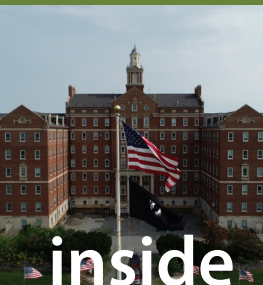


Lebanon VAMC

NEWSLETTER



inside

- New CORE Center
- Innovative Treatment Options
- Live Whole Health
- Leadership Changes
- PACT Act Benefits Expansion
- Homeless Veteran Care

Choose VA

 /VALebanon

 @VALebanon

Persistence Pays Off in Veteran's Weight Loss Journey



Veteran Grant Skiles shows off his muscle with his VA coach, Dorothy Thompson

Navy Veteran Grant Skiles truly embodies the spirit of never giving up. He successfully lost over 100 lbs. in VA's MOVE! weight management program on his fifth attempt and continues to lose more. His wake-up call happened last fall when his blood pressure went sky high and he knew he had to give MOVE! another try.

By focusing on his diet, exercise and well-being—core elements in the MOVE! program—Grant understood he had to make changes in all three areas to achieve the healthy lifestyle he wanted. By riding his stationary bike at home, he lost 40 lbs. Grant felt it getting easier to exercise and he could increase his weightlifting. His back problems were better, and his breathing improved as well. By changing what he was eating Grant was making more nutritious food choices. Adjusting his portion control and learning healthier ways to order at restaurants also made a big difference. By incorporating behavioral health practices, working on self-awareness and mindfulness, Grant was able to address his biggest hurdle—his negative inner self-talk. With a newfound

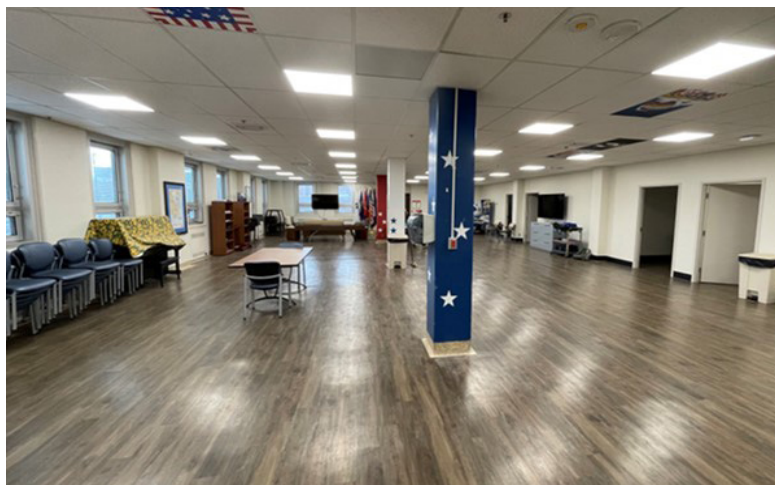
sense of confidence and self-esteem, Grant can maintain his success as his weight loss trek evolves.

Using technology, was another big factor in Grant's MOVE! experience this time. He now uses apps like Lose It! and MyFitnessPal for logging his food and tracking his exercise. Getting a smartwatch to follow his movements and activities helps keep him accountable. Grant enjoys receiving notifications showing his daily progress. Going from a size 6XL to a 3XL, has inspired Grant to set another goal. He's now working on fitting into a 1XL, a size he hasn't seen since his days in the Navy. Looking back on his accomplishments makes Grant beam with pride as he continues to achieve his goals.

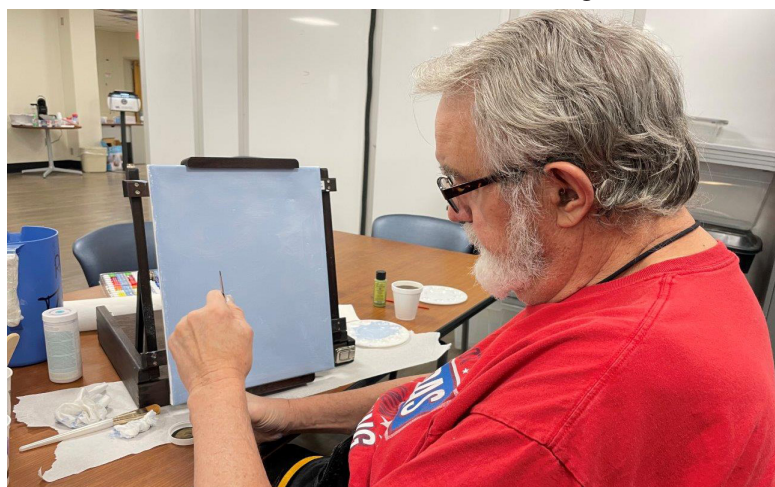
"I am very grateful for all the support from Lebanon VA staff, my family and friends." Grant said, "They are my biggest cheerleaders to keep me moving forward and making progress."

To learn more about how our MOVE! program could benefit you, go to move.va.gov/MOVE.

