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THE

epicenter

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

Kiosks Deliver Patient Information



Leonard Goldschmidt, MD, PhD, Medical Director of Telemedicine and Medical Informatics, shown explaining the kiosk menus to a veteran.

by Barbara Snyder for an article in the VA newsletter *Patient Education in Primary Care*.

In several VA medical centers, patients can quickly and easily get the information they seek by using a kiosk. The kiosks look like ATM machines with printers. Users need only touch the screen to navigate through the menu of information choices.

The kiosk was designed and funded as a research project by the California Telemedicine and Telehealth Association in 2000. Leonard Goldschmidt, M.D, Ph.D Medical Director of Telemedicine and Medical Informatics, directs the

“Patients decide what they want to learn about, and how much information they want to receive.”

study. VAPAHCS partnered with a county health facility where its community-based outreach clinic is located in order to study the effectiveness of kiosks at both sites. Patients stand to use the kiosk at the CBOC/community hospital, but they can sit at the unit at the VAMC (see accompanying photo). The kiosks are narrated in both English and Spanish, as desired by the user.

Continued on Page 4

What's Inside ...

A Word From Our Director	2
Sandra Fischer, Chief of HRMS	3
VAPAHCS Recognized for Recycling Efforts	3
Kiosks Deliver Information	4
National Safety Month	4
Employee News	5
Calendar of Training & Events	6

Disaster Drill	7
VHA Scholarship Opportunities!	8
Oncology Nursing Society Conference	8
You Make a Difference!	9
American Cancer Society Relay for Life	9
Word Search/Did You Know?/Cartoon	10

A Word From Our Director



**Elizabeth Joyce Freeman, Director
VA Palo Alto Health Care System**

VAPAHCS Mid-Year Performance Review

On May 13, 2002, Dr. Wiebe, VISN 21 Director, and Judy Daley, VISN 21 Quality Manager, conducted our second quarter performance review. I am pleased to report VAPAHCS continues to lead VISN 21 in the majority of the performance indicators at this time. I am especially proud of the stellar scores we continue to receive in the Quality

measures, including the prevention index, the preventative care index and the adherence to clinical practice guidelines. I want to thank Noelle Hall, Quality Management Service, Dr. Ellen Shibata, Deputy Chief of Staff for the Livermore Division, and Dr. Jerry Yesavage, Acting Associate Chief of Staff for Mental Health, for their leadership in meeting these measures.

I am also very pleased to report we are performing extremely well in maintaining waiting times less than 30 days in primary care, audiology, cardiology, eye care, orthopedics, and very near 30 days in urology. Many thanks to all the clinical and administrative staff that work so hard to meet those goals and maximize the use of our clinics. We are also performing well in our Category A growth goal - we may very well exceed our fiscal year goal of enrolling and vesting 1,285 new Category A veterans early in the third quarter.

I also want to give special recognition to our Business Office staff, especially Jim Morrison, Chief, Business Office, Ken Owens, MCCF Coordinator, and Marina Pabinguit, UR Nurse Manager, for their outstanding leadership both at VAPAHCS and in VISN 21. They have worked hard to improve our local processes and have spent many hours educating other VISN 21 staff on how to improve their MCCF processes. We have learned several valuable lessons from other VISN 21 facilities during this process. We are on track to meet a very ambitious MCCF goal of \$9.4 million in collections this year - a 30% increase over last year's goal. We are hopeful to soon experience our first "million-dollar-month" in collections.

My thanks to everyone for their work on performance measures. With your continues assistance, we will continue to demonstrate why VAPAHCS is an extraordinary health care system.

Revision of VAPAHCS Organizational Charts

I want to commend the Executive Resource Board (ERB) for beginning the important work of revising our service organizational charts. For several years, we have been carrying "on-the-books" hundreds of positions that have not been filled. Our expectation is that VAPAHCS should be able to support approximately 2700 FTEE which is our current employment level (excluding trainees and FTEE funded from sources external to VAPAHCS). Now that the services have submitted their proposed Organization Charts, the ERB and the VAPAHCS Partnership Council will begin review of the proposed changes and staffing level for each service. This will be a challenging task. We hope to have the reviews completed by the end of this fiscal year. Our ultimate goal is to align the staffing we can support, with the services we provide, to maintain the VAPAHCS reputation for excellence.

