



Veterans Collecting Beneficiary Travel

VA health care facilities are currently implementing the “BT Dashboard”; a new tool that will help them quickly and accurately determine Veterans’ eligibility for Beneficiary Travel (BT) as well as the appropriate mileage for reimbursement calculations. With few exceptions the Dashboard is in place and in use.

Previously BT mileage calculations were based upon use of VA’s “zip code-to-zip code” methodology or one of the many available online mileage tools. The Dashboard uses “Bing Maps” technology as the standard for VA mileage calculations and will be required to be used at all VA facilities. Most Veterans will see little or no change in their reimbursements; however, some may experience a slight increase or decrease.

When developing a claim, the Dashboard reaches out to Bing Maps and accesses the “shortest route” (by distance) calculation, in accordance with VA policy. While the “shortest route” calculation is no longer available to users on BingMaps.com, your travel office can print a copy of the route used to determine your mileage reimbursement. The Dashboard will have no impact upon how you apply or receive payment for BT.

If you have any questions, please see the staff at the Travel Office.

Welcome Dr. Temeck

Barbara Temeck, M.D. has joined the Dorn VA Medical Center as our Acting Chief of Staff; she comes from the St. Louis VA Medical Center where she is the Deputy Chief of Staff. Dr. Temeck graduated from Georgetown University School of Medicine. Since graduation, she has completed residency in both general surgery and cardiothoracic surgery. Dr. Temeck is a Fellow of the American College of Surgeons and a member of the American College of Physician Executives. Dr. Temeck brings a wealth of experience with her to the Dorn VA Medical Center, as she has worked in the VA Health System for twenty years. Previously Dr. Temeck was the Chief of Staff for the Hines VA Medical Center in Chicago, Illinois.



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Applying for VA Healthcare

There are several ways to apply for VA Healthcare:

- * Apply online (www.va.gov) by completing VA Form 10-10EZ, Application for Health Benefits. You will receive a submission number and be given contact information for preferred VA healthcare facility. Within 5 – 7 business days you will receive written notification of your enrollment status in the VA healthcare system.
- * Apply by Telephone by calling 1-877-222-VETS (8387) and completing an application with a Representative. Within 2 – 5 business day you will receive an VA Form 10-10EZ, Application for Health Benefits to review, sign and return. Once this form is returned, within 5 – 7 business days you will receive written notification of your enrollment status in the VA healthcare system. Depending on the volume of calls, you may experience a waiting period.
- * Apply in Person by going to your local VA healthcare facility to complete VA Form 10-10EZ, Application for Health Benefits and take a picture for your Veterans Identification Card. Within 5 – 7 business days you will receive written notification of your enrollment status in the VA healthcare system. If you are enrolled you should receive your identification card within this time period,
- * Other ways to apply: Complete VA Form 10-10EZ and apply in person or mail the application to the following address: Health Eligibility Center, Enrollment Eligibility Division, 2957 Clairmont Road Suite 200Atlanta, GA 30329-1647.

Physical Activity: A Little Goes A Long Way

If you have a hard time getting more physical activity, you're not alone. One report estimated that less than half of all Americans get the amount of physical activity recommended by the government! With all of life's demands, it may seem like being more physically active is impossible...and maybe not worth the effort and time.

But it doesn't take much physical activity to get significant health benefits. In fact, you don't have to run marathons or work out at the gym every day to improve your health. Even a little physical activity is better than none and can have a positive, long-term impact on your health and fitness.

Studies have shown that regular physical activity can help lower your risk of heart disease, diabetes, and some cancers. It can also help prevent weight gain, reduce depression, and improve sleep. And the list of benefits you can get from increasing your physical activity just goes on and on.

To get these benefits, the U.S. Department of Health and Human Services recommends that you do at least 2 1/2 hours per week of moderate-intensity physical activity. That may sound like a lot, but it really isn't. The physical activity can be performed in episodes of at least 10 minutes. And you can spread it out over the whole week. "Moderate-intensity" means that you can talk, but not sing, while you do it. So walking fast, dancing, vacuuming, or raking leaves are good ways to get this kind of activity.

You can also do other simple things to be more physically active. At work, you can park farther from your office, take the stairs, or stand instead of sitting during your meetings or while you're on a conference call. At home, you might mow the lawn, carry groceries, or walk the dog. There are many ways to be more active, and how you do it is up to you!

So work with your VA health care team to set a goal to be more physically active and find what works best for you. Getting more active—and being more healthy—is easier than you think!





