



Proud of our Veterans,
Proud of America!

THE epicenter

Newsletter of the VA Palo Alto Health Care System (VAPAHCS) • January 2002

The Meaning of the Martin Luther King, Jr. Holiday

In the aftermath of September 11th, commemorating Dr. King's birthday takes on a more significant meaning. As a Noble Peace Prize winner and a man who gave his life in defense of his principles of non-violence, it would be enlightening to hear Dr. King's thoughts and reactions about how America should respond to acts of terrorism.

This holiday honors the courage of a man who endured harassment, threats and beatings, and even bombings. We commemorate the man who went to jail 29 times to achieve freedom for others, and who knew he would pay the ultimate price for his leadership, but kept on marching and protesting and organizing anyway.

The King Holiday celebrates Dr. King's global vision of the world house, a world whose people and nations had triumphed over poverty, racism, war and violence. The holiday celebrates his vision of ecumenical solidarity, his insistence that all faiths had something meaningful to contribute to building the beloved community.

The holiday commemorates America's pre-eminent advocate of nonviolence — the man who taught by his example that nonvio-

lent action is the most powerful, revolutionary force for social change available to oppressed people in their struggles for liberation.

It is a day of interracial and intercultural cooperation and sharing. No other day of the year brings so many peoples from different cultural backgrounds together in such a vibrant spirit of brother and sisterhood. Whether you are African-American, Hispanic or Native American, whether you are Caucasian or Asian-American, you are part of the great dream Martin Luther King, Jr. had for America.

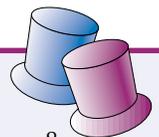


We commemorate Dr. King's inspiring words, because his voice and his vision filled a great void in our nation, and answered our collective longing to become a country that truly lived by its noblest principles.

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A Word From Our Director



As I look back on 2001, I would like to take this opportunity to thank all of you for your many contributions. They included:

- Achieving our Category A growth goal due to your participation in our goal-sharing program.
- Leading VISN 21 in our achievements on the VHA performance measures.
- Earning the highest score in VISN 21 - 91 - on our JCAHO hospital survey. Providing outstanding care to over 46,000 veterans, many of whom depend solely on VAPAHCS for their care.

Thank you for your commitment to veterans.

VAPAHCS FY 2002 Priorities

Our Executive Council has identified several top priorities for FY 2002. My view of the most pressing of those priorities, simply put, is the following:

- Meet Budget
- Meet/Exceed FY 2002 Performance Measures
- Improve VAPAHCS' Image as an Employer of Choice
- Improve Veteran Satisfaction

I will be asking for your assistance in achieving these goals in a variety of ways.

- We will launch a second goal-sharing program in January 2002.
- We will continue to emphasize the importance of enrolling and vesting new Category A veterans into VAPAHCS.
- We will also fold in the other goals listed above.

I am especially interested in your input as to how to improve veteran satisfaction. Our VA Central Office surveys a small percentage of our outpatients as a representative sample of our overall veteran satisfaction. Therefore, it is essential every veteran's experience with us is a positive one.

I realize every veteran's experience with VAPAHCS may not start on a positive note every time - we need it to end on a positive note, every time, to the best of our ability.

VAPAHCS FY 2002 Budget

- VAPAHCS is embarking on a challenging budget year.
- While VA, as an agency, received a sizable budget increase, VACO is holding a significant portion of VHA funding in its reserve at this time.
- Last year, our operating budget enjoyed a 6.6% increase. In contrast, this year, we are projecting an increase of approximately 3%.
- We will receive our final budget allocation from the VISN Director in January 2002.
- The Associate Director, John Sisty, asked all services to participate in submitting tentative plans to reduce costs by 4%.
- He received many creative and innovative plans that could improve our efficiency and effectiveness.
- It is very obvious many services solicited broad input in developing their plans and proposed thoughtful, realistic actions.
- At the present time, we have imposed a hiring freeze for most positions. Your planning work will allow us to make strategic decisions to ensure we meet our budget, allow staffing to decrease strategically through attrition in some areas, maintain staffing as needed in other areas and enhance staffing as needed.

VAPAHCS January 2002 Management Retreat

- On January 16, 2002, VAPAHCS will conduct a management retreat to discuss and develop strategies to accomplish our primary goals for FY 2002.
- The retreat will be held in the Auditorium of the Palo Alto Division. All service chiefs and site liaisons are invited, as are the presidents of our two AFGE locals.
- Pre-retreat surveys have been developed and will be distributed this month to ensure we use this time productively.

