

Women's Health Newsletter



My Fellow Veteran,

It is hard to believe that we are now on the downward side as the end of summer is upon us. It seems that summer goes by quicker year after year. I hope the unseasonably high temperatures the past two months didn't keep you from enjoying time with family and friends.

If you weren't able to join us back in June for our Public Forum, you're in luck! We will be hosting another opportunity for you to come and meet the staff and tour our facility. For more information please go to page 4 for the event flyer. I am also pleased to share with you that our next semi-annual baby shower, where we honor our expecting mom-to-be Veterans, will be held on September 17th in the third floor auditorium at 11 am.

August 1939 marked the beginning of World War II and by December 1941, there were 350,000 women serving. They had their own branches of services, including Women's Army Auxiliary Corps (later the Women's Army Corps or WAC), the Women Airforce Service Pilots (WASP), and the Women Accepted for Volunteer Military Services (WAVES). Women also served in the Marines and in a branch of the Coast Guard called SPARS. These brave women are just a few that paved the way for generations of women who have served and continue to serve to this day.

I'd like to thank you for the opportunity to continue to serve you and your needs. THANK YOU for your service to our nation.

Respectfully,

Christine Goodwill

Women's Health Program Manager
Albany Stratton VA Medical Center



INSIDE THIS ISSUE

Pregnancy Loss.....	2
She Wears the Boots.....	2
Comprehensive Primary Care.....	3
WH Public Forum	4
Commitment Therapy	5
National Waffle Day.....	5
Colonel Ruby Bradley.....	6
World Lung Cancer Day.....	6
Intl Lefthanders Day.....	7
National Potato Day.....	7
Women's Equality Day.....	8
Non-Combat Trauma Group.....	9
Recipe of the Month.....	10
Equine Therapy.....	11
VA Caregivers.....	12
EIA Program.....	13



U.S. Department
of Veterans Affairs
Stratton VA Medical Center

PREGNANCY LOSS

Every form of pregnancy loss comes with its own circumstances and may affect each person differently. This loss can profoundly affect your emotional and physical well-being. You may feel grief, sadness, guilt, anger, and a range of complex emotions. Physically, you may experience discomfort and hormonal changes. Coping with the loss and managing relationships during this time can also be difficult.

VA offers compassionate care to help you navigate your unique journey. Your VA health care team will create a recovery plan tailored to your individual needs, including options for mental health care.

Call the [Women Veterans Call Center](#) at 1-855-VA-WOMEN to connect with pregnancy loss support and treatment, and visit the [Women's Health Pregnancy Loss](#) page for more information. Additionally, your local [Women Veterans Program Manager](#) can assist you in accessing care.

If you're in crisis or concerned about a Veteran, contact the Veterans Crisis Line to receive 24/7 confidential support. You don't have to be enrolled in VA benefits or health care to connect. Dial 988 then press 1, [chat online](#), or text 838255.

Compassionate Care for
PREGNANCY LOSS

You have support from VA, including:

- Gynecologists
- Mental Health Care Specialists
- Chaplains
- Support Groups
- Maternity Care Coordinators
- Primary Care Providers
- Women Veteran Program Managers

WOMEN'S HEALTH CARE
*** You Can Trust

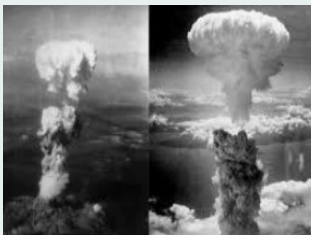
www.womenshealth.va.gov

VA U.S. Department of Veterans Affairs

Don't forget our next Public Forum is September 12th!

HIROSHIMA & NAGASAKI

On 6 and 9 August 1945, the United States detonated two atomic bombs over the Japanese cities of Hiroshima and Nagasaki. The bombings killed between 129,000 and 226,000 people, most of whom were civilians, and remain the only use of nuclear weapons in an armed conflict.



SHE WEARS THE BOOTS

Listen to our latest She Wears the Boots episode where we hear from Dr. Andrea Hekler, a VA clinician, on how pregnancy loss may impact you or your partner and how VA can provide support: <https://www.spreaker.com/episode/pregnancy-loss--60340506>.



