



VA MID-ATLANTIC HEALTH CARE NETWORK - VISN SIX

Vol. 1, No. 3

"Excellent Care – Earned by Veterans – Delivered Here"

Voices of VISN 6

Official news from around *your* VISN

Jan. 10, 2011

VA Breaks Ground On New Elizabeth City Clinic

By Bruce Sprecher
VISN 6 public affairs

Veterans living in northeastern North Carolina are a step closer to having a new state-of-the-art, local VA health care facility. Nearly 200 people braved the cold Friday morning to attend the groundbreaking for the new VA community based outpatient clinic to be located at 1845 West City Drive, Elizabeth City, N.C.

Representatives for Senator Burr, Senator Hagan and Congressman Butterfield were joined by city and county officials, as well as representatives from state and local Veteran Service Organizations and VA's Mid-Atlantic Health Care Network, which oversees VA health care in North Carolina,

Virginia and a portion of West Virginia.

Making this groundbreaking special was the number of Veterans who turned out for the event. Veterans ranging in age from mid-20s to mid-80s, and representing service to America from World War II, Korea, and Vietnam to current operations in Iraq and Afghanistan, were present to see the official start of the building process, which, depending on the weather, should culminate in a ribbon cutting in the fall.

Adding to the ceremony was the singing of the National Anthem by Tish Leonard from the Hampton VAMC and the presentation of the colors by members of the Northeastern

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Brett A. Clark/The Daily Advance

Nearly 200 people render honors Friday at the groundbreaking for the new Elizabeth City VA community based outpatient clinic.

Do You Know A Veteran Who May Need Help?

By Perry Whitted
Durham VAMC

American service members are trained to be resourceful, resilient and self-reliant. They are trained to deal with the chaos of the battlefield. They are trained to support and defend Ameri-

ca's liberties around the globe. What they are not trained for is life out of uniform.

VA has many programs targeted at reaching and helping Veterans with the transition back to the home environment. However, in some cases, the training that brought them

home interferes with asking for help. While some Veterans are reluctant to get help for the symptoms or difficulties they are having, some may not recognize they need help. It could be difficulty at work or at home, problems sleeping, driving too fast, or drinking too much, or it could just be that they seem irritable or sad. Veterans are often changed by combat, and may not want to talk about it. They may even feel their suffering is shameful or a sign of personal weakness. Whatever the problem, family members are often very aware of Veterans' mental health difficulties and want to play a positive role in helping Veterans seek the help they need.

A pilot program at the Durham VAMC is taking a new approach to get these Veterans the care they need. "Families At Ease" is a program that works

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If living with your Veteran is as hard as living without him, contact us.

Find out more. Make a confidential call to 888-823-7458 today.

Families AT EASE



Accomplishments Provide Foundation For Growth

Happy New Year! As we close out the decade and 2010 becomes a memory, it's amazing to look back at what the VISN has accomplished during that last 10 years. More Veterans, from more locations, made this network their provider of choice for healthcare. As a matter of fact, the VISN's patient population nearly doubled since 2000, welcoming more than 140,000 Veterans into our healthcare network. VISN 6 currently ranks 4th in the nation as to the number of Veterans served.

The substantial growth in patient population was paralleled with the strategic growth in our facilities. As a way to increase access to care, we opened 16 community based outpatient clinics, growing from two CBOCs in 2000, to 18 in operation by the end of 2010.

There were many initiatives. Some, like valet parking, are readily apparent to all. Many more took place behind the scenes, but all with the same objectives: to increase quality of care and patient satisfaction. As with all organizations, we had some bumps and bruises along the way, but overall, the concerted efforts of the VISN 6 team resulted in both improved quality of care and patient satisfaction.

Now, we look to the future. Our challenges will be great, but so will our opportunities. This year, we will continue in our work to increase access by opening at least four more CBOCs. To increase satisfaction, we will move forward with several pilot projects, pushing the envelope on how we can deliver excellent care to more people during a

time of constrained budgets. Pilots such as the Virtual Lifetime Electronic Record and the new sites of care for the convenience of our dialysis patients are expected to have positive long-term effects that will be shared nationwide.

We will continue to exploit every facet of technology that can contribute to increased health and well-being. Along with purchasing state-of-the-art equipment for the medical centers, our plans for expanding the use of telehealth and secure email messaging will provide more people the ability to engage with their providers from the comfort of their own homes. Telehealth programs provide the right treatment, in the right place, to the right person, at the right time. This method of care management reduces the number of trips Veterans make to VA facilities for in-person provider visits and fosters education on health maintenance and disease prevention. The great news is that VA has looked to the future, deploying in-home messaging and medical monitoring devices that are compatible with cell phones and wireless devices, and less dependent on hard-wired telephone lines.

Our outreach efforts will continue to focus on enhancing the well-being of all, particularly those underserved and vulnerable Veterans. Our rural health teams, who in their first year of existence have covered thousands of miles taking VA healthcare education to tens of thousands of Veterans, together with our homeless coordinators, will build on the great strides they've made in connecting Veterans to available health, housing, education and



employment services.

Through our many ongoing research efforts, we will continue to seek ways to improve life for "those who have borne the battle." Aligned with local colleges and universities, VISN researchers from multiple VA Medical Centers will continue work furthering knowledge in conditions of particular relevance to the Veterans we serve and that can be applied their patient care.

Particular focus exists in the areas of geriatrics, mental health, and health services in primary care. Existing VISN 6 Centers of Excellence in Geriatrics (GRECC), Health Services (HSR&D) and Mental Illness (MIRECC) are focal points of this current effort with proposed Centers of Excellence in Rehabilitation pointing to future areas of research emphasis in physical activity and biomarker investigation. Many of these investigations into the prevention, diagnosis, and treatment of diseases common to our veterans will translate to clinical use.

Regardless of the challenges which lie ahead, our mission is and will continue to be: To honor America's Veterans by providing exceptional health care that improves their health and well-being.

The men and women of VISN 6 will ensure we succeed in our mission by living up to our motto: Excellent service. Earned by Veterans. Delivered here.

Best wishes, Dan Hoffmann

Families At Ease continued from Pg 1

with family members and friends to help them help their Veteran get care. "Families At Ease" offers Veterans and their families encouragement and information about getting an evaluation and services; referrals to services and family member coaching to motivate Veterans to seek help.

A call center has been established to provide information to family members, friends, as well as Veterans. When a Veteran is reluctant to admit having difficulties, families and friends can get free telephone-based coaching by a mental health consultant. According to VA officials, coaching of family members involves discussing ways to talk to the Veteran about the difficulties they are having and offering help without trying to force the Veteran to go for this help.

Families and friends of Veterans who may need help should contact "Families At Ease" at 888-823-7458 (8:00 a.m.-5:30 p.m. ET), by e-mailing Families.Ease.PA@va.gov, or on the web at www.mirecc.va.gov/FamiliesAtEase.

