

McGuire

Serving Our Nation's Heroes

Monthly



Events in December

- December 15 - 19:
5 Days of Giving - LOOK FOR SURPRISES EACH DAY
- December 17:
Festive Holiday Sweater Contest

Shining Star Award

The McGuire VA Medical Center Crohn's and Colitis Crusaders team, led by nurses Lou Blackman and Edie Gavis and doctors William Pandak and Mitchell Schubert, has been recognized with the Shining Star Award, presented by the Crohn's and Colitis Foundation of America (CCFA). The award was earned by McGuire VAMC for its Inflammatory Bowel Disease Center of Excellence.

Some of the functions of a center of excellence are exemplary performance in patient care, clinical research and community outreach.

Hundreds of veterans with inflammatory bowel disease receive state-of-the-art care at McGuire VA. McGuire VA has always been a research leader throughout the VA and interna-



Edie Gavis, Dr. Schubert, Lou Blackman above, with the award. Crohns and Colitis t-shirt →



tionally. It was the first center in the U.S. to administer mesenchymal stem cell treatment to Crohn's patients. Currently they are currently participating in numerous studies of novel treatments for inflammatory bowel disease.

As part of their community outreach efforts, the McGuire team has for the past five years taken a leadership role in the CCFA "Take Steps" fundraising walk. This year the McGuire team organized over 100 walkers and raised \$8,500.

The next annual CCFA "Take Steps" walk for Richmond will be held Apr 26, 2015 at Innsbrook, Northshore Commons at 3 p.m. If you are interested in participating with the McGuire team, please contact lou.blackman@va.gov or edith.gavis@va.gov

Ebola Awareness at McGuire VAMC

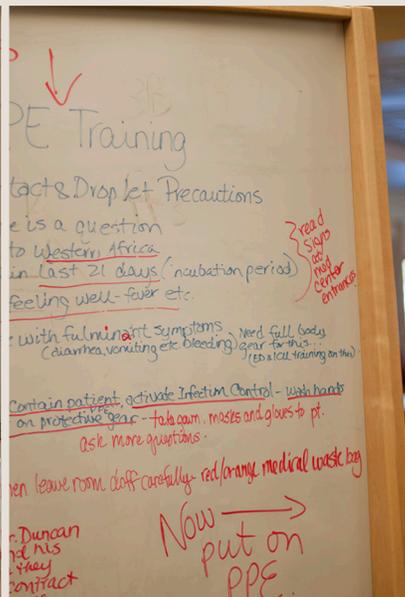
Between October 24 through October 31

880

trained by Education Service's Nurse Educators for donning and doffing PPE

711

self-certified as having viewed the Ebola Video



- In one week, Education Service trained 880 nurses in the proper donning and doffing of Personal Protective Equipment (PPE).
- Infection Control - 43 were trained for Advanced PPE; 12 were trained to be Trainers for PPE for Contact and Droplet Precautions.
- An Ebola Town Hall meeting was presented by Dr. Michael Climo on October 23.
- "Demystifying the Ebola Virus" - medical grand rounds was presented by Dr. Leroy Vaughan on October 31.

Physical Therapy

The approximately 28 physical therapists that serve Veterans at McGuire were celebrated in October. The McGuire service celebrated with several educational opportunities like training on wound care, left ventricular assistive device training and spinal cord injury research.

Like many of the clinics at McGuire, the physical therapy clinic added new providers. That has allowed the therapists to improve their scheduling process. "The

