

# Live Whole Health

Official news from VA Puget Sound Health Care System



## VA Puget Sound recognizes Wall of Heroes honorees



Left to right: VA Puget Sound Executive Deputy Director Dr. Thomas Bundt, Col. Joe Jackson's Daughter Bonnie Jackson, Col. Joe Jackson's Granddaughter Lea Rose Jackson and VA Puget Sound Chief of Staff Dr. Catherine Kaminetzky recognize Col. Joe Jackson as the 2020 Wall of Heroes Honoree November 9, 2021. (Photo by Rafael Cruz)

"He loved it all," said Bonnie Jackson, daughter of U.S. Air Force Colonel Joe Jackson and VA Puget Sound Health Care System Wall of Heroes 2020 Honoree (posthumously), said when describing what her dad enjoyed most about his legendary military career spanning three wars (WWII, Korea and Vietnam).

An auto mechanic by trade, Col. Jackson enlisted in the Army Air Corps in March 1941. Starting as a plane mechanic, he eventually moved to flying jets, was the second Air Force U-2 pilot and went on to fly C-123 aircraft. He flew more than 100 combat missions in Korea and almost 300 in Vietnam. The latter earned him the Medal of Honor for actions on May 12, 1968 for his part in the evacuation of Kham Duc while under fire. His medal was presented by President Lyndon B. Johnson at a White House Ceremony January 16, 1969.

His list of exemplary contributions is endless, with many accounts archived

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### Activities & Observances

#### December

- 13: U.S. National Guard Birthday
- National Human Rights Month

#### January

- 17: Martin Luther King, Jr. Day

#### February

- American Heart Health Month
- Black History Month
- National Salute to Veteran Patients

## Wall of Heroes Honorees *(continued from page 1)*

by the Library of Congress. Col. Jackson's daughter believes that her dad's involvement in the Cuban Missile Crisis was the thing he was most proud of.

While his career is well-known and led to his selection as a Wall of Heroes Honoree, Bonnie was delighted to share some aspects about her dad that some may not know.

"Trivia or a bad dad joke was a requirement of each family meal," Bonnie shared with a warm smile. She recalled one of his favorites: "What president kept an alligator in the White House bathtub? President John Quincy Adams."

Kind, generous, humble, smart, and funny are among the many positive things that come to mind when people think of Col. Jackson, who spent every Monday for 25 years collecting food for the Kent food bank. He last read (Bonnie shared he read it many times) the U.S. constitution front-to-back was when he was 93—just to ensure he could have educated debates with Bonnie and her brother, David. He completed both his undergraduate and master's degrees at night. And while he eventually bought his own plane, he began building an airplane in his basement in the 1970s (something Bonnie compared to the boat Gibbs in the TV show NCIS was building in his basement).

While the pandemic prevented a ceremony last year, Col. Jackson's Daughter Bonnie, Great Granddaughter, Lea Rose, and fellow Veteran, Bill Crammatte joined VA Puget Sound's Deputy Executive Director Dr. Tom Bundt, Chief of Staff Dr. Catherine Kaminetzky, Wall of Heroes Chair Glen Boje and Wall of Heroes Ambassador (and frame designer) William Carpentier for an informal gathering in his honor November 9, 2021. Unable to attend, Col. Jackson's Wife Rosamond "Rose," who he was married to for 74 years.

Col. Jackson died January 12, 2019. "I miss him a lot," expressed Bonnie.

Along with celebrating Col. Jackson's selfless contributions, VA Puget Sound also recognized Dr. Duane Hyde, U.S. Army Veteran as its Wall of Heroes 2021 Honoree.

"Thank you for considering me worthy to join this auspicious group of real heroes," Dr. Hyde, 98-years-old, said during his recognition ceremony at VA Puget Sound November 11, 2021. "In accepting this honor, I feel like I am a representative of many Vets who during WWII survived, may have endured hardship, but performed what they were experienced and trained to do and after the war have done his/her best to become great citizens of the United States of America. It is from this group that I was chosen and humbly accept this recognition as a representative."

