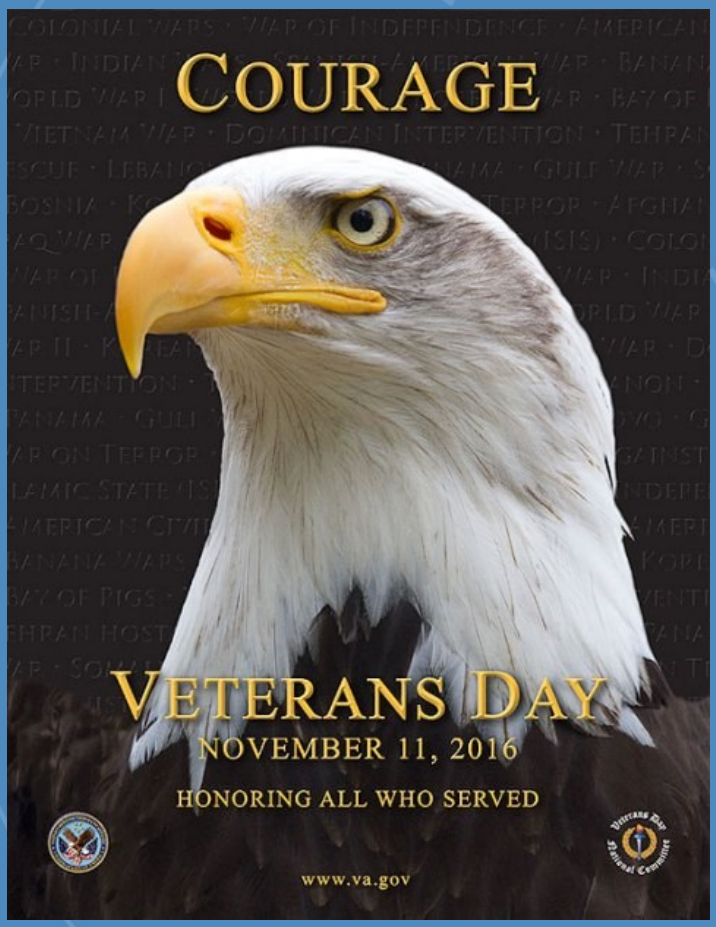
St. Cloud VA Health Care System

Brainerd | Montevideo | Alexandria

UPDATE

November/December 2016

A bi-monthly newsletter for Veterans served by the St. Cloud VA Health Care System, and for those who serve Veterans. Send news items and comments to St. Cloud VA Health Care System, Attn: Public Affairs Officer, 4801 Veterans Drive, St. Cloud, MN 56303, or via email to Barry.Venable@va.gov



Subscribe to UPDATE!
Enter your email address under Email Updates at: www.stcloud.va.gov

HONORING SERVICE
EMPOWERING
HEALTH

Calendar of Events

Tuesday, November 1 & 15 and December 6 & 20 (Noon-2 p.m.)—**Veterans Law Clinic** at the St. Cloud VA in Building 28, Room 126. Free legal consultation for Veterans for Social Security law, housing, consumer, child support, family law, and employment. No criminal law issues will be discussed. Please call 320-253-0138 or 1-800-622-7773 to schedule an appointment.

Tuesday, November 1 (6-8 p.m.)—**Vietnam Veteran Recognition for Morrison and Todd County**, Swanville High School Auditorium, 602 Degraff Avenue, Swanville, MN. As part of the national Vietnam War Commemoration, all men and women who served on active duty in the U.S. Armed Forces from November 1, 1955 to May 15, 1975, and their families are invited to a Vietnam Veteran recognition ceremony. Social is at 6 p.m. and the pinning ceremony by the St. Cloud VA begins at 6:30 p.m. To learn more about the Vietnam War Commemoration, go to http://www.vietnamwar50th.com.

Thursday, November 3 (9 a.m.-1 p.m.) and November 10 & 17 (9 a.m.-2:30 p.m.) and December 8 & 15 & 22 (9 a.m.-2:30 p.m.)—**St. Cloud VA Eligibility Staff in Wright County**, Wright County Veterans Service Office, Wright County Courthouse, 10 2nd St. NW, Room C-114, Buffalo, MN. Staff from the St. Cloud VA will be available to answer health care eligibility questions and assist with applications. Walk-ins welcome. Veterans should bring along service documentation, including:

- a copy of DD214, Armed Forces Report of Discharge
- for World War II Veterans, a copy of both sides of a Discharge Certificate
- copies of current insurance cards (including Medicare, Medicaid, or spousal insurance if it covers the Veteran). Veterans do not need to have insurance to enroll.