Construction Planning Update

We have many exciting prospects in the major construction arena. Thanks to Jason Nietupski, Facility Planner, Clifford Schem, Chief, Engineering Service, and many others, our major projects for seismically improving Buildings 2 and 4 on the Palo Alto campus, and demolishing Building 205 on the Menlo Park campus, are continuing to advance in the President's Budget for FY 2003. Due to an unfortunate flood that occurred in Building 205 over the Easter weekend, we are expediting plans to improve the environment for the Building 205 tenants (primarily COOP Studies) and to solidify plans for their permanent space as soon as possible. We should receive advance-planning funds for these projects this summer. This will enable us to begin the concept design for these projects.

We have also made significant progress on relocating the tenants of Building 137 on the Menlo Park campus and plan to demolish Building 137 following all of those relocations. We are also re-developing a major construction project application to replace Building 324, the gero-psychiatric nursing home, on the Menlo Park campus. We have narrowly missed receiving funding for this project in the past and hope for success in this application.

Thanks to all of you who have been so patient with us through these many stressful changes.

A handwritten signature in red ink that reads "Elizabeth J. Freeman". The signature is cursive and fluid.

Elizabeth Joyce Freeman
Director

Sandra Fischer Selected Chief of Human Resources Management Service



Sandra Fischer has been selected as the Chief of Human Resources Management Service for the VA Palo Alto Healthcare System. She will be responsible for the direction, coordination and operation of the VAPAHCS Human Resources Program to include the program areas of recruitment and placement, position management and classification, employee and labor relations, employee development and processing and records.

Prior to coming to VAPAHCS, Ms. Fischer served as the Chief of Human Resources Management Service for the Black Hills Healthcare System (BHHCS) where she managed and oversaw the BHHCS Human Resources Program for the Hot Springs and Fort Meade VA Medical Centers. Prior to her BHHCS assignment, she served as the consolidated VISN 12 Great Lakes Human Resources Management Service On-site Supervisor/Coordinator for the North Chicago VA Medical Center. Ms. Fischer received her Master of Arts degree in Industrial Relations (MAIR) from the University of Minnesota.

Earth Day Award Program in Washington, DC

VAPAHCS Recognized for Recycling Efforts

Thirty-two years ago, the Environmental Teach-In Group chose April 22 as Earth Day - a day to celebrate the natural wonders of our planet. In 1975, President Gerald Ford signed a proclamation officially declaring April 22nd as Earth Day. Earth Day is celebrated globally with festivals, lectures, environmental clean-ups, and a variety of other activities designed to draw attention to our environment.

VA actively encourages its employees to participate in a program that recycles, prevents waste, and buys recycled products. This year, VA, through the Office of Acquisition and Materiel Management, recognized VA Palo Alto Health Care System

John Kaay and Luis Villanueva, of A&MMS and John Coulter from EMS, traveled to Washington DC to attend the Earth Day Program and accept this award on behalf of VAPAHCS. Remarks were provided by Charles E. Roberson, Associate Deputy Assistant Secretary for Program Management and Operations, Office of Acquisition & Materiel Management. The keynote speech and awards presentation was made by Nora Egan, Chief of Staff, Department of Veterans Affairs.



Continued from Page 1

Kiosks Deliver Information

The menu of information choices includes:

All About Diabetes, an interactive, multimedia six-module patient education program created by the Patient Education Institute. The system asks questions of the user as the program operates. Users respond by touching the screen or entering information in a pop-up keyboard that appears as needed. Users can control the volume of the program's voice.

