

VA PUGET SOUND
HEALTH CARE SYSTEM

**PATIENT
EDUCATION
PROGRAMS**

Fall 2020

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
VA Puget Sound Health Care System



VA Puget Sound is pleased to offer a variety of patient education classes to support Veterans with their health goals. During this time of physical distancing, all the classes listed in this brochure are available virtually, either by phone or video teleconferencing.

Veterans enrolled at VA Puget Sound Health Care System can self-refer to most of the classes listed in this brochure, except where noted.

For information about copays, please call the VA Billing Department at 1-800-329-8387 ext. 76299

Be well. Stay safe.



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SEATTLE AND AMERICAN LAKE WALK-UP / DRIVE THRU FLU SHOT OPTIONS FOR VETERANS:

- **VA Puget Sound Flu Shot Walk up / Drive-thru Clinic Dates:**

October 19-23 and October 26-30 from 9:00-4:00. Once a week options will be available throughout the flu season. Veterans can call the Flu Hotline after the initial flu blitz is over for details about those options.

- **For CBOC options, Veterans can call the Flu Hotline for information.**

- **NEW COMMUNITY FLU SHOT OPTIONS** for Veterans are available this year. Veterans can visit www.va.gov/find-locations/ to locate an in-network pharmacy or urgent care near them to receive a free flu shot.

VA PUGET SOUND **FLU HOTLINE 1-800-329-8387 ext 64040**



CAREGIVER SUPPORT

REACH VA Caregiver Program

REACH VA Caregiver Program improves the emotional and physical well-being of caregivers and enhances quality of care for their loved ones. Caregivers are taught problem-solving skills and stress and mood management techniques and provided information on disease related concerns that are customized for each caregiver. There are four sessions between the caregiver and a Program Coach (more if needed).

Day/Time: Call for information

Contact: Caregiver Support Program (206) 277-6696

REACH VA Caregiver Telephone Support Groups

REACH VA Caregiver Telephone Support Groups for caregivers teach valuable skills in a group format to help with problem solving, stress management and positive thinking. The Telephone Support Group Leader works with a group of caregivers to learn better ways to deal with challenges and find time to care for you as well.

Day/Time: Call for information

Contact: Caregiver Support Program (206) 277-6696

***Caregivers* FIRST**

Caregivers FIRST is a caregiver skills training program with the goal of connecting caregivers to resources to help them feel more confident, capable and supported in their caregiving role. The program is designed to help caregivers build coping, support-seeking and hands-on skills and strategies.

Day/Time: Call for information

Contact: Caregiver Support Program (206) 277-6696



National Center for PTSD

COVID COACH



COVID Coach is a **free, easy-to-use mobile application** created for everyone, including Veterans and Servicemembers, to support self-care and overall mental health during the coronavirus (COVID-19) pandemic. It was developed by the Department of Veterans Affairs (VA) in 2020. The app connects you to resources to help you cope with stress, stay healthy, stay connected, and navigate parenting, caregiving, and working at home while social distancing or sheltering in place. COVID Coach is not meant to replace professional care related to COVID-19 or mental health conditions.

LEARN ABOUT COPING DURING THE PANDEMIC

COVID Coach can support you with information to help you stay balanced, connected, safe, and healthy.

- Learn about healthy behaviors to protect yourself during the pandemic
- Find tips to help you with remote working, parenting, and caregiving
- Explore indoor activities to do on your own, with a partner, or with children

MANAGE SELF-CARE AND WELL-BEING

Find tools to help you manage stress during the pandemic. You can also mark the activities that are your favorites and create your own tools.

- Practice relaxation and other stress-management exercises
- Track your mood, anxiety level, well-being, and stress symptoms over time to recognize patterns and figure out what works for you
- Create your own personal support network

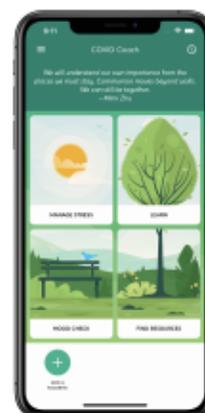
SET PERSONAL GOALS AND TRACK GROWTH

Creating a goal for yourself—something you can do on a daily basis to help you take care of yourself—and tracking your growth is a helpful way to focus on the positive.

- Set personal goals: small things to help yourself, a family member, or a friend
- View graphs that show your growth over time
- Set reminders to visit the app each day and work toward your goals

GET SUPPORT

If you're in crisis, there are resources to connect with people who can help. Add contact information for people you trust and reach out when you need support.



