



**Department of Veterans Affairs (VA)  
VA MIDWEST HEALTH CARE NETWORK  
Veterans Integrated Service Network (VISN) 23  
Network Update  
August 2013  
[www.visn23.va.gov](http://www.visn23.va.gov)**



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OFFICE OF PATIENT CENTERED CARE AND CULTURAL TRANSFORMATION




**Veterans Give Voice to What Matters Most About Patient Centered Care**



*Health for Life's* vision for the future of health care is made clear in a new video, "Health for Life Through the Voice of the Veteran." You'll hear from three Veterans how patient centered care is helping them overcome the unique challenges they face as well as achieve their missions for health and well-being.

"*Health for Life* Through the Voice of the Veteran" brings to life VHA's commitment to deliver personalized, proactive, patient-driven care to Veterans and their families. Hear these Veterans' voices and add your own to the growing conversation at <http://HealthforLife.vacloud.us>.



**VA HEALTH CARE** Defining EXCELLENCE in the 21st Century

**Volunteer Spotlight**



**Ramona Mutters** used to help make people comfortable in the skies as a flight attendant but now uses her acquired skills to help Veteran patients feel more comfortable in the Hematology/Oncology Procedure Clinic.

She volunteers two mornings a week, welcoming patients to an area that many face with anxiety and trepidation. Her friendliness and reassurance immediately helps patients relax. She brings them beverages and snacks and even tucks them into their treatment chair with a warm blanket. She is very efficient and looks for ways to keep our patients happy and comfortable. [Read More Online at http://www.minneapolis.va.gov/MINNEAPOLIS/features/volunteer\\_spotlight\\_ramona.asp](http://www.minneapolis.va.gov/MINNEAPOLIS/features/volunteer_spotlight_ramona.asp)

## VA, Affordable Care Act and You

### What is the Affordable Care Act?

The Affordable Care Act, also known as the health care law, was created to expand access to coverage, control health care costs and improve health care quality and care coordination. **The health care law does not change VA health benefits or Veterans' out-of-pocket costs. To learn more about ACA log on to VA's website at [www.va.gov/health/aca](http://www.va.gov/health/aca). Here you will find a fact sheet and much more.**

Three things you should know:

1. **VA wants all Veterans to receive health care that improves their health and well-being.**
2. **If you are enrolled in VA health care, you don't need to take additional steps to meet the health care law coverage standards. The health care law does not change VA health benefits or Veterans' out-of-pocket costs.**
3. **If you are not enrolled in VA health care, you can apply at any time.**



### [Veterans Enrolled in VA Health Care](#)

The good news is that Veterans enrolled in VA health care programs have health coverage that meets the new health care law's standard. You do not have to take any additional steps to have health coverage.

### [Veterans Not Enrolled in VA Health Care](#)

Veterans not currently enrolled in VA health care program can apply for enrollment at any time.

### [Family Members](#)

VA offers health care benefits for certain family members of Veterans through programs such as the Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA) and the Spina Bifida program.

### [Read more about VA family programs...](#)

Your family members who are not enrolled in a VA health care program may use the [Marketplace](#) to get coverage.

### [Additional Health Care Law Information](#)

We understand you may have questions about the health care law and how it might affect you and your family. We compiled [basic information about the health care law](#) to help you make informed decisions about your health care. Let us know if you have questions regarding the health care law and your VA health care at 1-877-222-VETS (8387). After all, ensuring you receive quality health care is not just our obligation, it's also our privilege.

## Education Classes for Veterans in Pain

The founder of The American Chronic Pain Association (ACPA) is coming to the Nebraska-Western Iowa Health Care System (VA NWI HCS) to offer educational classes for Veterans in pain. ***Veterans In Pain*** is a one-time event focused on teaching Veterans on ways to regain control of their life despite pain. Penny Cowan, founder of ACPA will share tools you can use to help communicate with your healthcare providers. Classes are open to all Veterans. Classes will be offered in Grand Island and Omaha and will be broadcast via Telehealth to Community Based Outpatient Clinics (CBOC) in Lincoln, Holdrege, and North Platte. **Veterans must pre-register to attend by contacting the American Chronic Pain Association at 800-533-3231.** \*NOTE, these classes are NOT documented as a medical appointment in the Veteran's medical record, therefore Veterans who attend are NOT eligible for travel pay. Following is a list of dates and times when **Veterans In Pain** is scheduled:

- Grand Island - August 29<sup>th</sup> 9:30 AM – 3:00 PM, Building 6 (located south of the main VA building)
- Omaha – August 30<sup>th</sup> 9:30 AM – 3:00 PM, Education Conference Room. This class will be broadcast, via Telehealth at Community Based Outpatient Clinics in Lincoln (Site 3), Holdrege and North Plattes.