WOMEN & COMPREHENSIVE PRIMARY CARE

NO OTHER HEALTH CARE SERVICE IN THE WORLD UNDERSTANDS WOMEN VETERANS LIKE VA.

We have the experience and the knowledge to engage with you and help you work toward the best health possible by providing high quality health care services. Our Designated Women's Health Providers provide comprehensive primary care (general primary care as well as gender-specific care) and are attuned to the specific health needs and risks of women Veterans. When you seek comprehensive primary care at VA, you are assigned one Designated Women's Health Provider at one site to coordinate your care and provide both primary care and gender-specific care.

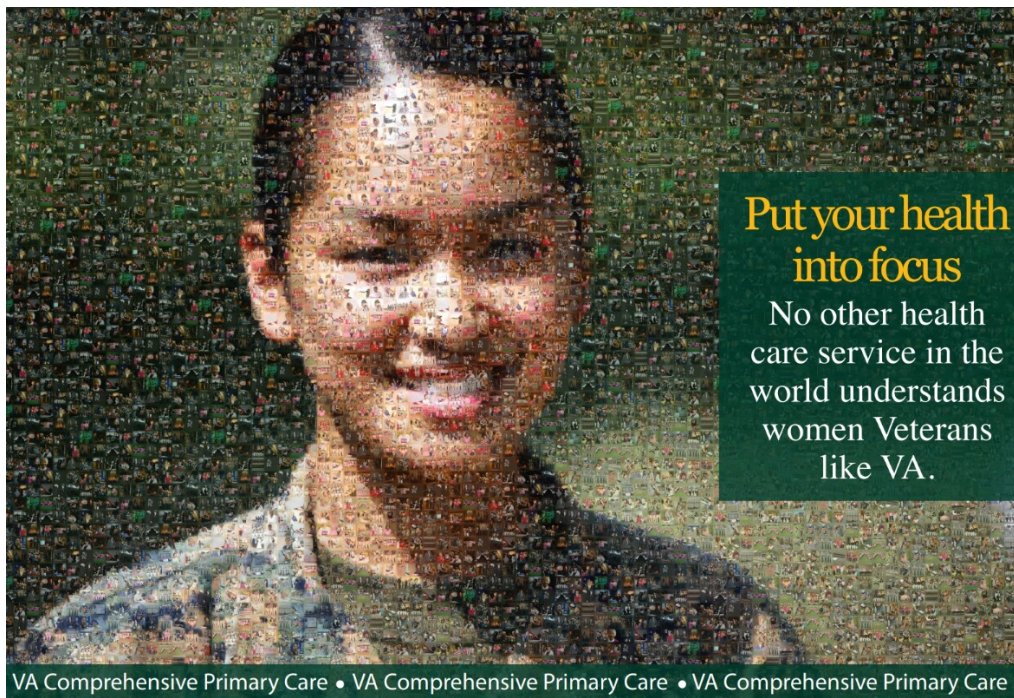
VA offers an array of health care services for women Veterans, including:

- General medical care for any acute or chronic illnesses
- Preventive care such as nutrition counseling, weight control, and smoking cessation
- Gender-specific care such as Pap smears, breast exams, mammograms, birth control, pregnancy planning, Human Papillomavirus (HPV) vaccines, menopause care, osteoporosis care, obstetrics care, specialty gynecology care
- Specialty services for difficulties such as depression, homelessness, military sexual trauma (MST), Posttraumatic stress disorder (PTSD), and substance use problems

COMPREHENSIVE PRIMARY CARE FROM A TEAM DEDICATED TO YOUR HEALTH NEEDS.

Patient Aligned Care Team (PACT), VA's team-based approach, puts the woman Veteran at the center of the care team, which also includes family members, caregivers and health care professionals. **Your Designated Women's Health Provider is part of a coordinated team, and every member of that team—gynecologist, mental health provider, even medical assistant— is dedicated to your health care needs.**

Your team can help you find out what your health care goals are, and help you make personalized plans to achieve them. The focus is on forging trusted, personal relationships; the result is coordination of all aspects of health care.



