Getting his MOVE! on

That first step to a healthy life is often the toughest, and that can be especially true if you are battling a chronic health condition. Marine Veteran, Darrian Young, knows this all too well. Kidney disease and an eventual transplant put him on the sidelines for years.

Darrian’s kidneys started to fail about six years ago. While he awaited a transplant, Darrian underwent dialysis for years. As he put it, “When you are on dialysis, dialysis is the most important thing. My focus was dialysis.” After his transplant, his physical activity was limited even more as the fear that his body would reject his new kidney consumed his mind.

MOVE! helps him Walk with Ease

About a year after his transplant, he wanted to become more active and take off some of the weight he had put on while combatting kidney disease. That’s when his doctors told him about the Department of Veterans Affairs MOVE! Weight Management Program.

Darrian researched the program and enrolled. MOVE! is VA’s national weight management program. It focuses on health and wellness through healthy eating, physical activity, and behavior change. The 16-week program can help Veterans lose weight, keep it off, and improve their overall health.

VA Salt Lake City Health Care System (VASLCHCS) Dietitian, Sara Mickelson, says Darrian progressed a little bit every week, and started getting involved in his health.

MOVE! Spotlight: Another Success Story

Bob Burrows made a commitment to himself: I will live a healthy, happier life for myself and my family through better choices and movement.

Today Bob has lost 93 pounds. His blood pressure is lower and he has a lot more energy. He has a GREAT outlook on life.

His Plan:

- Exercise 5x a Week
- Limit Eating out
- Healthy Meal Plans
- Portion Control
- Track Activity

Keys to Success:

- Education: MOVE classes
- Support: Family, Friends, VA Staff and other Veterans
- Self: Do it for yourself and no one else. Believe, and have a positive attitude
“I did find it hard at first,” says Darrian, “but Sara is really good at what she does, and that started motivating me more—to be involved in my own MOVE!” And get more involved he did, he signed up for additional health and wellness classes like “Walk with Ease,” and “Living Well with Chronic Conditions.” The classes are more than just about weight loss. “A lot of people have been taught to look at the scale—and that’s kind of our measure of success,” says Sara. “When there are just so many other measures of success. There is feeling better, having more energy, being able to walk more, breathe easier—it’s not just the number on the scale that matters.”

Darrian reiterated that thought throughout our chat. “My goal is just to live as healthy as I can with a chronic condition…. [I] take the attitude that everything I do physically and mentally is going to help me in the long run. Its more than weight and exercise.”

The classes also got Darrian thinking a lot about his diet. “I am aware of what I am eating now…. I eat more vegetables than ever before. We have also learned that the way we prepare it is important too, and portions, definitely portions.”

From Student to Mentor

The classes now give Darrian a sense of purpose. “I used to say who wants to go to the hospital all the time—now I am that guy. I’ve never left here angry. I have always left here in a good mood.”

A mood Darrian is now hoping to spread to other Veterans. He recently wrapped up training to facilitate “Living Well with Chronic Conditions,” and will now lead the class. He is already looking forward to the new role. “I am excited because I want to help my fellow Vets,” exclaims Darrian. “A Vet may hear something I say that may help him or her in the long run.”

Darrian is in this for the long run. He plans to retake many of the health and wellness classes and lead “Living Well with Chronic Conditions.” As he put it, “I learn something new every class.”

Esprit de Corps

MOVE!, MOVE! Weight Maintenance, Walk with Ease, and Living Well with Chronic Conditions are all group classes. Veterans build a camaraderie with all the others in their classes, and that is crucial for their success.

“The group setting is our best success just because everybody can share their experiences, advice, motivate one another,” says Sara. “I think everybody gets really close and helps encourage each other. They’ve built friendships in this class—where they do things outside the class, which I think is really cool.”

“I just saw how everyone was able to open up from beginning to the end,” reiterates Darrian. “You saw people change over those 16 weeks.”

For more information on the MOVE! program, Walk with Ease, or Living Well with Chronic Conditions talk to your primary care provider.

Contact the MOVE! program:
801-582-1565 ext. 2149
Toll-free 800-613-4012 ext. 2149
New enrollees to the VA Salt Lake City Health Care System (VASLCHCS) face a plethora of programs to help heal the whole Veteran: Mind, Body, and Spirit. Sadly, a lot of the programs go unused by the very people that their designed to help—often because the Veteran didn’t even know a program existed. The Discover Your VA Class is helping change that though.

The class was started in January 2017 by Army Veteran and telehealth patient education program support specialist, Audrey Miner. Miner says the class came from necessity, “I have a passion for the Veterans. When I found out that there was no orientation for them—especially after getting enrolled in the VA, I just felt we should have something like this.”