Signs your Veteran may need help:

- Sleep problems
- Restlessness
- Overly watchful
- Easily angered
- Social withdrawal
- Depression
- Reckless driving
- Risk behaviors (alcohol abuse, smoking)

Find out more. Make a confidential call to 888-823-7458 today.



Voices of VISN 6 is published on the 10th of each month. The contents provide readers with information on VA programs designed to enhance the lives and health care of Veterans.

Questions or comments should be forwarded to Bruce.Sprecher@Va.gov



Daniel F. Hoffmann, Network Director
Augustin Davila, Deputy Network Director
Mark Shelhorse M.D., Chief Medical Officer
Bruce Sprecher, Director, Public Affairs
Steve Wilkins, Network Public Affairs

Diabetes Education Changes Life For VISN 6 Employee

By Pamela Moreland, RD, CNSC, CDE
Salem VAMC

With nearly 24 million children and adults in the United States living with diabetes, and an additional 57 million at risk, now is a good time to get educated. One out of every three children born today will face a future with diabetes if current trends continue. Diabetes is not merely a condition. It is a disease with deadly consequences.

One person familiar to many of us did just that. His name is Larry Poindexter, a Supply Management Specialist for VISN 6 Logistics. This is his story.

“Before I was diagnosed as a diabetic, my lifestyle was not very active. I have always enjoyed working but my job primar-



Larry Poindexter

ily was at a desk or in meetings.” Poindexter related, “At home I would spend a great deal of time on the computer or sitting in front of the TV eating all the wrong foods. The only real physical activity I was involved in was an occasional round of golf, as long as I could ride the cart. I had picked up a lot of weight.

“One day I received a letter from the medical center about an appointment at the Diabetic Education Clinic. I knew this was some kind of mistake because I didn’t have diabetes, but I decided to go to the appointment because the results of my lab work were also included in the letter, and I needed to know how I could reduce some of the high numbers. At this point I think I was in denial of what the lab results were telling me, because this was the last thing I wanted to deal with, I was also somewhat irritated with myself because I knew most of this was in my control and I blew it.”

Of his clinic session, Poindexter said, “The Diabetes Education Clinic was the best eight hours I have spent, or I should say invested in myself in my life. The class included detailed steps of how to manage and live with diabetes, both Type 1 and Type 2.” He added, “The class helped me understand that what I was in denial about was in fact called diabetes.” Poindexter explained that, “As part of the management process, some of the keys are monitoring your blood sugar, exercising and sometime taking medication. The last thing I wanted

was to be on another medication, and there was a chance if I would change my lifestyle this may be diverted. As part of my program I would need to lose some weight and maintain it, make healthy eating choices and get active. In the Diabetes Education Clinic they gave me the tools I needed to make these changes and still enjoy life.”

Poindexter made some lifestyle changes and continues to work on others. “Not only me, but my wife and family also made changes in their lifestyles to help me, and they are very supportive. I try to walk regularly, eat smarter while watching the portion sizes and being aware of how many carbohydrates I am consuming. It’s a change in lifestyle that I have enjoyed.” He concluded, “From the time I was notified to attend the Diabetes Education Clinic up to now I’ve reduced my A1c level to below 6 percent and my overall weight about 20 percent. Glory be to God.”

As you consider New Year’s Resolutions, let this story inspire you to make a permanent change toward better health. By increasing your activity and losing weight, you may also be able to decrease blood sugars from diabetes to pre-diabetes range.

The American Diabetes Association has a free booklet called “Planning For a Healthy Life” that can be obtained by calling 1-800-Diabetes or by going to www.diabetes.org. The Diabetes Education Management staff at all VISN 6 medical centers can also provide more information.

Asheville Team Takes Flu Vaccine to Veterans

By Scott Pittillo
Asheville VAMC public affairs

For years, Veterans have traveled to the Charles George VAMC to get their flu vaccine. This year, the Charles George VAMC’s Rural Health team turned the table and took vaccines to Veterans. The effort to make sure every Veteran in the medical center’s catchment area received a flu shot began in October and wrapped up in December. In the first year of their existence, the team vaccinated close to 1,200 Veterans.

While flu shots appeared to be the focus of these events, the Rural Health team accomplished more than vaccinations. The nine-member team traveled throughout southwestern North Carolina reaching out to Veterans through a variety

of venues. The team partnered with local Veterans groups and Veterans’ resources at health departments, VFWs, American Legions, community centers and VA Community Based Outpatient Clinics to put the events together.

In addition to providing flu shots, the team helped Veterans enroll in VA healthcare and VA’s web-based MyHealthVet program. After being vaccinated, Veterans would sit with team members to discuss common health issues and personal concerns. Additionally, through the use of a variety of displays, team members provided Veterans an opportunity to learn tips for living healthier lifestyles.

One key to the successful outreach efforts was forming partnerships with local community agencies. Veterans attend-



Scott Pittillo
Rural Health Initiative Nurse Educator Donna Alexander gives a flu shot to a Veteran at the Franklin Community Outpatient Clinic.

ing these events event found a one-stop shop for federal and state resources. In Brevard, N.C., the team set up shop at the Army Strong Community

Center which provides support to local military members and their families who don’t have

Continued on Pg 5

White Christmas Blankets Fayetteville VAMC

By Ed Drohan
Fayetteville VAMC public affairs

It's been more than two decades since Fayetteville has seen a white Christmas, but that run was broken late into the night of Dec. 25. The next day staff was hard at work so patients would not be inconvenienced by the storm that blanketed the facility with snow.

In Fayetteville, an estimated seven inches of snow fell between Saturday night and Sunday afternoon. Facilities Maintenance Service workers ensured access to key areas, like the emergency department, were kept clear as the snow accumulated. Once the storm began tapering off, workers began clearing snow in earnest, using shovels to open sidewalks and

stairs, while backhoes and Bobcats were used to clear roads and streets. Rock salt and sand were scattered around the property to keep those areas clear, especially since the forecast called for temperatures to drop into the teens Sunday night.

Operations at the medical center continued throughout the snow storm, with some staff staying past their regular shift when their counterparts couldn't endure the hazardous driving conditions. The Food and Nutrition Service provided meals for those workers, while an area was set up for them to sleep when their duties allowed.

No patient appointments at the medical center were cancelled thanks to the dedication of all the Fayetteville VAMC employees.



Ed Drohan

The Fayetteville VAMC was transformed into a wintry wonderland on Christmas day for the first time in more than two decades.



Brett A. Clark/The Daily Advance

Members of the official party shovel a scoop of dirt to officially signify the groundbreaking of the new Elizabeth City VA community based outpatient clinic.

Groundbreaking continued from Pg 1

High School Air Force Junior ROTC Ceremonial Color Guard.

