

Women Warriors Newsletter

Women Veterans Program
Providence VA Medical
Center



Summer 2011

CULTURE CHANGE!

she
earned
these.

It's **our job** to give **her**
the best care anywhere.



WOMEN VETERANS HEALTH CARE



Women's Health Care Team

Dr. Dawna Blake, Women's
Health Care Director

Pilar Capili, RN, Clinic
Coordinator

Beth Grady, LCSW, Women
Veterans Program Manager

Dr. Jon Bas, Provider

Karen Chase, NP, Provider

Dr. Joan Karl, Provider

Dr. Neha Pathak, Provider

Joyce Simon, NP, Provider

Dr. Natalie Mariano, Hyan-
nis CBOC, Provider

Dr. Terri Tamase, Middle-
town CBOC, Provider

From the American Revolution (1775-1783), where women served on the battlefield as nurses, water bearers, cooks, laundresses and saboteurs, to the most recent cadre of women Veterans who served in Iraq and Afghanistan, you have served proudly and honorably to preserve our country's freedom. No matter where or when you served, in peacetime or wartime, the Providence VAMC is here to provide our eligible Veterans with the best care, anywhere.

Check out what types of **CHANGES** are happening at the Providence VAMC to improve access to care for **YOU!**



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Upcoming event:
TENTS TO TEA
JULY 29TH,
Providence VAMC
5th floor,
classroom 3
9:30 a.m.-11:00 a.m.

CULTURE CHANGE!

Have you heard? Women Veterans are getting their own primary care clinic! That's right—you spoke, we listened. Located on the campus of the Providence VA Medical Center, this 2200 square foot clinic will offer comprehensive primary care in a safe, comfortable, and private setting. We are hoping for a spring-time ribbon cutting. Stay tuned!

Also, very soon we will have onboard our Gynecologist, who will be devoting her time to both clinical care and research. Again, stay tuned!

Finally, we have designated bathrooms throughout the facility that have baby changing tables as well as sanitary supplies that are free to women Veterans. Please watch for below flyer around the Medical Center.



We are striving to make the Providence VA Family Friendly!

The following amenities are available for our Veterans for your convenience

Sanitary supplies

1st Floor

Women's Restroom: D-1099

Family Restroom: D-1083

Special Population Primary Care Restroom

3rd Floor

Outpatient Mental Health Women's Restroom, 3B

5th Floor

Family Restroom: 599

Baby Changing Tables

1st Floor

Women's Restroom: D-1099

Family Restroom: D-1083

5th Floor

Family Restroom: 599

Eagle Square
Ophthalmology

Check out our VA coloring books and crayons for the kids at central check in!



POC: Beth Grady, Woman Veteran Program Manager Ext: 6191



CULTURE CHANGE!

Pregnancy-Related Services

Written by Dr Neha Pathak, women health care provider

The Providence VA Medical Center is proud to offer **pregnancy-related services** to our Veterans. Our goal is to ensure that our Veterans receive the best prenatal care possible.

Whether you are pregnant for the first time or are an experienced mother, we want your pregnancy to be healthy, happy, and successful. Many Veterans are unaware that the VA pays for **COMPREHENSIVE** pregnancy and postpartum care to eligible women Veterans. If you are eligible, maternity benefits begin with the confirmation of pregnancy and continue through the final postpartum visit—usually at six-eight weeks after the delivery or when you are released from obstetric care.

The Providence VA Medical Center offers pregnancy-related care on a fee-basis. Fee basis or “purchased care” is used to provide maternity care within a reasonable distance of your home. The VA pays the bills for your licensed OB provider and the hospital bill. This includes coverage for required laboratory and ultrasounds tests during pregnancy. Specialty care during pregnancy can also be covered if your OB provider identifies medical concerns associated with your pregnancy. During your pregnancy, you are also eligible for coverage of childbirth/parenting classes, breastfeeding classes, and breast pumps. Our Women Veterans Program Manager can assist you with information regarding coverage for the above services.

