

Welcome Home Women Veterans Ski Appreciation Day!

VA Boston Healthcare System and White River Junction VAMC in partnership with NEHSA, and Mount Sunapee are proud to announce the 10th Annual Women Veterans Ski Appreciation Day. Women Veterans of all ages and abilities are welcome to register. Veterans will be provided with ski/snowboard rentals, instruction and lunch.

Space is limited and is a first come first serve basis

When: Tuesday March 5th, 2019

Where: Mount Sunapee, New Hampshire (NEHSA)



Registration Deadline: *Friday February 22nd (or until spots are filled)*

For more information or to register contact:

Jenny L. McLaughlin, CTRS

Adaptive Sports Case Manager

774-826-1955

Jenny.mclaughlin@va.gov



Veteran Town Hall

**Manchester
VA
Medical Center**

Wednesday, February 27, 2019

6:00 p.m.– 7:00 p.m.

**Harbor Homes
45 High Street
Nashua, NH 03060**



Choose VA

Seating is limited.

Please call Manchester VA's Office of Public Affairs
(603) 624-4366 ext: 6779 if you require special assistance



Are you a lesbian, gay, bisexual, or transgender (LGBT) Veteran who would like to help other Veterans?

VA wants to better support Veterans with LGBT or related identities who are going through a challenging time. And we need your feedback!

Join a 90-minute discussion at the Manchester VA and complete a brief questionnaire to inform a national outreach campaign.

Please call 603-851-1552 to sign up for the discussion!

Confidentiality: No personal information, such as names, will be collected during the discussion or on the questionnaire.

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Office of Community Health and Suicide Prevention

VA Information Day

The Veterans of Foreign Wars Post #1670 of Laconia, New Hampshire and the United States Department of Veterans Affairs Manchester VA Medical Center in collaboration with ServiceLink are partnering for an Information Day for Granite State Veterans.

VFW Post #1670

140 Court St Laconia, NH 03246

(603) 929-4695

Wednesday 27 February 2019

11:00AM - 1:00PM.

All are welcome to attend and speak with subject matter experts on VA Eligibility, eHealth Exchange, MyHealtheVet, and more.

Bring your DD Form 214 discharge document and join us!



VFW Post #1670

140 Court St Laconia, NH 03246
(603) 524-9725



Manchester VAMC

718 Smyth Road Manchester, NH 03104
(603) 624-4366 | 800-892-8384



ServiceLink

2 Industrial Park Drive Concord, NH 03301
(603)-228-6625



For questions or further information please contact VA Outreach: Michael.bichrest@va.gov
(603)-624-4366 x2830



ROCK N' ROLL FOR HOUSE N' HOME

5th Annual Passion Prom

To benefit the Manchester VASH program

Saturday March 9th, 2019

7:00pm~ 11:00pm

Derryfield Country Club

625 Mammoth Road, Manchester, NH

*All to raise funds and awareness for NH Homeless
and newly housed Veterans and their families
through the Manchester VA Medical Center VASH*

\$35 per person

<https://passionprom.eventbrite.com>

or call/email Anita Wolcott at: (603) 606-3221

or awolcott@harborone.com

(Taffeta, tulle and ties encouraged but are optional)

Hot & cold Appetizers

50/50 Raffle

Dessert

Prom King & Queen

Song Requests

Raffle Table

MANCHESTER
VASH-Veteran Affairs Supportive Housing

 **HARBORONE**[®]
Mortgage
NMLS ID: 2561

**THE
DERRYFIELD**



Manchester VA Medical Center
prepares for

Salute to Veterans Week

February 10-15, 2019

by assembling

Emergency Preparedness Kits for our home-bound Veterans in Home Based Primary Care

Our Goal is to Receive Donations to Assemble 200 Kits Containing:

Backpack or Duffle Bag

Battery-Powered Radio

Extra Batteries

Manual Can Opener

Plastic Sheeting

Garbage Bags

Non-perishable Food

Moist Towelette Pack

First Aid Kit

Whistle

Flash Light

Pen & Paper

Duck Tape

Thermal Blanket

Mess Kit

Filter Mask

(Remaining items for the kit will be provided by the Veteran)

To make a donation or request additional information
please call Debra Krinsky, Chief of Voluntary Services
at 624-4366 ext. 6419