Addressing the crowd, DeAnne Seekins, Hampton VAMC's director, talked about VA's commitment to enhancing access to care around the nation.

"North Carolinians are proud patriots. Time and time again you have answered the call to protect and defend our nation and our allies. One of

VA's primary goals for the 21st century is to increase every Veteran's access to America's largest health care network. Part of my responsibilities is to increase access by making care available closer to where Veterans live.

"The leadership and staff of the Hampton VA Medical Center is diligent in our efforts to open this clinic where we can provide quality health care to Veterans residing in the Alber-

marle area. The new clinic will offer Veterans living in northeastern North Carolina primary care and mental health services that were previously unavailable without commuting to the Hampton VAMC," she said.

This clinic joins a network of more than 800 around the country, each acting as extensions of the 157 VA medical centers in providing care to more than five million Veterans.

According to Augustin Davila, the deputy network director, this clinic is one of four new outpatient clinics the network will open this year, joining the current network of eight VA Medical Centers and 18 outpatient facilities serving more than 320,000 Veterans.

When completed, the new clinic will augment the services of the Hampton VAMC. The clinic will encompass more than 7,000 square feet and is projected to provide health care services to about 2,400 Veterans.

In addition to primary care services, the clinic will be staffed to provide basic mental health services through a psychiatrist, psychologist and a social worker. This facility will also be equipped to support telehealth services such as teleretinal imaging. Veterans needing additional services will

be referred to Hampton or other VA Medical Centers as needed.

Speaking on behalf of the area's Veterans was Master Chief Petty Officer TC One-year, U.S. Navy Retired. A 30-year Veteran of the Navy and 14 years in the Merchant Marines, this lifetime member of VFW Post 6060 has been deeply involved in making this clinic a reality.

"Rest assured I think that what I say today will echo with all my brother and sisters in arms, from the Fleet Reserve Association, American Legion, Chief Petty Officers Association, Disable American Veterans, Game Wardens of Vietnam and all the service organizations that are out there assisting Veterans.

"In the Albermarle area, there are over 10,000 Veterans, some of which have never reached out to the VA because of the travel. This clinic will reduce travel and especially reduce time spent on things like routine checks, prescriptions and refills."

Oneyear concluded by saying, "This clinic will no doubt have an outstanding and caring staff that will treat our local Veterans with the respect and dignity they deserve for their service here and in far distance lands, so that we all can enjoy the freedom we have today."

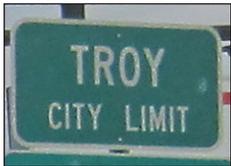
Salisbury Rural Health Team Visits All 24 Counties

By Dwight Holmes,
Salisbury Rural Health public affairs

If you've heard the lyrics by Johnny Cash, "I've been everywhere man," then you can relate to the Salisbury VAMC Rural Health team story. On Dec. 29, at the Town Hall in Taylorsville, N.C., the team achieved a major goal of participating in events in each of the 24 counties comprising its catchment area by the end of 2010.



providing education on healthcare issues and enrolling eligible Veterans into the VA healthcare system, and the team has been very successful.



includes pharmacists, nurses, a social worker and administrative person-



The team's purpose is to reach out to Veterans far and wide,

nel, has traveled more than 12,000 miles, participated in more than 60 events and has worked with more than 2,000 Veterans and delivered in excess of 1,400 applications for VA enrollment.

The team put the word "personal" in the term "personal touch," by providing both clinical and administrative assistance to all the Veterans they encountered. Edwina Gray-Wright, Salisbury VAMC Rural Health Integration Program Manager, emphasized, "We are VA, we're Rural Health, and we're here for the Veterans and the communities they live in."

The Salisbury Rural Health team selected venues for participation that ranged from county, health or job fairs, church events, town hall meetings, parades, festivals and sporting events. Additionally, the team collaborated with local agencies, Veterans councils, service organizations and adult services in their outreach efforts.



The team's first outing was April 13 at the Poultry Equipment Products Expo in Monroe, N.C. Since then, they

have traveled from Sparta, N.C. and the Virginia state line and to Wadesboro, N.C., and the South Carolina state line, participating in events in more than 40 locals.

Through December, they conducted 22 educational events and provided one-on-one education and training to more than 600 Veterans, their families, and seniors.

The team covered topics including diabetes, COPD, hypertension and depression, as well as information on symptoms and causes, guidance on maintenance and rescue medications, plus ways to access additional services through the Salisbury VAMC.

"Our focus is on Veterans, and helping to improve their health care. As long as we keep the Veteran our focus, then we're on the right track," declared Gray-Wright. We truly went "everywhere" to get it done!

Organizations interested in hosting the Salisbury Rural Health team should contact Dwight Holmes at (704) 638-9000 ext 4962.



Asheville Rural Health continued from Pg 1

easy access to military installations. State Veterans Service Officers were on hand to help with benefits claims or order discharge paperwork.

Also in attendance were representatives from the National Guard Family and Citizen Soldier programs who provided counseling and guidance on their programs. When venues like the ASCC weren't available the team would often partner with local veterans service organizations such as the Veterans of Foreign Wars or the American Legion.

"The idea was to incorporate into our efforts resources that were already there for Veterans in our local communities,"

said Team Leader Shawn Butler. "These local resources have been helping Veterans in their communities for years. They know their Veterans, and they often know what their needs are better than anyone else."

One of the more remote events took place in Robbinsville, N.C. which is more than one hour from the closest VA clinic and almost two hours from a medical center. Because of the remote location, Veterans in this area often choose not to go to the medical center unless it is absolutely necessary. "We left the event feeling great knowing that we vaccinated Veterans who probably would have gone without if we

had not reached out to them," said Rural Health Nurse Educator Ann Norris.

"These events gave Veterans who have a hard time traveling a service that they wouldn't have otherwise received; it was like bringing the service right to their yard," said Veteran and Robbinsville resident Harold Phillips.

With their first year under their belt, the team is ready to put their experience to use in 2011 and reach out to even more Veterans living in the hills and valleys in southwestern North Carolina.

Organizations interested in hosting the Charles George VAMC Rural Health team should contact 828-298-7911 ext. 4337.

New Technology Improves Security, Saves All Around

By Mark Hudson
VISN 6 Energy Manager

Hampton VAMC recently completed a project to replace metal halide fixtures with LED fixtures, improving the overall lighting and saving energy and maintenance costs. About one third of the facility's exterior lighting has been replaced. The 400W metal halide parking lot fixtures were replaced by 222W LEDs; the 1,050W metal halide spot lights have been replaced by 153W LEDs; the 165W decorative post top fixtures were replaced by 48W LEDs; and the 165W wall packs were replaced with 90W LEDs. The project cost \$185,000 and was funded through the American Recovery and Reinvestment Act.

