



Hospital Bulletin October 2018



October Greetings Department of California!!



The month of October is Mental Health Awareness Month. The following 3 paragraphs are from our National Hospital Ambassador October Promotion. "Mental Health refers to emotional and psychological well-being. Mental health can be influenced by a variety of factors, including life events. This is a condition that affects the way you feel and think. It can affect your capacity to get through day-to-day life. The symptoms may get worse if untreated. Reach out for psychological help. They can establish a treatment plan. Post-traumatic stress disorder is a mental illness that causes people who have experienced traumatic events such as war, natural disasters or accidents to experience ongoing psychological problems.

President Trump signed an Executive Order on May 31, 2018. He is supporting veterans with mental health care and suicide prevention resources during their transition from uniformed service to civilian life. Focus is on the first year after separation from military service. This is available to all veterans regardless of discharge status.

The VA Office of Mental Health is implementing a new program to increase suicide prevention outreach for veterans at highest risk. REACH VET, short for Recovery Engagement and Coordination for Health – Veterans Enhanced Treatment,. REACH-VET uses information from veteran's health records to identify those at a higher risk for suicide, hospitalization, illness or other negative outcomes. Once a Veteran is identified, his or her VA mental health primary care provider checks on the veteran's well-being and reviews their treatment plan to determine if enhanced care is needed."

For more information and tips for understanding someone with Post Traumatic Stress Disorder, please go to HealMyPTSD.com

October is also National Breast Cancer Awareness Month. Anyone can receive a free Breast Health Guide from www.nationalbreastcancer.org/breast-cancer-awareness-month.

The National Ambassadors have what they are calling a SWAP CORNER (Share Wonderful Auxiliary Projects) as part of their Monthly Program Promotions. I was pleased to see that The National Hospital Ambassador, Vicki Rosse, chose to share the Tibor Rubin VAMC, Long Beach Social Connection as her SWAP in her October Promotion

When filling out your Hospital Program Report Form, I ask that you please include the date of your project or event. IE: “On Sept. 14, 2018 Sister Mary shopped for Bingo Prizes for the Auxiliary hosted hospital Bingo scheduled for Sept. 15. On Sept 15, Sisters Mary, Sue, Jane & Jill attended the Bingo Games and assisted the veterans“ This detail will be a big help to me in clarifying similar reports. And, then, of course, DO NOT forget to add, the number of volunteer hours spent on the project,(shopping, driving, actual event hours) number of members attending, and preparing for the project, miles driven, and how much money was spent.

Upcoming Events:

2nd Wednesday of every month- Hawthorne Aux. 2075 hosts Bingo, West L. A. VAMC Bldg. #300. 11301 Wilshire Blvd. Los Angeles, CA 1:00 – 2:00 PM. Volunteers ALWAYS welcome- Please contact Jo Ann Wright, Aux 2075 Hospital Chairman @ 310-704-0878 (no texting)

Last Friday of Every Month – Veterans Social Connection, Tibor Rubin VAMC Bldg. 165 Canteen Back Patio, 5901 E. 7th Street, Long Beach, CA 8:30 – 10:30 AM . Please contact Romey Hagen if your auxiliary would like to be part of this project. 310-988-5296 or romicles@pacbell.net

November 5-11, 2018 – Hospital Volunteer Recruitment week

Please keep the 2018/2019 Hospital Team informed of any and all Hospital Events in your area, so that we can get the information out to the entire department.

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