Introduction "Meet, Greet and Learn"

**Family Support Group "Kick-off" and
Information on programs available in
Mental Health Outpatient Care
And NAMI Programs**

**February 28, 2013 7-8:30 p.m.
Refreshments at 7:00 - Speaker at 7:30**

WJB DORN VA Medical Center, Columbia SC
(Bldg. 106 - psychiatry - Room A201)

Contact: Candace True
(803)776-4000 ext. 4116
Candace.true@va.gov

Support Group Meetings Begin in March 2013:
Every 3rd Thursday of the Month, 7 - 8:30 p.m.
WJB DORN VA Medical Center, Columbia SC
(Bldg. 106 - psychiatry - Room A201)

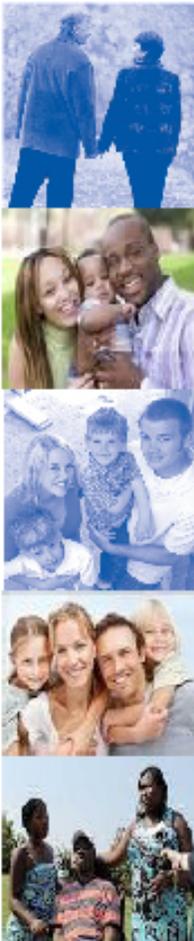
Get information on mental illness,
treatments and services.
Find friends who care and understand.
Share ideas that help you and your family.
Share your experience & Learn from others.

Help. Hope. Healing.

Remember, You are not alone!

What You'll Find at NAMI

**Friends who care and understand • Ideas that can help you take care of yourself
and your family • A chance to share your experience and learn from others •
Information about mental illness, treatment and services**



On January 18, 2013 the Disabled American Veterans dedicated a new van for Anderson County. The van will be used to transport Veterans to appointments at Dorn VA Medical Center and the Greenville Outpatient Clinic.



How to Request Military Records

The National Archives and Records Administration (NARA) is the official repository for records of military personnel who have been discharged from the U.S. Air Force, Army, Marine Corps, Navy and Coast Guard.

A Standard Form 180 (SF180), Request for Military Records, must be completed in order to receive a copy of military records. The easiest and most expedient way to do this is online at: <http://www.archives.gov/veterans>. On the website, click the link, "Request Military Service Records," and it will walk you through the process.

If you do not have a computer or are not online, you may send a written request for your records using an SF180 or by writing a letter with the following information:

- * The Veteran's complete name used while in the service
- * Service number or social security number
- * Branch of service
- * Dates of service
- * Date and place of birth may also be helpful.

If the request pertains to a record that may have been involved in the 1973 fire, also include:

- * Place of discharge
- * Last unit of assignment
- * Place of entry into the service, if known.

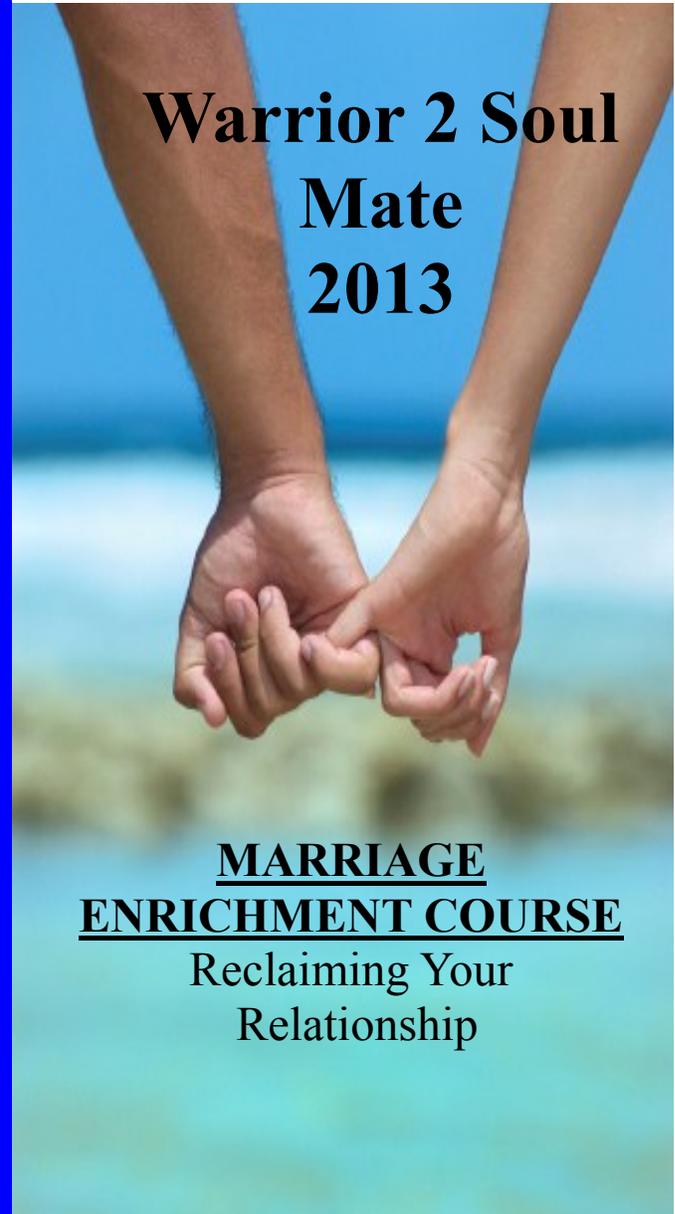
Mail the SF180 or letter to:

National Personnel Records Center
1 Archives Drive
St. Louis, MO 63138

You may only submit one request per individual per envelope.

The response time is dependent on the complexity of the request. Requests that involve reconstruction efforts due to the 1973 fire, or older records which require extensive search efforts, may take six months or more to complete. Please allow at minimum 90 days before following up on a request.

Dorn VA Medical Center is offering the PAIRS relationship enrichment curriculum as a five session course. This is the same dynamic curriculum presented during the weekend Marriage Enrichment Retreats.



Warrior 2 Soul Mate 2013

MARRIAGE ENRICHMENT COURSE Reclaiming Your Relationship

Course begins March 11, 2013 - April 8, 2013

Classes are weekly; Mondays 4:00 – 7:00pm

Location: Dorn VA Medical Center

Please contact Stacey Davis for additional information; 803-776-4000, ext 7303

SERVICE LEVEL-CUSTOMER SERVICE REPRESENTATIVES Wm. Jennings Bryan Dorn VA Medical Center - Columbia

If you have problem, ask staff in the clinic or on the ward for assistance first, then you may request a Customer Service Representative to assist. If you have concerns, comments, or compliments about a particular area, please contact the representative listed for that area. The telephone number is: (803) 776-4000 unless specified otherwise.

Acute Hospital Services

Eloise Striblin, ext 6660
Room 1B110, Bldg 22

Mental Health Care

Bob Henri, ext 7689
1st Floor, Bldg 106

Primary Care

Angela Walker, ext 6805
Red Team, 2nd floor, Bldg 103

Dental Service

Eugene Wilson, ext 6159
1st Floor, Bldg 100

Pharmacy Service

Son Nguyen, ext 7068
1st Floor, Bldg 100

Radiology Service