DID YOU KNOW? AUGUST 24TH IS NATIONAL WAFFLE DAY?

NATIONAL WAFFLE DAY IS AN UNOFFICIAL HOLIDAY CELEBRATED ON **AUGUST 24**. EVEN THOUGH THEY ARE ORIGINALLY FROM FRANCE AND BELGIUM, WAFFLES HAVE BECOME A STAPLE FOOD IN AMERICAN AND CANADIAN HOUSEHOLDS. SOME PREFER SWEET WAFFLES, SERVED WITH FRUIT AND MAPLE SYRUP FOR EXAMPLE, AND SOME ENJOY THE AMERICAN SOUL FOOD DISH OF WAFFLES WITH FRIED CHICKEN. SWEET OR SAVORY, NATIONAL WAFFLE DAY IS THE PERFECT DAY TO EXPERIMENT WITH NEW TOPPING AND HAVE SOME DELICIOUS WAFFLES.



SAVE THE DATE

The Albany Stratton VA Hospital Women's Health Clinic invites you to join us for our next Public Forum. Please consider joining us as we provide tours of the clinic, our mammography suite, and special "hot spots" in the hospital. Hope to see you then!

WOMEN'S HEALTH PUBLIC FORUM

Members of the Women's
Health Clinic invite you to the
Stratton VA Hospital

SEPTEMBER 12TH

4:30 – 6 PM

Meet with staff and tour
the clinic & the hospital.
Light refreshments will be
available.

10 WOMEN VETERANS HEALTH CARE SERVICES THAT MAY SURPRISE YOU!

1. Women's Mental Health Services
2. Breast/Chestfeeding Supplies & Lactation Support
3. Sexual Health Evaluation & Treatment
4. Post Mastectomy Prosthetics
5. Telehealth Appointments
6. Yoga, Tai Chi, & Acupuncture
7. Recreation & Art Therapy
8. Pelvic Floor Therapy for Pain, Urinary Issues, & Constipation
9. Healthy Cooking Classes
10. Treatment for Sleep Issues



TOUR OUR CLINIC

- Gynecology ✓
- Primary Care ✓
- Lactation Rooms ✓
- Mammography Suite ✓
- Hospital Hot Spots ✓

RSVP by

September 6th

Jamie.Harrigan@va.gov 

113 Holland Avenue Albany

8TH FLOOR D-wing 

WOMEN'S WELLNESS CLINIC

VA

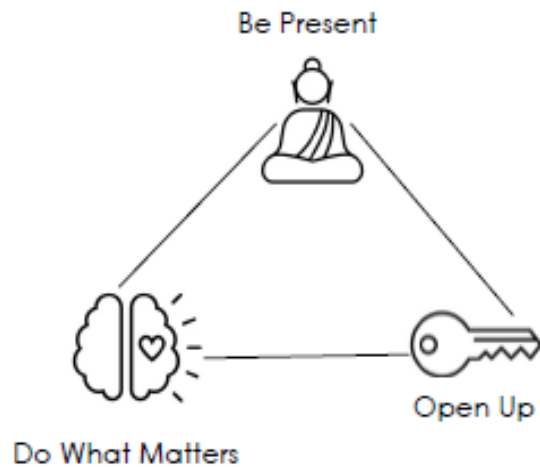


U.S. Department
of Veterans Affairs
Stratton VA Medical Center

ACCEPTANCE & COMMITMENT THERAPY

1 DAY IN-PERSON WORKSHOP

We all have pain and unwanted parts of our lives...get unstuck and start living better.



**Friday Aug 23, 2024
9AM to 3PM**

If interested, speak to your provider or contact:

Marisa Thurin, PsyD (518) 626-7231

Leslie Harris, LMSW (518) 626-5497

Tim LaRose, LCSW (518) 626-5894

Mike Zlatev, PhD (518) 626-7295



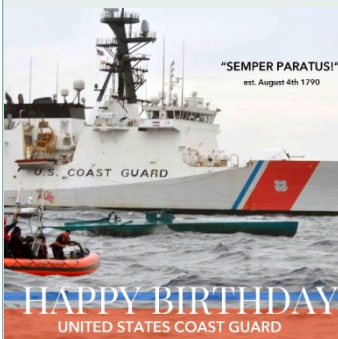
U.S. Department
of Veterans Affairs
Stratton VA Medical Center

HAPPY BIRTHDAY US COAST GUARD

At the request of Alexander Hamilton, the head of the Revenue Marine, on August 4, 1790, Congress approved and funded the construction of ten vessels to protect the coast of the United States of America. Until 1798, when the Navy was re-instated, these ten Coast Guard vessels were the only naval force in the U.S.