Thursday, Nov. 3 & 17 and Dec. 1 & 15 (11 a.m.-noon)—**Health Focus Thursday** at the St. Cloud VA, Building 29, Room 20E. Veterans served by the St. Cloud VA can help themselves stay healthy by attending one or more of a series of health education classes this fall on select Thursdays. The classes focus on health and well-being and each session covers a unique topic. No appointment or referral is needed, and Veterans may select the classes they want to attend. Co-pays may be required. One-way beneficiary travel reimbursement is available for eligible Veterans. For more information and to sign up, contact the Primary Care/Mental Health Integration staff at 320-252-1670, ext. 7531.

Date	Topic
Nov. 3	Health Benefits of Volunteering
Nov. 17	Communicating Assertively
Dec. 1	Coping with Grief
Dec. 15	Managing Holiday Stress

Calendar of Events

Friday, November 4 (11 a.m.-1 p.m.)—**Veteran Job Fair**, St. Cloud VA, Auditorium (Bldg. 8), Veterans: Meet employers that want to hire you! All Veterans are welcome to attend. No pre-registration needed. Follow the signs for parking. Questions? Contact Brad Steele at 320-333-0222. See flyer on page 6 for list of employers.

Sunday, November 6 (1 p.m.)—**Veterans Day Parade and Social** on the St. Cloud VA campus. The parade begins on the west side of the VA Medical Center campus and proceeds east across 44th Avenue and concludes on the north side of Apollo High School. This year, as part of the ongoing national Vietnam War Commemoration, parade organizers are publicly thanking and honoring Vietnam Veterans and their families. All men and women who served on active duty in the U.S. Armed Forces from November 1, 1955 to May 15, 1975, are invited to join the parade. Pre-registration for individual Veterans is not required. Immediately after the parade, Vietnam-era Veterans will be honored and recognized at the "Thank You" Open House in the Apollo Commons, at which the public can thank Veterans in person. Light snacks will be provided.

Monday, November 7 & December 5 (8-8:25 a.m.)—Listen to the **Veterans Affairs Radio Show** on KNSI AM 1450/FM 103.3.

Wednesday, November 9 (10 a.m.-3 p.m.)—**Veterans Day Event** at Capitol One Building-1st floor, 30 7th Ave. South, St. Cloud, MN. Come learn about volunteer opportunities at the St. Cloud VA as well as Veteran health care eligibility and benefits.

Friday, November 11 (11 a.m.-12:30 p.m.)—**Becker Community Veterans Day Luncheon and Resource Fair**, Becker Community Center, 11500 Sherburne Avenue, Becker, MN. The St. Cloud VA Suicide Prevention Coordinator will be available to answer questions about eligibility, health care services and resources for Veterans.

Friday, November 11 (1:30 p.m.)—**Veterans Day Program**, St. Cloud VA, Auditorium (Bldg. 8). Sponsored by the St. Cloud Metropolitan Veterans Council. The keynote speaker is Stearns County Veterans Service Officer Cory Vaske. Parking is available to the north and east of Building 8. Veterans, their families and members of the public are invited to attend.

Friday, November 11—**Outpatient Clinics Closed for Federal Holiday.** St. Cloud VA Health Care System outpatient clinics and administrative offices, including VA Clinics in Brainerd, Montevideo and Alexandria will be closed in observance of Veterans Day , a federal holiday. The Urgent Care Clinic at the St. Cloud VA Medical Center will be open. Hours of operation for the Urgent Care Clinic are 8 a.m. to 6 p.m., seven days a week, including federal holidays. The Community Living Center and residential treatment programs will be open.

Calendar of Events

Wednesday, November 16 & December 21 (8:10-8:45 a.m.)—Listen to **Voices for Veterans Radio Show** on WJON AM 1240.

