



## The Affordable Care Act: Implications for VA and VA Healthcare

Americans will soon be making healthcare decisions due to the implementation of the Affordable Care Act (ACA). Veterans will need to make decisions regarding their healthcare as well. While we cannot make the decisions for them, VAIHCS staff need to know the basics of ACA and how it impacts the Veterans we serve. In short, a Veteran enrolled in VA healthcare does **not need** to take additional steps to meet the ACA Minimum Essential Coverage (MEC) standards. Below are some key points about ACA and resources available for your convenience, including fact sheets and frequently asked questions. Please contact our Enrollment Coordinator, Lezlie Furr, by email [Lezlie.furr@va.gov](mailto:Lezlie.furr@va.gov) or by calling extension 44221, if you have any questions concerning ACA.



□ **If enrolled in VA healthcare, a Veteran does not need to take additional steps to meet the health care law coverage standards.**

- The health care law **does not** change VA health benefits or Veterans' out-of-pocket costs

□ **VA wants all Veterans to receive healthcare that improves their health and well-being.**

- VA will assist Veterans and other beneficiaries to determine their eligibility for VA healthcare and other healthcare coverage options.

□ **Veterans and other beneficiaries not currently enrolled in VA healthcare can apply for enrollment at any time.**

- Our doors are open -- applications are accepted online at [www.va.gov/healthbenefits/enrol](http://www.va.gov/healthbenefits/enrol), by phone at 1-877-222-VETS (8387), by mail, or in person at a VA medical facility.

Veterans can go to <http://www.va.gov/health/aca/> for more information about ACA.

## Executive Corner



In my short time here, I am impressed with the care and service everyone provides to our Veterans. My philosophy is if you want to know what is happening, you need to get out into the facility and see it for yourself. I appreciate the comments and suggestions I have received from the Danville campus and the CBOCs.

Due to the Director at the Martinsburg VA accepting another position, I will need to serve as the Acting Director at my home facility. My last day here will be September 26, 2013. An Acting Director will be here soon and will serve in this position until the new Director is appointed.

I want to thank everyone for the warm reception and honest feedback during my journey here.

VA Illiana Health Care System is doing wonderful things for our Veterans. As I depart, remember to always keep your focus on the Veteran. They must continue to be at the center of everything we do.

Thank you,

***Timothy J. Cooke***  
***Acting Director***  
***VA Illiana Health Care System***

## Calendar of Events

**World War II Begins (1939)**  
September 1

**V-J Day**  
September 2

**Labor Day**  
September 2

**National Suicide Prevention Week**  
September 8-14

**Patriot Day**  
September 11

**Constitution Day**  
September 17

**VFW Ladies Auxiliary Organized (1914)**  
September 17

**US Air Force Established (1947)**  
September 18

**National POW/MIA Recognition Day**  
September 20

**World Alzheimer's Day**  
September 21

**Autumn Begins**  
September 22

**Disabled American Veterans Established (1920)**  
September 25

**Veterans of Foreign War Day (1899)**  
September 29

**Gold Star Mother's Day**  
September 29

## Nelson Participates in National VA Conference

Melissa Nelson, Palliative Care Coordinator at VA Illiana Health Care System was asked to participate in a national VA Conference: **Switch: Leading Change to Improve Care for Seriously-Ill Veterans**, on August 14-15, 2013 in Pittsburgh, PA.



The purpose of this knowledge based face-to-face educational program was designed to address unnecessary variation in Veterans' access to supportive services, describe methods for improving Veteran and family satisfaction with care for seriously ill Veterans and identify collaborative activities that can help reduce Veterans' unwanted use of acute and emergency care.

Melissa was a member of a panel discussion, highlighting best practices on how the Care Assessment Need (CAN) report can be used with Patient Aligned Care Teams (PACT). Melissa has been working with several Illiana PACT teams in piloting the CAN score to identify patients who may be in need of palliative care services.

Congratulations to Melissa and the PACT teams!

**Kim Kelley, MA, MSW, LCSW**  
**Chief, Geriatrics & Extended Care Service**

## Aqua PACT Hosts Class

The Aqua PACT is hosting a shared medical appointment for diabetic Veterans and their significant others. Diabetes is a chronic health condition affecting about 25% of the Veteran population. The class meets once a month for three months, focusing on ways to better manage diabetes. During the class we cook and taste healthy food, learn new ways to be physically active, discuss medications, and discuss making healthy lifestyle choices.