Dr. Hyde's medical school and subsequent 37-year medical practice that included the delivery of more than 1,500 babies, was "interrupted after the first two years for a four-year military service," he described in his memoir. "My military service was sandwiched halfway through my college work."

As for the military service he squeezed in as he completed his medical degree, his numerous heroic

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## Wall of Heroes Honorees *(continued from page 2)*

contributions include fighting in the Hartz Mountains located in the highland area of north France during World War II. “Our platoon advanced successfully and took over a German entrenched unit protecting the top of the mountain,” he described. The next morning on the way to a welcomed hot breakfast, a bombshell exploded injuring him and two other soldiers.

For his heroic contributions, he was recognized for his service in France during World War II with the Legion of Honor medal, France’s highest order of merit for military and civil awards at the French Consulate in San Francisco on February 12, 2019.

Recalling Alsace, France, Dr. Hyde recalled sitting on the grass at Epinol American Cemetery contemplating the seemingly endless rows of crosses that represent nearly 5,300 fallen American soldiers, “Each of us has a story to tell, with teary eyes I realized these young fallen soldiers each marked by a cross, never had the opportunity to tell his story.”

Among his abundance of blessings, Dr. Hyde—who moved to Seattle to be closer to family—is most thankful for his daughter Diane, her husband Paul and their daughter Gina, and his son Douglas, his wife Sheria and their children Taja, Kailin and Cooper. “I love them very much and I feel loved by them too,” he shared.

After his visit to VA Puget Sound, Dr. Hyde headed to a virtual meeting with a first-grade class to help them understand what Veterans Day means.



*Left to right: Wall of Heroes Committee Chair Glen Boje, Chief of Staff Dr. Catherine Kaminetzky, Executive Deputy Director Dr. Thomas Bundt, 2021 Wall of Heroes Honoree Dr. Duane Hyde, friend Joey Perlmutter, friend and fellow Veteran John Briggs, son-in law Paul Rohrbach and Daughter Diane Rohrbach during recognition at VA Puget Sound held November 10, 2021. (Photo by Rafael Cruz)*

The Wall of Heroes serves as a reminder for patients, visitors, staff and volunteers at VA Puget Sound of the sacrifice, valor, bravery and heroism demonstrated by our Puget Sound Veterans. Our display, dedicated June 29, 2009, is one way we honor those Veterans. Framed biographic displays of each inductee are symbols honoring Veterans who have had significant contributions to those we serve at VA Puget Sound. For more information about this program, email the Wall of Heroes Committee at [PugetSoundWalofHeroes@va.gov](mailto:PugetSoundWalofHeroes@va.gov).

## Here to serve our women Veterans!

VA Puget Sound's Women's Health Program remains the largest in the VA's Northwest Network, with over 17,000 women Veterans (and growing!) enrolled for care.

A team of over 60 women's health primary care providers deliver comprehensive, collaborative, and trauma-informed care at all our primary care locations, ensuring our women vets do not have to travel outside of their local medical home for their healthcare needs. We have expanded services to include long-acting reversible contraception and contraception-on-demand at nearly all our sites of care.

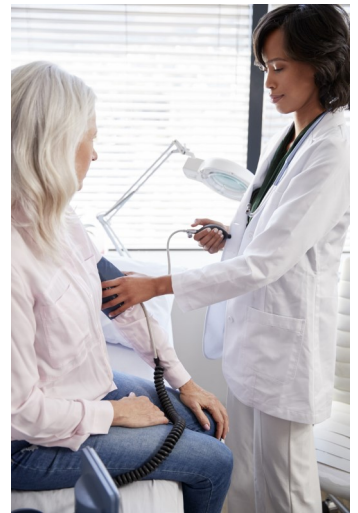
Our women's health clinics at the Seattle and American Lake campuses offer a specialized tier of gender-specific care, co-located with gynecology mental health, social work, pharmacy and excellent nurse care managers. Comprehensive services by a multi-disciplinary team, including physicians, gynecologists, mental health experts, social workers, pharmacists and nurses are provided at our women's health clinics at Seattle and American Lake campuses.

