Medical Media

A picture is worth a thousand words. No one knows that better than McGuire's Medical Media team. Their mission is to enhance communication and education through audio and visual production. Their work can be seen all over the facility.

Consisting of a medical illustrator and two visual information specialists, the Medical Media team takes photos around the hospital, assists with medical grand rounds, loans out audiovisual equipment, and assists with A/V setup. They produce medical illustrations, medical animations, patient photography, and in-house video content. The team creates graphics for signs, banners, presentations, and both internal and external messaging. They even designed the newsletter you’re reading right now.

The Medical Media team works tirelessly to support clinicians and medical professionals throughout the entire facility. We thank them for their work.
March is National Nutrition Month. VA is celebrating by finding ways for Veterans to “Go Further with Food.” This campaign is centered around maximizing nutritional value in food while eliminating waste.

Ka Wong, a registered dietitian at McGuire VA Medical Center, says it’s important to reconnect with whole food and avoid processed foods. An effective way to create that connection is to cook your own food.

“The lack of connection and relationship with our food creates a void,” she explained. “To fill that void, we eat more.”

Wong said choosing, cooking, cutting, and preparing your own food is a great way to renew a relationship with the food you eat.

“Let’s get back to connecting with food again to get what nature offers,” she said.

Processed foods tend to be more fatty, salty, and sweet. Wong said the overstimulation of taste buds can lead to feelings of addiction to certain types of food. Wong said the best way to combat this is to cook your own food and avoid processed foods.

“Cooking regulates your eating interaction with food,” Wong said.

She recommends filling up on non-starchy vegetables like kale, broccoli and carrots, which help by making you feel full, lowering blood pressure, and assisting in weight management.

“If I had to tell people one thing, it would be to eat more vegetables,” she said.

Wong recommends an “80/20” healthy eating plan, which involves at least 80 percent healthy meals, and up to 20 percent meals with processed or unhealthy foods.

“It lets you win 80 percent of the time,” she said.

Wong held a Lunch & Learn session on March 2, entitled “Healthy Eating at Home and Away.” This was one of two nutrition-focused Lunch & Learn events at McGuire this March. The other, presented by registered dietitian Victoria Tate, focused on sports nutrition.

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**RECIPE**

**Slow Cooker Chipotle Barbacoa**

**PREP TIME** 15 min  **COOK TIME** 8 hours  **SERVING 6-8**  **DATE March 2018**

**DIRECTIONS**

1. Cut the roast into two pieces and trim any fat. Place in a slow cooker.

2. Combine the chipotle peppers, onion, lime juice, tomato paste, garlic, vinegar, cumin, salt, and oregano, and cloves in a food processor. Process until smooth. Pour the pureed pepper mixture over the roast and add the stock and bay leaves. Cover and cook on low for 8 to 10 hours, or high for 4 to 6 hours.

3. Remove the roast and shred with two forks. Return the meat to the slow cooker and continue cooking for 1 to 2 hours, until very tender.

4. Serve the meat, wrapped in lettuce with salsa, guacamole, fresh cilantro, chopped red onion, and sliced radishes.

**INGREDIENTS**

- 1 (2 to 3-pound) beef shoulder roast
- 1 large dried chipotle peppers, seeds removed
- 1 small yellow onion, quartered
- 1 cup fresh lime juice
- 1 cup tomato paste
- 4 garlic cloves, peeled
- 1 1/2 tablespoons apple cider vinegar
- 2 teaspoons ground cumin
- 2 teaspoons sea salt
- 1 teaspoon ground dried oregano
- 1/2 cup low-sodium beef stock
- 3 bay leaves
- 1 teaspoon whole cloves

**Nutrition information:** 200 calories / 0g carbohydrates / 0g fiber / 26g protein / 7g fat
McGUIRE HOLDS ANNUAL VETERANS ART SHOW

McGuire VA Medical Center hosted a creative arts festival to showcase the artistic talents of local Veterans March 7.

In an event that grows each year, more than two dozen artists showcased their work in front of fellow Veterans, family, employees and a panel of judges.

“I think it is wonderful to see the growing number of Veterans interested in participating in this annual event,” said Hope Kumme, Board Certified Neurologic Music Therapist.

Veterans submitted entries in approximately 151 categories, including visual arts, music, dance, drama, writing and others. Those who place among the top three in each category will compete nationally.

“This year we had more diversity than the previous year, and it was exciting to see the creativity of our Veterans,” Kumme said.

Of the 43 entries this year, 29 are moving forward to be judged at the national level. By midsummer, Kumme expects to know if any artists will travel to Des Moines, Iowa, for the national competition in late October.

One piece, titled “The Lone Soldier,” depicts a Vietnam-era soldier facing away from the artist’s perspective holding an M-16 rifle by his side. The dark silhouette stands against a stark white background. The piece is a monochromatic drawing by Marine Veteran Philip Berryman.

