

the VA VOICE

Mann-Grandstaff VA Medical Center

November 7 - 15, 2019 Spokane, WA



MGVAMC Welcomes All to Spokane Veterans Memorial Arena for Veterans Day

Spokane knows how to celebrate and honor its military heritage, and Monday's Veterans Day ceremony at the arena will confirm this region's support of Veterans and the mission they kept in keeping our nation free.

The 101st Veterans Day celebration is being held in the main level concourse of the Spokane Veterans Memorial Arena. Hosted by the Spokane Public Facilities District, VFW Post 51, and MGVAMC, the event starts at 10:00 a.m. and will conclude shortly after 11:00 a.m. - coinciding with the Armistice that ended World War I on the 11th hour, of the 11th day, of the month in 1918. ([Click here](#) for event program guide).

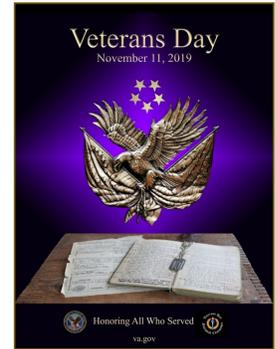
As you can see in the pictures at right from last year's ceremony, this free, public event to honor our living Veterans will include live music, speeches, formal presentation of the colors, and special recognition of Veterans - all before a 21-gun salute and the playing of "TAPS".

The event is open to everyone, and many Veterans choose to wear their colors - and in some cases, their duty uniform from a long-ago era of service. Today, there are about 19.6-M living Veterans and just over 100,000+ in E. WA, Northern Idaho, and NW Montana - the catchment area of the Mann-Grandstaff VAMC.

Speakers include Fairchild AFB leadership; Dr. Robert J. Fischer, VA Medical Center Director; Spokane Mayor David Condon (Veteran) will be making his last public speech as a city leader, U.S. Representative Cathy McMorris Rodgers; and the keynote speaker for 2019 happens to be David Baird, (US Navy Ret.) Director of the Spokane Vet Center! We welcome all Veterans, VA employees, and families to this celebration!



Join VA in Honoring Our Nation's Veterans!



Free Public Event / Guest Speakers

Dr. Robert Fischer, VAMC Spokane Mayor David Condon

Col. Derek Salmi, Fairchild AFB David Baird, Vet Center

Spokane Veterans Memorial Arena

November 11, 2019 ~ 10:00 - 11:00 a.m.

MGVAMC's Patriot Café Honors Veterans

Medical Center Director Dr. Robert J. Fischer will join Canteen Chief Doug Magerus for a cake-cutting celebration this Friday at 12:45 p.m. in our Patriot Café! VA's Veteran Canteen Service is proud to serve Veterans a warm meal and sincere thanks this Veterans Day!

VCS Honoring Our Veterans
FREE Breakfast or Lunch Value up to \$6
Friday, Nov. 8th, 2019
VCS Patriot Café

Veterans Only: Total meal value up to \$6.00. Available at a VCS Patriot Café location only. Not to be combined or redeemed at multiple VCS Patriot Café locations. Offer valid only for U.S. Veterans enrolled in VA Healthcare.



Choose VA

VA Support for Veterans Includes Intimate Partner Violence Assistance

That's MGVAMC's Sarah Martin, LICSW, a Supervisor within our Social Work Service, but also our Intimate Partner Violence (IPV) Coordinator, sharing helpful information about VA resources available to Veterans, employees, and volunteers to end the cycle of physical or emotional abuse and violence in a relationship.

During October, VA makes an extra emphasis as part of Domestic Violence Awareness month. Sarah hosted a special event, including a locally produced documentary #EndDomesticViolenceNow - during her "popcorn and a movie" event on domestic violence, the impacts, and solutions VA offers! The root cause(s) of domestic violence can be traced to mental health and substance abuse issues, chronic pain, financial troubles, family dynamics, and for Veterans - PTSD can trigger clashes with partners or loved-one's too.

