



Department of Veterans Affairs (VA)
VA MIDWEST HEALTH CARE NETWORK
Veterans Integrated Service Network (VISN) 23
Network Update
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www.visn23.va.gov



HEALTHY LIVING MESSAGE:MANAGE STRESS

Pay attention to stress. If you are having difficulty coping with life's demands, we call this "stress." A life without some stress would be boring. Most of us like some challenges, but too much stress creates problems.

People who are overly stressed report difficulty concentrating, feelings of worry and fear, a sense that the body is wound up (for example, tense muscles, sweaty palms, and a pounding heart), irritability with others, and exhaustion. Too much stress over a long period of time can put your health at risk.

If you or someone you know is in an emotional crisis call The Veterans' Hotline at 1-800-273-TALK and press 1 for Veterans.

Tools are available to help you manage and reduce your stress. For more information log on at

www.prevention.va.gov/Manage_Stress.asp



The Minneapolis VA Health Care System (VAHCS) is actively enrolling Veterans in a new VA research initiative called the Million Veteran Program (MVP):

"The goal is to enroll 20,000 Veterans in this research project in the next five years," said Ralph Heussner, Public Affairs Officer. .

MVP is a national, voluntary research initiative of VA's Office of Research and Development (ORD) to better understand the effects that genes have on health and illness. Information from MVP may help researchers answer questions such as

- Why does a certain treatment work well for some Veterans but not for others?
- Why are some Veterans at a greater risk for developing an illness?
- How can we prevent certain illnesses?

MVP offers a monumental opportunity for VA and Veterans to transform VA health care and improve the lives of not only Veterans, but all Americans.

MVP aims to be one of the largest studies of genes and health in the United States, with an expected enrollment of one million. If you have any questions or would like more information, please visit www.research.va.gov/mvp or contact 857-364-5759.

VA Urging Veterans to Get Tested on National HIV Testing Day

June 27th is National HIV Testing Day and the Department of Veterans Affairs (VA) encourages Veterans to be tested for HIV/AIDS because early detection saves lives. June 5, 1981, was the first case of acquired immunodeficiency syndrome (AIDS), as reported by the Centers for Disease Control and Prevention (CDC). "VA has been part of the fight against HIV/AIDS since the beginning, taking care of some of the first patients that year," said Dr. Robert Petzel, VA's Under Secretary for Health. "VA has continued to provide compassionate, excellent care ever since, providing the latest, best treatments as they are made available. Voluntary HIV testing is available as part of the routine medical exam. VA's goal is to diagnose HIV infection as soon as possible, in order to get patients into excellent care. VA facilities are working towards testing Veterans for HIV at least once in their lives and to have those at risk tested at least every year. For extensive information about VA and HIV for patients and health care providers visit www.hiv.va.gov.

Upcoming Events

July 20: My HealtheVet Demonstration - A representative from the [Fargo VA Health Care System](#) will give an interactive presentation to demonstrate the capabilities and benefits of the [My HealtheVet website](#) from 10 a.m. - 12 p.m. (CDT) at the Fargo Public Library, 102 North 3rd St, Fargo, N.D.

July 22: Veterans Interagency Outreach Event - [VA Nebraska-Western Iowa Health Care System](#) from noon - 7 p.m. (CDT) at the Hold County Courthouse Annex, 128 N. 6th Street, O'Neill, Neb. Veterans who are not enrolled in VA health care or who are not receiving VA benefits are encouraged to stop in with their DD Form 214 to enroll or visit with eligibility staff.

July 23: Veterans Interagency Outreach Event - [VA Nebraska-Western Iowa Health Care System](#) from 9 a.m. - 1 p.m. (CDT) at the Hold County Courthouse Annex, 128 N. 6th Street, O'Neill, Neb. Veterans who are not enrolled in VA health care or who are not receiving VA benefits are encouraged to stop in with their DD Form 214 to enroll or visit with eligibility staff. [View the press release for more information.](#)

August 26: Welcome Home Celebration for returning combat Veterans and families - [VA Nebraska-Western Iowa Health Care System](#) from 4 - 8 p.m. (CDT) at the Amazing Pizza Machine, 13955 South Plaza, Omaha, Neb. Veterans from Iraq and Afghanistan and their families are encouraged to enjoy a fun family evening at the Amazing Pizza Machine. In addition to free activities, information booths for Veterans to learn about their VA eligibility and benefits, and even enroll for health care.

August 26, 27 & 28: VA outreach team at Defenders of Freedom Air Show and Open House - [VA Nebraska-Western Iowa Health Care System](#) from 9 a.m. - 5 p.m. (CDT) at Offutt Air Force Base, Neb. VA health care's outreach team will have an information booth at the Offutt AFB air show.

VA Websites Offer Calendar of Events, Weather Alerts, and Much More

For information on special events, or weather related alerts, log on to your local VA facility's homepage.

Black Hills Health VA System (HCS) -	www.blackhills.va.gov
Central Iowa VA HCS-	www.centraliowa.va.gov
Fargo, ND VA HCS -	www.fargo.va.gov
Iowa City, Iowa VA HCS -	www.iowacity.va.gov
Minneapolis VA HCS -	www.minneapolis.va.gov
Nebraska Western Iowa VA HCS-	www.nebraska.va.gov
Sioux Falls VA HCS -	www.siouxfalls.va.gov
St. Cloud VA HCS -	www.stcloud.va.gov
VISN 23	www.visn23.va.gov

For more information, call the Network Office at (612) 725-1968 or
Log on at www.visn23.va.gov or email sharyl.schaepe@va.gov