Portland VA Medical Center

Department of Veterans Affairs Medical Center 3710 SW U.S. Veterans Hospital Road Portland, OR 97207 (503) 273-5042



James Tuchschmidt, MD. MM. Director July/Aug/Sept. Summer Edition 2005

Kay Hilt, Chief, Voluntary Service

Upcoming Events:

- Sept. 5 Labor Day/VA Offices Closed
- Sept 14-15—VAVS Executive Committee Sale
- Oct 10—Columbus Day/VA Offices Closed
- Nov 9-10—VAVS Executive Committee Sale
- Nov 11—Veterans Day/VA Offices Closed
- Nov 24—Thanksgiving Day/ VA Offices Closed

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FROM THE DESK OF THE CHIEF

GREETINGS TO ALL! every friendly greeting

Recent tragic events to friends and co-workers have brought to mind the thin line between life and death; the spaces between health and sickness and the importance of living each day as best we can. Each of you has chosen to give some of your time and talents to the service of veterans at our medical center. I know you make a difference each day you robe you distribute, with We, in Voluntary Ser-

you give, with every passenger to whom you give a ride, with every cup of served, coffee bingo game, every telephone you answer. You make a difference in so many ways. Sometimes it is easy to get caught up in the details of things that don't really matter in the cosmic sense of life. But when we look out at the big picture, it is clear that each day you are possible to our veterans. are here with every lap here is a day well lived.



vice, are so fortunate to have such a giving and caring cadre of volunteers who support the mission of the medical center in providing the best care

By Kay Hilt

VETERANS MAY REQUEST HIGH SCHOOL DIPLOMAS

school before serving

in the Armed Forces

Under Senate Bill 374 passed last spring by the Oregon Legislature, a • veteran of WWI, WWII, or the Korean War may request either the school district where they live now or the school district where they would have graduated from to issue a high school diploma. A veteran is eligible to receive a high school diploma if they meet the . following criteria:

Attended high

Discharged or leased under honorable conditions.

Jan. 31, 1955.

In addition, the law allows for a high school Did not graduate from diploma to be awarded high school because posthumously. If you are they were serving in a veteran and would like the Armed Forces any to be considered for a ditime between April 6, ploma you can contact 1917 and Nov. 11, Karyn Phillips at 503-1918, between Sept. 378-3600 ext. 2215 for 15, 1940 and Dec. 31, information and questions 1946, or between on how to complete this June 25, 1950 and process.

VAVS EXECUTIVE COMMITTEES

PORTLAND VAVS By Nita Lucht

Our bimonthly sales continue to be successful. The last sale grossed \$1,889.00. There will be a small celebration in the atrium to celebrate past and continued support for the ice cream and craft sales

I want to thank all of the committee for their dedication in help-

ing with these sales, for setting up and for getting things put away at the end of the day. Especially, lots of thanks to the ice cream team for getting the ice cream to the VA and for all that dipping. It takes a lot of energy to dip over 500 ice cream cones or dishes in a 5-hour period. There are about six volunteers who regularly dip and we appreciate their help.

Our September sale will have a Western theme. So hustle down and check out the wares. If you have 'like-new' things you would like to donate, we will really appreciate them. Thanks so much for all you do to help us help veterans.



VANCOUVER VAVS By Paul Sobka

The Vancouver VAVS Executive Committee reports that John Schulling from the Nursing Skilled Care Unit has indicated a need for coffee service due to changes in what Food and Nutrition Service is able to provide.

These changes have resulted in an opportunity for Voluntary Services to fulfill this request. The Vancouver VAVS Executive Committee has found a local coffee company willing to deliver complete coffee service for a cost of \$250.00 per month. The cost of this service will be met with donations from our current or-

ganizations. The DAV has already pledged to cover the first month and many of the other organizations, such as the Elks, Cooties, American Legion Auxiliary, 40 et 8, the American Red Cross and others are making arrangements to pledge.

