April is Alcohol Awareness Month

If you are wondering or concerned about how much or how often you drink, your VA health care team can help if you have questions about limiting alcohol. They are not there to label or judge you. Instead, they will listen to your concerns and discuss a variety of different options available to help you reduce or stop your alcohol use and live a healthier, more fulfilling lifestyle.

See page 3 for more details

Qigong at Manchester
By: Paul Mosier, Qigong Instructor

Qigong (pronounced chee gong) is a very old movement therapy that comes from China. It is similar in some ways to yoga and tai chi, in that they all use movement to help the body relax and open up the joints. It is unique from these other methods in that it places a high focus on developing mental control over the body and the amount of tension the body carries. With regular qigong practice, a person can learn how to adjust their posture and movement throughout the day to minimize the effects of stress and lower the amount of pain they experience.

Is Qigong right for you? Here are a few things it can help with:

Qigong can bring mindfulness into your movement.
People who practice qigong tend to become more aware of how they move, and know how to best protect their bodies when doing something that might be painful.

Qigong can help eliminate painful posture & bad movement habits.
Most activity that increases pain is either because a person isn’t strong enough or isn’t using their body ergonomically. Regular qigong practice can help with posture, and can turn a painful movement in a painless one.

Qigong can help with longevity.
Qigong will help with blood and lymphatic circulation, and can preserve the life of your joints. It is a great therapy if you are looking to maximize the quality of your years.

Qigong class is offered at the Manchester VA on Thursdays from 4-5 PM.

For more information or to schedule, please call the Whole Health Program at 603-624-4366 ext 2680. Come join us and start your journey to better health!
Diseases Associated with Agent Orange

VA has recognized certain cancers and other health problems as presumptive diseases associated with exposure to Agent Orange or other herbicides during military service. Veterans and their survivors may be eligible for benefits for these diseases.

If you were exposed to Agent Orange and have any of the following conditions, please contact the Veteran Benefit Administration to discuss further 1-800-827-1000.

Presumptive Conditions:
- AL Amyloidosis
- Chronic B-cell Leukemias
- Chloracne
- Diabetes Mellitus Type 2
- Hodgkin’s Disease
- Ischemic Heart Disease
- Multiple Myeloma
- Non-Hodgkin’s Lymphoma
- Parkinson’s Disease
- Peripheral Neuropathy, Early-Onset
- Porphyria Cutanea Tarda
- Prostate Cancer
- Respiratory Cancers (lung, larynx, trachea and bronchus)
- Soft Tissue Sarcomas

For more information, visit: https://www.publichealth.va.gov/exposures/agentorange/conditions/index.asp

Braised Cod with Leeks

A simple, but elegant, weeknight meal

**Prep time: 15 minutes**

**Cook time: 25 minutes**

- 1 Tbsp butter
- 2 C leeks, split lengthwise, sliced thin, and rinsed well
- 3 medium carrots, rinsed, peeled, and cut into thin sticks
- 4 new (red) potatoes, rinsed and sliced into ½-inch thick circles
- 2 C low-sodium chicken broth
- 2 Tbsp fresh parsley, rinsed, dried, and chopped (or 2 tsp dried)
- 12 oz cod fillets, cut into 4 portions (3 oz each)
- ½ tsp salt
- ¼ tsp ground black pepper

1. Heat butter in a large sauté pan. Add leeks and carrots, and cook gently for 3–5 minutes, stirring often, until the vegetables begin to soften.
2. Add potatoes, chicken broth, pasley, and salt and pepper, and bring to a boil over high heat. Reduce heat and simmer gently until the vegetables are just tender, about 10–12 minutes.
3. Add cod fillets, and cover with a tight-fitting lid. Continue cooking over low heat for an additional 5 minutes or until the fish is white and flakes easily with a fork in the thickest part (to a minimum internal temperature of 145 °F).
4. Serve each cod fillet with 1½ cups broth and vegetables.

