



February is Heart Month

February marks American Heart Month and the Department of Veterans Affairs (VA) is eager to raise awareness about heart disease and how it can be prevented. Cardiovascular disease (also known as heart disease) is the leading cause of death in both men and women, but is often preventable if people live a healthy lifestyle.

What is Heart Disease?

Heart disease describes a range of issues affecting the heart. These include:

- Atherosclerosis, a condition in which plaque builds up in the walls of the arteries, which makes it harder for blood to flow through them. This could potentially cause a blood clot to form.
- A heart attack happens when blood flow to the heart is blocked by a blood clot.
- A stroke occurs when a blood vessel feeding the brain gets blocked by a blood clot or if a blood vessel in the brain bursts.
- Heart failure is a condition in which the heart cannot efficiently pump enough oxygen-rich blood throughout the body.
- Arrhythmia is an abnormal heartbeat.

Symptoms:

The most common symptom of heart disease is chest pain, or a feeling of heaviness in the chest. Other symptoms include shortness of breath, irregular pulse, sweating, and tingling down the left arm.

Preventing Heart Disease:

You can begin to reduce your risk of heart disease by ...

- Exercising for 30 minutes on most days of the week.
- Eating a healthy diet that is low in saturated fat. Add less salt and more spices to retain flavor.
- Quit smoking. Using tobacco products is one of the most significant risk factors in developing heart disease.



- Maintaining a healthy weight.
- Visiting your doctor regularly for health screenings. High blood pressure and high cholesterol can damage your heart and blood vessels, but regular screenings can help you stay aware of your levels.

YOGA for VETERANS



Building 58, Room 201

Monday 1-2pm

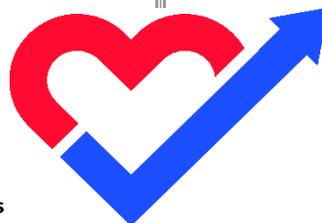
Tuesday 3:30-4:30pm

Wednesday 2:45-3:45pm

Friday 1-2pm

Please Call (610) 384-7711, ext. 6306
to reserve your space

Whole
Health
for Life

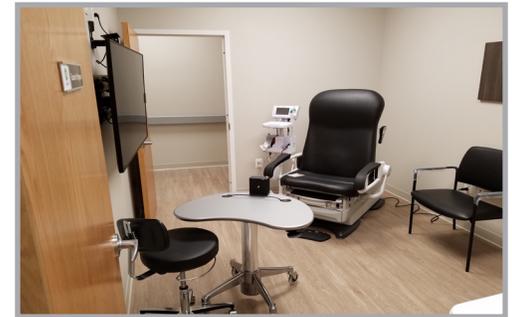


Opening of the Delaware County Community Based Outpatient Clinic



Hoisting the Colors to officially open the Delaware County CBOC is the VVA Post 436 Color Guard, led by Frank Houck

The ribbon cutting ceremony for the Delaware County Community Based Outpatient Clinic (CBOC) took place on Thursday, November 15, 2018. To help commemorate this special event were members from several Delaware County Veterans Service Organizations, Coatesville VA Medical Center staff, the VA contracting officers and members of the National Realty Corporation. The new clinic is located at 4883 West Chester Pike in Newtown Square and is part of our continuing commitment to providing high quality, comprehensive VA health care to Veterans residing in the Delaware County area. All services from the Springfield CBOC in the Crozer-Keystone Health System Complex have officially transferred to the Delaware County clinic as of November 19. The state-of-the-art Delaware County clinic is roughly double in size with 9,300 square feet which will allow for expansion



of current services, which include; primary care, mental health care, women's health care, social work services, home-based primary care, telehealth and laboratory services.

