

*You served, you deserve
★ the best care anywhere*



Clement J. Zablocki VA Medical Center

Winter 2016

Wisconsin Winter Pleasures

As the weather gets colder and the snow starts to accumulate, our world seems to shrink. Many of us spend more time indoors. As Wisconsinites, however, we don't need reminding that there are plenty of things to do outside.

Some of you may be suffering from depression or post traumatic stress disorder. It is especially important for you to not give in to the temptation to cocoon entirely. Winter can be visually stunning and physically invigorating.

Here are a few ideas for places to go in Wisconsin that can make it worth your while to break out of your cocoon.

- * **The Urban Ecology Center** has three locations, Riverside Park, Washington Park and Menomonee Valley. They rent snow shoes and cross country skis and offer winter hikes in the woods. <http://urbanecologycenter.org/>
- * **Schlitz Audubon Nature Center** has wonderful winter walking trails where you might find wild turkey, foxes, and possums. They also have a fascinating raptor program to educate people about hawks, eagles and other predatory birds. <http://www.schlitzaudubon.org/>
- * **Wisconsin State Parks and Forests** are wondrous places to take advantage of nature walks and classes. <http://dnr.wi.gov/calendar/events/parks/index.asp>

Did you know?

Havenwoods State Forest is Wisconsin's only urban state forest, featuring 237 acres of grasslands, woods and wetlands in the city of Milwaukee?

Hike, run, bike and watch wildlife on over six miles of trails. Explore one of the four ponds, stroll over the 120-foot bridge, or find a bench to sit and relax outdoors.

<http://dnr.wi.gov/topic/parks/name/havenwoods/>

Activities at the Milwaukee VAMC

Come on in. The waters fine!



Swimming, especially in the Medical Center's warm pool, is a great activity in the winter. Women only open swim is on Wednesdays from 2 to 3 p.m. in B0520 (physical therapy). You will need to bring your own suit, but towels are provided. Prior to your first swim you will need to complete an assessment.

For more information, call 414- 384-2000 (toll-free 1-888-469-6614) extension 43992.

Warrior Stance – Veteran Yoga and Relaxation



Yoga is another great winter activity. Yoga can be done by anyone with any level of experience or skill, even while sitting in a chair. It nurtures the mind and body through stretching, breathing and moving.

Social worker, Erin Bullock teaches this very popular class on Tuesdays from 4:15-5:15 p.m. in Building 43, Room B105.

For more information, call 414-384-2000 (toll-free 1-888-469-6614) extension 46815.

WAMM for Women



For those of you who don't already know about this fabulous program, WAMM stands for Walk A Mile or More. It is a program that has helped hundreds of Veterans improve their mobility, health, and weight. Occupational therapist, Jill Taxman, offers a WAMM group just for women in the Women's Resource Center. This group meets once a week for approximately one hour.

If you think you might be interested or for more information, call 414-384-2000 (toll-free 1-888-469-6614) extension 41140.

Why is the VA is a great place to get your health care?

Testimonial from a woman Veteran who receives her health care at the Milwaukee VA

In August, 2015 I tore a tendon in my calf. I was at work when I realized that I really needed to get it looked at. I called my primary care team and they told me to come right in. As I was leaving my nurse practitioner called and told me to go straight to emergency because they were better equipped to help me. I was grateful to her. It meant less running around for me. I don't usually use the valet service but that day I really needed it and the people working there are very efficient and friendly. I checked in at the ER, and they took me over to Urgent Care. All of this was done quickly and with a smile and all was explained very well.

I was taken to X-ray, and then met with the on call physician. He explained everything so that I understood what the diagnosis was, and what my plan needed to be to heal. I was taken to prosthetics and given crutches, then escorted to pharmacy to get a prescription for anti-inflammatory medication. I was also prescribed pain relievers for a short duration. I left my work at 11 a.m. and was back at work in Waukesha by about 2 p.m. This is my usual experience at the VA. Friendly, efficient, with more explanation of my condition than most private physicians.



Resources for You

Job Search

Wisconsin Jobs for Vets

If you have served in the armed forces, have a service-connected disability rating of 30% or more, and are not currently employed in a permanent position with the State of Wisconsin, you may be considered for jobs in state agencies, without having to compete or take a civil service exam.

In addition, your information will be automatically sent to specialists who are specifically trained to help Veterans gain employment in the public or private sector.

<https://wiscjobsforvets.wi.gov/public/index.asp>

Stop Smoking for Good

Quit VET

A toll-free smoking quitline. Counselors help you develop a quit plan and provide strategies to prevent relapse.

Available Monday to Friday 8 a.m.-10 p.m. (ET)
1- 855- 784-8838

SmokefreeVET

A mobile text message smoking cessation service. 24/7 encouragement and tips to help you stop smoking.

To sign up:
text the word VET to 47848 from your mobile phone or visit www.smokefree.gov/VET

I'm One Campaign

Help us spread the word. The Center for Women Veterans has created a special web page that will showcase women Veterans from November through March.

www1.va.gov/womenvet/generations/selfies.asp

1. Go to the Center for Women Veterans webpage.
2. Print out one of the *I'm One* signs on the page (there are 3 different sizes).
3. Take your photo with the sign.
4. Post the picture to your social media pages on Facebook, Twitter and Instagram with #womenVetSelfie and @DeptVetAffairs



Support Women Veterans through the Sister Assister Program

The Milwaukee VA Medical Center is looking for female Volunteers who would be willing to meet Women Veteran patients at the Medical Center entrance and escort them to their appointment. The Sister Assister would wait until the appointment is complete and then escort the Veteran back to the Medical Center entrance.

Volunteers must complete a background check and Voluntary Service orientation. Volunteers must be female. Military service is a plus.

For more information, contact Jill Feldman, Women Veterans Program Manager, at 414-384-2000 (1-888-469-6614), extension 41926.



Internet

Milwaukee VAMC

www.milwaukee.va.gov/services/women/index.asp

VISN 12

<http://www.visn12.va.gov/services/women/index.asp>

National Veterans Health Administration

www.womenshealth.va.gov

Facebook

Milwaukee VAMC

<https://www.facebook.com/MilwaukeeVA>

National Veterans Health Administration

<https://www.facebook.com/VeteransAffairs>

Twitter

Milwaukee VAMC

<https://www.twitter.com/MilwaukeeVA>



Every VA hospital has a Women Veterans Program Manager to help women navigate the system and to promote high standards of care for the women Veterans we serve. The WVPM for the Milwaukee VA Medical Center and community outpatient clinics is Jill Feldman, PhD, LCSW. She is eager to hear your thoughts and concerns.

414-384-2000 or
(toll-free 1-888-469-6614)
extension 41926

Women's Resource Center, Milwaukee
VAMC, Building 109

WVPM

WOMEN'S HEALTH NEWS

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Womens Health Program.

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Copies of Women's Health News are available in the waiting rooms of Zablocki VA Medical Center Womens Clinic and community outpatient clinics. You can also subscribe to the electronic version of this newsletter at listserv@listserv.va.gov. To view the electronic version of this newsletter go to www.milwaukee.va.gov/services/women/index.asp