We also want to have fun and enjoy sharing ideas. More details regarding the time and agenda will be forthcoming.

First Quarterly Director's Dialogue

- On December 10, 2001, I held the first quarterly Director's Dialogue. All supervisors below the service chief level were invited.
- Approximately 70 people from all sites participated.
- This was an opportunity for supervisors at various levels to ask questions on a variety of subjects and hear first-hand from me about the priorities and latest developments at VAPAHCS.
- I have received the feedback surveys and have received many excellent suggestions for the next forum including submitting the material to be discussed electronically in advance of the session.

Thanks very much to everyone who participated. As I mentioned, I am planning to create a similar opportunity for dialogue with non-supervisory employees.

This message is my forum to give all VAPAHCS employees information about topics of broad interest in a concise format. I hope you find it useful. Since I am the author, I would appreciate your feedback as to how to improve the contents. Thanks for taking the time to review this material.

Elizabeth Joyce Freeman
Director, VAPAHCS



Respiratory Therapist Receives High Honor!



Jeff Whitnack, Supervisor, Respiratory Therapy Service, at VAPAHCS Palo Alto Division was recently awarded the Adult Care Practitioner of the Year at the American Association of Respiratory Care 47th International Respiratory Congress, in San Antonio, Texas. He won the award as a result of his contributions as editor of the Adult Acute Care bulletin.

As the supervisor of Respiratory Therapy, he trains other therapists on various field subjects ranging from pressure control in mechanical ventilation to pathology of diseases including but not limited to asthma and COPD. Among his many accomplishments, Mr. Whitnack has participated in and edited a discussion by an international group composed of doctors, nurses, physiotherapists and respiratory therapists on the Web. The group talked about topics related to mechanical ventilation therapies as well as the application of the European model for critical care practice.

Mr. Whitnack sees respiratory therapy as an emerging profession whose technology evolves constantly. He has been a respiratory therapist since 1982, when he graduated from Pruett College, in Concord, CA. He worked for Sequoia Hospital before joining VAPAHCS two years ago.

Michelle Ledgister Named New Compliance Officer!



Michelle Ledgister has been hired as the new Compliance Officer at the VA Palo Alto Health Care System. Ms. Ledgister will be responsible for the spectrum of compliance programs and activities across VAPAHCS. Her responsibilities will include coordinating the implementation of the compliance program for all entities, maintaining policies and procedures, facilitating the development and presentation of compliance education, working with staff to ensure awareness and compliance of pertinent federal and state laws, participating in investigations as appropriate and maintaining compliance databases.

Prior to joining the team at VA Palo Alto, Ms. Ledgister held the position of Manager, Contracts, Compliance and Risk, for the North Broward Hospital District in Fort Lauderdale, Florida, a Not for profit, tax-assisted county

multi-hospital system comprised of 1,900 beds and 7,500 employees and 133 primary health clinics, physician practices & ambulatory care sites. She previously served as the Manager, Risk Management for North Broward and as the Manager, Risk Management Division for InPhyNet Medical Management a national, publicly traded, health care staffing & physician practice management company.

Ms. Ledgister is a graduate of the University of Windsor, Ontario, Canada, earning a Bachelor of Commerce degree. She has a Bachelor of Science in Administration from Nova Southeastern University in Fort Lauderdale, where she later earned a Master of Business Administration degree.

Ms. Ledgister is a member of the American Society of Healthcare Risk Managers and a Florida-licensed Healthcare Risk Manager.

EMPLOYEE NEWS

New Employees

Blind Rehabilitation Svc.
Sarah Hudson

Canteen Svc.
Linda G. Dunn
Victor F. Morales
Sylvia H. Roberson

Director's Office
Michelle Ledgister

Environmental Mgmt. Svc.
Frank W. Miller
Paula Weaver

Nursing Svc.
Helen Ballantyne
Helen Cunanan
Jessica Hancher
Sampaguita Pino
Robert Randall
Janet Yoon

Nutrition & Food Svc.
Isidra V. Mabutas
Alice Macajen

Pathology & Lab Svc.
F. Elizabeth Foree

Prosthetics Svc.
Kathleen Williams

Readj. Counseling Svc.
Helen M. Gorini

Research Svc.
Lisa K. Fraidin
Lee H. Pickett
Kenneth R. Weingardt

Retirees

Nursing Svc.
Diana Spurr (14)

Spinal Cord Injury Svc.
George Sullivan (39)

Nutrition & Food Svc.
Donaretha Turner (27)

(Years of service are indicated in parentheses.)