Friday, November 18 (9:30 a.m.-2 p.m.)—**Celebration of Caregivers**, St. Cloud VA, Auditorium (Bldg. 8). Caregivers, Veterans and the public are invited to attend this education and resource fair. Subject matter experts from the VA will offer brief workshops throughout the day on topics relevant to Caregivers such as PTSD and families, dementia, and traumatic brain injury. VA program representatives will also be available to provide information on services such as Adult Day Health Care, home care, mental health, and telehealth. Pre-registration is not required. Refreshments will be served. For more information, contact the St. Cloud VA Caregiver Support Coordinator at (320) 252-1670, ext. 7283. See flyer on page 11 for list of topics and times.

Friday, November 18 & December 16 (noon-2 p.m.)—**Southwestern Minnesota Veterans Law Clinic** at the Montevideo VA Clinic. Free legal consultation for Veterans for Social Security law, housing, consumer, child support, family law and employment. No criminal issues will be discussed. Please call 320-403-1051 to schedule an appointment.

Thursday, November 24—**Outpatient Clinics Closed for Federal Holiday.** St. Cloud VA Health Care System outpatient clinics and administrative offices, including VA Clinics in Brainerd, Montevideo and Alexandria will be closed in observance of Thanksgiving , a federal holiday. The Urgent Care Clinic at the St. Cloud VA Medical Center will be open. Hours of operation for the Urgent Care Clinic are 8 a.m. to 6 p.m., seven days a week, including federal holidays. The Community Living Center and residential treatment programs will be open.

Thursday, December 1 (9:30-11:30 a.m.)—**Veteran Benefits Briefing**, Whitney Senior Center, 1527 Northway Drive, St. Cloud, MN. Veterans are invited to learn about VA health care eligibility and the full range of Veterans benefit programs.

Saturday, December 3 (9 a.m.-Noon)—**Nursing & Clinical Career Fair**, St. Cloud VA, Auditorium (Bldg. 8). While there are openings in many areas, the Career Fair is focused on the full range of nursing roles. The Career Fair features an introductory session designed to educate applicants on the federal hiring process, and Human Resources staff will be available to assist people with understanding the process. Pre-registration is not required. Attendees are encouraged to bring a copy of their resume or CV, and a laptop computer or tablet so they can set up an account in the electronic hiring system during the event. Information on benefits, advancements, pay scales, and the VA boarding process will be available at the Career Fair. For more information on the Career Fair contact Mandi Loxterkamp at 320-252-1670, ext. 6571, or Elaine Eckstrom, at 320-252-1670, ext. 7276. For a current list of job openings, go to https://www.usajobs.gov/.

Calendar of Events

Tuesday, December 6 (4:30-7 p.m.)—**Business Holiday Extravaganza**, Town Hall of Madden's Resort, CR 77, Lakeshore, MN. Double the fun and bring a friend along to the 20th Annual Business Holiday Extravaganza! Stop by the St. Cloud VA booth and find out about health care eligibility and Veteran benefits. Event is $3.

Tuesday, December 6 (5-6 p.m.)—**Town Hall Meeting**, American Legion Post 255, 708 Front Street, Brainerd, MN. The town hall meeting is intended to provide Veterans served by the St. Cloud VA Health Care System an opportunity to hear from and have concerns addressed by St. Cloud VA officials. Recognizing Brainerd and surrounding area Vietnam-era Veterans is the first item on the agenda at the town hall meeting. The St. Cloud VA Health Care System, a Commemorative Partner in the national Vietnam War Commemoration, is committed to publicly thanking and honoring Vietnam Veterans and their families. Vietnam Veterans and families desiring to participate in the Commemoration event can simply show up and check in at the designated table. To learn more about the Vietnam War Commemoration, visit http://www.vietnamwar50th.com/. Additionally, beginning at 4 p.m., County Veteran Services and VA staff will be available to discuss enrollment in VA health care and provide information on the full range of Veterans benefit programs.

Saturday, December 17 (9 a.m.-5 p.m.), & Sunday, December 18 (9 a.m.-3 p.m.)—**Brainerd Gun Show**, National Guard Armory, 1115 Wright Street, Brainerd, MN. Stop by the St. Cloud VA booth and find out about eligibility and health care services for Veterans.

Monday, December 26—**Outpatient Clinics Closed for Federal Holiday.** St. Cloud VA Health Care System outpatient clinics and administrative offices, including VA Clinics in Brainerd, Montevideo and Alexandria will be closed in observance of Christmas , a federal holiday. The Urgent Care Clinic at the St. Cloud VA Medical Center will be open. Hours of operation for the Urgent Care Clinic are 8 a.m. to 6 p.m., seven days a week, including federal holidays. The Community Living Center and residential treatment programs will be open.