***The goal is wrap the Veteran in services.***

The class is led by Gary Evans (provider), Char Shields (RN Care Manager), Rita Sroufek (Clinical Associate), Connie Morrison (Clerical Associate), Misty Hillard (Health Promotion Program Manager/PACT Coach), Jennifer Mendoza (telehealth and diabetes content expert), Andrew Schaefer (Pharmacist), Christina Learned (Social Work), Dr. Amber Cadick (Psychologist/Health Behavior Coordinator) and Danielle Wleklinski (Dietitian).

Each participant receives a diabetic cookbook, MyPlate portion plate, pedometer and other resources to assist them on their health journey. During the last class we partnered with each Veteran to develop a health goal and will help monitor their progress each week.



Front row (L to R): Charlene Shields, Kristen Kyger, Rita Sroufek, Amber Cadick, Connie Morrison and Danielle Wleklinski.  
Back row (L to R): Misty Hillard and Gary Evans.

**Misty Hillard**  
**Health Promotion Prevention Program Manager**

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# Illiana Safety News

AUGUST 2013, NUMBER 9

Illiana Safety News will be distributed on a quarterly basis to share safety information with VA Illiana Health Care System staff. Questions or comments should be directed to the Safety Office at 45149.



- According to Bureau Labor and Statistics, the 387,820 MSD cases accounted for 33% of all worker injury and illness cases in 2011.

## Office Ergonomics: What You Need to Know

To understand the best way to set up a computer workstation, it is helpful to understand the concept of neutral body positioning. This is a comfortable working posture in which your joints are naturally aligned. Working with the body in a neutral position reduces stress and strain on the muscles, tendons, and skeletal system and reduces your risk of developing a musculoskeletal disorder (MSD). The following are important considerations when attempting to maintain neutral body postures while working at the computer workstation:

- **Hands, wrists, and forearms** are straight, in-line and roughly parallel to the floor.
- **Head** is level, or bent slightly forward, forward facing, and balanced. Generally it is in-line with the **torso**.
- **Shoulders** are relaxed and **upper arms** hang normally at the side of the body.
- **Elbows** stay in close to the body and are bent between 90 and 120 degrees.
- **Feet** are fully supported by the floor or a footrest may be used if the desk height is not adjustable.
- **Back** is fully supported with appropriate lumbar support when sitting vertical or leaning back slightly.
- **Thighs and hips** are supported by a well-padded seat and generally parallel to the floor.
- **Knees** are about the same height as the hips with the **feet** slightly forward.

Regardless of how good your working posture is, working in the same posture or sitting still for prolonged periods is not healthy. You should change your working position frequently throughout the day in the following ways:

- Make small adjustments to your chair or backrest.
- Stretch your fingers, hands, arms, and torso.
- Stand up and walk around for a few minutes periodically.

## Additional Ergonomic Resources:

<https://www.osha.gov/SLTC/etools/computerworkstations/>- OSHA Website

<http://ergo.human.cornell.edu/> Cornell University Ergo Website

<https://vaww.visn11.portal.va.gov/sites/Danville/EnvironmentalSafety/default.aspx> VA Illiana Safety Website

## National Hispanic Heritage Month

National Hispanic Heritage Month celebrates and recognizes the contributions Hispanic Americans have made to American society and culture and to honor five of our Central American neighbors who celebrate their independence in September.

National Hispanic Heritage Month had its origins in 1968 when the President signed an annual proclamation designating the week including September 15 and 16 as National Hispanic

Heritage Week. By directing that this week should include September 15 and 16, this law celebrated Hispanic Americans and the anniversaries of independence for the Latin American countries of Costa Rico, El Salvador, Guatemala, Honduras and Nicaragua as well as Mexico's independence on September 16.

This month we celebrate the rich Hispanic traditions that these countries and their people have shared with us from Latin American foods to Futbol (Soccer). Ole!

**Barb Nolan, MS, RD, CDE, CD**  
**Clinical Dietitian**

## Mental Health Summit

On August 22, 2013 the VAIHCS hosted its first Community Mental Health Summit at the Danville Area Community College. Over 25 agencies from the community participated along with VA staff. The purpose of the summit is to bring together key stakeholders in the community with the goal of enhancing access to mental health services and addressing the mental health care needs of Veterans and their family members. The summit provided opportunities for active engagement and dialogue between VA and invited guests including mental health agencies from the community, Veterans, VA staff, and other dignitaries.