Employee Service Awards

10 Years

Rajinder Chitkara
Medical Svc.

Felecia Davis
Nutrition & Food Svc.

Debasis Malakar
Director's Office

Mark Mistal
Medical Svc.

Richard Peardon
Police & Security Svc.

Caroline Wyman
Recreation Svc.

15 Years

Ronald Booth
Engineering Svc.

Doris Burse
Nursing Svc.

Maxine Dials
Nursing Svc.

Marian Duran
Business Office

Mary Lou Emerson
Environmental Mgmt. Svc.

Zachary Gavriel
Vet Center

Marion Logan
Medical Svc.

Natividad Martinez
Nursing Svc.

Mary McFadden
Social Work Svc.

Dennis Pfaff
Vet Center

Mariam Raj
Nursing Svc.

Timothy Rowen
Anesthesiology Svc.

Cathrine Saalfeld
Human Resources Svc.

Timothy Tran
IRMS

Terry Turner
Environmental Mgmt. Svc.

20 Years

Marie Hensley
Nursing Svc.

Robert Ortega
IRMS

Doil Snyder
Engineering Svc.

25 Years

Sonia Casio
Nursing Svc.

Allen Covington
Physical Med. & Rehab. Svc.

Arnold Gomes
Environmental Mgmt. Svc.

30 Years

Laura Hamilton
Nutrition & Food Svc.

Jeffrey Postlewaite
Human Resources Svc.

Kenneth Standcliff
Acquisition & Materiel's Mgmt.

John Tribuiano
Acquisition & Materiel's Mgmt.

35 Years

Alvin Cruz
Nursing Svc.

CALENDAR OF TRAINING & EVENTS



EES=VA Employee Education System • HR=Human Resources • ORM=Office of Resolution Management • TQI=Total Quality Improvement • TBA=To be announced

DAY	DATE	SERVICE	TIME	PLACE	INFORMATION
Tuesday	1/1/02				Holiday
Wednesday	1/9/02	Psychiatry	12-1pm	Menlo Park Bldg.334 Rm E117	Barbara Faltz, RN, MS Drug Abuse in the Elderly
Monday	1/14/02	Psychiatry	12-1pm	Menlo Park Bldg T321 Conf. Room	Fred Luskin, Ph.D. The Impact of Forgiveness Strategies in Psychotherapy
Tuesday	1/15/02	Medical	11am-12:30 pm	Bldg. 101 Auditorium, PAD	Prostate Support Group
Wednesday	1/16/02	Psychiatry	12-1pm	Menlo Park Bldg.334 Rm E117	Ellen Coman, Ph.D. Alcohol-induced persisting dementia
Monday	1/21/02				Holiday
Wednesday	1/23/02	Psychiatry	12-1pm	Menlo Park Bldg.334 Rm E117	Arthur Halliday, MD Thyroid disease and psychiatric illnesses
Tues & Wed	1/29 & 1/30	HRMS	8:00 am-4:10 pm	Bldg. 101 Auditorium, PAD	New Employee Orientation Program
Wednesday	1/30/02	Psychiatry	12-1pm	Menlo Park Bldg.334 Rm E117	JoAnn D. Gould, Attorney at Law Elder Law Considerations
Tuesday	2/19/02	Medical	11 am-12:30pm	Bldg. 101 Auditorium, PAD	Prostate Support Group

New Location for Modesto Clinic

*VA Palo Alto Health Care System
Modesto Clinic staff shown at their
new location on the
third floor, 1524 McHenry Blvd.,
Modesto, California.*



Cold Weather Good for Winter Sports, but Not Always for the Winter Athlete

Winter is officially here, and many of us can't wait to head up to the mountains to participate in our favorite winter sport. However, fitness and cold weather caution are keys to enjoying a healthy winter sports season. According to Robert Sallis, MD, sports medicine doctor at Kaiser Permanente, the most risky sports for cold weather danger are the so-called wilderness sports such as skiing, both cross country and downhill, backpacking, mountaineering, snow-mobiling and hunting. According to the researchers, wilderness exposure is the classic cause of hypothermia, but many cases seen needing medical treatment can also occur in urban settings.

