



Department of Veterans Affairs (VA)  
 VA MIDWEST HEALTH CARE NETWORK  
 Veterans Integrated Service Network (VISN) 23  
 Network Update  
 December 2013



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

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## VA TO OFFER DENTAL INSURANCE TO ENROLLED VETERANS



*Happy  
 Holidays*

*Whatever your tradition, however you choose to celebrate, we extend warm greetings for the holidays and best wishes for a healthy and prosperous New Year.*

VA is implementing a comprehensive national VA Dental Insurance Program (VADIP) to give enrolled Veterans and [CHAMPVA](#) beneficiaries the opportunity to purchase dental insurance through [Delta Dental](#) and [MetLife](#) at a reduced cost. Participation is voluntary. Purchasing a dental plan does not affect Veterans' eligibility for VA dental services and treatment. VADIP opens November 15 for the purchasing of plans, with coverage beginning January 1, 2014.

Covered services include diagnostic, preventative, surgical, emergency and endodontic/restorative treatment. [Delta Dental](#) and [MetLife](#) are offering multiple plans. Each participant pays fixed monthly premiums for coverage and any copayments required, depending on the type of plan selected.

Dependents of Veterans, except those eligible under [CHAMPVA](#), are not authorized to participate in VADIP. Those individuals may be eligible for separate dental insurance coverage offered by these carriers.

For more information about VADIP, explore our [Fact Sheet](#) or our [Frequently Asked Questions brochure](#) at [www.va.gov/healthbenefits/vadip/](http://www.va.gov/healthbenefits/vadip/)

# VA APPOINTS DIRECTORS FOR HEALTH CARE SYSTEMS IN FARGO, NORTH DAKOTA, SIOUX FALLS, SOUTH DAKOTA, AND DES MOINES, IOWA

## Director Appointed in Fargo



The U.S. Department of Veterans Affairs (VA) is pleased to announce the appointment of Lavonne Liversage as the new Director of the Fargo VA Health Care System.

Ms. Liversage has served more than 17 years in health care leadership positions within the VA. She most recently served as Deputy Network Director of the Rocky Mountain Network – VISN 19, Denver, Colorado.

Ms. Liversage holds a Master's Degree in Business Administration from the University of Mary, Fargo, ND and an undergraduate degree in Business Administration from University of North Dakota, Grand Forks, ND. She is a Fellow of the American College of Healthcare Executives. Ms. Liversage began her appointment at the Fargo VA Medical Center on November 18, 2013. - See more at:

[http://www.fargo.va.gov/FARGO/features/New\\_Director\\_Fargo\\_VA\\_Health\\_Care\\_System.asp](http://www.fargo.va.gov/FARGO/features/New_Director_Fargo_VA_Health_Care_System.asp)

## Director Appointed in Sioux Falls



The U.S. Department of Veterans Affairs (VA) is pleased to announce the appointment of Darwin G. Goodspeed as the new Director of the Sioux Falls VA Health Care System.

Mr. Goodspeed has worked more than 16 years in health care leadership positions within VA, Department of Defense (DoD), and the private sector. He most recently served as Associate Director of the Louis Stokes Cleveland VA Medical Center and as Acting Director of the Chalmers P. Wylie Ambulatory Care Center, Columbus, Ohio.

Mr. Goodspeed holds graduate degrees in Management from Webster University, St. Louis, Missouri; a Master in Business Administration from Southern New Hampshire College, Manchester, New Hampshire, a Master in Health Care Administration from Baylor University, Waco, Texas and an undergraduate degree in Business Management/Information Systems from the University of Maryland, College Park, Maryland. He is a Fellow of the American College of Healthcare Executives. – We anticipate Mr. Goodspeed's arrival at the Sioux Falls VA Medical Center on December 5, 2013. See more at: [http://www.siouxfalls.va.gov/SIOUXFALLS/features/New\\_Director.asp](http://www.siouxfalls.va.gov/SIOUXFALLS/features/New_Director.asp)

## Director Appointed in Central Iowa



The U.S. Department of Veterans Affairs (VA) is pleased to announce the appointment of Judith L. Johnson-Mekota as the new director of the VA Central Iowa Health Care System

Ms. Johnson-Mekota holds a Master Degree in Nursing Administration from the University of Iowa, Iowa City, Iowa and an undergraduate degree in Nursing from Coe College, Cedar Rapids, Iowa. She is a Fellow of the American College of Healthcare Executives. Ms. Johnson-Mekota has served more than 20 years in health care leadership positions within VA, most recently as Deputy Network Director for VISN 23.

We anticipate Ms. Johnson-Mekota's arrival to the Des Moines VA Medical Center to be on December 16, 2013. See more at

[http://www.centraliowa.va.gov/CENTRALIOWA/features/New\\_Director.asp](http://www.centraliowa.va.gov/CENTRALIOWA/features/New_Director.asp)



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## VA Piloting Mobile and Web-based health Applications

# VA Mobile

The Department of Veterans Affairs (VA) Mobile Health activities aim to improve the health of Veteran patients by providing technologies that will expand clinical care beyond the traditional office visit. VA is using mobile health technology to support its vision of a patient-centered health care delivery model.