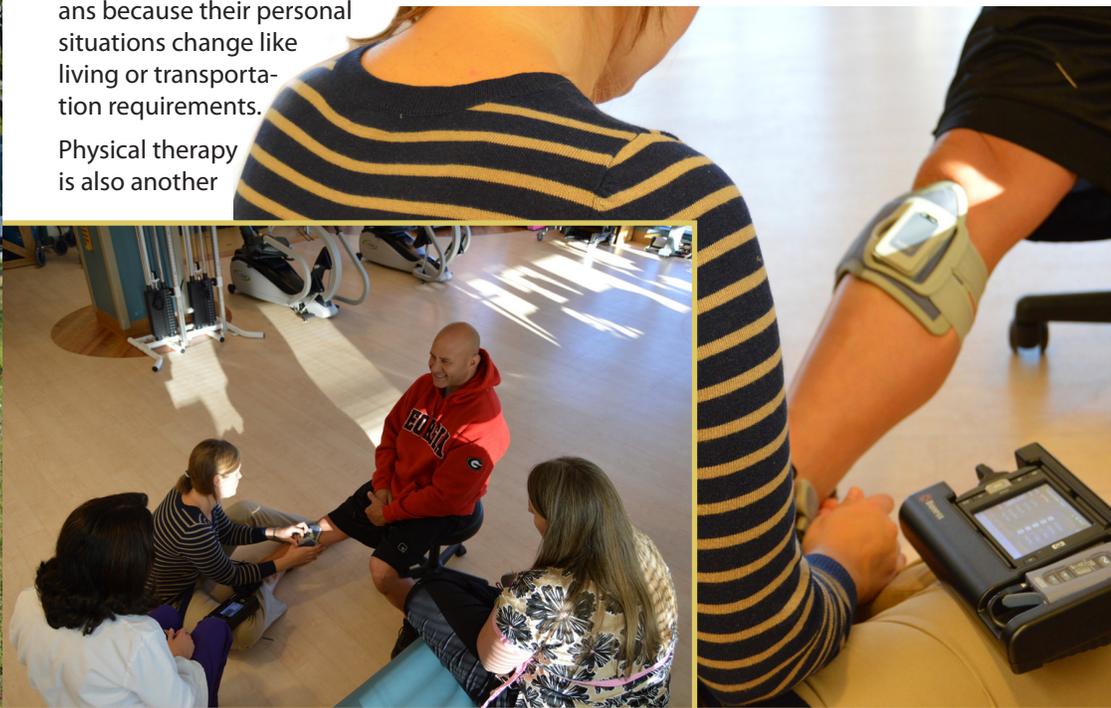
old system we would do an initial consult, then have two to three appointments," said Dr. Rebecca Clayberg. "Now we are able to book follow-ups and it gives the Vets what they need because sometimes you have to rehabilitate multiple body parts."

This level of care is needed by many Veterans because their personal situations change like living or transportation requirements.

Physical therapy is also another

One of the reasons McGuire therapists love working in the VA Network is their access and use of the best technology..

service that is always looking for new practitioners. One of the reasons the McGuire therapists love working in the VA Network is their access and use of the best technology. "It is great that the VA has access to the latest technology," said Laude Medina-Delgado. "I worked in private practice and we wouldn't be able to provide our patients with this."



2014 Outstanding Director of Psychology Training Award

Dr. Michael Ellwood received a national award for the 2014 Outstanding Director of Psychology Training from the VA Section of Division 18 (Psychologists in Public Service), American Psychological Association. Dr. Ellwood was nominated by his colleagues, including Dr. Treven Pickett who submitted the nomination. Criteria for the recipient of the Outstanding Director of



Dr. Joseph, Dr. Jones, Dr. Ellwood, Dr. Pickett, Mr. Brandecker

Training Award include that the recipient has implemented innovative educational or training programs within Psychology, or applied principles of psychology training in broader venues. New ways of teaching, new topics for teaching, or expanding Psychology's role in the education of other health trainees are considered examples of innovation. Also considered are whether the awardee has Influenced Psychology training and education beyond the local level. Dr. Ellwood graciously accepted the 2014 Outstanding Director of Training award and emphasized that this recognition is best considered as a group accomplishment – and one that only occurs in the context of strong departmental and facility support.



