

# Veterans' www.visn2.va.gov WELLNESS

A GUIDE TO HEALTHY LIVING FOR VETERANS IN UPSTATE NEW YORK

## Build a Better You

Follow these tips to be the best you can be.

### Robotic Surgery Is Here

Patients benefit from shorter recovery times.



### 'I Didn't Walk for 20 Years'

Veteran on the move after years of using a wheelchair.

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See page 11

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We make every effort to maintain an accurate mailing list. **To notify us of a patient's death, please call the Veterans Service Contact Center at 1-888-823-9656.**

If you would like to be added to or deleted from our mailing list or if you have a suggestion for us, please write to: Editor, *Veterans' Wellness*, Network 2 Public Affairs and Web Content Manager, Clinton Crossings, 919 Westfall Road, Bldg. B, Room 115, Rochester, NY 14618, or email [Kathleen.Hider@va.gov](mailto:Kathleen.Hider@va.gov).

Please be sure to include your phone number. **Do not send your Social Security number or medical history.**

## Message from New Interim Network Director



**Darlene A. DeLancey, M.S., Interim Network Director**

I am honored to serve as the Interim Network Director for VA Health Care Upstate New York.

I look forward to helping you and providing you with the high-quality health care you earned and deserve.

It is my hope that you are getting outside and enjoying the sunshine and warm weather this summer. In this issue, we provide information and tips on how to build a better you, exercise outdoors and improve your overall health. Let this summer and these articles be your gateway to living a healthier lifestyle.

I also want to take this opportunity to address the access issue covered in the news about VA health care. I assure you that the staff at Albany, Bath, Canandaigua, Syracuse and VA Western New York Healthcare System and Community Based Outpatient Clinics are diligent in providing timely medical appointments both in primary and specialty care to meet your health care needs. If there is ever any issue in your health care delivery, please bring it to our attention. We have professionals who are dedicated to ensuring that Veterans and their loved ones get the very best customer service VA has to provide.

We at VA Health Care Upstate New York care deeply for every Veteran we are privileged to serve.

Sincerely,  
Darlene A. DeLancey, M.S.,  
Interim Network Director



## Veterans Suffering from Low Back Pain

**Are you a Veteran 18 to 65 years of age** who has been suffering from low back pain? If so, you may be eligible to participate in a study comparing 2 types of shoe inserts at no cost to you! If you qualify, you will be required to come in for 4 visits over a 6-month period. You will be compensated \$20 per visit for your time and travel, up to \$80 for your participation. This study is taking place at the Rochester VA Outpatient Clinic. If you live within the Rochester area and are interested in this study, please call **585-463-2673** for more information.

# Robotic Surgery Is Here

Patients benefit from shorter recovery times.



**Richard Howard, M.D., FACS**  
Chief of Surgery

Robotic surgery is now being performed at Albany Stratton VA Medical Center and will soon be coming to a VA Medical Center near you.

For patients, this means shorter recovery times and less blood loss during surgeries, says Richard Howard, M.D., FACS, Chief of Surgery at Albany Stratton VA Medical Center.

“For example, in our experience at Stratton, when we do robotic radical prostatectomy, the patients go home within 1 to 2 days, as opposed to a 3- or 4-day hospitalization,” Dr. Howard says. “The blood loss is measured in tablespoons instead of cups.”

Other types of robotic surgeries currently offered at Albany Stratton VA Medical Center include male fertility restoration and colon, gallbladder and kidney procedures.

## How It Works

In robotic surgery, a physician performs the surgery while seated at a console near the patient in an operating room (see photo at right). A console is a remote work area that includes a computer and video monitor, along with foot and hand controls used to operate the robotic surgery system.

The surgeon uses special instruments attached to the arms of the robotic surgery system to make tiny incisions in the body. Robotic surgery systems also include a small camera used to view 3-D images of the surgical site.

“It’s really a technological tool that allows us to gain access, as well as increased visibility and precision,” says Dr. Howard.

## An Added Tool for Skilled Surgeons

Like traditional procedures, robotic surgery requires an experienced, well-trained surgeon. “It’s a tool that improves some aspects of what we do, but it must be controlled by a skilled surgeon,” says Dr. Howard.



Surgeon at control console of robotic surgery system.

