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This & That

Richard L. Roudebush VA Medical Center, Indianapolis, Indiana

August 24, 2010

Indy VA Welcomes Secretary Shinseki



On January 20, 2009, Retired U.S. Army General Eric K. Shinseki was sworn in as the seventh Secretary of Veterans Affairs. Secretary Shinseki served as Chief of Staff, United States Army, from 1999 to June 11, 2003, and retired from active duty on August 1, 2003. His military experiences included two tours in Vietnam as a forward area observer and an armor officer; he was decorated with the Bronze Star with valor and two Purple Hearts.

West Tenth Street Lobby renovation starts August 30



The West 10th Street Lobby will soon be undergoing a fantastic renovation! The renovation will begin on Tuesday, August 30 with the reopening scheduled for Friday, October 1. The entire waiting area will be walled off while the changes are made. The Credit Union and hallways to the Dedication Wing and Podiatry will still be accessible to patients and staff. This project is part of the Veteran Centered Care initiative so our wonderful Veterans can enjoy the space more and have it feel more welcoming and healing. When the renovation is complete there will be a brand new reception desk, exciting wall treatments and new lounge furniture. We look forward to revealing this incredible space to you in just a few short weeks! *Andrea J. Todd*

Veterans serving Veterans



Anthony (Tony) Colon has joined the Medicine Service team as the Business Manager.

Tony is a 23-year Veteran of the Air Force and Air National Guard with 16 of those years being active duty. He is a Veteran of OEF/OIF. Prior to joining us he served as the Senior Health Technician of the 181st Medical Group managing the day-to-day operations of the health management of the 181st Intelligence Wing in Terre Haute, Indiana.

He is currently a traditional guardsman and serves as the Chief Master Sergeant (E-9) for the 181st MDG. Tony graduates in the Spring 2011 with his Masters degree in Health Care Management.

**Vet Center
has new address:**

**8330 Naab Road, #103
Indianapolis, IN 46260
(317) 988-1600**

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E-mail from the Executive Management Team

I don't think anyone who works here is not aware that parking has become a major issue for the medical center. I judge what kind of day I am going to have based on how long I can go before someone mentions "the P-word" to me. If you think it's bad now, it's going to become even worse soon. Here is the latest:

- As of October 1, we will lose about 275 parking spots we have been leasing from Wishard. These spots are located east of the helipad. This is Wishard's property and is being used for construction of their new hospital.
- We will lose another 450 spots around the end of the year to begin the construction on our new parking garage.

So the net loss is over 700 spots. To counteract this:

- We are in the process of securing a 500 space lot for employee and patient parking, and will be using shuttle buses to transport employees as well as any patients who choose

to park there. The location of the 500-space lot cannot be released until the final contract is signed.

- We are expanding the gravel lot area at Cold Spring Road.
- We are determining whether yet a third lot is needed, and if so how and where.

Note that these are considered changes in working conditions, and we have begun negotiations with both unions regarding the changes in parking.

The good news is this. By March of 2012 if all goes as currently planned, we will have a net gain of at least 500 additional spaces available on campus.

- We have approval for a \$9.9 million parking structure on our Michigan Street (south) lot. The net gain from this project will be at least an additional 280 spaces, and perhaps as many as 450 more. The projected completion date is March 2012.
- We are hoping to lease up to 500 additional spaces from Wishard when their parking structure is completed. The projected completion date for their garage is also March 2012.

This table summarizes the estimated dates and the estimated changes in parking as we know it today.

Change	Estimated Date	Estimated Number
Add CSR Gravel	10/15/10 (140 already activated)	140+46 new =186 total
Loss of Wishard Space	10/1/2010	-275
Lease Off Site	10/1/2010	500
Parking Garage Construction	1/1/2011	-450
Parking Garage Activation	3/1/2012	460 in the garage + 270 on the ground = 730 total

I want to tell you that I have once again been impressed by the creativity of our staff in coming up with possible parking solutions. Some have been floated merely for the humor (e.g., parking barges on the river), while others have been seriously explored and found to not be feasible (e.g., turning all of W. 10th St. into a parking lot). I appreciate the ideas – keep them coming and we may hit upon something we have not yet explored.

