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PTSD Coach Online

How can [PTSD Coach Online](#) help me? PTSD Coach Online has tools for coping with sadness, anxiety, and other symptoms that people who have been through trauma can develop. Some tools are brief and can help you relax when you feel stressed, or improve your mood, for example. Longer tools teach you how to tackle difficult problems, change thinking patterns, and take steps to achieve your goals.

Who can use [PTSD Coach Online](#)? PTSD Coach Online is for anyone who needs help with upsetting symptoms like depression, anger, or trouble sleeping. We created PTSD Coach Online with trauma survivors and their loved ones in mind, but anyone who is looking for help coping with these symptoms can turn to PTSD Coach Online.

Is [PTSD Coach Online](#) the same as the [PTSD Coach app](#)? It is not the same. PTSD Coach Online was inspired by the award-winning [PTSD Coach app](#). Some of the briefer tools are quite similar to the app. The main difference is PTSD Coach Online helps you look at “big picture” issues---like understanding your values and goals, or problem solving. And, because PTSD Coach Online is used on a computer, PTSD Coach Online offers tools that involve writing. For more information go to: http://www.ptsd.va.gov/apps/ptsdcoachonline/tols_menu.htm?cat_id=reality

Flu Vaccines Available for Veterans



It is time to get your flu shot!

It is very important for every Veteran to get a flu shot. Flu shots are proven to reduce the risk of getting the flu and have minimal side effects.

Veterans enrolled in VA health care can get a free flu shot at any VA health care facility. Check with your local facility for scheduled flu clinics or talk with your VA provider about getting a flu shot during your next visit.

Influenza (Flu) is a respiratory illness that spreads easily. It is caused by viruses that can change from year to year.

Each year in the US, flu causes more than 226,000 hospitalizations and about 36,000 deaths.

Flu vaccination is your best protection against the flu; which usually begins in the fall and can continue through late spring. Everyone age 6 months and older should get the vaccine.

Click [here](#) to learn more or log on at: <http://www.publichealth.va.gov/flu/prevention/index.asp>.

VA Leads the Nation in Breast Cancer Screening



Breast cancer is the second leading cause of cancer deaths in women, following lung cancer. Besides skin cancer, breast cancer is the most commonly diagnosed cancer among American women. About one in eight U.S. women will develop invasive breast cancer over the course of her lifetime. This makes breast cancer a serious concern for women Veterans. According to Dr. Sally Haskell, Deputy Chief Consultant and Director, Comprehensive Women's Health, "The good news is that localized breast cancer has a 99 percent survival rate if detected early, and VA leads the nation's health care systems in providing mammograms to those who need them."

VA encourages all women between ages 50 and 75 to get mammograms every two years

VA encourages all women to talk with their provider about breast health and when your health care provider recommends a mammogram outside of that age range — VA will provide it. Breast cancer risk varies among women. Explore your risk with your health care team. They can help determine when you should start receiving mammograms and how you can reduce your risk of developing breast cancer. - See more at: <http://www.va.gov/health/newsfeatures/2014/September/VA-Leads-The-Nation-In-Breast-Cancer-Screening.asp#sthash.54cRxmcl.dpuf>

Women Veterans Program Manager can help women Veteran access VA benefits and health care services. Women Veterans can call 1-855-VA-WOMEN (1-855-829-6636) to ask questions about available VA services and resources. Want to know more? Check out VA's dedicated resources for women Veterans on the web or call the [Women Veterans Call Center](#). The Women Veterans Call

Center answers questions and responds to concerns from women Veterans, their families, and caregivers across the nation about VA services and resources. The call is free, and you can call as often as you like. The hours of operation are Monday through Friday 8:00 a.m. 0to 10:00 p.m. ET and Saturday 8:00 a.m. to 6:30 p.m. ET.



Post 9/11 Vet Newsletter - Fall 2014 Issue Available Online

The [Post 9/11 Newsletter](#) is filled with information for Veterans who served in Operations Enduring Freedom, Iraqi Freedom, and New Dawn. In the fall issue you will find information on:

- Burn Pit Registry
- Veterans Crisis Line
- Respiratory Diseases: Deployed Veterans vs Non-Deployed Veterans
- VA Health Care Options

Click [here](#) to download a free copy of the newsletter, or log on at

<http://www.publichealth.va.gov/exposures/publications/oef-oif-ond/post-9-11-vet-fall-2014/index.asp>

Veterans Access, Choice, and Accountability Act of 2014

Frequently Asked Questions

Q: When will Veterans benefit from the legislation just passed by Congress?