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IRENE SHROPSHIRE



Irene was born in 1927 and raised on a farm in Tyler, Minnesota with her two younger sisters Mary and Carol. After graduating from Tyler High School in 1944, she attended college at Minnesota School of Busi-

VAVS EXECUTIVE PROFILES

ness in 1945. After college she moved to the Portland area with a girlfriend and two years later in 1947 she married her husband in Vancouver, WA. Her husband passed away in 1996, just shy of their 49th wedding anniversary. Irene and her husband have three daughters, Jean, Nancy and Connie. They have four grandchildren and 11 great grandchildren.

Irene retired in 1993 from Columbia Machine in Vancouver, Washington, after working there for 35 years. After her retirement she managed the Benevolent Association activities for five years.

Irene is the VAVS American Legion Auxiliary Representative at the Vancouver Division.

She started volunteering at the medical center in October 2000. She joined the American Legion Auxiliary in 1973 and the next year was elected Secretary, followed by two years as Unit President. In 1976 she joined the Clark County Salon No. 203. Eight and Forty, and served as Le Chapeau, Departmental Secretary visiting all the salons in Washington State.

She loved to dance in her younger days but, hasn't danced much the past ten years. Her most memorable things in life have been traveling to places like Alaska (twice), Honolulu, Orlando, FL., Knoxville, TN., Tucson, Phoenix, AZ., Branson,

Irene Shropshire (Cont.)

MO., St. Louis, MO., and Boston, MA. These were just a few great trips that she went on, but the most exciting was a trip to Cancun, Mexico for a week. She said it was something else! In addition, she traveled through the

State of Oregon to many bowling tournaments. Irene will be going on another adventure when her sister and brother-in-law come to visit at the end of August. She plans on something a little different this time, when they take a trip up the Rogue River to ride on

the "Mail Boats".

For a little humor I asked Irene want she wants to be when she grew up. She told me that she wants "TO RETIRE".

By Toni Davis

AL FOUST



We are profiling none other than our six foot blue eyed Alfred L. Foust who is better known as Al.

Al was born in Portland, Oregon and graduated from the Parkrose Senior High School in 1941. His first job was with Portland Corps of Engineers at Camp Adair on a construction project. He did just about every job that was available which gave him a lot of experience. He was employed for a year when he enlisted in the U.S. Army on June 23, 1942 at the age of 19. He had to have his parents' consent because at that time the draft age was 21.

His military assignments in Louisiana and California kept him in the United States until May 1944. The first assignment was with the 333rd Engineer Regiment in Louisiana, training for jungle warfare and constructing railroads. The next major as-

signments were constructing three hospitals with up to 1000 beds.

Al was selected to participate in the Army Specialized Training Program as a cadet. He passed all the entrance exams and was sent to Purdue University where he was placed in the Civil Engineering curriculum. However, after two semesters, the Army decided they needed more people for "D" Day and sent him to Engineer School at Fort Belvoir, VA. Upon graduation he received orders for an immediate overseas assignment.

Al left the United States and landed in Liverpool. He was a replacement for anticipated causalities. In December during the Battle of the Bulge, his unit was ordered to the front as ground troops. They crossed the channel on an LST to France, then to Luxembourg and Belgium. While on land, a German pilot made a half-hearted strafing pass but there was little damage and no causalities. After crossing a river to assist General Hodges 1st Army, they were in areas inundated with German troops wearing American uniforms and speaking better English than some of the Americans. They worked their way toward Berlin and halted to wait for the Russians. Their main mission was to accept the surrender of German soldiers who wanted nothing to do with the Russians. Al's military career was quite extensive and has the makings of a biography. He was discharged in October 1945.

After the war, Al met his beautiful wife-to-be, Birdie, while she was a nurse in the Lutheran Mission Hospital in Liberia, Africa. Following their initial introductions, Al invited Birdie to a dinner of steak and lobster tail and then proceeded to run out of gas in the middle of the African bush while driving back to the contractor's camp for that dinner. Al, of course, says the gas incident was not planned, but we know better... Planned or not, the little incident must have worked though, because he is still by Birdie's side and at the table for all meals.