Lowe's Home Improvement Heroes Project

Annually the Lowe's Home Improvement & Hardware Store Corporate Headquarters provides the budget and the volunteers to support the Lowe's Charitable Heroes Project. The Heroes Project is a volunteer program, encouraging Lowe's employees to team together and to adopt a project with a local nonprofit organization to make a difference. This year the renovation of two kitchenettes on the Substance Use Disorder Residential Treatment Units at the Coatesville VA Medical Center was the selected project. "I'm very happy to help the Veterans – It's an Honor and a Privilege to be part of this selected project," said Ric Mruk a 16-year Lowe's employee who volunteered to install the tiles for the backsplash. The four-day project included the installation of cabinets, countertops, sink, tiles, and microwave.



Thank You to Lowe's and the Lowe's Project Volunteers:

Dave Bellerby, Chuck McElroy, Terry Fair, Ric Mruk, Frank Nardone, Bal Patel, Ricky Rickettes, & Nancy Shaw

It's Not Too Late - Get Your Flu Shot

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



Enrollment & Eligibility Questions?

Call (610) 383-0265 or 0266 to speak to one of our Enrollment Coordinators

- Eligibility & Enrollment Coordinators are in Building 1, G50
- Medical Benefits Orientations are held every 4th Thursday/Monthly 2-4 pm, Building 2, Room 208B

Can't Make Your Scheduled Appointment

Please call the Call Center at (610) 383-0239 when you can't make your appointment.

When you don't call to cancel, a fellow Veteran misses a chance to be scheduled.

Caregiver Support Conference 2018



The Coatesville VA Medical Center hosted the annual "Caregivers Support Conference". The conference took place on November 2, 2018 as a kick-off in recognition of National Caregiving Month. The conference provided education, support, and opportunities to learn about VA services, programs and resources, as well as the chance to network with other caregivers.

To support the caregivers during this conference, the VA provided as needed respite services, both at the conference site and in the home. Veterans enjoyed a day of activities and socializing, while their caregivers participated in the conference.

Keynote speaker was Coatesville VA psychologist Dr. Bernadette Hayburn, who spoke on the topic of

"Caregiver Resilience." During the conference caregivers had a choice to participate in up to three mini sessions, including:

- Essential Documents
- General Benefits and Aid & Attendance Pension
- Dementia Behavioral Strategies & Support
- Home Safety for Caregivers & Veterans
- Support for Caregivers of Veterans with PTSD
- The Effects of Psychiatric Symptoms on Cognitive Functioning
- Long and Short-Term Planning, VA Resources, Programs and Services
- Grieving All Types of Losses.

The Caregiver Support Conference has been an annual event for nearly 23 years. Recognizing the impact that caregivers offer, the medical center is proud to offer the program support and resources needed to caregivers to address the needs of their Veterans.

The Caregiver Support Program Council is co-chaired by Maureen Miller and Michelle Bade, Caregiver Support Coordinators, and consists of medical center staff and community volunteers. For more information about the Caregiver Support Program, please contact Maureen Miller, LCSW and Michelle Bade, LCSW at 610-384-7711 extensions 5310 or 2917.

Serving Veterans



Confidential chat at
VeteransCrisisLine.net
or text to **838255**

Year-round, the U.S. Department of Veterans Affairs (VA) empowers communities to take action to support our Nation's Veterans. Each community across the country plays a role in supporting Veterans, but as an individual you may not know what to do or where to start.

You don't need to have special training to support the Veterans in your life, and we can all do something to help a Veteran who is going through a difficult time. Even seemingly small actions can have a huge impact: Preventing suicide begins with just the willingness to Be There.

Showing your support can be as simple as sending a Veteran a text message — inviting someone over to catch up or sharing a positive thought are both great ways to communicate that you care. Your words could be exactly what a Veteran in crisis needs to hear, and could be a reminder of the many people out there who are willing to listen.

Simply reaching out to a Veteran in need and opening the door for a discussion could make all the difference. Learn more ways to show your support and Be There by visiting VeteransCrisisLine.net/BeThere to find more resources and information.

Connect with us. . . www.coatesville.va.gov



web



Facebook



Twitter



Flickr

C&CA (135)
1400 Blackhorse Hill Road
Coatesville, PA 19320-2096

U.S. Department of Veterans Affairs
Veterans Health Administration
Coatesville VA Medical Center



VA