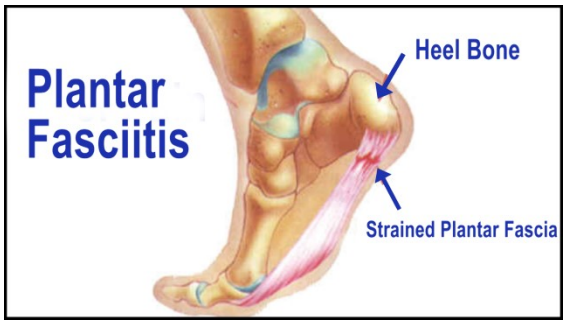
Cheyenne VA Medical Center
RAPPORT
Online Magazine
October 23, 2015

Plantar Fasciitis—What is it, and what can help?

Know our services...



Plantar fasciitis (fas-ee-I-tiss) is an irritation or inflammation of the plantar fascia (FASHee-ah). The plantar fascia is a tough, fibrous band that extends from the heel to the ball of the foot. Its main function is to help support the arch of the foot. The plantar fascia continuously absorbs the stresses placed on the foot during walking, running, and jumping. Plantar fasciitis usually causes a sharp pain under the heel with the first steps in the morning or after sitting for a long time.

Treatment of Plantar Fasciitis

- **Anti-inflammatory medication and ice.** Your doctor may prescribe anti-inflammatory medication to decrease pain and discomfort. Ice massage can also be used for pain relief. Fill a small round plastic bottle with water and freeze it. When it is time to ice your heel, place the bottle on the floor and roll your arch over it for at least 10 minutes. This gives you the benefits of ice, stretching, and massage all at the same time. You should apply ice to the heel and arch of the foot two to three times daily to reduce inflammation.
- **Arch supports.** Arch supports are inserts for your shoes. They help cushion and support the whole length of fibrous band.
- **Night splint.** A night splint is a hard plastic splint that is worn at night to maintain your foot and ankle in a neutral position after stretching. This helps speed healing of the plantar fascia.
- **Stretching.** Stretching is an important part of the treatment for plantar fasciitis and must be done daily, at least until you have had no symptoms for three months.

Stretches for Planter Fasciitis

Soleus towel stretch

Bend your knee and place a towel around the ball of your foot. Pull the towel toward you until a stretch is felt in your calf. Hold for 30 seconds. Repeat six times. Do this exercise two to three times a day.

Gastrocnemius towel stretch

With your knee straight, place a towel around the ball of your foot. Pull the towel toward you, until a stretch is felt in your calf. Hold for 30 seconds. Repeat six times. Do this exercise two to three times a day.

Standing soleus stretch

Face a wall. Place your hands on the wall directly in front of you, with elbows slightly bent. Stand with one leg in front of the other and the heel of your front foot turned slightly outward. Bend your knee until a stretch is felt in your calf. Hold for 30 seconds. Repeat six times. Do this exercise two to three times a day.

Standing gastrocnemius stretch

Face a wall. Put your hands on the wall directly in front of you, with your elbows completely straight. Stand with one leg in front of the other, and the heel of your front foot turned slightly outward. Keep your knee straight and lean into the wall until a stretch is felt in your calf. Hold for 30 seconds. Repeat six times. Do this exercise two to three times a day.

Plantar fascia stretch

Sit with your ankle resting on your opposite knee. Grasp your toes and pull them gently backward until a stretch is felt in the arch of your foot. Hold for 30 seconds. Repeat six times. Do this exercise two to three times a day.

Upcoming Events

25-31—National Healthcare & Facilities Engineering Week
28—Larimer County VAG
31—CLC Halloween 3:30 to 4:30 p.m.
Nov. 1—Time Change "Fall Back"
Nov. 6—Ft. Collins Homeless Stand Down
Nov. 11—Veterans Day

The Veterans in the Community Living Center would very much love to hand out candy to trick-or-treaters for Halloween! Our trick-or-treat time will be 3:30-4:30 on Saturday afternoon on October 31st. All employees and Veterans are welcome to bring their children in costume to the CLC to trick-or-treat door to door at the home of our Veterans.

It isn't too late to help raise awareness of Breast Cancer by decorating a Pink Pumpkin
at Cheyenne VA Medical Center's
Pink Pumpkin Patch of Hope!
Enter your Pink Pumpkin today!
If you wish it participate please contact Brandy Marshall at brandy.marshall@va.gov

Cheyenne VA Celebrates
Pastoral Care Week 2015
Oct 25-31

The Cheyenne VA Medical Center Chaplain's Service includes five dynamic chaplains who provide a large array of services to include, but not limited to: grief and loss care; risk screening to identify factors that may affect a Veteran's recovery; facilitation of staff communication; staff and family support; worship and observance of holy days; and are a part of a Patient Care Team. Pictured above are our Chaplains (from left to right): Chaplain Carol Carr, Chaplain Delbert Hansen; Chaplain Donald Blomberg; Chaplain Douglas Mikkelsen; and Chaplain David McElwain.

