



McGuire

Serving Our Nation's Heroes

Monthly



THIS ISSUE

Veterans & Family
Resource and
Employment Fair

Virginia Women's
Veteran Summit

All Employee Survey

UPCOMING

2016 Summer
Paralympic Games

National Suicide
Prevention Week

Labor Day

EDITORIAL STAFF

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All content within McGuire Monthly was written and
compiled by the editorial staff unless otherwise noted.

VETERAN SPOTLIGHT



Meet Jerry Hayes

What branch of service did you serve in?

U.S. Army

Years of service?

1978 - 1990

What was your most memorable experience while serving on active duty?

The 549th Military Police Company was great. I spent three years stationed in the Panama Canal Zone. Overall, it was a great experience.

Tell us something about you that most people would not know.

I had a heart transplant in September 2015, here at the McGuire VA. It was a wild experience to go through but everything turned out good. I'm blessed. On August 8, I met the donor's mother. It was a very emotional experience.

What does being a Veteran mean to you?

I'm proud to serve my country.

On the cover: Ruben Santos Colon (left) and Nicole Rosario (right) represent Puerto Rico during the Cultural Diversity Fair held on August 11. Their displays included tourism information, Baseball Hall of Fame players from Puerto Rico, and tropical fruit displays including a pineapple palm tree that Nicole created.

Back cover: Pink roses adorn the perimeter of the Polytrauma patio.

4TH ANNUAL VETERANS & FAMILY WELCOME HOME EVENT BRINGS RESOURCES TO CENTRAL VIRGINIANS

Hundreds of Veterans and family members from Central Virginia gathered recently at the McGuire VA Medical Center in search of valuable information, employment, food, and entertainment.

The McGuire VA Medical Center, in partnership with the City of Richmond's Office on Aging and Persons with Disabilities and the Virginia Employment Commission, hosted the 4th annual Veterans & Family Resource and Employment Fair on Aug. 13.

"It is our goal to create a one-stop environment by presenting federal, state and local services, as well as other outside entities in creating easy access," said Yvette Jones of the City of Richmond's Office on Aging and Persons with Disabilities.

This year's event saw approximately 800 attendees, including more than 75 employers and community resource vendors. In addition, 30 people gained employment during the event, according to Jones.

Among those looking for employment, was 20-year Army Veteran Bryan Butts. Butts, a Richmonder, served as a dental laboratory technologist. He said this year's Veterans & Family Resource and Employment Fair was a good experience for him.

"I'm using today as the foundation and starting point for networking," Butts explained.

The opening ceremony featured a keynote address from John L. Newby II, Commissioner, Virginia Department of Veterans Services. During his remarks, Newby commented that Virginia is home to approximately 800,000 Veterans and the Commonwealth has put many resources towards helping Veterans.

"We did it here in Virginia for Veterans," Newby stated.

Capt. Tomaleshia Harris, Army Reservist, has been to the annual resource fair twice. Harris, a reservist for 15 years, is looking for a new direction for her career. After speaking with several employers, she said she felt it was apparent the employers truly cared.



The 4th Annual Veterans & Family Resource and Employment Fair welcomed approximately 800 participants, including more than 75 employers and community resource vendors. The event, held Aug. 13, is hosted by the McGuire VA Medical Center, City of Richmond's Office on Aging and Persons with Disabilities, and the Virginia Employment Commission.

"It's a great opportunity for Veterans and the employers were so nice," Harris said. "And they really want to help."

One employer at the event, Richmond-area Salvation Army had a representative on site to try and hire Veterans.

"I've been pleasantly surprised," said Terri Stimis, human resource manager, Richmond's Salvation Army. "I've had lots of people asking about part time employment. And that's what I have available now."

Veterans bring certain qualities, said Stimis. She says they are typically diligent, orderly and work well within given rules and guidelines.