Salute to Veterans Manchester VA Medical Center

February 11-15, 2019

| Event | Date & Time | Location | Attendees |
|--|---|---|--|
| ALL WEEK | EMERGENCY KIT DONATION DRIVE * | Bring Donations to Voluntary Services Office E-103 | EVERYONE CAN HELP |
| “Paint to Your Heart’s Content” Introductory Class for budding Artist  | Monday, Feb. 11, 1:00pm – 3:00pm Light Refreshments Provided. | VAMC Solarium  | CLC Residents & Outpatients are Welcome (Please Call to RSVP) |
| Miss New Hampshire and Representatives from the NH Scholarship Program will Visit the Medical Center | Tuesday, Feb. 12 3:00pm – 5:00pm | Primary Care Waiting Area & Tour the Medical Center | All Veterans, Employees, Volunteers and Medical Center Guests |
| 3 New Hampshire Veterans share their process of healing through journalism, art and photography Presented by Vetflix | Wednesday, Feb. 13, 2:00pm to 3:30pm | Training & Education Room | All are encouraged to attend. |
| Trivia with Comedian Jody Sloane  | Thursday, Feb. 14 th 1:00pm – 3:00pm Light Refreshments Provided | Solarium | All are encouraged to attend. |
| “Special Tax Considerations for Disabled Veterans” | Friday, Feb. 15 th 10:00am – 11:00am | Training & Education Room | All are encouraged to attend. |

* Emergency Kits will be provided to Veterans in the Home-Based Primary Care Program.
Call for Specific Needs or Questions: Debra Krinsky, Chief of Voluntary Services at 624-4366 ext. 6419



In Honor of Salute to Veteran Week, Manchester VAMC presents

Special Tax Considerations for Disabled Veterans

February 15, 2019

10:00AM To 11:00AM

Manchester VA, 1st Floor Training & Education

718 Smyth Road, Manchester, NH 03104

Topics Covered:

Combat-Injured Veterans Tax Fairness Act
Refunds After Increase in Percentage of Disability
Combat-Related Special Compensation
Child-Related Tax Benefits (Including EITC)
Where to Get Help

Barbara G. Heggie, Esq.

Coordinator & Staff Attorney, Low-Income Taxpayer Project
New Hampshire Bar Association
2 Pillsbury Street, Suite 300, Concord, NH 03301
Direct Line: (603) 715-3215 ~ Email: bheggie@nhbar.org





Manchester VA Medical Center

718 Smyth Road,
Manchester, NH 03104
www.Manchester.VA.gov
800-892-8384 x 6677

Our Providers




Abby R. Thrower, MD, PhD **Medical Oncologist, Medical Service**

Medical Training: University of Arizona | University of Pittsburgh

Professional Degree: University of Iowa College of Medicine

Specialized training: Board certified in Oncology and Hematology

Right care, right time, right place



CELEBRATE VALENTINE'S DAY with TRIVIA

Thursday, February 14, 2019
1:00pm in the Solarium
at the Manchester VAMC

**FEATURING COMEDIAN
JODY SLOAN**



CLC Residents and Veteran Outpatients are Welcome to
Come Test Their TRIVIA Skills.

1st, 2nd, 3rd Place Prizes will be Awarded
along with Participant Prizes – Everybody WINS!

**For More Information contact the Voluntary
Service Office at 603-624-4366, x6422**



Honoring Those Who Serve!



Wayne Dyer, E-8 SMSgt served as a member of the U.S. Air Force. SMSgt Dyer enlisted in 1978 and served until 2007 when he retired. During his service, SMSgt Dyer worked in the Information Technology field, as a network manager, help desk manager, and in communications security – called COMSEC. In his COMSEC role he oversaw classified material and maintained firewalls.

While in the service and later as a disabled Veteran himself, SMSgt Dyer took an interest in the Special Olympics. Since late 1980's SMSgt Dyer has been volunteering to recognize these Special Olympians for their exceptional efforts.

SMSgt Dyer explained, "It is humbling to see athletes who don't complain, and cheer each other on. When you witness their sportsmanship and joy despite any challenges they are facing, it makes any complaints you have disappear."

**Wayne Dyer, E-8 SMSgt.
US Air Force (Ret.)
Service from 1978 – 2007
Senior Data Quality Analyst, LTC
Partners**

"Living in New Hampshire has given me access to terrific employment opportunity, and excellent health care. It is rewarding to see all hands in when it comes to serving those who served."

Wayne Dyer, E-8 SMSgt,
U.S. Air Force (Ret.)

Today, SMSgt Dyer is enrolled for VA health care at Manchester VA. "I have been impressed with my providers. Everyone has been great and I have always gotten access to the care I needed with the assistance of caring and supportive staff," said SMSgt Dyer.

