

# THE northern



The CDSMP Team L-R: Michael Secrist, Harry Moos, Jamie Tanner, Harland Dains and Phil Hearn  
Photo Courtesy of VANCHCS

## The Stanford CDSMP

The VA Northern California Health Care System is dedicated to finding innovative solutions to help our Veterans more effectively manage conditions like diabetes, hypertension, COPD and chronic pain, and to generally lead healthier lives. Sometimes, however, pain or discomfort becomes an unwelcomed long-term guest. In order to find a remedy for those Veterans who deal with chronic disease, VANCHCS has teamed up with the Stanford Chronic Disease Self-Management Program (CDSMP) to offer a six-week workshop, available to all Veterans across VANCHCS. The CDSMP is a peer-based workshop where people with different chronic health issues learn to manage their symptoms effectively. In the VA system, CDSMP workshops are being facilitated by Veteran volunteers who have gone through rigorous preparation and have been certified as CDSMP Trainers.

In late November, a group of five Veteran trainers came together at the Sacramento VA Medical Center in order to prepare to eventually become Master Trainers, able to train other Veterans to conduct workshops. These five Veterans, Phil Hearn, Harry Moos, Jamie Tanner, Harland Dains and Michael Lynn Secrist, along with people from all over the world, had volunteered their time to attend an intensive one week training course at Stanford University. This peer-based system of learning encourages Veterans to identify the internal avenues for coping with chronic conditions that they are capable of mastering, which helps to alleviate the worry and stress associated with their condition, leading to a more positive outlook and outcome.

Through this program, Veterans are introduced to: 1) techniques to deal with frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, 6) decision making, and, 7) how to evaluate new treatments.

It is the process of Veterans learning with Veterans that makes the program so effective for the VA. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

For more information about the CDSMP program, please contact Dr. Jeffrey Cass at 916-843-2829 or [jeffrey.cass@va.gov](mailto:jeffrey.cass@va.gov).





Photo courtesy of shannondavenportstechpage

## Youth Helping Vets

As the holiday season approaches, and the cold winter sets in, our thoughts turn to our homeless Veterans and to how we can best assist them. Grants have been steadily flowing into homeless Veteran programs across the country, and efforts to reach out to the local community have been on the rise. But all throughout the year Veterans programs have been getting some special support that we would like to take a moment now to celebrate.

Nationwide, kids of all ages have been honoring Veterans by putting their energies and efforts into raising money for Veteran's programs. One such program is the Stars and Stripes Honor Flight program, which uses donated funds to fly WWII Veterans to Washington in order to visit the WWII Memorial. Fundraising activities range from jogathons to full on theatrical productions, the proceeds going to local Veterans organizations. Recently, in the Sacramento area, 13-year-old Jacob Nalangan held a piano concert in his home as part of a project to raise awareness and money for the Homeless Veterans program. Thirty people attended the piano recital, and in late October, Jacob handed over a \$1,050 check to the VA Voluntary Services office with which to buy toiletry kits and other essentials for Veterans in need.

Holidays can be difficult,  
but there is always someone here



## Construction Updates

### Sacramento VA Medical Center:

**OEF/OIF building:**  
Planned activation  
November, 2013  
on schedule

**Consolidated Outpatient Surgical Specialty:**  
Planned activation  
February, 2014

**Behavioral Health:**  
Planned activation  
February, 2014

**Parking Structure:**  
Planned activation  
December, 2013

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

# Healthful Holidays

Help yourself maintain a healthy lifestyle through the holidays, even when there are tempting treats everywhere. Here are a few useful tips: Don't go to a holiday event hungry, don't "make more room" by skipping meals, have a healthy snack before you arrive and eat slowly. Help by bringing a healthy side dish with you, such as this universal salad that has fiber to help fill you up!

### **Colorful Winter Quinoa Salad** (Yield: 7 servings)

#### **Ingredients:**

- |   |                                 |
|---|---------------------------------|
| 1 cup Uncooked quinoa (yields 2c cooked in low-sodium broth if available) | 1 Tbsp Red wine vinegar         |
| 1 Bouillon cube (Rapunzel brand no-salt added)                            | 1/2 bunch Chopped fresh parsley |
| 2 cups Thinly sliced/cut fresh spinach or arugula                         | 1/2 cup Crumbled goat cheese    |
| 1/2 cup Dried cranberries (unsweetened if possible)                       | 1/4 cup Chopped pecans          |
|   | 1 bunch Green onions, chopped   |
|   | 2 Tbsp Olive oil                |
|   | Zest and juice from 1 orange    |
|   | 1 Tbsp Dijon mustard            |

#### **Preparation:**

1. Add dried quinoa, bouillon cube and 2 cups of water to small pot/ or 2 cups of reduced sodium broth, bring to a boil, turn down to medium and cook for ~15minutes until quinoa is tender. Check occasionally to prevent burning. Drain off any remaining liquid, and put cooked quinoa in a dish in the refrigerator to chill.
  2. Chop spinach/ or arugula, green onions, and parsley, mix in bowl with dried cranberries, chopped pecans, and crumbled goat cheese, add quinoa once chilled. Prepare dressing by zesting and juicing the orange. Mix orange zest, orange juice, olive oil and mustard until combined/ emulsified.
  3. Toss all ingredients and dressing for even coverage.
- You could also serve this as a hot side dish. Just add the spinach, green onions, parsley, cranberries and pecans to the pot that you are cooking the quinoa in during the last 2-3 minutes of cooking. Once finished cooking, drain off any unwanted liquid and toss with the dressing as described above.

**Nutrition information (per serving):** Calories: 250 kcals Fiber: 3g Protein: 5g  
Total fat: 7g Carbohydrate: 22g Sodium: 80mg



/vanchcs