Stop, Look & Listen to Your Health, interactive, multimedia patient education programs on eight topics created by the Patient Education Institute. Topics include: preventing disabilities or early death; preventing heart disease; monitoring cholesterol; preventing back pain; back pain; preventing cancer; preventing stroke; high blood pressure; and traveling tips for staying healthy.

Diseases, Treatments, Medications & Vitamins, which provides access to the Micromedex database and patient education handouts on a wide variety of health problems and drugs.

Best of the Internet, which immediately links the user to nationally recognized authorized websites where they can search for additional health information on an infinite number of topics including: AIDS, cancer, the Department of Veterans Affairs, general health, mental health (including taking a depression screening, if desired), urology & kidney disease, heart disease, lung disease, and nutrition. National Library of Medicine, etc. It is made easier to use for the veteran by a touch screen keyboard and buttons that go directly to the websites.

Pharmacy Refills and Patient Services, which allows patients to view immunization videos and to print appointment vouchers to request diabetic eye and foot exams and influenza and pneumonia immunizations. On-line pharmacy refills soon will be available on this menu.

Patient Feedback Survey, which is an 18-question spoken instrument to assess patient satisfaction with the kiosk and usefulness of the information to the patient.

"Our goal," says Goldschmidt, "was to create an information system that was user-centered. Patients decide what they want to learn about, and how much information they want to receive." One objective of the research study is to determine whether use of the kiosk influences patients to ask for any of four specific clinical services as described above. Volunteers can assist patients. In addition, since the software records every touch, study investigators can track usage of the system in great detail, and reports can be printed.

"We're very pleased with the Kiosks," says Goldschmidt. "We think this is a valuable tool for patients, and patients are telling us they think it's a good investment for the organization."

Think Safety!

National Safety Month

There are some underlining facts about creating and maintaining a safe environment. It is true "The More We Talk Safety, The Less We Talk Accidents"; it is less painful to talk safety. The month of June is designated as National Safety Month. We all should take a moment to reflect on how we conduct business in our everyday lives. During National Safety Month there are four topics (one for each week) shared to increase our safety awareness.

Driving Safety Week

The first week is designated, as "Driving Safety Week" as we enter into vacation season there will be many cars taking to the roads. Think safety now to prevent accidents later; seat belts do save lives; cell phone distracts good drivers; and road rage is a crime. Drive safe.

Home and Community Safety Week

The second week is designated as "Home and Community Safety Week". Your home smoke detector batteries should have been changed with day light savings time. Be especially careful as you visit the parks watching out for animals, pest, and unsafe condition around the neighborhood.

Environment and Public Health Safety Week

Environment and Public Health Safety Week is the focus of the third week of June. This is a great time to change your heating and cooling system filters. The lawn mower should not be left running unattended. The days will be hot and long so ensure you protect yourself from the sun.

Workplace Safety Week

The final week of June is designated as "Workplace Safety Week." Supervisor's set the tone when it comes to workplace safety. It takes a conscious effort to prevent complacency, which causes accidents. Know your job and plan your work, and then work your plan. A sure way to develop and maintain a safety attitude is to praise your workers when seen doing things right. Let everyone around you know it! Foster a strong teamwork concept, "Many hands, makes light work" not to mention a happy team. This is a good time to rehearse your emergency procedures. Know what to do in a disaster, review the R.A.C.E. procedures for fire response and P.A.S.S. for using a fire extinguisher. Think safe and be safe as we recognize National Safety Month while developing an attitude and behavior to carry us through twelve months a year.