The Foust's have five children; four of their own and one adopted. Three of their children were born in Liberia, Africa, and one was born in Boliva. Their adopted child, Raymond is Bolivian. Three of their children served or are still serving in the U. S. Army. Al retired after working 36 years overseas as an

Al Foust (Cont.)

engineer. He is currently a VAVS representative for the VFW at the

Portland Medical Center.

I invite you to sit down with Al and have him tell you about his military and civilian careers. His experiences are very interesting.

By Barbara Weatherill

SPECIAL PROFILES

RUTH LAURION Turns in her Volunteer Jacket



Several years ago, Ruth Laurion came to Portland from Iowa. She and her husband began volunteering at the Portland VA 29 years ago and she has given 13,618 hours of service. Have you ever seen a little lady pushing a very large person in a wheel chair? If so, that was probably Ruth. She actually made it look easy. She volunteered to escort patients or be a courier. I have never heard her complain about anything. loved volunteering and she did what was requested. She did like her tea and she would come into the workroom to get two tea bags for the day and to sign in. When we began signing in by computer, it took her awhile to master, but that was one more thing she accomplished. She is a very dedicated and active lady.

only volunteered at the Portland VA, but she and her son would pick up day-old bread and deliver it to Loaves and Fishes. We will all miss her very much, but we also realize that there comes a time in our lives when we must slow down and take some time for ourselves. Now maybe she will have time to work those cross-word puzzles and read lots of books. Her dedication in helping veterans has been very much appreciated.

By Nita Lucht

VERNA SUMNER Honored by National Gold Star Wives



Verna Sumner, volunteer and member of the Portland VAVS Executive Committee, was honored by the national Gold Star Wives

with a special recognition award in July 2005. She joined the Gold Star Wives in 1984 and since that time has held all offices in the Willamette Valley chapter and the Northwest region. Mrs. Sumner served at the national level as an Historian and was on the Board of Directors for a total of twelve (12) years. She has served as the VAVS Representative for the GSW for the past 21 years. Verna is a mentor and guide for newer members in the Willamette Valley chapter and the Northwest Region to ensure that the Gold Star Wives will continue to go forward with its mission. She has attended every Regional Conference or National

Conference since she became a member in 1984. To receive national Gold Star Wives recognition, a member must have served at the national level and be nominated by the regional organization.

Verna has been a volunteer at the Portland VA Medical Center for 21 years. She serves the medical center by literally rolling up her sleeves and dipping ice cream for the quarterly VAVS sales in Portland. Verna is a reliable, stalwart, rock solid volunteer who is always there to aid the cause.



By Kay Hilt

ANN BARRIE Receives National American Legion Aux. Volunteer of the Year Award



Ann Barrie, ALA representative at PVAMC and member of the Portland VAVS Executive Committee, was named Volunteer of the Year by the National American Legion Auxiliary. For this honor, she was given an all expense paid trip to the National ALA convention in Hawaii. Ann received this award for her many volunteer activities: Coordinating the annual Christmas Gift Shop, coordinating and scheduling servers for the Coffee Service Program, funding and purchasing weekly food supplies for the Chemotherapy Lodging and Transplant Lodging Units, coordinating the annual Rose Festival Luncheon, recruiting and retaining a huge cadre of ALA volunteers and offering her services for projects as they come up. For the third year in a row, Ann has also re-

ceived another award from the national ALA for recruiting the most new volunteers. Observing Ann's organization skills, tenacity and accomplishments is a bit

like riding in a convertible car at a high rate of speed – breathtaking!