Quote of the Day

"To avoid situations in which you might make mistakes may be the biggest mistake of all."
Peter McWilliams, Life 101

Veteran Job Fair

St. Cloud VA Auditorium (Bldg.8)

November 4th, 2016

11a.m. – 1 p.m.

All Veterans Welcome

No pre-registration needed

Employers:

ATS-Anderson Trucking Service
Capital One
GNP
Park Industries
Voigt Bus Service
Coldspring
CentraCare Health
VA Human Resources

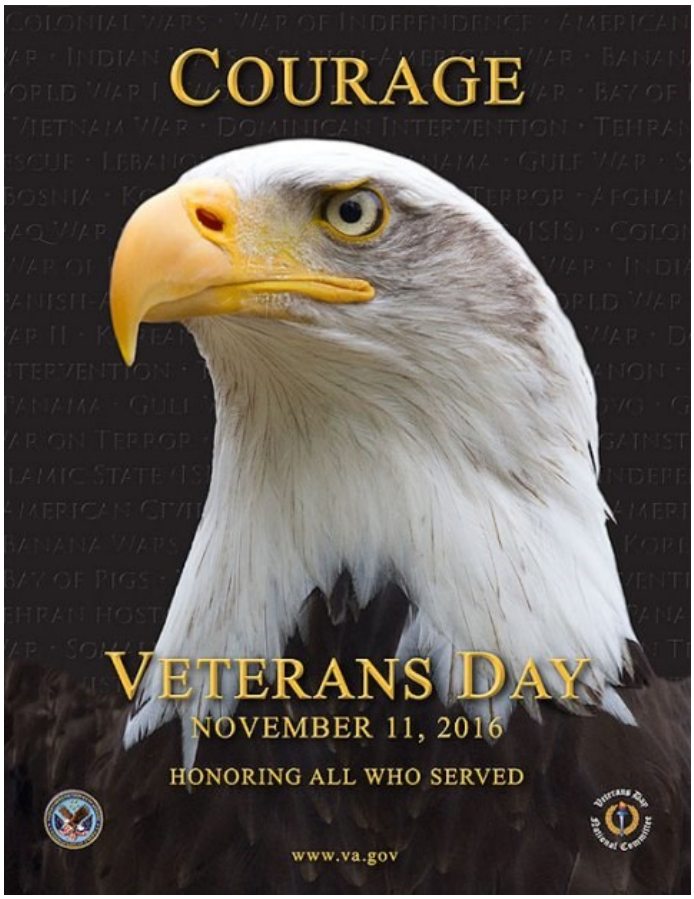
Meet employers that want to hire you!

Sponsored by a community partnership in support of Veterans.
Follow the signs for parking
Questions? Contact Brad Steele at 320-333-0222

Veterans Day Celebrations

The 10th annual **Veterans Day Parade and Social** is set for 1 p.m. **Sunday, November 6**, at the St. Cloud VA Medical Center and Apollo High School.

Sponsored by the St. Cloud Metropolitan Veterans Council, in partnership with Times Media, City of St. Cloud, and the St. Cloud VA Health Care System, the Veterans Day Parade honors the men and women who have served our country in the armed forces.



This year, as part of the ongoing national Vietnam War Commemoration, parade organizers are committed to publicly thanking and honoring Vietnam Veterans and their families.

All Vietnam-era Veterans are invited to join the parade and receive the hometown recognition they so richly deserve. Pre-registration for individual Veterans is not required.

Immediately after the parade, Vietnam-era Veterans will be honored and recognized at the "Thank You" Open House in the Apollo Commons, at which the public can thank Veterans in person. Light snacks will be provided.

The parade begins on the west side of the VA Medical Center campus and proceeds east across 44th Avenue and concludes on the north side of Apollo High School.

On **November 11**, the St. Cloud Metropolitan Veterans Council is sponsoring a **Veterans Day program** at 1:30 p.m. in Building 8 (Auditorium) at the St. Cloud VA. The keynote speaker is Stearns County Veterans Service Officer Cory Vaske. Parking is available to the north and east of Building 8.

Veterans, their families and members of the public are invited to attend.

