

Women's Health Newsletter

NOVEMBER 2024



My Fellow Veteran,

First let me start off by sending you all my most sincere THANKS for your service. This Veterans Day we all take time to reflect and honor those we have served with, those we have not served with, and those we have lost in the line of duty. I will be keeping you all in my thoughts on the 11th.

I would like to share with you all that on October 29, 2024 the Women's Health Team along with teams from multiple service lines throughout our facility were recognized and received Diversity Awards for being advocates for the advancement, access, education, equity, and inclusion for our Women Veterans. Together with Congressman Paul Tonko's office staff we were able to bring a public forum honoring our Women Veterans on Women Veterans Day and it is our hope that we continue to provide these services to you.

I would like to wish you all, who celebrate, a wonderful Thanksgiving spending time with family and friends as we gather and have so much to be thankful for.

Please remember, if you have any ideas for future editions of our newsletter, please reach out to Jamie at (518)626-7274 or via email at Jamie.Harrigan@va.gov.

As always thank you for the opportunity to continue to serve you and your needs.

Respectfully,

Christine Goodwill

Women's Health Program Manager
Albany Stratton VA Medical Center



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VA HONORS ALL VETERANS

Veterans Day is an important day set aside to honor and show appreciation for ALL who have served in the United States military—in wartime or peacetime, living or deceased.

"We can't all be heroes; someone has to sit on the curb and clap as they go by."
—Roy Rogers

In Canada, November 11 is called **Remembrance Day**. This day, more similar to **Memorial Day** than Veterans Day, honors veterans who have died in service to their country. Veterans Day was originally called **Armistice Day** in the United States, commemorating the signing of the agreement that ended World War I at 11:00 A.M., November 11, 1918. President Woodrow Wilson celebrated the first Armistice Day in 1919.

In 1938, November 11 became a legal holiday by an act of Congress. In 1954, this federal holiday was changed from "Armistice" to "Veterans" Day.

Although this holiday initially honored those who perished in service to their country, when the holiday's name was changed to Veterans Day, it became a day to honor all the men and women who have served in the armed forces of the United States.

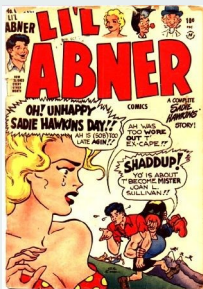


*Don't forget—clocks go back
one hour November 7th*

SADIE HAWKINS DAY

The origins of Sadie Hawkins Day can be traced back to the comic strip storyline published in 1937. In the story, Sadie Hawkins is a young woman who lives in the fictional town of Dogpatch. She was portrayed as very shy and introverted, making it difficult for her to find a romantic partner.

The concept of Sadie Hawkins Day quickly gained popularity and became a cultural phenomenon. It was seen as a way to empower women and challenge traditional gender roles.



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BIOGRAPHY OF TOM TURKEY

Tom Turkey was originally born Jack Fowl, on a farm just north of downtown Philadelphia in 1765. He spent most of his younger days with his father who not only taught him about the ways of turkeys, but about his special family history. You see Tom's father attended the first Thanksgiving in 1621.

During a visit to the farm where Jack lived, Benjamin Franklin approached Jack wearing a bright red coat. This spooked Jack and started to attack Franklin. Franklin claimed that Jack had a temper as bad as Thomas Jefferson.

In 1863, Jack "Tom" Turkey was pardoned by President Abraham Lincoln due to the request of Lincoln's son, and Jack's very close friend, Thomas "Tad" Lincoln.

Jack was asked by Santa to join the Department of Legendary figures in 1875 since they needed a symbol for the Thanksgiving holiday.

Tom Turkey now shares his time in Philadelphia with his family, on farms across the country helping to train domestic turkeys for Presidential Pardon ceremonies, and at his official home at Mount Vernon where he lives with the pardon turkeys and continues to coach them through public visits.