From mental health to recreation therapy and from lodging to travel, the 90-minute class gives Veterans a broad overview of all the different healthcare and benefit programs unique to VASLCHCS. The class also introduces Veterans to some of the national programs like My HealtheVet.

“It was quite a bit I didn’t know. It would have been a lot easier to navigate around this place from the start. And knowing about all these services right up front that would have been a great help too.”

**Going the extra mile**

Miner goes the extra mile for our Veterans—literally. She says inevitably a couple Veterans from each class want a tour of the George E. Wahlen Medical Center. “I take them to all of the main spots of the hospital, and then I ask them what do you want to see?”

Miner says she always make sure those who want a tour have an ID card and have set up an initial appointment with a primary care physician, and then she gets them down to library to register for My HealtheVet.

“I think the class is great and I like being here at the VA,” remarks David. “I consider this a blessing to me—having this VA.”

And those are words that keep Miner motivated to keep reaching out to Veterans even those who have been coming to VA for years, “I strongly encourage every Veteran to attend this class no matter if they’ve been coming here for 10, 20, 30, 50 or 60 years, because they do get a lot from the class.”

The Discover Your VA Class is open to all Veterans enrolled at VASLCHCS—as well as, their families and support system. Classes are held the second Monday of each month at 8:30am, third Monday of each month at 1pm, and the fourth Tuesday of each month in 8:30am. All classes are held in building 9 on the VASLCHCS Campus Classrooms A and B. The class is also offered to Veterans in our clinic through teleconferencing. **For additional information or if you would like to enroll or know a Veteran who could benefit from the class, call 801-582-1565 ext. 4289 or 4286.**
Bling and more bling for our four participants competing in the 37th National Veterans Wheelchair Games! Congrats to Happy Barton, Wendy Griffin, Keith Robinson, and Ray Kosierowski!

The SLC Spinners had a great time at #NVWG! Wendy comes home with two gold medals. One in motor rally and one in cycling. Happy returns with a gold in archery, Ski (Ray) takes home the bronze in bowling and Keith brings home the gold in motor rally! More important than medals are the friendships made and the goals for next year — keeping healthy and active through adaptive sports. Congratulations to all the athletes from #VASLC!

For more information on Adaptive Sports, contact Heather Brown, Recreation Therapist at 801-582-1562 ext. 1559.
Farm fresh fruits & vegetables for Veterans at annual VA Farmers Market

Thank you for a great Farmers Market season! Farmers markets are a fun, relaxing gathering place and the best location to find the freshest locally grown vegetables and fruits. More than a million people visit farmers markets each week in the US. The Salt Lake City VA Farmers Market features fresh produce and other tasty options, grilled lunch, healthy recipe tasting, a fun workout, and a relaxing atmosphere with Veteran musicians sharing their talents.

It is estimated food travels about 1500 miles before it reaches your plate. As you can imagine, this does not make for a very sustainable food system. What exactly does that mean? A sustainable food system is a food system that delivers food security and nutrition for all in such a way that does not compromise the economic, social, and environmental bases for the future. In other words, it means that how we eat today ensures that there will be food available in the future. Unfortunately, many of the ways food is purchased and consumed today does not ensure that.

So how can you help make our food system more sustainable? Going to a local farmers market, such as the VA Farmers Market, is a huge step in the right direction! By eating locally grown food, you reduce the number of miles that food travels to get to your plate. There are many benefits to this. For the environment, this means less fuel is used, pollution is reduced, and the food does not require as much packing material. Not only does the environment thank you, but your body will too. By consuming food that is from local farms, you are eating it at its peak of freshness to offer the most nutritional content and the best taste. Finally, your farmers will thank you! Supporting local farmers ensures that the money goes right into their pockets instead of the grocery store. It also grows the local economy by keeping your dollars circulating in your community. Everyone wins when we buy fresh local products. Our food system isn’t going to change overnight but by making small changes, such as supporting local farmers markets, it can make a big difference.
Employee Health & Wellness Classes

**BOOT CAMP**

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<tr>
<td>Mondays</td>
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<td>Dana Schmieder</td>
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<tr>
<td>Wednesdays</td>
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**LAP SWIM**

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<tr>
<td>Wednesdays</td>
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**MEDITATION VISUALIZATION**

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<tr>
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**YOGA**

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<tr>
<td>Thursday</td>
<td>6:30-7:20pm</td>
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<td>Ryan Cornia</td>
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Dana Schmieder is our Employee Wellness Coordinator. For more information on Employee Health and Wellness programs contact her at dana.schmieder@va.gov or join her for Boot Camp on Mondays and Wednesdays if you dare!!
Holistic Medicine
Holistic Medicine provides Pain Medicine, Palliative Care, and Integrative Health services to our Veterans.

