

St. Cloud VA

# UPDATE

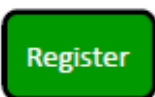
September 2018



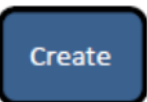
A monthly newsletter for Veterans served by the St. Cloud VA Health Care System, and for those who serve them. Send news items and comments to St. Cloud VA Health Care System, Attn: Public Affairs Officer, 4801 Veterans Drive, St. Cloud, MN 56303, or via email to [barry.venable@va.gov](mailto:barry.venable@va.gov).

## Save Time – Access Your Health Information Online

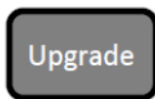
My HealtheVet lets you refill your VA prescriptions, view appointments, lab results, secure message health care teams and view your medical record—all online! It is an exciting website created just for you — [www.myhealth.va.gov](http://www.myhealth.va.gov).



1. Select the green Register button. Be sure to check VA Patient & Veteran. Review and accept the Terms & Conditions & Privacy Policy.



2. Be sure you click on the blue “Create Your Account” button at the bottom of the Registration page.



3. To get all the latest features, complete the In Person

Authentication form and show your government issued picture ID at the Health Hub at the St. Cloud VA, Bldg. 29, Rm. 20.

For assistance, contact the Connected Health Technicians at: 320-252-1670, Ext. 7271.

## Wheelchair Clinic Roll-in Service Hours



Beginning Sept. 1, 2018, roll-in wheelchair service for minor repairs and adjustments is available weekdays, 9 to 10:30 a.m. and 2 to 3 p.m., in the Wheelchair Clinic in Bldg. 51, Room 4, at the St. Cloud VAMC.

Veterans may roll-in during these times for minor repairs but for the most efficient service, Veterans are encouraged to make an appointment by calling 320-654-7667 or

stopping in Bldg. 51, Room 23, to make an appointment.

The availability of roll-in service is dependent upon the demand and in periods of high demand may not be available. Appointments are recommended.

## **Advance Care Planning**

### ***What is advance care planning?***

Advance care planning is the process where you identify your values and wishes for your health care at a future time if you are no longer capable of making choices for yourself.

### ***What is an advance directive (AD)?***

An advance directive (AD) is a legal form that helps your doctors and loved ones understand your wishes about medical and mental health care. It can help them decide about treatments if you are not able to decide for yourself. An advance directive protects your right to make your own medically-related decisions. And, it provides the best way to ensure that your future medical care reflects your wishes.

The VA AD includes sections that allow you to identify a Health Care Agent and to specify your treatment preferences. Those sections are:

- **Durable Power of Attorney for Health Care** – Allows you to identify a Health Care Agent, the person who would make health care decisions for you if you are unable to make decisions for yourself.

- **Living Will** – Allows you to indicate the treatments you would and would not want, such as resuscitation, mechanical ventilation (breathing machine) and feeding tube.

Ask your social worker for a VA AD form or go to [www.va.gov/vaforms](http://www.va.gov/vaforms) for the form and related information. You can also talk with your social worker if you need help starting a conversation with loved ones about your wishes or completing the advance directive.

### ***How do I get started?***

- Think about the medical treatments and care you would or would not want, if you were no longer able to make those choices.
- Choose your Health Care Agent and talk with them about your values and wishes.
- Complete a VA advance directive.

### ***What do I do with the advance directive (AD) after I fill it out?***

Put the original in a safe and easy-to-access place. Put a note on the copies about where the original is kept.

Give copies to your health care provider, Health Care Agent and a family member.

While an AD does not expire, you can cancel or change it at any time.

Review your AD from time to time. Your preferences for future health care may change based on changes in: your health or where you live, who provides support or care for you, or new medical treatments.

## ***Non-VA Advance Directives***

VA accepts state-authorized and Department of Defense advance directives. States may also have a separate Mental Health AD. If you complete a VA advance directive, you do not need to complete a separate one for mental health. You can record those preferences on your VA AD. Ask your social worker if you have questions about these documents.

To learn more visit [www.va.gov/Geriatrics](http://www.va.gov/Geriatrics) or [www.va.gov/Ethics](http://www.va.gov/Ethics).