“Patients go home within 1 to 2 days, as opposed to a 3- or 4-day hospitalization.”

– Richard Howard, M.D., FACS, Chief of Surgery

» **SCHEDULING A SURGERY SOON?** To learn more about robotic surgery, speak with your Patient Aligned Care Team (PACT) or your VA primary care physician.

# Build a Better You

Want to look better and feel your best? Try these tips!

**When you feel confident, it shows.** Developing a routine of good habits can be the basis for building confidence and continuously improving yourself.

## You Are What You Eat

Feeling good about the way you look boosts your confidence levels. Part of looking good is making sure you eat the right foods and get the right nutrients. Here is nutritional advice you may not have heard before:

- Sweet potatoes, red bell peppers and leafy greens, rich in vitamin A, will help give you healthy hair, skin and nails.
- B vitamins have a host of benefits for your appearance. B-6 prevents dandruff. B-5 strengthens your hair and wards off premature grays. B-12 prevents hair loss. Eggs and fortified cereals are good sources of B vitamins.
- Dark chocolate is high in flavonols, which are believed to improve blood flow and protect skin from damage.

## Let Your Smile Shine

A healthy smile is one of the best ways to seem approachable to others. To keep your smile healthy:

- **Brush twice a day and floss daily.**
- **See your dentist once or twice a year.** Some people visit the dentist only when they have a cavity. But regular checkups can save you money down the line. For example, a professional cleaning removes plaque that can cause cavities and other oral health problems.

For help making dental care more affordable, take advantage of VA's new comprehensive VA Dental Insurance Program (VADIP). Visit [www.va.gov/healthbenefits/vadip](http://www.va.gov/healthbenefits/vadip) for more information.

## Keep Your Weight in Check

When you are comfortable with your weight, you feel more confident. To prevent putting on extra pounds, exercise on a daily basis. If something comes up, reschedule your workout. It can help to keep a pair of sneakers and some clean workout clothes in your car so that you're always ready to exercise.



If you need help shedding pounds, TeleMOVE!, VA's personalized weight-management program, can guide you. Complete the entry questionnaire at your VA primary care clinic or online at [www.move.va.gov/Move11](http://www.move.va.gov/Move11). If you do it online, make sure to write down the retrieval code here: \_\_\_\_\_. Then call **1-877-619-0106** and select **Option 1**. A care coordinator will guide you through the next steps.

## Advancing Your Career

When you look your best, you do your best. Looking good and being prepared are the best first steps to take when applying for a new job or advancing within your current one. Looking for a new job? VA can help you bridge your military skills into civilian skills. For resources, visit [www.ebenefits.va.gov/ebenefits/jobs](http://www.ebenefits.va.gov/ebenefits/jobs) and click on Employment Center.

## Overhaul Your Outlook

Your attitude is everything. Adopt these positive habits to be the best that you can be:

- **Clean up a negative perspective.** Pessimistic thinking saps your enjoyment of life. Replace self-defeating thoughts with more positive ones. For example, let's say you find yourself thinking, "This is a hopeless situation." Think instead of all the positive options available.
- **Manage your stress.** Stressful situations happen to everyone. Be ready with a list of quick, easy strategies you can use for immediate stress relief. For example, you could count slowly to 10, take six deep breaths or meditate.
- **Boost your confidence.** Setting goals and achieving them can boost your confidence and give you a sense of accomplishment. Get focused — close your eyes and picture yourself achieving your goals. Involve all your senses and your emotions. For example, if you're training for a 5K, you might imagine crossing the finish line.
- **See the positive in a negative.** If you're going through a rough patch, consider what you have gained from the experience. Perhaps it has made you stronger, brought you closer to loved ones or deepened your appreciation for life.
- **Build your support team.** Family and friends are a good source of emotional support. Nurture your relationships to improve your well-being. Look through your phone contacts and call someone you haven't talked with lately. Expand your social circle by taking a class, joining a club or volunteering in your community.



“Life isn’t about finding yourself. Life is about creating yourself.”

– George Bernard Shaw

## The Importance of Body Language

Want to meet new people, find a soulmate or get a job? Being aware of and mastering your body language can help make you more approachable to others. Here are some body language tips:

**1 MAKE THE BEST FIRST IMPRESSION:** Greet a new person with a strong handshake. People are twice as likely to remember you if you shake hands with them. When meeting new people, look your best and smile. Remember who they are by associating their names with something they are wearing or how they look.