For more information, visit:
www.ptsd.va.gov/appvid/mobile

Date Created: April 23, 2020



U.S. Department
of Veterans Affairs



COVID-19 SUPPORT

COVID-19 Telephone Support Group for Older Veterans

This 8-week class aims to improve older Veterans' effectiveness in managing problems in daily living and dealing with COVID-19-related mood and anxiety symptoms. Veterans learn and practice skills to improve/maintain their level of functioning, increase life satisfaction and well-being, and maintain health/safety related to COVID-19. This class is offered by telephone with a maximum of 10 Veterans and for Veterans age 60 and older.

Day/Time: Mondays, 2:00pm-3:00pm

Contact: Alice Verstaen, PhD (206) 277-5782 or
Elizabeth Hirschhorn, PhD (253) 583-1436

Healthy Living During Stressful Times

Manage Stress
How can I manage my stress at home?

- Stay connected with your family and friends
- Take a few deep breaths

If you are in a crisis, call the Veterans Crisis Line at **1-800-273-TALK (8255)**. Or text 838255 or chat online at: www.veteranscrisisline.net

Be Safe
How can I be safe at home?

- Wash your hands with soap and water for 20 seconds
- Avoid touching your eyes, nose, and mouth
- Cover your cough and sneezes
- Keep surfaces clean (countertops, doorknobs, etc.)

Eat Wisely
How can I maintain a healthy diet when I am stressed or bored?

- Stick to a consistent meal schedule
- Stock healthy snacks – Remove Temptation

Sleep Well
How can I sleep better?

- Keep a regular sleep schedule every night
- Avoid alcohol, caffeine, and screen time before bed

Limit Alcohol
How can I limit my drinking?

- Commit to safe daily limits 2 drinks/day (for men) or 1 drink/day (for women and those over age 64)
- Reach out for support if you are having trouble sticking to daily limits

Be Involved in your Health Care
How can I stay connected with my health care team at home?

- Send a Secure Message in MyHealthVet
- Schedule a telehealth appointment

Be Physically Active
How can I be physically active at a safe distance?

- Be active indoors
- Take a walk or hike
- Garden or do yard work

To Learn More:
https://www.prevention.va.gov/Healthy_Living/Healthy_Living_During_Stressful_Times.asp

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Veterans Health Administration



HEALTH EDUCATION & SUPPORT

ABCs of Long-Term Care Seminar

Join us to learn about Long Term Care resources both in the Department of Veterans Affairs as well as in your local county.

Day/Time: Offered 1-2 times per month, 10:00am-12:00pm

Contact: Ann Stewart, LICSW (360) 419-3698

Acupressure Skills for Chronic Pain

This is a 4-session class for learning the basics of acupressure. Learn traditional points for chronic neck and low back pain, headaches, and effective points for relaxation. Referral from your primary care provider is required.

Day/Time: Tuesdays, 1:00pm-1:50pm

Contact: Pain clinic (206) 277-5177

ALS Support Group

To attend the group, dial 1-800-767-1750 and enter the access code 57987# when prompted.

Day/Time: First Wednesdays of the month, 11:00am-12:00pm

Contact: Jenny Bambara, PhD (206) 277-4264 or
Derek Anderson, PhD (253) 583-1896

Amputee Support Group

To attend the group, dial 1-800-767-1750 and enter the access code 85109# when prompted.

Day/Time: First and Third Mondays of the month, 11:00am-12:00pm

Contact: Jenny Bambara, PhD (206)277-4264



Cancer Support Group

This weekly support group is for all Veterans with a cancer diagnosis in the past or at the present. To attend the group, dial 1-800-767-1750 and enter the access code 95348# when prompted.

Day/Time: Fridays, 12:00pm-1:00pm

Contact: Ana DeVage, LICSW, OSW-C (206)764-2624 or
Melinda Walker, LICSW (206) 277-6756

Chronic Pain Class

This class focuses on helping people understand the connection between their body and emotions, and how thoughts, feelings, and behavior affect the way we manage pain. We also emphasize helping individuals to explore ways to continue to live important values despite limitations imposed by chronic pain disorders.

Date/Time: Mondays, 3:00pm-4:00pm

Contact: Grant Shulman, PhD (253)583-3174





Diabetes Education Program

This one-time class provides education on diabetes and diabetes self-management.