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## Fargo VA Health Care System to Host Fall Prevention Classes

'Stepping On' is a fall prevention class that will begin at the Fargo VA Health Care System on September 6th. This innovative 7-week session will take place once a week in room 3154 at the Fargo VA from 10 am to noon. 'Stepping On' is a class for people who have fallen or have a fear of falling, who are still living in their own home, and are able to walk without a walker or cane," explained Amanda Hoffer, physical therapist at the Fargo VA.

This class will provide valuable information with a focus on prevention of falls. Participants will receive ankle weights and will get the chance to exercise with a physical therapist. In addition, guest speakers, to include a pharmacist, vision specialist and a police officer will be part of the program to provide Veterans with valuable information regarding fall prevention. [Read More Online at >](http://www.fargo.va.gov/FARGO/features/SteppingOn.asp)  
<http://www.fargo.va.gov/FARGO/features/SteppingOn.asp>

## Encourage A Fellow Veteran to Apply for VA Health Care

VA is has made it convenient and easy to enroll or update information. The fastest and easiest way is online at <https://www.1010ez.med.va.gov/>

### OTHER OPTIONS INCLUDE...



#### By Phone

You can apply for enrollment of your benefits or update your information by phone by calling **1-877-222-VETS (8387)**, Monday through Friday, between the hours of 8:00 AM and 8:00 PM (Eastern Time). A VA representative will have your completed form sent to you for verification and signature.



#### By Mail

Print the [10-10EZ form](#) or [10-10EZR form](#) or call to have the form mailed to you. Complete and sign the application, then mail it to:

**Health Eligibility Center  
2957 Clairmont Road, Suite 200  
Atlanta, GA 30329-1647**

#### In Person



Visit a [VA Medical Center or clinic](#) nearest you to apply for enrollment or if you are already enrolled, to update your information in person.

## Find us on the Web:

**VA Black Hills HCS**

[www.blackhills.va.gov](http://www.blackhills.va.gov)

**VA Central Iowa HCS**

[www.centraliowa.va.gov](http://www.centraliowa.va.gov)

**Fargo VA HCS**

[www.fargo.va.gov](http://www.fargo.va.gov)

**Iowa City VA HCS**

[www.iowacity.va.gov](http://www.iowacity.va.gov)

**VA Nebraska-Western Iowa HCS**

[www.nebraska.va.gov](http://www.nebraska.va.gov)

**Minneapolis VA HCS**

[www.minneapolis.va.gov](http://www.minneapolis.va.gov)

**Sioux Falls VA HCS**

[www.siouxfalls.va.gov](http://www.siouxfalls.va.gov)

**St. Cloud VA HCS**

[www.stcloud.va.gov](http://www.stcloud.va.gov)

**VISN 23**

[www.visn23.va.gov](http://www.visn23.va.gov)

## Calendar of Events – August 2013

[Red Cross Blood Donation](#) - Health and Wellness Aug 2, 2013 9:00 AM - 2:00 PM (CST) Minneapolis VA Medical Center, Flag Atrium

[Tobacco Cessation](#) – General Aug 2, 2013 2:00 PM - 3:00 PM (CST) Room F07 in the Main Lobby Sioux Falls VA Medical Center, 2501 W. 22nd Street, Sioux Falls, SD

[Veterans Rendezvous](#) – General Aug 3, 2013 1:00 PM - 4:30 PM (CST) Circle parking lot near Bldg. 96 Sioux Falls VA Medical Center, 2501 W. 22nd Street, Sioux Falls, SD

[VA Pantry-Lincoln Clinic](#) – General Aug 5, 2013 10:00 AM - 12:00 PM (CST) Building 40 Room 105, Lincoln VA Clinic, 600 S. 70th St, Lincoln, Nebraska

[Shingles, Pneumonia, and TDAP Vaccine Clinic](#) – General Aug 5, 2013 6:30 AM - 4:00 PM (CST) Room F07 front lobby of the Sioux Falls VA Medical Center, 2501 W. 22nd Street, Sioux Falls, SD

[Radio Talk Show](#) – General Aug 5, 2013 8:10 AM - 8:45 AM (CST) AM 1450 KNSI

[Understanding Pain Management for Caregivers](#) – General Aug 6, 2013 12:00 PM - 1:00 PM (CST) Room 3335A, Omaha VA Medical Center, 4101 Woolworth Ave.

[Veteran Stand Down](#) - Veteran Program Aug 6, 2013 8:00 AM - 5:00 PM (CST) Boy Scout Base Camp, 201 Bloomington Road, Fort Snelling

[Red Cross Blood Donation](#) - Health and Wellness Aug 6, 2013 11:30 AM - 5:25 PM (CST) Minneapolis VA Medical Center, Flag Atrium

[Understanding Pain Management for Caregivers](#) - Veteran Health Education Aug 6, 2013 12:00 PM - 1:30 PM (CST) Minneapolis VA Medical Center, Conf. room 1B-102

[Farmers Market](#) - Health and Wellness Aug 6, 2013 2:00 PM - 5:15 PM (CST) Minneapolis VA Medical Center - NE Corner parking lot