By focusing on data mobility, there will be increased opportunities for VA's health care teams to engage with, and empower, Veterans and Caregivers in the management of behaviors that affect their health and well-being. As part of VA Mobile Health, the Department will release a series of secure applications (apps), which will leverage the popularity of wireless technologies to support Veterans, Caregivers and VA care teams. This initiative underscores VA's commitment to transforming the way care is delivered and improving health care coordination between Veterans and their care teams.

VA Mobile Health will provide apps for three distinct groups: Veterans, Caregivers and VA care teams. Each set of apps focuses on empowering users with the tools they need to facilitate, manage and organize their health care information, improve data sharing and increase the value of communication between Veteran patients and VA care teams. VA is currently using pilot projects to test its various mobile health activities including the VA Mobile Health Clinician Pilot, the VA Mobile Health Family Caregiver Pilot and the VA Mobile Health Browser Pilot. Rollout of VA Mobile Health apps will occur once evaluations of the pilots are complete.

## VAHealth

As a part of VA Mobile Health, VA will release a series of secure applications (apps) that will leverage the popularity of wireless technologies to support Veterans, Caregivers and VA care teams in achieving their health care objectives. This initiative underscores VA's commitment to transforming the way care is delivered and improving health care coordination between Veterans and their health care team. For more information go to <https://mobilehealth.va.gov/sites/default/files/files/VAMobileHealthFactSheet.pdf> Here you will find a fact sheet that describes VA's objectives and plans for VA Mobile Health.

## Veterans Health Library – Your source for health information



New to the VA in 2013, the Veterans Health Library offers Veterans, family members, and caregivers 24/7 access to comprehensive, Veteran-focused health information. The Library is a one-stop source for health information to help Veterans stay well and well-informed. All health information has been approved by VA experts, and includes topics specific to Veterans - for example, posttraumatic stress disorder (PTSD), combat-related Traumatic Brain Injury, Agent Orange, and Cold Injury.

There are over 1,500 health sheets, over 150 videos, Go-to-Guides, and Flipbooks - many in both English and Spanish—all available to Veterans, their family members, and the public, no matter where the Veteran receives care. For a tour of the Veterans Health Library go to <http://www.veteranshealthlibrary.org/>

# Spend this holiday season **Healthy.**

Visit your local VA **today**, to see how we can help.



## Calendar of Events – December 2013

- Dec. 2 [VA Pantry-Lincoln](#) - 10:00 AM - 12:00 PM (CST) Building 105, Room 50, Lincoln VA Clinic
- Dec. 2 [Radio talk show](#) - 8:10 AM - 8:45 AM (CST) AM 1450 KNSI, St. Cloud listening area.
- Dec. 3 [Law Clinic](#) - 12:00 PM - 2:00 PM (CST) St.Cloud VA Medical Center Bldg T-100
- Dec. 3 [Red Cross Blood Donation](#) - 11:30 AM - 5:25 PM (CST) Minneapolis VA Medical Center
- Dec. 6 [Red Cross Blood Donation](#) - 9:00 AM - 2:00 PM (CST) Minneapolis VA Medical Center
- Dec. 6 [Tobacco Cessation](#) - 2:00 PM - 3:00 PM (CST) Room F07 in the Main Lobby, Sioux Falls VA Medical Center
- Dec. 10 [Red Cross Blood Donation](#) - 11:30 AM - 5:25 PM (CST) Minneapolis VA Medical Center
- Dec. 13 [Red Cross Blood Donation](#) - 9:00 AM - 2:00 PM (CST) Minneapolis VA Medical Center
- Dec. 13 [Tobacco Cessation](#) - 2:00 PM - 3:00 PM (CST) Room F07 in the Main Lobby, Sioux Falls VA Medical Center
- Dec. 17 [Red Cross Blood Donation](#) - 11:30 AM - 5:25 PM (CST) Minneapolis VA Medical Center
- Dec. 17 [Law Clinic](#) - 12:00 PM - 2:00 PM (CST) St.Cloud VA Medical Center/Building T-100
- Dec. 18 [Voices for Veterans radio show](#) - 8:10 AM - 8:45 AM (CST) AM 1240 WJON, St. Cloud listening area
- Dec. 20 [Southwestern Minnesota Veterans' Law Clinic](#) - 12:00 PM - 2:00 PM (CST) Montevideo CBOC
- Dec. 20 [Red Cross Blood Donation](#) - 9:00 AM - 2:00 PM (CST) Minneapolis VA Medical Center
- Dec. 20 [Lincoln VA Coffee House](#) - 11:00 AM - 1:00 PM (CST) Canteen, Lincoln VA, 600 S. 70th St.
- Dec. 20 [Tobacco Cessation](#) - 2:00 PM - 3:00 PM (CST) Room F07 in the Main Lobby, Sioux Falls VA Medical Center
- Dec. 24 [Red Cross Blood Donation](#) - 11:30 AM - 5:25 PM (CST) Minneapolis VA Medical Center
- Dec. 25 **Christmas Day**
- Dec. 25 [VA and Community Book Club](#) - 7:00 PM - 8:30 PM (CST) Room 107, Lincoln VA
- Dec. 27 [Tobacco Cessation](#) - 2:00 PM - 3:00 PM (CST) Room F07 in the Main Lobby, Sioux Falls VA Medical Center
- Dec. 30 [Spa & Lunch](#) - 9:00 AM - 3:00 PM (CST) Model College: 201 8th Ave S, Saint Cloud

\* Dates and times are correct as of Nov. 21, 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)