Katherine McCarter, ext 7510
1st Floor, Bldg 100

Pathology and Laboratory

Darlene Giles, ext 7314
Patricia Williams, ext 6066
1st Floor, Bldg 100

Surgical Service

Debbie Smith, ext 7187
2nd Floor, Bldg 100

Medicine Service

Alicia Bates, ext 7547
4th Floor, Bldg 100

Nutrition and Food

Robert Parker, ext 7091
Basement, Bldg 100

Physical Medicine and Rehabilitation

Michael Pinapfel, ext 6203
Basement, Bldg 100

COMMUNITY BASED OUTPATIENT CLINICS

Robin Del Favero
(864) 299-1600, ext 2931

Greta Walker
(864) 299-1600, ext 2825

Anderson

David George, Nurse Manager
(864) 224-5450

Florence

Gini Moore, Nurse Manager
(864) 292-8383

Greenville

Kristie Tarver, Nurse Manager
(864) 299-1600, ext 2601

Orangeburg

Susan Knight, Nurse Manager
(803) 533-1335

Rock Hill

Arline Adams, Administrator
(803) 366-4848

Sumter

Nancy Nunnery, Nurse Manager
(803) 938-9901

Spartanburg

Veronica Smith, Nurse Manager
(864) 582-7025, ext 2100

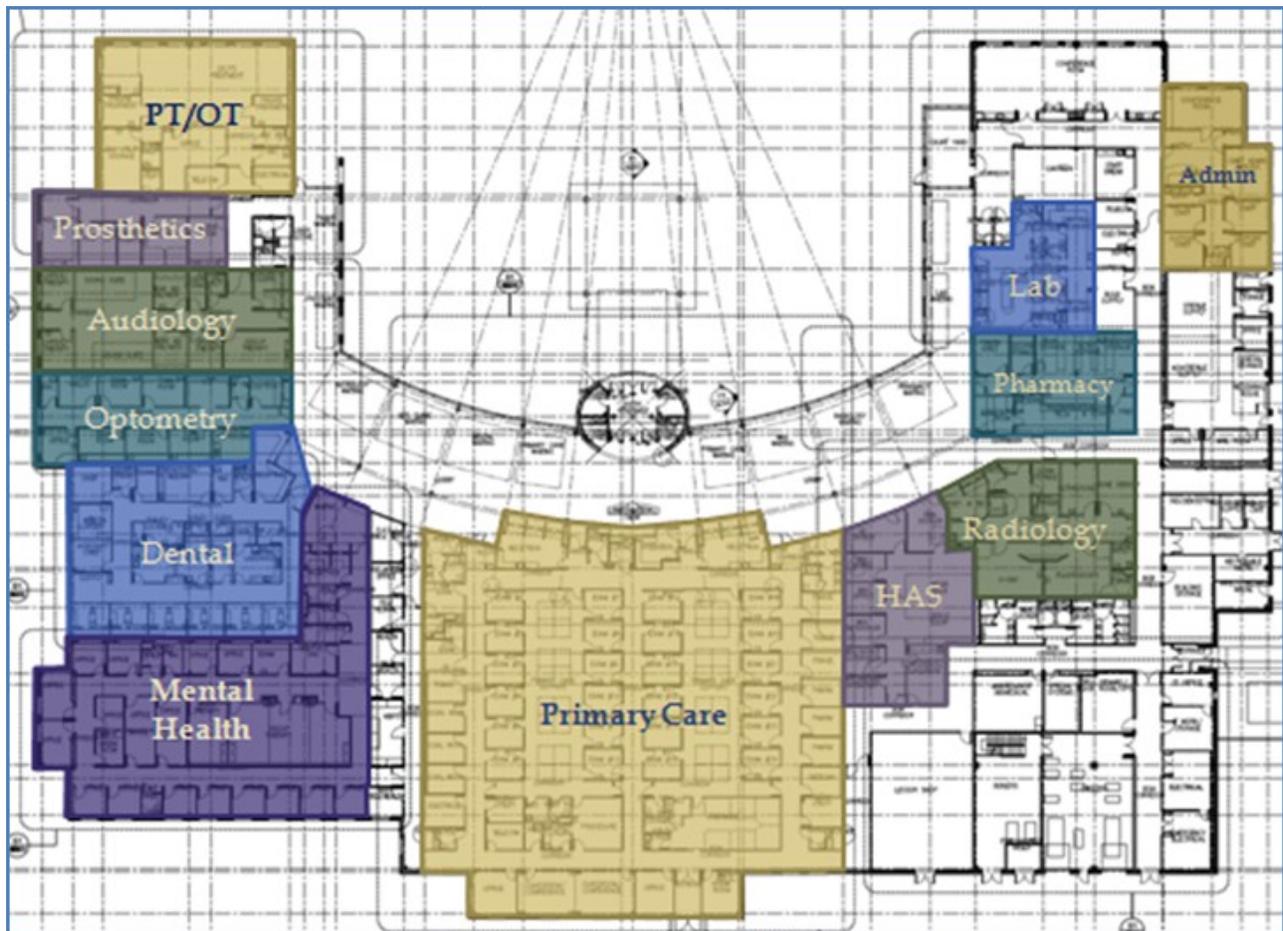
Greenville Outpatient Clinic

The new Greenville Outpatient clinic is on target for opening in late Spring 2013.

The clinic will provide the following services:

- * Primary Care
- * Mental Health
- * Pharmacy
- * Radiology
- * Home Based Primary Care
- * Rehabilitation services
- * Prosthetics
- * Audiology
- * Optometry
- * Dental

Address: 41 Parks Mill Road
Greenville, SC 29605





SC WORKS

UPSTATE

BRINDING EMPLOYERS
AND JOB SEEKERS TOGETHER

UPSTATE VETERANS/SPOUSE HIRING FAIR!

Military Veterans/Spouses Only!

(All individuals must show military ID or DD-214 to be admitted to event)

Thursday, March 14, 2013

9am – 12noon

USC Upstate Armory

301 N. Campus Blvd

Spartanburg, SC 29303

Dress for Success.....