Cont. next page

About the Vietnam War Commemoration:
Authorized by Congress, established under the Secretary of Defense, and launched by the President in May 2012, the Vietnam War Commemoration recognizes all men and women who served on active duty in the U.S. Armed Forces from November 1, 1955 to May 15, 1975. Nine million Americans, approximately 7 million living today, served during that period, and the Commemoration makes no distinction between Veterans who served in-county, in-theater, or were stationed elsewhere during those 20 years. All answered the call of duty.

By presidential proclamation issued on May 25, 2012, the Commemoration extends from its inaugural event on Memorial Day 2012 through Veterans Day 2025.
To learn more about the Vietnam War Commemoration, go to:
www.vietnamwar50th.com.

About the St. Cloud Metropolitan Veterans Council:
The St. Cloud Metropolitan Veterans Council is comprised of the following organizations:

American Legion Post #76
American Legion Auxiliary Unit #76
American Legion Post #254
American Legion Auxiliary Unit #254
American Legion Post #428
American Legion Auxiliary Unit #428
American Legion Post #323
American Legion Post #621
Veterans of Foreign Wars Post #428
Veterans of Foreign Wars Auxiliary Unit #428
Veterans of Foreign Wars Post #4847
Veterans of Foreign Wars Auxiliary Unit #4847
Veterans of Foreign Wars Post #6992
Veterans of Foreign Wars Auxiliary Unit #6992
Disabled American Veterans Chapter 9
Disabled American Veterans Auxiliary Chapter 9
Military Order of the Cootie Pup Tent #62
Military Order of the Cootie Auxiliary Pup Tent #62
Forty et Eight Voiture #415
La Societe De Femme, Cabane #415
Military Order of the Purple Heart Chapter 308
Ex-Prisoners of War, Central MN Chapter
Vietnam Veterans of America Chapter 290
Marine Corps League, Valhalla Detachment #171
American Veterans (AMVETS) # 11
Women in the Military, Central Minnesota Unit

DID YOU KNOW?

—Ketchup was sold in the 1830s as medicine.

—Leonardo da Vinci could write with one hand and draw with the other at the same time.

National Veterans Creative Arts Festival 2016

During the week of October 10-17, 2016, eight St. Cloud Veterans attended the National Veterans Creative Arts Festival in Jackson, Mississippi. They were among approximately 120 other Veterans selected from the gold medal winners of the year-long, national fine arts talent competition in which thousands of Veterans enter from VA medical facilities across the nation. The visual artists participated in workshops, museum tours, and also presented their pieces to the public during an art exhibit on October 16, while the performing artists spent the week preparing for the October 16 stage show gala, which included musical, dance and dramatic selections. Throughout the week, the group shared their talents and experiences with each other, making lasting friendships and bonding over the progress and recovery made through involvement with the creative arts. Many of these Veterans have experienced life crises, disease, or disability and have found healing through their creative achievements. One St. Cloud participant said it was the best week of his life and that he hasn't felt so alive in years. Congratulations to our St. Cloud participants!

Steve Buley, Rick Stang, Art Ruzanic, Madge Scherer

Mike Bray, Tribute to the Troops Guitar

Wally Kollmann, The Cage

John Bickler, Old West Travel Bag

Jack Wimmer, Morning Gathering

(left to right) Madge Scherer, Music Therapist; Betty Starr, American Legion Auxiliary volunteer; John Bickler, visual artist; Wally Kollmann, visual artist; Jack Wimmer, visual artist; Mike Bray, visual artist; Joyce Wimmer

(left to right) Steve Buley, John Sainato, Art Ruzanic, Rick Stang - performing artist participants

Celebration of Caregivers

Family caregivers make countless sacrifices to support ill, injured, or disabled Veterans. To support them in caring for Veterans, the St. Cloud VA is hosting a "Celebration of Caregivers" education and resource fair on Nov. 18, from 9:30 a.m. to 2 p.m., in the Auditorium (Bldg. 8) at the St. Cloud VA Medical Center, located at 4801 Veterans Drive, in St. Cloud.

The schedule of workshops is listed above.

Caregivers, Veterans and the public are welcome to attend this free event. Pre-registration is not required. Participants may attend the workshops of their choice.