LEDs increase light because the diodes ("D" in LED) project light in a line. They project light more efficiently and require less energy to get the light where it is needed. Additionally the lifespan of an LED is far greater than a more traditional bulb. In the past, the electric shop had to replace bulbs at least once per year, so Electric supervisor Andy Marzarelli likes the 10-year projected life of the new fixtures. For Hampton, the savings for the current project includes a reduction in connected load of 28 KW and an annual combined energy and maintenance savings of \$35,000.

The LED lighting improves security as well. The overall parking lot nighttime lighting levels are now two to three times better than with the metal halide lights, giving our Hampton VAMC Police the ability to see colors clearly and allowing "face recognition" technologies to function properly.

Building on the success, the plan is to replace all the remaining post-top, wall packs and roadway fixtures at Hampton, reducing the load by a total of 60KW and increasing the savings by more than \$75,000 per year. And as any energy manager will quip, we have improved the Environment of Care and saved the taxpayers



Mark Hudson

A parking lot with LED lighting gleams brighter in this nighttime shot. In addition to improved security, the new lighting will also save energy, maintenance and money.

money – the goal of our energy management program.

The Hampton VAMC should complete its installation in fiscal year 2012 and the Salem, Richmond, Beckley, Durham, Asheville and Fayetteville VAMCs are all either in the process of installing LED fixtures or have approved exterior LED lighting projects for fiscal year 2011.

When finished, the entire project will significantly reduce the VISN's energy consumption and is estimated to save about \$243,000 annually.

VISN 6 Registry Project Works Toward Better Tomorrow

Dr. Mira Brancu
VISN 6 Registry Project Managing Director

The VISN 6 Mental Illness Research, Education, and Clinical Center focuses on examining the effects of recent military deployment on the mood, emotions, and mental and physical health of military personnel. The urgent health care needs of our military returning from conflicts in Iraq and Afghanistan are a top research priority for VA. As many as one in three Veterans experience psychological distress, readjustment difficulties, or more serious problems such as PTSD, depression, anxiety, and chronic pain. The center has developed a comprehensive research program to address post-deployment physical and mental health needs of Veterans and active duty service members who have served in the military since October 2001, including those who have returned from Operations Enduring Freedom and Iraqi Freedom. Veterans and staff at the Durham, Salisbury, Hampton and Richmond VAMCs are participating in this Registry.

The goals are to learn more about the re-adjustment process, to learn about risk and protective factors related to Veterans' mental health over time, to improve care, and to learn about bolstering Veterans' support systems through family and community programs. To accomplish these goals, the center has developed a database for recent Veterans to register and engage in various research studies. Once enrolled, Veterans are administered a variety of psychosocial questionnaires about their health, mental health, military experiences, and family history. They also undergo a thorough diagnostic clinical interview and donate a blood sample to be used for genetic and metabolomic testing. They are also invited to participate in further research studies that can inform health care

treatment. Research investigators are able to:

- Test new drugs and psychotherapies to treat PTSD.
- Evaluate brain changes after a traumatic brain injury (TBI) and PTSD.
- Investigate the influence of genetics and environmental factors for the development of PTSD and depression.
- Assess changes in memory, attention, thoughts and behaviors after a traumatic event.
- Learn about the impact of mental health and physical injuries on Veterans' families.
- Evaluate the health care needs of recent Veterans.
- Develop and evaluate family interventions for spouses of Veterans with TBI.
- Increase access to state-of-the-art care by involving clinicians in learning collaboratives that offer ongoing support, training, and system change.

In addition, many research investigators also collaborate with other organizations, such as DoD and the National Institutes of Health to improve research that will ultimately improve the health-care for Veterans. Additionally, the center has developed programs to educate and train community mental health providers to treat Veterans with limited access to VA medical facilities.

To date, the center has enrolled approximately 1,800 Veterans and active duty service members into the Registry with at least one third of them going on to participate in additional studies. For more information about the Registry, please contact Dr. Mira Brancu, VISN 6 Registry Project Managing Director, (919) 286-0411, ext. 6430.

REMEMBERING MARTIN LUTHER KING, JR.

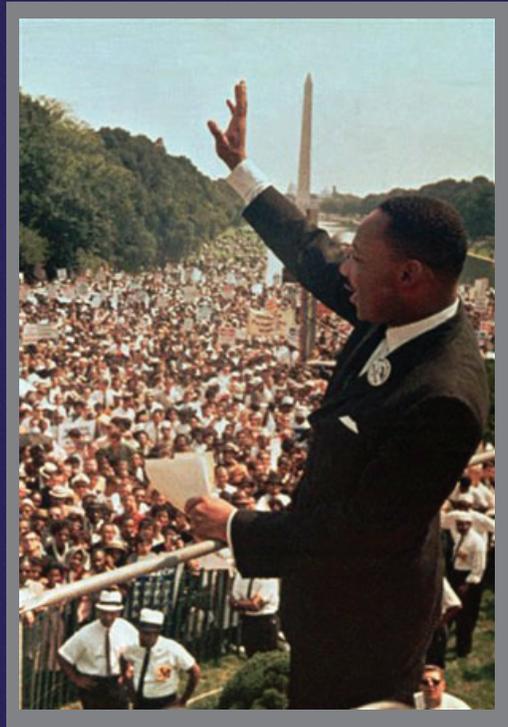
JANUARY 17, 2011

*I have a dream that one day
this nation will rise up and live out the
true meaning of its creed: "We hold these
truths to be self-evident: that all
men are created equal."*

I have a dream today.

August 28, 1963 Washington D. C.

JANUARY 15, 1929 - APRIL 4, 1968



January: Glaucoma Awareness Month

January is Glaucoma Awareness Month and a perfect time for all Veterans to decide to increase awareness of their eye health in 2011.

One-and-a-half million Veterans have vision threatening eye diseases, including 285,000 with Glaucoma.

What is Glaucoma? Glaucoma is a group of eye diseases in which the normal fluid pressure inside the eyes slowly rises, leading to vision loss or even blindness.

The highest risk group includes Veterans over 60. African-American Veterans should note that Glaucoma is six-to-eight times more common in African-Americans than Caucasians. Glaucoma is also the leading cause of blindness among Hispanic populations.

Glaucoma usually starts without any symptoms. Later, there is some loss of side vision.

Objects straight ahead are

seen clearly, but objects to the side are missed. As the disease worsens, the ability to see objects on the side is increasingly lost, and eventually the center of vision is affected.

The test for glaucoma is painless. Your VA doctor will test the pressure in your eye by placing an instrument on its surface. If there is a suspicion for glaucoma, the appearance and function of the optic nerve are tested with a visual field test and a special retina camera, both of which can detect damage to the optic nerves.

Glaucoma is treated with eye drops, but in some cases, eye surgery is necessary. These treatments work to either make less fluid, or to improve its drainage out of the eye.