The event promoted collaborations and generate mutually beneficial relationships that enhanced the quality of mental health services for Veterans and their families. Topics discussed at the summit included suicide prevention, addressing acute psychiatric needs/inpatient and residential treatment and PTSD/Post-combat readjustment. The summit will be an annual event.



VAIHCS staff Natalie Liggett, Suicide Prevention Coordinator and Bridget Tribout, Psychologist address guests at summit.

## UPL of the Quarter

I would like to congratulate Autumn Kuemmerle as our 2013 4th Quarter Unit Peer Leader! Autumn is a Unit Peer Leader in our Imaging Department. She is a leader for our Safe Patient Handling (SPH) Program and has been involved in ensuring safe care to our Veterans, while protecting them and her co-workers from injury. She takes opportunities to educate her co-workers and motivates them, utilizing positive reinforcement.

She is a role model for Safe Patient Handling and participates in safe patient handling training opportunities. Autumn worked with her peers to

come up with solutions to assist Veterans from a lying to sitting position on slim, curved imaging tables. This provided a source of education, brainstorming, and group problem-solving that allowed her co-workers to practice more safely and efficiently, thus decreasing the likelihood of Veterans utilizing staff as an anchor. Cheers on protecting your co-workers and Veterans from injury!



Autumn Kuemmerle  
UPL of the Quarter!

**Amanda Stevens, MSN, BSN, RN**  
**Safe Patient Handling Coordinator**

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# Are You Ready for Flu Season?

It's hard to believe, but another flu season is fast approaching. The Centers for Disease Control (CDC) recommends that all U.S. health care workers get vaccinated each year against the flu. Not only to reduce the chance that you get the flu, but to protect our patients and those around you too. This includes any staff or volunteer that may encounter patients at one of our facilities, even if you are not a direct care provider. Did you know that you can give others around the flu if you are not vaccinated even if you don't feel sick? It is important for VA Illiana staff to get vaccinated against the flu (unless you have an egg allergy) to help reduce the risk of transmission of the flu to others and reduce the risk of causing flu-related illness and death among our patients. We care for many patients here that are at higher risk of flu complications due to being an older adult or having other illnesses that affect their immune system. The flu vaccine does not always provide adequate protection from the flu among people with weakened immune systems or people over age 65. Therefore, it is important for staff and volunteers at VA Illiana Health Care System to be vaccinated against the flu. Higher flu vaccination levels among health care workers have been associated with a lower risk of patients acquiring the flu during their stay at a healthcare facility. Here are some questions we commonly hear regarding the flu shot:

## ***Should I wait to get vaccinated so the flu shot "works" for the entire flu season?***

**No.** You should get vaccinated as soon as flu shots are available. Flu seasons can come early, and as we saw earlier this year in April, they can come later. It takes up to 2 weeks to develop immunity after you get the flu shot, so it is best to be vaccinated early. Studies show that immunity will last throughout the flu season.

## ***Is the flu a gastrointestinal (stomach or intestinal) illness?***

**No.** The "stomach flu" is not really the flu. The flu is an upper respiratory infection and not a stomach or intestinal disease in adults.

## ***Can I get the flu from the flu shot?***

**No.** The flu shot contains a dead virus, so you cannot get the flu from the flu shot. The most common reaction is soreness or redness at the injection site and a few may have a low grade fever and mild body aches that may last up to 2 days. It is much better to have these mild symptoms than to get the flu, not to mention it is worth it to protect those around you!

If you have any questions, please contact Alissa Broderick, MSN, RN, CIC in Infection Control at extension 44804. Please help keep us all healthy and get your flu shot this year!

***Alissa Broderick, MSN, RN, CIC  
Infection Control Nurse***

*Source: Centers for Disease Control*



Acting Director Thomas J. Cooke encourages **EVERYONE** to get a flu shot! Occupational Health Nurse, Sheri Marx was happy to make an "office call" to administer the vaccine.

