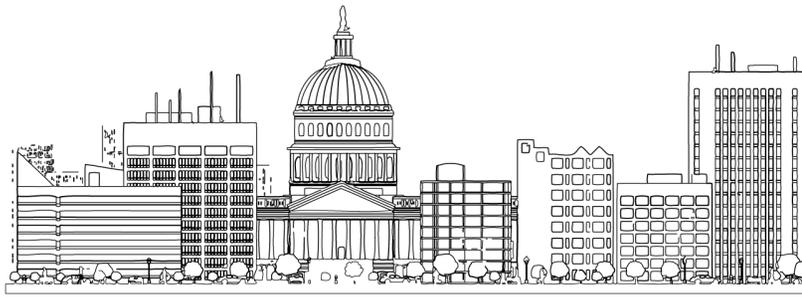


The  
BOISE



October 2017

FRONT

*The official newsletter of the Boise VA Medical Center*

# EYE GLASSES NEEDED

Why not take those old glasses and frames and donate them to help others in need!

Throughout the year Lions, Leos and other volunteers collect used eyeglasses. Most of the recycled glasses are distributed to people in need in developing countries where they will have the greatest impact.

If you have used eyeglasses you no longer need, there is a collection box located in the Visual Impairment office, Building 67 Room 150B. Drop them off Monday-Friday 7:30am-4:00pm.

Lions accept prescription and reading glasses, sunglasses and plastic and metal frames. Children's glasses are especially needed.

Questions? Call Val Duffy, Visual Impairment Service Coordinator, ext. 1228.





# Terror in Las Vegas

## What Would You Do?

On October 1st, another active shooter incident occurred, this time at an outdoor concert in Las Vegas. While the facts are still not clear, a few things are worth mentioning. The shooter(s) targeted an area that was filled with thousands of people, and the effects were devastating to say the least. Many of us have been to Las Vegas, and many of us have attended events that involved a lot of people in outdoor areas. Because of this fact, it becomes even more real to me and I think about what I would have done to protect myself and my family.

Our facility Active Threat/Active Shooter training generally pertains to incidents occurring indoors. So how does Run-Hide-Fight or Evacuate-Evade-Engage apply if one is outdoors? This is not an easy question to answer, especially since every situation is different. In the case of the concert in Las Vegas, the persons within the venue would have likely had issues with exiting due to access to the event being controlled and contained by fences and gates. This makes escape a difficult process, as thousands of others would be flooding the same escape routes as you.

Outdoor events/concerts requiring security or access control, including many here in the Boise/Nampa area would have the same issues. Keeping that in mind, remember that if you need a ticket to get in, you probably have choke points that could make exiting difficult. My advice is to pay attention where the exits are and try to position yourself as close as possible. Just knowing where your exits are and the quickest way to get to them would be advantageous.

Other events, such as fun runs, free outdoor concerts (Alive After 5, for

example), 4th of July at Ann Morrison Park, New Year's Potato drop would not have the same access restrictions. This makes your exit strategy less difficult. Common sense is to simply run away from where the violence is happening. Just know that acoustics in an urban environment can be tricky, and it can be difficult to determine where the shots are coming from.

#### RUN:

Make yourself a difficult target. Moving targets are more difficult to hit, so by running and randomly changing your directions (cutting, serpentine, dodging) would be better than walking or moving straight forward.

#### HIDE:

Seek cover. Cover provides protection from bullets and the effects of bullets. Being outside provides different options, depending on where you are. Concrete barriers, vehicles (near engine compartment is best), buildings, and large trees are good examples of cover.

Concealment prevents observation. Garbage cans or dumpsters, outhouses, bushes, fences are examples of cover. Using concealment won't stop bullets, but you will be less of a target.

#### FIGHT:

With a gunman firing from long distance, you do not likely have the ability to defend yourself. I would leave that up to the first responders.

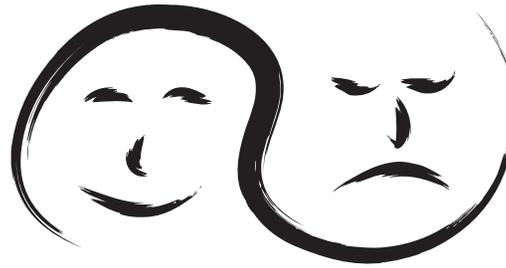
If it is a shooter who is in close proximity to you and you have no other options, then defend yourself with whatever is available to you. It is better to fight back than to simply make yourself an easy target to the active shooter.