For more information on VA's Caregiver Support Program, go to http://www.caregiver.va.gov, call VA's toll-free Caregiver Support Line at 1-855-260-3274, or contact the St. Cloud VA Caregiver Support Coordinator at (320) 252-1670 ext. 7283.

Tobacco and Your Health

There is a long history of smoking and tobacco use in the military. If you are a Veteran who uses tobacco, there is a good chance you started during your military service.

Many Veterans:

- Used tobacco more during deployment
- Face difficulties adjusting to a non-tobacco culture when returning home from deployment
- Find themselves around others who use tobacco
- Have turned to VA to help them successfully quit tobacco

Facts about Veterans and tobacco use

- Veterans who use tobacco experience negative health effects, including cancer and heart disease. It can make mental health conditions worse.
- Female Veterans smoke at rates similar to male Veterans. Learn about special health concerns of women who use tobacco.
- 7 out of 10 Veterans who smoke want to quit and 1 out of 2 Veterans is successful. It may take more than one try, but you can quit tobacco and experience the benefits.
- Secondhand smoke kills about 50,000 people in the United States each year. It is in your power to protect the health of those around you by quitting tobacco.
- If you know a Veteran who uses tobacco, you can help him or her quit.

Learn more at: http://www.publichealth.va.gov/smoking/.

Stop by the St. Cloud VA Canteen on Thursday, November 17, from 11 a.m.-1 p.m., and participate in the Great American Smokeout!

Vietnam Veteran Recognition & Veterans Town Hall Meeting

December 6, 2016
5 p.m.

American Legion Post 255
Located at:
708 Front Street
Brainerd, MN

Recognizing Brainerd and surrounding area Vietnam-era Veterans is the first item on the agenda at the town hall meeting. The St. Cloud VA Health Care System, a Commemorative Partner in the national Vietnam War Commemoration, is committed to publicly thanking and honoring Vietnam Veterans and their families. Vietnam Veterans and families desiring to participate in the Commemoration event can simply show up and check in at the designated table. To learn more about the Vietnam War Commemoration, visit http://www.vietnamwar50th.com/

Integrity Commitment Advocacy Respect Excellence

Nursing & Clinical Career Fair

The St. Cloud VA is hosting a Career Fair for nursing and clinical occupations on Dec. 3, from 9 a.m. to Noon, in Bldg. 8 (Auditorium), at the St. Cloud VA Medical Center, located at 4801 Veterans Drive, in St. Cloud.

While there are openings in many areas, the Career Fair is focused on the full range of nursing roles.

The Career Fair features an introductory session designed to educate applicants on the federal hiring process, and Human Resources staff will be available to assist people with understanding the process.

Pre-registration is not required. Attendees are encouraged to bring a copy of their resume or CV, and a laptop computer or tablet so they can set up an account in the electronic hiring system during the event.

Information on benefits, advancements, pay scales, and the VA boarding process will be available at the Career Fair.

VA careers offer salaries and comprehensive benefits comparable to the private sector. But, VA has something that no other health care system does: the opportunity to serve Veterans. As the largest health care system in the U.S., the career opportunities are endless, matched with the fulfillment that comes with caring for these brave men and women.

For more information on the Career Fair contact Mandi Loxterkamp at 320-252-1670, Ext. 6571, or Elaine Eckstrom, at 320-252-1670, Ext. 7276.

A current list of job openings is available at www.usajobs.gov.

Linden Grove Veteran Apartments

Construction of the Linden Grove Veteran Apartments, an affordable, permanent supportive housing community with priority placement for homeless or at risk of homelessness Veterans, is complete and apartments are now available for occupancy.

Linden Grove Veteran Apartments features fully furnished, spacious studio, 1 and 2 bedroom apartment homes located at 4105 12th Avenue North in St. Cloud, Minnesota. The community includes a community room with kitchenette, TV lounge area and computer center, on-site laundry and supportive services provided by Minnesota Assistance Council for Veterans (MACV). Veterans have priority placement at the community and the goal is for 100 percent of the occupants to be Veterans.

Overall, it is the goal of the project to assist Veterans to achieve greater social and economic independence through quality, stable housing and comprehensive support services.

The target households for the community are homeless Veterans and Veterans at risk of homelessness. It is available to single adults in an alcohol free environment. It offers on-site referral support for a broad spectrum of services, including job search assistance and computer skills training, while providing Veterans close proximity to health care services. This approach grants the resident Veterans access to a wide variety of programs, specialties and disciplines in the community in which they live.