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DIABETES



Diabetes is a chronic condition that occurs when your body's blood sugar, or glucose, levels are too high. There are three main types of diabetes:

- **Type 2** occurs when your body *does not produce enough* insulin or is resistant to insulin. Type 2 diabetes usually occurs in adults and is commonly associated with obesity. It can often be delayed or prevented with lifestyle changes.
- **Type 1** occurs when your body *does not* make insulin or makes very little, so you need to **take insulin** every day. Type 1 diabetes usually occurs in children and is caused by an autoimmune destruction of the pancreatic cells that make insulin. It cannot be prevented, but it can be treated effectively, and it is much less common than Type 2.
- **Gestational diabetes** can develop in pregnant women who have never had diabetes and puts your baby at higher risk for health problems. Gestational diabetes happens when your body cannot make enough insulin during your pregnancy. It usually goes away after birth, but it does increase your risk and your child's risk for Type 2 later in life.

Those diagnosed with diabetes are also at higher risk for developing other serious health conditions, including heart disease and stroke, vision problems, nerve damage, foot problems, and kidney disease.

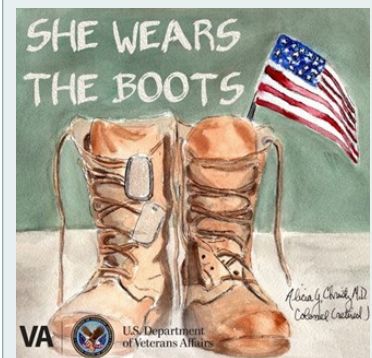
SYMPTOMS AND RISK FACTORS

Diabetes affects nearly **25% of VA's patient population**, and sometimes, it may be due to common lifestyle changes following service, such as being less physically active, developing unhealthy eating habits, drinking alcohol or smoking, mental health challenges, and more. You may also be at higher risk for developing diabetes if you have certain risk factors such as:

- Being overweight
- Being 45 years and older
- Having a parent or sibling with Type 2 diabetes
- Being less physically active
- Having **polycystic ovary syndrome** (or PCOS)
- Having had gestational diabetes or giving birth to a baby weighing over 9lbs

SHE WEARS THE BOOTS

[She Wears the Boots: A Podcast for Women Veterans](#) is an official VA sponsored podcast that focuses on topics relevant to Servicewomen and women Veterans. The goal of this podcast is to enhance the lives of women Veterans by sharing information on women's health care services offered through VA.





Effective Communication Group

- Fundamentals
- Speaking Skills
- Listening Skills
- Body Language
- Context
- Assertiveness
- Timing
- Tone
- Difficult Topics

Drop-In Group

60-Minute Sessions

Mondays - 0900

Albany Stratton

113 Holland Ave

In Person - 10th Floor

Room A1033

(518)626-5339

Louis Orr, PsyD

VA



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Healing Power of Poetry

- Poetry as a therapeutic tool.
- Metaphor vs. Simile
- Verse Structure
- Rhyming Scheme
- Patterns in Meter
- Creativity
- In Person
- Beginners Welcome!

Drop-in Group
60-Minute Sessions
Friday at 1400
Albany Stratton
113 Holland Ave
10th Floor
Room A1033
(518)626-5339
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NATIONAL CASE MANAGEMENT RECOGNITION FOR EXCELLENCE



National Case Management Week
Oct 13-19, 2024
Staff Recognition for Excellence in Collaboration

Have you heard about Care Coordination & Integrated Case Management or CC & ICM? As Lead Coordinator here at the Albany VAMC I wanted to share a little about this role.

The Albany VA was one of the first facilities to adopt and implement the CC&ICM framework. This provides structure and standards to support inter-professional communication and collaboration across the enterprise, while optimizing utilization of health care resources by reducing redundancy. Care coordination is a key component of effective, holistic health care within an organizationally complex health care system, particularly for Veterans with complex care needs. When implemented enterprise-wide, CC&ICM reduces duplication and fragmentation of health care delivery and provides effective, safe and cost-efficient interventions that improve access to care.