New Hampshire Veterans have many resources available through the VA, community partners and businesses. When SMSgt Dyer left the service he accepted a job with Portsmouth-based federal and military benefits administrator LTC Partners (LTCP). LTCP has a history of valuing military members for their service, professionalism and leadership. "I received a devastating diagnosis in 2008 three months into my employment. LTCP filled the gap supporting me with disability pay. Since then, I have appreciated LTCP as my employer, but importantly I felt part of the LTCP family."

**Manchester VAMC *thanks you for
your service!***





THURSDAY MARCH 14, 2019 WELCOME HOME VETERANS SKI APPRECIATION DAY

IN REMEMBRANCE OF CJ GERRARD

Adaptive Ski & Snowboard Event

VA Boston Adaptive Sports Program in partnership with NEHSA (New England Healing Sports Association) is proud to announce the annual Welcome Home Ski Appreciation Day for Veterans.

Equipment, lessons, and lunch will be provided.

Pre-registration is **required**. Contact Jenny McLaughlin for an application.



THURSDAY MARCH
14TH

ADAPTIVE
SKI/SNOWBOARD
EVENT

LOCATION: NEHSA
AT MOUNT
SUNAPEE, NH

DEADLINE TO
REGISTER:
FRIDAY MARCH 1ST

TO REGISTER SIGN
UP WITH:

JENNY MCLAUGHLIN


774-826-1955

Jenny.mclaughlin@va.gov

Deadline to register:

Friday March 1st

**Manchester VA Medical Center
Integrative Health Program Schedule
February 2019**

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|--|---|
| <p><i>All classes at VAMC are held in the Solarium unless otherwise noted</i></p> <p><i>*Mindful Eating and Healthy Teaching Kitchen (HTK) require registration-see back for info</i></p> <p><i>HTK attendees meet outside the T&E Room (First Floor)</i></p> <p><i>*Mindfulness Group (New Location) - check-in with Primary Care - First Floor</i></p> | | | | <p>1 VAMC 11:30-12:30 Functional Fitness (Consult Required from Primary Care)</p> <p>NASHUA 1:30-2:30 Aqua Yoga</p> | <p>2 VAMC 9-12 First Saturday Wellness Clinic (PT/OT Rehab Clinic)</p> |
| <p>4 VAMC 10-11:15 Yoga & Sound Meditation 1-3 Veteran Art Class</p> <p>NASHUA 2-3 Yoga</p> | <p>5 VAMC 1-2 Functional Fitness (Consult Required from Primary Care) 3-4 Tai Chi</p> | <p>6 VAMC 9-10 Yoga 1-2 Nutrition-Anti-Inflammatory Diet* 3-4 Mindfulness Group* 4:30-5:30 Rx Relax Yoga-seated (T&E Room, First floor)</p> | <p>7 VAMC 9:30-11:30 Healthy Teaching Kitchen* 11-12 Tai Chi</p> <p>CONCORD 2:45-3:45 Yoga</p> | <p>8 VAMC 10-11 Walking Group 11:30-12:30 Functional Fitness (Consult Required from Primary Care) 1-3 Intro to Whole Health (T&E Room, 1st Floor)</p> <p>NASHUA 1:30-2:30 Aqua Yoga</p> | <p>9</p> |
| <p>11 VAMC 10-11:15 Yoga & Sound Meditation 1-3 Veteran Art Class</p> <p>NASHUA 2-3 Yoga</p> | <p>12 VAMC 1-2 Functional Fitness (Consult Required from Primary Care) 3-4 Tai Chi</p> | <p>13 VAMC 9-10 Yoga 1-2 Nutrition-Anti-Inflammatory Diet* 3-4 Mindfulness Group* 4:30-5:30 Rx Relax Yoga-seated (T&E Room, First floor)</p> | <p>14 VAMC 9:30-11:30 Healthy Teaching Kitchen* 11-12 Tai Chi</p> <p>CONCORD 2:45-3:45 Yoga</p> | <p>15 VAMC 10-11 Walking Group 11:30-12:30 Functional Fitness (Consult Required from Primary Care)</p> <p>NASHUA 1:30-2:30 Aqua Yoga</p> | <p>16</p> |
| <p>18</p>  | <p>19 VAMC 1-2 Functional Fitness (Consult Required from Primary Care) 3-4 Tai Chi</p> | <p>20 VAMC 9-10 Yoga 1-2 Nutrition-Anti-Inflammatory Diet* 3-4 Mindfulness Group* 4:30-5:30 Rx Relax Yoga-seated (T&E Room, First floor)</p> | <p>21 VAMC 9:30-11:30 Healthy Teaching Kitchen* 11-12 Tai Chi</p> <p>CONCORD 2:45-3:45 Yoga</p> | <p>22 VAMC 10-11 Walking Group 11:30-12:30 Functional Fitness (Consult Required from Primary Care) 1-3 Intro to Whole Health (T&E Room, First Floor)</p> <p>NASHUA 1:30-2:30 Aqua Yoga</p> | <p>23</p> |
| <p>25 VAMC 10-11:15 Yoga & Sound Meditation 1-3 Veteran Art Class</p> <p>NASHUA 2-3 Yoga</p> | <p>26 1-2 Functional Fitness (Consult Required from Primary Care)</p> | <p>27 VAMC 9-10 Yoga 1-2 Nutrition-Anti-Inflammatory Diet* 3-4 Mindfulness Group* 4:30-5:30 Rx Relax Yoga-seated (T&E Room, First floor)</p> | <p>28 VAMC 9:30-11:30 Healthy Teaching Kitchen*</p> <p>CONCORD 2:45-3:45 Yoga</p> | <p>YMCA of Greater Nashua 24 Stadium Dr, Nashua 603-882-2011</p> <p>Concord GoodLife 254 N. State St, Concord 603-228-6630</p> | |