Early Coast Guard crews' duties included transporting government officials and sometimes they even carried mail.

The Coast Guard, as we know it today, was formed in 1915 with the merging of the Revenue Cutter Service and the U.S. Life-Saving Service. Eventually, the Coast Guard became so essential in protecting the United States, that it was moved from its original place at the Department of the Treasury to the Department of Homeland Security in 2003. It was to aid the United States against terrorist attacks. In times of war, the Coast Guard has



An American mathematician and rear admiral in the U.S. Navy who was a pioneer in developing computer technology, helping to devise UNIVAC I, the first commercial electronic computer, and naval applications for COBOL (common-business-oriented language). After graduating from Vassar College (B.A., 1928), Hopper attended Yale University (M.A., 1930; Ph.D., 1934). She taught mathematics at Vassar before joining the Naval Reserve in 1943. She became a lieutenant and was assigned to the Bureau of Ordnance's Computation Project at Harvard University (1944), where she worked on Mark I, the first large-scale automatic calculator and a precursor of electronic computers. She wrote the first computer manual, *A Manual of Operation for the Automatic Sequence Controlled Calculator* (1946), which described how to operate Mark I and was the first extensive treatment of how to program a computer. She remained at Harvard as a civilian research fellow while maintaining her naval career as a reservist.



Did you know that August 12th is National Middle Child Day?

WORLD LUNG CANCER DAY AUGUST 1, 2024

World Lung Cancer Day offers an opportunity to raise awareness for the staggering global impact of this cancer. With one in four cancer deaths attributed to lung cancer, it is of critical importance to promote early detection through symptom awareness and lung cancer screening. Through early detection, treatment can begin, the cancer is less likely to spread, and we can begin to reduce the number of lung cancer deaths worldwide.

According to the World Health Organization, lung cancer is the leading cause of cancer-related deaths worldwide for both men and women. In 2020, there were 2.21 million new lung cancer cases globally and 1.80 million deaths.

While smoking is the single greatest risk factor for lung cancer, accounting for 85 percent of all cases, other lesser-known risk factors include environmental exposures and genetics. Environmental exposure to radon, asbestos, arsenic, beryllium, and uranium has been linked to lung cancer. The risk of lung cancer also increases with a history of cancer in another part of the body, age, family history, radiation to the chest area, and lung diseases like chronic obstructive pulmonary disease (COPD).



INTERNATIONAL LEFT HANDER'S DAY

International Left Handers Day on August 13th recognizes all those individuals who have mastered using their left hand in a right-handed world. We take our hats off to you - left-handed! World Hepatitis Day is one of eight official disease-specific world health days designated by the World Health Organization. The annual observance focuses attention on the huge impact of viral hepatitis infection globally – with more than 350 million people worldwide living with either chronic hepatitis B or C.

Approximately 10% of the population are southpaws. Scientists don't know why a person develops left-handedness. But it's more likely a child will be left-handed if one parent is a lefty, too. Parents of left-handed children used to force them to use their right hands. In the eyes of right-handers, the predominant use of the left hand seemed evil. Parents feared their communities would shun their children. While we accept left-handedness more readily than days gone by, its occurrence hasn't increased.



Did you know that the most famous left-handed artists of all time was Leonardo da Vinci ?

NATIONAL POTATO DAY

National potato day's history and origin are not well-recorded and the information available is very limited. But, it is believed that the food industry is responsible for getting this day into the calendar.

Potato is a vegetable that has been a part of people's meals for centuries with the first potato crops planted dating back to 5000-8000 BC in Peru and Bolivia.

