Tele Urgent Care
Veterans receiving health care at VA medical centers throughout VISN 4 can now obtain care with the ease of a video chat or phone call. VISN 4 Tele Urgent Care uses VA Video Connect to conduct appointments privately and securely in a virtual medical room from anywhere using the camera on your smart phone, computer, or tablet.

DEA Drug Take Back Day
With opioid overdose deaths increasing during the pandemic, the Drug Enforcement Administration announces Take Back Day is scheduled for October 23, 10 a.m. to 2 p.m., DEA collected a record-high amount of expired, unwanted, and unused prescription medications, with the public turning in close to 500 tons of unwanted drugs.
Over the 10-year span of Take Back Day, DEA has brought in more than 6,800 tons of prescription drugs. With studies indicating a majority of abused prescription drugs come from family and friends, including from home medicine cabinets, clearing out unused medicine is essential. You can stop by the Wilmington VA Medical Center, at the front circle to drop off expired, unwanted, and unused prescription medications.

National Blind Americans Equality Day

National Blind Equality Day, also known as White Cane Day, aims to raise awareness about vision impairment and celebrates the achievements of people who are blind or visually impaired. The white cane symbolizes a tool of independence. The white cane allows people who are visually impaired to travel independently, whether it is to their job, a doctor’s appointment, or the store. It is also a safety device to help detect obstacles, navigate stairs and curbs, and identifies the user as visually impaired so that onlookers take appropriate care.

Don’t be surprised if a visually impaired Veteran is not using a white cane. Only two to eight percent of visually impaired people use a white cane. The rest rely on their useable vision, a sighted guide, or a guide dog.

The VIST Coordinator can refer Veterans for white cane training. Training must be provided by a Certified Orientation and Mobility (O&M) Specialist. Many O&M instructors are sighted, but they must spend at least 120 hours blind folded navigating with a white cane to become certified. If you notice a Veteran with a damaged white cane or with significant wear and tear, please refer him/her to the VIST Coordinator for a replacement.
Breast Cancer Awareness Month

As a woman, getting checked for breast cancer is an important part of maintaining your overall health. Talk to your VA provider team if you have questions related to your breast health or to be checked for breast cancer.

Jennifer Coy, Women’s Health Program Coordinator VA Wilmington Health Care

Phone: 302-994-2511, ext. 5290  Email: Jennifer.Coy2@va.gov

Women Veteran Care | VA Wilmington Health Care | Veterans Affairshttps://www.va.gov/wilmington-health-care/health-services/women-veteran-care/
Intimate Partner Violence Assistance Program

Please join the Intimate Partner Violence Assistance Program in spotlighting domestic violence awareness throughout October. The program office is promoting information, resources, and tools to raise awareness about intimate partner violence (IPV), associated risk and protective factors and the impact of IPV on Veterans and their partners. Research in this area has suggested that Veterans may be at greater risk for using and/or experiencing violence than their civilian counterparts, given the unique stressors posed by military life. Collaboration between internal and external stakeholders is crucial in recognizing Veterans who experience and/or use violence, thus playing a crucial role in linking these individuals to appropriate services.

Adaptive Horseback Riding

When was the last time you rode a horse? Or did something outside of your comfort zone? Well, these courageous Veterans did just that!

In partnership with DE Association for Blind Athletes, (President, Patricia Addison) and the Pike Creek-Green Hill Lion’s Club, visually impaired Veterans were provided the opportunity to go horseback riding at Carousel Park and Equestrian Center.

The Lion’s Club, represented by Paul Settelmeyer, provided the funding to sponsor this event. The Director of the therapeutic riding program, Elyssa Doner, trains volunteers to assist Veterans, Military personnel, and all people with disabilities during their equestrian experience.

The Veterans were able to gain new equestrian knowledge and learn how to brush, groom, saddle, and feed a horse. Veterans were also taught how to ride a horse and use commands such as “walk on” and “halt” to control the horse’s movements. Their horseback riding journey provided these Veterans with new perspective and an increase in their confidence and trust.