Date/Time: Offered monthly, 9:00am-12:00pm

Contact: (253) 583-3373 or (800) 329-VETS Ext 73373

Home Telehealth

The Home Telehealth program helps you learn to better manage your health through daily questions and health tips in the comfort of your own home. Registered Nurse Care Coordinators routinely monitor the information that you are sending in and call you to talk about your symptoms and progress. There is no charge for Home Telehealth services.

Home Telehealth is currently able to serve Veterans with the following conditions:

- Anxiety
- Bipolar Disorder
- Congestive Heart Failure (CHF)
- Coronary Artery Disease (CAD)
- Chronic Kidney Disease (CKD)
- Chronic Obstructive Pulmonary Disease (COPD)
- Depression
- Diabetes (DM)
- Hypertension (HTN)
- Posttraumatic Stress Disorder (PTSD)
- Schizophrenia
- Tobacco Cessation
- Weight Loss (TeleMOVE)

Date/Time: Call for information

Contact: Rebecca Cutler, BSN, RN (206) 303-0958

Living with Stroke: A Support Group for Stroke Survivors

This is a support group for Veterans who have experienced strokes.

Date/Time: Second & Fourth Wednesdays of the month, 10:00am-11:00am

Contact: Derek Anderson, PhD (253) 583-1896



TRUST

The Veterans Health Library is a credible, no-hassle way to get answers to your health questions quickly and easily. It was built for you to take the stress and confusion out of managing your health. Try it today and know what your doctor knows.

www.veteranshealthlibrary.va.gov





Maternal Health Group

This is a 12-session videoconferencing group for Women Veterans between 16 weeks of pregnancy through 6 months after delivery. Social and informational support, along with stress management skills, can offset risks for problems in pregnancy and postpartum and can help make the experience of this time of life better. This group promotes physical and mental health by providing education, stress management skill development and a forum for peer support. Sessions focused on managing stress are alternated with informational sessions that bring in a member of the primary care team (primary care doctor, nurse, social worker, psychiatrist, pharmacist and maternity care coordinator) to offer their special expertise and answer your questions.

Date/Time: Thursdays, 1:00pm-2:00pm

Contact: MJ Mariano, PhD (206) 277-3027, your Primary Care Provider, or the Maternity Coordinator

Menopause 101

This is a shared appointment for women Veterans who want to learn about and share experiences. We will come together to discuss menopause, hot flashes and sweats, sexual health, sleep, mood, and weight. Contact Mary Jean Mariano, PhD: (206) 277-3027

Date/Time: Call for information

Contact: MJ Mariano, PhD (206) 277-3027

Multiple Sclerosis Support Group

To attend the group, dial 1-800-767-1750 and enter the access code 42068# when prompted.

Day/Time: Third Wednesdays of the month, 10:00am-11:00am

Contact: Jenny Bambara, PhD (206)277-4264 or
Derek Anderson, PhD (253) 583-1896



Taking Charge of My Life and Health

In this longer-term group, Veterans can delve deeper into self-exploration of areas of their lives they wish to enhance and to create SMART goals and action steps that will help them attain these goals.

Date/Time: Call for information

Contact: Lamont Tanksley (206)716-5797 or Puget Sound Rehabilitation Care
Specialties Whole Health Team (206)762-1010 x67098

Women's Pain & Health Self-Management Group

This 10-session group is for women with chronic pain and other chronic conditions.

Date/Time: Mondays, 1:00pm-2:30pm

Contact: MJ Mariano, PhD (206) 277-3027



Whole Health (Introductory Class)

This 2-hour educational and experiential session is based on a specific curriculum that exposes participants to the foundational concepts of Whole Health, allows time for self-care and self-exploration, and for initiation of a Personal Health Inventory (PHI)

Date/Time: Call for information

Contact: Lamont Tanksley (206)716-5797

Whole Health

What really matters to you? Why do you want or need your health? How do you want to live your life? This 9-week class helps Veterans create a personal health plan to take charge of their health and live their best life.

Date/Time: Wednesdays, 1:00pm-2:00pm

Contact: Jenny Salmon, RN (206) 277-1343

HEALTHY AGING

Aging Resiliently

This 6-session video-based class teaches skills to handle negative emotions and change unhelpful behaviors while facing new challenges and life transitions associated with aging. The overarching goal of the class is to help Veterans to live life fully and engaged with values while getting older.

Date/Time: Call for information

Contact: Elizabeth Hirschhorn, PhD (253) 583-1436



Gerofit Exercise Program

Gerofit is a supervised exercise program for Veterans 65 years and older from all VA Puget Sound locations. The program includes an individual physical fitness assessment, group classes, and Veteran comradery. Gerofit exercise sessions are held on Monday, Wednesday, and Friday mornings over VA streaming video. Request a Gerofit consult from your Primary Care Provider.