As an affordable housing community, residents need to meet income, rent, screening criteria and other qualifications. Persons interested in renting an apartment can contact Sand Property Management, LLC at (320) 258-3400.

Linden Grove Veteran Apartments is a public-private partnership between VA and the lead developer, Sand Companies, Inc., of Waite Park, Minnesota, using VA's Enhanced Use Lease program.

A grand opening celebration is planned for Dec. 14, from 2 to 5 p.m. with a formal ceremony at 3 p.m.

Cont. next page

(Photo 1) Linden Grove Veteran Apartments in St. Cloud, Minnesota, opened to residents on Oct. 28, 2016. Linden Grove is an affordable, permanent supportive housing community with priority placement for homeless or at risk of homelessness Veterans.

(Photo 2): The community room at Linden Grove Veteran Apartments in St. Cloud, Minnesota features a kitchenette, computer center and lounge area for residents. Linden Grove welcomed its first residents on Oct. 28, 2016.

(Photo 3): A fully furnished apartment awaits its first resident in the recently opened Linden Grove Veteran Apartments in St. Cloud, Minnesota, on Oct. 28, 2016. Linden Grove is a public-private partnership between VA and the lead developer, Sand Companies, Inc., of Waite Park, Minnesota, using VA's Enhanced Use Lease program.

What Will You Find in the New My Health*e*Vet?

Good news: My Health***e***Vet, VA's award-winning online Personal Health Record that provides Web-based tools to to help Veterans become active partners in their own health care, has been making some revisions recently; some of them visible, some of them not. We have started using a new publishing system that will help us make updates more easily and quickly. We've made some changes in the health content. You may notice that our URLs are simpler and shorter. Most of the adjustments are 'behind-the-scenes,' and you won't need to re-learn how to use the features you rely on. Go to My Health***e***Vet today to see the new and improved site.

Here is a quick look at what you will see in this enhanced My Health***e***Vet:

- Visitors will arrive directly on the Home Page and can log in; no more "Splash Page" to pass through.
- The most popular features will be front and center for your easy access: Pharmacy, Appointments, Secure Messaging and Health Records. Logged in Veterans will have quick access to key pages.
- The familiar red Navigation Bar will remain the same but you will need to update your browser "favorites" or "bookmarks."
- The My Health***e***Vet Search Engine got a big upgrade, and the results will be divided between the VA-wide results and My Health***e***Vet results, in a more compact and easier-to-read format.
- The My Health***e***Vet Community gives a tighter focus to issues around Veterans and health care; volunteering at the VA Medical Centers, volunteering for research; basic benefits resources; news about VA and Spotlight articles about using My Health***e***Vet for your health management.
- Five of the Healthy Living Centers and the Common Conditions Center have been "retired." In their places you will find links to VA's most authoritative, current and useful health information on things like diabetes, heart health, Agent Orange and smoking cessation.
- Now My Health***e***Vet is mobile friendly; all pages are viewable without expanding or enlarging on mobile devices. The Logon is adapted for smartphone and tablet use.
- The main address, *www.myhealth.va.gov*, isn't changing.

Change is seldom easy, but we are pretty confident that you'll like what you'll see. We've been listening to Veterans and their family members about what is good and what needs improvement in MyHealth***e***Vet. When you first use the enhanced site, you can tell us what you think of these changes and report any problems using the **Contact MHV** link in the top navigation bar.

Get Checked: Recommended Screenings and Immunizations

As you get older, you are at greater risk for certain illnesses and diseases. While you can't prevent aging, you can help detect and prevent these illnesses and diseases early on. Screenings can help find them earlier when they can be more successfully treated.

Most screenings are based on age, sex, health, and family history. Mammograms and prostate exams are just two options you may have heard about that can screen for cancer, but here are many different recommended screenings for both women and men.

Check out this video on the recommended screenings and immunizations, and talk with your health care provider about what screenings are right for you.

Learn About Screenings

From vaccinations to getting your blood pressure checked to a mental health evaluation for PTSD and exams for different types of cancer, screenings can mean living a healthier life.

My Health***e***Vet has two screening tools available to registered users online. The depression screening and the PTSD screening are a series of simple questions you can answer to help you decide if you should discuss further screens or tests with your health care provider. Only you can see the results.