This year we also expanded our program to include reproductive endocrinology and enhanced lactation services in addition to our already robust perinatal and breast coordination.

We also have a broad network of community providers we partner with in care areas such as mammography, maternity, specialty breast care and infertility treatment.

Our Mental Health Team offers extensive women's mental health-focused consultative groups and virtual patient education programs to include women's pain and health self-management. Additionally, planning and renovation our Women's Residential Treatment Program at our American Lake campus (Building 5) are well underway.

Have ideas about how we can eliminate barriers to care and services? Want to team with us to improve the care experience for women Veterans? Contact VA Puget Sound Health Care System Women Veterans Program Manager Janice Muhammad at [Janice.Muhammad@va.gov](mailto:Janice.Muhammad@va.gov) or (206) 264-2441, to participate in our Women Veterans focus groups and to learn more about care options for women Veterans.



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*Need to find Urgent Care? Visit [www.va.gov/find-locations/](http://www.va.gov/find-locations/)*

*Need Community Care referral? Call 206-277-4545 or 206-764-2876*

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## Coping with COVID-19

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. **Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.**

Stress can cause the following:

- Feelings of fear, anger, sadness, worry, numbness, or frustration.
- Changes in appetite, energy, desires, and interests.
- Difficulty concentrating and making decisions.
- Difficulty sleeping or nightmares.
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of [tobacco, alcohol, and other substances](#).

It is natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic. Below are ways that you can help yourself, others, and your community manage stress.

Healthy ways to cope with stress:

- Take breaks from watching, reading, or listening to news stories, including those on social media. It's good to be informed, but hearing about the pandemic constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, tv, and computer screens for a while.
- Take care of your body.
- Take deep breaths, stretch, or meditate.
- [Try to eat healthy, well-balanced meals](#).
- [Exercise regularly](#).
- [Get plenty of sleep](#).
- Avoid [excessive alcohol, tobacco, and substance use](#).
- Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider
- Get vaccinated with a COVID-19 vaccine
- Make time to unwind — Try to do some other activities you enjoy.
- Connect with others — [Talk with people](#) you trust about your concerns and how you are feeling.
- Connect with your community- or faith-based organizations — While social distancing measures are in place, try connecting online, through social media, or by phone or mail.

*(Courtesy of Centers for Disease and Prevention.)*

**Did you know?** COVID-19 vaccination is required by many businesses, events and employers. Originals, copies or photographs on a mobile device are acceptable. And if you want to get your VA COVID vaccine information in the Washington State database, it's easy. Next time you visit your pharmacy, bring in your vaccine card and driver's license and they can help get you in the state-wide system. Visit <https://www.doh.wa.gov/> for more information.

**Live Whole Health** is an approach to health care that empowers and equips you to take charge of your health and well-being, and to live your life to the fullest by aligning with what really matters.

**Sign up for the Introduction to Whole Health VVC class.** This is a 2-hour educational and experiential session based on a specific curriculum that exposes participants to the foundational concepts of Whole Health, allows time for self-care and self-exploration, and for completion of a Personal Health Inventory (PHI).

For questions or to sign up for classes: Call Lamont Tanksley, Peer Support Specialist at 1-206-716-5797, or Alanee Lafleur/Rehab Care Specialty at 1-206-764-2202.

[www.va.gov/wholehealth](http://www.va.gov/wholehealth)

[www.blogs.va.gov/VAntage/tag/livewholehealth/](http://www.blogs.va.gov/VAntage/tag/livewholehealth/)

DISCOVER  
WHAT MATTERS  
TO YOU

#LiveWholeHealth

**Did you know?** Our R&D program—the 4th largest in the VA—reflects our commitment to providing the highest quality of care to our Veterans. We have approximately 700 active projects in areas such as traumatic brain injury, multiple blast exposures, memory improvement, Alzheimer's disease, post-traumatic stress disorder, deployment health, Parkinson's disease, diabetes, cancer, substance abuse, lower limb prosthetics, genomics and health services.