(No jeans or sneakers allowed)

Don't forget your resume.....

Useful Links to Explore

1. Jobs.scworks.org – This is the site for an unemployed person to register for work and conduct personal job searches
2. www.dew.sc.gov - This site is for filing Unemployment Benefits
3. www.fafsa.gov – Pell grant information
4. www.opportunity.gov – Special consideration for this grant will be given to those individuals receiving unemployment benefits
5. www.turbotap.org – Your connection to money, benefits, and jobs
6. www.afsc.army.mil – Where you will find your MOS Career Maps. You must have an active AKO username and password in

Come to the Hiring Fair and please Dress for Success and don't forget to bring a copy of your resume, along with your military identification, DD-214, VA ID, etc.



2013 Hiring Our Heroes Veterans Event – Columbia SC
Solomon Center
6510 Strom Thurmond Blvd.
Fort Jackson, SC 29207
Tuesday, March 5, 2013

Join us Tuesday, March 5, 2013 from 9:00 a.m. to 12:00 p.m., for a job fair for veteran job seekers, active duty military members, guard and reserve members, and military and veteran spouses, at the Solomon Center, 6510 Strom Thurmond Blvd., Fort Jackson, SC 29207.

This event will be a one-of-a-kind FREE hiring fair for both employers and job seekers.

<p>EMPLOYERS</p> <p>Must register for FREE at HOH.Greatjob.net</p>	<p>JOB SEEKERS</p> <p>Register for FREE at HOH.Greatjob.net to guarantee admission. Walk-ins welcome but space not guaranteed.</p>
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This hiring event is being conducted by the U.S. Chamber of Commerce, the Columbia Chamber of Commerce, Office of the Mayor, Columbia, the Department of Labor's Veterans' Employment and Training Service (DOL VETS), the South Carolina Committee of the Employer Support of the Guard and Reserve (ESGR), The American Legion, WorkSource South Carolina, SC DEW, NBC News, and other local partners.

For registration questions, please contact us at hiringourheroes@uschamber.com or call 202-463-5807.



WWW.USCHAMBER.COM/HIRINGOURHEROES

monster | Military.com

is the official online partner for Hiring Our Heroes | Find Hiring Our Heroes online:



5 Reasons You Should Be Using My HealthVet

1 Be empowered to control your health



You can update the status of your Personal Health Record 24/7, refill your VA prescriptions online, and e-journal, all on our award-winning, easy to use website.

2 Avoid duplicate tests and procedures



You can self enter results from diagnostic tests and procedures performed outside the VA health care system and share that information with your VA providers and you can update your Personal Health Record before each visit.

3 Move easily from doctor to doctor with the VA Blue Button



You can view, print, download or save your personal health information in your My HealthVet account. Sharing it with your health care team eases the transition from VA providers to non-VA providers.

4 Improve the efficiency and safety of your health care



You can update your personal health records and save valuable time, which may help prevent unwanted drug interactions and help you inform your provider or caregiver of your diagnoses and treatments.

5 Receive personalized information from your VA Electronic Health Record



You can get online VA Wellness Reminders, view VA Appointments, access VA Allergies and Adverse Reactions, get VA Chemistry/Hematology Test Results and use Secure Messaging with participating health care teams*

Patient Representatives

Each area in our facility has a customer service representative. The customer service representative is the first step in problem resolution; please try to resolve problems and concerns at the lowest level. At Community Based Outpatient Clinics (CBOCs), these representatives are the Nurse Managers. If you have attempted and are unable to resolve the issue at the lowest level, you may contact a Patient Representative at (803) 776-4000:

Kathy Dixon, ext 6879

Michelle Hayes, ext 6612

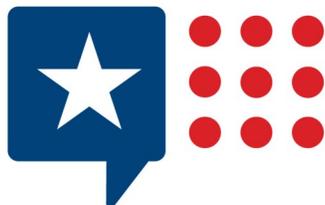
Maggie Lockett, ext 7030

Spring Forward

Daylight Savings Time, or DST, begins on the second Sunday of March (March 10, 2013) and ends on the first Sunday of November. In March, clocks are moved forward one hour at 2:00am, and in November, clocks are moved back one hour from 2:00am. The phrase "spring forward, fall back" is a helpful reminder of these time changes.



Veterans Crisis Line



Veterans Crisis Line

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders. Veterans and their loved ones can call 1-800-273-8255 and press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year.