#### Conclusion:

Don't let the actions of a terrorist keep you from enjoying your life. Do the things you want to do. Don't be afraid to check out that new band that is playing a free concert downtown. Participate in that 5k run you have marked on your calendar. Just remember your options if there is an attack and don't panic. Be smart, pay attention to your exits, make your escape and use all available cover and concealment. Don't allow yourself to be a casualty!

Lt. Gregory Drake  
VA Police Active Threat Instructor

*Hello's*



*Goodbye's*

The Boise VAMC would like to welcome our  
new employees who came aboard:

**Jeffery Howard, Behavioral Health**

**Marc McMillen, EMS**

**Jeffrey Stephens, EMS**

**Mary Kozlowski, HAS**

**Nicole Medina-Groves, HAS**

**Carol Wyatt, HAS**

**Nicholas Vietri, MSO**

**Jon Anderson, Nursing**

**Maria Hollopeter, Nursing**

**Jennifer Leuck, Nursing**

**Miguel Orduno, Nursing**

**Levi Bridwell, Pathology & Laboratory**

**Medicine**

**Brandon Davila, Police**

**Anastasia Milliron, Telehealth**

**Rahiemin Talukdar, EMS**

**Jo Anne Martin, EMS**

**James O'Donnell, EMS**

**Andrew Ragland, HAS**

**Rene Robertson, HAS**

**Myllissa Reyes, HR**

**Andrea Gabica, MSO**

**Alicia Urness, Nursing**

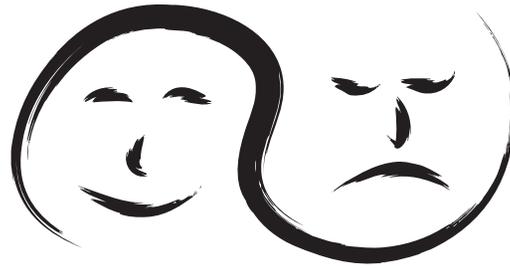
**Jason Hill, Nursing**

**Kara Whipple, Nursing**

**Joseph Ollivier, Telehealth**

**Timmaree Hymas, Canteen**

*Hello's*



*Goodbye's*

The Boise VAMC would like to say goodbye to  
the employees who left us:

**Alberto Oviedo, Fiscal**

**Melissa Ball, MSO**

**Miguel Orduno, Nursing**

**Dennis Udlinek, Readjustment Counseling**

**Shane Johnson, MSO**



SALMON



TWIN FALLS



BOISE

PINK OUT PHOTOS



## HOMELESS VETS **STAND DOWN** OCT. 21

The Health Care for Homeless Veteran's team hosted, along with the help of many volunteer organizations, another incredibly successful day for Veterans. The all-day event provided wrap-around services in one location that included: medical needs, legal concerns, massage, veterinarian care, dental screenings, vision screenings, flu shots, bicycles give away, lunch and cold weather clothing/ gear. The single location and atmosphere allowed about 160 veterans to reconnect with brothers and sisters in the armed forces and to connect with those that provide essential services. John Poarch chaired the event supported by VA and Idaho State employee Committee members along with 50+ volunteers.

Healthcare for Homeless Veterans Program Outreach Social Workers were able to make contact with many newly enrolled veteran's for entry to the VA healthcare System and to speak with them regarding VA housing programs. The Stand Down also provided an avenue for community partner's such as Idaho Department of Labor, El-Ada Community Action, Supportive Housing and Innovative Partnerships, and Boise City/Ada County Housing Authority to reach out to veterans in need.

The event typically occurs annually on the second or third weekend in October. Special thanks to all that contributed their time, clothing and special talents to the success of serving our Veterans.



## **Medical Student Program Reduces Environmental Footprint with Reusable Cups and Mugs**

The Boise VA Medical Center continually strives to reduce our environmental footprint. Using reusable cups and mugs reduces the amount of natural resources we use and the amount of waste we send to the landfill.

