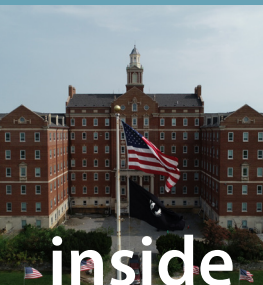


Lebanon VAMC

NEWSLETTER



inside

- NCA 50th Celebration
- My HealtheVet
- Live Whole Health
- Women's Veteran Center
- New Director Selected
- Blood Drive
- VA Careers
- PACT Act Deadline

Choose 

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Check Out Health & Wellness Options in South Central Pennsylvania



Active adults practicing tai chi outdoors.

Today prioritizing your health and wellbeing is important to living your best life. Between the stress of juggling work and home life, it's easy to push your health and wellbeing to the side. Too much stress can affect your entire body and how it functions. That's why it's vital to incorporate wellness and self-care into your day-to-day life.

Whole Health is VA's approach to care that supports your health and well-being. Whole Health centers around what matters to you, not what is the matter with you. This means your health team will get to know you as a person to develop a personalized health plan based on your values, needs and goals. Whole Health puts you in control of your care. It focuses on self-care, skill building and support. You don't have to wait until there is something wrong with you to improve your well-being.

VA's Whole Health team is dedicated to the eight tracks in the Circle of Health: Moving the Body, Surroundings, Personal Development, Food/Drink, Recharge, Friends/Family/Co-workers, Spirit/Soul and Power of the Mind. Studies show Veterans who use Whole Health services

at VA report benefits regarding weight loss, improved mental health, better vital signs and diagnostic test results, higher levels of self-confidence as well as better understanding of self-care. Veterans enrolled in VA health care can talk to their primary care doctor to start participating in the various Whole Health programs.

Dedicating just five minutes of your day to completing a wellness activity—like exercise, yoga, massage, meditation, hiking, gardening among others—can increase your focus, improve productivity and boost your morale. Wellness empowers you with health education and lifestyle skills that enable you to achieve your best possible health. The overall goal for wellness programs is to support your needs in making healthier lifestyle choices.

Remember, prioritizing health and wellbeing is beneficial for everyone. To learn more about wellness opportunities at VA as well as in the community go to va.gov/lebanon-health-care/programs/whole-health/.

National Cemeteries Administration (NCA) 50th Celebration



In September the NCA 50th anniversary continues to honor Veterans, service members and their eligible family members with final resting places in national shrines, with lasting tributes that commemorate their service and sacrifice to our nation. This includes the Veterans Legacy Memorial (VLM) the nation's first digital platform dedicated entirely to the memory of more than 4.8 million Veterans interred in VA national cemeteries; VA grant-funded tribal, state and territory Veteran cemeteries; DoD-managed cemeteries (including Arlington National Cemetery); and two U.S. Park Service national cemeteries.

Burial benefits include a gravesite in any of the VA national cemeteries with available space, opening and closing of the grave, perpetual care, a government headstone, marker or

medallion, a burial flag and a Presidential Memorial Certificate. There is no cost to the family. Some Veterans may also be eligible for burial allowances. You can also apply in advance to determine burial eligibility.

To request a national cemetery burial, you need to: fax Veteran's discharge papers to the National Cemetery Scheduling Office at 866-900-6417 or scan and email the papers to NCA.Scheduling@va.gov with the person's name you're requesting burial benefits for in the subject line. Then call 800-535-1117 (TTY: 711) to confirm the burial application.

My HealtheVet Update

My HealtheVet is moving over to [VA.gov](https://va.gov) where Veterans already manage most of their VA benefits and services. This transition is in response to Veteran feedback because they prefer one single place to manage all their online interactions with VA. Veterans will continue to have access to all the tools and data, they have access to today through My HealtheVet. The new My HealtheVet on [VA.gov](https://va.gov) will also bring in tools and data from the My VA Health (Oracle Cerner) portal over time—giving Veterans a single unified health portal on [VA.gov](https://va.gov). My HealtheVet is not going away. Veterans can still use their My HealtheVet accounts at this time—but we're required to add extra security. It's important that we keep all Veterans' information safe. Feel free to contact Lebanon VA's My HealtheVet coordinator at 717-272-6621, ext. 5737 with questions.



Women Veteran's Center

In our Center for Women Veterans (CWV) we support the health, welfare, and dignity of female Veterans and their families by ensuring equal access to timely, sensitive and quality care. Our primary care and comprehensive women's health services include: general health care and wellness checks, including routine screenings; women-specific care for reproductive health (including birth control) and menopause; management of long-term conditions, like heart disease and diabetes; pain management and care related to musculoskeletal injuries; mental health services including medications, counseling and referrals; as well as treatment for conditions related to military sexual trauma. Feel free to contact Joleen Turner, our Women Veterans Program Manager, to help you get the services you need at 717-272-6621, ext. 4870.



