Veterans with LGBTQ and related identities face increased health risks and unique challenges in accessing quality healthcare. The VA strives to be a national leader in the provision of health care to Veterans with LGBTQ and related identities and assures that care is provided in a sensitive, safe environment at VA health facilities nationwide.

In 2012, the Office of Patient Care Services created the LGBTQ Health Program which provides policy recommendations, provider-education programs, and clinical services to support personalized, pro-active, patient-driven healthcare for Veterans with LGBTQ and related identities.

VA’s commitment to Veteran’s with LGBTQ and related identities includes:
- Promoting a welcoming health and work environment that is inclusive of Veterans and employees with LGBTQ and related identities.
- Providing information, guidance and education to VHA providers about LGBTQ health issues.

Manchester VAMC is pleased to offer the following services for LGBTQ Veterans:
- Culturally Competent LGBTQ Primary Care and Mental Health Services
- Women Veteran’s Program that welcomes trans-female Veterans
- Hormone therapy
- STD screening and treatment, including HIV services
- Pre-surgical assessments and post-operative care for gender transition
- Prosthetics and voice coaching for gender transition
- LGBTQ Veteran Group and Transgender Support Group. Contact Dr. Semiatin at 603-624-4366 6588 or Dr. Lawrence-Clarke at x 6962.
- Services for survivors of Military Sexual Trauma
- Certified Peer Support Specialists
- Vocational and Education Services
- Transition and Care Management- formerly OEF/OIF/OND support services
- Culturally competent services to Veterans with LGBTQ and related identities at the Vet Center
- Veterans Crisis Line 1-800-273-8255

In Manchester, our Veteran Care Coordinators welcome any questions and concerns you may have:
- Danni Bultemeier, LICSW 603-296-5363
- Sandra Lawrence-Clarke PhD 603- 624 - 4366 x 6962
Eating wisely helps prevent chronic diseases like obesity, heart disease, high blood pressure, and Type 2 diabetes. It is one of the most powerful tools we have to reduce the onset of disease. The path to improving health through nutrition is to follow a healthy eating pattern that is right for you.

Healthy eating patterns include:

- A variety of vegetables—dark green, red and orange, and legumes (beans and peas)
- A variety of fruits, especially whole fresh fruits, but may be canned or frozen
- Food choices that are high in fiber (whole-grains)—eat 3 ounces or more of whole-grain cereals, breads, crackers, rice, or pasta per day
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- An assortment of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, and nuts and seeds

Have you been wanting to make a change in your diet, but don’t know where to start?

At the VA we have dedicated dieticians who can help you personalize a diet plan. We also offer a 12 week weight management group called MOVE! If you are interested in any of these options, please talk with your primary care provider. MOVE! Coach is also available in the IPhone app store and it is free.
Mediterranean Kabobs
Broiled beef and chicken cubes flavored with lemon and parsley

Prep time: 15 minutes
Cook time: 10 minutes

Marinade:
- 2 Tbsp olive oil
- 1 Tbsp garlic, minced (about 2–3 cloves)
- 2 Tbsp lemon juice
- 1 Tbsp fresh parsley, rinsed, dried, and chopped
- (or 1 tsp dried)
- ½ tsp salt

Kabobs:
- 6 oz top sirloin or other beef steak cubes (12 cubes)
- 6 oz boneless, skinless chicken breast, cut into ¾ inch cubes (12 cubes)
- 1 large white onion, cut into ¾-inch squares (12 pieces)
- 12 cherry tomatoes, rinsed
- 1 (4 oz) red bell pepper, rinsed and cut into ¾-inch squares (12 squares)
- 12 wooden or metal skewers, each 6 inches long (if wood, soak them in warm water for 5–10 minutes to prevent burning)

1. Preheat grill pan or oven broiler (with the rack 3 inches from heat source) on high temperature.
2. Combine ingredients for marinade, and divide between two bowls (one bowl to marinate the raw meat and one bowl for cooking and serving).
3. Mix the beef, chicken, onion, tomatoes, and red pepper cubes in one bowl of the marinade and let sit. After 5 minutes, discard remaining marinade.
4. Place one piece of beef, chicken, tomato, onion, and red pepper on each of the 12 skewers.
5. Grill or broil on each of the four sides for 2–3 minutes or until completely cooked (to a minimum internal temperature of 145 °F for beef and 165 °F for chicken). Spoon most of the second half of the marinade over the kebabs while cooking.
6. Serve three skewers per serving. Drizzle the remaining marinade on top of each kebab before serving (use only the marinade that did not touch the raw meat or chicken).

serving size: 3 skewers
each serving provides:
- calories 202
- total fat 11 g
- saturated fat 2 g
- cholesterol 40 mg
- sodium 333 mg
- total fiber 2 g
- protein 18 g
- carbohydrates 9 g
Have a Safe and Happy 4th!