By Kay Hilt

LARRY BARNETT American League Umpire

On June 30 and July 1, 2005, Larry Barnett, American League Umpire, visited the patients at the Portland and Vancouver divisions. Sponsored by the Disabled American Veterans, Larry has been dedicated in touring VA Medical Centers across the country. Larry became an umpire in 1969 and retired in 1999 with the memories and stories about the New York Yankees, Seattle Mariners, etc.

When Larry arrived at the Vancouver campus he asked if there was a place where he could

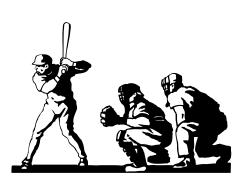
autograph baseball cards and posters. He was escorted to the volunteer workroom where he entertained the American Legion Auxiliary volunteers on duty that day. Volunteers Irene Shropshire, Mary Ratermann, Addie Zagar and Joan Strickland listened while he shared stories of his past and had Larry personalize a few cards for their grandchildren and also for them.

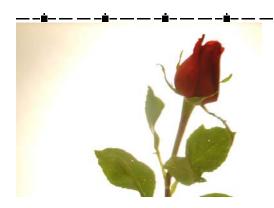
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After he left the volunteer workroom, he toured the Nursing Skilled Care Unit, Mental Health and Primary Care Clinics where he visited each veteran and distributed autographed baseball cards and posters. With his

friendly and outgoing personality, Larry made sure that he visited every patient. Not only did he give signed baseball cards and posters, he also presented a baseball jacket to a veteran patient at both facilities.

By Toni Davis





Special People

When special people touch our lives, then suddenly we see
How wonderful and beautiful our world can really be
They show us how our hopes and dreams can take us very far
By helping us to look inside and believe in who we are
They bless us with their joy and love in everything they give
When special people touch our lives they teach us how to live

PORTLAND AND VANCOUVER HIGHLIGHTS

CULTURAL COMPETENCE

The VA is a multicultural facility. Not only do our veterans represent many cultures, but the staff and volunteers do as well. Culture includes "shared values, traditions, norms, customs, arts, history, folklore and institutions of a group of people (for example people born in Sweden). Individuals may also be members of several different cultures as determined by language, class, race, gender, ethnic background, religion, sexual orientation, ability, interests, etc. (for example- people who belong to a motorcycle club) The VA finds strength in and is respectful of the differences between people. The medical center

expects its employees, trainees and volunteers to recognize these various cultures and to:

- Accept, appreciate and accommodate cultural difference
- Value diversity; accept and respect differences
- Accept the influence of their own culture in relation to other cultures
- Understand and manage the dynamics of difference when cultures intersect

Be willing to explore the components of cross-cultural interactions (communication, problem solving etc.)

Cultural competence is a *PROCESS* rather than a set *OUT-COME* which promotes effective

interactions between people, builds stronger relationships, develops improved services and strengthens the ability of people to work together resulting in a more equitable, caring and inclusive environment.

We are required to build cultural competence training into our annual training materials to raise awareness of the diversity of people within the medical center. This year when your annual training review is due, you will notice the new section called Cultural Competence. Please complete the associated quiz as well as the other sections with which you are already familiar.

By Kay Hilt

MAKE A DIFFERENCE DAY

What is Make a Difference Day? It is the most encompassing national day of helping others – a celebration of neighbors helping neighbors. Everyone can participate in this volunteer effort. Created by The Points of Light Foundation, Make a Difference Day is an annual event

that takes place on the fourth Saturday in October. The next event is Saturday, October 22, 2005. In 2004, three million people reached out to their communities to volunteer on that day, accomplishing thousands of projects all around the United States.

The Voluntary Service office is currently planning volunteer projects for interested individuals and groups, and is open to project ideas that can benefit the veterans within the medical center and the community. Please contact Voluntary Service if you would like to make a difference and join in the efforts on October 22nd

By Gayle Cauthers

COMPUTER RESOURCE ROOM—VANCOUVER

The Resource Room is a computer lab available to veterans for housing and job searches, composing resumes, writing letters, computer training material, etc. The room began to take shape between 2000 and 2001 and con-

tained only two computers without Internet access. With generous contributions and time from Intel, Hud and others, the room is now a server based broadband network with 13 workstations. Four out of 13 workstations were donated by HUD Housing to enable veterans to locate housing.