April Nutrition Classes

Have you thought about changing your diet? Check out one of our April classes. Both classes are held at the medical center in the Solarium. Please call 624-4366 ext.3829 for more details.

**Calories In vs. Calories Out**
**April 3rd 1-2pm**
Are you struggling with your weight? This may help answer some of your questions.

**Vegetarian Nutrition**
**April 17th 1-2pm**
If you are curious about plant based diets this class will introduce you the different types.
Whole Health Walking Group

By: Marisa Heinlein, Whole Health Coach

With spring arriving, it’s time to grow your exercise routine. Regular walking can help to improve mood, improve balance and coordination, strengthen bones and muscles, reduce body fat, and improve management of conditions like high blood pressure, diabetes, joint and muscular stiffness. Looking to walk in a safe environment and enjoy the company of others? Training to walk in a 5k? Looking to add more steps into your day? Come join the Whole Health Walking Group on Friday’s from 10-11am meeting at the Solarium (located in the Basement).

The group will begin with some warm up exercises prior to beginning the walk around the VAMC campus. This group is open and welcome to every one of all ages and fitness levels.

Questions? Contact the Whole Health Program 603-624-4366 ext. 2680 for more information.
What Are Nurse Case Managers?

Nurse case managers are registered nurses who coordinate all aspects of care of individual patients. They ensure proper utilization of services and resources for patients. Nurse case managers provide assistance within, between, and outside of medical and non-medical facilities. Nurse case managers collaborate with patients, families and other professionals to ensure proper care coordination.

What Do Nurse Case Managers Do?

Nurse case managers help to facilitate and collaborative care coordination. They work closely with physicians, other nurses, social workers and a wide range of medical and non-medical professionals to ensure proper care coordination. They set up services and resources for current and future needs of patients. Nurse case managers facilitate care that encourages appropriate use of available resources. This coordination ensures complex patient care needs are met. Nurse case managers serve as patient, family, insurance, and facility advocates. Hospital Inpatient case managers frequently work with patients coming from other facilities, such as nursing homes, VA hospitals and private sector hospitals.

They work with hospice patients and accident victims. Nurse case managers facilitate care of patients in various clinical setting to include victims of abuse and neglect by connecting them to the appropriate legal and medical resources/agencies.

Nurse case managers work to ensure their patients care and discharge plans meet their physical, social, and emotional needs.

When Rural Health Case Management Plays a Role:

WHEN:
• Veteran has a Care Assessment Needs (CAN) score of 90 or higher. A CAN score helps to identify Veteran patients who are statistically at the highest risk of hospitalization or mortality
• Veteran has a change in functional status, that requires more help/services to promote and increase patient mobility, safety and independence
• Veteran has complex home needs; i.e. IV antibiotics, wound care, post-surgery
• Change in support systems at home i.e. death of a care giver, family moving away
• Multiple admissions to hospitals.

For more information, veterans should call 800-892-8384, ext. 3199, and ask for a case manager at his or her CBOC.

Meet our newest Case Manager in Somersworth!

Amanda Connors, BSN, RN is the Nurse Case Manager for the Somersworth CBOC. She earned her Associates in Nursing from Great Bay Community College in Portsmouth, NH, where she was nominated, by her professor, for New Hampshire’s Student Nurse of the Year award. She was awarded the National Nursing Education Initiative (NNEI) Scholarship from the VA to help her earn her Bachelor’s in Nursing from Franklin Pierce University in Rindge, NH. Prior to becoming a RN, she earned her Associates in Science (Medical Assisting) from Hesser College in Portsmouth, NH. Her medical background includes working on a medical/oncology unit at Portsmouth Regional Hospital, adult and pediatric primary care/ internal medicine offices, and most recently worked as the team lead/PACT RN at the Manchester VA Somersworth CBOC for over 5 years. She is excited to transition into this new role within the Somersworth CBOC.