## **Mental Health and Suicide Prevention Awareness Walk & Roll**

Supporting the Veteran or service member in your life who's going through a tough time doesn't have to be complicated. Everyone can play a role in preventing suicide. To create awareness of the tools and resources available to assist Veterans, family members, friends and community partners in saving lives, the St. Cloud VA is hosting the Mental Health and Suicide Prevention Awareness Walk & Roll on Sept. 8, from 9 a.m. to noon, at Bldg. 92 (Reid Bldg.), St. Cloud VA Medical Center, 4801 Veterans Drive, in St. Cloud.



The event is free, open to the public and registration is not required. Everyone

interested in helping to prevent death by suicide is invited to participate.

“The walk & roll is about showing support for people in crisis, reducing the stigma of Mental Health care, and by being there for individuals who may be in situations that could lead to suicidal considerations,” said Mary Jo Pine, Suicide Prevention Coordinator at the St. Cloud VA. “In addition to healthy exercise, the walk & roll includes suicide awareness training, lethal means safety measures and information on VA and community mental health resources.”

“Mostly, it’s about joining together to help people stay alive,” she added.

Community organizations supporting suicide prevention awareness are invited to support this effort. For information on how organizations can become involved contact Julie Wolf at 320-252-1670, Ext. 7511.

Veterans and their supporters are reminded that if [warning signs](#) are noticed by yourself or a Veteran loved one, call the [Veterans Crisis Line](#) at 1-800-273-8255 and Press 1, chat online at [VeteransCrisisLine.net/Chat](http://VeteransCrisisLine.net/Chat), or text 838255 to get confidential support 24 hours a day, 7 days a week, 365 days a year.

## **Volunteers Needed!**

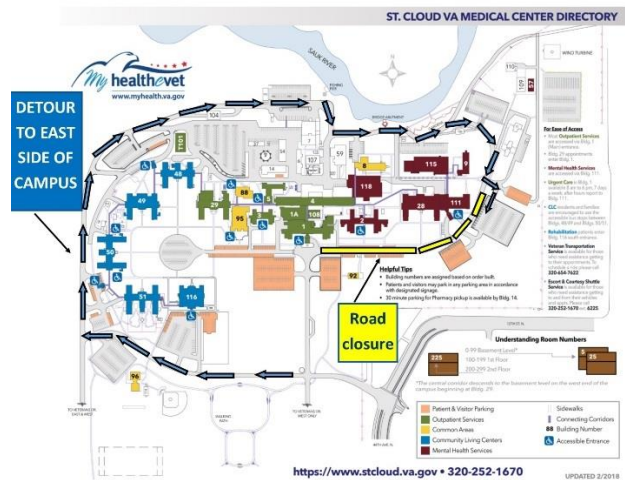
The St. Cloud VA Health Care System is dedicated to providing exceptional health care to Veterans. We need you to join our team as a volunteer and honor our nation's Veterans today! Volunteers are needed for numerous assignments throughout the health care system and demand for volunteer assistance continues to grow. A

volunteer role offers flexible scheduling, assignment specific training, and an opportunity to demonstrate your commitment to our customers. Please call the Voluntary Service office at 320-255-6365 or email us at [vhastcvavsstaff@va.gov](mailto:vhastcvavsstaff@va.gov) for more information.

## Temporary Road Closure

This fall, the road between the 3-way stop in front of Building 1 and the east side of Building 111 at the St. Cloud VA will be closed as pavement, road base, curbs and storm sewer utilities are replaced.

**During this time, vehicles traveling to the east side of campus will need to detour around the west and north side of campus to avoid this road closure. Access to the Veteran parking lots and main entrance of Building 1 will not be impacted, sidewalks along the north side of the road will remain open, and the Metro Bus stops at Building 111 will be at the front of Building 1 instead. Signage will be posted.**



## Building 28 Renovation

On August 15, 2018, Veteran residents of the Mental Health Residential Rehabilitation Treatment Program at the St. Cloud VA moved into the totally renovated and expanded east wing of Building 28, 2d Floor. Residents are housed in two-person rooms, and the home-like atmosphere includes a juice bar, refrigerator, recliners, and dayroom activities. The RRTP offers treatment to Veterans for a variety of mental health issues, substance abuse and post-traumatic stress disorder (PTSD), or a combination of these conditions. For information about admission, please call 320-255-6390.