For more information please call the Whole Health Program at 603-624-4366 ext. 2680

Visit www.manchester.va.gov to find our schedule on-line or listed on My HealtheVet

Integrative Health Program Offerings

Introduction to Whole Health

A workshop designed to introduce you to the VA Whole Health approach to care. This approach is helpful in meeting your goals and capitalizing on your opportunities. You will be introduced to the areas of self-care and well-being and have the opportunity to explore all offerings of Whole Health.

Yoga for Well-Being

A specifically designed yoga for Veterans regardless of physical limitations or emotional issues. It includes meditation, movement, and relaxation therapy. Participants will benefit from increased physical flexibility, decreased depression, anxiety, and irritability resulting in better coping abilities and a general sense of contentment.

Aqua Yoga

Veterans will utilize the therapeutic properties of water to enhance the physical and mental health benefits of yoga. Veterans will use pool equipment (noodles, floats, etc) to practice yoga poses in the pool, with a relaxation/meditation at the end.

RxRelax Yoga

"Relax Yoga" is suitable for beginners as well as experts. These sessions are designed to help people reverse or better manage stress, depression, anxiety, insomnia, pain and hypertension. This is a seated practice.

Mindfulness Group

Mindfulness Practice is to achieve a sense of calm and quiet in the face of dealing with the difficulties we encounter in our daily lives. Mindfulness Practice can help with a wide range of issues including pain, anxiety, depression, stress, PTSD and life in general.

Tai Chi Moving for Better Balance

Tai Ji Quan Moving for Better Balance uses 8 forms of the traditional Yang style of Tai Chi. It is designed for older adults at risk of falling and people with balance disorders. Participants will benefit from enhanced mindfulness, core strengthening, and a greater locus of Center of Gravity.

Qi Gong

Qi Gong is a set of techniques from China that encourage greater mental mastery over the body. Regular practice can help you move with greater ease, lower pain and stress, and enjoy activities in your life longer. We offer a group that teaches these techniques for people of all ages and abilities.

Individual Whole Health Coaching

Coaching includes a comprehensive assessment of all parts of the Veteran's life through the completion of the Personal Health Inventory. Areas explored include: physical, emotional, spiritual, environmental, social and nutritional. From this evaluation, the Veteran, with the help from the Health Coach, designs a Personal Health Plan with achievable goals.

Walking Group

A class for every one of all ages and fitness levels. This class allows you to choose your own "speed" of walking. The terrain will consist of primarily outdoor flat terrain with indoor track walking on inclement weather days. Class members meet at the beginning and end of each class session to stretch.

Functional Fitness

An exercise program designed to help reduce back, joint or muscle pain by improving strength, flexibility and function with the goal of giving Veterans the knowledge to safely exercise on their own. *This class requires a provider's consult*

Healthy Teaching Kitchen for Whole Health

Classes offer a hands on experience to learn healthy cooking skills. Veterans and their families learn how to make healthy food choices and prepare different foods. A variety of classes will be offered focusing on different nutrition topics. Participants will have the chance to sample new foods that they may have not tried before. To sign up, please call 624-4366 ex 6404.

Anti-Inflammatory Diet

In this 4-week program learn what the anti-inflammatory diet is all about and how it can help to improve your health. Each class builds on the other so be sure to attend all 4 classes. Registration is required, please call 624-4366 ext. 3829.