New CORE Center



Renovated CORE Center located at Lebanon VAMC in building 18, room 128.



Veteran engaging in painting as creative and expressive arts therapy.

Our newly renovated Creating Opportunities for Recovery and Empowerment (CORE) Center is open. Promoting Veteran care through increasing engagement in health care services, incorporating health and wellness into treatments and increasing Veteran access to recreational and creative arts therapy services is at the core of what our Recreation and Creative Arts Therapy Services' (RCATS) team does every day.

RCATS outpatient clinics, available in the CORE Center, include but are not limited to:

- Adapted sports & leisure equipment support
- Community partner programs
- Creative/expressive arts
- Equine therapy
- Four-season adapted sports and recreation
- Leisure education
- Movement modalities
- National VA sports and arts events
- Outdoor adventures
- Relaxation techniques
- Therapeutic photography

Veterans can participate in-person as well as using VA Video Connect and hybrid options are available for certain programs. Referrals to our program are accepted through VA facilities and VISN-wide consults by Primary Care, Behavioral Health or other service line providers. Contact our RCATS Supervisor at 717-272-6621 ext. 5757 or 717-279-1101 with any questions.

Innovative Treatment Options



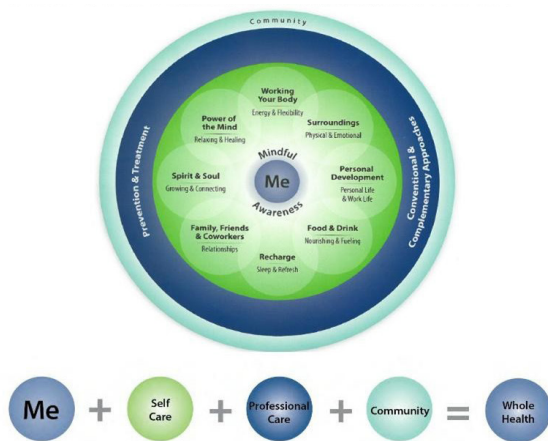
Once you're enrolled in VA health care, you become part of the country's largest integrated health care system—with more than 1,200 care locations serving nearly 9 million Veterans each year. In Lebanon, we keep expanding our care to include novel clinical applications like **Theranostics** and **Transcarotid Artery Revascularization (TCAR)** procedures to treat select patients.

- Theranostics uses Radioligand therapies for the treatment of neuroendocrine tumors and prostate cancer with a two-pronged approach to diagnose and treat cancer. This is currently available for outpatients only.
- TCAR is an alternative method to treat carotid artery stenosis. Earlier this year, our vascular surgery and anesthesiology teams completed the first two TCAR procedures here.

If you feel that you might benefit from one of these procedures, talk to your primary care physician to discuss your options for a surgical consult.

Live Whole Health

VA has been undergoing a cultural transformation to a Whole Health system of care that supports Veterans and employees in living their best lives. Instead of asking “what is the matter with you,” we ask, “what matters to you.” Putting the person before the disease, allows us to connect on a deeper level. This process incorporates the whole person, including gender, culture, language preferences and other factors that make them a unique individual. Our Whole Health website has all the resources and interactive tools you need to get started at va.gov/WholeHealth. Now is the perfect time to download the Live Whole Health app. With this app, you can fill out your personal health inventory, set goals and learn more about Whole Health. Download the app at mobile.va.gov/app/live-whole-health



Leadership Changes

We are going through a leadership transition at Lebanon VAMC. After 34 years of federal service, Robert W. Callahan Jr. retired in March, and our Associate Director, Jaconda M. Lightburn, DHA, MS, has been temporarily detailed to the Corporal Michael J. Crescenzo VA Medical Center in Philadelphia. A national search has already been initiated to select our next director. Our current leadership team includes:

- **Margaret G. Wilson, MSN, RN** - Acting Director
- **Kathryn R. Barley, LCSW** - Acting Associate Director
- **Ashley Klick, MSN, MHA, RN** - Acting Associate Director for Patient Care Services
- **Stuart A. Roop, MD, FCCP** - Chief of Staff

We are dedicated to continuing our long legacy of caring for Veterans in South Central Pennsylvania.



Margaret G. Wilson,
Acting Director



Ashley Klick, Acting
Associate Director
for Patient Care
Services



Kathryn R. Barley,
Acting Associate
Director



Stuart A. Roop,
Chief of Staff

PACT Act Benefits Expansion Homeless Veteran Care

The 2022 Promise to Address Comprehensive Toxics (PACT) Act:

- Expands VA care to toxic-exposed Veterans
- Extends health care eligibility for Vietnam, Gulf War and Post-9/11 era combat Veterans
- Adds new presumptive conditions for radiation, Agent Orange, Gulf War toxins and burn pit exposures

Call 717-272-6621 ext. 6000 to speak to an enrollment/eligibility specialist before October 1, 2023.