Date/Time: Monday, Wednesdays, & Friday mornings
Contact: Alan Wesley, Program Manager (206) 764-2723

Healthy Aging Project: Brain

Are you interested in keeping your mind sharp? Do you have a smart phone with a data package or a computer with internet and a camera? This class is for you! We will provide education and skills to promote a healthy brain as you age. Be ready for active participation and home practice of skills to help you meet your personalized goals. The class meets virtually (we can help you get the technology set up) for 6 weeks. Each session is 1.5 hours. This class is offered 2 times a year. A new session is planned for late fall/early winter 2020.

Date/Time: Call for information
Contact: Alice Verstaen, PhD (206) 716-5782 – Seattle
Elizabeth Hirschhorn, PhD (253) 583-1436 – American Lake

Memory Skills Group for Older Veterans with PTSD

Learn about how PTSD symptoms can interact with normal aging to cause memory problems and attentional glitches. Do you have a smart phone with a data package or a computer with internet and a camera? Are you age 50+? Then we can help you join us to learn tools and strategies to help you maximize your thinking ability. The class meets virtually for 8 weeks. Each session is 1 hour. This class is offered 2 times a year.

Date/Time: Call for information
Contact: Alice Verstaen, PhD (206)716-5782



Moving Free-ly: Falls Prevention Class

Have you had a recent fall in your home or around town? Do you sometimes feel dizzy, weak, or unsteady on your feet? Would you like to learn more about balance and strength? Discover ways to prevent falls in your home and on the go. This 6-week class includes a weekly education session and a separate exercise session. You will need adequate space in your residence (at least 3 feet by 3 feet), wi-fi and technology (tablet or computer with camera).

Date/Time: Thursdays, 1:00pm-2:00pm and a separate exercise session weekly

Contact: Ruby Farinas, OTR/L (206) 764-2202



NUTRITION & PHYSICAL ACTIVITY

Gerofit Exercise Program

Gerofit is a supervised exercise program for Veterans 65 years and older from all VA Puget Sound locations. The program includes an individual physical fitness assessment, group classes, and Veteran comradery. Gerofit exercise sessions are held on Monday, Wednesday, and Friday mornings over VA streaming video. Request a Gerofit consult from your Primary Care Provider.

Date/Time: Monday, Wednesdays, & Friday mornings

Contact: Alan Wesley, Program Manager (206) 764-2723

MOVE! Program

MOVE! is a weight management, health promotion program designed to improve your life. MOVE!'s core ideas—encouraging healthy eating behavior, increasing physical activity, and promoting even small weight losses—are easy to follow and based on the latest in nutrition science. The program guides you to make lifestyle changes through goals YOU set. This is not a diet or an exercise program. All of our support options are offered virtually via VA Video Connect or Telephone.

- Group Education and Support
- One-on-one coaching
- Telehealth- TeleMOVE!
- Print/digital resources for self-management



Day/Time: Call for information

Contact: (253) 583-3183

Access www.move.va.gov for general weight management information.



MOVE! Healthy Teaching Kitchen

This is 4-week cooking class presentation highlights concepts of weight management. You will you learn kitchen basics and delicious food options for breakfast, lunch and dinner all from your home. Explore recipes such as Egg Scramble in-a-mug or a delicious and colorful Buddha Bowl. Hone your skills at adjusting recipes to meet your taste preferences. Next class starts first week in November.



Date/Time: Thursdays at 1:00pm

Contact: (253) 583-3183

Tai Chi Inspired Mindful Movement

This is an adapted Tai Chi program based on traditional Yang style Tai Chi involving movements that are performed while standing. These basic moves are easy to learn and can be used in daily life. Tai Chi can build strength and balance, improve posture and your overall sense of well-being. There is an initial individual session prior to group enrollment to assess balance, strength and goal setting prior to group enrollment. You will need adequate space in your residence (at least 3 feet by 3 feet), wi-fi and technology (tablet or computer with camera) and a consult from your PCP to outpatient occupational therapy in order to participate.

Day/Time: Tuesdays & Thursdays,
11:00am-12:00pm

Contact: Ruby Farinas, OTR/L; certified
instructor Tai Chi Fundamentals
Adapted program
(206) 764-2202





SLEEP IMPROVEMENT

CPAP Desensitization

This 1-time class provides Veterans with information about sleep apnea and helps them become more comfortable with their CPAP machines.

