G.V. (Sonny) Montgomery VA Medical Center

to care for him who shall have borne the battle and his widow, and orphan

FOCUSED ON YOU

JUNE 2020

Yoga and Tai Chi are now available through telehealth!

Tai Chi

- Mind-body exercise combining slow-flowing intentional movements with breathing, awareness and visualization.
- Enhances relaxation, vitality, focus, posture, balance, strength, flexibility, and mood.
- VA Occupational Therapy offers Tai Chi for Arthritis, both in seated and standing.
- Seated Tai Chi provided via Telehealth.
- Requires no equipment.
- Excellent for veterans with a variety of diagnoses including arthritis, pain, stress, and anxiety.

Yoga

- Proven to show benefits in pain reduction, balance, mobility, mental health, lower blood pressure, and much more.
- VA Occupational Therapy offers seated yoga via telehealth involving meditation, breathing exercises, and movement.
- Telehealth yoga is designed to improve stress, anxiety, depression, PTSD, and other mental health diagnoses.
- Face-to-face yoga groups are offered at the medical center by OT, focusing on pain reduction and mental health at a seated or standing level.

Ask your provider for more information!

Whole Health Can Help You "Get Moving"

It's no secret that exercise keeps us healthy. But for many, movement is easier to add into a daily routine than exercise.

Moving the body can help prevent and treat dozens of diseases, such as diabetes, high blood pressure, and obesity. There are many ways to "get moving" without giving up too much of your free time. Whole Health can get you started. Learn more and find resources to help at https://www.va.gov/WHOLEHEALTH/circle-of-health/moving-body.asp

June 2020

PTSD Awareness Month

LGBT Pride Month

10-16—Men's Health Week

21—Father's Day

Mandatory Face Coverings

The Department of Veterans Affairs is instituting measures requiring use of face coverings on all individuals entering a VA facility.

The measure, which goes into effect on Thursday, May 7, includes employees, patients, volunteers, trainees, contractors or visitors. The requirement affects the VA Medical Center in Jackson, and the seven Community Based VA Clinics located in Columbus, Greenville, Hattiesburg, Kosciusko, McComb, Meridian, and Natchez.

Safety is our priority in protecting Veterans, staff, and the facility. All staff have been provided with appropriate (personal protective equipment) masks or cloth face coverings in order to deliver safe health care, thanks to the generous donations made by the local community and other organizations.

A recent national study identified several facilities with asymptomatic, COVID-19 positive Veterans and staff, and VA is committed to providing a safe environment for employees and veterans during the COVID-19 pandemic.

Cloth face coverings must cover the mouth and nose, fit snugly, allow for breathing without restriction, and should be laundered daily. This cloth face covering requirement covers communal, patient-care and high-traffic areas, including hallways, waiting rooms and conference rooms and should be followed by all who access VA facilities.

Learn more here: https://www.publichealth.va.gov/n-coronavirus/

https://www.accesstocare.va.gov/Healthcare/COVID19NationalSummary

LGBT Pride Celebration

Every year, during the month of June, the LGBT community celebrates in a number of different ways. Across the globe, various events are held during this special month as a way of recognizing the influence LGBT people have had around the world. Why was June chosen? Because it is when the Stonewall Riots took place, way back in 1969.

As well as being a month long celebration, Pride month is also an opportunity to peacefully protest and raise political awareness of current issues facing the community. Parades are a prominent feature of Pride month, and there are many street parties, community events, poetry readings, public speaking, street festivals and educational sessions all of which are covered by mainstream media and attracting millions of participants.

The New York Pride Parade is one of the largest and most well known parades to take place, with an estimated 500,000 people participating in it by the time it had reached its 25th anniversary.

Pride Month is so important because it marks the start of huge change within the LGBT+ community, as well as the wider societal implications. Although attitudes and injustice still remain, we have come a long way since the riots of 1969 and by continuing in this long standing tradition we continue to raise awareness, improve the attitudes of society and encourage inclusiveness. #Pride2020

What were the Stonewall Riots?

The riots were prompted by a raid that took place during the early morning, at the Stonewall Inn in Greenwich Village, Manhattan. The LGBT community held a series of spontaneous, often violent demonstrations to protest against the raid and calling for the establishment of places that gays and lesbians could go and be open about their sexual orientation. In such places there should be no fears of being arrested. The riots served as a catalyst for the rights of LGBT people, and within 6 months, 2 gay activist groups had formed in New York. Over the years since the event, many gay rights organizations have been formed. Not just in the US but around the world.

What is LGBT or Gay Pride?

It is a movement that celebrates sexual diversity. For lesbian, gay, bisexual and transgender (LGBT) people it is a way of protesting about discrimination and violence. It promotes their dignity, equal rights, self-affirmation and is a way of increasing society's awareness of the issues they face.

Who Started the June Celebration?

Known as the "Mother of Pride", it was Brenda Howard who coordinated the first LGBT Pride march. As well as sparking the idea for a week of events around Pride Day. These events then developed into the annual LGBT celebrations held every June.

Help Raise PTSD Awareness

There are currently about 8 million people in the United States with PTSD.

JUNE IS PTSD AWARENESS MONTH

Even though PTSD treatments work, most people who have PTSD don't get the help they need. **June is PTSD Awareness Month. Help us spread the word that effective PTSD treatments are available.** Everyone with PTSD—whether they are Veterans or civilian survivors of sexual assault, serious accidents, natural disasters, or other traumatic events—needs to know that treatments really do work and can lead to a better quality of life.

Join Us

During PTSD Awareness Month, and throughout the entire year, help raise awareness about the many different PTSD treatment options. You can make a difference in the lives of Veterans and others who have experienced trauma. Everyone can help.

Download the PTSD Coach

https://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp

The PTSD Coach app can help you learn about and manage symptoms that often occur after trauma. Features include:

- Reliable information on PTSD and treatments that work
- Tools for screening and tracking your symptoms
- Convenient, easy-to-use tools to help you handle stress symptoms
- Direct links to support and help
- Always with you when you need it

Providing you with facts and self-help skills based on research.

How to Use PTSD Coach

Together with professional medical treatment, PTSD Coach provides you with resources you can trust. If you have, or think you might have PTSD, this app is for you. Family and friends can also learn about PTSD and coping from this app.

Personalize the App

Select the menu in the top left corner of the app and select *Personalize*.

- Features like the daily quote on the home screen can be turned on or off
- The app language can be switched from English to Spanish

NOTE: *PTSD is a serious mental health condition that often requires professional evaluation and treatment. PTSD Coach is not intended to replace needed professional care. The questionnaire used in PTSD Coach, the PTSD Checklist (PCL), is a reliable and valid self-report measure used across VA, DoD, and in the community, but it is not intended to replace professional evaluation.*

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