It spread all over the world from there and now is a staple in several cuisines across the globe. The versatility of potatoes allows them to be cooked in different ways and paired with almost everything.

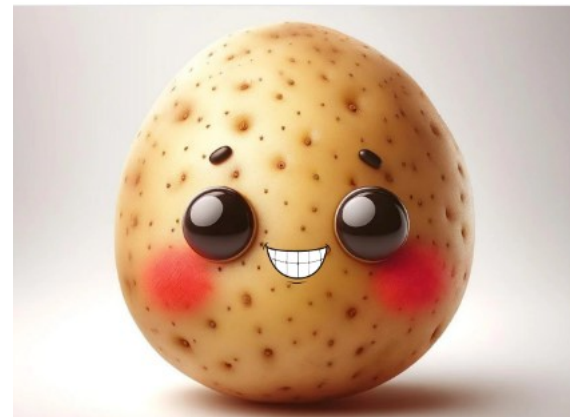
They can be used not only as a side, but also as a key ingredient in bread, pancakes, soup, and even drinks.

Potato is one of the most important ingredients in that Canadian classic comfort dish from Quebec, poutine.

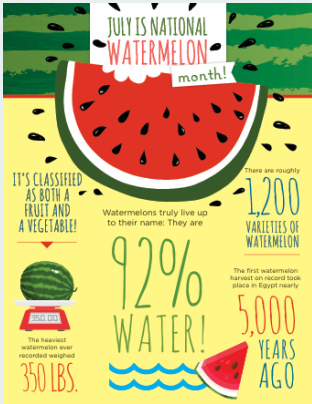
Potato crops are notorious for how many potatoes they give year-round. As long as the plants get enough sun rays it has enough energy to produce the spuds and to carry on growing.

As it is such a fruitful crop, potatoes have been the primary source of sustenance for many populations over the years. It is also so full of nutrients that people can live off only potatoes for months!

In fact, between 1845 and 1849 a plague in the potato crops left some of the population of Ireland without potatoes for 4 years, and millions lost their lives due to starvation.



WOMEN'S EQUALITY DAY AUGUST 26TH



Ahh, watermelon – it's a perfect sweet snack for the hottest of summer days. Did you know July is National Watermelon Month?

Watermelon's history dates back 5000 years to southern Africa where the tough, drought-tolerant ancestor of watermelon thrived. Although we don't know the exact identity of this plant, we do know it was prized for its ability to store water and was used by indigenous people in the Kalahari Desert region. Unlike today's watermelon, it had very bitter flesh. Speculation exists, in addition to taking advantage of its water content, people endemic to the region roasted and ate its seeds as a source of nourishment.

European colonists are thought to have introduced watermelon to the New World. It was found growing in Florida as early as 1576 and in Massachusetts by 1629. Thomas Jefferson grew watermelon at Monticello and, by the early part of our nation's history, it was being grown by Native American's from the Mississippi Valley south to Florida.

Women's Equality Day in the United States. It is a day to commemorate the 19th amendment of the Constitution which, in 1920, gave women the right to vote.

Before 1920, it was illegal for women to vote. In fact, until 1868, the right to vote was only held by white male landowners. This was changed with the introduction of the 14th amendment which gave any man born in the US that right.

In 1870, the 15th Amendment was signed to prevent any American citizen from being denied his right to vote based on their race, color, or whether they used to be a slave. Women however were not included in the 15th Amendment and were still denied the right to vote. Although it was illegal for women to vote in most states, women did try to cast their votes under the 15th Amendment during elections and were often arrested.

The fight for women's rights in the United States began on July 19, 1848, with the Seneca Falls Convention. Over 200 women gathered there to discuss the issues and discrimination that women faced based on their gender. They believed they deserved to be equal to men economically, legally, socially, and representatively. Some of the attendees were unsure about the fight for their right to vote, as they feared that their male supporters would withdraw. It was the support of Frederick Douglass that moved the fight for votes for women forward.

Some individual states were very quick to allow women the right to vote. For example, the state of Wyoming gave women the right to vote in 1869. Other states such as Kentucky allowed widows with children to vote. It took a lot longer however to persuade the nation to change its electoral system.