**2 SHOW THAT YOU’RE LISTENING:** Tilt your head slightly, lean forward and make eye contact when you are speaking with someone.

**3 SEEM APPROACHABLE:** Smile when speaking with someone new. A smile conveys that you are

cooperative and puts others at ease. Also, keep your body position neutral and relaxed — your hands at your sides, shoulders down.

**4 ENCOURAGE CONVERSATION:** Try not to cross your arms but keep them waist level. Remember to gesture politely with your hands — don’t point your finger while speaking.

**5 CONVEY CONFIDENCE AND BE MORE LIKEABLE:** At a job interview, stand or sit up straight, with your shoulders back. Turn your body toward the other person and lean in slightly.

**6 DEVELOP A RAPPORT:** In either a professional or a social situation, nod your head while the other person talks. Nodding shows you understand the other person and conveys warmth and trust.

# ‘I Didn’t Walk for 20 Years’



Dennis Gravelle using crutches the day he received his computerized walk aids.

Confined to a wheelchair for 20 years, Dennis Gravelle is now ready to walk down the aisle on his wedding day this summer. This inspiring Veteran is back on his feet, thanks to the care he received from VA — and his motivation to never give up.

## A Life-Changing Diagnosis

On the day after his 35th birthday in December 1993, Gravelle’s legs buckled under him. After collapsing several more times, he couldn’t get up again.

Doctors said he had a condition called ankylosing spondylitis, a fusion of the spine. He could no longer walk and lost his construction job. He found himself in a wheelchair.

“I was very frustrated that I could no longer do what I wanted to do,” recalls Gravelle, now 55, of Wellsville. He was depressed and seldom left his home.

But two years after his diagnosis, he decided that he wanted to make a change and started exercising to gain strength in his legs.

“The main reason I wanted to exercise was that I was becoming tired and resigning myself to the chair. I wanted to have more freedom,” says Gravelle, an Air Force Veteran.

## Starting to Move

His first attempt to get moving was to lift his legs on his own.

“And it was so painful. But I could do it,” he remembers. “It was only a fraction of an inch at first, but I felt inspired.”

His VA primary care physician gave him help and support and provided him with an elastic strap and instructions for doing leg stretches at home, sometimes with ankle weights. For the pain he experienced while exercising

degenerative spinal disease. “But instead of becoming frustrated, I decided not to let my condition bring me down any further and continue to exercise,” he says. He began seeing a physical therapist at Bath VA Medical Center and exercising even more. The therapists provided crutches and braces to help him stand.

By February 2012, Gravelle could stand on his own, only for a few seconds at first, then for longer and longer. Each time he fell, he got right up and tried again. Meanwhile, even

“Any setbacks in my progress only fueled my desire to walk. I set goals and stuck to them. And my success kept me going.”

— Dennis Gravelle

and trying to move, he used a non-narcotic medication “that didn’t make me feel too lethargic.” Exercise and meditation also helped the pain he experienced when moving.

His progress and his doctor’s support kept him motivated, as did his fiancée, Rachael, and her two children.

## A Difficult Road Ahead

Unfortunately, Gravelle started getting more muscle spasms in his legs and hips. That’s when doctors at Buffalo VA Medical Center told him he had

**For Veterans using wheelchairs, here are some exercises to get you moving.**

Try 3 sets of each. Do these exercises twice a day, says Arin Wood, D.P.T., B.S., Rehabilitation and Audiology Manager, Bath VA Medical Center. The number of sets and repetitions you can do may vary. A physical therapist can help you determine your individual needs.

## PTs Encourage Wheelchair Users to Get Moving

with his physical therapy appointments, he continued his home exercises.

“Everyone was telling me not to push it. But I went against that a little bit and started increasing the resistance with my elastic strap and ankle weights, still within the advised limits. I didn’t want to injure myself,” he says. “Any setbacks in my progress just fueled my desire to walk. I set goals and stuck to them. And my success kept me going.” Soon, he was standing for half an hour.