You can learn about types of cancer and the recommended screenings via the **Veterans Health Library**, where they have many resources available to Veterans.

Read More

Mammogram for Breast cancer *(Veterans Health Library)*

Pap Test for Cervical cancer *(Veterans Health Library)*

Colonoscopy and other tests for Colorectal cancer *(Veterans Health Library)*

Three Ways to Tame a Temper

With the holidays coming up, there will be more traffic, responsibilities, and stress. Anger can quickly become an overwhelming and intense feeling. VA's Anger & Irritability Management Skills (**AIMS**) course offers a range of tools to help develop self-control over thoughts and actions. From taking some time to yourself, to deep breathing, to knowing your personal anger triggers, there are several ways you can work to manager your anger. Visit the Anger & Irritability Management Skills training course to learn more about managing anger.

Meet the Veterans

Meet the Veterans who graciously gave their time and shared their stories to make this course.

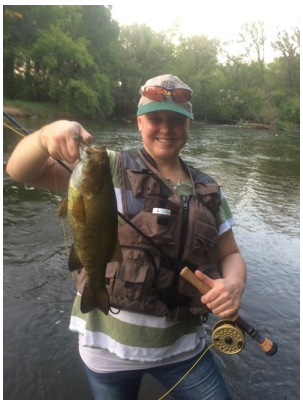
There are eight modules, each containing videos, games and interactive exercises:

1. Getting Started Managing Your Anger
2. Understanding Your Anger
3. Breaking the Aggression Cycle
4. Behavioral Tools to Manage Your Anger
5. Cognitive Tools to Manage Your Anger
6. Conflicts and Communication
7. Your Anger Control Plan
8. Making It Work

Project Healing Waters

"Fishing is our therapy."

Project Healing Waters is an organization that provides opportunities for Veterans to learn skills related to fly fishing. The St. Cloud VA has been partnering with PHW since 2009 to provide fly fishing as a recreational therapy. Every Wednesday night, dedicated volunteers of Project Healing Waters, in collaboraton with the St. Cloud Fly Anglers Club, provide two hours of instructions on fly tying, fly casting and fly fishing to Veterans.



Every summer these Veterans go fly fishing in the river. They certainly have goals of catching the big one, but what they experience is so much more. As soon as they step foot in the river and feel the water rushing over their feet and legs, they soften, relax, and breathe deeply. They begin to laugh, listen and connect to each other, to nature, and to themselves.

With the weather settling into those crisp autumn nights, classes move indoors and Veterans learn the skills of fly tying and fly casting. Sitting at the table with the volunteers and their peers, Veterans learn the importance of a supportive community, and the joy that comes from healthy leisure. They learn the importance laughter plays in relieving frustration, and patience with themselves. They fully absorb their minds on a task, staying in the moment, and allowing all other stressors to take a back seat.

Some might say it's just fishing. For our Veterans, it's therapy.

A Recipe for Health

Dutch Oven

Chicken & Dumplings

Ingredients

1 tsp. oil
2 carrots, scraped and sliced
2 stalks celery, sliced
1 sm. onion, diced
1 sm. potato, diced
2 (12-oz.) cans chicken broth, low-sodium
¼ c. frozen corn, thawed
¼ c. frozen peas, thawed
1 c. cooked chicken breast, diced
1 tube Pillsbury Grands or refrigerator biscuits
Salt and pepper to taste
Mrs. Dash garlic and herb seasoning

Directions

In Dutch oven, heat oil over medium-high heat. Add carrots, celery, onion and potato. Cook 7-10 minutes, stirring frequently. Add broth. Salt and pepper to taste. Bring to a boil. Add corn, peas and chicken. Bring back to boil. Add biscuits on top. Cover and simmer for 10 minutes. Remove lid and sprinkle top of biscuits with Mrs. Dash garlic and herb seasoning. Simmer 10 minutes more with cover off. Serves about 6.

Nutritional Information

300 calories, 9g fat, 38g carbohydrates, 16.5g protein, 1042mg sodium

Take care of your buddy!

Help a fellow Veteran enroll for VA healthcare.
Contact your County Veteran Service Officer, call the St. Cloud VA at 320-255-6340, or apply online at
www.vets.gov

www.facebook.com/StCloudVAHCS

Connect with us on Facebook!