

Kaye's Corner

It is my pleasure to begin communicating with you in our monthly newsletter. Hopefully, this will lead to increased dialogue amongst all of us regarding topics of mutual interest.

This month, I'm excited to talk about an initiative that will have a significant impact on the quality of our work environment.

Garett Schreier, Associate Director for Patient Care Services/Executive Nurse, Bethany Peck, RN, and I recently attended training on "Leading and Working at the Speed of Trust."

We were so impressed with the weeklong experience that the QUAD decided to fully implement the program.

"Leading at the Speed of Trust" would be for service chiefs, supervisors and managers. This would entail a two-day workshop, with the option of a third day for those desiring to become certified trainers.

"Working at the Speed of Trust" would be a one day program for all employees, with a second day for those wanting to be certified.

The goal is to have all employees attend training within the next 12 months.

There are follow-up actions required of each attendee to try to increase trust within their work units. This would involve conversations about topics such as, "What can I do differently?", "What would you like to see from me?", and "What's important to you?" Tools



and cards will be provided to help facilitate those types of conversations.

I see the Leading and Working at the Speed of Trust programs as an excellent complement to the progress we have made on our Lean initiatives. While Lean focuses on tools to improve our systems and processes, Leading/Working at the Speed of Trust focuses on people and relational parts of our work environment.

When we become a "High Trust" organization, everything we do should become easier and quicker.

I see this initiative as being pivotal to the future success of our organization, and look forward to us working together to create a dynamic and positive work environment!

Kaye Green

Medical Center Director

Look out for pedestrians on campus!

When you are on the Salisbury VA Medical Center property, please be mindful of the following:

- Pedestrians have the "Right-of-Way"
- The speed limit on the campus is 20 miles per hour.
- Look both ways before entering into an intersection or crosswalk.
- It is illegal to Text & Drive.
- Use extreme caution when attempting to enter/depart the facility through the gates. The time change, line of sight, and lack of sidewalks and sig-

nals in those areas make them quite dangerous.

- Use of cell phones while driving can be distracting and it would be wise to avoid using them while driving around campus or in high-traffic areas.

There are currently several other facility projects underway to improve Pedestrian & Motorist safety here on VAMC grounds including, but not limited to, Solar Powered Pedestrian Crosswalk signs and the installation of fixed location Radar "Speed" boards.



VA2K and Homeless Stand Down May 21

By *Michael Maddox*

The W.G. (Bill) Hefner VA Medical Center will host several VA2K Walk and Roll events at the main facility and its outlying clinics May 21 to encourage healthy activity while supporting homeless Veterans with donated food and clothing items.

A Homeless Stand Down will also take place that day from 9 a.m. to 2 p.m. in the Building 6 Gymnasium.

The Stand Down will allow homeless Veterans a chance to spend a day receiving care and information about housing assistance, community resources, meals, medical care, social activities, personal hygiene care, clothing and applying for Veteran benefits.

The VA2K Walk and Roll is free and open to employees, Veterans, and the general public.

Pre-registration is not required and those interested in participating should plan to arrive no later than 15 minutes prior to starting times.

The Salisbury VAMC VA2K will be held at Building 42, Main Street, with staggered starting times of 11:30 a.m., noon and 12:30 p.m.

Start times at the Charlotte Community Based Outpatient Clinic (CBOC) will be 11:30 a.m., noon and 12:30 p.m.

The Winston-Salem CBOC will kick off its VA2K event at 9 a.m., and the Hickory CBOC will start at 11:30 a.m.

Salisbury VAMC Director Kaye Green said events like this are a win-win for everyone.

“Worksite wellness activities enhance employee engagement and contribute to a more productive and healthy workforce,” said Green. “Last year, the VA2K at Salisbury VAMC was extremely successful. Our goal is to collect even more in-kind donations and involve more participants in support of wellness and homeless Veter-



ans this year.”