### A Helpful Device

In March 2012, Gravelle took his first, wobbly steps. Things really improved on April Fools’ Day 2012 when he received computerized bilateral walk aids from VA. These are programmed to respond to a person’s muscular movements and send electrical impulses into nerves that otherwise wouldn’t fire, helping the person walk. Within 6 weeks, Gravelle could walk half a mile.

“These devices forever changed my outlook and my future,” he says.

*continued on page 8*

**Do you think using a wheelchair means you can’t exercise?** Two VA physical therapists say you still can.

“No matter what your condition is or why you need to use a wheelchair, there is probably something you can do to exercise,” says Arin Wood, D.P.T., B.S., Rehabilitation and Audiology Manager at Bath VA Medical Center. Even getting a small amount of exercise is important because “motion is lotion,” he says.

“Exercise keeps the fluid in the joints flowing, reducing stiffness,” says Dr. Wood. It also strengthens your muscles, heart and lungs. And it increases your energy and mental alertness, and decreases chronic pain. “When we move and we feel good, we have less pain,” Dr. Wood notes.

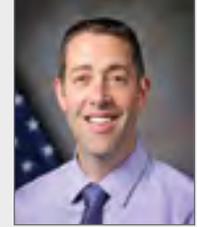
Do you lack energy? “You may not feel like exercising if you’re taking medication that makes you drowsy,” says James McMahon, M.P.T., A.T., C., Physical Medicine and Rehabilitation Clinical Coordinator at Canandaigua VA Medical Center. “So check with your doctor about alternatives.”

Here are a few more tips to help get you started:

- **Lock your wheels** on a level surface before you begin



**Arin Wood,  
D.P.T., B.S.**



**James McMahon,  
M.P.T., A.T., C.**

exercising, advises McMahon.

- **Chair-based exercise** can incorporate body weight movement, free weights or exercise bands to build strength. The movements will increase range of motion and get your heart rate up.
- **Consider tai chi and yoga.** They both can be practiced while seated.

“If you feel pain that concerns you, stop exercising and seek guidance,” says McMahon. “Pain that prevents you from the doing full range of motion of the exercise is too much pain.”

“Make exercise a part of your daily routine, at the same time every day if possible,” Dr. Wood says. “Carve some time out of your day and make the commitment.”

## TRY THESE EXERCISES

Source: Visual Health Information (VHI)



### FOR YOUR SHOULDERS:

One arm straight at side of chair, make fist, thumb up. Slowly raise right arm up to shoulder height. Hold for 2-3 seconds and then lower slowly. Repeat with left arm. Gradually raise higher if possible without pain and discomfort.



### FOR YOUR TRUNK AND CORE:

Tighten abdominal muscles and, sitting upright, grasp under one thigh and pull knee to chest. Hold for 30-60 seconds. Then repeat with other leg.



### FOR YOUR LEGS:

Extend your leg, lift it and hold it still. Point your toes up and then extend your toes away. Repeat 10 times with each leg.



### FOR YOUR ARMS:

Feet on floor and hands on armrest, extend arms to lift buttocks from chair. Hold for 2-3 seconds.

**'I Didn't Walk for 20 Years'**  
continued from page 7

**Getting Around Without a Wheelchair**

Now Gravelle leaves his wheelchair behind when he runs errands or even goes out dancing with Rachael. And he won't need it on his wedding day. "After 20 years, to be able to walk down the aisle is amazing," Gravelle says. "I've been given a chance at a new life." Gravelle still keeps up with his exercise because he knows that if he doesn't, he'll lose his mobility.

For Veterans in similar situations, Gravelle offers this advice: Never give up. "If there's any stopping, it's only in the minds and hearts of those who choose to stop," he says. "If you want to go on, then you find a way to do it."

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## Share Your Story

**Do you feel that VA health care has improved your quality of life?**

If so, step forward and share your story with *Veterans' Wellness*. To submit your story, email **Kathleen.Hider@va.gov**. Please include your phone number. Do not include your Social Security number or full story. We'll call you for the details.

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# Take It Outside

Find new ways to exercise outdoors.

**When the weather's nice, spend as much time as you can outside.** Being outdoors is a way to get some exercise into your day. Spending time outside can also improve your mood and leave you feeling mentally refreshed. Exercising outdoors doesn't feel as difficult, so you can push yourself a little harder.