This initiative aligns with the High Reliability Organization (HRO) and Mission Act values to meet the needs of Veterans wherever and whenever they engage in VHA or community care by ensuring high quality care coordination is available. One Lead Coordinator (LC) collaborates with the Veteran/caregiver and care team members to enhance the Veteran's overall health and well-being.

The CC&ICM framework provides the level of coordination required to empower and equip Veterans to manage their health.

By enrolling our complex or high-risk patients in the CC&ICM program and assigning a Lead Coordinator we can provide Value Based Care in the following ways:

- ▶ Optimizing Access to ensure Veterans receive the Right Care in the Right Place at the Right Time
- ▶ Building Trusting Relationships to improve the experience of Veterans and employees
- ▶ Integrating Services to create a Seamless Continuum of Care
- ▶ Standardizing Care Coordination definitions, processes, and tools
- ▶ Utilizing Predictive Analytics for a proactive population health approach

Our very own Lauralyn Kulpa was recognized for her work and dedication to our patients and we are very proud of her. Thank You Lauralyn for always going above and beyond for our patients.



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Prepare for VA's secure sign-in changes

In, 2025, you'll need to start using a Login.gov or ID.me account to sign into all VA websites and apps.

Why this matters to you

In 2025, you'll have 2 secure sign-in account options (Login.gov and ID.me) for all VA websites and apps. We'll remove the My HealthVet option after **January 31, 2025**, and the DS Logon option after **September 30, 2025**. NOTE: My HealthVet is not going away, just the mechanism you use to login. You'll still be able to use your My HealthVet health portal—you'll just need to sign in to it with a Login.gov or ID.me account.

Create a Login.gov or ID.me account now

We encourage you to create a Login.gov or ID.me account now. If you already have one of these accounts but haven't yet used it, start now so you have time to get used to it before the change. With Login.gov or ID.me, you'll have access to all the same information and services you use today.

For more information and detailed instructions please visit www.va.gov or www.myhealth.va.gov



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For more information and detailed instructions please visit www.va.gov or www.myhealth.va.gov



THE HISTORY OF M&MS

M&M's are color-varied sugar-coated dragée chocolate confectionery, each of which has the letter "m" printed in lower case in white on one side, consisting of a candy shell surrounding a filling which varies depending upon the variety of M&M's. The original candy has a semi-sweet chocolate filling which, upon introduction of other variations, was branded as the "plain, normal" variety.

In the 1930s, Forrest Mars Sr., son of the Mars Company founder, Frank C. Mars, saw soldiers in the Spanish Civil War eating British-made Smarties. These are chocolate pellets with a colored shell of what confectioners call hard panning (essentially hardened sugar syrup) surrounding the outside, preventing the sweets (candies) from melting. Mars received a patent for his own process on March 3, 1941.^[7]

Production began in 1941 in a factory located at 285 Badger Avenue in Clinton Hill, Newark, New Jersey. When the company was founded it was M&M Limited.^[8] The two Ms represent the names of Forrest E. Mars Sr. and Bruce Murrie, the son of the Hershey Chocolate's president, William F. R. Murrie, who had a 20 percent share in the product.^[9] The arrangement allowed the candies to be made with Hershey chocolate, as Hershey had control of the rationed chocolate at the time.^[7]

The company's first big customer was the U.S. Army, which saw the invention as a way to allow soldiers to carry chocolate in tropical climates without it melting. During World War II, the candies were exclusively sold to the military.^[12] The resulting demand caused an increase in production and the company moved its factory to bigger quarters at 200 North 12th Street in Newark, New Jersey. In 1958, it moved to a bigger factory at Hackettstown. A second factory was opened in Cleveland, Tennessee, in 1978.^[13] Today, about half of the production of M&M's occurs at the New Jersey factory, and half at the Tennessee factory.^[14]

HONORING OUR HEROES

★ Dedicated to serving those who serve, since 1941. ★

M&Ms were originally created for the U.S. Military during WWII.
Still inspiring moments of everyday happiness for our veterans today!

MARS WRIGLEY

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FULL BEAVER MOON

November's full Moon is traditionally called the **Beaver Moon**. Why this name? In the colonial era, this was the month to set one's beaver traps before the swamps froze and beavers retired to their lodges, to ensure a supply of warm winter furs.