# Saying Goodbye to Emma Metcalf



# Strategic Management Retreat

The VA Illiana Strategic Management Retreat was held on August 29-30, 2013 at Danville Area Community College. This allowed leaders the opportunity to look at the progress we've made over the last fiscal year, as well as examine the challenges we still face. As an organization we have succeeded in accomplishing a majority of the goals established for FY13, inclusive of:

## FY13 VAIHCS Strategic Goals

1. **Financial Position** - Meet target FTEE level of 1456 by end of FY 13 (1474 cumulative FTEE), increasing our uniques to 35,000 and reducing our OT/CT by 5%.
2. **Mental Health** - Develop an implementation plan for the new MH Service Line that defines communication strategy for changes in the new MH model of care, while defining appropriate resources will be allocated and aligned to match the needs of this new model of care.
3. **ED/ISU/Surgery** - Develop an implementation plan, transitioning to Urgent Care.
4. **Specialty Care** - Evaluate where we should provide what specialty services to reduce fee, provide services closest to the Veteran, and how do we provide those services (tele-health, etc.) while considering other opportunities (Champaign).
5. **CBOC Space Expansion Business Model** - Evaluate how we utilize our space to maximize clinic operation and efficiency.
6. **Rural Health Plan** - Define and develop our strategic plan that provides access to Veterans in defined rural counties.
7. **CLC Model of Care** - Determine the right size for our VAIHCS long term care setting (defining # of CLC beds, HBPC goal #s, incorporating NIC data, etc.).

8. **Evaluation of Rehab Medicine Program** - Evaluate and determine RMS Strategic Plan for the future.
9. **Staff Development** - Ensure that we are the employer of choice, evidenced by our efforts to enhance recruitment, retention, staff development, and staff satisfaction.

However, we have not reached our full capacity as an organization. The summit allowed the chance for our leaders to come together and commit to real changes, determining the Strategic Goals for VAIHCS for FY14. The are as follows:

## FY14 VAIHCS Strategic Goals:

1. Create a sense of urgency regarding the impact of Affordable Care Act (ACA) on VAIHCS
2. Develop a written service specific succession plan for leadership roles
3. Implement CLC right-sizing plan in FY 14

We hope that by limiting the goals we focus on in FY14, it will allow us as an organization to adjust and update our Strategic Plan as necessary, while also keeping the plan relevant to our ever-changing environment. The goals we have established will be tracked and monitored through the VAIHCS Strategic Planning Committee as well as communicated to all employees throughout the facility. We would like to thank employees for allowing the leaders of the organization the time to gather and develop action plans that help us to accomplish our FY14 Strategic Goals. We will need your help in making our goals become a reality!

**Tracy DeWeese, MHSA**  
**Health System Specialist for Associate Director**

## New McDonalds Honors Veterans



The Grand Opening Ceremony, held on August 4th, for the new McDonald's on Main and Bowman paid tribute to Veterans from all branches of service. The flag garden on the corner on Main and Bowman is a nice welcome to all Veterans coming into town to visit our facility. A representative from each branch of service participated in the flag raising and the ribbon cutting. The money from the ribbon cutting was donated to the Homeless Veteran Program. The interior of the McDonald's is decorated with photos of the VA, Cannon school and Danville Area Community College.

## VETSPORTS



On August 23rd Vetsports/Wounded Warriors visited VAIHCS as part of a weekend event sponsored by the Danville Fire and Police Departments. The Wounded Warriors visited and toured the facility and also attended a reception for Veterans and staff to meet and welcome them. The next day on Saturday were softball games at the Danville Stadium that included the Vetsports/Wounded Warriors playing against the Danville Fire & Police Departments. This is the third year for this event. VAIHCS Employee Association made a donation of \$630 to the Wounded Warriors during the games.



# All Employee Survey **FREE LUNCH!**

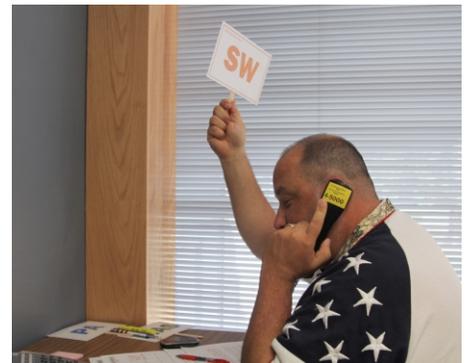


The All Employee Survey Coordinators served a free lunch on Thursday, September 12th to all employees. In addition to the free food, posters provided by each service were on display highlighting changes made as a result of last year's survey.