Hypothermia is defined as core body temperature lower than 95 degrees. As one's temperature drops toward 90 degrees, a person is considered to be in mild hypothermia, with symptoms of uncontrollable shivering. People may have varying degrees of confusion and incoherence and experience difficulty in making movements. At a temperature below 90 degrees, blood pressure, heart rate and respirations decrease and the shivering reflex, which is creating heat, is gone. Sallis continues that "the healthier you are, the more fit you are, the lower the risk is going to be. Use of alcohol or drugs can make you more prone to hypothermia."

So what does one do when the temperature drops and days get shorter and you find it harder to stick to an exercise routine? "Don't lose your momentum, even though the winter months can be brutal for some people's fitness routines," says Bradley Cardinal, PhD, exercise

psychologist at Oregon State University. "We know it is a lot easier to get out and exercise when the weather is warm, so try to make yourself warm up inside first. Taking five to ten minutes to do some low-level aerobic exercise like jogging in place or doing jumping jacks can make it easier to go outside. Dressing in layers so that you can peel them off as your body temperature increases can help too."

Think of indoor alternatives such as use of a gym with fitness equipment. Sometimes going with a friend helps to provide social support needed to keep motivation levels high. If you choose to exercise on equipment at home, do whatever you can to minimize boredom. Sometimes placing a TV in front of a home treadmill or stair climber can make exercise time more entertaining.

Reconfiguring your schedule is another possible solution. If cold and darkness discourages you from morning or evening exercise, try to take a brisk walk or an exercise class during your lunch hour.

Remember to include the right mix of good nutrition too! The American Dietetic Association says the best work out eating plan includes;

- lots of carbohydrates, such as whole grain breads, cereals, pasta, veggies and fruits;
- a moderate amount of protein, chosen from low-fat sources like beans, poultry, fish or lean meat;
- plenty of fluid to keep yourself hydrated with the best choices still being water and diluted fruit juices.

Livermore Division Boasts Four Generations of the Schofield Family



Eleanor Schofield is 83 years young and loves to volunteer. Currently she helps Dr. Pham with his files and works on making up packets for some of the clinics in building 62. Eleanor states, "I feel that I am

doing something for other people. I think that it is important to give of yourself."

Her daughter, Joan Stark, who works as the fulltime Program Support Clerk for Ambulatory Care Service, also feels that way. Joan describes herself as the lady who works behind the scene to make sure things run smoothly. She says if this was a play and the VA was the stage, the

doctors and nurses would be the actors and I'd be the one in the back getting the costumes ready or painting the scenery. Joan continues, "I'm very proud to work at the Livermore VA. I think our doctors and nurses are the best. They really care about our veterans and give 100%. I don't think the veterans realize how lucky they really are."

Joan's daughter, Mel Gay, works fulltime in the Business Office as the Patient Service Assistant. She thinks it's pretty great having her whole family work or volunteer at the Livermore Division. Mel says, "We all feel a sense of commitment and are proud of the service we can offer to our veterans." Mel's son, Perry Apker, is a 17 year old high school junior and a volunteer as well. He has been volunteering for 4 years and has accrued approximately 1,200 hours. When asked to recall something that touched him about his experience, he spoke of veteran Oscar Lewis who died last year at the age of 108. He taught me that no matter how old you are, you could still get up in the morning and have an opportunity to make it a good day.

We thank all the members of the Schofield family mentioned above for giving our Livermore veterans a good day!

You Make a Difference!

Submitted by our veterans and their families. We welcome more contributions from LVD, Stockton, Modesto, San Jose, and Monterey.

I would like to commend the following employees for an exceptional performance during a medical emergency on Dec.9th, 2001 on ward 5B3: **Gary Hamil, NA, Doreen Russell, NA, Marilyn Cooley, RN.**

A patient was found laying on the floor, unconscious, choking and turning blue. Gary Hamil quickly applied the Heimlich Maneuver with several abdominal thrusts and Marilyn Cooley was on-hand suctioning the patient. The medical emergency code was simultaneously initiated. The other patients were being held at bay by other staff while giving reassurances that Mr. R., the unconscious patient, was getting the best of care. The Code Team was very quick to respond to the emergency. The patient was intubated on the ward and transferred to ICU within 15 minutes. Staff found a 1.75 L bottle of vodka which was almost empty in the patient's backpack. A later blood alcohol test revealed that the patient had taken so much alcohol that he had gone into a stupor.

I am proud to say that we handled the crisis in a very organized manner. The staff was calm and in control. The patient survived the crisis.

