of your well-being and affirms the importance of the relationship between you and your healthcare team. The personalized care focuses on questions that matter to you to get you started (such as what do you need, what activities would you like?), followed by goal planning (what specific behaviors can you commit to doing, how often, & when?), and then continues to the goal follow-up (what is helping you to be successful?).

Pictured below are the Components contributing to Whole Health:

- Individual – (Me) exploring what matters to you, your goals and beginning a personal health plan.
- Self–Care – includes the choices you make that affect your physical, mental, and spiritual health and includes the 9 Healthy Living Messages (Be Involved With Your Healthcare; Be Tobacco Free; Eat Wisely; Be Physically Active; Strive for a Healthy Weight; Limit Alcohol; Get Recommended Screening Tests & Immunizations; Manage Stress, Be Safe).
- Clinical/Professional Care – includes Clinical Preventive Services, Health Education, Self-Management Support, Shared Decision Making.
- Community Care – Are the supportive tools that are available within your local community.

Volunteering:

We are seeking Volunteers to help us promote the Whole Health initiative to assist Veterans in exploring options, develop wellness goals and help Veterans monitor their progress. If you are interested in volunteering, please contact Voluntary Service at 610-384-7711 ext. 4900.

Veterans Crisis Line
1-800-273-8255 PRESS 1
Confidential chat at
VeteransCrisisLine.net
or text to 838255

Complementary and Integrative Programming for Veterans

Updated August 2018

Yoga (restorative)

Monday: 1pm-2pm
Tuesday: 3:30pm-4:30pm
Wednesday: 2:45pm-3:45pm
Building 58, Room 201
open to all Veterans
call (610)384-7711 ext. 6845 to reserve your space

Tai Chi

Tuesday: 2pm - 3pm
Building 58, Room 201
Ask your provider for the Recreation Therapy "TAI CHI" order
or call (610)384-7711 ext. 2930

Meditation

Monday: 3:30pm-4:30pm
Bldg. 57B, Rm. 255
no referral needed

Loving Kindness Meditation

A 12 week class offered
Thursday's: 10:30am-12:00pm
Bldg. 57, Room 255
Call (610)384-7711 ext. 6838 to register

Flu Season - Protect your Health

VA and Walgreens are national partners, offering no-cost flu shots to enrolled Veterans of the VA health care system. Flu shots are available now through March 31, 2019. You have the option to receive your flu shot at any Walgreens location or at the Coatesville VA Medical Center and its community based outpatient clinics (CBOCs).

You may receive your flu shot from Coatesville VAMC in the location of any Medical or Mental Health outpatient appointment or at the Walk In Flu Shot Clinics for Veterans.

Walk-in Flu Shot Clinic for Veterans

Coatesville VA Medical Center Main Campus
Monday through Friday
8 a.m. - 4 p.m.
Wednesdays 8 a.m. - 7 p.m.; Saturdays 8 a.m. - 11:30 a.m.
Building 3, Room 144

Springfield (Delaware County) and Spring City Community Based Outpatient Clinics
Monday through Friday
8 a.m. - 4 p.m.
1st and 3rd Wednesdays of the month: 8 a.m. - 7 p.m

- Walgreens: Tell the pharmacist you receive VA care, show your Veterans Identification Card and another form of photo ID. No appointment is required. For store locations and hours, go to www.Walgreens.com and select Store Locator.

Hepatitis C Blood Test Screening

Hepatitis C is a liver disease that results from infection with the hepatitis C virus. It can range in severity from a mild to a serious lifelong illness. Most people with chronic (lifelong) Hepatitis C do not have any symptoms until liver problems develop 20-30 years after exposure.

Get Tested – there is a cure!

- Born between 1945 and 1965
- Born to a mother infected with Hepatitis C at the time
- Had tattoos or body piercings applied in non-regulated settings
- Ever used a needle to inject drugs
- Had a blood transfusion or organ transplant before July 1992
- Have HIV infection
- Have hemophilia and received clotting factor before 1987
- Were on long-term kidney dialysis

Visit www.hepatitis.va.gov for more on Hepatitis C.

Delaware County VA Clinic

We are pleased to announce that our new Delaware County VA Clinic will be opening later this fall. For all of the latest photos and news, including the date and time of our ribbon cutting ceremony and open house, please be sure to check the News & Events section of our website (www.coatesville.va.gov) or like us on Facebook at www.facebook.com/CoatesvilleVAMC.

What encouraged you to start the Whole Health Initiative Program?

My therapist introduced to me to meditation, Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT) which allowed me to start to change my ways of thinking as well as learn methods that would allow me to control my emotions. I have been able to address the trauma in my life and I have noticed my self-care and self-love is starting to return.

What do you like about the Whole Health Initiative Program?

I enjoy yoga, tai-chi and meditation, as well as learning the different practices that help me improve my mind and help me reach my goals. The whole point of the Whole Health Initiative model is to have the mind and body get in tune with one another. I am now better focused and able to control my emotions.

What would you tell the Veteran population to encourage others to participate in the Whole Health Initiative?

My advice to Veterans is not to give up, and to give it a chance. I didn't think that there was anything that could help me and I tried it and it really worked for me. Whatever we have inside that is going on in our lives, this program gives us the opportunity to change those behaviors. I would encourage all Veterans to get involved in all the activities that you can while you are here at the Coatesville VAMC.

- Bill Hannum, Navy Veteran, served 1975-1976

November - Honoring our Veterans

Several activities (from parade, military equipment display, to concerts) will be scheduled from November 1 thru 11. Please visit www.coatesville.va.gov under News & Events for details regarding Veterans Week activities or, call 610-380-4348.

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