EMPLOYEE NEWS

New Employees

Retirees

Anesthesiology
Teresa Marks

Queenie Pacis-Cruz
Wenifreda Parel
Sangita Patel
Ann Perez
Priscilla Vassallo

Physical Med. & Rehab.
Jean E. Jones

Nursing Svc.
Erlinda Barber (17)

Canteen Svc.
Teresita V. Crueldad

Police
Brent Ferry

Physical Med. & Rehab Svc.
Ruth Bailey (36)

Environmental Mgmt.
Pierce R. Adams
Kenneth L. Jackson
Samuel I. Solano

Nutrition & Food
Gloria S. Arcangel
Robert R. Beaver
Robert Bishop
Anthony Byrd
Charles W. Crain
Michael A. Hardeman
Vanilla Hunter
Gilbert F. Washington

Psychiatry Svc.
D. Acheson
Challakere Kedarnath
Penner
Dzuoing Vuong

Psychiatry Svc.
Patricia Lindsay (16)

Human Resources Mgmt.
Sandra M. Fischer

Pathology & Lab.
James F. D'Antona
Mythili Penumarthy

Ward Admin. Svc.
Lori Hanson
Hansni Prasad
Imelda Sia
Carol Stine
Gloria Turner

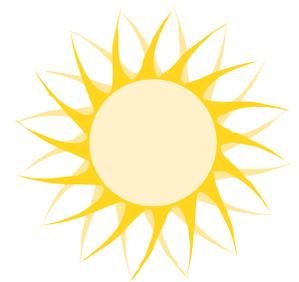
(Years of service are indicated in parentheses.)

Information Resources Mgmt.
Gregory S. Huffman

Nursing
Melchor Baclig
Judith Collier
Julie Im
Elena Librero
Isabelita Macchiano
Lisa Osowski

Pharmacy
Leonardo Estrada
Sunanda Sirsi

Research Svc.
Magdalena Berger
Dennis J. Cody
Terrance Sweeney
Elena C. Thomas



Employee Service Awards

10 Years

Juliana Barr
Anesthesiology Svc.

Julie Benson
Nursing Svc.

Ireneo Bermudez
Nursing Svc.

Bharat Bhushan
Psychiatry Svc.

Amelita Briones
Canteen Svc.

Theodore Jacob
Research Svc.

Leslie Olson
Anesthesiology Svc.

Maryann Williams
Surgical Svc.

Thomas Yee
Neurology Svc.

Samuel Cantin
Nursing Svc.

Belinda Fajardo
Nursing Svc.

Peggy Hefner
Director's Office

Mousa Jassar
Engineering Svc.

Kevin Kasnick
Director's Office

Christine Kondo
Director's Office

Thomas Lettiere
Engineering Svc.

Kenneth Marquardt
Engineering Svc.

Charles Revell
Information Resource Mgmt. Svc.

Rebecca Thom
Nursing Svc.

Mary Varley
Social Work Svc.

Elmore Brown
Information Resources Mgmt.

Darcy Daley
Nutrition & Food Svc.

Paul Endresen
Engineering Svc.

Dana Iller
GRECC

Sharon Kasof
Nursing Svc.

Emmanuel Mayo
Nursing Svc.

Debbie McCormick
Nursing Svc.

25 Years

Patricia Alves
Nursing Svc.

Gunars Bite
Surgical Svc.

Ethel Jackson
Nursing Svc.

Amparo Khorana
Nutrition & Food Svc.

Sonne Lemke
Research Svc.

Erlinda Lintao
Nursing Svc.

Patricia McCarty
Research Svc.

Joan Ross
Nursing Svc.

Lillie Smith
Nutrition & Food Svc.

Raymundo Tanjoco
Psychiatry Svc.

30 Years

Jeanette Bautista
Nursing Svc.

Mark Blackburn
Nutrition & Food Svc.

Epolito Burciaga
Pharmacy Svc.

Mary Scicluna
Nursing Svc.

15 Years

Vickie Baker
Voluntary Svc.

Norma Basa
Nursing Svc.

Paul Brandon
Radiology Svc.

20 Years

Napoleon Advincula
Nursing Svc.