– **Editha Ghani, RN, Charge Nurse, 5B3**

Carl Burnside (PAD), Engineering Service, came to the aid of a clinic patient who had run out of gas. After work he drove to a local gas station, bought a gas can and filled it. He then drove back to the VA and filled the patient's car. The patient was extremely grateful.

Jennifer Santos, R.N. (MPD), Nursing Service, greeted me the day of my admission with her winning smile. She is an asset to the VA Respite Unit as she concerns herself with everyone and anticipates their needs before they do. She is a dedicated R.N.

John Keller (San Jose), Voluntary Service Volunteer is a veteran among veterans. He greets everyone who comes through the front door. He

goes out of his way to listen to the veterans and their problems. Also, his outstanding communication and social skills helped make the San Jose Country Store a big success.

Anthony Bennett (Monterey Clinic), Nursing Service, has shown the utmost in Customer Service. His professional services to the patients, co-workers and staff are very nice. He greets people with a smile whenever you see him. **Bob Lauby (Monterey),** Nursing Service, shows effort. He can be on the phone, editing on the computer, and he'll ask if he can help you. You talk about professionalism, well **Betty Kim (Monterey),** Nursing Service, has it. With her experience and knowledge, she projects that. She is never too busy to look up and smile.

Maurice Grace (MPD), Environmental Management Supervisor, provides excellent environmental cleanliness for buildings at Menlo Park. Many times he has personally cleaned hallways, rooms, and other areas when staff call in, yet he supervises a large area. His pleasant attitude and willingness to help others makes him highly respected by staff and patients.

After 40 years, I am more than surprised and pleased with the VA quality and Attitude at the VA Palo Alto and San Jose Clinic. In particular, I would like to thank **Steve Tseng, M.D.,** for his incredible sensitivity and evaluation abilities. My limitations have not changed, but Dr. Tseng has made them easier to cope with. Keep up the good work and many thanks.

Eugene Parrish, (PAD) A&MMS-Mail Room, was kind enough to stay late and located a manuscript arriving from Seattle. We had been waiting for it several days so that it could be sent to the publishers. He not only located it, but met me half way to deliver it. This was definitely above and beyond. We really appreciated him doing this.

Country Stores a Big Success!



Palo Alto



Menlo Park



Livermore

Of-Derided Veterans Health Agency Puts Data Online, Saving Time, Lives

By RHONDA L. RUNDLE
Staff Reporter of THE WALL STREET JOURNAL

The following article appeared in the Wall Street Journal. Below is a shortened version of the extremely positive article on the Veterans Health Administration (VHA). To read the entire article, go to the VAPA website on the intranet.

WASHINGTON — Doctor Ross Fletcher wheeled a laptop computer on a metal cart into an elderly patient's hospital room here and clicked on the "remote data" button. Seconds later, the patient's complete medical record from a hospital in West Virginia flashed on the screen. Down the hall, a nurse using a bar-code device scanned a patient's wristband and a syringe. A nearby computer, linked to the scanner and the hospital pharmacy, confirmed that she was giving the right drug to the right patient. When she touched the screen again, the time of the injection was entered into the patient's record. For years, this has been one of the great fantasies of health care: a network of all the far-flung data about a patient, linked together to improve safety and the quality of care. In most hospitals, it is still a long way off. But it is coming to life at an unlikely place: the U.S. Veterans Health Administration.

VHA is leading a nascent movement to unlock the data lurking in hospitals to help doctors improve patient care and reduce errors. A new patient-safety center is training doctors and others to analyze errors and avoid repeating them. "The changes at the VHA began with its former chief, Kenneth W. Kizer. Dr. Kizer flew in managers from across the VHA for a two-week brainstorming session in Washington. Their mandate: to create a completely new blueprint for the agency. While applauding Dr. Kizer's quality initiatives, some veterans with serious medical conditions protested the shift of resources away from hospitals. Dr. Kizer's "philosophy of care just didn't meet the patients' needs," says Jim Peters, executive director of the Eastern Paralyzed Veterans Association. In 1999, Dr. Kizer's reappointment was blocked, and he decided to quit rather than fight to keep his job. He was succeeded by his deputy, Dr. Garthwaite, who is also preparing to leave once a Bush administration appointee is confirmed in the post. But the cost savings achieved by eliminating all those hospital beds helped Dr. Kizer create a paperless information system.

VHA spent hundreds of millions of dollars wiring its hospitals and outpatient centers. Personal computers with features that allowed doctors to customize their notes and minimize their need for typing skills were purchased for nearly every office and exam room. Patient records could now be retrieved easily, along with medical histories, test results and drug prescriptions. Blood-pressure readings and other information could be graphed to show patterns over time. Reports from cardiologists, urologists and other medical specialists were included, helping doctors coordinate care.

