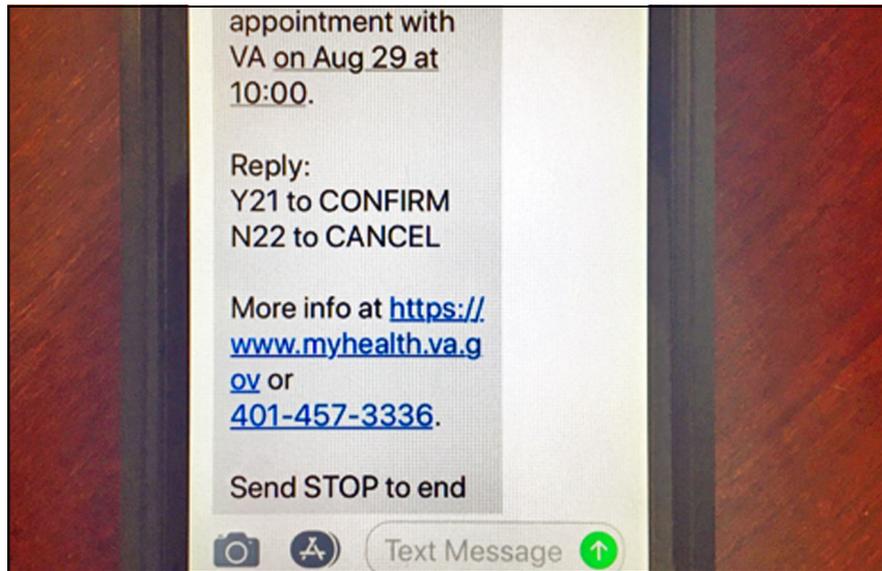


VETERANS UPDATE

VOLUME 4, ISSUE 7 AUGUST, 2018

VETEXT TRANSFORMING VA SCHEDULING



VEText, VA's new text messaging appointment reminder system, has helped VA reduce no-show medical visits by more than 100,000 since its introduction in March of this year.

More than 130 VA facilities are currently using the interactive text-message system, which reminds Veterans of upcoming health-care appointments, allowing them to easily confirm or cancel the event.

UPCOMING EVENTS

Sept. 14-16, Operation Stand-Down Rhode Island's Stand-Down Weekend, Diamond Hill State Park, Cumberland, R.I. An encampment for homeless and at-risk Veterans, featuring services such as medical and mental health care, financial assistance, housing, legal, DMV, employment and training services, and more.

Sept. 20, 11:30 a.m. - 12:30 p.m. Last Roll Call - Ceremony of Remembrance, 3rd floor chapel, room 347, main hospital, 830 Chalkstone Ave., Providence.

"VEText ... represents a milestone in putting more user-friendly capabilities in the hands of Veterans and our employees," said former Acting VA Secretary Peter O'Rourke.

BREASTFEEDING AWARENESS MONTH

August is Breastfeeding Awareness Month.

Breastmilk is the perfect food for babies. The cells, hormones and antibodies in breastmilk can help protect them from illness. In fact, research shows that breastfed babies have a lower risk of illnesses such as asthma, eczema, type 2 diabetes and others.

Breastfeeding may also save you money. Formula and feeding supplies can cost well over \$1,500 each year!

On the other hand, breastfeeding can be difficult to manage, and some parents may not have the option. No matter how you decide to feed your baby, VA is here for you.

To learn more, visit <https://www.womenshealth.gov/breastfeeding/>.



VA NEW ENGLAND SUMMER SPORTS CLINIC



Veterans and volunteers kayak past a row of sailing students at Fort Adams State Park in Newport, R.I., July 18, 2018, during the VA New England Healthcare System's Summer Sports Clinic kayaking and sailing event, hosted by the Providence VA Medical Center and the Boston VA Health Care System. (Providence VA Medical Center photo by Kimberly DiDonato)

More than 40 disabled Veterans traveled to Rhode Island for the VA New England Summer Adaptive Sports Clinic, hosted by the Providence VA Medical Center and the Boston VA Health Care System, which ran July 16 through 19.

"It was really hard for me the first year," said Marine Corps Veteran Joyce Ralph, a resident of Halifax, Mass., and patient of the Boston VA Health Care System. "If people only knew how refreshing it is to overcome new challenges. My advice is to give it a try -- be brave!"

This was the fifth year Rhode Island hosted the event, which featured adaptive sports including archery, cycling, golf, kayaking, sailing and deep sea fishing.

Photos, left to right: Navy Veteran Amanda Morse, a patient of the White River Junction VAMC, watches her drive from an Ottobock sporting power chair July 16 at the Button Hole Golf Course in Providence; Marine Corps Veteran Joyce Ralph, a patient of the Boston VA Health Care System, with a fluke aboard the Carol J off of Point Judith, July 19; Marine Corps Veteran Sheldon Pascar, a patient of the West Roxbury VAMC, cycles along the Greenway Bike Path in Coventry, July 17; and Army Veteran Jack Ringland, a patient of the Providence VAMC, watches his arrow fly toward the target near Johnson's Pond in Coventry, July 18. (Providence VA Medical Center photos by Winfield Danielson)



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800-273-8255 press 1

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