## How much physical activity do you need each day?



**30 minutes**

of moderate physical activity — such as walking briskly — most days for overall health and to reduce your disease risk.



**60 minutes**

of moderate to vigorous physical activity (such as biking uphill) most days to manage your weight and prevent weight gain.



**60–90 minutes**

of daily moderate physical activity to maintain weight loss.

# Calories Count

The next time you reach for a snack, check this list first. Hang it on your fridge as a reminder.



**CELERY STICKS**  
10 small = 6 calories



**GREEN PEPPER**  
5 rings = 10 calories

**STRAWBERRIES**  
1 cup = 46 calories

**GRAPEFRUIT**  
1 small = 52 calories

**RED SEEDLESS GRAPES**  
½ cup = 52 calories

**FIG BAR**  
1 = 56 calories

**GINGERSNAPS**  
2 = 58 calories

**GRAHAM CRACKER SQUARES**  
2 = 59 calories



**ANIMAL CRACKERS**  
6 small = 67 calories

**ALMONDS**  
10 = 69 calories



**ORANGE**  
1 large = 69 calories

**RICE CAKES, PLAIN**  
2 cakes = 70 calories

**FAT-FREE FROZEN YOGURT**  
½ cup = 71 calories

**WHOLE-WHEAT TOAST, DRY**  
1 slice = 76 calories

**HUMMUS**  
3 tablespoons = 75 calories

**CHOCOLATE CHIP COOKIE**  
1 = 78 calories

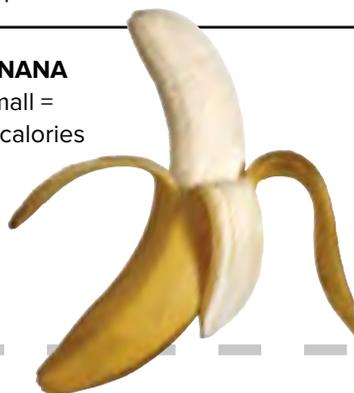
**FRUIT BAR, FROZEN (3 OZ.)**  
1 = 80 calories



**RAISINS**  
60 = 85 calories

**CHERRIES**  
1 cup = 87 calories

**BANANA**  
1 small = 90 calories



**CANTALOUPE**  
1 medium = 94 calories



**APPLE**  
1 medium = 95 calories

**PISTACHIOS**  
25 = 98 calories

**GRANOLA BAR**  
1 = 99 calories



**APPLESAUCE, UNSWEETENED**  
1 cup = 102 calories

**PRETZELS**  
6 twists = 115 calories

**POPCORN (LOW-FAT, MICRO-WAVE)**  
2½ cups = 120 calories

**WHOLE-WHEAT BAGEL**  
½ = 122 calories

**ANGEL FOOD CAKE**  
2-inch slice = 128 calories

**PEANUTS**  
28 = 161 calories

# Use Herbs to Trim Fat

Are you looking for an innovative way to trim fat and sodium from your cooking without sacrificing flavor? Then herbs are the answer. These fragrant plant leaves liven up even the simplest recipes.

During the summer months, you can grow herbs in a sunny section of your backyard. A windowsill that gets a lot of sunlight also is the perfect spot for small pots of herbs like parsley, basil and chives.

Dill, tarragon or thyme are great choices for seasoning fish. Try oregano, rosemary or sage when preparing chicken. Basil, chives and parsley are great additions to salads and vegetables.

For the Baja-Style Salmon Tacos, you'll need cilantro, cumin and coriander.



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## Baja-Style Salmon Tacos

Serves 4

### Ingredients

12 oz. salmon fillet, cut into 4 portions (3 oz. each)  
4 (8-inch) whole-wheat tortillas

### For taco filling:

1 cup green cabbage (about ¼ head), rinsed and shredded  
1 teaspoon lime juice  
1 teaspoon honey  
½ cup red onion, thinly sliced (or substitute white onion)  
1 medium jalapeno chili pepper, rinsed and split lengthwise — remove seeds and white membrane, and mince (about 2 tablespoons); for less spice, use green bell pepper  
1 teaspoon fresh cilantro, minced (or substitute ½ teaspoon ground coriander)

### For marinade:

½ tablespoon corn oil or other vegetable oil  
1 tablespoon lime juice  
2 teaspoons chili powder  
½ teaspoon ground cumin  
½ teaspoon ground coriander  
¼ teaspoon salt

### Directions

Preheat grill on high. Prepare taco filling by combining all ingredients. Let stand for 10-15 minutes.

