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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

Jennifer Welder, MSN, RN-BC



Meet Jennifer Welder, a nurse case manager for the Operation Enduring Freedom/Operation Iraqi Freedom/Operation New Dawn Program and Post Deployment Integrated Care Clinic. Welder is an Iowa native and a proud Army wife to her husband who is going to retire in October after 20 years of service. She worked for the Department of Defense U.S. Army Office of the Surgeon General before coming to the medical center in May 2014. Welder has a bachelor's of science from Grand View University, a master's of science from the University of Phoenix and is board certified in Ambulatory Care Nursing. Some of her hobbies include knitting, kayaking, boating and reading. She comes from a family of Veterans and active duty service members and says "I enjoy helping Veterans obtain the services they need and seeing Veterans integrate successfully into civilian life."

Tom Haman, Business Manager

Meet Tom Haman, administrative officer and business manager for Mental Health service. Haman is an Inwood, West Virginia native and has been at the medical center since December 2014. He has a bachelor's in business administration from Park University in Parkville, Missouri and has worked here previously as a human resources specialist and an administrative officer in Medical Administration Service. Haman's hobbies include coaching youth baseball and muscle car restoration. "What I enjoy most about my job is having the opportunity to support our Nation's Veterans," said Haman. "It is gratifying to be able to come to work every day knowing that we are making a difference."



Our Clinic Locations

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

VA Summer of Service

“What will you do?”



To learn more about how you can join the team as a dedicated volunteer, please call 304-263-0811, ext. 3309 or ext. 3310

Veterans!

Join Toastmasters

**Martinsburg VAMC
Toastmasters**
*Public Speaking * Leadership * Communication*

Monday, July 27 in room
2A-122C from 7 to 8 p.m.

For questions, call
Coral Modenessi,
304-263-0811, ext. 4107.

Martinsburg VAMC Hosts “Mini-Games”



The Martinsburg VA Medical Center (VAMC) hosted the Veterans Integrated Service Network 5 and Lebanon, Pennsylvania VAMC “2nd Annual Mini-Games,” Saturday at the medical center campus. The event is designed to prepare participants for the 2015 National Veterans Golden Age Games, one of the largest senior sports events in the nation, scheduled to be held in Omaha, Nebraska

later this summer. Veterans from Martinsburg; Baltimore, Maryland; Washington, D.C, and Lebanon, Pennsylvania VAMCs compete against one another in a series of athletic events, including track and field events, bowling, table tennis, shuffleboard, and more. Darren Yowell, better known as “Chewie” to everyone around the medical center, is a recreations specialist and the coach for the 12 participants representing the Martinsburg VAMC. “This is my fourth year as a coach,” said Yowell. “The games are the end result of a year round wellness program for our Veterans who are 55 years and older.” To read more, please click [here](#).

Collaboration Between Agencies

The Martinsburg VA Medical Center (VAMC) continues to build partnerships with community agencies and organizations.

Recently the Martinsburg VAMC Police Department received a request from the Berkeley County Sheriff’s Department to borrow a door breaching tool for a training exercise. Door breaching is a technique used by military, police, and emergency services to gain



access to a secured building. The Martinsburg VAMC has a memorandum of understanding (MOU) with the Berkeley County Sheriff’s Department and other area law enforcement agencies. The MOU allows for sharing equipment and participating in joint exercises.

Throughout last week, the Sheriff’s Department performed training exercises in single and two-man teams simulating a hostage scenario. “The training is more realistic than going out and shooting a stationary target.” said Berkeley County Sheriff Department Chief Deputy Gary Harmison. To learn more about this great partnership, please click [here](#).

Director Walks Mile in Veteran’s Shoes



Recently the Martinsburg VA Medical Center Director Timothy J. Cooke was given a tour of his facility by John Palmer, an Army Veteran who went through an inpatient recovery program here.

Though the tour Palmer provided Cooke a firsthand look at some of what a Veteran patient goes through and all the staff and services that are important to successfully completing a recovery program – certainly, a different perspective. Cooke and Palmer met at an event outside the medical center a year or so ago. In May, Cooke noticed Palmer in the hallway of the medical center and after catching up for a few moments Cooke asked him “Is there anything I can do for you?” Palmer answered, “Mr. Cooke, I would like to introduce you to your hospital.” Cooke surprised, agreed and they set off on a mini-tour of the medical center, where Palmer highlighted various services that were integral in his recovery. “I wanted to show him the staff and services in this medical center that made my recovery possible,” said Palmer. To read about the tour, please click [here](#).