Stay tuned, you will hear more through various official channels as we have more definitive information to pass along. And a word of caution – don't believe the rumors, they are likely not very accurate. Let's continue working together towards our common goal – serving those who served – with Indy Excellence.

-Thomas Mattice, Medical Center Director

**Federal Women Program
Committee Celebrates:
Women's Equality Day
Thursday, September 23
11:00 a.m.
Room C-1202**

What is Women's Equality Day?

At the behest of Rep. Bella Abzug (D-NY), in 1971 the U.S. Congress designated August 26 as "Women's Equality Day."

The date was selected to commemorate the 1920 passage of the 19th Amendment to the Constitution, granting women the right to vote. This was the culmination of a massive, peaceful civil rights movement by women that had its formal beginnings in 1848 at the world's first women's rights convention in Seneca Falls, New York.

The observance of Women's Equality Day not only commemorates the passage of the 19th Amendment, but also calls attention to women's continuing efforts toward full equality.

-Natasha Allen, FWP Manager

Take the National Women's History Project (NWHF) Women's Equality Day Quiz!

To help celebrate Women's Equality Day, the National Women's History Project developed a quiz to use at your events, or just around your office, or in conversation with friends. It took 72 years for women to win the right to vote.

1. August 26 is celebrated as Women's Equality Day to commemorate

- a. the work women did during the Second World War
- b. the anniversary of women winning the right to vote
- c. the flappers of the 1920's

d. the contemporary women's rights movement

2. In what year did Congresswoman Bella Abzug introduce legislation to ensure that this important American anniversary would be celebrated?

- a. 1992
- b. 1984
- c. 1971
- d. 1965

3. In what year did women in the United States win the right to vote?

- a. 1776
- b. 1848
- c. 1920
- d. 1946

4. How many years did it take for women to win the right to vote in the United States?

- a. 72 years
- b. 120 years
- c. 20 years
- d. 51 years

5. Women in most of the western states won the right to vote years before the Federal Amendment was secured. 2010 is the 100th anniversary of women in Washington State winning the vote. California will celebrate the 100th anniversary of women winning the right to vote in 2011. Oregon will celebrate the 100th anniversary in 2012. What other state will celebrate the 100th anniversary of women in this state winning the right to vote in 2012?

- a. New York
- b. Florida
- c. Maine
- d. Arizona

6. What was the name given to the 19th Amendment to the Constitution which guaranteed women's right to vote in the United States?

- a. Abigail Adams Amendment
- b. Sojourner Truth Amendment
- c. Susan B. Anthony Amendment
- d. Gloria Steinem Amendment

7. Women who worked for women's right to vote were called

- a. radical
- b. immoral
- c. suffragist
- d. all of the above

8. The term suffragist is derived from

- a. one who suffers
- b. a voting tablet in ancient times
- c. the Constitution
- d. the Bill of Rights

9. How many other countries had already guaranteed women's right to vote before the campaign was won in the United States?

- a. 6
- b. 2
- c. 1
- d. 16

10. What was the first country that granted women the right to vote?

- a. Canada
- b. Germany
- c. New Zealand
- d. United Kingdom

ANSWERS:

1. b
2. c
3. c
4. a (from the first Women's Rights Convention in 1848 to 1920)
5. d
6. c
7. d
8. b
9. d (New Zealand (1893), Australia (1902), Finland (1906), Norway (1913), Denmark (1915), USSR (1917), Canada (1918), Germany (1918), Poland (1918), Austria (1919), Belgium (1919), Great Britain (1919), Ireland (1919), Luxembourg (1919), the Netherlands (1919), Sweden (1919))
10. c (1893)

Fact Sheet: VA Safety and Quality

In 2009, VA's 8.1 million enrollees received award-winning healthcare in the nation's largest integrated healthcare system, including 153 medical centers, 260 Vet Centers, 773 community-based outpatient centers, 134 Community Living Centers, and 50 domiciliary residential rehabilitation treatment programs.

In 2009, J.D. Power and Associates recognized VA pharmacies with the highest customer satisfaction scores in a national sampling of pharmacy customers. VA also received an "Among the Best" ranking in the mail order category, the same overall ranking as Kaiser Permanente.