"Spiritual Care Together"

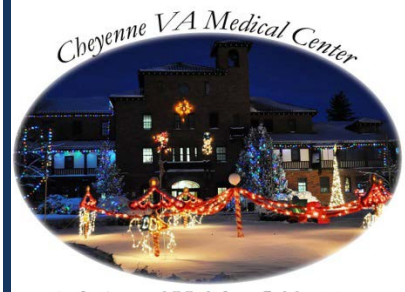
Pastoral Care Week gives opportunities for organizations and institutions of all kinds and types to recognize the spiritual caregivers in their midst and the ministry which the caregivers provide.

Welcome New Team Members!

(Back Row, L to R) Occupational Therapist **Jordan** Baney, *PM&RS*; Certified Nursing Assistant **Aeriana** Brown, *PCSL*; Nursing Assistant **Kayla** Dougherty, *PCSL*; Certified Nursing Assistant **Kelly** Dugan, *PCSL*; LPN **Christine** Morgan, *AM CARE (Greeley)*.

(Front Row, L to R) Pharmacy Technician **Andrew** Nath, *Pharmacy*; Medical Support Assistant **Lucia** Potter, *BDSL*; Psychologist **Lavina** Sanders, *MHSL*; Medical Support Assistant **Courtney** Schnell, *BDSL*

Not Pictured: Accountant **Allen** Greene, *Fiscal* and Registered Nurse **Jacqueline** Anderegg, *MSL/ED*



3rd Annual Holiday Celebration
Welcome Home Troops and
New Veterans

Mark your Calendars!

The Cheyenne VA Medical Center is gearing up for the **3rd Annual Holiday Celebration and Welcome Home** event the evening of **Dec. 1**, in Cheyenne!

WALK-IN FLU CLINIC

WHO: ***Veterans AND Employees***

WHEN: Available through November or until further notice
(current hours of operation will be 8 a.m.-3:30 p.m. M-F).

WHERE: Cheyenne VA B1-50 (the previous patient Advocate office—across from the police office in the ER). There will be signs throughout the hospital directing all toward the location.

Thanks to all who helped coordinate this effort and all supporting nurses and staff!

Dr. McCormack Farewell

Please come by and say farewell and congratulations to

Dr. Cynthia McCormack

Wednesday, October 28, 2015

1 to 3p.m.

in the

Directors Conference Room (Room D1-36)

We wish you the best in retirement and thank you for your dedicated service to our nation, and to our Veterans!

Vet Center

Cheyenne Vet Center
3219 E. Pershing Blvd
Cheyenne WY, 82001
Office: 307-778-7370

Ft. Collins Vet Center
702 W. Drake Bldg C
Ft. Collins CO, 80526
Office: 970-221-5176

Satellite Locations

Laramie, UW & WyoTech
Kimball, NE

Sidney, NE
Scottsbluff, NE

Who We Are...

The Vet Center Program was established by Congress in 1979 recognizing that a significant number of Vietnam era vets were still experiencing readjustment problems. Over time Congress extended the eligibility to encompass Combat Veterans from other eras. Recent legislation now authorizes Vet Centers to provide Readjustment Counseling Services to certain Active Duty Service Members and their families.

Vet Centers are community based programs under the direction of the Veterans Health Administration.

Symptoms associated with PTSD are the leading cause for veterans and service members to seek Vet Center readjustment services. The goal of the Vet Center program is to provide a broad range of counseling, outreach, and referral services to eligible Service Members to assist them in making a positive post-deployment life adjustment.

Are you prepared? Consider this Emergency Car Kit

- Warm clothing
- Blanket or sleeping bag
- Water
- Nonperishable food
- Jumper cables
- First aid kit & Medications
- Distress flag or flares
- Ice scraper

Maintaining a disaster supply kit is just as important as putting one together. Every six months you and your family should inspect your kit for expiration dates or damage. Storing these items in a durable easy to carry container such as a backpack or unused trashcan will help keep them safe. This will also give you and your family the opportunity to rethink your needs and update your kit. For additional information on disaster supply kits see: www.redcross.org; www.fema.gov; www.ready.gov

COLORADO EAGLES *Hockey*

WOULD LIKE TO THANK YOU FOR YOUR SERVICE. AS A TOKEN OF OUR APPRECIATION, THE EAGLES WILL BE OFFERING

WYCO PARTNERS EVENT

COMPLIMENTARY TICKETS

- FOR ALL ACTIVE & VETERAN MILITARY PERSONNEL AND THEIR FAMILIES -

WEDNESDAY, OCTOBER 28

vs. COLORADO EAGLES

7:05 P.M.

PLEASE CONTACT SEAN LINFIELD IN THE EAGLES TICKETING DEPARTMENT AT 970-686-SHOT (7468) TO RESERVE YOUR COMPLIMENTARY TICKETS

*First come, first serve. Limited quantity available.