When you are pregnant, our **ENTIRE WOMEN’S HEALTH CLINIC TEAM** works to help you access the care that you need. You meet with a clinic nurse who discusses how to set up an appointment with an OB Provider, and you are asked to complete a release form so that your medical information can be shared with your VA provider during your pregnancy. Our Women’s Health Clinic behavioral health provider and social workers help you access local resources as well as with any services that you may require.

If you are able to meet with the Women’s Health Clinic behavioral health provider and social worker on a regular, pre-determined basis for support services, we will be happy to reimburse you with a \$20 gift card for each visit. As a gift for completing the entire series of support service visits, we will also reimburse you for your time with a \$50 gift card. Please speak with our Women’s Health Clinic nurse or Women Veterans Program Manager for more information about this program.

Towards the end of your pregnancy, when you are ready to bring home your baby, we also help with the purchase of a **CARSEAT** as a **BABY SHOWER GIFT** from the Providence VAMC.

Our most important goal is to help you navigate the system during your pregnancy so that you can remain healthy. Please let your VA Provider know how you are doing throughout your pregnancy, and *please* report any complications, problems, or concerns at anytime.

Numbers to Know; Numbers to Grow

Eligibility & Enrollments
401-457-3300

OEF/OIF Program Manager:
401-273-7100, ext. 6137

Veterans CRISIS Line
(formerly called the Mental Health hotline)
1-800-273-TALK (8255)

Telephone Assistant Program (TAP) Line
401-457-3336
1-866-590-2976

Homeless Resources
401-273-7100, ext. 3553

Hotline for Homeless Veterans
1-877-424-3838

**State of Rhode Island
Department of Human
Services Division of Veterans
Affairs**
401-254-8460

**Veterans Benefits
Administration, Women
Veterans Coordinator**
401-223-3651

**Human services and helping
agencies**
2-1-1

VET CENTERS:
Warwick: 401-739-0167
New Bedford: 508-999-6920
Hyannis: 508-778-0124



Navigating Pregnancy-Related Care with Your VA and Obstetric Providers



Providence VA Medical Center
830 Chalkstone Avenue
Providence, Rhode Island 02908
(401) 273-7100

Hyannis CBOC
VA Primary Care Center
233 Stevens Street
Hyannis, MA 02601-3766
Phone: (508) 771-3190

Middletown CBOC
One Corporate Place
(West Main Road at Northgate Road)
Middletown, RI 02842
Phone: (401) 847-6239

New Bedford CBOC
175 Elm Street
New Bedford, Mass 02740
Phone: (508) 994-5489

- **Confirm Pregnancy with a Pregnancy Test at the VA**
- **Meet with Women's Health Clinic Nurse**
 - Fill out Release of Information Form (so your VA and OB Providers can share information throughout your pregnancy)
 - Learn how to make an appointment with an obstetric provider outside of the VA system
 - Pick up your Pregnancy and Childbirth Guidebook (bring this with you to ALL of your pregnancy-related office visits)
- **Speak with your VA Provider**
 - Make sure that your lab work is up-to-date
 - Make sure that your immunizations are up-to-date
 - Make sure that your medications are safe during pregnancy
 - Start your prenatal vitamins if you have not already
- **Meet with Social Worker** (to get an idea of any resources that may help you DURING and AFTER your pregnancy)
- **Meet with Behavioral Health Specialist** (to learn about support services that you can access at ANY time DURING and AFTER your pregnancy)
- **Inform your Obstetric Provider's** office that ALL documentation from your visits must be shared with your VA provider
- **Let your VA Provider know how you are doing throughout your pregnancy; please report any complications, problems, concerns at anytime**

The Providence VA Medical Center is committed to meeting the unique needs of women Veterans by delivering the highest quality health care to each woman, while offering her the privacy, dignity, and sensitivity to gender-specific needs that she deserves. Our full time Women Veterans Program Manager is ready to assist you in getting timely access to the health care you need. Beth Grady, LCSW, Women Veteran Program Manager, (401) 273-7100, ext. 6191

WOMEN VETERANS HEALTH CARE

*You served, you deserve
★ the best care anywhere.*