During a 1998 visit to the VHA's medical center in Topeka, Kan., Dr. Kizer saw another project that captured his imagination. The hospital had developed a prototype that used bar-code scanners to match patients, drugs and doctors' orders. By September 2000 the system was operating in 170 hospitals around the country. An in-house study in the Topeka hospital found that the system had reduced medication errors there by 70%.

The VHA's National Center for Patient Safety, established in Ann Arbor, Mich., in 1998, aimed to create a "culture of safety" at the agency. Nurses and other health-care professionals were encouraged to query doctors when they saw something fishy. In 1999, the agency issued a public report admitting that it had committed more than 3,000 errors that killed 710 people over the previous 19 months. Medical experts said those numbers were in line with other hospitals outside the VHA, but most of them observe an unspoken code of silence.

The VHA's computerized information system now helps measure whether doctors are following recommended guidelines. For instance, the pneumonia vaccination rate at VHA facilities has jumped to about 84%, compared with an average of only 50% nationwide, after studies that show these shots prevent death or serious illness in elderly Americans and some others who are at risk. "Measurement ... changes behavior," says Jonathan B. Perlin, the VHA's chief quality and performance officer who was brought in by Dr. Kizer in 1999. "Physicians don't want to be laggards."

Join the SCI Telemedicine Research!

We are looking for subjects who can participate in our research study testing the validity of telemedicine (usage of telecommunications and information technology to assess clinical conditions) to evaluate three conditions common to patients with spinal cord injury or disorder (SCI/D).

Who is Eligible: People with SCI/D who:

- Experience spasticity
- Have a current pressure sore
- Perform modified independent transfers

You can qualify for one or more of these conditions

Study Duration:

at most 2 hours for each condition

Compensation:

\$25/condition assessed, up to \$75/person

Interested?

Contact Elisa Yao at 650-493-5000 x63880

January Word Search



G	O	O	D	L	D	K	C	P	O	S	I	C	T	V	E
T	H	O	U	G	K	C	U	L	D	O	O	G	C	U	P
M	G	O	O	D	H	E	A	N	E	N	Y	E	A	O	S
S	A	B	P	R	O	S	P	E	F	C	O	N	S	S	I
I	F	R	I	E	N	D	Y	I	G	A	L	I	P	R	A
Y	A	E	T	O	U	T	D	H	O	U	T	H	O	P	E
N	M	A	E	I	W	E	O	U	F	I	F	U	L	E	I
E	I	K	P	O	N	S	I	K	V	T	I	V	E	A	P
W	L	H	F	C	O	L	N	E	W	Y	E	A	R	C	F
D	Y	A	E	P	O	A	U	G	I	V	E	T	H	E	R
I	E	B	N	D	H	O	Y	T	I	B	R	E	A	D	K
F	A	I	E	T	H	O	U	G	H	T	F	U	L	M	Y
A	M	T	R	O	G	P	R	A	Y	E	R	D	E	N	E
M	I	L	G	A	A	O	C	E	A	P	R	H	A	B	I
B	I	T	Y	D	F	A	I	L	Y	L	O	K	L	O	D
L	O	V	E	P	R	O	E	R	O	M	E	L	I	M	S
I	G	O	O	D	H	E	A	L	T	H	S	M	I	N	L
M	O	P	R	O	S	P	E	R	I	T	Y	H	A	B	G

Find the following words in the letters above:

Break habit
Confidence
Energy
Family

New Year
Peace
Positive
Prayer

Forgive
Friend
Good health
Good luck
Martin Luther King

Prosperity
Smile more
Thankful
Thoughtful
Yoga



is published monthly
by and for employees of the
VA Palo Alto Health Care System.

Submissions should be received by
the 1st working day of the month to
be included in upcoming issues.
Due to space limitations, it is not
possible to publish all submissions.

We welcome any comments,
suggestions or story ideas
you may have; please contact the
Communications Officer (00A) at
ext. 64888 or directly at
650-858-3925.

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Don't get mad...
... it was **your** idea to get me
a puppy last year!



**Bob was getting tired of
the gift that kept on giving.**



Honor America, Give Blood!

*Blood drive 11-26-01
coordinators (Left to right)
Emily Leach,
Dr. Sherry Wren,
Julie Harper,
Rose Gregorio, and
Jill Striegel*