New Director Named for Lebanon VA Medical Center

Jeffrey Beiler II has been selected as the new Executive Director of the Lebanon VA Medical Center which became effective on July 16, 2023.

Mr. Beiler has been detailed as the Interim Director of the Wilmington VA Medical Center in Delaware since Jan. 31. Prior to that role, he served as the director of the Coatesville VA Medical Center.

Mr. Beiler has served in many leadership roles throughout VISN 4 and VA. Mr. Beiler is a valuable asset to our VISN, our employees and volunteers, our health care partners, the community, and importantly, for the Veterans we are honored to serve. I am grateful for his experience and consistent leadership throughout our network.

In order to maintain consistency in operations while we fill the Wilmington Executive Director vacancy, Mr. Beiler will remain in this role at Wilmington until further notice. We will let you know when he is able to begin serving in his new role as the director of the Lebanon VA. Dr. Jaconda Lightburn will also continue to serve as Acting Lebanon Director at this time.



Blood Drive

Tuesday, September 12, 2023, at 9:00 a.m.- 2:00 p.m. in the building 18, social room on our Lebanon campus. To RSVP, go to 717GiveBlood.org and click on the "Donate Now" button or call 800-771-0059. This event is open to Veterans, VA employees and the general public. Walk-ins are welcome; however, donors with appointments will be taken first and this may result in a significant wait time. A form of ID is REQUIRED to donate.

VA Careers

We are hiring! Explore the new improved VA Careers.VA.gov website today. Questions about jobs in Lebanon? Please send them to HireMeLebanonVA@va.gov.



PACT Act Deadline

The PACT Act special health care enrollment period ends September 30. Did you serve in a theater of combat operations during a period of war after the Persian Gulf? Or, did you serve in a combat against hostile forces after November 11, 1998? And, were you discharged or release between 09/11/2002 and 10/01/2013? It's free, no annual costs, and your health care may be free as well! Visit VA.gov/PACT to learn more.

PACT ACT SPECIAL HEALTH CARE ENROLLMENT PERIOD

Visit VA.gov/PACT to learn more!



Did you serve in a theater of combat operations during a period of war after the Persian Gulf War?

—OR—



Did you serve in combat against hostile forces after November 11, 1998?

—AND—



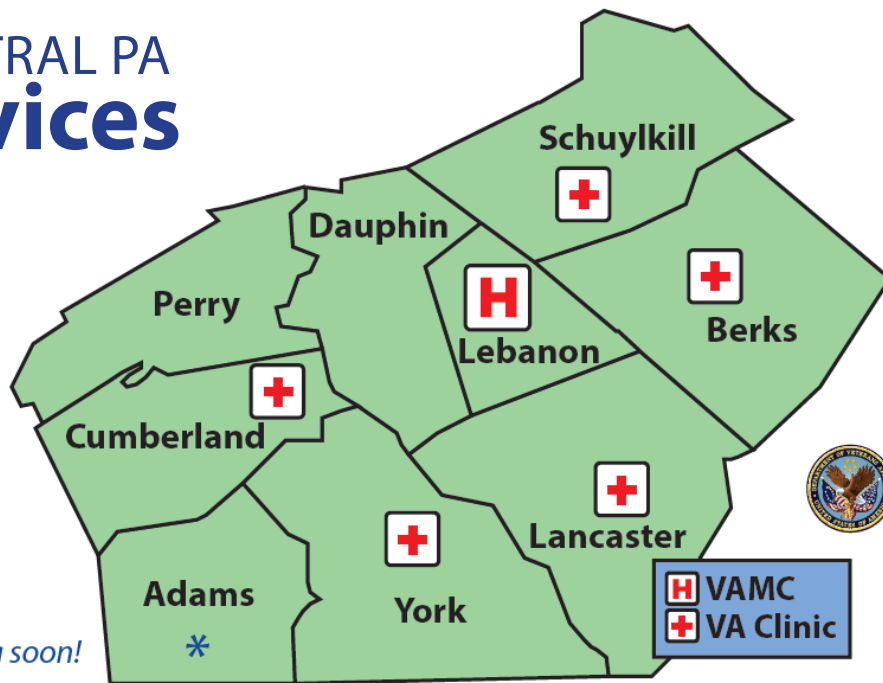
Were you discharged or released between 09/11/2001 and 10/01/2013?

It's free, no annual costs, and your health care may be free as well!



U.S. Department of Veterans Affairs

SOUTH CENTRAL PA VA Services



Clinic coming soon!

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