So whether you have a diagnosed eye condition or just want to ensure your continued eye health, January is a good time to make a resolution to do something about it.

VA Researches New Approaches for Treatment

The VA is working hard to help prevent Veterans' eye problems at the Center for the Prevention and Treatment of Visual Loss, where research is being conducted into the diagnosis and underlying mechanisms and causes of visual loss.

According to Dr. Randy H. Kardon, Director of the Center, "Glaucoma is one of the silent causes of vision loss. Patients are unaware that they are slowly losing vision until it is too late, at which time the loss is permanent. That is why it is so important for Veterans to have regular eye exams to check for any sign that glaucoma is developing and to be treated, if glaucoma is detected."

VA spends a significant portion of its medical care dollars toward detecting and monitoring of treatment of vision loss.

The Center is helping to solve this problem through new methods of detection, understanding the underlying mechanisms of disease, developing new treatment strategies and telemedicine initiatives.

The Center's efforts focus on prevention of blindness using innovative telemedicine efforts for detection and monitoring of disease and molecular approaches to new treatments.

Center Associate Director Dr. Michael Abramoff and his colleagues are developing portable digital eye cameras along with cutting edge software that automatically analyzes images of the optic nerve to diagnose glaucoma and determine if it is changing with time.

Sinisa Grozdanic, D.V.M., Ph.D., and investigators from the Center are also testing new molecules that protect the optic nerve from damage and help preserve vision, in addition to lowering eye pressure.

Courtesy Veterans Health Administration.

VA Encourages Better Health Through Weight Management

By Steve Wilkins
VISN 6 Public Affairs

America is overweight, but VA is doing something about it. VA is helping Veterans stay healthier and live more productive lives, more conveniently. In fact, a weight management program begun in 2004 has been improved twice in recent months to make weight management easier for Veterans.

According to national estimates, the prevalence of obesity in America has doubled over the last four decades. This is of major concern because obesity, which itself is treatable, has grown to epidemic proportions and is more problematic than smoking, alcohol or poverty for today's Veterans. More than 300,000 annual American deaths due to heart disease, cancer, hypertension, menstrual abnormalities, arthritis and many other preventable, life-shortening conditions linked to weight can be prevented with sustained weight management, which also reduces the occurrence of debilitating physical and mental conditions.

More than two-thirds of VA's patients can be categorized as obese, with a body mass index of 30 or better, indicating excessive body fat, or overweight having a BMI of 25 and waistline of 40 inches or more. Women whose waistlines are 35 inches or more would be included in this group. Veterans do not stand alone in the spotlight. Recent national data showed that

almost two thirds of America is overweight and about 30 percent of the population is obese. Overweight or obese people are at greater risk for contracting heart disease, diabetes, arthritis, some cancers, sleep apnea or gall stones, among other illnesses.

Managing Overweight and/or Obesity for Veterans Everywhere! is a voluntary, patient-centered program that addresses the problem directly. It concentrates on good health through nutrition and physical activity, with lifestyle and lifetime changes. Veterans and VA employees get a plan customized to their conditions, personal habits and mind-set. Individual and group counseling is available for additional support.

Like the YMCA slogan "Spirit, Mind, Body," MOVE! can change the way participants think about themselves, food and exercise. It works to develop healthy eating paradigms and practices, mental discipline, and adoption of a physical exercise regimen, so participants can feel good about themselves and what they're doing.

The program is set to graduated levels so that if participants have difficulty meeting their goals, additional support and methods can be implemented to help them be successful. It doesn't regulate what people eat, but how they eat it. It nurtures people into more practical activities, that make it easier to adopt, rather than extreme routines that can be hard to hold

on to. Some people may require more drastic measures involving residence programs or surgery, but those would only be used after all other alternatives had been exhausted.

The program was expanded last summer and is now distinctively conducted through Home Care Coordination under the program title Care Coordination Home Telehealth-Weight Management.

Referring to its convenience, VISN 6 Telehealth Program Manager Mary Foster says "Care Coordination Home Telehealth-Weight Management is designed for Veterans where distance makes getting to the VA tough who want help managing their weight. Veterans can use home telehealth equipment to take charge of managing and maintaining their target weight."

Foster said, "Studies show the program works." She added, "Weekly weight loss of half to two pounds is the average." The program helps Veterans learn self-management skills to control of their health problems, allowing for healthy lifestyle changes in physical activity, healthy eating, and necessary behavioral changes. It also helps to identify issues that might affect weight management and provides encouragement through ongoing contact for improved outcomes and increased Veteran satisfaction.

"We have had so many positive comments from Veterans,"

according to Barbara Rountree, a Care Coordination Manager at Durham VAMC. She added, "They are so pleased that someone is there to speak with them and provide encouragement along the way." She said Veterans are getting excited about the opportunity and she expects a surge in participation this year.

According to Foster, patients are equipped at no charge with in-home messaging devices for patients to interact with program coordinators at the medical centers who review data coming in from each patient daily, blood pressure cuffs and scales that are cable connected to the medical center and transmit the patient's blood pressure and weight readings directly into their records. Patients also follow an educational portion of the program on a monitor.

Foster said the 90-day program is becoming more accessible for Veterans in the coming weeks, as Interactive Voice Recognition is implemented across the VISN beginning in February. The technology will enable many who can't access the CCHT-Weight Management program now because of illiteracy, blindness or lack of a land-based telephone line. From there, Foster contends, "We can truly meet our mission of providing the right care to the right patient in the right place at the right time."

For more information, call the nearest VAMC and ask to speak with a CCHT – Weight Management program manager.

Where To Turn If Your Veteran Has A Stroke: 44 Online Fact Sheets

An estimated 15,000 Veterans suffer a stroke each year.

Because stroke onset is so sudden, family members and friends unexpectedly become a loved one's caregiver and are caught unprepared for this role.

Most family caregivers lack basic knowledge about stroke, the stroke recovery process, how to care for a stroke survivor, and how to prevent future strokes. They may also need help avoiding or reducing the stress and challenges that come with being a caregiver.

In addition to their existing

home and work responsibilities, a new caregiver takes on the role of "lifeguard," responsible for the safety and well-being of the stroke survivor.

Like a lifeguard, caregivers need the knowledge, training, and tools to preserve the life of the stroke survivor, while taking care to keep themselves from drowning.

Recognizing that caregivers have an urgent need for information, VA has launched the RESCUE (Resources and Education for Stroke Caregivers' Understanding and Empower-

ment) website.

Information on the RESCUE website can be found at www.rorc.research.va.gov/rescue/ and is available on 44 easy-to-read, downloadable fact sheets that are available in both English and Spanish. The fact sheets are organized into nine categories:

- General Stroke Information
- Obtaining Good Healthcare and Information
- Keeping Your Loved One Healthy
- Helping Your Loved One Be-

come More Independent

- Caring for Someone with Physical Needs
- Caring for Someone with Emotional and Behavioral Needs
- Understanding How Caring for a Loved One Affects You
- Community Resources
- Managing Financial and Legal Issues

If you find yourself in need, these fact sheets should answer many questions and give you more time to focus on what's important – your Veteran.