Date/Time: First Monday of the month, 10:00am-11:30am

Contact: Joshua Breitstein, PsyD (253) 583-2571

Sleep Improvement Group

Learn behavioral strategies to improve your sleep.

Date/Time: Second Monday of every month, 10:00am-11:30am

Contact: Joshua Breitstein, PsyD (253) 583-2571



STRESS MANGEMENT & EMOTIONAL WELL-BEING

Brief Warrior Renew for Military Sexual Trauma (MST)

This 8-week structured class for women addresses the most common issues related to MST. Pre-screening is required. Veterans must have access to video, email address, and MyHealthVet secure messaging. Must be signed up by October 7 for start date of October 21. Please contact Dr. Katz with a secure message, or through your provider.

Date/Time: Call for information

Contact: Lori Katz, PhD (360) 419-3668

Dealing with Irritability

Topics discussed in this 8-session series include Mindfulness, Emotion Regulation, and Interpersonal Effectiveness skills. Veterans can start any time.

Date/Time: Fridays, 1:00pm-2:00pm

Contact: Jessica Slagg, LICSW (253) 583-3172

Depression Management

This 4-session class is intended for Veterans with mild-to-moderate symptoms of depression, as well as for Veterans experiencing difficulties after a recent life change (e.g., retirement, divorce, separation from the military, moving, death of a loved one). Information covered includes practical, evidence-based coping skills to help reduce symptoms of depression and increase life satisfaction.

Date/Time: Wednesdays, 1:00pm-2:00pm

Contact: Evelyn Larsen, LICSW (206) 277-6579



Integrative Restoration Guided Meditation (iRest)

Two 4-session modules teaching iRest®, a guided meditation that is often deeply relaxing and can assist with body awareness and emotional tolerance. People who practice iRest meditation report more relaxation, improved mood, improved sleep, and less pain. Available to Veterans enrolled in VA Primary Care.

Offering #1

Date/Time: Thursdays, 9:00am-10:00am

Contact: Lori Katz, PhD (360) 419-3668

Additional details: No appointments are needed. To attend the group, dial 1-800-767-1750 and enter the access code 06279# when prompted. If you can, let your provider know that you intend to call.

Offering #2

Date/Time: Mondays, 10:00am-11:00am

Contact: Kelly Caver, PhD (206) 277-4267





Helping You Help a Veteran

When a loved one returns from deployment and has difficulty with the transition to civilian life, it can be a hard adjustment for everyone. Some Veterans are reluctant to reach out for the help they earned and are entitled to receive.

Coaching Into Care is a telephone-based program developed by The Department of Veterans Affairs (VA) to help you talk with the Veteran in your life about getting the treatment and support he or she needs. All in complete confidence. And all to get your family back on track.

To learn more, call 1-888-823-7458





Life Paths

This 4-session class teaches Veterans how to deal with negative emotions, get unstuck from unhelpful patterns of behavior, and develop skills to live more fully and engaged with values.

Date/Time: Tuesdays, 3:00pm-4:30pm

Contact: Mary-Catherine Kane, PhD (253) 583-1642

Managing Stress and Emotions

This 5-week class helps Veterans learn new ways of responding to uncomfortable emotions in order to improve their ability to cope with life's difficulties. This class combines elements of mindfulness, cognitive therapy, and behavioral (exposure) therapy. Participants must join the class at session one and patients already enrolled in MHC or ATC are ineligible.

Date/Time: Mondays, 2:00pm-3:00pm

Contact: Kelly Caver, PhD (206) 277-4267

#BeThere
for the Veterans in your life.

BeThereForVeterans.com

Veterans Crisis Line
1-800-273-8255 PRESS 1

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Mindfulness Based Stress Reduction (MBSR)

This 8-week group teaches methods to work with stress, pain and depression. This group is a standardized, evidence-based approach to teaching mindfulness meditation. This course includes: meditation, gentle yoga, and teacher-led group discussions. Clinical trials show benefits of MBSR for chronic pain, PTSD, IBS, fatigue, depression and self-reported attention/memory lapses.

Date/Time: Call for information

Contact: Kim Moore (206) 277-1721 or Kimberly.Moore663@va.gov

Sweat Lodge

The Inipi (Sweat Lodge) is a place of purification-new beginnings-healing-direction-pathway-letting go. This Ceremony is provided by Traditional Native Veteran Elders and helpers from the community, helps release the "sickness of being in battle with people and self." "We have your "6". Please view our website at www.vasweatlodge.org.