Approximately 4,446 log-ins

were recorded between January 1, 2005 and April 2, 2005. These logins were used to e-mail friends and family, look for job information, news, self development, housing and to obtain health care information.

The Resource Room attendants also provide tutoring for the following topics: Web based email serComputer Resource Room— Vancouver (Cont.)

vice (setting up, using, and configuring); Microsoft Word and

Excel; effective internet searching; basic computer hardware assembly.

Donations are very much appreciated to help maintain the

computer lab. If you have further questions, please contact Gary Rose @ 33844.

By Barbara Parker

DEPARTMENT OF VETERANS AFFAIRS 75TH ANNIVERSARY

President Herbert Hoover regarded caring for veterans as one of the most important functions of government. On July 21, 1930, he signed Executive Order 5398 "Consolidation and Coordination of Governmental Activities Affecting Veterans". This legislation was passed July 3rd and placed under one administration, federal pension and other benefit programs and veterans medical facilities. "In 1930, there were 4.7 million veterans in America. VA operated 48 hospitals and 54

regional offices with a work force of more than 30,000 and a \$786 million budget. The VA treated 54,000 veteran patients and paid \$208 million in compensation to 440,000 service-disabled veterans or dependents.

This year, the Department of Veterans Affairs celebrates its 75th anniversary of service to military veterans and their families. Today there are 25 million veterans in America. VA operates more than 1,300 sites of care, including medical centers, clinics, nursing homes, Vet Centers, regional offices and national cemeteries with a staff of 235,000 and a nearly \$70 billion dollar budget.

As America's armed forces serve in harm's way, in Iraq, Afghanistan and around the world, the VA stands ready to care for this newest generation of combat veterans – strengthening a legacy of service to America's heroes.

This year, as the VA celebrates 75 years of service to America's veterans, the Voluntary Service staff would like to offer a special thanks to all our volunteers for contributing their time and efforts to make the 59th year of the VA Voluntary Service program such a successful one.

By Julie Guichot

AMERICA'S CELEBRATE FREEDOM SALUTE

America's Celebrate Freedom Salute, held in Vancouver August 26-28, was by far the largest of six official tributes sanctioned by the U.S. Department of Defense to honor the 60th anniversary of World War II. Other cities chosen were Chicago, San Antonio, San Diego, Tampa and Boston. Their observances were held earlier this year.

Vancouver's celebration was held on the grounds of its Na-

tional Historic Reserve (Vancouver Barracks, Officers Row, Pearson Air Park, Ft. Vancouver). It paid special tribute to the entire WWII generation, including home-front workers. It also honored all U.S. Veterans, including those currently serving at home and abroad.

Featured during the three-day event were military displays, vintage aircraft displays and fly-over, children's activities, movies, a USO-style hanger dance at Pearson Air museum, entertainment on a huge outdoor state, a mess hall spam breakfast, fireworks display and the official Department of Defense 60th Anniversary of World War II Commemoration Ceremony.

A highlight of the weekend was the prestigious General George C. Marshall lecture, which was delivered this year by General Claude M. Kicklighter, Chief of Staff for the U.S. Department of Veterans Affairs. He was introduced by Governor Christine Gregoire.