Berryman grew up in a rough part of New Jersey where he witnessed neighborhood violence at an early age. He said he didn't serve in Vietnam, but still relates to those who served and suffer from post-traumatic stress disorder.

“I can relate because they've seen more stuff than me,” he said. “That's why I put my art in here—to touch others. Hopefully, what I do will help someone else.

Berryman reflected on his upbringing in New Jersey, where he began drawing at eight years old. He still remembers the advice his grandmother gave him.

“She told me to stick with drawing,” he said.

Berryman attended the Newark School of Fine and Industrial Arts and has taken a host of fine arts classes over the years.

He made the drawing for a good friend—a man who served as a captain during the Vietnam War.

Across the nation, VA medical centers use the creative arts as one form of rehabilitative treatment to help Veterans recover from, and cope with, physical and emotional disabilities.

“These Veterans all use the arts as an outlet to express themselves,” Kumme said. “For most, the arts are a coping strategy for battling with diagnoses such as chronic pain, depression, substance abuse, traumatic brain injury and PTSD.

For more information, visit the VA's National Creative Arts Festival web page.
McGuire VA Medical Center celebrated Certified Nurses Day on March 19 to recognize more than 180 certified nurses who fill many important positions in the facility in more than 40 specialty areas. Our nurses are certified in endoscopy, dialysis, polytrauma rehabilitation, and many more. Please thank a certified nurse for their hard work, dedication and commitment to Veteran health care.

More than 30 medical students from Kaohsiung Medical University in Taiwan visited McGuire on March 8 to take a firsthand look at some of the latest technology and methods used to deliver healthcare to American Veterans. The group spent more than two hours at McGuire. They met with facility leadership and toured various areas including the cardiothoracic surgical wing, the prosthetics lab, and the spinal cord injury unit.
A McGuire VA Medical Center employee was chosen to serve as an ambassador for a local campaign to raise awareness of heart disease in women.

Beverly Hatcher, a physical therapy assistant and Army Veteran, became a Go Red for Women Ambassador for the month of February, only a few months after experiencing and overcoming her own heart problems.

“It is an honor to be an ambassador,” Hatcher said. “This whole experience has been amazing.”

Hatcher was one of five women ambassadors selected for this year’s Go Red for Women campaign to represent the heart health initiative and share their story at a Feb. 23 event at the Jefferson Hotel.

“I had a blast at the event,” Hatcher said. “It was so beautiful.”

Ambassadors received a makeover, Macy’s gift card, and a seat at the head table at the event, which featured a heart-healthy lunch by top chefs in Richmond. Additionally, they were featured in a commercial.

“The first time I saw the commercial, I was so excited I screamed,” Hatcher admitted.

The American Heart Association (AHA) created the Go Red for Women in 2004. It seeks to help educate the community about deadly heart disease. Each year, heart disease and stroke cause one in three women’s deaths. According to the AHA, it is important to know your numbers, maintain a heart healthy lifestyle, and act fast to the symptoms of heart attack or stroke.

In October of last year, Hatcher underwent a quadruple bypass surgery after she experienced shortness of breath caused by narrow arteries. Within weeks of her surgery, she was back to work.

“I am lucky to be here, alive,” Hatcher said. “I went from being a female Veteran serving Veterans, to a patient myself. I’ve always been close with the patients. Now, I know firsthand what they are going through.” •
The McGuire VA Medical Center bid farewell to its assistant director Dr. Taquisa Simmons during a recent gathering Feb. 28. Simmons accepted a promotion opportunity to become the associate director at the Hampton VA Medical Center in eastern Virginia. Simmons was appointed as the assistant director in Sept. 2016. She served in the role of acting assistant director prior to that since Nov. 2014.

Thank you, Dr. Simmons, for all of your hard work and dedication to Veterans!

McGuire employees participate in a “Let it Go” ceremony to symbolize releasing the old VA way and embracing the new Own the Moment (OTM) initiative to improve patient experience across VA. OTM reminds employees the Veterans experience is not just in the clinical setting, but how we interact with Veterans. In the OTM course, employees are empowered to “Own the Moment” by facilitating a positive engagement with Veterans and family members before guiding them on their journey. Veterans should want to choose VA because it’s the best option for them, not based on necessity.

2018 FUNDED INNOVATORS PROJECTS

Sim Stroke - Michael Czekajlo | Mission Thrive - Brian Meyer | Anesthesia 360 - Stefan Ianchulev | Mind Freedom - Jarrod Reisweber

Group Music Therapy Pain Model - Hope Kumme | Patient Literacy - Regina Wallace, Holly Tart, Pat Sutton & Teya Baldwin