In January 2010, VA won top national honors from the independent Institute for Safe Medication Practices for its excellence in preventing medication errors.

VA's commitment is to provide the best care for the Nation's Veterans, maintaining extraordinary, universally-held high standards in safety and quality. This requires constant vigilance, self-reporting, openness and accountability. It's because of this transparency that VA is frequently in the public eye.

VA's primary concern is always the safety of our Nation's Veterans. VA participates in more than 15 national level review processes to continuously inspect for and eliminate any risks to patients. VA's 21 regional networks perform their own reviews of health care systems while VA is constantly gathering and monitoring quality safety data through VA's Computerized Patient Record System. (CPRS)

VA also has the independent inspections of the Joint Commission, VA Inspector General, Nuclear Regulatory Commission, Government Accountability Office, oversight from two congressional committees and other professional organizations, academies and committees that visit our medical facilities to independently certify, report and help VA maintain and enhance a health care environment worthy of the Veterans it is our honor to care for.

VA has developed an environment where mistakes can be openly reported and applies the lessons learned in more than 1,000 VA health care facilities across the Nation to the benefit of all Veterans. This is how VA learns and constantly improves as a system.

- For the past five years, VA consistently ranked at the top or among the top health care providers in the Nation when it comes to quality and safety. Reviewers include U.S. News & World Report, Harvard University, Department of Health and Human Services and Medicare's Hospital Comparison metrics.
- Transparency and accountability are the keys to establishing trust with our stakeholders. When there is an incident, we notify and provide testing and treatment even when the risk is remote. While quality improvement will always be the focus of good news and bad news stories, the Nation's Veterans have earned a health care system that values accountability over image.
- As the largest integrated health care system in the Nation, VA expects to continue discovering processes in need of quality improvement and is committed to making those improvements. The Veterans of this Nation have earned that dedication to excellence.
- Our continued commitment to a culture of transparency ensures Veterans, their families and survivors as well as our partners such as Veteran Service Organizations and Congress will learn of these events and our corrective actions as quickly as possible.

Indy Excellence All Employee and
Volunteer Appreciation
September Social
Wednesday, September 8

Be on the lookout for more details.

Knitted stocking hats for Vets

The ladies of Speedway Baptist have been knitting stocking hats for cancer patients throughout Indianapolis. They have chosen our Veterans to be recipients of their efforts. Speedway Baptist recently provided one hundred knitted hats to the outpatient oncology unit and each have a tag with a blessing and signature of the person who knitted the cap.

According to Chaplain Angel the hats are available to Veterans on other units, e.g., dialysis, geriatrics, MICU if someone is cold and wants their "head and heart warmed."



(L-R) Clyde Angel, Chief, Chaplain Services; Rev. Mona Cluff, Associate Pastor, Speedway Baptist Church; Thomas Jones, Veteran; Sheryl Boulden, NP, Oncology Outpatient Clinic.

Retirement Readiness NOW Tip:

Who is Eligible for the Federal Long Term Care Insurance Program (FLTCIP)?

The FLTCIP provides long-term care insurance for its enrollees, who are Federal and U.S. Postal Service employees and annuitants, active and retired members of the uniformed services, and their qualified relatives. You must be in an eligible group to apply for coverage under the FLTCIP.

Visit the Who's Eligible to Apply section today at <http://www.ltcfeds.com/eligibility/index.html>

Retirement Readiness NOW is not just about saving money and not just something you do just before retiring. Money is very important, but that's not all. There's a lot more to planning for your future than putting aside income out of each paycheck for retirement.

What else is there? Happiness, both today and in your future years, is based on your total well-being. So, when planning for your future, you also need to consider your total retirement well-being that encompasses the following:

Networking: What are you doing today that will allow you to be engaged, challenged and fulfilled in retirement?

Overall Health: What are you doing to stay healthy so that you can enjoy your retirement years?

Wealth: How well are you managing your income and investing for your future so that you will be able to support your desired lifestyle in retirement?

Top myPay Questions from VA Employees: Questions #9-12 (of 12)

#9. Can a Fee Basis, Intermittent, and a Part-Time employee have access to myPay?

