

McGuire

Serving Our Nation's Heroes *Monthly*

This month:
Black History Month Events
Heart Health & Wellness
Sign up for McGuire Team 10K

Richmond VA Medical Center joins other VAMC's in National Salute to Veteran Patients

Across the nation, VA Medical Centers will recognize National Salute to Veteran Patients which includes a week of programs and activities that recognize, pay tribute and express appreciation to Veterans.

The events of the week serve to increase community awareness of the role of the VA medical center and encourage community members to visit hospitalized Veterans and to become involved as volunteers.

The week of February 14 each year is the nation's opportunity to say thank you to this special group of men and women, more than 98,000 Veterans of the U.S. armed services who are cared for every day in Department of Veterans Affairs (VA) medical centers, outpatient clinics, domiciliaries, and nursing homes.

During the National Salute to Veteran Patients Week at McGuire, February



National Salute 2013

9th through 15th, there will be a variety of activities including school groups, volunteer organizations, celebrity visitation and a distribution of gifts and heart shaped balloons. The mall will host the traditional display of Valentines provided by community members and school children across Virginia.

For more information on programs and opportunities to volunteer at the Richmond VA Medical Center please contact our Voluntary Service office at 675-5135 to discover the wonderful things you, your group or organization can do to salute America's Heroes.

Volunteer Service Develops New Program to Serve Veterans

Transportation to appointments and around the campus is improving due to a team of dedicated volunteers. The Volunteer Outpatient Escort Service assists Veterans at the medical center during their outpatient visits with transport services. Volunteers direct and escort Veterans by wheelchair to their desired location within the facility. Volunteers also offer follow up assistance for the Veteran by providing transportation for patients to additional appointments and the pharmacy if needed.

To enhance this service, Volunteer Service

is recruiting additional Volunteers for this program. Requirements to become a Volunteer Outpatient Escort include completing a fingerprint exam, orientation and wheelchair safety training. The volunteer should be able to push a wheelchair, provide excellent customer service skills and adhere to safety guidelines.

For more information about this important program, please contact the Voluntary Service office at (804) 675-5107 or visit the Voluntary Service Office in room 1M-107.



Richmond volunteer, Mr. Butler

Did you know?



Through a grant from the Employee Health Promotion Disease Prevention program McGuire VAMC now has a Employee Wellness Health Kiosk on the 3rd floor in the library. As you walk into the library, the kiosk is located at the end of the row of computers. We also have signage, printer and sanitizing wipes available for the Employee Wellness Kiosk.

Please read the directions on the kiosk; clean the kiosk before and after you use it (wipes are on the wall). The Health kiosk will measure your body weight, body mass by electrical impedance, calculate your BMI, check if you are color blind, take your heart rate and blood pressure and provide some health education.

The information you attain will assist you in completing your Health Risk Appraisal (HRA) on the VAEmployeeWellness.com website.

Please contact Ruth Meyer, MEd, RKT , x5519 or Ruth.meyer@va.gov, Director, Employee Wellness, if you have questions or concerns or the kiosk printer needs paper or more wipes.

If you find your numbers are in the orange or red zone , please contact your health care provider to make healthy changes.

If you would like assistance to lose weight, become more active, learn to eat more fruits and vegetables and please check out the VAEmployeeWellness.com website. Register today using enrollment code DVA and start the path to a healthier you.



Employee Wellness Health Kiosk



McGuire VA Medical Center team is in the 10k!

Many of our McGuire team has already signed up to walk or run together: We hope you will join the team as we plan to walk or run the Monument Avenue 10K on March 29th! Join our McGuire VA Medical Center crew at <https://www.raceit.com/Register/groups/jointeam.aspx?event=23770> the password for registration is McGuire (case sensitive). The registration fee increases at the beginning of each month, so please complete your registration as soon as possible to avoid the price increase.



photo historicrichmondinns.com



Drive safely- We care about you

When weather forecasts suggest the potential of wet road ways and snow, we care about your safety. Please drive safely, giving yourself extra time for departures and do stop well in advance of intersections.

As a reminder, our facility, Richmond VAMC and clinics are open for business even during inclement weather. We expect all of our teammates to be in position to receive and care for our Veterans and active duty service members.

Richmond VA Medical Center Team Recognizes MLK Day Through Community Service

The Richmond VA Medical Center team joined in the MLK Day of Service as part of United We Serve, the President's national call to service initiative.

The community organizations, the Giving Heart: www.thegivingheart.org, The Giving Heart, a 501(c)(3) nonprofit, distributes needed items at the annual Thanksgiving event at the Richmond Convention Center. To date, over 4000 Giving Bags have been distributed to many in the Greater Richmond Metropolitan area. The organization manages a year-round project allowing individuals, families and groups to help provide small items to those in need. The "complete giving bags" contain 5 essential items, soap, toothbrush, toothpaste, shampoo and deodorant, inside a

reusable bag. The McGuire team joined in this project to collect over 140 giving bags along with additional supplies to offer toiletry items to those in need.

Thank you McGuire team for demonstrating your caring to the central Virginia community.



Wear Red at McGuire

Richmond VA Medical Center will recognize National Heart Month by celebrating National Wear Red Day Friday, Feb. 7, 2014. Everyone is invited to wear red that day to help bring awareness to the fight against women's No. 1 killer—heart disease. Stop by the Wear Red Day display table on the 7th to participate in the Healthy Heart Walk between 11am and 1pm in the mall area.

Wear your favorite red outfit and stop by the table for a photo for consideration in the Wear Red photo contest. At the display table you can learn more about heart health and our cardiac transplant program at McGuire.



Taking a Look at 2013



The Veterans Integrated Service Network (VISN 6) has a Year in Review link that offers a variety of stories and activities that occurred in the Network in 2013. Please visit: www.visn6.va.gov/images/voicesofvisn6.pdf to learn more about services for Veterans and their families.

Black History Month at McGuire

Please join us for several events during the month of February:

A table display February 10th in the mall to raise awareness and provide information for the trivia contest on 2/18.

February 18th - Join the trivia contest in the Multipurpose Room, 1 - 2pm, to learn more about Black History and interesting facts.

February 24th - Please stop by the Multipurpose Room for the presentation of "What is Your Passion?" at 1pm, to learn more about your goals and options that are available to you for your career.



January at McGuire



Please share your events with us for inclusion in upcoming newsletters. Send an email to: Darlene.Edwards@va.gov

January Leadership Forum

Service Awards, Years of Service:

- William G. Royal, 40 years - Environmental Management
- Joseph M. Atkinson, 35 years - Engineering
- Ethel L. Green, 30 years - Nursing
- Susan L. Ryan, 30 years - Nursing
- Nancy E. Nicholson, 30 years - Health Admin