November's full Beaver Supermoon reaches peak illumination on Friday, November 15, 2024. This is our fourth and final Supermoon of the year! Get more information, including Full Moon rise times, why we call it a "Beaver" Moon, and the best days by the Moon.



Jammie "Trix" Jamieson was born in Tacoma, Washington and lived in Prosser from 1982 until 1996 when she left for the Air Force Academy.

In 2000, Jamieson received her commission through the academy and in 2002 she received her Master's degree in Public Policy in National Security and Political Economy from John F. Kennedy School of Government at Harvard University.

Jamieson completed the F-15C Basic Course at Tyndall AFB, flew the F-15C for three years in Alaska, served as a glider trainer, and completed the F-22A Transition Qualification Course in 2008. That same year, Jamieson took part in the F-22A Raptor static display featured at McChord Air Expo. She is the first operational female fighter pilot selected to fly the Lockheed Martin F-22 Raptor.

Jamieson was a supporter of eliminating excessive regulation on pregnant pilots. She believed the existence of the pregnancy restrictions serves as a deterrent to some would-be Air Force aviators. As a mother herself, Jamieson has voiced her own personal frustration from her own experience when she was pregnant. She became an instructor at the Air Force Academy in order to sideline her from flying the Cirrus SR-20. That didn't prevent her from flying. She went on her own time to rent and fly the same plane.



Women's Winter Coats Available

Center for Development
&
Civic Engagement

9th Floor D-Wing

For more information contact:

Jason Goman

518-626-550 or

Email: Jason.Goman@va.gov

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REMEMBERING ETHEL KENNEDY

When it comes to the powerhouse wives of those in politics, Ethel Kennedy is doubtless an inspiration to many. The widow of Senator Robert F. Kennedy – who raised their 11 children after his assassination, and dedicated her life to social causes – passed away October 14, 2024, aged 96, after suffering a stroke in her sleep earlier this month.

Born in Chicago in 1928, Ethel Kennedy was raised a devout Roman Catholic by her millionaire coal magnate father, George Skakel and her mother, Ann Brannack. A middle child with six siblings, she grew up in a 31-room English country manor house in Greenwich, Connecticut, and was a student at Greenwich Academy before graduating from the Convent of the Sacred Heart in the Bronx in 1945.

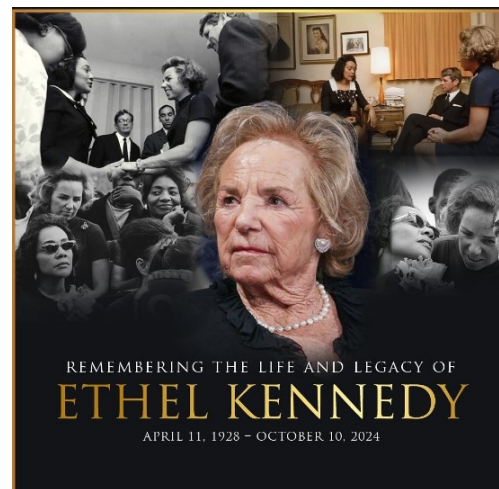
She met her husband-to-be, Robert, through his sister, Jean, who was her roommate at Manhattanville College in New York. The couple moved to Charlottesville, Virginia, where Robert finished his last year of law school at the University of Virginia, and married in 1950 before he became chief counsel to the Senate select committee in 1957.

Together, the couple had 11 children: Kathleen, Joseph, Robert Jr., David, Courtney, Michael, Kerry, Christopher, Maxwell, Douglas and Rory. Although she was born into a life of upper class privilege, Ethel would encounter more than anyone's fair share of death and disaster. She was by her husband's side when, in 1968, he was shot by Sirhan Sirhan in the kitchen of the Ambassador Hotel in Los Angeles. He died the next day at the age of 42, with the then-President Lyndon B. Johnson declaring it a national day of mourning.

