



The Health Promotion Disease Prevention (HPDP) program focuses on changing how the VA provides care to our Veterans. It also assists the Veterans in taking steps to become more involved in their own care through healthy lifestyle changes. These nine healthy living messages focus on supporting Veterans to help them reach 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 the Kansas City VA Medical Center, we make it our mission to assist Veterans in learning how to be healthier and become a partner in their care.

Quit Tobacco Clinic provides methods on quitting tobacco and staying tobacco free. This drop-in clinic meets every Tuesday at 10:00a.m. in Room M6-274.

MOVE! teaches overweight/obese Veterans some common sense tools to help them lose weight in a healthy way through lifestyle changes and not quick weight loss plans. Contact Nancy Miller, x56484 or Kim Jackson, x57927 for details.

Learn to Live Better is a program designed to help Veterans gain the knowledge, skills, and motivational tools to manage the day-to-day realities of chronic conditions. Contact Kim Jackson, x57927 for details.

Patient Care Moment



From a KCVVA Patient:

“I want to extend my sincere appreciation for the care I received at the KCVVA Hospital. While an outpatient in the infusion clinic I had an allergic reaction to Actemra. The situation occurred quite rapidly but I realized immediately I was receiving the best care in the KC Mo area. Personnel in the infusion clinic, without hesitation, contacted my Rheumatologist. I am unsure if He does magic, or ran the stairs but He was by my side in a flash. The entire unit responded and jumped right in. I have also been treated like royalty in the past when hospitalized in 2005, and 2006. I must also mention the Primary Green Team. They go above and beyond every time I call. I am here to tell anyone and the world I get the best care from this hospital.....OUR HOSPITAL.”



Health Awareness Items for February

- 2015 National Donor Day - 14 Feb
- American Heart Month
- Congenital Heart Defect Awareness Day - 14 Feb
- National Salute to Patients Week (9-13) Feb



KCVVA Project Updates

- 10th Floor East Wing on-going through March
- 5th Floor West In-Patient Surgery through Aug/Sept
- Emergency Room expansion coming soon
- Solar Panel installations through June/July
 - On rooftops and parking lot canopies
 - To enhance electrical power and save money

Kansas City VA Medical Center

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Myhealth.va.gov

Veterans Crisis Line



1-800-273-8255
PRESS 1