

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



Clement J. Zablocki VA Medical Center

Issue 1 ★ Spring 2015

Prevent Skin Cancer

Relaxing in the sun may feel good. But it isn't good for your skin. In fact, being exposed to the sun's harmful rays is a major cause of skin cancer.

- ☀ Protect your skin when you go outdoors during the day.
- ☀ Wear clothing that covers your skin. Use a wide-brimmed hat to protect your face, ears, and scalp.
- ☀ Wear sunglasses that block UVA and UVB rays. Sunglasses that wrap around your eyes are best because they block UV rays from the sides.
- ☀ Watch the clock. Try to avoid the sun between 10 a.m. and 4 p.m., when it is strongest.
- ☀ Remember you're still at risk on cloudy days because clouds only block about 20 percent of UV rays.
- ☀ Head for the shade or create your own. Use an umbrella when sitting or strolling.
- ☀ The sun's rays can reflect off sand, water, and snow, so take extra care when you are near reflective surfaces.



Tips for Using Sunscreen

- ☀ To help prevent skin cancer, choose the right sunscreen and use it correctly.
- ☀ Choose a sunscreen that has a sun protection factor (SPF) of at least 30 and is effective against both UVA and UVB (ultraviolet A and B) rays.
- ☀ Reapply sunscreen every 2 hours or sooner if you get wet or sweat a lot. If you're active, do this more often.
- ☀ Cover all exposed skin, from your face to your feet. Don't forget your ears and your lips.

A healthy pregnancy makes a great first gift.



Talk to your VA provider if you are pregnant or hope to be.

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



Department of Veterans Affairs

www.publichealth.va.gov/womenshealth
Women Veterans Health Strategic Health Care Group, VACO 04/2011

Introducing Michele Geiger-Bronsky



Introducing one of our newest women's health primary care providers at the Green Bay Health Care Center, Michele Geiger-Bronsky MSN, RN, APNP, FNP-BC

Michele received her Masters of Science in Nursing from Marquette University. Her nurse practitioner certificate is from California State University-Dominguez Hills. In 2008, Michele was named Champion of Women's Health by the Wisconsin Women's Health Foundation.

"The opportunity to become involved in expanding services to female Veterans brings me to the VA. I have a special passion for reproductive health care with an interest in labor and delivery. I strive to go above and beyond to work with our clients as partners and help educate clients so they can make better choices. My appreciation for Veterans has skyrocketed and I have the incredible opportunity to meet heros everyday."



Two Free Terrace Level Brewers Tickets

are available for all Sunday games for active duty, retired

military and Veterans. Active duty must present military identification. Veterans must present DD 214. Go to windows 7-12 at Miller Park on game day.



Resources for You

Marquette Volunteer Legal Clinic for Veterans and their Families

1st and 3rd Mondays
4 p.m. to 6 p.m. – no appointment needed.
Milwaukee County Veterans Service Office
6419 W. Greenfield Avenue, West Allis
For more information call: 414-266-1235 (legal advice cannot be given over the phone)

Dry Hootch - Women's Wednesday

Every Wednesday, 12 p.m. to 5 p.m.
4801 W. National Avenue, 414-988-9828
All women are welcome. Coffee provided and chatting and/or structured activities such as jewelry making, crafts, etc.

Women Veterans Open Pool Session

Every Friday from 1 p.m. to 3 p.m.
Room B0520
First come, first serve basis/12 person maximum/towels are provided
Contact Courtney Zeller 414-384-2000, ext. 45981 before using pool for the first time.

Phase II – Jane's House (A Women's Recovery Group) "Achieving sobriety through self-reliance, self-empowerment and self-improvement." For more information contact Rene Burgoyne, 414-384-2000, ext. 46575.

LGBT Support Groups at Milwaukee VAMC

Contact Gregory Simon, PhD
414-384-2000, ext. 46844

Upcoming Events

3rd Annual VA Mental Health Summit, "Leave No Woman Behind; Connecting Women Veterans to Resources" July 22, 2015 • Marquette University

The purpose of the Summit is to enhance the well-being of Veterans and their family members through increased collaboration between the VA and the community. Our goal is to engage in active dialogue on how we as a community can address the mental health needs of Veterans.

Topics of the 2015 Summit include:

- Connecting women Veterans to both VA services and community resources.
- Homelessness and women Veterans
- Trauma care for women Veterans.
- Residential treatment for women Veterans both at the VA and in the community.
- Alternative medical treatments

- Animal companions in the recovery process.
- Women Veterans and the legal system.
- Mental health treatment for families and children of women Veterans.
- Outpatient treatment for women Veterans at the VA and in the community.
- Domestic Violence/Intimate Partner Violence

The Mental Health Summit is free and open to professionals, Veterans and other civilians. It includes breakfast and lunch, and will be held at Marquette University.

To register to attend the summit contact Sandy Rice 414-384-2000 ext. 42673 or sandy.rice@va.gov

REMINDER:

Camp American Legion 5th Annual Women's Week is June 15-19,

Big Carr Lake near Minocqua. Free to WI Veterans. Registration is required. Contact Kevin Moshea at 715-277-2510 or register online at www.legion.org/troops/photos/217150/camp-american-legion for this or any other week. Camp themes vary each week.

Pridefest Milwaukee Summerfest Grounds, June 5-7

<http://pridefest.com/>
General admission is \$13.00. A weekend pass is \$33.00.



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

A quarterly publication of the Zablocki VA Medical Center Womens Health Program.

Editor
JILL FELDMAN

Contributor
JILL ZAHN

Layout and Design
KIM CHAPMAN

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