VA research shows women between 18-35 are at higher risk of violence than others. "The difficult reality most adults find, is that the violence can erupt from those closest to us," said Martin. "This is a problem that can be corrected and we are here to explain the VA programs that can help. We know a great deal more now on how to handle conflict in healthy ways, by participating in therapy or other conflict-resolution programs. The key is: not being afraid to ask for help," explained Martin, who is also a Veteran herself. [Click here](#) for more information!



VA Promoting Regular Screenings and Checkups

Whether it's for breast cancer or other medical concerns, VA suggests regular screenings to look for any symptoms of a health problem:

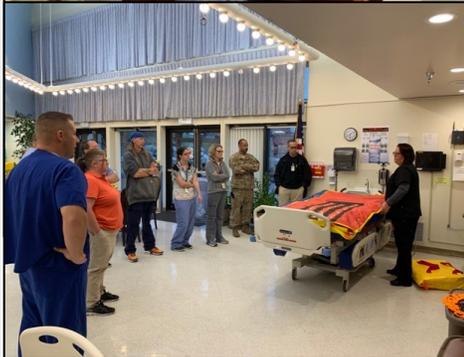
- ★ [Screening Guidelines](#)
- ★ [Patient Handout](#)
- ★ [VA Physician only Resources](#)
- ★ [Veterans Health Library](#)
- ★ [VA's National Center for Health Promotion and Disease Prevention](#)



Great Shake Out Also Opportunity for EVAC-U "Sled & Chair" Training



The "Great Shake Out" Earthquake / Tsunami drill October 17th also allowed MGVAMC staff to participate in training to transport Veteran patients— in the event of an emergency requiring patient evacuation from the hospital or even between floors. "I'm really pleased to see our staff embrace the responsibilities we all have to care for our patients and each other in the most trying of circumstances," said Chris Jaklitsch, MGVAMC Emergency Mgr. Way to go team!



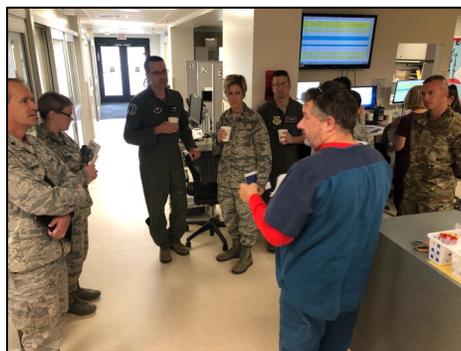
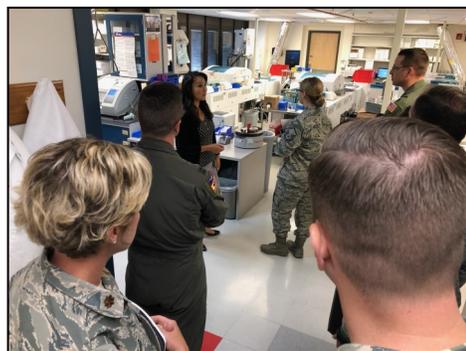
MGVAMC Welcomes Fairchild AFB Medical Groups to Expand Medical Training Opportunities

Mann-Grandstaff VAMC leadership, including Dr. Robert Fischer, Medical Center Director, Mr. Rick Richards, Assoc. Director, Designated Education Officer Dr. Kimberly Morris and Executive Assistant to the Director, Ms. Sarah Boardman are all pictured at right, welcoming the current leadership of the 92nd and 141st Medical Groups respectively from Fairchild AFB to the medical center to formalize a Memorandum of Understanding (MOU) to create and expand “hands-on” training opportunities for medical personnel from the base at VA. Also smiling 2nd from right is MGVAMC’s own Will Haley, RN—who is a Captain in the WA Air National Guard with the medical group at Fairchild!



The agreement meanwhile, allows physicians, nurses, pharmacy, radiology and laboratory technicians to perform clinical rotations and work schedules to ensure these military health care providers maintain training, proficiencies, and certifications by treating patients and logging hours serving a much larger demographic than active duty personnel or their dependents. Follow [this link](#) to view FAFB’s story “92nd MDG teams up with local VA Medical Center”.