Outside activities included kid games, a video game truck, and a car show with approximately 55 antique cars from around Richmond and the Central Virginia Mustang Club. •

AUGUST LEADERSHIP FORUM

YEARS OF SERVICE AWARDS

35
YEARS

- Phyllis D. Suttles
- Brenda R. Graham
- Cecelia G. Hale-Cooper
- Jacqueline B. Wells

ACCOMPLISHMENTS and AWARDS

*Toastmasters International
Competent Communicator Award
Edwina Becoat*

**IT'S YOUR
NEWSLETTER!**

**WE WANT
TO HEAR
FROM YOU!**

*Please share your department
news with us:*

vharicpublicaffairs@va.gov



WELCOME to our NEW EMPLOYEES

Edomwandagbon, Tessy	Mills, Josette	Rush, Wanda
Fenton, Donna	Campbell, Patrice	Mabry, Donald
Fann, Julianne	Scott, Kima	Beall, Jeff
Branch, Jennifer	Mallory, Terri	Menz-Erb, Daniel
Dickerson III, James	Breslin, Peter	Bazemore, Tiffany
Ford, Adelle	Kurtz, Erin	Bowles-Ward, Victoria
Hill, Timothy	Johnston, Gregory	Lee, Peter
Sauchau, William	Hou, Joan	Miller, Steven
Mclemore, Antoine	Mabry, Katrina	Hedrick, Wayne
Shook, Jerald	Brown, Celeste	Marshburn, Wen
Brown, Timothy	Friedman, Sarah	Ndingwan, Lionel
Mabry, Donald	Coleman, Jessica	Hubbard, Michael
Abbasi, Nasima A.	Omotayo, Easter	Williams, Richard W.
Alam, Mansoor	Tamene, Sosna	Lanza, Allyssa
Morgan, Christopher	Ghee, Angela	Green, Lawanda
Pollard, Andre	Alexander, Crystal	Wiles, Jay T.
Washington Jr., William	Harris, Gabrielle	Avery, Timothy
Salvage, Clarissa	Smith, Kevin	Aguirre-Giron Lizette
Moore, Cynthia A	Wells-Marshburn, Leah	Holmes, Kathleen
Collins, Bernard	Morton, Tara	Hamilton, Janette
Cooper, John S.	Rice, Darian	Barnes, Richard
Jordan, Alice	Maddineni, Upendra	Peyton, Regina L.
Ward, Rodric	Fortson, Benjamin	McAvoy, Sean
Roman, Tamara	Parker, Tiffany	Panchang, Preeti

EMPLOYEE WELLNESS

McGUIRE TOTAL BODY FITNESS

4:30 pm - Tuesdays in MPR and
Thursdays in the Fitness Center

YOGA

12:00 pm - Wednesdays in MPR

ZUMBA

4:30 pm - Tuesdays & Thursdays in MPR

BASKETBALL LEAGUE

August 30 - Championship game, 6:30 pm

MONDAY & WEDNESDAY WALKS

12:30 pm - meet at 2nd Floor, East
Elevators

COMING SOON

VOLLEYBALL LEAGUE

For more information:

Ryan Ballon, Wellness Coordinator,
ext. 6210 • Ryan.Ballon@va.gov

With summer coming to a close and our McGuire basketball league in its final stretch, fall will be upon us. McGuire Wellness is proud to announce the development of the employee coed volleyball league for this upcoming fall season. Sign up for the league will start September 12th, with our sign up table in the cafeteria area during the lunch hour. This 6 vs 6 competition is a great way to have fun and stay in shape!