In 1869 Susan B. Anthony founded the National Woman Suffrage Association (NWSA). This organization began a paper called 'The Revolution' which wrote articles about equality and petitioned the government for change. After 17 years of campaigning, the NWSA and other organizations were successful in bringing the first debate on equality to Congress in 1886. The motion to allow women the right to vote was defeated by a large margin.



Non-Combat Trauma Group For Women

Mondays at 13:00 Beginning on July 29th, 2024

Hybrid Group (Held both in person and virtually) that will meet on a weekly basis for a 10-week cycle.

Albany Stratton VAMC

113 Holland Ave Albany NY 12208



For Questions or To Register, Please Contact:

Leslie Harris, LMSW at 518-626-5497 or

Emily Tosi, LCSW at 838-895-5478

Non-Combat Trauma For Women is a small, closed psychotherapy group specifically for women who have experienced non-combat related complex trauma including but not limited to childhood/developmental abuse & neglect, sexual assault/intimate partner violence, generational trauma, other service-related traumas including military sexual violence, etc.

TOMATO, BASIL, & CUCUMBER PANZANELLA

INGREDIENTS:

CROUTONS

1 (1-pound) day-old rustic or sourdough bread loaf
1/3 cup olive oil
1/4 teaspoon kosher salt, or to taste

TOMATO VINAIGRETTE

1/4 cup finely chopped shallots
1/4 cup red wine vinegar
2 tablespoons aged balsamic vinegar
4 very ripe small tomatoes (about 1 pound)
8 fresh basil leaves, torn into large pieces
1/2 cup extra-virgin olive oil
2 garlic cloves, smashed
1/2 teaspoon plus a pinch of kosher salt

SALAD

3/4 cup thinly sliced red onion
1 tablespoon red wine vinegar
1 pint cherry tomatoes
1 1/2 pounds Early Girl or other flavorful ripe tomatoes, cored and cut into bite-size pieces (about 3 1/2 cups)
1 1/4 teaspoons kosher salt, or to taste, divided
4 Persian cucumbers, peeled and cut into 1/2-inch-thick slices (about 2 1/4 cups)
16 fresh basil leaves, torn into large pieces
Flaky sea salt (such as Maldon)



INSTRUCTIONS:

1. Preheat oven to 400°F. Remove crust from bread, and discard or reserve for another use. Cut loaf into 1-inch-thick slices; cut slices into 1-inch-wide strips. Tear strips into 1-inch pieces, and toss with oil until evenly coated. Spread in an even layer on 2 rimmed baking sheets. Bake croutons on separate oven racks in preheated oven 8 minutes. Continue to bake until golden brown and crisp, 18 to 22 minutes, flipping croutons and rotating pans (top to bottom) often to ensure even browning. Remove croutons from baking sheets as they finish browning. Sprinkle croutons with kosher salt, and let cool in a single layer.
2. Stir together shallots, red wine vinegar, and balsamic vinegar in a medium bowl; let stand 15 minutes. Cut tomatoes in half, and grate cut sides on large holes of a box grater until only skin remains. Discard skins. Set aside 1 cup tomato pulp. (Reserve remaining tomato pulp for another use.) Stir tomato pulp, oil, basil leaves, garlic, and kosher salt into vinegar mixture; let stand at least 10 minutes or up to 30 minutes. Remove and discard garlic. (Taste vinaigrette with a crouton or tomato slice, and adjust salt and acid as needed.) Set aside 1 1/4 cups vinaigrette; reserve remaining vinaigrette for another use.
3. Toss together onion and vinegar in a small bowl; let stand 20 minutes. Set aside. Place half of croutons in a large salad bowl, and toss with 1/2 cup reserved vinaigrette. Place tomatoes on top of croutons, and season with 1/2 teaspoon kosher salt (to encourage them to release some of their juices); let stand 10 minutes.
4. Remove onions from vinegar, reserving vinegar. Add onions, cucumbers, basil, and remaining croutons to bowl with tomatoes. Toss with reserved onion vinegar, remaining 3/4 cup reserved vinaigrette, and remaining 3/4 teaspoon kosher salt, adjusting amounts as desired. Divide salad evenly among 4 to 6 plates. Sprinkle with sea salt.

