

# McGuire

Serving Our  
Nation's Heroes **Mo**



# THIS ISSUE

Ladies Evening Out

McGuire  
Volleyball League

Breast Cancer  
Awareness Walk

# UPCOMING

American Indian  
Heritage Month

Veterans Day

Thanksgiving

## EMPLOYEE SPOTLIGHT



### Meet Hope Kumme

**Where do you work?**

*I am part of the Recreation Department and Physical Medicine and Rehabilitation Services, but I cover a great majority of the hospital providing music therapy services to Veterans.*

**How many years have you worked at the VA?**

*2 years, 9 months.*

**What was your most memorable experience while working at the VA?**

*The most memorable was working with a Veteran who was in the substance abuse program. This gentleman had shown up to one of my music therapy groups announcing that he only listened to talk radio and didn't enjoy music at all. He sat and listened attentively during the session and as the session was coming to a close, I challenged the Veterans to each write songs about themselves. A week later, a paper was placed under my clinic door from the Veteran. It described his feelings about dealing with PTSD and struggles with the transition from military life to civilian life. In minutes, I turned his writing into a song and shared it with him. When I finished singing the song, he looked at me with tears in his eyes and said: "Where do I sign up for Music Therapy?" He went on to perform his song in front of his mom, friends, fellow Veterans and VA staff and competed in the National Veterans Creative Arts Festival Competition. After the competition was over, the Veteran visited my clinic and shook my hand, thanking me for giving him his life back. A moment I will never forget and will always remember.*

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

*I played soccer in college and it is one of my favorite hobbies outside of music.*

**What does being a VA employee mean to you?**

*Being a VA employee to me means being given the opportunity to serve as part of a great mission by providing Veteran-centered care to our Veterans and improving their quality of life. It is truly an honor to be part of a wonderful organization that supports our men and women Veterans. Knowing that each day is another opportunity to improve a Veteran's life is what makes the job very rewarding. I am very proud to be a VA employee, and I consider it a privilege to provide music therapy services to our Veterans.*

#### EDITORIAL STAFF

Darlene Edwards · Armenthis Lester · David Hodge  
Patrick Gordon · Mary Beatty-Brooks · Jason Miller

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

*On the cover: Physical therapist Jessica Pack helps Army Veteran Jason Francis relearn to walk independently.*

*On the back: McGuire staff participating in the annual Breast Cancer Awareness Walk.*

## LADIES EVENING OUT A SUCCESS

Nearly 100 women attended the Women's Evening Out event in the Multipurpose Room at the McGuire VA Medical Center on Thursday, Oct. 13.

The event featured many activities and informational sessions geared towards women, in recognition of October being Breast Cancer Awareness month.

Breast cancer overwhelmingly affects women, so this event was planned to raise awareness, distribute information and offer women a chance to learn more about early warning signs and ways to detect breast cancer in its early stages, when it's easiest to treat.

In addition to health information, there were many other opportunities for women to enjoy the evening. Other exhibits included blankets that were donated by Soldier's Angels, toiletry bags with Mary Kay products, free aroma touch hand massages and more. There was also information about My HealthVet, benefits, kidney health, and more.

A barbecue dinner was provided from Buz & Ned's Restaurant. Information booths were set up with information about everything from women Veteran license plates to Zumba to breast health to weight loss information.



Army Veteran Norma Woodson enjoyed a free hair curling session from Chey Taylor, who donated her time to Veterans at this event.

Chey Taylor from Shy Styles offered free haircuts and flat iron curls to all Veterans and employees in attendance.

Norma Woodson, who served in the Army from 1993-95, was able to get free curls at the event. She was excited about the opportunity to get her hair styled for free.

For Taylor, it was an opportunity to give back. "They put their life on the line for me, the way I pay them back is free haircuts," she explained.

Esther Hyatt, who offers Zumba classes from 4:45-5:45 p.m. on Tuesdays and Thursdays in the Multipurpose Room, gave a Zumba demonstration.

This was one of several events held at McGuire through the month of October to celebrate Breast Cancer Awareness Month. •



Esther Hyatt demonstrated some of her Zumba moves at the event. Hyatt hosts Zumba classes every Tuesday and Thursday from 4:45 to 5:45 p.m. in the Multipurpose Room. Cost is \$5.

## ACCOMPLISHMENTS and AWARDS

- Katherine (Kitty) Osborne - 30 Years
- Carolyn McDonough - 35 Years
- Rhonda Sutton - *Lean Six Sigma Yellow Belt Certification*
- Edwina Becoat – *Competent Communicator Award*
- Robin Robillard-Smallwood – *Veterans of Foreign Wars Convention Contribution from the Office of Connect Care*

## WELCOME to our NEW EMPLOYEES

Akbari, Linda  
Ball, Darryl  
Banks, Jason  
Borders-Moore, Catherine  
Carper, Angie  
Davis, Maricar  
Dilly, Keith  
Fowowe, Temitope  
Fuemmler, Emily  
Graham, Robert  
Guico, Leonard  
Hubbard, Thomas  
Lawal, Erica  
McFarland, Valerie

