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Director
Timothy J. Cooke



[Click here for directions
www.martinsburg.va.gov](http://www.martinsburg.va.gov)



About us

Since 1944, the Martinsburg VA Medical Center has been improving the health of the men and women who have so proudly served our nation. We consider it our privilege to serve your health care needs in any way we can. Services are available to more than 126,000 Veterans living in 22 counties in Western Maryland, West Virginia, South Central Pennsylvania and Northwest Virginia. Our mission is to honor America's Veterans as heroes by providing the highest quality health care.

July 2015



Meet Your Team

Angela Coffman, Licensed Clinical Social Worker



Meet Angela Coffman, licensed clinical social worker and military sexual trauma (MST) coordinator. Coffman works out of the HOPE Center at the Martinsburg VA Medical Center. She is originally from Hagerstown, Maryland and has been with the medical center since July 2004. She received her bachelors of social work from Shepherd College in 2003, and her masters of social work from the University of Maryland in 2004.

Coffman works with any Veteran who has experienced MST. "I like being able to make Veterans aware of the resources available to them at a very vulnerable time in their lives," said Coffman. "Most of all, I am proud to witness the recovery of these courageous individuals." Even though it can be hard for some Veterans to come forward about their experiences with MST, it is important to know that there are free medical and mental health services available to those who are seeking help for this issue.

Anna M. Stead, Community Employment Coordinator



Meet Anna M. Stead, community employment coordinator for the Gaining Occupational and Life Skills (GOALS) program at the Martinsburg VA Medical Center Domiciliary. Stead is originally from Frederick, Maryland and has previously worked for the U.S. Forest Service before coming to the medical center last fall. She graduated from Mount St. Mary's University in Emmitsburg,

Maryland with a bachelor's degree in business administration and finance. In her spare time, she enjoys doing outdoor work such as landscaping and gardening. "What I enjoy the most in my job is seeing the Veteran's confidence level rise when they get an interview or a job offer," said Stead. "I am very proud of all the GOALS Veterans who have received stable employment; It leads to permanent housing!" Stead has been working with other medical center staff to host the Veterans Career Fair scheduled for September 8.

Our Clinic Locations

[Cumberland, Md.](#)
[Fort Detrick, Md.](#)
[Hagerstown, Md.](#)
[Harrisonburg, Va.](#)
[Stephens City, Va.](#)
[Franklin, W.Va.](#)
[Petersburg, W.Va.](#)

Veterans Career Fair



Tuesday, September 8

9 a.m. to 1 p.m.

Heroes Health and
Wellness Center

For questions, call
Anna Stead,

304-263-0811, ext. 1916

Veterans!

Join Toastmasters

Martinsburg VAMC Toastmasters

Public Speaking * Leadership * Communication

Monday, August 24
in room 2A-122C
from 7 to 8 p.m.

For questions, call
Coral Modenessi,

304-263-0811, ext. 4107.

Fort Detrick CBOC celebrates four years of success



The Fort Detrick VA Community Based Outpatient Clinic (CBOC) celebrates four years of providing exceptional health care services to Veterans in Frederick County, Maryland and surrounding areas. This state-of-the-art facility had its groundbreaking ceremony on Oct. 2, 2009 and grand opening on Sept. 23, 2011. This facility is one of seven CBOCs under the

Martinsburg VA Medical Center's (VAMC) umbrella, and a leading example of how important it is to serve our present and future Veterans by providing exceptional health care while improving their health and well-being. The 15,000 square foot facility serves Veterans located in Frederick County and surrounding areas. The facility was built to allow a high volume of clinical services. There are plans to add an additional 13,000 square feet with an anticipated completion during 2019. The Martinsburg VAMC and the Fort Detrick CBOC are planning an open house on Thursday, Sept. 10 from 1 to 6 p.m., which will include an Enrollment Fair. To read more, please click [here](#).

Improving Wellness and Mindful Yoga

The Martinsburg VA Medical Center continues to add and expand services that provide Veterans a greater array of health and wellness options, including the latest addition of mindfulness yoga, to cope and manage their chronic pain.

Mindful Yoga for Pain is offered as a revolving 12 week program designed to teach Veterans the basics of yoga and mindfulness

to improve their quality of life despite pain through gentle movement and mindfulness.

"Mindfulness helps us to learn to pay attention to the subtle whispers of our body's sensations before they become loud screams of pain," said Dr. Margaret R. Gsell, pain psychologist. "It helps us learn to connect our mind's awareness, thoughts and emotions with our body's physical sensations, with the goal of improving functioning and overall quality of life." Yoga is a practice that has been around for thousands of years, and helps the body to connect with the mind. To learn more about this program, please click [here](#).



Upcoming Events!

Please see below for a list of upcoming events at the medical center and surrounding community based outpatient clinics (CBOCs). Stay tuned to our [Facebook page](#) for more information regarding these great events.

Tues., Aug. 18 from 10 a.m. to 6 p.m.—Hagerstown CBOC Information and Enrollment Fair

Thurs., Aug. 27 from 1 to 6 p.m.—Harrisonburg CBOC Information and Enrollment Fair

Thurs., Sept. 10 from 1 to 6 p.m.—Fort Detrick CBOC Open House and Enrollment Fair

Fri., Sept 11 from noon to 4 p.m.—James Madison University Student Veterans Fair

Tues., Sept. 15 from 1 to 6 p.m.—Stephens City CBOC Information and Enrollment Fair

Thurs., Sept. 17 from 2 to 6 p.m.—OEF/OIF/OND Open House

Tues. Sept 22 from 5:30 to 7 p.m.—Martinsburg VAMC Town Hall

Thurs., Sept. 24 from 1 p.m. to 6 p.m.—Cumberland CBOC Information and Enrollment Fair



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in the 21st Century