- **Pain Medicine** service provides care for patients with persistent or “chronic” pain, including medicines to control pain and psychological care.
- **Palliative Care** service provides supportive care for patients with serious medical illness, pain and management symptom control, psychosocial and spiritual care; advanced care planning, end of life care, and bereavement support to families.
- **Integrative Health** Service offers several options for patients: acupuncture, meditation, manual therapies, hypnosis, Qigong, Yoga, and a Choose to Heal class to introduce various strategies and multicultural approaches to physical, emotional, spiritual wellbeing and better health.

**Referrals from your Primary Care Provider are required.**

801-581-1565, Ext.
- Pain Medicine 4942
- Palliative Care 2059
- Integrative Health 2661

Complementary and Integrative Health Classes

- **QiGong** – Gentle movements performed in a relaxed meditative state to promote health and healing.
- **Choose to Heal** – Expand awareness of how mind, body, and spirit integrate to promote healing.
- **Mind Body Bridging** – Integrates mind, body, and spirit in a self-help therapeutic process.
- **Intro to Mindfulness** – Explore the basic mindfulness practices and concepts.
- **Meditation and Relaxation Training** – Experiential group that includes participating in a 40-minute mindfulness exercise
- **Mindfulness and Compassion** – Helps manage stress, chronic pain, physical disease and mental health disorders.
- **Warrior Yoga** – Focuses on breath and body awareness to increase relaxation and mental clarity for wellbeing, management and prevention of disease.
- **Mind-Body Skills** – Breathing techniques, gentle body movement, and postures to reduce stress and promote health.

801-582-1565, Ext 2325
Health Promotion Disease Prevention (HPDP) Program
It is VA’s goal to keep Veterans “well and well-informed.” We strive to improve the quality of life for Veterans by providing VA clinicians with evidence-based health promotion and disease prevention practices.

For more information on classes and programs, contact 801-582-1565, Ext. 4246

- **Living well with Chronic Conditions**
  This is a 6 week program to help any Veteran with any chronic condition to manage symptoms, work with your health care team, and improve your health. Learn self-management techniques and skills needed in the day-to-day management of any type of ongoing health condition.
  801-582-1565, Ext 4246
  Community locations also available at [www.livingwell.utah.gov](http://www.livingwell.utah.gov).

- **MOVE! Weight Management Program**
  VA’s weight management program designed to help Veterans lose weight, keep it off and improve their health. The MOVE! Program offers patients several weight management options from group classes focusing on topics of nutrition, behavior modification and exercise.
  801-582-1565 Ext. 2149.

- **Walk with Ease walking class**
  Twice a week walking program to reduce pain and improve overall health. Available at the Salt Lake City VA Medical Center, plus Orem and St. George CBOC’s.
  801-582-1565, Ext 2149.

- **Tobacco Cessation Program**
  Our Tobacco Cessation program is designed to help Veterans quit smoking, chew, or e-cigarettes. The program consists of tobacco cessation group treatment, pharmacist consultation, telephone coaching, and text coaching.
  **VA telephone quit-line**: Counseling free of charge, any time between 6:00 am and 6:00 pm Mountain time. The quit-smoking telephone coaches provide up to four phone calls and can be reached at 1-855-QUIT-VET (1-855-784-8838).

- **VA 24/7 texting support service**: For Veterans that can receive text messages. Sign up by texting VET to 47848 from your mobile phone, or visit [www.smokefree.gov/VET](http://www.smokefree.gov/VET). When you need support they will text you tips and encouragement.
  801-582-1565, Ext. 2088.

- **Living Well classes for specific diseases**
  These 4-week classes will help you manage and reduce your risk for specific conditions. Also available at VA Community Based Outreached Clinics via Telehealth.
  **Living Well with Heart Disease**
  **Living Well with Chronic Lung Disease**
  **Living Well with Diabetes**
  801-582-1565, Ext. 4286 or 4289

- **Stepping On, fall prevention program**
  A 7-week program shown to help adults improve balance and reduce the risk of falls.
  801-582-1565, Ext. 1682

**Nutrition and Food Services (NFS)**
NFS provides expertise in nutrition assessment, diagnosis, and intervention to help the Veteran improve his/her nutrition condition, medical outcomes and overall quality of life. We provide group or one-on-one sessions.
  801-582-1565, Ext. 2123

**Recreation Therapy**
Recreation Therapy is a process that utilizes recreation interventions based on the interests, abilities and needs of individuals with illnesses and/or disabling conditions. Veterans can choose from dozens of seasonal activities including skiing, bowling, golf, water volleyball, fishing, rock climbing, art, guitar, singing, and many more.
  801-582-1565 ext. 1559

**Veterans Health Library**
Evidence-based health information designed for Veterans. Includes educational information and tools to help manage your health.
  [www.veteranshealthlibrary.com](http://www.veteranshealthlibrary.com)
Home Based Primary Care (HBPC)
The mission of HBPC is to provide comprehensive, interdisciplinary, and primary care in the homes of Veterans with complex medical, social, and behavioral conditions for whom routine clinic-based care is not effective. The team evaluates needs, identifies resources, and assists with obtaining federal or community services. Veterans must meet criteria to be eligible for HBPC. **Referrals to the HBPC program are made by a the VA primary care provider.**

Library
The Library features regular and large print books and magazines, Internet access is also available.