McGruder, Lorenzo  
Mercer, Nishana  
Merchut, Catherine  
Nguyen, Katelyn  
Pestalitz, Kathryn  
Reeves, Michelle  
Reeves, Michelle  
Rivera, Osvaldo  
Stacey, Amy  
Taylor, Formeka  
Thomas, Brian  
Tucker, Beverly  
Wade, Donna  
Ariyell Buttone  
Grimes, Jeffrey  
Kincer, Megan

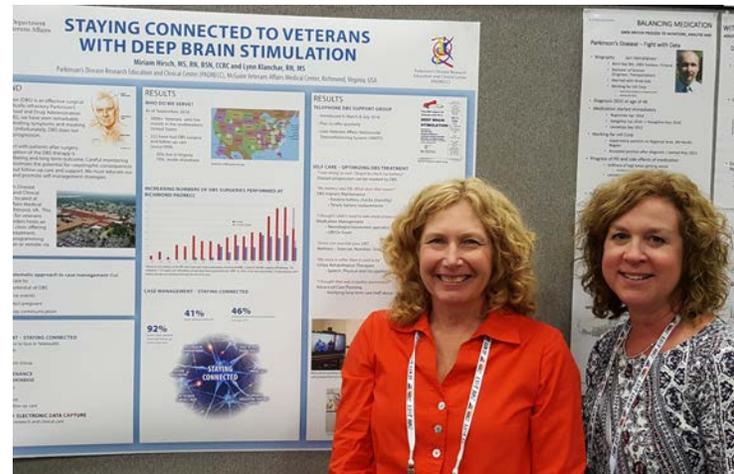
Carrig, Lucy  
Reed Michael  
Ilarraza, Yarita  
Roots, Antoine  
Stephens Jr, Wesley  
Shields, Jacquelin  
Luma, Susan E  
Walker, Justin  
Mayton, Stephanie  
Beasley, Lataunda  
Harvey, Corey  
Edmonds, Valerie  
Stewart, Carissa  
Jones, Chelene A.  
Hilmer, Kimberly

Volleyball season has started at McGuire! It is being held on Mondays and Wednesdays from 5 to 6:45 p.m. in the Multipurpose Room. So far, the format has been free play, where people are allowed to simply show up and participate in the games. At some point, if there is sufficient

interest, there may be organized teams and official league play one night per week. Staff members are encouraged to play after work. For more information or to join, contact Wellness Coordinator Ryan Ballon at ext. 6210, or come to the Multipurpose Room at 5 p.m. on any Monday or Wednesday.



## MCGUIRE NURSES IMPROVING COMMUNICATION AND FOLLOW UP CARE FOR PADRECC PATIENTS



Written by Lynn Klanchar, RN, MS

Two nurses from the Parkinson's Disease Research Education and Clinical Center (PADRECC) at McGuire VAMC recently presented a poster titled "Staying Connected to Veterans with Deep Brain Stimulation". The poster was on display the National VA Parkinson's Disease Consortium Conference on September 19, 2016, followed by the 4th World Parkinson Congress (WPC) from September 20 - 23, 2016 in Portland, Oregon.

Miriam Hirsch, MS, RN, CCRC (PADRECC Deep Brain Stimulation (DBS) Nurse Coordinator, and Lynn Klanchar, RN, MS (PADRECC Associate Director of Education) developed the poster to demonstrate a systematic approach to case management for DBS surgical patients at Richmond/

Southeast PADRECC that improves follow up care. The poster expanded on these objectives: Maximize the potential of DBS; Minimize adverse events; Educate patients and caregivers in self-care, and Improve two-way communication.

The poster was displayed throughout the WPC and was recognized as a leading abstract by the WPC Program Committee. It was one of the top 25% selected for a Poster Tour. The tour allowed the nurses to speak to a small organized group, led by a guide, and explain in more detail about the work described on the poster. These forums helped disseminate the work being done by Richmond PADRECC at McGuire VAMC.

PHYSICAL THERAPY TEAM,  
RICHMOND VA MEDICAL CENTER



**2016 NATIONAL PHYSICAL THERAPY MONTH**  
AMERICAN PHYSICAL THERAPY ASSOCIATION  
www.MoveForwardPT.com

*Transforming society by optimizing movement to improve the human experience.*



**NATIONAL RESPIRATORY CARE WEEK**



**RESPIRATORY THERAPISTS REAL LIFE HEROES 2016**

**Healthcare Food Service Week**  
**OCTOBER 3 - 7**



*This week we recognize and thank those dedicated foodservice staff who tirelessly provide comfort and great service to our veterans.*



**STERILE PROCESSING SERVICE WEEK**  
**OCTOBER 10 - 14**  
**THANKS TO MCGUIRE'S TEAM**



**QUALITY YOU CAN COUNT ON**



**Thanks to the RICHMOND VAMC PHARMACY TEAM**

**National Pharmacy Week**  
**October 17 - 21**



**LOGISTICS WEEK 2016**

*October has been a busy month with different services honoring their staff and the work they do for Veterans. We want to say to all of our employees- we value each one of you and appreciate how hard you work every day.*



Veterans Health  
Administration