McGUIRE WELCOMES A MUSIC THERAPY PROGRAM

Music Therapy provides Veteran-centered care by focusing on improving cognition, psycho-social skills, fine and gross motor skills, and speech and language development. It focuses on non-music related goals and objectives related to treatment. Music Therapy uses a variety of modalities to assist Veterans on coping techniques, reducing anxiety, pain management, stress management, motor function, improving respiratory, memory and overall quality of life. Veterans are able to participate in instrumental and vocal improvisation, songwriting, lyric analysis, music and relaxation and therapeutic drumming to meet goals and objectives designed to improve their overall quality of life. Knowing how to sing or play a musical instrument are not requirements for receiving music therapy services. At McGuire, Veterans participate in group and one-on-one music therapy sessions. As part of the Music Therapy program, Open Jam Sessions are now available for Veteran participation on the 1st and 3rd Thursday of the month from 6:30 to 7:30 p.m. in the Multipurpose Room. Veterans are encouraged to come and make great musical memories.

The group is led by Hope Kumme, MM, MT-BC. She is a Master's level Board Certified Neurologic Music Therapist. She has been a music therapist for 13 years and has worked in the VA for more than two years. She recently transferred to the McGuire VAMC from Wisconsin to implement the brand new music therapy program. •



Hope Kumme, on guitar, leads Veterans at a recent drumming event.

THE BENEFITS OF MOVING

MORE THAN HALF OF THE AVERAGE PERSON'S WAKING HOURS ARE SPENT SITTING:

- watching television
- commuting
- working at a computer

On average, we spend 7.7 hours a day sitting. Let's calculate how active you really are on a regular day.

If you are able to sleep on average 8 hours a day, 16 hours are usually taken up from work and everyday duties:

- Workout 30-60 minutes
- Drive to work 30-45 minutes
- Work on computer 4 hours
- Eat lunch -30-45 minutes
- Work on computer 4 hours
- Drive home 30-45 minutes
- Eat dinner 30 minutes
- Watch tv/read/computer: 3 hours
- Bed

Even if you are active, sitting for prolonged periods of time is detrimental to your health.

If you are sitting most of the day, your risk of heart attack is about the same as smoking. Excessive sitting also impacts

your metabolic system. Being in the seated position, along with poor posture greatly effects your overall health. These contributing factors of poor health include poor circulation in the legs due to position, degeneration and weak glutes, poor abdominal strength, tight hips, weak abs, sore shoulders and back, bad back, and poor circulation for the rest of the body.

Sitting properly helps alleviate some of the negative effects of sitting.

Ultimately, getting up from your work station will help with your overall health. Alternating every half an hour helps promote circulation of blood to the whole body and also promotes healthy weight bearing that we need in our daily lives.

Walk more at work to help promote activity, such as parking further from the building, or taking the stairs.

Getting up in between breaks, rather than just sitting down, can also help contribute to a healthier lifestyle. Rather than getting up for a smoke break, walking during your break or getting an exercise or stretch is beneficial for your health. •

Source: Harvard University



McGUIRE NURSE BRIGHTENS UP THE UNIT

Janet Koren, RN, knows a thing or two about creating a warm, cheerful work space. The hematology oncology clinic at McGuire VA Medical Center is especially important to her. Janet has served the unit for the past nine years and when asked, she says she has been decorating the area for almost that long.

The unit is always adorned with seasonal decorations, from summer beach balls, to fall leaves; winter wonderlands and more. Each display offers a different appeal to the senses. When asked if she reuses her decorations, she quickly answers no, because the Veterans would recognize the recycled decorations and they really enjoy the decorations. Janet reports with a smile that her husband has bought her a small shed to hold her many decorations at home.

Janet says she has no formal training in decorating; it is just a pastime she enjoys. She spends time transforming the unit when things are quiet, which is traditionally on the weekends. She comes to the unit on her day off, often spending as much as eight hours of her own time to create a beautiful unit. Many times, her granddaughter comes with her and she has grown to enjoy Janet's creativity.

Janet's coworkers really appreciate her efforts too. They quickly point out how important her creativity is to the Veterans who come to the unit for chemotherapy and other treatments and how modest Janet is about her efforts. Staff members happily say Janet's work really cheers up the patients. Janet responds with a smile and says decorating soothes her soul. •



CONGRATULATIONS

Brenda French, Education Service

For sustained and influential commitment to the VHA's initial implementation of the Resuscitation Quality Improvement (RQI) Program.