[Veteran Stand Down](#) - Veteran Program Aug 7, 2013 8:00 AM - 4:00 PM (CST) Boy Scout Base Camp, 201 Bloomington Road, Fort Snelling

[Law Clinic](#) – General Aug 6, 2013 12:00 PM - 2:00 PM (CST) St. Cloud VA Medical Center Bldg T-100

[Farmers Market](#) – General Aug 7, 2013 2:00 PM - 4:00 PM (CST) Lincoln VA Clinic, 600 S. 70th Street

[Red Cross Blood Donation](#) - Health and Wellness Aug 9, 2013 9:00 AM - 2:00 PM (CST) Minneapolis VA Medical Center, Flag Atrium

[Tobacco Cessation](#) – General Aug 9, 2013 2:00 PM - 3:00 PM (CST) Room F07 in the Main Lobby Sioux Falls VA Medical Center, 2501 W. 22nd Street, Sioux Falls, SD

[Red Cross Blood Donation](#) - Health and Wellness Aug 13, 2013 11:30 AM - 5:25 PM (CST) Minneapolis VA Medical Center, Flag Atrium

[Farmers Market](#) - Health and Wellness Aug 13, 2013 2:00 PM - 5:15 PM (CST) Minneapolis VA Medical Center - NE Corner parking lot

[Shingles, Pneumonia, and TDAP Vaccine Clinic](#) – General Aug 13, 2013 6:30 AM - 4:00 PM (CST) Room F07 front lobby of the Sioux Falls VA Medical Center, 2501 W. 22nd Street, Sioux Falls, SD

[Farmers Market](#) – General Aug 14, 2013 2:00 PM - 4:00 PM (CST) Lincoln VA Clinic, 600 S. 70th Street

[Veterans Forum](#) – General Aug 14, 2013 6:00 PM - 7:00 PM (CST) Auditorium, Lincoln VA, 600 S. 70th St., Lincoln, Neb.

[Red Cross Blood Donation](#) - Health and Wellness Aug 16, 2013 9:00 AM - 2:00 PM (CST) Minneapolis VA Medical Center, Flag Atrium

[Lincoln VA Coffee House](#) – General Aug 16, 2013 11:00 AM - 1:00 PM (CST) Canteen on the ground floor, Lincoln VA, 600 S. 70th St., Lincoln, Neb.

[Tobacco Cessation](#) – General Aug 16, 2013 2:00 PM - 3:00 PM (CST) Room F07 in the Main Lobby Sioux Falls VA Medical Center

[Southwestern Minnesota Veterans' Law Clinic](#) – General Aug 16, 2013 12:00 PM - 2:00 PM (CST) Montevideo CBOC

[Law Clinic](#) – General Aug 20, 2013 12:00 PM - 2:00 PM (CST) St. Cloud VA Medical Center/Building T-100

[Farmers Market](#) – General Aug 21, 2013 2:00 PM - 4:00 PM (CST) Lincoln VA Clinic, 600 S. 70th Street

[7th Annual Veterans and Spouses Job Fair](#) – General Aug 21, 2013 10:00 AM - 2:00 PM (CST) Elmen Center, 2505 S. Grange Avenue (corner of 33rd & Grange)

[Car Show - 12th Annual VA Show & Shine](#) – General Aug 21, 2013 5:00 PM - 8:00 PM (CST) Parking lot directly in front of the Sioux Falls VA Medical Center, 2501 W. 22nd Street, Sioux Falls, SD

[Voices for Veterans radio show](#) – General Aug 21, 2013 8:10 AM - 8:45 AM (CST) AM 1240 WJON

[Shingles, Pneumonia and TDAP Vaccine Clinic](#) – General Aug 23, 2013 7:00 AM - 12:00 PM (CST) Room F07 front lobby of the Sioux Falls VA Medical Center, 2501 W. 22nd Street, Sioux Falls, SD

[Tobacco Cessation](#) – General Aug 23, 2013 2:00 PM - 3:00 PM (CST) Room F07 in the Main Lobby Sioux Falls VA Medical Center

[Spa & Lunch](#) – General Aug 26, 2013 9:00 AM - 3:00 PM (CST) Model College: 201 8th Ave S, Saint Cloud

[Farmers Market](#) – General Aug 28, 2013 2:00 PM - 4:00 PM (CST) Lincoln VA Clinic, 600 S. 70th Street

[VA and Community Book Club](#) – General Aug 28, 2013 7:00 PM - 8:30 PM (CST) Room 107, Lincoln VA, 600 S. 70th St., Lincoln, Neb.

[Spa & Lunch](#) – General Aug 28, 2013 9:00 AM - 3:00 PM (CST) Model College: 201 8th Ave S, Saint Cloud

\* Dates and times are correct as of July 31, 2013. Information may change, please check local VA Health Care System websites for the latest information.

For More information, call the Network Office at (651) 405-5600 or  
Log on at [www.visn23.va.gov](http://www.visn23.va.gov) or email [sharyl.schaepe@va.gov](mailto:sharyl.schaepe@va.gov)