

# THE northern



## Construction Updates

### Sacramento VA Medical Center:

**OEF/OIF building:**  
Completion-September, 2013  
on schedule

**Consolidated Outpatient Surgical Specialty:**  
Planned completion-November, 2013

**Behavioral Health:**  
Planned completion-December, 2013

**Parking Structure:**  
Planned completion-Spring, 2014

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



## OEF/OIF/OND Veterans Post Combat Clinic Extension

The OEF/OIF/OND Program proudly serves our nation's newest Veterans with a Post Combat Clinic every other Wednesday at Sacramento VA Medical Center's Primary Care clinic. In an effort to meet the demands of the latest generation of Veterans, the OEF/OIF/OND Program has worked directly with primary care, mental health, social work and the Veterans Canteen Service (VCS) to make the initial appointment process as consolidated and easy as possible.

For any Veteran that comes in for their initial appointment, they will receive a comprehensive health exam, discuss re-adjustment concerns, speak to a case manager, and have the opportunity to be triaged for mental health services if needed. During the course of the appointment, our Veteran will also have their lab work done and, in many cases, get their results the same day. The experience can take a few hours, however our Veterans have been pleased to receive the care in a one-stop-shop environment. The clinic sees ten patients in one day and has the potential to see 14, with the addition of new providers in primary care.

To make the day easier, the O/O/O Program offers our Veteran a voucher to the VCS canteen for a complimentary lunch after their care is complete. It's our way of welcoming our new veterans to the VA.

"As the OEF/OIF/OND population grows, the VA needs to grow with it. The Post Combat Clinic is just one way we are doing that. With the activation of the OEF/OIF/OND Rehabilitation Clinic, to be opened in late October, it just furthers the VA's commitment to meet the needs of our Veteran and will set the standard in the future for others to follow" says Marcos Najera, OEF/OIF/OND Transition Patient Advocate for VANCHCS. This program is expected to be implemented at the Martinez Outpatient Clinic next.

If you have questions about the Post Combat Clinic, please contact Marcos Najera, OEF/OIF/OND Transition Patient Advocate, at 916.843.9016 or email [marcos.najera@va.gov](mailto:marcos.najera@va.gov).







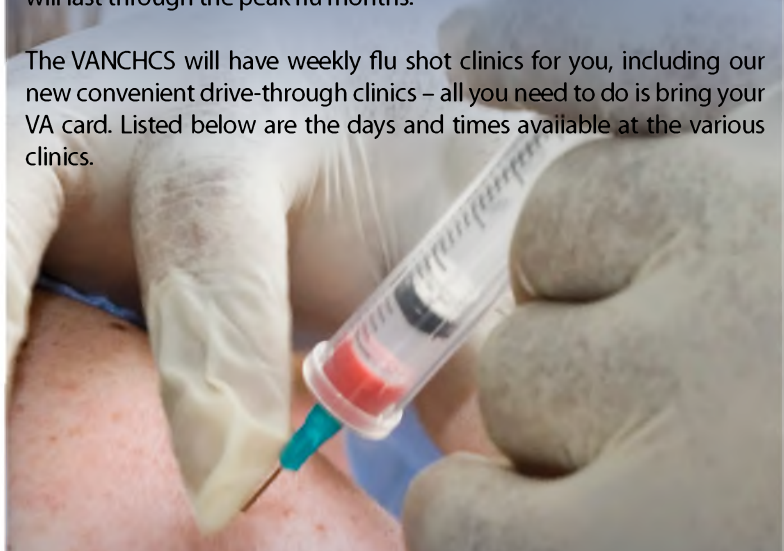
WOMEN VETS HOTLINE  
1-855-VA-WOMEN

## The Flu and You

Did you know that Flu season can begin as early as October and continue on into May?

According to the CDC the flu shot is the first and most important step in protecting yourself against the disease. Getting vaccinated at the beginning of each flu season is a good idea, and the protection you get will last through the peak flu months.

The VANCHCS will have weekly flu shot clinics for you, including our new convenient drive-through clinics – all you need to do is bring your VA card. Listed below are the days and times available at the various clinics.



Beginning October 1, 2013 flu vaccinations will be available at the following locations:

### Sacramento/ Mather - building 650 lobby

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

*\*Flu clinic will move to Primary Care in late November*

### Drive-Through Clinic at Mather:

At Lot 5b: Oct 3 & Oct 10, 8:30am – 12:30pm

At Veterans Memorial Plaza: Oct 19 & Oct 26, 10am – 2pm

### 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



## Veteran Centered Care

In our continuing efforts to provide the best care to our Veterans, VA Northern California Health Care System (VANCHCS), in association with the VA Office of Patient Centered Care and Cultural Transformation (VAOPP&CT), has heard feedback and input directly from over 400 Veterans, caregivers, and staff about how we provide service and how to create a positive working environment. Fifty-five in depth focus groups were conducted this past July where patients and staff discussed ways that VANCHCS could improve the services and working environment we provide.

“In my 22 plus years of work at the VA, I have never seen such a comprehensive effort to listen to patients and staff” said Kevin Kasnick, Customer Service Manager/Patient Centered Care Coordinator. “We’ve never done anything like this before, ever.” VANCHCS will soon receive a comprehensive report of strengths and opportunities for improvement. Once that is done, an action plan will be developed and implemented. Our goal is to make sure that every Veteran we serve receives care that improves their personal health and well-being. ▲

## Focus on Nutrition

As we say good bye to hot days and fresh summer salads, and welcome cozy sweaters and warm comforting food, we may wonder how we continue to get our daily quota of veggies in without having a salad at each meal. Why do we care about eating vegetables you ask? First of all, most veggies are low in fat and calories and have fiber that makes us feel full faster. They are also packed with vitamins and minerals that our body needs to stay healthy, especially in cold and flu season! According to the USDA, “eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke”. Vegetables are a versatile item that are great raw or cooked. Load up your soup, chili, and pasta sauces with a variety of colors of veggies which will make your meal look beautiful and interesting. Try shredding carrots or zucchini into meatloaf or baked breads; you won’t even realize you are eating vegetables! As we head into fall try this hearty chili to keep you warm and full. Ask yourself, what other veggies could you add?

### Black Bean Turkey Chili (makes 6 servings)

Ingredients:

- 1 lb. Ground turkey
- 3 Garlic cloves, minced
- 1/2 cup Chopped green pepper
- 1/2 cup Chopped onion
- 1 can (14.5 oz.) Diced low sodium tomatoes
- 1 cans (15 oz.) Black beans, drained and rinsed
- 1 11-oz bag Frozen whole kernel corn
- 1 can (8 oz.) Tomato sauce
- 1 can (6 oz.) Tomato paste
- 1 Tbsp. Chili powder
- 1 tsp. Dried oregano
- 1/2 tsp. Dried basil
- 1/4 tsp. Black pepper

### Preparation:

In a 3-quart saucepan over medium heat, cook turkey until it is no longer pink. Drain off the fat. Add garlic, bell pepper and onion. Sautee until tender. Add 1/2 cup water, beans, tomatoes, corn, tomato sauce, tomato paste and all of the spices. Bring to a boil then reduce the heat and simmer covered for 30 minutes.

### Nutrition information (per serving):

Calories: 325 kcals, Total fat: 10.5g, Protein: 27g, Sodium: 706mg, Carbohydrate: 35g, Fiber: 9g ▲