Recycling income was used to purchase reusable cups and mugs for the Medical Student Program. It is anticipated that in a year's time these cups and mugs will replace over 5,000 disposable cups that would have been purchased and sent to the landfill.

If you can think of additional ways to help our facility protect the environment, please contact Belinda Corbet, GEMS Program Manager.





***Retail Extended  
Holiday Hours!***

**Starting Saturday  
November 18<sup>th</sup>, the retail  
store will open from 7AM  
until 1PM!**

**Come see us for ALL your  
snacks, drinks & holiday  
gift giving needs!**





# BOISE VA MEDICAL CENTER

PURPOSEFUL CHANGE

## EMPLOYEE ENGAGEMENT

PILOT EXPANSION

Working hard to be the  
“BEST PLACE TO WORK”

October 26th marked the first celebration for the Employee Engagement Program at the Boise VAMC. This national program is being piloted in VISN 20, with Boise as one of the initial sites. It began in June with a week of face-to-face visits with front line staff asking for their suggestions about what could be done to improve the Boise VA. Staff provided over 120 suggestions, the most of any facility in the VISN! Our national partners were extremely impressed and said this is evidence of the safety staff feel when they speak up about changes.

The Employee Engagement Board of Champions made initial recommendations for 10 “Sprint” projects for Wave 1. Leadership approved these projects and the work began. Each project team is led by the person or persons who suggested the idea. Support is provided through our national partners and the Systems Redesign Coordinator. The goal is to complete, or make significant progress, on each Sprint project within 90-120 days. The projects and their teams for Wave 1 are listed below.

<b>Project</b>	<b>Team Leader</b>	<b>Team Members</b>	<b>Board of Champion</b>
<b>Biomed visits to Mountain Home CBOC – scheduling visits and improving communication</b>	Randi Ortega	Rachael Warren, Blane Thompson and Daisha Jensen	Bill Nevins
<b>New patient orientation packet for Caldwell CBOC</b>	Michelle Jones and Marcey Waugh	Julie Switter and Ronnea Roy	Angela Brothers
<b>Staff photo board for Caldwell CBOC</b>	Marcey Waugh and Michelle Jones	Julie Switter and Ronnea Roy	Angela Brothers
<b>Revising appointment letters for Twin Falls CBOC</b>	Jacqueline Howe	Sherissa Malarchik and Steve Waltari	Melissa Maury
<b>TV monitor for Veteran waiting area</b>	Michael DiGiacomo	Josh Callihan	Travis Riggs
<b>Improved Signage for the Emergency Department</b>	Corby Bennett	Heath Reeder, Erin Marin and Chris Simonsen	Dr. Jeff Dingman
<b>Funding for bus passes for homeless Veterans</b>	Dr. Beth Fassig	Anna Johnson-Whitehead, Lalainya Bacon, John Poarch, and Dr. Leigh Smithkors	Melissa Maury
<b>Resting areas between Oncology and the MRI for use by Veterans</b>	Janice Cohen	Terri Cole, Cathy Livingston, and Linette Hessenthaler	Kennedy Meyer
<b>Veteran identifiers for staff IDs</b>	Darrell Snodgrass	Tonya Eusepi	Tanya Eusepi

Sprint teams provided a brief description of their project and each team member received an Employee Engagement Pin and a certificate of appreciation.

We are learning throughout the pilot process. For Wave 2 criteria were developed for considering which projects were most suited for Sprints. Wave 2 projects were selected and officially kicked-off at the same October 26 event. More information about the Wave 2 projects will be included in the December issue of the Boise Front.



# Hire a Veteran Campaign

## IDAHO EMPLOYERS - Find Your Next Outstanding Employee at the Boise Veteran Hiring Event Nov. 9

### THE GOAL

- Hire 100 veterans who have served the nation and are ready to share their skills with loyal employers.

### THE PLAN

- Give Idaho employers the opportunity to hire from a talented pool of veterans.
- Post a list of participating employers and their website links on a Department of Labor Web page.
- Include employers' job listings on the Department of Labor's Vet Call - a regional email distribution list for veterans in Idaho - at no cost.