Medical Foster Home Program
MFH is a voluntary program that offers safe, long-term care in a home setting. MFH is a great alternative to institutionalized care. The program includes regular comprehensive case management visits by a VASLC Home Care Team.

Pathways
Coping with life's problems and/or mental illness can be difficult but getting help should not be. Pathways can help you access the right care. This is not a therapy group; it is an orientation group. Walk-ins welcome!
Sweat Lodge
Healing Native American Sweat Lodge Ceremonies are held each Friday evening at 7:00pm, and a Women's Only Ceremony is held on the 3rd Saturday of every month at 2:00pm in the Purtkwahgahm Healing Ground (Southeast corner of Bldg 4). There are other Native American Ceremonies available upon request.

801-582-1565, ext. 4556

Transfer & Lodging Center (TLC)
Lodging is available for Veterans traveling more than 50 miles for medical appointments in Salt Lake City. Veterans should check in at the Transfer & Lodging office.

Bldg. 1, first floor, room 1B31
Monday- Friday
8:00am - 4:15pm
After hours, weekends, and holidays please check in through the Emergency Department.

Veteran Directed Home and Community Based Services Program (VD-HCBS)
An alternative for long term nursing home placement, Veterans are able to live in their own home.

801-582-1565, ext. 2492

Veterans Transportation Service (VTS)
The Veterans Transportation Service in partnership with Utah, Idaho, Wyoming and Nevada Veteran Service Organizations proudly support the transportation needs of Veterans traveling for appointments in Salt Lake City. Van service is available from Ely and Elko, Nevada; Idaho Falls and Pocatello, Idaho; Afton and Rock Springs, Wyoming; and from Vernal, Price, Richfield, Logan, and Saint George, Utah. Wheelchair transportation is available on some routes.

801-582-1565, ext. 2003 or 1027
1-800-613-4012, ext. 2003 or 1027

VIST
The VIST Team Program has primary responsibility for identifying and serving the needs of visually impaired and blinded Veterans. Services include:
- periodic total health reviews
- support and adjustment counseling for Veteran and family
- review and facilitation of individually appropriate benefits and services
- referral to the Advanced Low Vision Rehabilitation Clinic
- referral to a VA Blind Rehabilitation Center

Volunteer Services
VAVS volunteers are a priceless asset to the Nation’s Veterans and to the Department of Veterans Affairs. Please call us for information regarding volunteer opportunities.

801-582-1565, ext. 1241
Message from our new Director, Shella Stovall

We are focused on the Veteran Experience now more than ever by building a greater network of healthcare choices, and by providing timelier access to VA’s world class care. Through Secretary Shulkin’s top five priorities we will empower Veterans to choose VA through transparency of information.

- Greater Choice: Choose VA Salt Lake City Healthcare
- Modernize Systems
- Focus Resources
- Improve Timeliness of Care
- Suicide Prevention

Shella Stovall, MNA, RN, NE-BC

Shella Stovall was appointed Medical Center Director, VA Salt Lake City Health Care System (VASLCHCS) on June 11, 2017. Prior to this assignment, Ms. Stovall served as Acting Director for VASLCHCS for 15 months. As Acting Director, she was responsible for overseeing operations, clinical programs, and finances of the health care system which had an annual operating budget of $480 million and over 2,300 employees, a 121-bed health care system serving over 57,000 Veterans with nine Community Based Outpatient Clinics. Ms. Stovall served as Associate Director, Patient Care Services at VASLCHCS for 7 years, and has a total of 29 years of federal service.

We’ve Moved!

The new Pocatello VA Clinic is open at 500 S 11th Ave. The new clinic is the first VA clinic in the Intermountain West based on the innovative Patient Aligned Care Team (PACT) concept.

The PACT concept involves each Veteran working together with health care professionals to plan for whole-person care, and life-long health and wellness. The new clinic also adds a new audiology team, new group therapy rooms, and additional telehealth services to better serve Veterans.

The VA Pocatello Clinic currently serves around 5,700 Veterans in Southeastern Idaho. The new clinic will allow us to serve an additional 800.

Introducing the new Access and Quality in VA Healthcare Website.

Now, Veterans can access wait times and quality of care measures across the VA Salt Lake City Health Care System and across the health care industry.

Check it out at: www.accesstocare.va.gov/