By Marjorie Varner

VANCOUVER NEWS

- NSCU residents enjoyed a surprise visit from a very special guest Benjamin Franklin. Through friendly conversation with the veterans, he told a lot about himself and his role in the formation of our nation. His stories, his clothing and hair style, the bifocals which he invented, transformed Mr. Steve Jordan of West linn, OR, into a perfect copy of that great American, Mr. Benjamin Franklin.
- The Vietnam War Memorial Garden on the Vancouver campus was the scene of a special ceremony of reflection and remembrance on Friday, September 16, National POW/MIA Day. A new set of commemorative bricks, each

- one honoring a Vietnam veteran, was added to the Garden. A speaker addressed the gathering, which concluded with refreshments and strolls through the garden.
- How time flies! The Vancouver NSCU marked its 20th anniversary on July 22. Dedicated on that date in 1985 during the Reagan Administration, the facility set up a display of photos, videos and other materials in its conference room that highlighted the history of the NSCU, its staff and residents during those 20 years.
- Many service organizations continue to assist in providing recreational activities for NSCU residents. The Military Order of the Cooties helped stage a B-B-Q in July, and the DAV did the same in

- August.
- The Gateway Elks entertain four NSCU residents monthly with dinner and Bingo at their Northeast Portland lodge.
- Coffee time at the NSCU. which has traditionally operated 24/7, was scheduled for cancellation, but thanks to volunteer service organizations, it will continue unabated. To date, The Longview-Kelso Elks, DAV, Cooties and CottieEttes. Smith Reynolds American Legion Auxiliary, 40 et 8, SW Washington Chapter of American Red Cross and the Vancouver VAVS Executive Committee have contributed to the Coffee Fund.

By Marjorie Varner

NEW TECHNOLOGY ADVANCES CARE

Imagine a patient room with a high tech mannequin in the bed that actually has a heartbeat, breathes and talks to you. Imagine this mannequin suddenly has a life-threatening heart rhythm and has stopped breathing. A team of real doctors, nurses, and respiratory therapists then rush to its side and start giving life-saving care as they would to any real patient.

No need to imagine this scenario any longer. It truly exists! This "high fidelity" mannequin is already available for healthcare teams. The mannequin responses are computer controlled by medical professionals and mimic real-life patient responses.

It provides the opportunity for healthcare providers to practice critical care scenarios in order to improve patient care. Their experience is videotaped so they

can view the tape and discuss what went well, what could improve and what they learned. This results in improved care for patients. Portland VA Medical Center is developing a Simulation Training Room. This project is a

strongly supported partnership between medicine and nursing because it will ultimately improve the care of our veterans. The technology, necessary equipment, and the cost required to equip the training room is substantial. Those interested in

supporting this project, please contact Voluntary Service at ext. 55042.

By Michele Elskamp

PORTLAND VAVS **EXECUTIVE COMMITTEE CAKE DAY**

member – it was the Portland pressions on the faces when we VAVS Executive committees Cake said it was free and that we were Day to thank the supporters of our thanking everyone who had supice cream and bimonthly sales, ported our sales. Those sales enabled our committee with their billfolds out expecting to help veterans by donating over to pay. When I explained to one \$50,000 since March 1997. We are gentleman that we were saying quite proud of that fact and it was "thank you" to people who an opportune time for us to inform had supported our ice cream and others of how much we had do- bimonthly sales, he said, "you're nated.

Three white cakes with a de-

licious filling and a carrot cake were served to people who stopped by the table. It took under one hour to disperse all the August 3, 2005 is a day to re- cake. It was fun to see the exwelcome." Verna Sumner was a runner to the clinics, pharmacy

waiting area, and atrium waiting area to let people know they were welcome to have cake.

Without the help of all the committee working together we would not accomplish as much as we do. Thank you, committee members, for all your help at the sales. Also, a big thank you to those who helped me with the cake: Barbara Weatherill, Betty Weber, Dorothy Leonard, Verna Sumner and Julie Guichot. We all had a good time.