### THE WHY

- Bring together veterans who want to work and employers who want to hire them. The campaign is the result of a partnership among veteran service providers and employers across Idaho.

To participate or for more information, contact Robert J. Feliciano at [Robert.Feliciano@labor.idaho.gov](mailto:Robert.Feliciano@labor.idaho.gov) or call (208) 364-7785 ext. 3624

### HIRE A VETERAN EVENT

Boise - Thursday, Nov. 9

10 a.m. - 2 p.m.

Boise State University

1700 University Drive

Student Union - Jordan Ballroom

### CAMPAIGN PARTNERS





SATURDAY, NOVEMBER 4TH, 2017



*"Saluting the Rich Military History of Gowen Field"*

# VETERANS DAY PARADE



**DOWNTOWN BOISE, IDAHO**

**9:45AM, JEFFERSON & BANNOCK STREETS BETWEEN 10TH & 4TH STREETS**

OPENING CEREMONY AT THE CAPITOL STEPS STARTS AT 9:30AM

[WWW.BOISEVETERANSDAYPARADE.ORG](http://WWW.BOISEVETERANSDAYPARADE.ORG)

*Share why  
**YOU** quit smoking*

*The Great American  
Smokeout is **Nov. 16***

***#WhyWeQuit***



U.S. Department  
of Veterans Affairs





**VA** | Boise VA  
Medical Center

# Carey Caron

*'Volunteer of the Month'*  
October - 2017

Congratulations Carey Caron, Volunteer of the Month! Carey chooses to volunteer at the VA because her late husband was a Vet. Carey has contributed 1100 hours to the Boise VAMC since signing on as a volunteer in October, 2013. Carey volunteers as a patient visitor once a week and sometimes more. She visits patients, distributes good cheer, a little chat for those who are up to it, and offers many comfort items such as travel size toiletries, books, magazines, cross word puzzle books, and maybe a back scratcher. She especially likes listening to Veterans stories. Carey's hobbies are sewing, reading, and experimenting with cooking. Her passions are her church, family, and volunteering at the Boise VA Medical Center. **We are very fortunate to have Carey as a member of our team!**





**Local Marine Ben Drievergen, 34 is currently on the TV show Survivor.**

What's your personal claim to fame?

Being a good dad and husband.

Who or what is your inspiration in life?

Michael Blake Wafford because he gave his life for our country. We were together in Iraq and we were a team.

If you could have three things on the island, what would they be and why? My cowboy hat, my boots, and my running shoes.

What's your reason for being on Survivor?

Winning a million dollars and being on an island and living with nothing.

Why do you think you'll "survive" Survivor?

Because I have survived and overcome so many situations and met so many different people with different personalities. My social game is on point and my leadership and survival skills have been tried, tested, and proven.





## CONGRATULATIONS

to Dr. Magni Hamso (Associate Program Director for the UW Boise Internal Medicine Residency) and Dr. Andrea Christopher (Clerkship Site Director for the UW School of Medicine) for being awarded two grants from the Idaho Medical Association and from the St. Luke's Medical Executive Committee to support the growth and development of our 'Advocacy 101' curriculum to teach physician trainees in the Treasure Valley skills to serve as advocates for the health of their community.

*VA Recognizes*

# Transgender Veteran Awareness Month

**Honor &  
Respect for  
Military  
Service**



**Equality  
in all  
Health Care  
Services**

**Resources:**

[http://go.va.gov/Transgender  
LGBTProgram@VA.gov](http://go.va.gov/TransgenderLGBTProgram@VA.gov)

**VA**



**U.S. Department of Veterans Affairs**

Health Administration  
Patient Care Services  
Lesbian, Gay, Bisexual, & Transgender Program

**LGBT Program, Office of Patient Care Services**



Boise VA Medical Center  
**VAEA**  
VA Employees' Association



1ST PLACE / GLENDA YOUNG



2ND PLACE / WYNDI STEVENS HILL



3RD PLACE / DEANNA MURDORF



**2017**  
TRUNK or TREAT  
CONTEST



# Nurse Practitioners: 234,000

solutions to strengthening  
health care for America

Nurse Practitioners (NPs) are leading the charge, providing quality health care to millions of Americans. In fact, an overwhelming 64 percent of patients have seen an NP for their health care needs.