35 Years

Bessie Elliott
Nutrition & Food 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
Monday	6/3/02	Psychiatry	12-1pm	Menlo Park, Bldg. T321, Room B119	The Sub-Cortical Dementias with Ellen Conf. Coman, Ph.D.
Monday	6/10/02	Psychiatry	12-1pm	Menlo Park, Bldg. T321, Conf. Room B119	Understanding and localizing the Aphasias with Jim Moses, Ph.D.
Tuesday	6/11/02	HR	8:30-4:00pm	Palo Alto, Building 6, Room C-269	New Supervisor's Course
Thursday	6/13/02	HR	8:30-4:00pm	Palo Alto, Building 6, Room C-269	New Supervisor's Course
Monday	6/17/02	Psychiatry	12-1pm	Menlo Park, Bldg. T321, Conf. Room B119	Amnesia Syndromes with Jim Moses, Ph.D.
Monday	6/18/02	Cancer Registry	11am-12:30pm	Palo Alto, Building 101, Auditorium	Prostate Support Group
Tuesday & Wednesday	6/18/02 & 6/19/02	HR	8:00-4:00pm	Palo Alto, Building 101, Canteen, Staff Dining Room	New Employee Orientation
Tuesday	6/18/02	HR	8:30-4:00pm	Palo Alto, Building 6, Room C-269	New Supervisor's Course
Thursday	6/20/02	HR	8:30-4:00pm	Palo Alto, Building 6, Room C-269	New Supervisor's Course
Monday	6/24/02	Psychiatry	12-1pm	Menlo Park, Bldg. 324, Rm E117	Neuropsychiatry of Stroke Syndromes with Jim Moses, Ph.D.
Tuesday	6/25/02	HR	8:30-4:00pm	Palo Alto, Building 6, Room C-269	New Supervisor's Course
Thursday	6/27/02	HR	8:30-4:00pm	Palo Alto, Building 6, Room C-269	New Supervisor's Course
Monday	7/1/02	Psychiatry	12-1pm	Menlo Park, Bldg. T321, Conf. Room B119	The Use of the Rorschach in Psychosis with Jim Moses, Ph.D.
Monday	7/8/02	Psychiatry	12-1pm	Menlo Park, Bldg. T321 Conf. Room B119	Adult Attention Deficit Disorder with Ellen Coman, Ph.D.
Monday	7/16/02	Cancer Registry	11am-12:30pm	Palo Alto, Building 101, Auditorium	Prostate Support Group
Tuesday & Wednesday	7/16/02 & 7/17/02	HR	8:00-4:00pm	Palo Alto, Building 101, Canteen, Staff Dining Room	New Employee Orientation

VAPAHCS Tests Shelter-in-Place and Decon Team

What would you do if a poisonous gas cloud was headed our way? The Shelter-In-Place disaster drill conducted at the PAD campus Thursday, April 25, 2002 tested our ability to react and protect patients, staff, and visitors during such an emergency.

At 1:00 pm the drill began with a phone call to the Emergency Room with the announcement: "This is a drill, this is a drill. A tanker truck filled with Sarin gas has ruptured at Page Mill Rd. and route 280. The gas cloud is moving in the direction of the Palo Alto Division. Santa Clara County has declared a Shelter-In-Place for all buildings in Santa Clara County. This is a drill, this is a drill". Five minutes later the ER received another phone call that 7 patients contaminated with Sarin gas poisoning would be arriving at the VA in five minutes to receive decontamination and treatment.

To assure a realistic experience, 10 employees became 'Victims', 16 employees became 'Rowdy Crowd' to test crowd control and Mental Health triage. The 'Victims' were decontaminated and triaged for medical care to treat Sarin. Five employees were 'Official Observers' who recorded their observations. The Hazmat/Decon team consisted of 15 staff who received three days of training in January. The following day, a critique meeting was held for all staff who participated in the drill. In addition to many suggestions and lessons learned, several staff members were nominated for their realistic portrayal of 'Victims' and 'Rowdy Crowd'. Tess Garcia, Pharmacy Service, was recognized as an excellent victim, especially since she also 'died' during the drill. Tim Adams, HRMS, was voted Most Annoying Rowdy Crowd Individual by the Mental Health/Patient Information Center.



Above, Dr. Jack Bois, DPM (Surgery) triages two victims: Dave Talas (WBRC) and Evie Glassa (Nursing).