By Nita Lucht

PORTLAND VAVS EXECUTIVE COMMITTEE SALES WHERE DO THE PROFITS FROM SALES GO? March 17, 1997—August 2, 2005

1	\$250.00	Family Feeding Project – Nursing Skilled Care Unit, Vancouver		
2	\$100.00	Audiology Service – Portland Division		
3	\$100.00	Eye Clinic – Portland Division		
4	\$350.00	TV Set – Comprehensive Rehab. Unit, Portland Division		
5	\$13890.00	Coffee, canteen books & comfort items, slipper socks VAVS, Portland Division includes T-51 food supplement as of 7/21/01		
6	\$1750.00	Salem Veterans Center/Mental health/Salem Veterans Clinic/Eugene Clinic (includes coffee, crackers, Juice.)		
7	\$400.00	Art Therapy, Women Vets Program, Vancouver Division		
8	\$498.33	Refreshment fund, hospital wide patient Activities Support Group		
9	\$2900.00	Clothing, lodging, travel, Portland and Vancouver		
10	\$156.90	One year Oregonian newspaper subscription, Adult Day Health Care, Vancouver Division		
11	\$2546.53	Clothing room (sweat suits, socks, underwear) Portland Division		
12	\$119.98	55 cup Farberware coffee pot, VAVS Portland (includes carafes)		
13	\$2000.00	Social Work Service (Portland Division)		

PORTLAND VAVS EXECUTIVE COMMITTEE SALES WHERE DO THE PROFITS FROM SALES GO?

March 17, 1997—August 2, 2005 (Cont.)

14	\$400.00	Portland Vet Center		
15	\$4350.00	Battery Operated razors, Denture cups – Portland Division		
16	\$200.00	VAMC Visual Devices – for indigent veterans		
17	\$400.00	VAMC bus tickets/passes (Vancouver Domiciliary)		
18	\$1000.50	VAMC bus tickets/passes (Portland)		
19	\$1200.00	Replacement TV's for Portland/Vancouver		
20	\$3770.11	DAV Transportation cell phones, service (3), charge cables and batteries		
21	\$601.00	VCR and setup for Dialysis educational purposes		
22	\$6560.93	Social work – Lodging		
23	\$500.00	National VAVS Meeting Portland in 2002		
24	\$961.66	TV/food for Kidney/Liver Transplant Housing		
25	\$500.00	Sept. 11 Disaster Relief Fund		
26	\$500.00	Oregon Veterans Home Covered Care Program		
27	\$210.00	Battery chargers to security to help patients with dead car batteries.		
28	\$1450.00	Women veterans' manicure sets, calendars		
29	\$655.00	Carts for VAVS workroom		
30	\$350.00	Step stools for DAV transportation vans		
31	\$200.00	Educational material (AA/NA Big Books for SATP)		
32	\$840.41	Items for Christmas stockings for inpatients		
33	\$500.00	American and POW flags for Portland Medical Center		
34	\$859.94	Pain Therapy Scholarship/Pallative Care for veterans		
35	\$800.00	VAVS April awards banquet		
36	\$200.00	Portland VAVS Bereavement Project		
37	\$87.14	Toasters for Portland Day Surgery, Short Stay and Chemo Clinic		
	\$52,158.43	TOTAL AMOUNT DONATED		



Soldier's Heart and The Well Arts Institute

In 2000 The Well Arts Institute was developed at the Artists Repertory Theater. It was designed to use creative arts in facilitating physical, psychological and spiritual well-being in people facing life-altering events. *Soldier's Heart* engaged veterans and the wife of a veteran in the healing through writing process. These pieces were later turned into theatre pieces by professional actors. *Performing Wellness VII – Soldier's Heart* was staged at Portland State University to sold out performances. This poem is one of those pieces.

Unencumbered

(A Vietnam Veteran's step into the light) By Eran Deran (a.k.a. Nelson)

In my minds eye
I jump for joy
Running now in the sands of time
Unencumbered

Memories are now memories Nothing more A fact to use or discard Or just file away

Unencumbered Unencumbered

Throw off the heavy Cloak of times past And rush headlong Towards tomorrow

Unafraid and hopeful Unencumbered by the past

I skip, I hop, I dance I run or quietly sit And no longer say oh shit

My dark past only heightens The brightness of tomorrow

Oh joy
Oh rapture

Life loves once again

My path is forward My step now lite I proceed toward the rest of my life!