Store croutons in an airtight container up to 2 days. To refresh stale croutons, bake at 400°F for 3 to 4 minutes. Freeze leftover croutons up to 2 months. Cover and refrigerate remaining tomato vinaigrette up to 2 days.



U.S. Department
of Veterans Affairs
Stratton VA Medical Center



HUDSON VALLEY
VETROC

VETERAN RETREAT

FREE Full Day Equine-Assisted Retreat for Veterans of All Eras
SPONSORED BY: HVCC VETERANS RESOURCE & OUTREACH CENTER



SEP 8 Posttraumatic Growth
& Resilience
SEP 29 **COUPLES**
OCT 6 **Family Day!**
OCT 20 Anxiety &
Depression



HIGHER GROUND FARM, 374 TATE ROAD, HOOSICK FALLS, NY 12090

Calling all veterans! Find inner peace, reconnect with nature and fellow vets, and rejuvenate your mind and body at our exclusive retreat. Learn to connect with yourself and others through equine-assisted activities, guided meditation, and mindfulness techniques. Lunch is provided and it's completely free! Sign up now!

For more information SCAN the QR Code or Contact: Cat Capowski
catlynch39@gmail.com

VA



U.S. Department
of Veterans Affairs
Stratton VA Medical Center

THE EMPOWERED CAREGIVER SERIES

An education program presented by the Alzheimer's Association®
In partnership with VA New York and New Jersey Health Care Network



2024 Program Schedule :

- June 25 - The Empowered Caregiver: Building Foundations of Caregiving
- July 23 - The Empowered Caregiver: Supporting Independence
- August 27 - The Empowered Caregiver: Communicating Effectively
- September 24 - The Empowered Caregiver: Responding to Dementia-Related Behaviors
- October 22 - The Empowered Caregiver: Exploring Care and Support Services:

All programs to be held Virtually
11am - Noon

Call your local VA to register:

- VA Western New York Health Care System (Batavia/Buffalo) 716-862-6516
- Canandaigua VA Medical Center (Canandaigua) 585-364-9210
- Bath VA Medical Center (Bath) 607-794-3948
- Syracuse VA Medical Center (Syracuse) 315-425-4400 ext. 52302
- Albany VA Medical Center (Albany) 518-626-6020
- James J Peters VA Health Care System (Bronx) 718-584-9000 ext. 3096
- VA Hudson Valley Health Care System (Castletown/Montrose) 845-831-2000 ext. 215553
- Northport VA Medical Center (Long Island) 631-261-4400 ext. 6973
- New Jersey Health Care System (East Orange/Lyons, NJ) 973-676-1000 ext. 203085
- VA NY Harbor Health Care System (Manhattan/Queens/Brooklyn/Staten Island) 212-686-7500 ext. 3346



ALZHEIMER'S ASSOCIATION
Central New York Chapter

VA



U.S. Department
of Veterans Affairs
Stratton VA Medical Center



NEW PROGRAM ANNOUNCEMENT

The Elder Law Assistance Program

The Legal Project's Elder Law Assistance Program in partnership with MVP Health Care assists income eligible seniors 55 and over, individuals with disabilities, individuals with terminal illnesses; and their families and caretakers with a wide range of legal assistance.

The Elder Law Assistance Program provides free legal services with issues that include but are not limited to:

- ❖ Wills, Power of Attorney, Health Care Proxy
- ❖ Trust and Guardianship
- ❖ Elder Abuse
- ❖ Medicaid and Medicare Eligibility and Enrollment
- ❖ Housing, including long term care facilities
- ❖ In-Home Care Services
- ❖ Consumer Fraud
- ❖ other Civil legal issues that may arise

The Legal Project, through its programs, continues to strive to provide access to the protections of the law; to advance the safety, stability, and independence of the people we serve and to strengthen our communities.



CONTACT

CHERYL GARNER
LEGAL SERVICES COORDINATOR
cgarner@legalproject.org

(518) 435-1770



U.S. Department
of Veterans Affairs
Stratton VA Medical Center