



Big Changes coming to KCVAMC This Summer:

The Kansas City VA Medical Center is excited to announce some very positive changes. Construction projects will bring major changes to the 5th, 7th and 10th floors of the Main Tower. All of this will start later this year. By the time the projects are completed, we will have a new inpatient surgery, new inpatient psychiatry and a new dialysis clinic. Here are the highlights by project:

5th Floor - complete renovation of the floor for inpatient and outpatient surgery.

- 13 Private restrooms and showers in all patient rooms
- 10 beds for Ambulatory Surgery

7th Floor - a new dialysis unit that will include:

- 13 treatment units to improve comfort for patients
- Increase space for dialysis support groups

10th Floor - renovate the entire floor for inpatient care.

- Provide 15 patient rooms with private restrooms and showers
- Increase space for dining and day room activities

The Kansas City VA is 100% committed to avoid disruption to our patients during the construction. Our goal is to keep you fully informed. Watch for updates in future newsletters, on our web page <http://www.kansascity.va.gov/> and on our Facebook page <http://www.facebook.com/VAKansasCity>.

Oops we made a mistake!

The correct Kansas City Vet Center information is listed below.

4800 Main Street
Suite 107
Kansas City, MO 64112

Hours: Monday – Friday; 8:00 a.m. – 4:30 p.m.
Phone : (816) 753-1866

**Thursdays
7am – 1pm
Front Circle**



Veterans Crisis Line (1-800-273-8255)

The VA is working to make sure anyone in emotional distress or suicidal crisis can get help. The Veterans Crisis Line (formally known as National Suicide Prevention Hotline) is available 24 hours a day for confidential counseling. Veterans and concerned family members can call the Veterans Crisis Line by dialing **800-273-8255**, and "pressing 1".

My HealthVet is a free, online personal health record. It is available 24/7, where ever there is Internet access. If you are a VA patient, registered on My HealthVet and have completed the one-time In-Person Authentication process, you can:

- Get your VA Wellness Reminders
- View your VA Appointments
- When available, participate in Secure Messaging with your health care team*
- Fully participate in future My HealthVet features

*Secure Messaging (opportunity to get emails to your provider) is now available through some VA clinics and expanding to others throughout 2011.

Check it out and sign up: www.myhealth.va.gov<<http://www.myhealth.va.gov>>

High Blood Pressure -- Preventive Tips

A healthy lifestyle can help prevent high blood pressure. The lifestyle change would include:

- A healthy weight; being physically active
- Following a healthy eating plan that emphasizes fruits, vegetables, and low fat dairy foods
- If you drink alcoholic beverages, drinking in moderation.
- Choosing and preparing foods with less salt and sodium



Tips for Reducing Sodium in Your Diet

Buy fresh, plain frozen, or canned "with no salt added" vegetables.

Use fresh poultry, fish, and lean meat, rather than canned or processed types.

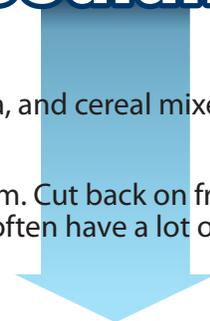
Use herbs, spices, and salt-free seasoning blends in cooking and at the table.

Cook rice, pasta, and hot cereals without salt. Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.

Choose "convenience" foods and ready to eat breakfast cereals that are lower in sodium. Cut back on frozen dinners, pizza, packaged mixes, canned soups or broths, and salad dressings — these often have a lot of sodium.

Rinse canned foods, such as tuna, to remove some sodium.

Sodium



Guest Food Trays now available

Medical Center visitors can now order a meal tray from Nutrition and Food Service. Trays can be ordered by calling the Diet Office at extension 56797. Meals are available for purchase and pick-up during the following hours:

Breakfast: 7:00 a.m. – 9:30 a.m., Saturday, Sunday and Holidays; Cost is \$3.00

Lunch: 11:30 a.m. – 2:30 p.m., Saturday, Sunday, and Holidays; Cost is \$5.00

Dinner: 4:30 p.m. – 6:45 p.m., Daily; Cost is \$5.00



Correct change or checks made out to the Department of Veterans Affairs are accepted for payment. For more information, call the Diet Office at extension 56797.