Fireworks-related injuries are most common on July 4 and New Year’s Eve. Fireworks can cause death and injury, including burns, contusions, lacerations, and foreign objects in the eye. Make the choice to protect yourself and your family from fireworks injuries.

- Never allow young children to play with or ignite fireworks.
- Always have an adult supervise fireworks activities.
- Avoid buying fireworks packaged in brown paper, which often means they were made for professional displays and could be dangerous for consumers.
- Make sure you, your kids, and others watch fireworks displays from a safe distance.
- Call 911 immediately if someone is injured from fireworks.

Pool Passes

The Manchester VA has partnered with the Granite State YMCA in Manchester, Londonderry, Goffstown, Portsmouth and Rochester to offer free 30 day pool passes to Veterans. The pass is checked out by Voluntarily Services and the pass must be returned after 30 days. Please stop my voluntary services on the first floor, RM E-103 for more information, or call Debra at (603) 624-4366 x 6419
Tick season is here, know the facts!

When to seek medical help:

Most, but not all, ticks in New Hampshire carry disease. And a tick must remain attached for at least 24 hours to infect you. If you find a tick, don’t panic. Try to carefully remove it with tweezers. Grasp the insect near its head and pull without twisting. If you can’t easily dislodge the tick or if you leave the head in your skin, get medical care within 2-3 days. If the area appears infected; red, swollen or warm to touch, seek care right away.

What to expect at Urgent Care

→ The tick or any remnants will be removed if needed and the bite cleaned.
→ To prevent disease, you may be given antibiotics. Both Lyme disease and Rocky Mountain spotted fever respond quickly to these medications.
→ The blood test for Lyme disease may take days weeks to turn positive if you are exposed and not treated, with early antibiotic treatment it may never turn positive.

Follow-up

If you remove a tick yourself, watch for signs of a tick-borne illness. Symptoms may appear within a few days or weeks after a bite. Call your healthcare provider if you notice any of the following:
→ Rash (This may spread outward in a ring from a hard white lump. Or, it may move up your arms and legs to your chest.)
→ Chills and fever
→ Body aches and joint pain
→ Severe headache

For more information, check out:
https://www.cdc.gov/ticks/
Fun in the Sun!

Across
1. What we celebrate
2. Long drive
3. Place to swim
4. Sleeping outdoors
5. America's game
6. Protect your skin
7. Walk in woods

Down
1. Cooking outside
2. On the lake
3. Summer treat
4. We all scream for...
5. Pesky summer bug
6. Maine crustacean
7. Eye protection
8. A place to plant

For more free tools visit http://ectools.mankindforward.com
Seeking an easier way to refill your VA prescriptions? Want help with keeping your medicines organized? Use MyHealtheVet to keep your prescriptions straight. MyHealtheVet online prescription tools make it easier to manage your medicines. Members registered in MyHealtheVet are able to:

**Refill VA Prescriptions (Rx)** - The Rx Refill feature allows MyHealtheVet members registered as VA Patients to refill VA prescriptions online. You may also view a list of your past VA prescribed medications. To use Rx Refill, you need a prescription written by a VA doctor that has previously been filled at a VA pharmacy.

**Track Delivery of VA Prescriptions** - This feature allows you to track delivery of a VA prescription mailed in the last 30 days. You will know when your prescription package should arrive. Track Delivery also allows you to view details about tracking information for each prescription.

**Get VA Prescription Shipment Notifications** - You may choose to get email notifications to let you know when to expect delivery of your prescriptions.

**Create Medication Lists** - This tool allows you to keep track of all of your medications, including over the counter medicines and herbs/supplements.

If you haven’t signed up for a Myhealthevet account, stop by the Primary care waiting room or see John O’Connor in room N130 to register for an account.

Created By: Annie Duquette, RN  Health Promotion, Disease Prevention Program Manager. If you would like to submit an article, please contact: annie.duquette@va.gov or (603) 624-4366 x6439
### July 2018

#### WELL-BEING PROGRAMS

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<td>4 Federal Holiday: Fourth of July</td>
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*Please bring a blanket to all yoga classes & wear comfortable clothing. Yoga Mats will be supplied*

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#### Coaching

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*Prerequisite is the completion of an 8-week coaching cycle*