## REVAMP Now Available for Sleep Care

Remote Veteran Apnea Management Platform (REVAMP) is a personalized, interactive web platform and mobile app that enables Veterans to be evaluated for obstructive sleep apnea (OSA) without traveling to a VA sleep center. REVAMP is designed to improve access to care, reduce patient wait times, and equip Veterans to

receive care at their home or preferred place of care.

Monday - Friday, 8 a.m. – 8 p.m.  
(EST)

***Here are examples of how REVAMP can improve your sleep care:***

- Allows Veterans to be evaluated and treated without travelling to a VA sleep center.
- Improves access to care and overall sleep care experience for Veterans with OSA.
- Equips Veterans to securely communicate with their sleep care team.

***How Can You Use REVAMP?***

To use the REVAMP App Veterans must be enrolled in VA health care and receive treatment from a VA sleep care team. Veterans must obtain a Secure ID such as a DS Logon Premium Account to use the REVAMP app. Note that DS Logon is the same username and password used for eBenefits. You can upgrade your DS Logon at <https://myaccess.dmdc.osd.mil>.

***Need More Information or Have Questions?***

- Visit <https://mobile.va.gov/app/revamp-veterans> for more information
- Contact your local VA sleep center
- Email: [help@va.mobile.us](mailto:help@va.mobile.us)
- Call the VA Mobile Help Desk at 844-4VA- MOBILE (844-482-6624),

**Bowlers Win!**

Wii bowlers representing the St Cloud VA Health Care System placed third and sixth in a national Veterans Bowling Tournament that is held annually in March.

The two St. Cloud VA teams were comprised of Veterans in the Adult Day Health Care unit. Each team rolled a combined total of 45 games, and sent their scores into the Bowlers to Veterans Link headquarters to see how they measured up against VA bowlers from more than 100 hospitals around the country. Members of the local teams included Bruce Dalton, Ron Gallus, Coach Avelsgard, Norb Jost, Donna Theisen, Willie Olson, Randy Falknor, Mel Midas and 3 unnamed Veterans. Team members ranged in age from 60 to 92.



The bowling tournament is sponsored by BVL and was first held in 1946, when the first WWII Veterans were returning from the battlefields of Europe. Since then, thousands of Veterans nationwide have been part of the tournament.

**#BeThere For Your Veteran & Caregiver**

Veterans, caregivers, and families and friends of Veterans are invited to attend a



training session focused on delivering straightforward, no-nonsense training for family and friends on how to help support Veterans or others who may be at risk for suicide.

The #BeThere training session is scheduled for September 25, from 6 to 8 p.m., in Bldg. 96 at the St. Cloud VA Medical Center, 4801 Veterans Drive, in St. Cloud.

Suicide prevention is everyone's priority, and Veterans, caregivers, family members and friends can attend this training to learn how to save someone's life. The agenda includes SAVE Training, safety planning, lethal means safety, and presentation of available resources to support Veterans, caregivers, their families and friends in preventing suicide.

Pre-registration is not required. For more information contact Jess Behrends, Caregiver Support Coordinator, at 320-252-1670, Ext. 7283, or [jessica.behrends@va.gov](mailto:jessica.behrends@va.gov).

## UPCOMING EVENTS

### **Labor Day--Outpatient Clinics and Administrative Offices Closed**

Monday, Sept. 3

Outpatient clinics and administrative offices, including VA Clinics in Brainerd, Montevideo and Alexandria will be closed. Urgent Care at the St. Cloud VA will be open from 8 a.m. to 6 p.m.

### **Veterans Law Clinic (by appointment only)**

Tuesday, Sept. 4 & 18      Noon-2 p.m.  
St. Cloud VA, Bldg. 28, Room 34  
Free legal consultation for Veterans. No criminal law issues will be discussed. Please

call 320-253-0138 or 1-800-622-7773 to schedule an appointment.

### **Mental Health Recovery Outreach Group**

Wednesday, Sept. 5      5-6 p.m.