Last month, the first of the Fairchild Airmen began working alongside MGVAMC staff, as SSgt. Amber Coldwell, a radiology technician can be seen working with Katie Gaston (pictured at bottom right) in one of our CT exam rooms. Also pictured are MGVAMC’s Jeannie Thompson, Chief, Laboratory Service during her in-briefing (far left) and Richard Canning, UCC Nurse Manager is shown welcoming Fairchild’s team inside our Urgent Care Center to help the 92nd and 141st Medical Groups understand the dynamics and medical realities of the patients being seen following VA’s move to a 12-hour UCC (7am-7pm) from a 24/7 Emergency Department. Having FAFB’s medical teams training here in their duty uniforms are certain to enhance the VA health care experience for Veterans... and these future Veterans who will one-day likely appear at VA as a Veteran patient. Please join us in welcoming the 92nd and 141st Med Groups to MGVAMC!



At 94, WWII Army Veteran Enrolls in MyHealthe Vet at MGVAMC



More and more Veterans are realizing the importance of using the MyHealthe Vet online portal to engage their VA health care providers. At left, is WWII Veteran Stanley Hobson, who even at 94, know’s the importance of signing up for MyHealthe Vet (24/7 secure, online access with your VA health care team) through Alan McArthur, (USCG Veteran) MyHealthe Vet coordinator here at MGVAMC at 434-7521.

Hobson smiles at the story he tells of meeting General Patton in France during WWII. “We were waiting for General Montgomery to come down to talk to us, and all of a sudden, General Patton steps out of a vehicle next to me with his pearl-handled pistol. I met the General again later and he remembered meeting me,” smiled Hobson.

The Karney, NE native gets tears in his eyes talking about his late wife Bonita (they were married 64-years), but feels blessed with their two sons, five grandkids, and seven great-grandchildren! Hobson went on to use the G.I. Bill to earn a degree from Purdue University before embarking on his career. While leaving his appointment with McArthur, Hobson’s presence as a WWII Veteran earned him a standing ovation in the Primary Care waiting room at MGVAMC!

From Pumpkin Carving... to GreenBluff... to "Monster Mash" Costume Fun... Veterans and VA Staff share their Halloween Spirit at MGVAMC

Despite the coldest October on record, our activities coordinators treated Veterans to Greenbluff and the fruit ranches to gear up for Halloween and the annual costume contest here. The patients were also happy to be judges for the employee costume contest where more than 30 MGVAMC staff inspired smiles, laughter, and Fun! VCS sponsored prizes for the top-3 winners, including CLC Nurse Shane Clark (pictured at right—dressed as "Swamp Thang")!



2nd Place = Chelsey Pangborn (Emelia Airhart) and 3rd Place = Adam Hannawalt (Ted). [Click here!](#)



VHA Executive in Charge: Flu Shots are Important

For those of us who have the honor of providing high-quality care to our nation's Veterans, a call to get our annual flu shot carries even more responsibility than it has for most people, because our health directly affects those we serve as well as each other.



Dr. Richards Stone
Chief Exec. - VHA

The flu vaccine has been shown to have many benefits, including of course, reducing the risk of flu illness, as well as corresponding hospitalizations. The CDC Recommends that everyone six-months of age and older should get a flu vaccine every season, with rare exceptions.

Getting the flu shot is critical if we are to succeed in our mission of providing excellent health care to Veterans! Not only does the flu shot decrease the number of sick days, thus supporting continuity of care for Veterans, but it also prevents us from passing the flu to those who seek our health care services, some of whom may be in vulnerable or compromised medical situations. Just by getting the flu shot, we have the power to support better health for all. I ask on behalf of our mission of serving Veterans, that each one of us, if medically appropriate, receive this year's flu shot. Do it for yourself, your loved ones and our Veterans health care community! [Click here](#) for more!