Therapeutic horse riding can help people physically, socially, and emotionally. As a witness to this experience, I believe these visually impaired Veterans grew the most emotionally. It gave them a sense of empowerment to ride such a strong, large, and beautiful animal. Bonding with a large animal can also be a comforting experience.

A person with sight loss must trust their handlers and the horse, but mostly their self, which can be challenging. One blind Veteran had a panic attack during her riding. However, with guided support she was able to work through it, get back on her horse, and ride on. These Veterans displayed openness, courage, and perseverance to accomplish a goal that many sighted people would not even consider. It was an amazing experience and an honor to be a part of.
VISUAL IMPAIRMENT SERVICES TEAM

The VIST program provides comprehensive case management to visually impaired and blind Veterans to ensure they have equitable access to low vision services and blind rehabilitation. Veterans with low vision have sight loss that cannot be corrected with conventional lenses and their sight loss impairs their daily functioning.

Blind rehabilitation includes assessment, low vision exam, and blind skills training using low vision devices, which can be provided on an outpatient or inpatient basis. The VIST Coordinator will make the necessary referrals based on the Veteran’s unique needs. The goal of the VIST program is to improve Veteran’s visual functioning and maximize their independence to accomplish their identified goals.

If you have any questions or are interested in learning more, please don’t hesitate to contact me via phone, e-mail.

VIST Coordinator Contact - Susan Barton, LCSW, Blind Rehabilitation Specialist
Sue.barton@va.gov : 302-994-2511 Ext. 4733

Radio Show

http://www.987thecoast.com

Managing Stress for Caregivers
Veterans Affairs Holiday Programs

The Department of Veterans Affairs, Wilmington Medical Center is gearing up for our Holiday Gift Giving Programs for Veterans and families who are in need. The Holiday Season is fast approaching, and we are reaching out to our community partners for help!

This year, Voluntary Service is again coordinating the Thanksgiving Grocery Card and Holiday Angel Tree programs for Veterans needing assistance. The holiday programs are designed to provide in-kind gifts to assist Veterans and their families who are in crisis resulting from medical issues, unemployment, homelessness, medical issues, or other difficult circumstances who otherwise would not have the resources to celebrate the holidays.

**Thanksgiving Grocery Cards:** Voluntary Services is soliciting donations of $25 gift cards to local grocery stores to help supplement food for Veterans during Thanksgiving. Cards can be purchased from Shop Rite, Walmart, Food Lion, Acme, etc. Cards need to be received by Voluntary Service no later than October 22, 2021, so they can be distributed to Veterans for the Thanksgiving Holiday. Voluntary Services will also accept checks made to Wilmington VA Medical Center, GPF 9056.

**Cards or Checks can be mailed to:**
- Wilmington VA Medical Center
- ATTN: Voluntary Services #135
- 1601 Kirkwood Hwy
- Wilmington, De 19807

**Holiday Angel Tree Program:** The Holiday Angel Tree program is to help Veterans and their families who would otherwise be unable to celebrate the holiday gift giving season.
Voluntary Services compiles a list of Veterans and families with their “wishes.” The list will be available for employees, Veteran Service Organizations, and Corporate Sponsors to adopt a family or Veteran to purchase gifts. From previous years, one fun gift and one practical gift is suggested; the range of gifts should be around $25 each. We ask our VA Social Workers when completing applications, to include a “specific gift suggestions” that will help identify the gifts requested by the Veteran or family.

The list for Veterans to be adopted will be ready by Nov. 12, 2021. If your organization would like to adopt a family, please email Mildred.McCarty@va.gov for details. Gifts to be returned to the Wilmington VA Medical Center, wrapped, and labeled to be distributed to the Veteran and their family no later than December 13, 2021.

If your organization would like additional information about either program, please email James.Coty@va.gov. We sincerely hope that you can participate in this great giving program!

Stay Informed, Follow Our Social Media Channels

Follow Wilmington VA Medical Center on our social media channels @WilmingtonVAMC on Facebook, Twitter and Instagram.


Learn about the VA Health Chat app to get easy online access to chat with VA staff when you have minor health questions.