A: The Act was signed into law on August 7, 2014, and sets a 90-day deadline for the Department of Veterans Affairs (VA) to start the Veterans Choice program included in the law. The Veterans Choice Program is focused on the provision of health care outside the VA system, which will occur in early November of this year. VA requires a considerable amount of time to put in place new processes and rules that are necessary to carry out the Act. However, Veterans do not have to wait on the implementation of the legislation to come to VA for care. Over the last few months, the Department has shifted additional resources to reach those Veterans who have been waiting the longest and provide them care, whether it is at VA or non-VA facilities.

Q: Will VA meet the timelines set forth in the Act?

A: The Department's primary focus is on timely and effective implementation of this highly complex piece of legislation. VA will work with other Departments, Congress, Veterans Service Organizations, and other stakeholders to ensure that provisions are implemented as quickly and efficiently as possible. To the extent that there are significant challenges, we are seeking technical relief, but the goal is to meet the timelines set forth by the Act.

Q: How will the Act improve access to and the quality of care for Veterans?

A: The law provides additional resources for VA to execute certain provisions which will get Veterans off waiting lists and into care. The law provides \$10 billion to carry out the Veterans Choice Program, which will allow eligible Veterans who meet certain qualifications to seek care outside VA. Additionally, the legislation provides VA with \$5 billion for hiring medical staff and for improving our infrastructure and internal capacity to provide timely care. The law authorizes 27 major medical facility leases in 18 states and Puerto Rico. Additionally, VA is initiating a hiring and recruitment effort led by Secretary McDonald aimed at bringing the best and brightest health professionals to the Department of Veterans Affairs (VA) which will ultimately expand access to care for Veterans.

Q: Who is eligible under the Choice Act?

A: Veterans who were enrolled in VA health care as of August 1, 2014 or are eligible combat Veterans and meet certain other criteria regarding distance or wait times are eligible for the Choice program. Veterans who use the Choice program must provide their other health insurance information as a condition of use. Veterans are eligible to receive clinically necessary hospital care and medical services as identified in the VA medical benefits package.

Calendar of Events – October 2014

Oct 1	FARGO	Flu Immunization Clinic - Bemidji 1:00 PM - 4:00 PM (CST) 705 5th St. NW, Suite B, Bemidji, MN
Oct 1	NEBRASKA	Omaha VA Pantry for Veterans 10:00 AM - 12:00 PM (CST) 825 Dorcas St, Ste. 200, Omaha, NE
Oct 1	NEBRASKA	Veterans Stand Down 10:00 AM - 3:00 PM (CST) Pinnacle Bank Arena Haymarket, 400 Pinnacle Arena Drive
Oct 1	NEBRASKA	Veteran Group Exercise Class 5:15 PM - 6:15 PM (CST) Omaha VA Medical Center 3rd Floor TV Studio, 4101 Woolworth Ave, Omaha, Nebraska
Oct 2	FARGO	Flu Immunization Clinic - Grafton 8:00 AM - 11:30 AM (CST) 701 West 6th St., Grafton, ND
Oct 2	FARGO	Flu Immunization Clinic - Fargo, Bismarck, Dickinson, Williston, Minot 9:00 AM - 3:00 PM (CST) Fargo VA Health Care System, Bismarck CBOC, Dickinson CBOC, Williston CBOC, Minot CBOC
Oct 2	FARGO	Flu Immunization Clinic - Jamestown 9:00 AM - 4:00 PM (CST) 2430 20th St SW Suite 8, Jamestown, ND
Oct 2	FARGO	Flu Immunization Clinic - Bemidji 1:00 PM - 4:00 PM (CST) 705 5th St. NW, Suite B, Bemidji, MN