Right, VAPAHCS Hazmat/Decon Team assembles a decontamination shower.

Clockwise from upper left: Victim Harley Barber (Business Office) is helped by Police Officer Jacques and Andrea Jaramillo (Nursing); victim Dr. Curtis Keswick (Optometry) waits to be seen in ER; Alice Espindola (Medicine) is helped by Rosie Rosario (EMS); VA Police Lt. James Spinks controls rowdy crowd; Nina Nunally (EMS) waits for victim to finish in the decon shower.

ATTENTION! VHA SCHOLARSHIP OPPORTUNITIES!

****Now Requiring Only ONE Year In Service****

Have you heard about the Employee Incentive Scholarship Program (EISP) or the National Nursing Education Initiative (NNEI)?

EISP

If you are working toward a degree in any of the Title 38 or Title 38 Hybrid positions, EISP may be able to help you with tuition and books. Title 38 and Title 38 Hybrid positions consist of the following: Registered Respiratory Therapists, Certified Respiratory Therapy Technicians, Occupational Therapists, Physical Therapists, Pharmacists, Physicians, Registered Nurses, Registered Nurse Anesthetists, Licensed Vocational Nurses, Opticians, Podiatrists and Dentists, Physicians Assistants

NNEI

If you are a registered nurse working toward a bachelors, masters or doctorate degree, NNEI may be able to help you with tuition and books.

ELIGIBILITY

- To be eligible you must be;
- A permanent employee who has worked for VA at least one year.
- Accepted or enrolled in an accredited program leading to a degree in any of the above occupations
- Able to finish the degree within a three year (or less) full time student equivalent
- Able to incur a contractual service obligation of up to three years
- Able to provide a record of academics and employment that demonstrates the likelihood of success as a student and employee in the new profession.
- Free of obligation to perform a service obligation under any other federal program.

If you would like more information about EISP or NNEI, call Pat McCarthy in Nursing Education at extension 65369

VA Nurses attend Oncology Nursing Society Conference

In an effort to support staff development for oncology nurses, Shirley Paulson, Associate Chief of Nursing, General Medical & Surgical and Intensive Care Units, and Virginia Ulanimo, Acting Nurse Manager, Unit 4A, nominated Lourie Smith, RN and Vickie Chang, RN, along with Shelly Segall, Outpatient Oncology Case Manager and Connie Yabes-Salbolboro to attend the Oncology Nursing Society's (ONS) 27th Annual Congress in Washington, D.C. last April.

The Congress was well attended by oncology nurses from across the United States and oncology nurses from various parts of the world. Lourie and Vickie were overwhelmed and yet, impressed with the wealth of educations and networking opportunities involved at the meeting. They both have shared their experiences through storytelling with their colleagues, whom they have encouraged to attend the Congress. They provide two in-services related to safe handling of chemotherapy and care of vascular access devices in May.

The Oncology Nursing Society (ONS) is a national organization of nurses and the other healthcare professionals, with more than 30,000 members who dedicate themselves to the excellence in the field of oncology.

Its mission is to promote excellence in oncology nursing and quality cancer care, ONS fulfills this mission by providing access to the highest quality educational programs, cancer-care resources, research opportunities, and networks for peer support.



Attending the Oncology Nursing Society's 27th Annual Congress in Washington, D.C. were (left to right) Shelly Segall, RN, Outpatient Oncology Case Manager; Vickie Chang, RN (4A); and Lourie Smith, RN (4A).

You Make a Difference!

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

Pulmonary Function Test Technician Elizabeth Salamanca (PAD), Medical Service, adds a few more candlepower to the golden glow of respect I have for the medical technicians who support the physician's efforts to make an accurate diagnosis of the patient's disease. Technician Salamanca surpasses all of my criteria for devoted and caring service.

This letter is to commend Mei Hsu, (PAD), Pharmacy Service, for her professionalism and sense of duty. It has been my good fortune, when calling the VA Pharmacy, to reach Mei. She has never failed in her duty to help me. Whenever I've had a request or a need, I knew that she would follow through. She has always been extremely courteous, kind and sincere over the telephone. I wish to officially thank her.