970-686-SHOT (7468)

slinfield@coloradoeagles.com

MILITARY NIGHT

OCTOBER 28th 2015

RESERVE YOUR SEATS TODAY! CONTACT

WYCOVETS@Gmail.com

Or Email the Vets Alliance

TO RESERVE YOUR SEATS TODAY! CONTACT

WYCOVETS@Gmail.com

COLORADO EAGLES

Meadow Gold

WATER VALLEY Life More Lively

VA History Tidbit

President Reagan signing of Department of Veterans Affairs Act HR 3471 [PL 100-527] with Frank Carlucci and Thomas Turnage at the National Defense University in Fort McNair, Virginia. 10/25/88. Courtesy Ronald Reagan Library.

Twenty-seven years ago, on October 25, 1988, President Ronald Reagan signed Public Law 100-527, known as the Department of Veterans Affairs Act, and elevated the Veterans Administration to the 15th Cabinet-level department in the Federal government. The historic bill-signing took place at Fort McNair in Washington, D.C., roughly a week before the 1998 presidential election. For political reasons, the law delayed full implementation of the Act until March 1989 when the new incoming president could appoint someone of his own choice to head the new department. For this reason, VA celebrates both dates—when the law was signed/enacted and when it became fully effective—as they are both significant to its history.

Roughly two weeks after the October 1988 bill-signing, a nationwide employee contest was held for the design of a new official seal to reflect VA's new status. Over 100 designs were submitted. David E. Gregory, an illustrator at the Indianapolis VA Medical Center, drew the winning design that is now our familiar VA seal. The Army's Center for Heraldry assisted with final specifications on the seal, as well as the design for the new Departments' flags.

Edward J. Derwinski was appointed as the last VA Administrator on March 1, 1989 by President George H.W. Bush and became the first Secretary of the new Department of Veterans Affairs fifteen days later when the Act took full effect. Derwinski was a World War II veteran, banker, and politician who served as VA Secretary until 1992. Secretary Derwinski made the decision to retain the "VA" moniker for the new department, instead of implementing the use of "DVA," because it had been a familiar phrase within American culture for over 50 years.

The transformation from an administration to a Department did not occur overnight and involved complex restructuring of VA that took many years to implement and tweak. New offices and executive positions were created, including Secretary, Deputy Secretary, Deputy Assistant Secretaries, and others that required appointment by the President and confirmation by the Senate. Responsibilities and reporting requirements greatly expanded as did name changes. Below are some of the changes wrought by the elevation.

Veterans Administration	BECAME	**Department of Veterans Affairs**
VA Department of Veterans Benefits	BECAME	Veterans Benefits Administration
VA Department of Medicine & Surgery	BECAME	Veterans Health Services & Research Administration (became Veterans Health Administration in 1991)
VA Department of Memorial Affairs	BECAME	National Cemetery System (became National Cemetery Administration in 1998)
VA Administrator	BECAME	VA Secretary
VA Deputy Administrator	BECAME	VA Deputy Secretary
Chief Medical Director	BECAME	Under Secretary for Health
Chief Benefits Director	BECAME	Under Secretary for Benefits
Chief Memorial Affairs Director	BECAME	Director, National Cemetery System (became Under Secretary for Memorial Affairs in 1998)

The Cheyenne VA Medical Center and VetCenter will be teaming up on ***Nov. 2,*** to conduct an outreach in

Saratoga, Elk Mountain & Hannah

Veterans will be able to enroll, receive a flu shot, and get information on Services available!

9th Annual Northern Colorado

VETERANS STAND DOWN

Friday, November 6th, 2015 from 9:00 AM - 12 PM • Lunch at 12:00

Catholic Charities Northern - The Mission

460 Linden Center Drive, Fort Collins

Services Provided

Breakfast Burritos served at 9:00 AM
Coffee donation provided by The Human Bean
A hot meal served from Noon to 1:00 PM
Flu shots, oral cancer screening and suicide prevention
Clothing & basic living essentials will be given out
Colorado Legal Services
Bicycle Tune-ups • Free Haircuts
Basic Veterinary Services (Exam-Vaccinations including rabies)

Please Bring A Veterans ID If Possible, Although It Is Not Required

Community Volunteers are Encouraged!

Organizations Present

VA Hospital
County Veteran Services
Local VFW's and American Legion's
Colorado Department of Labor Veteran Staff
United Way
Social Security Administration/Benefits
Volunteers of America
Colorado Legal Services
Homeless Gear

For More Information

Ft Collins/Loveland

Sharon: (303) 514-0438
Joseph: (970) 498-6656

Greeley

Tim: (970) 353-3800 X6769

Or visit www.larimerworkforce.org/standdown

Get Connected | Stay Connected

Larimer County Workforce Center is an equal opportunity agency and supports Veterans priority of service. Accommodations for persons with disabilities provided upon request.

Sponsored by:

Dellenbach Motors · Homeless Gear · Colorado Workforce Center · Military Affairs