The Salisbury VAMC events are just one of many VA2Ks taking place May 21 at VA facilities across the country. In conjunction with the event, donations of food and clothing items will be accepted for the homeless Veterans program at the Salisbury VAMC.

However, there is no requirement for a donation in order to participate.

The event is open to people of all fitness levels and can be done over a lunch break. Whether you team up

with a coworker, a friend, or participate on your own, there’s no better time than now to step up your fitness level and help improve the lives of homeless Veterans.

For additional information and more event details, please contact the local VA2K coordinator, Jennifer Terndrup, at 1-800-469-8262, Ext. 2554, or via email at Jennifer.Terndrup@va.gov.

For more information about the Salisbury VA Medical Center, visit <http://www.salisbury.va.gov/>.

Words of thanks from our Veterans

I would like to express my gratitude to Wanda Morrow and Tammy Ford for presenting the health education class recently. It was extremely helpful to all of the class members. Both Ms. Morrow and Ms. Ford are exceptional teachers who combine sound teaching methodology with a personal enthusiasm to the benefit of all of those fortunate enough to be in their classes.

Since I started coming to the Charlotte clinic, my care has been fabulous. I feel like am treated like a person and not a number. The entire staff treat me wonderfully.

I recently saw Dr. Edmund Dora-zio and I could not have asked for a better doctor. He put me right at ease, explaining everything he was doing and thinking. I was very impressed with how thorough he was. He's a keeper!

I believe the Urology team deserves special recognition for the outstanding and excellent healthcare they provide. They have a professional attitude, and were thoroughly prepared to address my questions. Everyone displayed genuine interest in my concerns and did their best to put me at ease by creating a friendly, pleasant and comfortable atmosphere.



Visit [this site](#) to view stories of Veterans who have overcome military sexual trauma.

MST, cont'd from Page 1

While the month was designated as an opportunity to educate people about sexual assault, the staff at the Salisbury VA Medical Center works with victims of Military Sexual Trauma every day to help them learn to recover from past abuse.

Dr. Amy Smith, Military Sexual Trauma Program Coordinator, said it's important that Veterans don't let common misconceptions keep them from getting help for MST.

"Everybody tends to think MST is a female related issue, but that's not true, it's a myth that society perpetuates. Others may have this mindset of 'I can deal with this,' or 'I can handle this,' so they don't seek out treatment immediately," she explained. "Some think they can deal with it through denial since they have learned independence and strength in the military culture."

Symptoms that MST survivors experience include strong emotional reactions, feelings of emotional numbness, trouble sleeping, difficulties with attention, concentration and memory, problems with alcohol or other drugs, difficulty with things that remind them of their experiences of sexual trauma, difficulties in relationships and physical health problems.

Smith stressed that counseling and treatment are available at the Salisbury

VAMC for those who have symptoms of MST.

"People need to be aware that there's help for MST and that they are not alone in experiencing symptoms that are related to military sexual trauma. There's treatment available and recovery is possible," she said.

Veterans who experienced MST can receive free treatment for mental and physical conditions related to their experiences of MST. This includes outpatient, inpatient, residential, and pharmaceutical care, and the services are available at every VA health care facility.

In addition, every VA Medical Center has a designated MST Coordinator who serves as a contact person for MST-related issues at the facility and can help Veterans access MST-related services and programs.

Veterans may be able to receive free MST-related care even if they are not eligible for other VA services. No documentation is required, and Veterans do not need to be service connected or be receiving VA disability compensation.

For more information about the Military Sexual Trauma program or to make an appointment, call Dr. Amy Smith at 704-638-9000, ext. 4230. More information about the Salisbury VA Medical Center and its programs are available at <http://www.salisbury.va.gov/>.

From The History Books....

U.S. Colored Troops battled Confederacy, racism

The Fort Pillow massacre in April 1864 was one of the most brutal atrocities that took place during the Civil War, when Confederate soldiers slaughtered Union soldiers (a majority of whom were African Americans) while they tried to surrender or after they surrendered.

