



KCVA Veteran *focus*

KCVA Events



Catholic Mass

Wednesdays

12:00pm - 12:30pm

Chapel

Labor Day

9/1/14

Patient Orientation

9/24/14 - 9:30am - 11:30am

KCVA Hall of Heroes

Call to register.

816-861-4700 x57927

Flu Shots

Available in Clinics

Starting 9/15/14

Drive Through Flu Shots

Friendship Baptist Church

9/27/14 - 10/3/14

8am - 4pm

Farmer's Market

Every Thursday

7:00am - 1:00pm

Front of Medical Center



Helping Veterans Through Prevention

- Kim Jackson, HPDP Program Manager

The Health Promotion Disease Prevention program is nation wide and focuses on changing how the VA provides care to Veterans. It assists the Veterans in taking steps to become more involved in their own care through healthy lifestyle changes.

There are nine healthy living messages that are focused on to support Veterans in reaching their health change goals:

- be involved in your health care
- be tobacco free
- eat wisely
- be physically active
- strive for a healthy weight
- limit alcohol
- get recommended screening tests and immunizations,
- manage stress
- be safe

At KCVA, we are fortunate to have a few opportunities to assist Veterans in learning how to be healthier and become a partner in their care. We make it our mission to help our Veterans in improving their quality of health.

Our **Quit Tobacco Clinic** was revamped and introduced in July 2012. It is co-lead by Shannon Huebert, Ph.D. and Keith Anderson, PharmD. It is a drop in clinic where no appointment or referral is necessary. Methods on quitting and staying tobacco free are discussed. A Pharmacist is available to provide appropriate treatment options and quit tobacco prescriptions. They have had over 500 Veterans come for assistance. The clinic is every Tuesday at 10:00am in M6-274 and is offered at some CBOCs at the same time. Contact Shannon Huebert at extension 52616 for details.

MOVE! is a national program that teaches overweight/obese Veterans some common sense tools that help them lose weight in a healthy way through lifestyle changes and not quick weight loss plans. Our program currently offers an 8 week class that runs throughout the year, a maintenance group, and has begun limited Telephone Lifestyle Coaching for Veterans who are highly self-motivated and unable to attend our regular classes. Contact Kim Jackson at extension 57927 for details.

Learn to Live Better is a program designed by Stanford University that helps Veterans gain the knowledge, skills, and motivational tools to manage the day-to-day realities of chronic conditions. It is a 6 week program with 2 hour sessions one day a week. Veterans, spouses and caregivers can attend. Due to limited space per session, reservations are required. Contact Kim Jackson at 57927 for details.

New Surgery Unit Now Open!



The east wing of the 5th floor has been completely renovated to create a new pre and post operation unit and it looks great!

The new pre and post operation bay is open and sunny. It is now conveniently located right next to the operating room. Each bed will have a personal TV and temperature control.

Patient Centered Moment

From the family of a Veteran about their experience at KCVA

From the time we arrived, I must admit I was I impressed. The staff in the PCU unit was very good with the care of (Veteran). We were kept informed at each step of the way. Not to mention, trying to keep us as comfortable as possible. After nothing could be done to improve his condition, (Veteran) was taken off of life support, then he was moved to the 8th floor Hospice unit. They were truly amazing. They not only took good care of (Veteran) but were compassionate of the entire family. I must tell you, I can't give your hospital enough praise. The care and respect that was given to (Veteran) and the entire family was above and beyond the call of duty.

Project Updates

- Vascular Lab has moved to the 5th Floor – M5-316.
- Pre-Op has moved to the 5th Floor – M5-300.
- Ambulatory Surgery has moved to the 5th Floor – M5-360.
- Podiatry has moved to the 4th Floor.
- Dialysis has Moved to the 7th Floor.
- Cancer Center is expected to open in October on the 6th Floor.
- The Warrensburg Community Clinic is expected to open in October.



Kansas City VA Medical Center
4801 Linwood Blvd.
Kansas City, MO 64128

816-861-4700

www.kansascity.va.gov



[Facebook.com/vakansascity](https://www.facebook.com/vakansascity)



[Flickr.com/photos/vakansascity](https://www.flickr.com/photos/vakansascity)



[Twitter.com/vakansascity](https://twitter.com/vakansascity)



Myhealth.va.gov

**Veterans
Crisis Line**



1-800-273-8255
PRESS 1