VHA National Award for work with the Resuscitation Education Initiative (REdi) and Resuscitation Quality Improvement (RQI) Program.

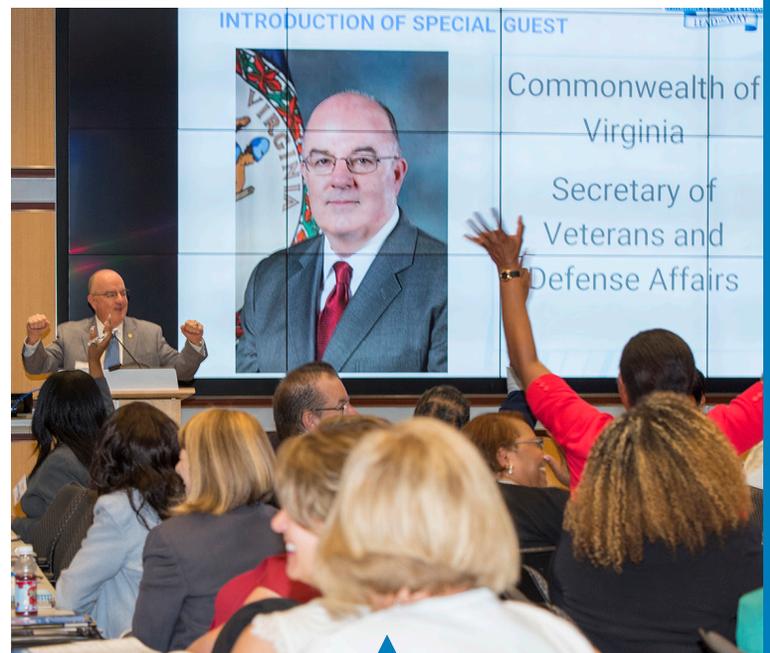
VIRGINIA WOMEN VETERANS SUMMIT

More than 250 Women Veterans participated in the inaugural Virginia Women Veterans Summit June 24. Similar summits have been held in other states and are intended to support women Veterans in their transition from military to civilian life. They offer women opportunities in employment services, education and training, health and wellness information, benefits discovery, transition coping, mental health and other relevant topics for women who are leaving military service. Women Veterans comprise close to 20 percent of new VA enrollees in VISN 6. Besides some distinctions in women's needs overall that VA has been successfully addressing over recent years, many women have been hesitant to acknowledge their military service in ways that are healthy and afford them the honor they deserve. Events like the Women Veterans Summit help to spread the word that they have served and deserve the care and benefits available to them, like every other Veteran. The event was a collaboration between state, federal, and local Veteran organizations. The event featured guest speakers, interactive discussion panels, and a Women Veteran-centric resource fair. VISN 6 Director Dan Hoffmann



During the June 24 Virginia Women Veterans Summit, various groups provided informational materials to Women Veterans. McGuire VAMC and Hampton VAMC staff provided information on VHA programs and services.

offered an inspirational moment about the value of women Veterans' service that meshed well with other renowned speakers including Dorothy McAuliffe, First Lady, Commonwealth of Virginia and John Newby, Commissioner, Virginia Department of Veteran Services. •



Left: The Virginia Women Veterans Summit June 24 featured various interactive discussion panels. Pictured are Women Veterans who participated in a morning session titled "Achieving Wellness and Empowering Women."

Right: During the general session of the Virginia Women Veterans Summit June 24, Women Veterans expressed excitement and pride when their particular branch of service was mentioned. Here, a retired Navy Admiral, John C. Harvey, Secretary of Veterans and Defense Affairs, Commonwealth of Virginia, recognized Navy Veterans.



Veterans Health
Administration