African Americans were first authorized for enlistment with the Union Army when the Second Confiscation Act was enacted on July 17, 1862. It was the first time in history that African Americans could enlist in the Federal forces.

At first, they were not armed and performed mostly hard labor such as digging ditches or graves, building bridges and canals, tending horses, and such.

After President Lincoln's Emancipation Proclamation went into effect on January 1, 1863, African Americans were recruited for armed service in segregated units known officially as the U.S. Colored Troops (USCT). Roughly 200,000 African Americans - many of them former slaves - served with the Union forces during the Civil War.

One week before the Emancipation Proclamation took effect, Confederate president Jefferson Davis issued his own proclamation on December 24, 1862 ordering Confederate troops to capture any African American soldiers serving with the Union Army and return them to their states of origin and back into slavery.

Fort Pillow is located in western Tennessee on a high bluff overlooking the Mississippi River and on that fateful day in 1864 roughly 600 Union soldiers were manning the post: one battalion of the 6th U.S. Heavy Artillery (formerly the 1st Alabama artillery), colored troops; one section of the 2nd U.S. Light Artillery, colored troops; and one battalion of 13th Ten-



African Americans who served in U.S. Colored Troop units during the Civil War did so willingly, honorably, and valiantly, at great risk, while facing unceasing, imminent danger and open racism, every single minute from oppressors on both sides of the war.

nessee Cavalry, white troops; along with several soldiers from various units and civilians. In all, 19 officers and 538 enlisted men, of whom 262 were U.S. Colored Troops protected the fort.

That Tuesday morning on April 12, 1864, Fort Pillow was attacked by General Nathan Bedford Forrest, who later became a founder of the Ku Klux Klan, and at least 3,000 Confederate cavalymen.

A melee ensued while flags of truce were flying and, according to the investigation report that followed: "The rebels commenced an indiscriminate slaughter, sparing neither age nor sex, white or black, soldier or civilian. The officers and men seemed to vie with each other in the devilish work; men, women, and even children. . . were deliberately shot down, beaten, and hacked with sabres. . . some of the rebels called to our soldiers. . . and shot them in cold blood. . ."

Roughly 400 Union soldiers were killed after they surrendered. Several men were nailed to boards and burned alive.

Of approximately 262 U.S. Colored Troops, only 62 survived. Congress ordered an investigation of the incident one week later and the final report was published on May 6, 1864.

The Fort Pillow massacre reminds us that African Americans who served in USCT units during the Civil War did so willingly, honorably, and valiantly, at great risk, while facing unceasing, imminent danger and open racism, every single minute from oppressors on both sides of the war.

Many of the Fort Pillow dead are buried in Memphis National Cemetery, which hosts the highest number of USCT burials.

To date, no survivors of Fort Pillow have been identified as residents of our predecessor, the National Home for Disabled Volunteer Soldiers.

Did you know there is one number to call for your healthcare needs and questions?

The Veterans Call Support Center at (800) 706-9126

The call center is open Monday through Friday from 8 a.m. until 4:15 p.m. (excluding Federal holidays).

If you develop a medical problem and would like to see your doctor before your next appointment, please call the Veterans Call Support Line.

If you need to call outside of normal business hours, you can leave a voicemail message to cancel an appointment or to request a callback to schedule an appointment.

For medical emergencies, dial 911.

You can also call the Veterans Crisis Line at (800) 273-TALK (8255) if you need someone to help you deal with a difficult time in your life.

Minority Veterans Program—serving all who served

Established under Public Law 103-446 on November 2, 1994, the Minority Veterans Program is a coordinated effort to increase awareness of minority Veteran related issues and to develop strategies for increasing their participation in existing VA benefits and health care services.

The Minority Veterans Program serves all Veterans regardless of race or ethnicity, with a primary

emphasis on minority Veterans in the local community. Veterans of minority groups include: Asian American, African American, Hispanic/Latino and Native American, including American Indian, Alaska Native, Native Hawaiians and Pacific Islander.