To prepare the marinade, combine the oil, lime juice, chili powder, cumin, coriander and salt in a bowl. Place salmon fillets in a flat dish with sides. Pour marinade evenly over fillets.

Place salmon fillets on grill. Cook for 3-4 minutes on each side, until fish flakes easily with a fork in the thickest part. Remove from the heat and set aside for 2-3 minutes. Cut into strips.

To make each taco, fill 1 tortilla with ¾ cup filling and 1 salmon fillet.

### Nutrition Facts

Each serving provides about 325 calories, 11 grams total fat, 29 grams carbohydrates, 24 grams protein, 4 grams total fiber, 395 milligrams sodium and 54 milligrams cholesterol.

Source: National Heart, Lung and Blood Institute, *Keep the Beat Recipes: Deliciously Healthy Dinners*

## Join a New Program to Improve Your Health



### Women Veterans in the Greater Rochester Area:

Learn how to reduce stress and improve your heart health by joining the Helping Hearts, Healing Minds stress reduction program. Once a week for 8 weeks, you can attend a 2-hour session that includes Hatha yoga, breathing exercises and sitting and walking meditations.

The sessions will be held at the Canandaigua VA Medical Center on Thursdays from 4:30-6:30 p.m. and at the Rochester VA Outpatient Clinic from 4-6 p.m. If you are interested in this program, call **585-393-8058**.

## Mindfulness-Based Stress Reduction Classes for Women with MST

### One in 5 women has experienced military sexual trauma (MST).

MST is unwanted sexual attention, experiences of sexual assault or repeated, threatening acts of sexual harassment. If you are a woman Veteran who has experienced MST, you don't have to face it alone. VA is offering Mindfulness-Based Stress Reduction, a program and research effort designed to provide relief from stressors that affect a healthy body and mind. The program offers stress-reducing classes free of charge. Women Veterans of all ages who have experienced MST are welcome to join this research effort for help and support. The classes are held at the Canandaigua VA Medical Center and Rochester VA Outpatient Clinic. If you are interested in participating in this study, call **585-393-8058**.

## \$10 OFF Any Apple Product Priced \$145 or Higher



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Valid August 11-25, 2014, Only

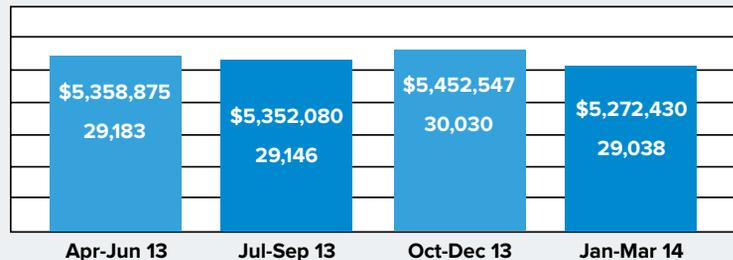
Limit one coupon per customer. Offer only valid with the purchase of an Apple Product priced at \$145 or higher in the Patriot Store. Not to be combined with any other offers. Void if transferred, purchased, sold or prohibited by law. No cash value.

VCS Employee register instructions:  
• Ring item as normal, then enter sell price for \$10 off item as VCS coupon.

## COST OF MISSED APPOINTMENTS

Remember to please make a timely cancellation if you cannot attend an appointment. This way, we can schedule other Veterans needing appointments. Thank you!

### COST OF NO-SHOWS



## TAKE CHARGE OF YOUR HEALTH CARE



## Vet Center Update

Vet Centers are expanding their counseling outreach efforts by using a mobile Vet Center van that goes to communities, events and festivities that Veterans attend. Vet Centers provide counseling that is not shared with VA or any other health care provider without the consent of the Veteran. Vet Centers are often a nice point of entry for the Veteran to access medical care and additional psychological services that are available at the local VA Medical Center or Community Based Outpatient Clinic.