2nd Annual
**McGUIRE EMPLOYEE
TALENT SHOW!**

DECEMBER 16TH

Veterans Resource Fair

On Oct. 25, several members of the McGuire VA Medical Center and many local, state, federal and private organizations honored Veterans and their families by holding a resource fair at the Virginia War Memorial.

The event was kicked off by a reception also held at the Virginia War Memorial Friday evening. The war memorial was a perfect site for the event because its mission is to honor Veterans, preserve history, educate youth and inspire patriotism in all. Saturday's fair was held outdoors and participants were blessed with wonderful weather and the outdoor amphitheater of the war memorial provided a nostalgic backdrop for Veterans in atten-

dance that ranged from World War II to the still active duty quintet from the 392nd Army Jazz Band to the John Marshall High School Junior Reserve Officer Training Corps.

Veterans were connected to medical, housing, health, social services and other resources. The mobile medical unit from McGuire was also there offering flu shots and other services. Some veterans in attendance came just to see what the event was about. One of those Veterans was Ray Orf, who enlisted in the Air Force in 1949 and had never applied for benefits received an application packet and enrolled.



Korean War Veteran Ray Orf, looks over information he received to sign up for his Veteran's benefits. He visited the 2014 Veterans and Families Resource Fair in Richmond, Va. to see what the VA had to offer.

Dear Secretary McDonald,
I am writing you because I could not find a way to contact the Hunter Holmes McGuire VA Medical Center by email.

Today, 24 October 2014, just before 1100 hours I walked into the Specialty Clinics on the 5th floor. I had an 1100 hrs appointment for an EMG. I was stressed about the EMG. I have had them before and they are very uncomfortable. The lady at the front desk was one of the most pleasant and professional staff members I have ever encountered at a VA hospital. I did not get her name. I wanted you to know about this very special lady. Her pleasant and calming demeanor relaxed me and I was able to have my EMG with minimal discomfort.

If you can find out who this lady is, please give her kudos from me. She is the shining star at the McGuire VA Medical Center.

Sincerely,
Richard E. Bowden



Diabetes Awareness

November is National Diabetes Awareness month. People often think diabetes involves blood sugar levels and injecting insulin into your body. When you become diabetic, that is just the icing on the cake. According to the National Institutes of Health, a diabetic is twice as likely to have some form of heart disease as a non-diabetic.

The McGuire VA Medical Center serves 7800 patients with diabetes

The McGuire VA Medical Center serves 7800 patients with diabetes. The dieticians and food services developed a "healthy kitchen" class for Veterans as part of their treatment to change negative eating habits and provide education.

Chef Alvin Ruiz prepares dishes in collaboration with McGuire dietician Michelle Bedwell that are diabetic appropriate. The class is voluntary but very popular.

Later in November, McGuire begins using their two brand-new mobile kitchen units that were awarded from a national grant that was submitted by Dr. Laura Nihan. McGuire was one of ten VA facilities to receive the grants.

Homeless Veterans Stand Down

On Friday, 14 November, McGuire VA Medical Center hosted a homeless Veterans stand down. Around 260 Veterans were served by 60 volunteers from McGuire and Ft. Lee, along with providers from McGuire as well as state agencies and local non-profits.

This was the third edition of the annual event that provides Veterans access a variety of resources like medical, housing, job services and personal and clothing items.

The McGuire social worker who was one of the main organizers of the event was Nicole Purdy.

Purdy loves working with Veterans and especially the pomp and circumstance that opened the event. "One of my favorite parts is always the honor guard posting the colors," Purdy said. "For me, it's very powerful to be in a room full of Veterans watching and participating in that."

One of the most important services offered were the HOMES assessments which determines housing needs. Social workers from McGuire completed 60 assessments which was an improvement over previous years. These assessments are critical and used by all service

organizations which determine the most appropriate resources for the homeless.

When asked if the event was successful, Purdy touted the assessments, number of flu shots and even the fact they collected and distributed enough clothing to fill a small department store, but said it could be measured in reactions. "I got more hugs today than I probably have in a while," said Purdy. "It's very gratifying to see months of planning come together in a way that really benefits our Veterans."