Unencumbered

Written after participating in The Well Arts Institute's "Soldier's Heart - Performing Wellness VII"

NEEDS LIST

Requesting Department	Person Requesting	Requester contact number	Product Name
Homeless Outreach Program	Mel Tandburg	31403	Socks, Underwear
Inpatient Psychiatry 5-C	Kathleen Hamel	56474	Underwear, socks, Tennis shoes, sweat suites
Liver/Kidney Unit	Gordon Wells	57051	Lift Chairs
NSCU (CRU)	John Schulling	33376	26 inch or larger TV
NSCU (Hospice)	John Schulling and John Vasquez	33376, 33375	DVD/VCR Player, 32 inch or larger TV
NSCU (Hospice)			Red,white,and blue passage quilts
NSCU (Rec Therapy)	John Schulling	33376	Coffee or \$150 for Patient/Family Coffee program
NSCU-(Recreation Therapy)	Debbie Vourlas	33002	Blockbuster giftcards
NSCU-(Recreation Therapy)	Debbie Vourlas	33002	Pop tabs
Recreation Services	Kathleen Hamel	56474	Bowling gift certificates
Social Work	Janna Bird	57029	Indigent Veterans Fund bus passes
Social Work	Janna Bird	57029	Lodging Fund - Cash for Hotel emergencies
Social Work	Janna Bird	57029	Laundry Soap - Large Boxes
Social Work	Janna Bird	57029	Groceries, Ensure
Support Groups			Refreshments, cash, some food items.
Transitional Lodging Unit	Larry Brennan & Bob Mcintyre	33766	Underwear, socks, hygiene items, Bus Passes, Coffee, phone cards
Transitional Lodging Unit	Larry Brennen & Bob Mcintyre	33766	Sack Lunch items (example:sliced bread, deli/lunch meat, fresh fruit, etc.)
Transitional Lodging Unit	Larry Brennan	33766	Flour, sugar, brown sugar, baking poder baking soda, salt
Vocational Rehabilitation (Computer Resource Room)	Gary Rose	33844	Computers, Monitors, Keyboards, Hard drives, Memory, Headphones, Network Hubs, Printer paper, Computer hardware and software.
Voluntary Service		57685 & 31842	Comfort Items, Razors, Slipper Socks, back scratchers, safety razors
Voluntary Service		57685 & 31842	Canteen Books
Voluntary Service		57685 & 31842	Coffee supplies, condiments, graham crackers, juice for clinics & diabetic patients, zip lock bags.
Voluntary Service		57685 & 31842	Wheel chair bags, Lap Robes 50x60
Voluntary Service		57685 & 31842	Craft activities
Voluntary Services		57685 & 31842	Guest Shuttle Maintenance and Replacement

TASTY TREATS

Coconut Cream Dessert

1 cup all-purpose flour 2 tablespoons sugar ½ cup cold butter ½ cup chopped pecans

Filling:

- 1 package (8 ounces) cream cheese, softened
- 1 cup confectioners' sugar
- 1 carton (12 ounces) frozen whipped topping, thawed, divided
- 4 cups cold milk
- 3 packages (3.4 ounces each) INSTANT coconut cream pudding mix
- ½ cup flaked coconut, toasted

In a bowl, combine the flour and sugar: cut in butter until crumbly. Stir in the pecans. Press into a greased 13-in x 9-in x 2-in baking dish. Bake at 325 degrees for 20-25 minutes or until edges are lightly browned. Cool on a wire rack.

In a small mixing bowl, beat the cream cheese and confectioners' sugar until smooth; fold in 1 cup whipped topping. Spread over the crust. In a bowl, whisk milk and pudding mixes for 2 minutes; let stand for 2 minutes or until soft-set. Spread over cream cheese mixture. Top with remaining whipped topping. Sprinkle with coconut. Refrigerate over night. Yield: 15 servings

Submitted by Barbara Weatherill



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