Busting Myths About VA Health Care Eligibility

By Alex Horton
VAntage Point

Rumor mills are permanent fixtures in schools, offices and wherever people congregate, and most of the time they're pretty innocuous. But myths and rumors that deal with health – in this case Veterans health – are a serious matter that can prevent qualified Veterans from seeking the care they both need and deserve. Many of these myths have come up in the comments section, and others I hear from the guys in my old unit. The myths won't die unless they are addressed clearly, so we present you the most common ones we hear and the straightforward answers they need.

Myth Number One – I wasn't injured in the service, so I'm not eligible for VA health care.

Status: False

One of the most common myths revolves around eligibility for health care at VA. Many think that you have to first establish a disability rating before you can start to make appointments, see doctors and receive medication. That is not the case. If you served in the military, even during peace time, and were honorably discharged, you likely qualify for VA care. Even if you don't meet those

requirements, special circumstances might apply, like Vietnam service, exposure to Agent Orange and household income. The best way to find out if you qualify is to submit an application for health benefits. You can fill one out online or at a VAMC. If you are an Iraq or Afghanistan Veteran, there are special combat Veteran benefits from VA, like temporary access to dental care and guaranteed access to Priority 6 for five years (unless you are eligible for a higher priority group). See the priority enrollment groups here.

Also, if new regulations are established regarding health benefits, VA will automatically reassess your case if it's on file.

Myth Number Two – I can only receive care for service connected injuries.

Status: False

You can receive care for any ailment, service connected or not, but the difference is paying for medication relating to treatment. For example, if a Veteran has a service connection because of a bad knee, any treatment and medication for the knee is free of charge. However, if the same Vet goes into surgery to remove an appendix and it's not service connected, he may be subject to a co-pay depending on the amount of his

disability rating. Familiarize yourself with co-pay guidelines and rates.

A small number of Veterans can only be treated for their service connected disabilities and nothing else. If one of those Vets is service connected for their left foot, they can only use VA health care for their left foot and nothing else.

Myth Number Three – I make too much money to qualify for VA health care.

Status: It depends

If you do not have a service connected disability, you must verify your income with VA to see if you qualify for free medication and travel benefits. If you generate too much income (a maximum income level set every year by Congress), you may have to pick up the tab for traveling and receive your medication using co-pay. Recently, the rules have been changed for Priority 8 Veterans who have income that exceeds the threshold and disallowed new enrollments. See the income calculator on www.va.gov to see if you qualify.

Myth Number Four – I can't use VA health care if I have private health insurance.

Status: False
From VA's Health Eligibil-

ity Center Director Tony Guagliardo, "We strongly encourage Veterans to receive all your health care through VA. However, if you choose to receive treatment from private doctors, VA will work with them to meet your health care needs and coordinate effective treatment. We call this Co-managed Care or Dual Care – which means that your VA and private doctors will work together to provide safe, appropriate, and ethical medical care."

Myth Number Five – If I'm 100 percent disabled, that means I'm permanently disabled

Status: False

You could have a 100 percent disability rating as a temporary status while you undergo surgery, and have it reduced to its previous rating after you heal. 100 percent doesn't necessarily stay with you.

This summary of myths is very general, but we hope to receive more specific questions in the future. We look forward to dispelling myths about other parts of VA as well.

Reprinted from VAntage Point, the official blog of the U.S. Department of Veterans Affairs, November 18, 2010. For more information go to www.blogs.va.gov/VAntage/

WOMEN VETERANS HEALTH CARE



*You served, you deserve
the best
care anywhere*



Brad Garner
Kenya Graham, a Women Veterans Outreach Coordinator works, with Pvt. Jamie Kennedy-Gary from Detroit, Michigan during a Transition Assistance Program session at Fort Bragg.



Valentines For Veterans Concert To Be Offered

Little Anthony and the Imperials will perform at the Progress Energy Center for the Performing Arts in Raleigh, N.C., Feb. 13 at 1 p.m. The concert is being nationally sponsored by Help Hospitalized Veterans, the largest supplier of free therapeutic arts and crafts to VA and military hospitals worldwide.

Admission to the concert is complimentary as the event is to honor Veterans for the freedoms we enjoy each day. Tickets are available at the Voluntary Services office at the Durham VAMC or by calling (919) 416-8042. There is currently a 2-ticket limit per person.

The National Salute celebration is timed to coincide with Valentine's Day because the sentiments of caring and sharing match the salute's purpose of expressing honor and appreciation to Veterans.

For more information about this event, please call (919) 416-8042. For information regarding the National Salute, Valentines for Veterans Concerts or for information regarding volunteer opportunities, please visit www.hhv.org or call 1-888-567-VETS.

Directions and information about the venue can be found at www.progressenergycenter.com/page.

Microsoft Office 2010 Now Available To VA Employees

Microsoft Office 2010 is now available to VA employees for \$9.95. Through the Home Use Program, employees can sign on to www.microsoftthup.com with a valid work email address and be eligible for the Home Use Program. After entering the information you'll receive an email with purchase details. Click on the link in the email to access the store and purchase your license/product key. Microsoft Office 2010 includes Microsoft Word, PowerPoint, Outlook, Excel, Publisher, Share Point and other programs.

"A Sacred Trust: The Story Of The National Cemetery Administration"

The National Cemetery honors Veterans with a final resting place and lasting memorials that commemorate their service to our nation. The video, "A Sacred Trust: The Story of the National Cemetery Administration" is the inspiring story of the National Cemetery Administration and its service to

our nation's Veterans.

Through personal interviews with NCA representatives, viewers learn of the many benefits available to them and their families in our nation's Veteran cemeteries. Through interviews with family members, viewers experience personal stories of the honorable and

VA Supports Newborn Care

Included in the May 5, 2010 Caregivers and Veterans Omnibus Health Services Act is a provision enhancing maternity care and supporting the care and maintenance of newborn children. As with maternity care, the Veteran would not receive care at VA, but attend a private doctor or medical center for treatment and that private care provider will receive payment from VA. Once the authorization for the delivery is in the

system a letter is sent to the Veteran advising her of the benefit features. Whether female Veterans use the Women's Clinic to receive primary care or if they receive gender-specific care only, they are entitled to post-delivery and routine care for newborn children from birth to not more than seven days following birth. Hospitalization beyond the seven day period will require means of support outside VA.

Virginia Votes Real Estate Tax Relief for Disabled Veterans

Virginians voted yes to a Constitutional Amendment to provide real estate tax relief for Veterans with a 100 percent service-connected, permanent and total disability. Qualifying Veterans will be exempt from paying real estate taxes on owner-occupied property used as the veteran's sole dwelling. Vacation homes and rental property will not be exempt.