I am a disabled Marine Veteran of World War Two. Presently I am receiving my treatment at the VA Modesto Clinic. I believe the doctors and nurses, and for that matter all the personnel working with us veterans are doing an outstanding job. My case was handled by Dr. Calvin Reckord, Medical Service, and Tina Drabin, R.N., Nursing Service. Both Dr. Reckord and Nurse Drabin performed above and beyond the call of duty and I would like everyone to know that. I also want to thank you for letting me know about the change of locations and putting me in touch with Jill Thompson, R.N., Nursing Service. She was very helpful in my connecting with Dr. Reckord. I must reiterate: you people really do an outstanding job. Thank you very much.

I wish to highly commend the professionalism and tender concern shown by Dr. Douglas K. Doran (PAD), Dental Service, and members of his staff attending to the needs of this graying veteran (a WWII combat vet and former POW). These simple acts of sensitivity and helpfulness have made me still proud to have worn the uniform and risked my life in the service of our country. You have skilled, talented, and dedicated members of the VAPA Healthcare System that you can be proud of and that we veterans, can fully rely on.

I want to take this opportunity to praise two wonderful doctors assigned for duty at the VA Clinic in Monterey. Dr. Ankia Chandrasekaran has provided my treatment and I want to state that he is very good. He explains everything that takes place and then he has wonderful follow-up policy. He put me at ease before anything happened and for that I am very grateful. Dr. Norman Gross is also very knowledgeable about his profession. He too explains things, like side effects of medications. He not only talks to the patient, but he listens and that is very important to patients. He is very concerned about his patients. Dr. Gross is very knowledgeable, caring doctor and I really appreciate him as my doctor.

American Cancer Society Relay for Life

Over a dozen of our veteran cancer survivors were honored at Palo Alto's first American Cancer Society Relay for Life on Friday, May 10, 2002. They opened the relay by walking or wheeling a "survivor's lap" on the track of Gunn High School. Dr. Sherry Wren, Chief, General Surgery, introduced the idea of encouraging local veteran cancer survivors to participate and Mary Thomas RN, Clinical Nurse Specialist, and Dennis Pascoe, Social Work, collaborated to register them for the opening ceremony.

The relay is the American Cancer Society's signature activity because it offers everyone in a community a chance to participate in the fight against cancer. It is an overnight event designed to celebrate survivorship and raise money for research and programs of the Cancer Society. During the event, teams of 8-15 people camp out at a local high school, park or fairground and take turns walking or running laps. Each team tries to keep at least one team member on the track at all times. Relays are 12 to 24 hours in length and go overnight. Prior to the event each team member is asked to raise a minimum of \$100. Teams solicit donations, have garage sales, hold car washes, and just about anything you can think of to raise money.

The real power of the Relay is that it allows a community to grieve for those lost to cancer and to celebrate those who have survived. For our survivors who participated and for those who were not able to participate, we celebrate you and your victory of Life!



Above, the beginning of the Survivor's Lap.

Left, Lynne Dempsey, RN, MS; Lawrence Sheehan; and Sherry Wren, MD.

June Word Search



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

Find the following words in the letters above:

Barbecue
Blue
Community
Family
Father's Day

Flag
Honor
Red
Safety
Stars

Stripes
Summer
Sun
Swimming
White



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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Elba Soto



It was then that Bob decided
to take a break and
let the circuits cool off.

Did You Know?

Juneteenth Day
When : June 19th

Juneteenth day celebrates and symbolizes the end of slavery in the United States. President Abraham Lincoln issued the Emancipation Proclamation on September 22, 1862. But, it was not until June 18, 1865 that all slaves were finally freed. That concluding event was when General George Granger rode into Galveston, Texas with his troops and issued Order Number 3 which finally freed the last of the slaves.

The formal end of slavery was marked by the passing of the 13th amendment of the constitution.