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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.

## February 2015



## Meet Your Team

### Kenneth E. Fox, M.D.



Meet Kenneth E. Fox, M.D., a new physiatrist and acupuncturist at the Martinsburg VA Medical Center. This Secaucus, New Jersey native started working at the medical center in January. Fox has a Bachelor's of Arts in History from Muhlenburg College in Allentown, Pennsylvania and completed his pre-med program at Columbia University in New York City. He received his M.D. from the University of Medicine and Dentistry of New Jersey, completing his residency at Mt. Sinai Medical Center. In 2000, he attended a medical acupuncture certification course at New York Medical College in Valhalla, New York. He has worked at the Battle Creek VA Medical Center in Battle Creek, Michigan and the VA Black Hills Health Care System in South Dakota. "The best approach for pain management is using various methods, including acupuncture," said Fox. "The best part of my job is seeing a Veteran's pain and function improve."

### Eric W. Milburn, Housekeeping Aide

Meet Eric W. Milburn, housekeeping aide for Environmental Management Services at the Martinsburg VA Medical Center. This Martinsburg, West Virginia native served in the United States Army as a generator mechanic for six years and was stationed at Fort Stewart, Georgia and Fort Richardson, Alaska. Milburn has been working at the medical center since October of 2002. "I enjoy the interaction with the Veterans, laughing with them and hearing their stories," said Milburn. "I enjoy giving back to those who fought so hard for our freedoms we enjoy today." Milburn loves spending time with his family, including his 15 year old twin daughters, visiting the great outdoors and listening to music.



## Our Clinic Locations

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

The Martinsburg VA Medical Center celebrates National Salute to Veteran Patients week.



We want to thank all of our Veteran patients for their bravery and sacrifice for our freedom.

Do you see a non-VA health care provider? Virtual Lifetime Electronic Record (VLER) Health may benefit you!



To learn more about this great program, click [here](#) or call 304-263-0811, ext. 2078

## Introducing MOVE! for Women

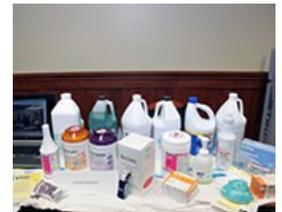


Women Veterans are the fastest growing segment of the Veteran population, and the Martinsburg VA Medical Center is taking measures to tailor its programs to benefit their unique health care needs. Taking its cue from the successful MOVE! program, the medical center now offers this healthy lifestyle resource specifically for women Veterans. This is MOVE! for Women. MOVE!

is a national weight management program designed by the VA National Center for Health Promotion and Disease Prevention, a part of the Office of Patient Care Services, to help Veterans lose weight, keep it off, and improve their health. Time is spent in the classroom learning about nutrition and setting health goals as well as in the gym to promote an active and informed healthy lifestyle. Comfort was a recurring theme during a short discussion with some of the Veterans attending a recent MOVE! for Women classroom session. To read more about this great new program, click [here](#).

## Martinsburg VAMC Stands Up for Cleanliness

The Martinsburg VA Medical Center participated in the Veterans Health Administration's (VHA) National Stand Up For Cleanliness event to focus on the importance of cleanliness and sanitation. Hosted by Environmental Management Services (EMS), the event had informational displays, sanitation workshops, vendor information and a showing of the video "What Clean Means and How to Get There." The EMS team is responsible for sanitation and waste management, linen service, integrated pest management and comfort supplies such as pillows and blankets for Veteran patients. "Sustaining the highest level of cleanliness for our facility is not an easy task," said Ralph Johnson, chief of EMS. "It is a collaborative effort between all the services to maintain the highest level of cleanliness." To read more about how the medical center works together to maintain cleanliness, please click [here](#).



## Accepting Entries for the Creative Arts Festival



The Martinsburg VA Medical Center is now accepting entries for its Veterans Creative Arts Festival scheduled for March 5 from 10 a.m. to 2 p.m. "The medical center incorporates creative arts into its recreation therapy program to enhance the rehabilitative environment for all Veteran patients," said Dawn Johns, recreation assistant. "There are more than 100 categories in performing arts and 51 categories in the visual arts." Veterans can submit their artistic entries such as painting, photography, drama, creative writing and dance, to compete for a spot in the National Veterans Creative Arts Festival to be held in Durham, North Carolina from October 12 to 19. The public is invited to the event to enjoy the artwork created by our local Veteran artists. The Medical Center Director, Timothy J. Cooke, will present awards to the winners during a ceremony beginning at noon. Veterans must be enrolled in VA health care to enter the contest. The entry deadlines are March 2 for the art category and February 26 for the music, drama, dance and creative writing categories. For more information about the Veterans Creative Arts Festival contact Dawn Johns or Paul Stotler at 304-263-0811, ext. 4594.



Defining  
**EXCELLENCE**  
in the 21st Century