Approval by Virginia's voters was the final step in a two-year process to amend the Virginia Constitution. The 2011 Virginia General Assembly must now pass a law requiring localities to grant the exemption. The exemption will take effect on a date set by the General Assembly.

The U.S. Department of Veterans Affairs reported that 7,358 Virginia veterans had a 100 percent service-connected disability rating as of May 2009.

VA To Verify Veteran Small Businesses

Companies identifying themselves as small businesses or Veteran-owned businesses to gain priority for some VA contracts must now provide documentation verifying their status within 90 days of receiving notice from the agency.

"VA is committed to doing business with as well as supporting and protecting Veteran-owned small businesses," said Secretary of Veterans Affairs Eric K. Shinseki. "Although the verification process may initially be a challenge to some small business owners and to VA, it's a necessary step to eliminate misrepresentation by firms trying to receive contracts that should go to service-disabled and other Veteran-owned vendors."

VA plans to post additional information at www.VetBiz.gov in early February informing applicants how to submit their documents electronically.

For more information, visit the Office of Small and Disadvantaged Business Utilization's website at www.va.gov/OSDBU/veteran/verification.asp or the main page at www.va.gov/osdbu/.

dignified process of their Veteran's burial – from application to interment and beyond. Stirring photography accompanies informative narration as viewers gain familiarity with the National Cemetery Administration and its efforts to provide burial benefits to those who gave so much for their country. To the

National Cemetery Administration, this is more than a mission. It is - "A Sacred Trust."

To see the film, log on to www.cem.va.gov/sacred.asp.

For more information on burial eligibility or other VA benefits, call 1-800-827-1000 or visit the NCA Web site at www.cem.va.gov.

VISN 6 Facility Enhancements

Asheville VAMC

Renovation continues on the main Atrium, adding a third elevator and new stairwell. Construction will last until mid-March 2011.

The Asheville VAMC Compensation and Pension offices have moved from the third floor of the medical center to the first floor. The new location is at the north end of the main hallway.

Contractors are completing the installation of a new eight foot high perimeter fence around the campus. Installation will be complete by the end of March.

Beckley VAMC

Exterior lighting is being upgraded with LED lighting. The project will continue through January.

Replacement of the main elevators continues and should be complete by December 2011. People may experience delays as only one elevator will be operating.

Durham VAMC

Renovations for Ward 9B are underway.

Phase II construction on the new research building is underway and is expected to last through April 2012. This phase adds three additional floors.

Construction has begun on the MRI Mobile Pad and completion is expected in 2011.

Fayetteville VAMC

The new Robeson County Community Based Outpatient Clinic located at 139 Three Hunts Drive in Pembroke, N.C. is scheduled to open in mid-January. For information call (910) 521-8452.

Alpha, Eagle and Tango Primary Care Clinics will relocate to Village Green in Fayetteville, located on the second floor at 1991 Fordham Drive by mid-January, along with mental health and support staff. Free shuttle service from the facility to the medical center for radiology or other services will be available.

Renovation continues on the A-wing elevators. Repairs are expected to be complete in June.

Richmond VAMC

The mall roofing project will be completed by Jan. 31.

Salem VAMC

Construction of 12 new shuttle bus shelters around the Salem VAMC campus should be completed by the end of February.

MRI addition and expansion of the emergency department at Bldg 2A is ongoing and scheduled for March completion.

Major roof repairs and replacements are on-going for Bldg 74 and the connecting of corridors of Bldgs 7, 8, 9, 10, 11, and 12. This work will continue through July.

Salisbury VAMC

The canteen retail store has been relocated to the gymnasium in Bldg 6 while the new, larger retail store project is in progress.

The first floor of Bldg 4 is being renovated to expand the Mental Health clinic. The front entrance of Bldg 4 will be closed. The entrance between Bldg 4 and Bldg 2 will become the main entrance. Valet services have been relocated from the front of Bldg 4 to the front of Bldg 11. A new entrance will be constructed. The renovation should be completed by March 2011.

VISN 6 Special Events

Beckley

Jan. 19: A commemoration prayer breakfast in honor of Dr. Martin Luther King, Jr. will be held in the medical center's auditorium at 8:30 a.m. This Veteran and staff event is sponsored by the Beckley VAMC EEO Advisory Committee. Tickets are available for \$3.

Mar. 1: The Beckley VAMC will celebrate its 60th Anniversary with a reception held in the auditorium at 2 p.m. All Veterans are invited to attend.

Durham

Feb. 2- A Homeless Summit will take place in the Durham County Auditorium.

Every Thursday: Team River Runner is a national all-volunteer organization run by kayakers. Through whitewater and flat water kayaking on various rivers, lakes, and ocean, TRR promotes health, healing, and new challenges for wounded Veterans. Conducted by the Gypsy Divers Aquatic Center, 3651 Bastion Lane Raleigh, NC 27604. To register, contact Recreation Therapy at 919-286-0411 x 7719.

Fayetteville

Jan. 12: Martin Luther King, Jr. Day Prayer Breakfast will take place in the 3rd floor auditorium from 8:30-9:30 a.m.

Jan. 29: The National Alliance on Mental Illness Family to Family Program will be held in the 3rd floor auditorium, 10 a.m.-12 p.m.

Jacksonville

Jan. 22: The Retiree/Widow Town Hall Meeting will be held at the DAV #16 Craigg Hall, 10 a.m., at 301 Roosevelt Rd. Commanding Officer of Camp Lejeune and Commanding Officer of U.S. Naval Hospital will be speaking. For more information call the DAV at (910) 455-3303/3400 or visit www.NCDAV16.org.

Feb. 1: The Onslow County Job Link Veterans Unit is hosting a Veterans Stand down, 10 a.m. - 4 p.m. at the American Legion Post 265, 140 Broadhurst Rd. A variety of free services such as health screenings, clothing, support services, employment opportunities, and food will be provided to those Veterans in need. For more information, contact Kelley Hamilton, 910-347-2121.

Salem

Jan. 13: Martin Luther King, Jr. Day program takes place 1-2 p.m. Salem VAMC Auditorium - Bldg 5.

Jan. 19: Salem VAMC Open House for the rural health suite takes place from 1-4 p.m.

Salisbury

Jan. 13: Martin Luther King, Jr. Day Program - Discussion in the VAMC Chapel from 6-7:30 p.m.

Jan. 14: Martin Luther King, Jr. Day Program - "The Unfinished Dream" - Special Program Social Rm, Bldg 6, 1:30 p.m. Keynote Speaker is Dr. Reginal Broadnax, Hood Theological Seminary.