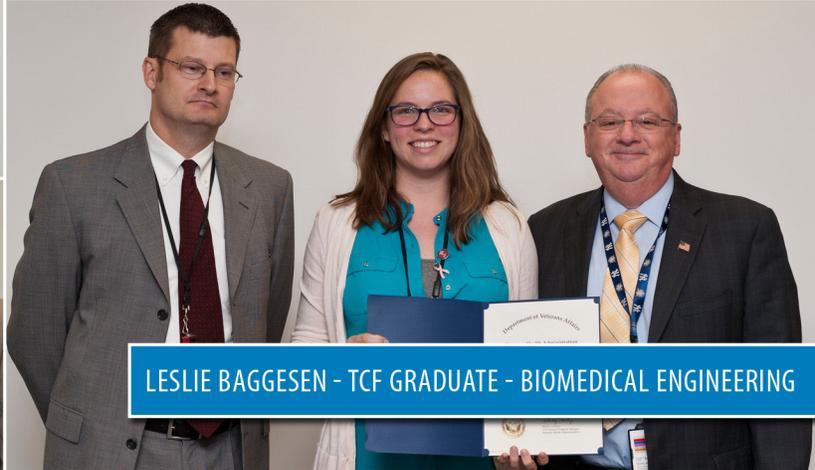
PAMELA WADE - 30 YRS - RN



SHARON RHONE - 35 YRS - RURAL HEALTH INTEGRATOR



ALICE JOHNSON & CASSANDRA McMILLAN - YELLOW BELT CERTIFICATION



LESLIE BAGGESEN - TCF GRADUATE - BIOMEDICAL ENGINEERING



THELMA ROACH-SERRY - 30 YRS - RN MANAGER FOR SPECIALTY CLINICS



VERNA GAINES - 35 YRS - AOD



KIMBERLY HOPKINS - 30 YRS - MEDICAL CLERK



JAUDON PRESSON - EXTRAORDINARY SERVICE AS SOCIAL WORK PROFESSIONAL STANDARDS COMMITTEE CHAIR ELECT



AMANDA GOFF - 35 YRS - OR RN



VETERANS DAY



MARINE CORPS 239TH BIRTHDAY



PERIOPERATIVE NURSE WEEK



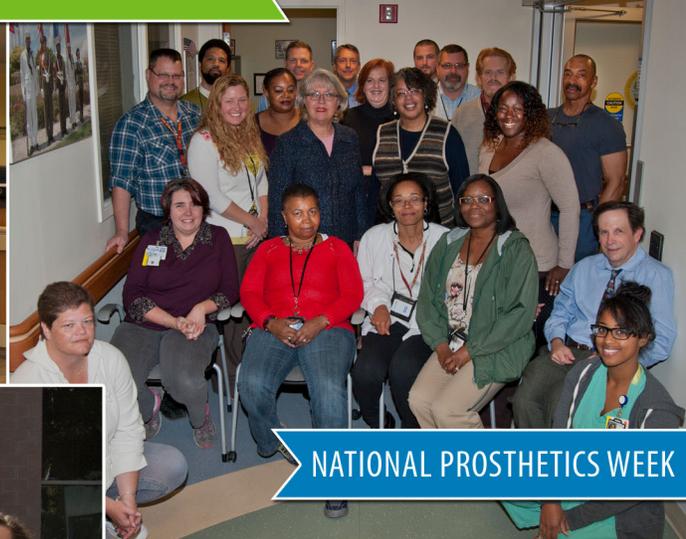
NURSE PRACTITIONER WEEK

NOVEMBER AT MCGUIRE

HOMELESS STAND DOWN



LANGLEY AFB TOUR



NATIONAL PROSTHETICS WEEK



BREAST CANCER AWARENESS MONTH



BG IRIZZARY TOUR