November Events

- ◆ VCS Honors Veterans 11/8
(free meal for Veterans) and remarks by Director Fischer / cake cutting Ceremony at 12:45pm in VCS canteen
- ◆ Veterans Day Event (10-11am) 11/11
Spokane Veterans Memorial Arena
- ◆ Great American Smoke Out 11/21
- ◆ Veterans Town Hall meeting 11/21
Vet Center 3:30 - 5:00pm
- ◆ Vet Center Thanksgiving 11/26
11am-1pm E. 13109 Mirabeau Pkwy
- ◆ Thanksgiving Holiday 11/28
- ◆ Check out October's "Wealth of Health" Newsletter [here!](#)**

 <https://www.facebook.com/VASpokane>
 <https://twitter.com/spokaneva>

Click Here to share suggestions or ideas for improving services or operations at MGVAMC.



MGVAMC
Flu Shot Vitals
October 2019
4,544
Flu Vaccines
Provided to
Veterans at VA



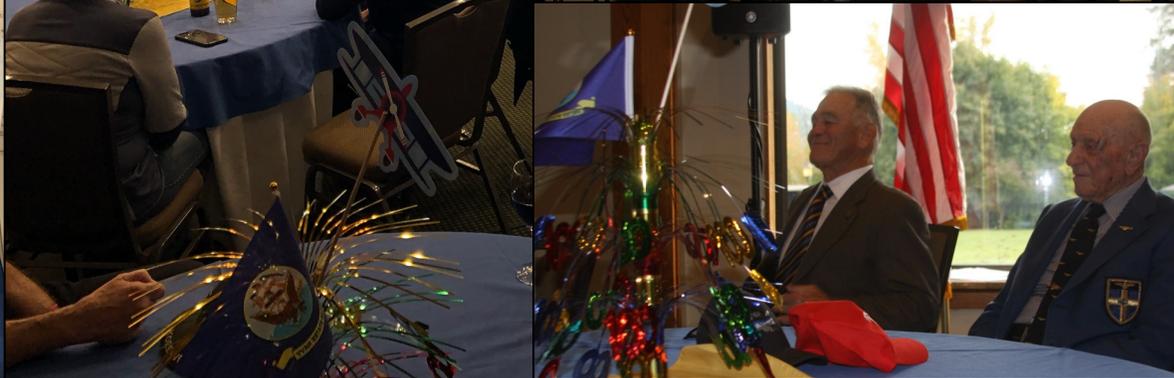
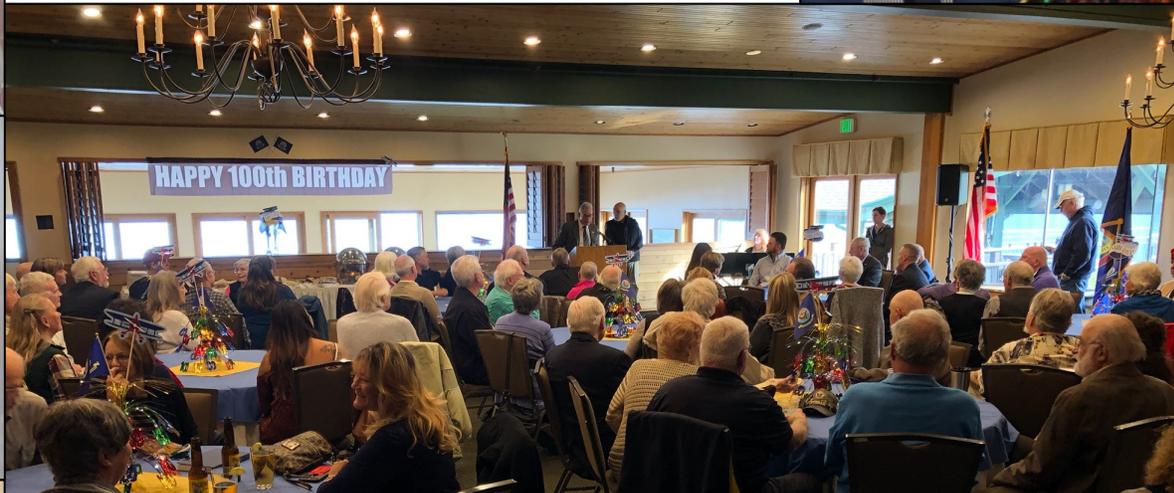
Family and Friends Honor 100 year old WWII Veteran Edward "Whitey" Feightner, US Navy "Ace" Fighter Pilot during Hayden Lake C.C. Party