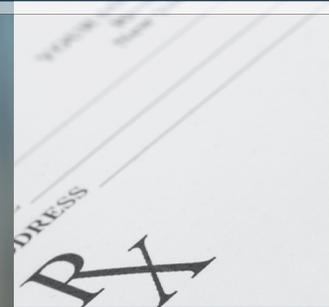
ADVANCED DEGREES  
NATIONAL BOARD CERTIFICATION



PRIMARY, ACUTE &  
SPECIALTY CARE PROVIDERS



ORDER, PERFORM &  
INTERPRET DIAGNOSTIC TESTS



PRESCRIBE MEDICATIONS &  
OTHER TREATMENTS

**AANP** | American Association of  
NURSE PRACTITIONERS™

NPs: Patient-centered, accessible, high-quality health care  
To locate an NP in your area, visit [NPFinder.com](http://NPFinder.com)  
[aanp.org](http://aanp.org)

# Help us celebrate **NP Week** in November!



# Mary Francis

Behavioral Health  
*'Employee of the Month'*  
October - 2017



Mary Francis has been selected as the October 2017 BH Employee of the Month. Her nomination came from a Veteran, and in part says,

“This is a letter to recognize the fantastic service that Mary Francis gave me. Mary worked hard and diligently to inform me, and refer me to the agencies and services I need to get established as a veteran here in Boise. My case was made difficult in that I moved to Idaho with very few documents, and Mary pressed on to make sure I acquired the documents I needed to get grounded. To further complicate things, my housing situation shifted and Mary was patient and kind to accommodate me. Mary is a real asset to your team and I hope she can fully realize that we Veterans appreciate her and her professional skills in the services she gives us.”

Please join me in congratulating Mary for her continued persistence and going above and beyond in working with our veterans. Please continue to let us know when you see your peers doing amazing things!

# ADORABLE PET CONTEST

To vote for the cutest pet write down the photo number of the owner/pet combo you want to win, and place the vote/paper in the drop box located at the Canteen Coffee Shop by COB 11/30.