At the time, Ethel was still pregnant with Rory, and declared that she would never marry again – and indeed, she never did. 'I knew how difficult it was going to be for her to raise that big family without the guiding role and influence that Bobby would have provided,' her mother-in-law, Rose Fitzgerald Kennedy, recalled in her memoir, *Times to Remember*. 'And, of course, she realized this too, fully and keenly. Yet she did not give way.'

Less than five years earlier, Ethel's brother-in-law, President John F. Kennedy, had been assassinated in Dallas and, just over a decade before her husband's death, Ethel's parents had been killed in a plane crash. Robert's assassination traumatized the whole family, especially his son, David, who was just days away from his 13th birthday and watched the news unfold in a hotel room. He never recovered, and struggled with addiction problems for years before he overdosed in 1984. Another of Ethel's sons, Michael, was killed in a skiing accident in Colorado in 1997.

Despite the adversity she faced, Ethel's resolve did not waver, and she instead dedicated herself to charity and her family. Although she rarely spoke about what had happened to her husband, she founded the Robert F Kennedy Center for Justice and Human Rights just a few months after his death: an organization of lawyers, advocates, activists, entrepreneurs and writers, dedicated to creating a more just and peaceful world.



You Are Invited!

*On This
Veterans
Day...*

Celebrating

YOUR

Military Service!

RSVP Required:

(seats limited)

**benjamin.pomerance@
veterans.ny.gov**



Albany Law



TULLY RINCKEY PLLC
ATTORNEYS & COUNSELORS AT LAW



**Department of
Veterans' Services**

**** Trolley Tour of Albany's Military History Sites ****

**** Performance by the Yankee Doodle Band ****

**** Special Guest Speakers ****

**** Awarding of Veterans Day Proclamations ****

**** Delicious Refreshments ****

FREE for Veterans & Their Immediate Families

Nov. 11 || 2:30 p.m. || 80 New Scotland Ave., Albany

VA



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Stratton VA Medical Center

BAKED GARLIC BREAD DIP

INGREDIENTS:

- 2 tablespoons olive oil
- 3 heads garlic tops sliced off crosswise
- 2 shallots one end of each sliced off
- 8 ounces softened cream cheese
- 3 tablespoons mayonnaise
- 3 tablespoons minced parsley
- 2 tablespoons thinly sliced chives
- 6 ounces finely shredded mozzarella
- 6 tablespoons grated Parmesan cheese



INSTRUCTIONS:

1. Preheat oven to 375°F. Place garlic heads and shallots over a sheet of foil and drizzle with oil. Season with salt and pepper.
2. Wrap foil tightly around garlic and shallots and roast for 1 hour. Remove from oven and allow to cool, about 15 minutes before unwrapping the foil.
3. In a mixing bowl combine cream cheese, mayo, chives, parsley, and salt and pepper. Squeeze in garlic heads and shallots.
4. Stir together until fully mashed together and mixture is smooth.
5. Add 4 ounces of mozzarella and 4 tablespoons of parmesan.
6. Stir together.
7. Pour mixture into a baking dish.
8. Top with remaining mozzarella and parmesan.
9. Bake for 15 minutes or until heated through and the top is melted and bubbling.
10. Transfer dip to broiler and broil for 1 minute or until browned on top. Serve with crackers and crostini.

Notes: The entire baked garlic dip can be prepped and assembled up to 3 days ahead of time. Make dip as instructed until it's topped with shredded cheese then tightly wrap in plastic wrap and refrigerate. When ready unwrap and bake adding 5 minutes to the baking time.

***Swap mozzarella cheese for shredded gruyere if desired.*

NUTRITION

Calories: 337kcal | Carbohydrates: 5g | Protein: 11g | Fat: 31g | Saturated Fat: 14g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 10g | Trans Fat: 0.01g | Cholesterol: 68mg | Sodium: 431mg | Potassium: 130mg | Fiber: 0.4g | Sugar: 2g | Vitamin A: 960IU | Vitamin C: 4mg | Calcium: 234mg | Iron: 0.5mg