- Oct 2 **FARGO** [Flu Immunization Clinic - Minot Vet Center](#) 1:00 PM - 4:00 PM (CST) 1400 20th Ave SW Suite 2, Minot, ND
- Oct 3 **FARGO** [Flu Immunization Clinic - Bemidji](#) 9:00 AM - 4:00 PM (CST) 705 5th St. NW, Suite B, Bemidji, MN
- Oct 3 **SIoux FALLS** [Tobacco Cessation](#) 2:00 PM - 3:00 PM (CST) Sioux Fall VA, Front Lobby, Room F-07
- Oct 6 **NEBRASKA** [VA Food Pantry](#) 10:00 AM - 11:30 AM (CST) VA Clinic, Bldg 40, Room 105, 600 S. 70th St, Lincoln
- Oct 6 **NEBRASKA** [Veterans Group Exercise Class](#) 5:15 PM - 6:15 PM (CST) Omaha VA Medical Center 3rd Floor TV Studio, 4101 Woolworth Ave, Omaha, Nebraska
- Oct 7 **FARGO** [Flu Immunization Clinic - Fergus Falls](#) 8:00 AM - 3:00 PM (CST) 1839 N. Park St., Fergus Falls, MN
- Oct 7 **FARGO** [Flu Immunization Clinic - Grafton](#) 8:00 AM - 11:30 AM (CST) 701 West 6th St., Grafton, ND
- Oct 7 **FARGO** [Walking or Chair Exercises](#) 9:00 AM - 9:30 AM (CST) Basement - Room BD-22
- Oct 8 **FARGO** [Flu Immunization Clinic - Fargo, Bismarck, Dickinson, Williston, Minot](#) 9:00 AM - 3:00 PM (CST) Fargo VA Health Care System, Bismarck CBOC, Dickinson CBOC, Williston CBOC, Minot CBOC
- Oct 8 **FARGO** [Flu Immunization Clinic - Jamestown](#) 9:00 AM - 4:00 PM (CST) 2430 20th St SW Suite 8, Jamestown, ND
- Oct 8 **FARGO** [Flu Immunization Clinic - Bemidji](#) 1:00 PM - 4:00 PM (CST) 705 5th St. NW, Suite B, Bemidji, MN
- Oct 9 **FARGO** [Flu Immunization Clinic - Grafton](#) 8:00 AM - 11:30 AM (CST) 701 West 6th St., Grafton, ND
- Oct 9 **FARGO** [Flu Immunization Clinic - Grand Forks](#) 8:00 AM - 3:00 PM (CST) 3221 32nd Avenue S. Grand Forks, ND
- Oct 9 **FARGO** [Flu Immunization Clinic - Bemidji](#) 1:00 PM - 4:00 PM (CST) 705 5th St. NW, Suite B, Bemidji, MN
- Oct 10 **FARGO** [Flu Immunization Clinic - Bemidji](#) 9:00 AM - 4:00 PM (CST) 705 5th St. NW, Suite B, Bemidji, MN
- Oct 10 **SIoux FALLS** [Re-Creation performance](#) 2:00 PM - 3:00 PM (CST) Auditorium
- Oct 15 **FARGO** [Flu Immunization Clinic - Fargo, Bismarck, Dickinson, Williston, Minot](#) 9:00 AM - 3:00 PM (CST) Fargo VA Health Care System, Bismarck CBOC, Dickinson CBOC, Williston CBOC, Minot CBOC
- Oct 15 **FARGO** [Veterans Stand Down](#) 9:00 AM - 3:00 PM (CST) Fargodome
- Oct 15 **FARGO** [Flu Immunization Clinic - Jamestown](#) 9:00 AM - 4:00 PM (CST) 2430 20th St SW Suite 8, Jamestown, ND
- Oct 15 **NEBRASKA** [Omaha VA Pantry for Veterans](#) 825 Dorcas St, Ste. 200, Omaha, NE
- Oct 16 **FARGO** [Flu Immunization Clinic - Devils Lake](#) 8:30 AM - 11:30 AM (CST) 1031 7th St NE, Devils Lake, ND
- Oct 17 **NEBRASKA** [VA Coffee Haus](#) 600 S. 70th St, Lincoln, Neb (canteen on lower level)
- Oct 17 **SIoux FALLS** [Women Veterans Conference at the Holiday Inn City Centre](#) Holiday Inn City Centre
- Oct 21 **FARGO** [Flu Immunization Clinic - Grafton](#) 8:00 AM - 11:30 AM (CST) 701 West 6th St., Grafton, ND
- Oct 22 **FARGO** [Flu Immunization Clinic - Fargo, Bismarck, Dickinson, Williston, Minot](#) 9:00 AM - 3:00 PM (CST) Fargo VA Health Care System, Bismarck CBOC, Dickinson CBOC, Williston CBOC, Minot CBOC
- Oct 22 **SIoux FALLS** [Installation Service for Larry Layne, VA Chaplain](#) 3:00 PM - 4:00 PM (CST) Chapel
- Oct 23 **FARGO** [Flu Immunization Clinic](#) 8:00 AM - 11:30 AM (CST) 701 West 6th St., Grafton, ND
- Oct 28 **FARGO** [Flu Immunization Clinic - Grafton](#) 8:00 AM - 11:30 AM (CST) 701 West 6th St., Grafton, ND
- Oct 28 **NEBRASKA** [Lincoln Book Club](#) 4:00 PM - 5:00 PM (CST) Director's Conference Room, Lincoln VA, 600 S. 70th St., Lincoln, NE
- Oct 30 **FARGO** [Flu Immunization Clinic - Grafton](#) 8:00 AM - 11:30 AM (CST) 701 West 6th St., Grafton, ND
- Oct 30 **FARGO** [Flu Immunization Clinic - Fargo, Bismarck, Dickinson, Williston, Minot](#) 9:00 AM - 3:00 PM (CST) Fargo VA Health Care System, Bismarck CBOC, Dickinson CBOC, Williston CBOC, Minot CBOC

* Dates and times are correct as of September 26, 2014. 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 or email sharyl.schaepe@va.gov