



Dundalk Vet Center

Monthly Messenger

February 2019, Edition 6

Around the Vet Center

Group Offerings

- ⇒ **Korea/Vietnam Veterans Group** Every Tuesday, 10:30am to 12:00pm
- ⇒ **Vietnam Veterans Group**
Every Monday, 11:00am - 12:30pm
Every Wednesday, 10:00 - 11:30am
Every Thursday, 9:00 - 10:30am
Every Friday, 10:00 - 11:30am
- ⇒ **Significant Others Group** Alternate Tuesdays, 2:00 - 3:30pm
- ⇒ **Meditation Group** Every Wednesday, 9:00 - 10:00am
- ⇒ **OIF/OEF/ OND Group** Every Wednesday 5:30-7:00pm

If you are interested in a group, please contact a Vet

Clinical Corner

Greetings from Vet Center Director Paula Wolff!

Happy 2019! We're Back! It's a new year and we decided it was time for a reboot of the monthly Dundalk Vet Center Newsletter. We always received positive feedback on our newsletter, and have realized that it is important that we keep everyone informed of Vet Center activities. The newsletter format has been updated and each month we will provide updates on current Dundalk Vet Center groups, wellness advice, VA and Vet Center news, and a calendar with important upcoming dates. We welcome your feedback and encourage any new ideas or suggestions. You can contact me directly or provide information to other Vet Center staff. We look forward to hearing from you!

EASTERN BALTIMORE COUNTY VA OUTPATIENT CLINIC

This new VA Outpatient Clinic is now slated to be open in February of 2019. Their main phone number will forward all calls to the Loch Raven VA Outpatient Clinic until the official opening.

5235 King Avenue
Franklin Square Professional Center, Suite 200
Rosedale, MD 21237
(410) 477-1800

THE DUNDALK VET CENTER WANTS TO HEAR FROM YOU!

**Please take a moment to share your ideas
and/or tell us how we are doing.
Postcards are available in the lobby or
Contact our Deputy District Director
Joanne Boyle at (410) 828-6619**

Your
Opinion
matters



Working toward Wellness

How to Help Yourself Manage Stress: The STOP Method

Everyone experiences stress throughout their life. Stress typically ebbs and flows as stressors come and go. Believe it or not, stress isn't always bad.

"The stress response is critical to our survival. It can save our lives or enable a firefighter to carry a 300-pound man down 20 flights of stairs. Of course, most of us don't encounter a life-or-death threat all that often. We **usually** experience stress reactions in response to thoughts, emotions, or physical sensations." (Goldstein, E., *Mindful*)

Over time, if we don't learn to regulate our bodies, the effects of stress can be quite detrimental. Prolonged levels of high stress can lead to insomnia, anxiety, high blood pressure, muscle tension, gastro-digestive complaints, and a suppressed immune system.

So, what can you do to help manage stress? Here's a short practice you can weave into your day to step into the *present* and manage your stress response:

Stop what you're doing; put things down for a minute.

Take a few deep breaths. If you'd like to extend this, you can take a minute to breathe normally and naturally and follow your breath coming in and out of your nose.

Observe your experience just as it is—including thoughts, feelings, and emotions. You can reflect about what is on your mind and notice that **thoughts** are not facts, and they are not permanent. Notice any **emotions** present and how they're being expressed in the body. Then notice your **body**. Are you standing or sitting? How is your posture? Any aches or pains?

Proceed with something that will support you in the moment: talk to a friend, rub your shoulders, have a cup of tea.

There are many opportunities in the day for you to just STOP—waking up in the morning, taking a shower, before eating a meal, at a stop light, before sitting down at work and checking email.

VA News

Help is always available!

Vet Center Call Center: 1-877-927-8387

Veterans Crisis Line: 1-800-273-8255 and Press 1

The Dundalk Vet Center will be closed on Monday, February 18, in observance of Presidents Day.

Dundalk Vet Center — February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:00 Vietnam Vets Group	2
3	4 11:00 Vietnam Vets Group	5 10:30 Korea/Vietnam Vets Group 2:00 Significant Others Group	6 9:00 Meditation Group 10:00 Vietnam Vets Group 5:30 OIF/OEF Group	7 9:00 Vietnam Vets Group	8 10:00 Vietnam Vets Group	9
10	11 11:00 Vietnam Vets Group	12 10:30 Korea/Vietnam Vets Group	13 9:00 Meditation Group 10:00 Vietnam Vets Group 5:30 OIF/OEF Group	14 9:00 Vietnam Vets Group	15 10:00 Vietnam Vets Group	16
17	18 CLOSED Vet Center closed for Presidents Day	19 10:30 Korea/Vietnam Vets Group 2:00 Significant Others Group	20 9:00 Meditation Group 10:00 Vietnam Vets Group 5:30 OIF/OEF Group	21 9:00 Vietnam Vets Group 5:30 Healthcare and Benefits Group	22 10:00 Vietnam Vets Group	23
24	25 11:00 Vietnam Vets Group	26 10:30 Korea/Vietnam Vets Group	27 9:00 Meditation Group 10:00 Vietnam Vets Group 5:30 OIF/OEF Group	28 9:00 Vietnam Vets Group		



Navigating VA Healthcare and Benefits Group

* Do you have questions about the VA but aren't sure who to ask or where to go? Once a month the Dundalk Vet Center's Outreach Specialist will be providing a training on how to navigate the services and programs available through the Vet Center, VA Healthcare & Benefits Administrations.

**The Third Thursday of the Month starting on
February 21st at 5:30pm**

Dundalk Vet Center

1553 Merritt Blvd

Dundalk, MD 21222

RSVP to steven.fyfe@va.gov

www.vetcenter.va.gov