**The winner will receive all bragging rights associated with having the cutest pet!**

## *Pet(s) Name / Owner (Employee Owner)*

- |   |   |   |
|---|---|---|
| 1. Mack, Sparkle & Gracie / Vicky Teigue            | 27. Alla & Rebecca / Kennedy Meyer          | 54. Pepsi, Kimmy & Dew / Amy Vollmer    |
| 2. Mo / Tammy Sanchez                               | 28. Tag & Robert / Zethan (Mandy Macaskill) | 55. Fritz / Erik Astheimer              |
| 3. Diesel / Dave Hammond                            | 29. Gunner / Josh Bode                      | 56. Kona / Sandy Pigg                   |
| 4. (no names given) / Scott Couch                   | 30. Ryder & Minnie / Leslie Miracle         | 57. Ginger / Kristi Funk                |
| 5. Bellum / Mary & Frances (Josh Callihan)          | 31. Eevee / Jordan O'Neill                  | 58. Tinkerbelle / Brenda Duer           |
| 6. JoJo / Ronnea Roy                                | 32. Louie / Josh Maus                       | 59. Wayne / Rene Haugen                 |
| 7. (no name given) / Mylissa Reyes                  | 33. Kinzey / Kristin Kaschmitter            | 60. Boggins & Stevie / Brianna Thruston |
| 8. Sketch / Joyce Reagan                            | 34. Nibbles / Angela Brothers               | 61. Jax / Buffy Stewart                 |
| 9. Rosie / Brittany Bartron                         | 35. Lucy & Reihna / Karyn Morehouse         | 62. Nelly / Greg Drake                  |
| 10. Eddy / Lindsey Abbott                           | 36. Nick / Corey Gibbs                      | 63. Franklin / Lindsay Crawford         |
| 11. Rufi / Kimberly Fitzpatrick                     | 37. Indiana Jones / Christina Callaghan     | 64. Suzy / Jamie Godwin                 |
| 12. Leo / Maiya (Cheryl Fabello)                    | 38. Mr. Miyagi / Deobald Mackenzie          | 65. Kalev / Janice Cohen                |
| 13. Lucy / Victoria Galarza                         | 39. Duke & Bella / Nanci Ulrickson          | 66. Classy / Anna (Jill Hedt)           |
| 14. Chief & Jed / Robin Riger                       | 40. Bear / Sarah Harper                     | 67. Wall-E / Idalia Gonzalez            |
| 15. Sadie Rose / Brian Lambrecht                    | 41. Monster / Kerry Tarbet                  | 68. Nabby & Kai / Mongina Cole          |
| 16. Gage / Henry (Melissa Kremer)                   | 42. Oscar & Margaux / Daisha Jensen         | 69. Lilly / Jessica O'Connor            |
| 17. Bella / Jim George                              | 43. Rowely / Dave Tarbet                    | 70. Elka / Don Connor                   |
| 18. Roger / Jamie Godwin                            | 44. Sushi / Sherissa Malarchik              | 71. Zoey & Cairn / Tim Santos           |
| 19. Luna / Angela Enlow                             | 45. Simba / Kate Blackburn                  | 72. Neska / Jeanette McMillan           |
| 20. Piper / Lisa Lewis                              | 46. Mac / Robyn Moulton                     | 73. Ricky & Lucy / Matt Biggs           |
| 21. Leo, Baron & Alley / Beth Pierce                | 47. Tullie / Marisa (John Huffman)          | 74. Kobe / Audra Wilson                 |
| 22. Sully / Laura Perry                             | 48. Taz / Margaret Farace                   | 75. Dutchess / Betty Foote              |
| 23. Brixton / Destynee Dougherty                    | 49. Madison / Arlena Blick                  | 76. Vu & Koda / Mckinzi Obaitek         |
| 24. Rex / Karen McPeak                              | 50. Izzy / Beata Ineck                      | 77. Ellie / Cindy Duncan                |
| 25. Zoe / LeAnn Bolster                             | 51. Ebony / Carol Zografos                  |   |
| 26. Sterling, Khalessi & Oakely / Rhiannon Holladay | 52. Lucy / Jamia Byrns                      |   |
|   | 53. Coco Chanel / Travis Mason              |   |





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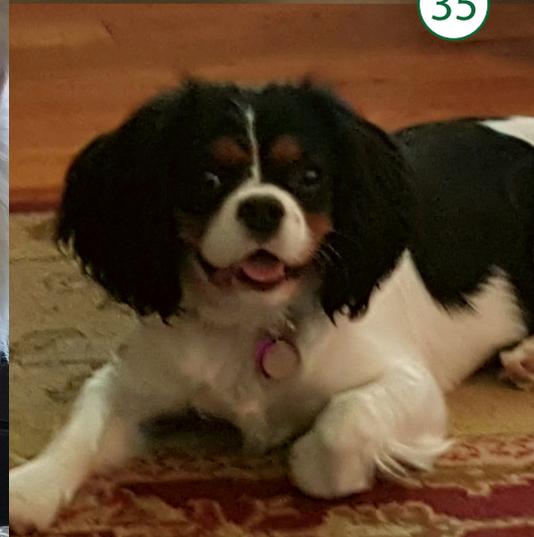


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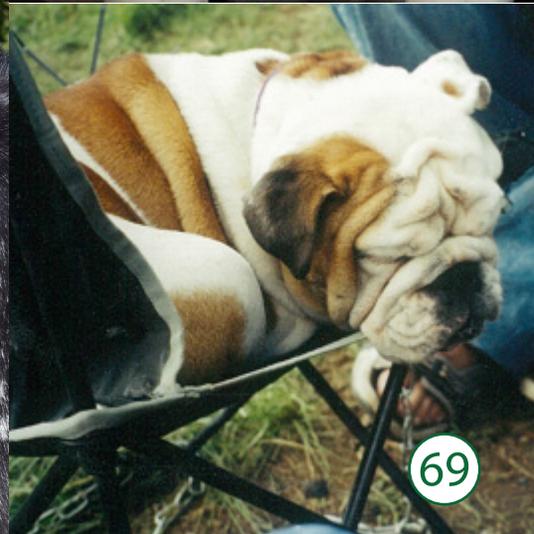
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**GOOD LUCK &  
THANKS FOR VOTING**



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