

THE northern



Construction Updates

Sacramento VA Medical Center:

OEF/OIF building:
OPEN

Consolidated Outpatient Surgical Specialty:

Planned activation
April, 2014

Behavioral Health:

Planned activation
February, 2014

Parking Structure:

Planned activation
February, 2014

*Note: patient parking is available at the back of building 650

Stay connected



Photo courtesy of <http://www.flickr.com/photos/crayoncauldron/>



Help for Homeless Veterans
877-4AID-VET
va.gov/homeless (877) 424-3838

Ending Veteran Homelessness

For some folks the new year brings with it new year's resolutions and plans for change. For the VA, we are reminded of the top priority on our list of things to accomplish by the end of 2015:

End Veteran Homelessness.

No one who has served our country should ever go without a safe, stable place to call home.

An unprecedented campaign is underway through the Homeless Veterans Outreach Initiative to assist Veterans who are, or are in danger of becoming homeless by providing them with resources, services and information about VA programs.

But we still need your help. Individuals in communities across the country are integral to spreading the word about the resources VA provides to Veterans who might be at risk.

The single best way to help Veterans who are homeless or at imminent risk of becoming homeless is to connect them with VA. Learn more about VA's award-winning programs and partnerships that help Vets and their families find homes.

Know that one phone call can be the difference in the life of a Veteran who is homeless or at imminent risk of becoming homeless.

Make the Call to 877-4AID-VET (424-3838) to be connected 24/7 with VA's services to overcome or prevent homelessness for yourself or a Veteran you know.

For more information, please visit:
<http://www.northerncalifornia.va.gov/services/homeless/index.asp>

If you are a Veteran who has lost your home, VA can help you get back on your feet. The Hotline and Online Chat are free and neither VA registration nor enrollment in VA healthcare is required to use either service.

When you call or join the Online Chat:

- You will be connected to a trained VA responder.
- The responder will ask a few questions to assess your needs.
- If you're a Veteran, you may be connected with the Homeless Program point of contact at the nearest VA facility.
- Contact information will be requested so staff may follow up.



VA HEALTH CARE Defining EXCELLENCE in the 21st Century

Happy New Year!

Have You Had Your Flu Shot?

Did you know that Flu season can continue into May?

According to the CDC the flu shot is the first and most important step in protecting yourself against the disease.

VANCHCS will have weekly flu shot clinics for you – all you need to do is bring your VA card. Listed below are the days and times available at the various clinics.

Sacramento/ Mather
building 650 – Primary Care
Thurs, 1 – 3pm

Mon/Tues/Wed/Fri, 9am – Noon & 1 – 3pm

Redding Clinic
Tues–Thurs, 8:30 – 11am & 2 – 4pm
Also by Appointment

Yuba City Clinic
Primary Care
Mon/Tues/Thurs/Fri, 1 – 3pm

Chico Clinic
Mon – Thurs, 3:30 – 4pm
Fridays, walk-in anytime

McClellan Clinic
Primary Care
Mon-Fri, 9 – 11am & 1 – 3pm

Fairfield Clinic
Primary Care
Mon-Fri, 9am – 12noon & 1:30 – 4pm

Mare Island Clinic
Primary Care
Mon-Fri, 9am – 12noon & 1:30 – 4pm

Martinez Clinic
Primary Care
Mon-Fri, 8:30 – 11:30am & 1 – 4pm

Oakland Clinic
Primary Care
Mon-Fri, 9 – 11:30am, 1- 3:30pm

Get Active

Get Moving

Get Fit

Yoga classes

Starting Jan. 13

Mondays 5pm-6pm

Sacramento VA Medical Center

Bldg. 650 Auditorium

Free
For Veterans and staff
Mats provided

*Travel
not covered



Last month we brought you a story about VANCHCS teaming up with the Stanford Chronic Disease Self-Management Program (CDSMP), a peer-based workshop where people with different chronic health issues learn to manage their symptoms effectively.

This month, workshops will begin at both Sacramento VA Medical Center and McClellan Outpatient Clinic.

Details follow:

McClellan Outpatient Clinic

January 10th – February 14th

Friday mornings
10am – 12:30pm
In Primary Care

Sacramento VAMC

January 14th – February 18th

Tuesday mornings
9am – 11:30am
In Primary Care

For more information or to sign up, please call Dr. Jeffrey Cass at 916-843-2829



Be Involved in Your Health Care

Plan ahead for your visits by writing down the questions and concerns you want to raise. Share your ideas about your health issues and treatment with your provider. Let your health care team know about stressful aspects of your life. Participate in decisions about your health care and treatment. Ask questions about anything that's not clear. Speak up if you have any concerns about the care you are receiving. Ask for written information and instructions to share with your family or caregiver. Gather information from your treatment team, the VA library, and websites such as My HealtheVet.

- Know your medicines and what they are for.
- Ask when and how you will get results of tests or treatments.
- Have the name and phone number of a person to call if you have a problem.
- Let your team know if you face any obstacles to your care.
- Bring a family member or friend to your appointment to help you, if you wish.

Give your treatment team accurate and complete information about:

- Your current health problems
- Your health concerns
- Past illnesses
- Past hospitalizations
- All medicine you take
- Other matters related to your health



Job search?

EDD Workshops for Veterans
Every Thursday
2pm - 4pm

Chico Vet Center
250 Cohasset Road, Suite 40
Chico CA 95926

Reserve your seat by calling:
Phone (530) 899-6300

Stay connected

 /vanchcs



WOMEN VETS HOTLINE
1-855-VA-WOMEN



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