## 2013 Phone-A-Thon

On September 11, twenty-four Veteran employees volunteered for a Veteran-to-Veteran Phone-a-Thon. Two Eligibility Clerks, a Nurse, a Social Worker and a Patient Advocate were on stand-by to provide assistance. They were given lists of Veterans who had fallen out of care with VA Illiana Health Care System over the past year. With enthusiasm, compassion and a little levity, they endeavored to call 551 unique Veterans. They made connections with 227, scheduled thirty-six 10-10 appointments, and mailed 10 applications/means tests. Social Workers subsequently followed up on clinical concerns which were raised. It was truly a team effort and showed what can be accomplished when we work together!

***Jill DeBord, LCSW  
Chief, Social Work Service***



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## Quilt Donation

The Orchard Hill Quilting Club of Covington, Indiana donated three lovely quilts to our Palliative Care Unit. Pictured is:

Front Row (L to R): Paul Bockelman, VISN 11 Network Director; Janice Elwell, Orchard Hill Quilting Club; Emma Metcalf, former Director, VAIHCS; Lois Ellmore and Jane Lesko, both of the Orchard Hill Quilting Club; Karie Drollinger, NA; and Annie Cleveland, NA.

Back Row (L to R): Bob Sprouls, Chief Recreation Therapy Service and Acting Chief, Voluntary Service; Pam Dodson, Palliative Care staff; Susan Borgia, LPN; Ray Nassar, VFW Representative, Tracy Meyers, Palliative Care staff; Wendy Zimmerman, Nursing Service; and Darius Wallace, Environmental Management Service.

## Value Stream Analysis

VAIHCS recently completed its first Value Stream Analysis (VSA) process, conducted by Systems Redesign, based on the flow of Veterans through the Primary Care Value Stream.

Through the VSA the participating staff members were able to focus on key issues that need to be addressed in the Primary Care process and to become actively engaged participants in improving key processes in their work units.

The Value Stream Map created will help to engage other staff members and will be used as a tool to facilitate improved communication and to develop staff's ability to own change and improvement in our organization.

The Value Stream Analysis process is proactive allowing the team to focus on the most critical areas that need to be improved rather than being reactive to the daily issues that arise in every work unit. The right work will be done at the right time to reduce waste and improve efficiency in the units.



(L to R): Donna Lankster, LPN; Rebecca Catron, Social Worker; Christine Meliykan, Social Worker; Jacquie Worthington, RD, CDE, LD; and Mellissa Forman, Clerk.



(L to R): M. Shah, MD; Olga Arvizu, RN; Alan Creech, RN, NP; Rebecca Brown, Clerk; Jennifer Shannon, LPN; and Morgan Lincicum, RN.

**Jonathan Hall**  
Management Analyst - Systems Redesign

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# Service Pins

## 35 Years

**Cassandra Turner**  
Home Based Primary Care

## 30 Years

**Rick Anderson**  
Engineering Service

**Michael A. Byers**  
Engineering Service

**Sibyl Jane Cline**  
Environmental Management Service

**Donna L. Hughes**  
Quality Management Service

**Judith A. Phillippee**  
Social Work Service

**Douglas H. Shouse**  
Office of Director

**Robert L. Sprouls, Jr.**  
Recreation Therapy Service

## 25 Years

**Stephen M. Dulski**  
Ambulatory Care Service

**Henry E. Mills**  
Education Service

**Bhaskara Yelamanchili**  
Ambulatory Care Service

## 20 Years

**Margaret J. Barker**  
Nursing Service

**Janet E. Fender**  
Ambulatory Care Service

**Lorraine S. Fox**  
Nursing Service

**Karen S. White**  
Associate Director Patient Care Services

## 15 Years

**Jill E. Anderson**  
Police, Safety & Emergency Management Service

**Tammy J. Fitzpatrick**  
Nutrition & Food Service

**Jeannie K. Hierman**  
Ambulatory Care Service

**Tarunkumar S. Patel**  
Ambulatory Care Service

## 10 Years

**Steven J. Allen**  
Nursing Service

**Latisha M. Bell**  
Office of Director

**Elizabeth M. Benjamin**  
Human Resources Service

**Larry L. Cunningham**  
Environmental Management Service

**Marcus D. Forrest**  
Nursing Service

**Tawnia T. Guistolise**  
Medical Service

**Robert S. Kubert**  
Pharmacy Service

**Viseth J. Lieu**  
Surgical Service

**Bradley G. McBeth**  
Pharmacy Service

**Barbara E. Nolan**  
Nutrition & Food Service

**Antoinette E. Sheridan**  
Pharmacy Service

**Brooke H. Thomas**  
Nutrition & Food Service

**Mariann Vandivier**  
Nursing Service



## We are going paperless!

Beginning with the October 2013 issue, the *Illiana News* will be available on SharePoint. Just click on "Newsletters" located on the right side of the page.