The power to protect yourself.  
**Get your flu shot today!**

We want you to be protected against the flu! You can receive the flu vaccine during a regularly scheduled visit or through participating Community Care partners such as CVS, Safeway and Walgreens pharmacies. Veterans can find Community Care instructions and locations at [Flu Shots - Community Care \(va.gov\)](http://FluShots-CommunityCare.va.gov).

Questions and more information, please call  
[VA Flu Hotline 1-800-329-8387](tel:1-800-329-8387), ext. 64040.



STAY CONNECTED: [www.pugetsound.va.gov](http://www.pugetsound.va.gov)

## Message from our Director



Reflecting on a few things to be thankful for at this time of year. I am so thankful for all the Veterans entrusted to us for care. Your mental and physical health is our #1 priority! Our team of more than 4,200 is fortunate to care for nearly 120,000 Veterans who choose to be enrolled for primary care at one of our 10 care sites. To give you a sense of what that means, in Fiscal Year 2021 our team of more than 4,200 employees supported nearly 1,137,000 outpatient visits, care for about 4,800 inpatients, performed 4,120 surgeries with almost 69,000 bed days of care.

In addition to our in-person care, we supported almost 43,000 unique telehealth users, supporting approximately 174,000 encounters. In fact, nearly 43 percent of our patients participated in at least one virtual care experience.

And to each Veteran we care for, thank you for choosing VA Puget Sound to get your care. We remain committed to providing you excellent care and to partnering with you to encourage the best health outcomes for you.

We have much to be thankful for, and you are at the center!

Sincerely,

Michael Tadych, FACHE  
VA Puget Sound Health Care System Executive Director

**Did you know?** Many patient education classes are available virtually, such as meditation, stress management, cancer support, and even an exercise program? Scan the QR codes below to see a full listing of programs.



[Veterans Health Library](http://www.veteranshealthlibrary.va.gov/)  
[www.veteranshealthlibrary.va.gov/](http://www.veteranshealthlibrary.va.gov/)



[Healthy Living Resource Guide](http://www.pugetsound.va.gov/docs/VAPugetSoundPatientEducationClassBrochure-508c.pdf)  
[www.pugetsound.va.gov/docs/VAPugetSoundPatientEducationClassBrochure-508c.pdf](http://www.pugetsound.va.gov/docs/VAPugetSoundPatientEducationClassBrochure-508c.pdf)



U.S. Department of Veterans Affairs

Veterans Health Administration  
VA Puget Sound Health Care System

### Official news from:

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1660 S. Columbian Way  
Seattle, WA 98108  
206-762-1010

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American Lake  
9600 Veterans Dr.  
Lakewood, WA 98493  
253-582-8440



### Main Campuses



Seattle  
1660 S. Columbian Way  
Seattle, WA 98108  
206-762-1010



Edmonds  
21616 76th Ave. West,  
Suites 107 and 112  
Edmonds, WA 98026  
206-716-5858



Mount Vernon  
307 S. 13th St.  
Suite 200  
Mount Vernon, WA 98274  
360-848-8500



Olympia  
Memorial Medical Plaza  
500 Lilly Rd. NE, Suite 201,  
Olympia, WA 98506  
253-583-2621

### Outpatient Clinics

#### Opening in 2022

Everett: 220 Olympic Blvd.  
Everett, WA 98203

Port Angeles/North Olympic  
1114 Georgiana St.  
Port Angeles, WA 98362  
360-565-7420



Puyallup  
Sunrise Medical Center  
11216 Sunrise Blvd. East  
Bldg. 3, Suite 209  
Puyallup, WA 98374  
253-583-3821



Silverdale  
9177 Ridgetop Blvd. NW  
Silverdale, WA 98383  
360-307-6920

### Community Resource & Referral Centers

Community Resource  
& Referral Center  
305 S. Lucile St.  
Seattle, WA 98108  
206-764-5149



Community Resource  
& Referral Center  
419 South 2nd Street  
Suite 2  
Renton, WA 98057  
425-203-7201

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### Have story ideas?

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