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Acting Director
Timothy J. Cooke, BSEE



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



Welcome

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.

December 2013



Meet Your Team

Beverly Van Metre, Clinical Programs Coordinator



Meet Beverly Van Metre, clinical programs coordinator for HIV and hepatitis C. This Martinsburg native began working at the medical center in 1975. "In January 2014, I will complete 39 years of VA service," she said. "I can't help reflecting on the many ways in which working with Veterans has enriched my life." Van Metre has a Bachelor of Science in Nursing and a Master of Science in Community Health Education from West Virginia University. She sits on local and national VA committees and is president of the local chapter of Sigma Theta Tau International Nursing Honor Society. Van Metre said the best part of her job is when she helps Veterans improve their lives. "Working with Veterans who have been homeless or incarcerated and who want to not only regain their health, but also re-enter the community and rebuild a good life is the most rewarding part of my job." December is International AIDS Awareness Month, and the Martinsburg VAMC will have a Rapid HIV Test Clinic Dec. 17 from 9 a.m.—1p.m. in the Canteen. Visit www.hiv.va.gov for more information.

Shannon Clever, Medical Librarian

Did you know the medical center has a library? Meet Shannon Clever, medical librarian who has worked at the medical center for more than eight years. The library falls under the Employee Learning Resources Service (ELRS). Originally from Michigan, she has a bachelor's and master's degree in library science from Western Michigan University.

A few of her hobbies include reading and swimming. She sits on many education-related committees within the medical center, facilitates



School at Work and hosts a leadership book club. She said assisting staff members to find what they need and working with Veterans are what she enjoys most about her work. "My father and many of my aunts and uncles are Veterans," she said. "It is a pleasure to serve those who have served."

Our Clinic Locations

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

Quick Tips

Are the holidays stressing you out?



Learn more about managing stress. Visit www.prevention.va.gov

Veterans Hotline anytime at 1-800-273-TALK and press "1" for Veterans.



Martinsburg VAMC named to Joint Commission's "Top Performers" list



The Martinsburg VA Medical Center (VAMC) was recently recognized as a top performer on key health care quality measures for 2012 by The Joint Commission, an independent panel that accredits and certifies health care organizations. "We are proud of the medical facilities that have been recognized for demonstrating VA's commitment to provide the high-quality care our Veterans have earned through their service," said Secretary of Veterans

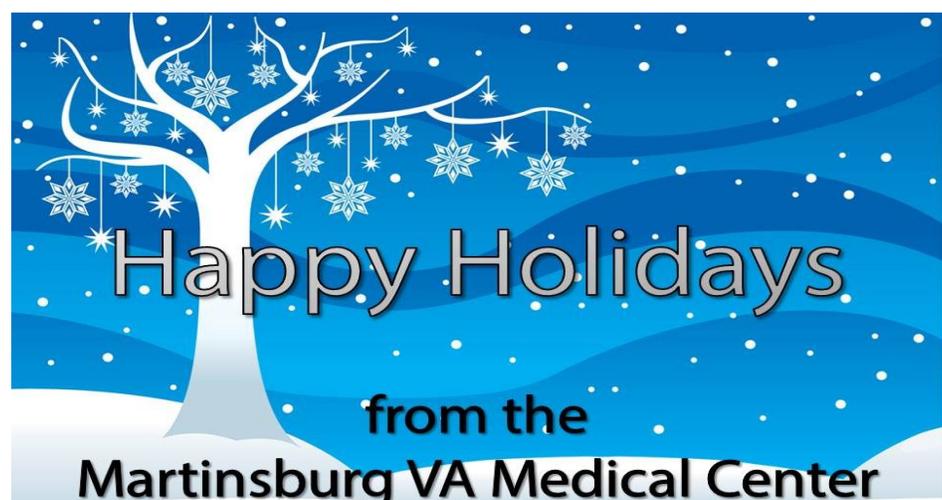
Affairs Eric K. Shinseki. "This achievement highlights the hard work of our VA medical staff to serve Veterans." The Martinsburg VAMC was one of 32 VA medical centers that received the recognition. While all 151 VA medical facilities are accredited by The Joint Commission, the list recognizes facilities that are the top performers based on The Joint Commission's review of evidence-based care that is closely linked to positive patient outcomes. This program recognizes Joint Commission-accredited hospitals for a significant achievement in measures that produce the greatest positive impact on patient outcomes. This recognition supports the fact that the Martinsburg VA Medical Center excels in our motto of heroes serving heroes", said Timothy J. Cooke, acting medical center director. "I am very proud of all the hard work our staff achieves daily while providing the best care to our nation's heroes." To read more about the Joint Commission, please visit www.jointcommission.org.

Winter Weather Safety

During these winter months, we are at risk for severe winter weather. Here are some tips and resources to help keep you and your family prepared for "old-man winter".

- Have a preparedness plan
- Limit unnecessary travel during winter storms
- Avoid overexertion when shoveling snow
- Know the warning signs of frostbite and hypothermia
- If you must go outside, wear several layers of loose-fitting, lightweight, warm clothing. Outer garments should be water repellent.

To read more, visit www.ready.gov/winter-weather. Get up-to-date information about the Martinsburg VA Medical Center operational status by calling 304-579-2605.



VA HEALTH CARE | Defining EXCELLENCE in the 21st Century