## *Illiana News - Proudly Serving Those Who Served*

Committee Members  
David Boerst  
Tasha Draper  
Jaime Kanger  
Doug Shouse  
Bob Sprouls

# BRAVO Award Recipients



## **Ambulatory Care Service**

Kathleen Bailey  
Salvatore Marino

## **Associate Director**

Kendra Crawley

## **Chaplain Service**

Lael Dixon

## **Dental Service**

Michelle Hoyt  
Beth Smothers (2)

## **Director's Office**

Wes Grimes

## **Education Service**

David Boerst  
Randi Kilkenny  
Nancy Vaglica

## **Engineering Service**

John Atkinson  
Sue Auter (2)  
Jason Crawford  
Edward DeMoss  
Flash Gardner  
Marvin Lamm  
Dennis LeCount  
Dave Miller (2)  
Christian Montgomery  
Greg Reynolds  
Larry Russell  
John Russian  
Ray Spaniol (2)  
Fred Thornsborough  
Butch Waggaman

## **Environmental Management Service**

Stanley Crawford  
Corena Goldey  
Timothy Graham  
Tim Kinney  
Dennis Knight (2)  
Jack Russell  
Damone Spann

## **Fiscal Service**

Carter Henson (2)

## **Geriatrics and Extended Care**

Joy Becker  
Yvonne Brigham  
Karen Boland  
Evelyn Carter  
Drusilla Ford  
Stephanie Holmes  
Donna Hood  
Vivian Richards

## **Human Resources Services**

Freddy Bullock  
Gina Dixon  
Gavin Earp (4)  
Valli Haines  
Matt Hayes  
Bailee Julick  
Debbie Lewis  
Connie Ohl  
Megan Swartz-Foley (2)  
Julie Warner (3)  
Stephanie Welsch

## **Imaging Service**

Josh Bracewell  
Amy Gritton  
James Hittlet

## **IRM**

Rick Castle  
Willie Dunigan  
Candace Lagacy  
Jason McMasters  
Joni Rundblom  
Paul Sanders  
Jeff Van Camp (3)

## **Logistics Service**

Lori Freeman

## **Medical Administration Service**

Deb Baker (2)  
Rebecca Brown (2)  
Kelly Elliott (2)  
Nancy Gorton  
Cynthia Grant  
Jennifer Lane (2)  
Joe Lewis  
Sharon Lynn  
Karen Omark (2)  
Debra Packnett  
Tresa Richards (2)  
Carol Roderick  
M. Julie Smith  
Grace Wilson

## **Medicine Service**

Tony Burns  
Tawnia Gustolise  
Janet Jokela  
Andrew Robbins (2)  
G. Subramani  
Debra Tabela  
Kevin Tully

## **Mental Health Service**

Steve O'Connell  
Sara Runyon

## **NCCPAC**

Lisa Michelle  
Zimmerman

## **Nutrition & Food Service**

Margo Cornwell (2)  
Andrew Ford  
Magdalene Ilich  
Jennifer Mast  
Robin Meek  
Jo Anne Morris  
Deborah Rose (8)  
Alex Sanchez (2)  
Vickie Westley (2)  
Jacquelyn Worthington

## **PCS/Nursing**

Deb Biava  
Jennifer Buckley  
Mary Burke  
Kathy Christensen  
Diane Coleman  
Gail Collins

Jessica Cooper  
Donna Emmons  
Tisha Feinstein  
Donette Gray  
Tara Hackerd  
Chris Harper  
Christina Kraemer  
Amy Kretsinger  
Kari Larimer  
Susan Martin  
Carli Plunkett  
Rosetta Reynolds  
Pam Van Leer  
Amanda Secrist (2)  
Angela White  
Jennifer Whitlatch  
Marie Williams  
Jan Wilson  
Linda Wilson  
Tami Weiss