Yes. NOTE: Fee Basis employees will not be allowed to use certain options, e.g., allotments, Federal Employees Group Life Insurance, etc. (same as in EEX).

#10. Will information entered into myPay be updated in PAID?

Yes. Some items such as allotment or tax changes will be sent from myPay directly to DCPS, then DCPS will send the information to PAID.

#11. Will the VA employees' LES (E&L in EEX) change drastically with the migration to myPay?

No. The most significant change you will see is replac-

ing the Bank Routing Indicator with the name of your Financial Institution. This is a security measure that was taken to protect employees who are paid by DCPS. By eliminating the routing indicator, it makes it more difficult for someone to get your bank account information. The other change you will notice is that the new LES will have cumulative balances for leave, etc., that were not available on the LES out of EEX.

#12. Will employees who receive LES hard copies today continue to receive them after VA migrates to myPay?

Yes. However, we encourage everyone to go green and get the electronic LES versus paper. All non-bargaining unit employees will be required to go green by the end of August 2010.

Managing stress – *before you reach the breaking point*

Everyone has stress in their lives. How you deal with stress is important. Stress can negatively affect your mental and physical health.

Women who are under stress may experience physical symptoms, such as headaches, upset stomach, or back pain. Other signs of stress may include eating too little or too much, feeling a loss of control, forgetfulness, lack of energy, poor self-esteem, a short temper, or trouble sleeping.

There are many healthy ways to tackle stress. Getting organized, sleeping enough, exercising, and eating well can all help alleviate stress. Sometimes stress can be overwhelming and it is necessary to talk with a professional. Each VA facility has a Women Veterans Program Manager who can help women Veterans access VA services and programs to help deal with stress and its health impacts.

Women are now the fastest-growing subgroup of U.S. Veterans. The number of women Veterans is expected to increase dramatically in the next 10 years, and VA health care services are in high demand by the women Veterans of Operation Enduring Freedom and Operation Iraqi Freedom. The Department of Veterans Affairs understands the health care needs of women Veterans and is committed to meeting these needs. Women Veterans served and they deserve the best quality care.

New Patient Centered Medical Home web site launched

Agency for Healthcare Research and Quality (AHRQ) announces the launch of a new Web site devoted to providing objective information to policymakers and researchers on the Patient Centered Medical Home. The Patient Centered Medical Home web site (http://www.pcmh.ahrq.gov/portal/server.pt/community/pcmh__home/1483) provides users with searchable access to a rich database of publications and other resources on the medical home and exclusive access to the AHRQ-funded white papers focused on critical medical home issues including: *Necessary But Not Sufficient: The HITECH Act and Health Information Technology's Potential to Build Medical Homes*; *Engaging Patients and Families in the Medical Home*; and *Integrating Mental Health Treatment Into the Patient Centered Medical Home*.
-Linda Bennett

Most Wired Award



VA staff Steve Stoner, FCIO, Deanna Anvoots BCMA-C, CAC, and General Kearney, VISN CIO, with Most Wired staff

Business and Administrative Management, Clinical Quality and Safety, Care Continuum and Infrastructure for hospitals. Everyone at this medical center has contributed in one form or another helping towards this award for our medical center. Congratulations to all!!!! -Deanna Anvoots RN, CAC, BCMA-C

Years of Service Awards

25 Michel Allard
25 Margaret Allen
25 Michael Burris
25 Ronnie Martin
25 Wayne Neal
25 Darryl Perkins
25 Christie Spurling
25 Phillip Vanrenterghem

30 Karin Anderson
30 Paul Blythe
30 Nathaniel Hardin Sr
30 Darla Metzger

35 Will Jordan
35 Margaret Smith
35 Martha Thomas

45 Thelma Jenkins

RLR VAMC accepted the Most Wired Award this past July for the 6th consecutive year. The Most Wired award this year was redesigned to provide a stronger survey for all hospitals benchmarking hospital progress with Information Technology. The survey takes a look at

This & That newsletter is published every other Tuesday on payday. Send announcements and information via e-mail to IND PR. Deadline is Tuesday before payday.
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