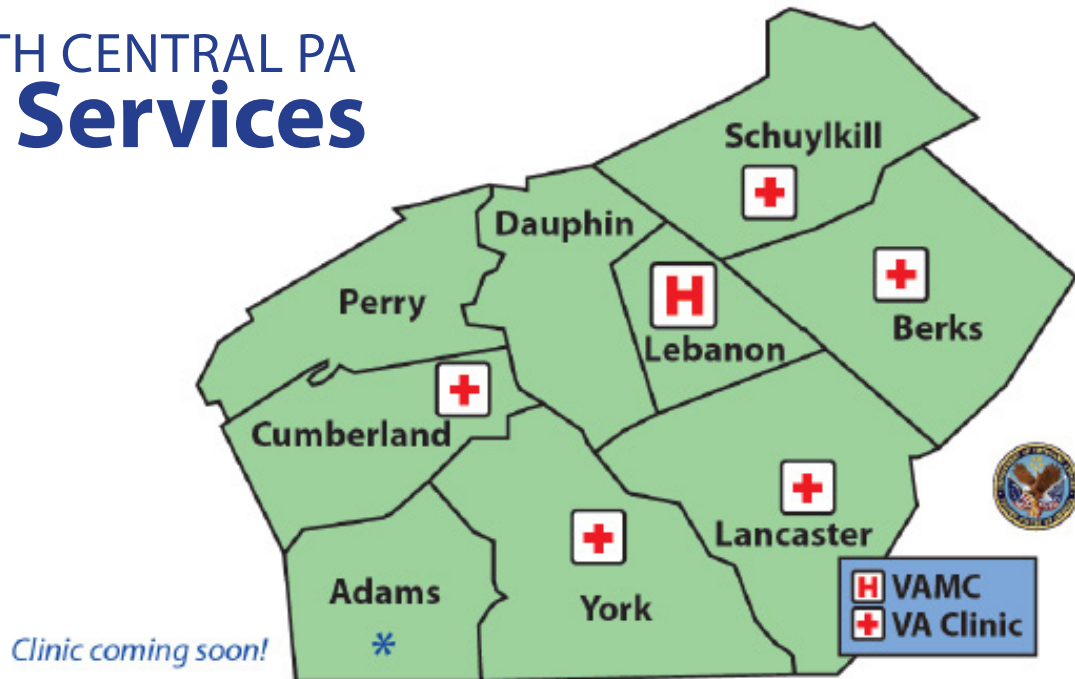
If you are a Veteran who is homeless or at risk of becoming homeless due to:

- Financial hardship
- Unemployment
- Addiction
- Depression
- Transition from jail

Contact our homeless services care coordinator at 717-450-2251 to get help.



SOUTH CENTRAL PA VA Services



Choose **VA**

HEALTH CARE SERVICES

VA HOSPITAL

LEBANON VA MEDICAL CENTER
1700 South Lincoln Avenue
Lebanon, PA 17042
717-272-6621 | 1-800-409-8771
va.gov/lebanon-health-care

VA CLINICS

ADAMS COUNTY VA CLINIC
*Stay tuned - coming soon!

BERKS COUNTY VA CLINIC
2762 Century Boulevard
Wyomissing, PA 19610
484-220-2572

CUMBERLAND COUNTY VA CLINIC
5070 Ritter Road
Mechanicsburg, PA 17055
717-590-1525

LANCASTER COUNTY VA CLINIC
212 Willow Valley Lakes Drive, Suite 208
Willow Street, PA 17584
717-740-4434

SCHUYLKILL COUNTY VA CLINIC
1410 Laurel Boulevard, Suite 2
Pottsville, PA 17901
570-628-5374

YORK COUNTY VA CLINIC
2251 Eastern Boulevard
York, PA 17402
717-840-2730

Thank you for choosing VA!

OTHER VA SERVICES IN OUR SERVICE AREA*

VET CENTERS

Readjustment Counseling Services
Learn more at vetcentervva.gov

LANCASTER VET CENTER
1817 Olde Homestead Lane
Suite 207
Lancaster, PA 17601
717-283-0735

HARRISBURG VET CENTER
1500 North Second Street
Suite 2
Harrisburg, PA 17102
717-782-3954

**VA NATIONAL CEMETERY
FORT INDIANTOWN GAP NATIONAL
CEMETERY**
60 Indiantown Gap Road
Annville, PA 17003
717-865-5254
Learn more at cem.va.gov

**These VA services/facilities are not
managed by Lebanon VAMC*

*The Best Care Anywhere...The Best Employees Anywhere.
Quality care at six locations in South Central PA.*



Lebanon VA Medical Center
1700 South Lincoln Avenue
Lebanon, PA 17042
717-272-6621 | 1-800-409-8771
va.gov/lebanon-health-care

COMMON LEBANON VAMC CONTACTS

717-272-6621 | 1-800-409-8871

Appointment Line	x 5105
Telephone Nursing Care	x 6041
Pharmacy Center	x 6009
Auto Med Refill / Acct. & Appt. Info	x 5991
Enrollment / Eligibility	x 6000
VETERANS CRISIS LINE	988 then press 1