## Reaching us is easy



www.visn2.va.gov

### VA Medical Centers

**Albany Stratton**  
113 Holland Ave.  
Albany, NY 12208  
518-626-5000  
1-800-223-4810

**Batavia**  
222 Richmond Ave.  
Batavia, NY 14020  
585-297-1000

**Bath**  
76 Veterans Ave.  
Bath, NY 14810  
607-664-4000  
1-877-845-3247

**Buffalo**  
3495 Bailey Ave.  
Buffalo, NY 14215  
716-834-9200  
1-800-532-8387

**Canandaigua**  
400 Fort Hill Ave.  
Canandaigua, NY 14424  
585-394-2000  
1-800-204-9917

**Syracuse**  
800 Irving Ave.  
Syracuse, NY 13210  
315-425-4400  
1-800-221-2883

### Community Based Outpatient Clinics

**Auburn**  
17 Lansing St.  
Auburn, NY 13021  
315-255-7002

**Bainbridge**  
109 N. Main St.  
Bainbridge, NY 13733  
607-967-8590

**Binghamton**  
425 Robinson St.  
Binghamton, NY 13901  
607-772-9100

**Catskill**  
Greene Medical Bldg.  
159 Jefferson Heights  
Catskill, NY 12414  
518-943-7515

**Clifton Park**  
1673 Route 9  
Clifton Park, NY 12065  
518-626-5205

**Coudersport  
Satellite Clinic  
of Wellsville**  
24 Maple View Lane  
Suite 2  
Coudersport, PA 16915  
814-260-9342

**Dunkirk**  
Valor Health Center  
166 E. Fourth St.  
Dunkirk, NY 14048  
1-800-310-5001

**Elmira**  
Health Services Bldg.  
200 Madison Ave.  
Suite 2E  
Elmira, NY 14901  
1-877-845-3247,  
ext. 44640

**Fonda**  
Camp Mohawk Plaza  
2623 State Highway 30A  
Fonda, NY 12068  
518-853-1247

**Glens Falls**  
84 Broad St.  
Glens Falls, NY 12801  
518-798-6066

**Jamestown**  
608 W. Third St.  
Jamestown, NY 14701  
716-338-1511

**Kingston**  
63 Hurley Ave.  
Kingston, NY 12401  
845-331-8322

**Lackawanna**  
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Family Care Center  
227 Ridge Road  
Lackawanna, NY 14218  
716-822-5944

**Lockport**  
5883 Snyder Drive  
Lockport, NY 14094  
716-438-3890

**Malone**  
3372 State Route 11  
Main Street  
Malone, NY 12953  
518-483-1529

**Mansfield  
Satellite Clinic  
of Elmira**  
63 Third St., Suite 104  
Mansfield, PA 16901  
570-662-0507

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Olean, NY 14760-2658  
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**Oswego**  
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Oswego, NY 13126  
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**Plattsburgh**  
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Plattsburgh, NY 12901  
518-561-6247

**Rochester**  
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Rochester, NY 14620  
585-463-2600

**Rome**  
125 Brookley Road  
Griffiss Park  
Rome, NY 13441  
315-334-7100

**Saranac Lake  
Satellite Clinic  
of Elizabethtown**  
33 Depot St.  
Saranac Lake, NY 12983  
518-626-5237

**Schenectady**  
1322 Gerling St.  
Sheridan Plaza  
Schenectady, NY 12308  
518-346-3334

**Springville  
Satellite Clinic  
of Lackawanna**  
Springville Primary Care  
27 Franklin St.  
Springville, NY 14141  
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**Tompkins/Cortland  
County**  
1451 Dryden Road  
Freeville, NY 13068  
607-347-4101

**Troy**  
Troy Primary Care  
Practice  
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Troy, NY 12180  
518-274-7707

**Watertown**  
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Watertown, NY 13601  
315-221-7026

**Wellsville**  
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Route 19  
Wellsville, NY 14895  
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**Buffalo**  
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Suite 1  
Buffalo, NY 14228  
716-862-7350

**Rochester**  
2000 S. Winton Road  
Bldg. 5, Suite 201  
Rochester, NY 14620  
585-232-5040

**Syracuse**  
716 E. Washington St.  
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Syracuse, NY 13210  
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