Date/Time: Call for information

Contact: Mike L. (253) 312-5431





Women's Coping Skills Group (Stress Management)

This class covers skills for coping with emotions, improving relationships, and practicing good self-care. A new coping skill is presented at every class. No appointments are needed. Just call in to 1-800-767-1750, conference number: 06279#. If you can, let your provider know that you intend to call.

Date/Time: Mondays, 10:00am-11:00am

Contact: Lori Katz, PhD (360) 419-3668

TOBACCO CESSATION

Quit Smoking Group

Get support through your journey to be nicotine free. Learn a variety of behavioral strategies while receiving support from other Veterans becoming nicotine free.

Date/Time: Wednesdays, 1:00pm-2:00pm

Contact: Emily DiNatale, PhD (253) 583-3284

Quit VET Telephone Quitline

VA's free telephone quitline offers tobacco cessation counseling to any Veteran who receives their health care through VA. Quit VET is staffed by trained counselors who will help you during any phase of quitting—whether you are thinking about it, you started your quit attempt, or you are trying to get back on track after a slip or relapse to tobacco.

Date/Time: Quitline is open Monday-Friday, 6:00am-6:00pm

Contact: (855) 784-8838



VETERAN ORIENTATION

POST 9/11 Era Veteran Orientation Briefing

The Post 9/11 Era Veteran Orientation Briefing assists Veterans who have recently separated from military service with navigating the VA health care system and understanding the overall VA structure, programming and time-sensitive benefits. The Transition and Care Management (TCM) Program staff is available to answer individual questions following the briefing related to the topics addressed.

Day/Time: Every other Wednesday, 1:00pm-3:00pm

Every other Friday, 10:00am-12:00pm

Contact: (253) 583-1165

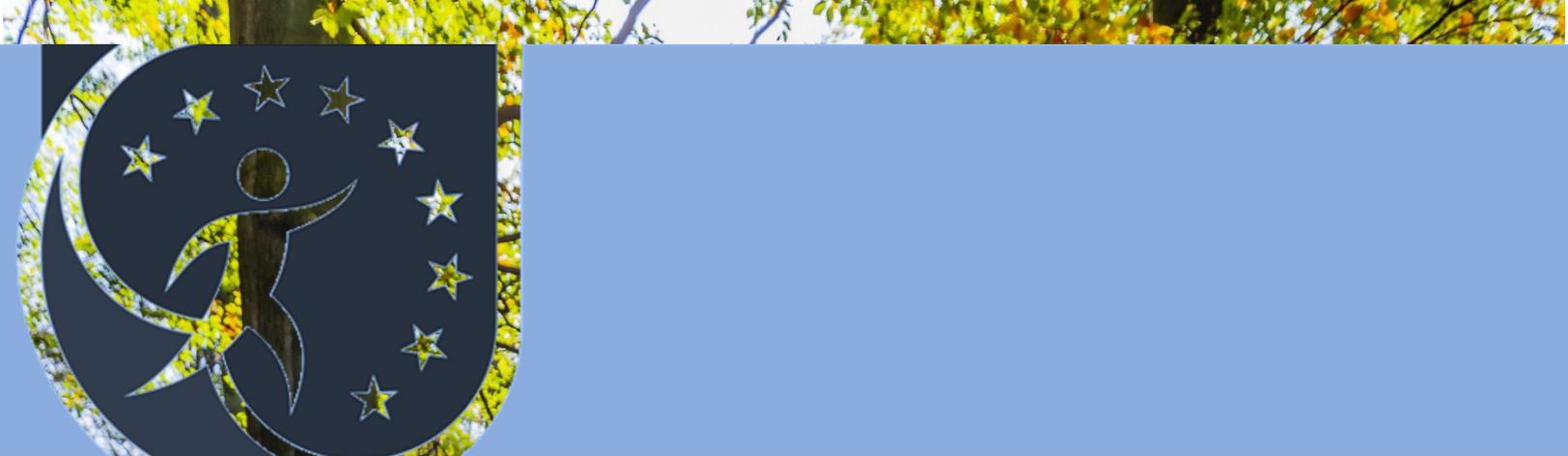


My Health, My Care: 24/7 ^{Online} Access to VA

Your MyHealthVet Coordinators:

Kazumi Cornell & Mitch Gaikowski

(206) 277-6709



Veteran Health Education Committee
VHEC APPROVED
September 2020