For more information, you can contact Belinda Dublin, Minority Veterans Program Coordinator, at (704) 597-3500, ext. 7983.

The Salisbury Patient Advocates have been temporarily relocated due to the construction in Building 2. Their new location is on the first floor of Building 3, in the space previously occupied by AFGE, rooms 1056, 1035 and 1036.

Their phone numbers have not changed. You can reach Eladio Cintron, Lead Patient Advocate, at ext. 3981, Teresa Cress at ext. 3602, and Valerie Bennett at ext. 3747.



Salisbury VAMC 2014 Homeless Veteran Stand Down

May 21, 2014 9 a.m. to 2 p.m.

Registration: Building 6 Gymnasium



For more information contact:

Angela Barrett 704-212-8393

Angela Sepulveda 704-738-4684

Brian Dillmann 704-638-9000 ext. 6272

To volunteer or make a donation contact:

Lesley Reece (704) 638-9000 ext. 5501

Viola White-Douglas (704) 638-9000 ext.
4309

The Stand Down provides a welcoming place for homeless Veterans to spend a day receiving care and information. Access will be available for:

- Housing assistance
- Community resources
- Meals
- Medical care
- Social activities
- Personal hygiene care
- Clothing
- Help applying for Veteran benefits

NO VETERAN LEFT BEHIND

JOINING FORCES

to Support Veterans with Hearing Loss

Did you know...

- ❖ *Hearing loss is the most prevalent combat related disability?*
- ❖ *May is Better Hearing and Speech month?*
- ❖ *The DSDHH and the VA have resources to support people with hearing loss?*

If you are interested in attending, please contact:

Ivy Williams
ivy.williams@dhhs.nc.gov

Hard of Hearing Specialist
DSDHH
Charlotte Regional Center
5501 Executive Center Dr. #200
Charlotte, NC 28212
(800) 835-5302

Or

Randy Campbell
randy.campbell@va.gov

Audiology & Speech Pathology
Service Administrative Officer
W.G. (Bill) Hefner VA Medical
Center
704-638-9000, x 3512

*The NC Division of Services for the Deaf and the
Hard of Hearing (DSDHH)*

and

*The W.G. (Bill) Hefner Veterans Administration
Medical Center, Salisbury, North Carolina*
are sponsoring a **FREE** Hearing Health Informational
Fair which will include: Speakers, Exhibitors, Hearing
Loss Simulations, Hearing Accessibility,
Refreshments, and more.

Informational Fair

Join us to learn more and ask questions....

When: Thursday, May 29, 2014

**Where: W.G. (Bill) Hefner VA Medical
Center – Bldg. 6 – Social Room
1601 Brenner Ave.
Salisbury, NC 28144**

Time: 10:00 A.M. – 2:00 P.M.

VA



U.S. Department
of Veterans Affairs



ROWAN COUNTY 2014 ANNUAL SPECIAL WASTE RECYCLING EVENT

(!!!! Household Quantities ONLY !!!!)

May 6, 2014 from 7 a.m. - 7 p.m.
Rowan County Recycling Processing Center
1102 North Long Street Extension
East Spencer, NC
704-216-8606 (call for details)

Recycling



Prescription Medications
Non-Prescription Medications
Tires (Limit 5/household, no
rims)
Fire Extinguishers
Tanks (Helium, Oxygen, and
Propane)
All Computer Equipment
Cell Phones
Rechargeable Batteries (only)

Thermometers, Thermostats
Pesticides (must be labeled)
Paint (limit 10 gallons/household)
Fluorescent Bulbs
Fertilizers (must be labeled)
TVs, VCRs, DVRs
Washers, Dryers, Refrigerators
Eyeglasses, Hearing Aids
Toner Cartridges
ALL Electronics (anything with a
plug)

This event is FREE TO ROWAN COUNTY CITIZENS