

The Eagle

Newsletter for Veterans, Stakeholders, and Employees of the
Coatesville VA Medical Center



Autumn 2022

MOVE! Weight Management Program for Veterans



MOVE! Is a comprehensive lifestyle intervention for weight management designed to improve the health and wellness of our Veterans. The core ideas of this program are to encourage healthy eating/nutrition, increase physical activity, and develop behavior change skills to promote even small weight losses, through easy to follow weight management care and coaching. With the help of a “**MOVE!**” care team, Veterans can reduce health risks, prevent or reverse certain diseases, and improve their quality of life. If you are concerned about changing your diet or increasing your physical activity, talk to your **MOVE!** Care team and your primary care provider to develop a plan that is specialized for you.

“**MOVE!**”

*Is not a diet. It is a
life-changing program.”*

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Coatesville VA Medical Center

Which **MOVE!** option of care is right for you?

- **Group Sessions** has the greatest evidence for success and is the most common way Veterans participate in **MOVE!**. It is time-limited, clinician-led groups that meet regularly and follow a structured format for weight loss.
- **Telephone Lifestyle Coaching** is for Veterans who prefer one-on-one contact via telephone with a designated weight management coach.
- **TeleMOVE!** is for Veterans who may benefit from frequent reminders to stay on track with their weight management goals. This includes daily interaction with in-home messaging technologies and clinician contact as needed.
- **MOVE! Coach** is a mobile APP for Veterans who prefer to manage their weight on their own, with brief check-ins with a **MOVE!** Clinician. Simply go to the APP Store on any iOS device or the Google Play store on any Android device and download the “**MOVE!** Coach” APP now

Our Medical Center is Ready to Partner with You!

The weight management team consists of a diverse group of professionals, which can include dietitians, physical therapists, exercise physiologists, behavioral health staff, psychologists, and physicians. Your health care team can also be an important resource, including your primary care provider, specialty providers, and pharmacists.

Where to I get more information & sign-up for **MOVE!?**

To obtain more information about the program, please call 610-384-7711, ext. 6207.

To participate in the program, call to schedule a **MOVE!** Appointment through the Call Center directly at 610-383-0239.

Food Pantry opens at Coatesville VAMC

A food pantry recently opened at the medical center to help Veterans who are finding it difficult to maintain adequate food supply for themselves and their families.

The Lincoln's Promise Food Pantry is the result of the Chester County Food Bank and the Coatesville VAMC's longstanding collaborative efforts to address food insecurity in Chester County.

"We have prepared boxes of food in the pantry to hand out in emergency situations," said Meredith Kenny, Assistant Chief of Nutrition and Food Services, "but the Lincoln's Promise Food Pantry is primarily a 'choice pantry' meaning Veterans can shop the pantry and select the items they prefer to eat."

Eligibility to use the pantry does not depend on an income threshold. Veterans do not need a referral to use the pantry; they can self-refer.

The pantry is here for Veterans whether they just need a onetime hold over or they need longer term support and wish to shop with us once a month. The amount of food allowed is based on the number of people living in the Veterans household.

Lincoln's Promise Food Pantry is open on Tuesday from 11 a.m. to 2 p.m. and Thursdays from noon until 3 p.m. Any Veteran with questions or who would like to schedule an appointment outside of those hours may call 610-383-7711 extension 3728 to speak to a nutrition specialist.

The Chester County Food Bank and Coatesville VAMC are also partnered to bring the Fresh2You Mobile Market to the Coatesville campus each Thursday from 11 a.m. to 1 p.m. from now through November 17.

Veterans participating in the gardening program at the Coatesville VAMC have been donating fresh produce to the Chester County Food bank throughout the growing season in an effort to give back to the community that never forgets their Veterans.



Suicide is preventable, and we all have a role to play

Suicide is a serious national public health problem that affects communities everywhere. Preventing suicide among all Veterans is our top priority — including Veterans who do not seek care within our VA health care system. We are working to reach Veterans where they live, work, and thrive.

Download the National Strategy for Preventing Veteran Suicide at

https://www.mentalhealth.va.gov/suicide_prevention/docs/Office-of-Mental-Health-and-Suicide-Prevention-National-Strategy-for-Preventing-Veterans-Suicide.pdf

New Crisis Line Number has been launched on July 16, 2022.

The Veterans Crisis Line has a new number: Dial 988 then Press 1 to reach responders 24/7

The old Veterans Crisis Line 1-800-273-8255 and Press 1 will remain operational.

The Veterans Crisis Line text number will remain the same – Veterans can text 838255 to reach responders



Airborne Hazard and Burn Pit Registry

If you served in Southwest Asia (this includes Horn of Africa missions) any time after August 2, 1990, you can access the Airborne Hazards and Open Burn Pit Registry, to receive your information on environmental exposures experienced during your deployment.

Possible airborne hazard exposures include:

- Smoke and fumes from open burn pits
- Sand, dust, and particulate matter
- General air pollution common in certain countries
- Fuel, aircraft exhaust, and other mechanical fumes
- Smoke from oil well fires

As part of the registry, you can participate in a free and recommended medical evaluation with a VA provider. The VA is trying to get a head-start on collecting data and analyzing health/respiratory conditions that may be related to your exposures.



To get to the registry and to complete the online questionnaire visit: <https://veteran.mobilehealth.va.gov/AHBurnPitRegistry/#page/home>

To complete the secure online questionnaire, you will need to log in using a DS logon ... but don't worry, the homepage is a one-stop shop, that can help you get a DS logon account if needed and continue with the registry.

VA Mobile Check-in for Appointments

Now Available in select clinics!

- ▶ With VA mobile check-in, you can check-in for your VA appointments using your smartphone.
- ▶ If you see this poster in your waiting area, mobile check-in is available.

Gone are the days of kiosk check-ins and in is the convenience to check-in with your Smartphone or Android phone. Veterans will be able to do one or both:

- Start the check-in process up to seven days in advance of the appointment.
- Check in at the clinic on the day of your appointment.

Despite the modernization, Veterans will always have the option to check in for an appointment with a staff member. Using the Smartphone or Android phone is not a requirement.

Upon your next visit to the medical center, locate the poster titled "Have an Appointment?" Follow the instructions on the poster which contains a QR code, then scan the QR code or text "check in." Once that is done, select the link sent to you and check-in to your appointment. A staff member will be available to assist if you need help.



Chiropractic Services are now Available

Veterans enrolled with the Coatesville VAMC can now receive Chiropractic services through a referral from their primary care provider. The Chiropractic Clinic hours are Monday-Friday, 8:30am-4:00pm, located in building 69 on the main campus.



COVID-19 Vaccination/ Booster

A second Moderna booster dose has been approved; allowing a second booster vaccine to be administered at least 4 months after receipt of a first booster for:

- Individuals at least 50 years of age and older
- Individuals 18 years of age and older with certain kinds of immune compromise
- Individuals who received the J&J vaccine at least 4 months ago may now opt to be administered the Moderna vaccine

If interested, please call to schedule an appointment at (610) 384-7711 extension 5110.



Connect with us at
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For updates about our medical center operations, please view the **"Alert" & "Local Alerts"** section on our website www.va.gov/coatesville-health-care