From the moment he arrived in a Model-A Ford sedan, Edward "Whitey" Feightner felt on top of the world again as guests arrived to meet and honor the WWII Veteran who reached 100 years old October 14th. Welcomed by the American Legion Post 143 Honor Guard, more than 100 adoring family and friends honored Retired Navy Rear Admiral Feightner - who received a Heroes thanks—typically reserved for memorial services, but on this day, more befitting for the 100th birthday of the Navy's premiere "living legend" who earned two stars for his unsurpassed bravery in the cockpit and as commander of two naval ships in his career. Whitey's tribute at Hayden Lake Country Club in Northern Idaho, was as patriotic as it was jaw-dropping for some of his flying feats, heroism, and lasting impacts on modern-day military aviation.

Having learned to fly while enrolled at Findley College in Ohio in 1941. It was the Navy, where Whitey's true bravery and brilliance would inspire many. He went on to earn 12 Air Medals and the Congressional Gold Medal (in 2015) during a 33-year military career that included countless combat missions and test flights as Whitey helped lead military aviation beyond propellers and into fighter jets and demonstrations.

"He nearly died several times in combat, but instead is credited with being WWII's first Navy "Ace" for having 9 confirmed kills of enemy aircraft and four more assists and even attacked a 44,000 ton Japanese cargo vessel in the South Pacific" explained James McBride, USMC Veteran and Feightner's nephew. Whitey is credited with the first night-landing aboard an aircraft carrier. He flew many aircraft, including the F4F Wildcat, F-6 Hellcat, F7 Tigercat and the F-7U Cutlass, later flown by the Navy's Blue Angels. Whitey completed combat missions over Guadalacanal, Midway, the Solomon Islands, and the Philippines during WWII in the South Pacific. His incredible impacts remain today as he helped develop the Navy's famed F-14 Tomcat and F-18 Hornets. Pictured at left, Whitey and his wife Violet were married more than 60-years!



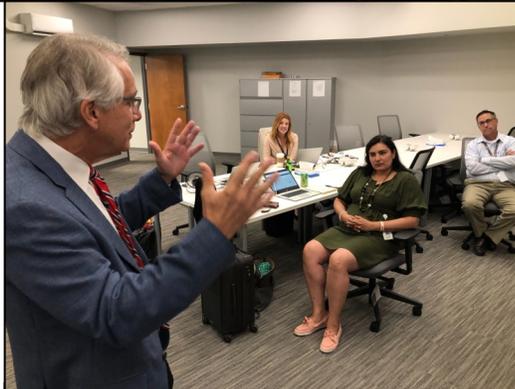
MGVAMC's Change Management Team for EHR



Above, are the smiling faces of change as members of Mann-Grandstaff VA Medical Center's "clinical change management" team are pictured outside the Spokane Convention Center during the recent EHRM Workshop 8. At right, is Dr. Robert J. Fischer, Medical Center Director congratulating team Cerner for investing in creating a local training center to help ensure EHRM efforts remain on track here.

Cerner Corporation's new training center across the street from MGVAMC is fully operational with multiple classrooms for development, implementation, testing, and training as EHRM inches closer and closer to the first, block-1 go-live date, now scheduled for March 28, 2020.

