Gov. McAuliffe Visits McGuire

National Salute to Veteran Patients Week

Heart Health Month

UPCOMING

Brain Injury Awareness Month

National Social Work Month

Daylight Savings Time Begins

PATIENT SPOTLIGHT

Meet Kashe Moss

In what branch of service did you serve?
Air Force, I am still active.

How long have you been in the service?
I’ve been in for about a year now. In January, I was in a car accident and broke both of my legs. Once I finish treatment, I’ll go back.

What was your most memorable experience while serving active duty?
I did a water obstacle course run; it was a lot of fun. They squirted us with water guns and threw water balloons at us. We climbed up this blow-up wall and there was water on the other side.

Tell us something about yourself that most people would not know.
I love food, any kind of food. But crab and lobster, that’s the life.

What does being a Veteran mean to you?
I love being a role model. Anything I can do to show a positive influence to others is what I am here for.

Cover photo: Virginia Gov. Terry McAuliffe, right, meets with McGuire patient and World War II Veteran Harold Hurst on Friday, Feb. 17.

Back photo: Each year, McGuire receives hundreds of Valentines created by local students, which are then displayed on the wall in the mall area.
GOV. McAULIFFE VISITS VETERANS FOR SALUTE WEEK

On Friday, Feb. 17, Virginia Gov. Terry McAuliffe visited the Richmond VA Medical Center to meet with Veterans and thank them for their service. Joining him was Adm. John Harvey (Ret.), the Virginia Secretary of Veterans and Defense Affairs.

Gov. McAuliffe visited the 4D wing of the hospital, during National Salute to Veteran Patients week, bringing carnations and Valentine’s Day cards to each Veteran. He also met Bella, the facility’s police dog.

After touring 4D, the governor went to the Mall area and listened to some music from the Hanover High School Jazz Band, who was performing that day.

He greeted Veterans and employees throughout the Mall area, took photos with several of them, and listened to their numerous, positive comments about both the VA Medical Center and the Commonwealth of Virginia.

Shortly after a brief interview with ABC News, McAuliffe turned to everyone on 4D to say McGuire is the best VA in the country.
FEBRUARY IS HEART HEALTH MONTH

By Barbara Zello, RN, and Jennifer Dunn, RN

The Cardiovascular Department at McGuire is making a difference in providing care to our Veterans by spreading the word about strategies for preventing heart disease and encouraging those around them to have their heart checked and commit to heart-healthy lives.

Heart disease is the leading cause of death for both men and women in the United States. It is also one of the most preventable. Making heart-healthy choices and knowing your family health history and the risk factors for heart disease allow Veterans to have more control over changing life styles. That starts with taking care of your health. American Heart Month, a federally-designated event, is a great way to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved. Together, we can build a culture of health where making the healthy choice is the easy choice.

Here at McGuire, we recognize heart month by having team building events. On Feb. 3, we celebrated by wearing Red for National Wear Red day. On Feb. 14, the Professional Practice Council sponsored a Heart Healthy Lunch for the Cardiovascular Service.
Staff at McGuire VA Medical Center participated in a walk for National Wear Red Day to raise awareness for heart disease and stroke, Friday, Feb. 3.

Heart disease is the leading cause of death among women and could be prevented through education and a healthy lifestyle.

“Everyone was really enthused and very excited to participate,” said Kathy Busch, medical support assistant secretary to emergency department chief. “We had about 30 staff members in the group photo and next year will be even better.”

The 1.2-mile walk is one of the many physical ways to improve heart health. Along with diet and exercise, education can help you know, understand, and MANAGE YOUR NUMBERS.

“Working out three to four times a week is recommended,” said Ryan Ballon, wellness coordinator. “Thirty minutes is ideal, but honestly anything is better than nothing at all.”

Ballon led Wear Red Day walkers around the second floor four times.

The first ones to finish the walk were co-workers Vanessa Falden, Equal Employment Opportunity manager and Jeri Green, EEO assistant.

“It was great,” said Falden. “After the third lap, I could really feel it in my calves.

To improve your health, join one of the many wellness programs at McGuire.

Check out the Employee Wellness schedule above.

For more information contact Wellness Coordinator Ryan Ballon at 804-675-6210.
A WEEK OF VALENTINE’S CELEBRATION AT McGuire VA

McGuire VA Medical Center honors Veterans during National Salute to Veteran Patients week, Feb. 13-17, celebrated every year the week of Valentine’s Day.

National Salute to Veterans Patients, referred to as Salute Week, encourages people to express their appreciation by visiting hospitalized Veterans. The event also increases community awareness of local VA medical centers throughout the nation to inspire people to get involved as volunteers.

“It was absolutely awesome,” said Gerald Westry, voluntary service chief. “We had terrific volunteers, our music groups were outstanding. Overall, this week was a great success.”

Guests, staff, and volunteers worked together to make Salute Week a special event. It took three organizations a week to build the wall of Valentines displayed in the mall area. Every year, McGuire VA Medical Center receives Valentines cards from local schools and organizations, thanking Veterans for their service.

Each day different musical acts played for guests with musical ensembles including swing, oldies and jazz.

McGuire festivities for Salute Week included a visit from Miss Virginia, balloon deliveries from local stars, a trip to a tractor museum and a visit from Gov. Terry McAuliffe.

Salute Week kicked off with bejeweled 21-year-old aspiring broadcast sports announcer Michaela Sigmon, Miss Virginia. Sigmon graced the halls with her beauty, charm and award-winning smile as she posed for pictures, signed autographs and presented Veterans with gift bags created by United Service Organizations.

“You are so beautiful with all those diamonds and such,” said Airman Kashe Moss, as she took a picture with Sigmon. "That is my style.”

Red heart-shaped balloons were hand delivered to inpatient Veterans on Valentine’s day, by local stars like Rob Desir from CBS channel 6, Phil Liles WCVE Radio host, and newscasters from ABC Channel 8.

Cupcakes donated by Disabled American Veterans (DAV) were distributed in the mall area during lunch, Wednesday, Feb.15, while the Fort Lee Jazz Band played patriotic tunes.

Thursday, 50 inpatient Veterans went on a field trip to Keystone Tractor Works Museum (pictured above) in Colonial Heights to experience agricultural heritage and classic cars.

Gov. McAuliffe became so intrigued by the Hanover High School Jazz Band, while passing by, he stopped his tour to attend their live performance.

“He stayed and listened to them play a couple of songs,” said Hope Kumme, board certified music therapist. “The students were very excited to shake hands with the governor and have their picture taken with him.”

To see more photos visit our Facebook page and the Richmond VAMC flickr site.
THANK YOU FOR A WONDERFUL 2017 NATIONAL SALUTE TO VETERAN PATIENTS