VISN 6 Sites of Care

Asheville VAMC
1100 Tunnel Road
Asheville, NC 28805
828-298-7911, 800-932-6408
<http://www.asheville.va.gov/>

Beckley VAMC
200 Veterans Avenue
Beckley, WV 25801
304-255-2121, 877-902-5142
<http://www.beckley.va.gov/>

Beckley Vet Center
1000 Johnstown Road
Beckley, WV 25801
304-252-8220
<http://www2.va.gov/directory/guide/facility.asp?ID=5634>

Charlotte Vet Center
2114 Ben Craig Dr.
Charlotte, NC 28262
704-549-8025
<http://www2.va.gov/directory/guide/facility.asp?ID=485>

Charlotte CBOC
8601 University East Drive
Charlotte, NC 28213
<http://www.salisbury.va.gov/visitors/charlotte.asp>

Charlottesville CBOC
650 Peter Jefferson Pkwy
Charlottesville, VA 22911
434-293-3890
<http://www.richmond.va.gov/visitors/charlottesville.asp>

Danville CBOC
705 Piney Forest Rd.
Danville, VA 24540
434-710-4210
<http://www.salem.va.gov/visitors/Danville.asp>

Durham VAMC
508 Fulton St.
Durham, NC 27705
919-286-0411, 888-878-6890
<http://www.durham.va.gov/>

Emporia CBOC
1746 East Atlantic Street
Emporia, VA 23847
434-348-1500

Fayetteville VAMC
2300 Ramsey St.
Fayetteville, NC 28301
910-488-2120, 800-771-6106
<http://www.fayettevillenc.va.gov/index.asp>

Fayetteville Vet Center
4140 Ramsey St.
Fayetteville, NC 28311
910-488-6252
<http://www2.va.gov/directory/guide/facility.asp?ID=486&dnum=All&stateid=NC&v=1>

Franklin CBOC
647 Wayah St.
Franklin, NC 28734-3390
828-369-1781
<http://www.asheville.va.gov/visitors/franklin.asp>

Fredricksburg CBOC
1965 Jefferson Davis Highway
Fredericksburg, VA 22401
540-370-4468
<http://www.richmond.va.gov/visitors/fredericksburg.asp>

Greensboro Vet Center
2009 S. Elm-Eugene St.
Greensboro, NC 27406
336-333-5366
<http://www2.va.gov/directory/guide/facility.asp?ID=719&dnum=All&stateid=NC&v=1>

Greenville CBOC
800 Moye Blvd.
Greenville, NC 27858
252-830-2149
<http://www.durham.va.gov/visitors/greenville.asp>

Greenville Vet Center
1021 W.H. Smith Blvd.
Greenville, NC 27834
252-355-7920
<http://www2.va.gov/directory/guide/facility.asp?ID=720&dnum=All&stateid=NC&v=1>

Hamlet CBOC
100 Jefferson Street
Hamlet, NC 28345
910-582-3536
<http://www.fayettevillenc.va.gov/visitors/hamlet.asp>

Hampton VAMC
100 Emancipation Dr.
Hampton, VA 23667
757-722-9961, 888-869-9060
<http://www.hampton.va.gov/>

Hickory CBOC
2440 Century Place, SE
Hickory, NC 28602
828-431-5600
<http://www.salisbury.va.gov/visitors/hickory.asp>

Hillandale Rd. Annex
1824 Hillandale Road
Durham, North Carolina 27705
919-383-6107
<http://www.durham.va.gov/visitors/hillandale.asp>

Hillsville
702 Pine St.
Hillsville, VA 24343
276-779-4220
<http://www.salem.va.gov/visitors/hillsville.asp>

Jacksonville CBOC
241 Freedom Way
Midway Park, NC 28544
910-353-6406, 910-353-6406
<http://www.fayettevillenc.va.gov/visitors/jacksonville.asp>

Lynchburg CBOC
1600 Lakeside Drive
Lynchburg, VA 24501
434-316-5000
<http://www.salem.va.gov/visitors/lynchburg.asp>

Morehead City CBOC
5420 U.S. 70
Morehead City, NC 28557
252-240-2349
<http://www.durham.va.gov/visitors/morehead.asp>

Norfolk Vet Center
1711 Church Street
Norfolk, VA 23504
757-623-7584
<http://www2.va.gov/directory/guide/facility.asp?id=403>

Princeton Vet Center
905 Mercer Street
Princeton, WV 24740
304-425-5653
<http://www2.va.gov/directory/guide/keystaff.cfm?id=400>

Raleigh CBOC
3305 Sungate Blvd.
Raleigh, NC 27610
919-212-0129
<http://www.durham.va.gov/visitors/raleigh.asp>

Raleigh II CBOC
3040 Hammond Business Place
Raleigh, NC 27603
919-899-6259
<http://www.durham.va.gov/visitors/raleighII.asp>

Raleigh Vet Center
1649 Old Louisburg Rd.
Raleigh, NC 27604
919-856-4616
<http://www2.va.gov/directory/guide/facility.asp?ID=5442&dnum=All&stateid=NC&v=1>

Richmond VAMC
1201 Broad Rock Blvd.
Richmond, VA 23249
804-675-5000, 800-784-8381
<http://www.richmond.va.gov/>

Roanoke Vet Center
350 Albemarle Ave., SW
Roanoke, VA 24016
540-342-9726
<http://www2.va.gov/directory/guide/facility.asp?ID=405>

Robeson County CBOC
139 3 Hunts Drive
Pembroke, NC 28372

Rutherford County CBOC
374 Charlotte Rd.
Rutherfordton, NC 28139
828-288-2780
<http://www.asheville.va.gov/visitors/rutherfordton.asp>

Salem VAMC
1970 Roanoke Blvd.
Salem, VA 24153
540-982-2463, 888-982-2463
<http://www.salem.va.gov/>

Salisbury VAMC
1601 Brenner Ave.
Salisbury, NC 28144
704-638-9000, 800-469-8262
<http://www.salisbury.va.gov/>

Tazewell CBOC
123 Ben Bolt Ave.
Tazewell, VA 24651
276-988-2526
<http://www.salem.va.gov/visitors/tazewell.asp>

Virginia Beach CBOC
244 Clearfield Avenue
Virginia Beach, Virginia
757-722-9961, ext. 1900
<http://www.hampton.va.gov/visitors/cboc.asp>

Wilmington CBOC
736 Medical Center Drive
Wilmington, NC 28401
910-763-5979
<http://www.fayettevillenc.va.gov/visitors/wilmington.asp>

Winston-Salem CBOC
190 Kimel Park Drive
Winston-Salem, NC 27103
336-768-3296
<http://www.salisbury.va.gov/visitors/winstonsalem.asp>

Winston-Salem Annex
2101 Peters Creek Parkway
Winston-Salem, NC 27127
336-761-5300
<http://www.salisbury.va.gov/visitors/winstonsalem.asp>