At right, MGVAMC's Donna Vreeland and Eddie Steetle meet with Cerner Corp's. Brian Roach in one of the facility's new conference rooms. They will be put to good use during EHRM Integration Validation testing coming up in December!



the VA VOICE

Mann-Grandstaff VA Medical Center

November 7-15, 2019

VA Celebrates Hispanic - American Heritage Month



Above, Veteran Charlie Duranona, a former Navy Corpsman who now serves the Veteran community through his work for U.S. Rep. Cathy McMorris Rodgers, visits with retired Air Force Veteran Antonio Romero as the two honor Romero's digital artwork featuring some of the premier figures in the independence of Mexico and Latin America. They were invited by Gordon Graves, HCHV who is active among VA's annual Special Emphasis Programs.

They attended MGVAMC's annual celebration featuring the positive impacts and diversity the Hispanic culture is having on America today.

Dozens attended as Keynote speaker Rudy Lopez, (USAF Ret.) WDVA Cemetery Director, thanked VA staff for our "Inspirational Leadership". Lopez shared his humble upbringings in W. Texas—to becoming a Command Chief at Fairchild AFB. Also present and doing her part to inspire, was Kim Davis, EWU Office of Diversity & Inclusion. The event included fajitas, rice and beans, and authentic Mexican desserts - courtesy of our Veterans Canteen Service! [Click here](#) for pics!

ELECTRONIC HEALTH RECORD
MODERNIZATION



U.S. Department
of Veterans Affairs

Spokane Vet Center's Annual Thanksgiving Meal for Veterans and Families - November 26th



Spokane Vet Center
Spokane

THANKSGIVING LUNCHEON

IS BEING SERVED ON

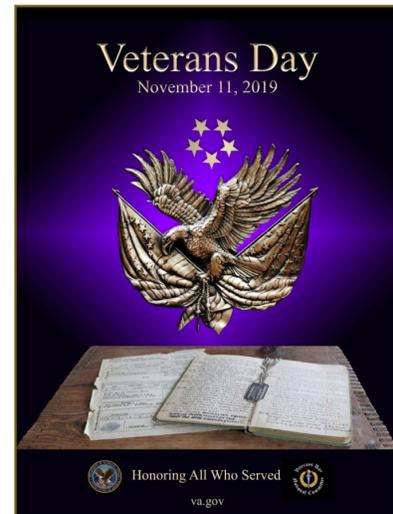
NOVEMBER 26, 2019
from 11am to 2pm

VETERANS AND FAMILIES WELCOME!



The Spokane Veterans Outreach Center (Vet Center) is located in the Spokane Valley at 13109 E. Mirabeau Parkway (near the Valley Mall and YMCA). This annual event is a popular and free event for Veterans and their families!

Join VA in Honoring Our Nation's Veterans!



Free Public Event / Guest Speakers
 Dr. Robert Fischer, VAMC Spokane Mayor David Condon
 Col. Derek Salmi, Fairchild AFB David Baird, Vet Center

Spokane Veterans Memorial Arena
 November 11, 2019 ~ 10:00 – 11:00 a.m.



U.S. Department
of Veterans Affairs

*That confidence
you gain... when
telling a friend,
coworker, or loved
one: "I did it!
I quit smoking!"*

**Great American
Smoke Out
November 21st!**

Have you ever found yourself saying, "I'd like to quit, but I can't deal with the cravings"? Here at Mann-Grandstaff VAMC, our Healthy Living team recommends you talk to your doctor about using the "patch", gum, lozenges, or other FDA-approved medications to help manage the withdrawal symptoms on your journey towards quitting for good. VA invites you to join us in observing the **Great American Smoke Out on November 21st!** VA's free telephone quit line is 1-855-784-8838 - (855-Quit-Vet) offers tobacco cessation counseling to Veterans who receive their health care through VA.

Any/Every Donation Helps CFC and the Charities YOU Choose to Support

As Federal employees, MGVAMC staff can easily support the Combined Federal Campaign - one of the largest and most successful annual workplace campaigns, raising millions of dollars each year for charitable organizations!

You can donate through an automatic payroll deduction (also Tax-Deductible in 2020) can be any amount you wish from your bi-weekly paycheck—every bit helps!