Good Earth Co-Op

2010 Veterans Drive, St. Cloud, MN

Hosted by the St. Cloud VA, Veterans and family members are welcome to attend. VA enrollment or pre-registration is not required to attend the meeting. Call 320-252-1670, Ext. 6503, or email [leigh.vandewalker@va.gov](mailto:leigh.vandewalker@va.gov) for more information.

### **Introduction to Whole Health**

Friday, Sept. 7    or    Monday, Sept. 17

Noon-2 p.m.                      10 a.m.-Noon

St. Cloud VA

St. Cloud VA

Bldg. 28, Rm. 67

Bldg. 4, Rm. 114

A class that equips Veterans to take charge of their health by emphasizing self-empowerment, self-healing, and self-care. No pre-registration is required.

### **Mental Health & Suicide Prevention**

#### **Awareness Walk**

Saturday, Sept. 8

9 a.m.-Noon

St. Cloud VA

Participants should meet in Bldg. 92

This event is free, open to the public and registration is not required. Everyone interested in helping to prevent death by suicide is invited to participate.

### **Veterans Affairs Radio Show**

Monday, Sept. 10

8:10-8:30 a.m.

KNSI AM 1450/FM 103

### **Coffee Talk**

Friday, Sept. 14

2-3:30 p.m.

St. Cloud VA, Bldg. 4, Rm. 114

Learn how to most effectively use VA systems of care. If you can't come in person, dial-in via telephone at: 800-767-1750, participant code 11242#. All Veterans are welcome.

**Voices for Veterans Radio Show**

Wednesday, Sept. 19 8:10-8:30 a.m.  
WJON AM 1240

**#BeThere Training Session**

Tuesday, Sept. 25 6-8 p.m.  
St. Cloud VA, Bldg. 96  
Veterans, caregivers, and families and friends of Veterans are invited to attend a training session on how to help support Veterans or others who may be at risk for suicide. Pre-registration is not required. For more information contact Jess Behrends, Caregiver Support Coordinator, at 320-252-1670, Ext. 7283, or [jessica.behrends@va.gov](mailto:jessica.behrends@va.gov).

For a complete Calendar of Events, go to <https://www.stcloud.va.gov/calendar.asp>

***DID YOU KNOW***

- It takes 8 minutes for light to travel from the sun to the earth.
- A golf ball, when driven off a tee, can reach speeds up to 170 miles per hour.

***QUOTATION OF THE DAY***

"Nostalgia isn't what it used to be."

— Peter Vries

## Quick Reference Phone List

<b>Main St. Cloud VA HCS Phone Number</b>	<b>320-252-1670 or 800-247-1739</b>
TDD User	320-255-6450
<b>Max J. Beilke VA Clinic, Alexandria</b>	320-759-2640
<b>Brainerd VA Clinic</b>	218-855-1115
<b>Montevideo VA Clinic</b>	320-269-2222
<b>Veterans Crisis Line</b>	<b>800-273-8255 Press 1</b>
<b>Homeless Veteran Hotline</b>	877- 424-3838

### Billing:

- VA Care 866-347-2352
- Non-VA Medical Care Ext. 6483
- Veterans Choice Program 866-606-8198
- Debt Collection Issues for Choice 877-881-7618

Chaplain Service	Ext. 6386
Community Care Referrals	Ext. 6401
Discrimination Complaints	Ext. 6304
Eligibility	Ext. 6340
Nutrition Clinic	Ext. 6376
Transition & Care Management Program	Ext. 6453
Patient Advocate	Ext. 6353
Pharmacy Refill Line	855-560-1724
Privacy Officer	Ext. 6408
Public Affairs Office	Ext. 6353
Release of Information (Medical Records)	Ext. 6336
Transportation	Ext. 7622
TRICARE	844-866-9378
Voluntary Service	Ext. 6365
VA Police	Ext. 6355

## Stay in Touch

Visit our Website: [www.stcloud.va.gov](http://www.stcloud.va.gov)

Like us on Facebook: [www.facebook.com/StCloudVAHCS](http://www.facebook.com/StCloudVAHCS)

Sign up for our automated email service. Visit the St. Cloud VA Website at: <http://www.stcloud.va.gov> and on the right-hand side of the page is a request to sign up for email updates. Enter your email address and you are automatically signed up to receive email updates from our web page. There are also options presented to sign up for updates from other government sites.