## **Pathology and Lab Service**

Wendy Rivera

## **Physical Medicine & Rehabilitation Service**

Paul Haussy  
Ken Richter  
Mary Seyfert  
Sharon Smith  
Nicole Swaim-Hill

## **Police, Safety & Emergency Management Service**

Aaron Reid

## **Quality Management**

Tammie Ritter

## **Social Work Service**

Amber Clark (2)  
Anthony Jones  
Sherry Molburg  
Geri Young

## **Surgical Service**

Peter Ly

## **Veterans Canteen Service**

Monique Phagan

## Gains

**Chelsie R. Bartlett** - Student Trainee - Education Service  
**Austin C. Calhoun** - Student Trainee - Recreation Service  
**DaReshia F. Chambers-Staple** - Program Support Assistant - Mental Health Service  
**Jennifer L. Coffee** - Practical Nurse - Nursing Service  
**Brittney M. Dean** - Food Service Worker - Nutrition & Food Service  
**Heather M. Heusner** - Social Work Trainee - Social Work Service  
**Margaret A. Hill** - Social Work Trainee - Social Work Service  
**Stephanie N. Kizer** - Student Trainee - Medical Administration Service  
**Dongwook Lee** - Neuropsychologist - Mental Health Service  
**Mallory M. Martin** - Social Work Trainee - Social Work Service  
**James J. Meredith, Jr.** - Plumber - Engineering Service  
**Lorraine K. Metcalf** - Nurse Practitioner - Mental Health Service  
**Diana L. Mitchell** - Purchasing Agent - Prosthetics  
**David K. Morris** - Social Work Assistant - Social Work Service  
**Julie A. Myers** - Registered Nurse - Nursing Service  
**Amy Noble** - Nursing Assistant - Geriatrics & Extended Care Service  
**Hannah E. Ohl** - Student Trainee - Voluntary Service  
**Katherine Powers** - Social Work Trainee - Social Work Service  
**Barbara J. Roley** - LPN - Nursing Service  
**Lamise N. Shawahin** - Psychology Intern - Mental Health Service  
**Marie J. Valgoi** - Psychology Intern - Mental Health Service  
**Clayton J. Williams** - Kinesiotherapist - Physical Medicine &

Rehabilitation Service

**Yvonne Williams** - Student Trainee - Education Service

**Nancy J. Wolverton** - Nurse Practitioner - Mental Health Service

## Losses

**Teresa R. Ard** - Chief - Voluntary Service

**Andre A. Bascom** - Housekeeping Aid - Environmental Management Service

**Amber Cadick** - Psychologist - Mental Health Service

**Cynthia L. Elkins** - RN - Nursing Service

**Kathryn F. Fair** - Psychologist - Mental Health Service

**Dax A. Gay** - Optometrist - Surgery Service

**Jennifer J. Gerrib** - Social Worker - Social Work Service

**Richard T. Hendricksmeier** - RN - Nursing Service

**Kenneth L. Huff** - Medical Technologist - Pathology and Lab Service

**Kimberly A. Kelley** - Social Worker - Social Work Service

**Emma M. Metcalf** - Director - Director's Office

**Basanti Mukerji** - Physician - Ambulatory Care Service

**Andrew A. Obanion** - Housekeeping Aid - Environmental Management Service

**Brenda E. Pierce** - Nurse - Nursing Service

**Jessica L. Saunders** - Nurse - Nursing Service

**Hazel E. Shestokas** - Nurse - Mental Health Service

**Richard K. Smith, Jr.** - Housekeeping Aid - Environmental Management Service

**Candace J. Thacker** - Patient Service Assistant - Medical Administration Service

**Richard J. Wright** - Vocational Rehab Specialist - Social Work Service

## 100 Miles in 100 Days Challenge

The 100 Miles in 100 Days Challenge came to an end on September 3rd, 2013. Mr. Bill Doyle, Environmental Management Service, left everyone in the dust with a whopping 604.98 miles! For this accomplishment, Bill received a WIN water bottle along with a heart monitor with chest strap. Acting Director Timothy Cooke drew 2 names out of a bag . . . Robert Spencer, Medical Support Assistant for Nursing Service and Kendra Kinney, Patient Safety Program Assistant. These two received a WIN water bottle plus one received a \$20.00 gift certificate and the other received a pedometer. Both of these individuals had 100 miles and then some! We had 159 participate with 28 employees completing the walk. Please check SharePoint for future upcoming events. Thanks to everyone who participated in the 100 mile walk. Keep on walkin'.



**Pam Swaim & Sheri Marx**  
**Occupational Health**

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