Maybe you care most about youth development, support for military families, housing, animal welfare (this week's "cause of the week") or a non-profit organization already working to empower our communities? Whatever it may be, it's likely a qualifying charitable organization is available to you through the CFC!

There are literally thousands of charities to choose from, including local, regional and national—available to view online [at this link](#).

The [online pledge portal](#) allows you to easily renew your pledge each year, and offers a full range of options including: payroll deduction; credit/debit card payment; e-check; or through volunteering with the organization. Stay tuned for more news about the CFC this year! Together, we can show and create... CFC some love!



show Some Love

6 Great Reasons to Give through the CFC

- 1. The Hard Part is done!**
Thousands of charities are already vetted and approved for you to choose from.
- 2. It's SO CONVENIENT**
You can pledge via payroll deduction.
- 3. Choose your Favorites**
You can support multiple charities in one pledge.
- 4. it's easy to RENEW**
The secure online giving platform makes it easy to renew your gift each year.
- 5. You can even Volunteer**
Don't limit your giving. Extend your impact by pledging volunteer hours.
- 6. We can have a BIG impact**
Together we have a collective impact, supporting the thousands of charities that depend on our generosity.



Doug Bell, (Veteran)
Information Systems
Security Officer (ISSO)
Mann-Grandstaff VAMC
Ext. 7467



Reminder: Cybersecurity is a Year-Round Necessity

Let's face it, computers and the internet continue to reshape our world. But with more and more people online, so too are the threats that individuals, private companies, and large organizations face on a daily basis. Doug Bell, MGVAMC's Information Systems Security Officer (ISSO), is providing our staff with some helpful hints, reminders, and resources to maintain security of your personal information, and your computer system's online presence. He's doing so now, because October is National Cybersecurity Awareness Month (NCSAM) and government is working with private industry to ensure that all Americans have the resources they need to be safe and more secure online - at home, and in the workplace. From Identity Theft and Internet Scams, to Phishing, and even Social Media Cybersecurity - threats do in fact exist and are growing!

OWN IT. SECURE IT. PROTECT IT... is the theme most people who regularly use computers can apply - all year round. The campaign includes tips/considerations for [Social Media](#) users, knowing how to [Identify Scams](#), and what "[Phishing](#)" is—and how it too can cause unwanted loss or breach of important data, and security.

Shake Out™



Great ShakeOut Earthquake Drills

Protect Yourself During Earthquakes!



MGVAMC Staff Among 1.54-M Participants in WA State's "Great Shake Out" Earthquake Drill

Excitement and anticipation for the "Great Shake Out" prompted nearly 22-M in the U.S. and 1,540,000 in WA state to spend two-minutes of their day practicing for the "what if" - an earthquake were to happen. While new instructions are available for wheelchair bound or other physical disabilities (walkers and canes) pictured at right, so too are the familiar faces of our MGVAMC staff who don't mind sharing their "spirit" as VA employees were joined by some Veterans and VA volunteers who participated in the "Great Shake Out" at 10:17 a.m. on October 17th. In addition to the enclosed pics, [follow this link](#) to view many of our participating co-workers.

Chris Jacklitch, Emergency Manager at MGVAMC helped everyone who participated the Great Shake Out and the Evacu-sled/chair trainings that took place on 10/17 as well.

Thank you all for participating in our annual Great ShakeOut Earthquake Drill! It was another successful MGVAMC step toward preparedness. While earthquake hazard varies from region to region most of Washington is prone to earthquakes. You could be anywhere when an earthquake strikes: at home, at work, at school or even on vacation. This drill is just one of many preparedness efforts here at the MGVAMC including: Monthly EM Topics, EM Display Case, Monthly VA Voice & Health Newsletter articles, Annual Preparedness Fair, [SharePoint EM Handbook](#), and more! iCARE is what we stand by and I CARE about you! Please help

me, help you, and review and update your emergency preparedness plans and supplies, and secure your space in order to prevent damage and injuries. What we do now will determine our quality of life after.

