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



## Welcome

Since 1944, the Martinsburg VA Medical Center (VAMC) 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.

## March 2014



## Meet Your Team

### Rebekah Overstreet, Registered Dietitian



In recognition of National Nutrition Month, meet Rebekah Overstreet, a registered dietitian in Comprehensive Primary Care 3. Originally, from Leesburg, Va., she graduated from Virginia Tech in 2010 with a bachelor's degree in Human Nutrition, Foods and Exercise. During her internship at the Salem VA Medical Center, she completed rotations in different areas of nutrition. Overstreet

began working at the medical center in February 2013. She teaches MOVE! classes to Veterans and sits on the employee Wellness is Now (WIN) committee. A few of her hobbies include going to the beach, trying new foods, and volunteering in the nursery at her church and at Court Appointed Special Advocates (CASA). "Throughout the past year, I have really enjoyed helping Veterans living with diabetes to gain better control of their blood sugars through good nutrition," Overstreet said. "It is exciting to provide Veterans with the information and tools to be successful and then see them accomplish their goals."

### Kathy Price, Medical Support Assistant

Have you thanked a Woman Veteran today? Meet U.S. Navy Veteran Kathy Price, medical support assistant in the Women Veterans Clinic. A Long Island, N.Y., native, Price joined the Navy immediately after graduating from high school in 1974 and was stationed at the Naval Air Station Point Mugu, Calif. Price has worked at the medical center since 2002 and transferred to the Women Veterans Clinic in 2010. She has an associate degree in business management from Trident Technical College in Charleston, S.C. In her spare time, she enjoys reading, designing, decorating and going to the beach. "What I love most about where I work are my co-workers," Price said. "The entire team in the Women Veterans Clinic has a wonderful rapport with our Women Veterans and works as a team in helping them achieve a healthy lifestyle."



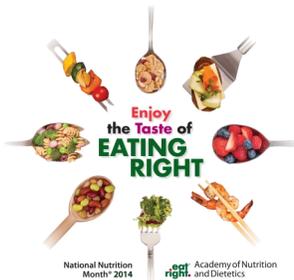
## Our Clinic Locations

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

## Quick Tips

March is National Nutrition Month, and the theme is “Enjoy the Taste of Eating Right”.

To learn more, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov).



## Harps for Heroes



U.S. Navy Veteran Robert Cooper said he finds peace in playing the harp for Veterans, staff and visitors of the Martinsburg VA Medical Center (VAMC). Originally from California, Cooper has been playing the harp for more than 12 years. “My musical talents were a form of therapy after serving in the military,” Cooper said, “Harp for Heroes’ is a program that promotes music therapy to help patients dealing with pain, depression, restlessness and agitation.” The Martinsburg VAMC Chaplain Services recognizes the importance of music during the healing process and provides Cooper with great support for his work. Over the years the U.S. Department of Veterans Affairs has acknowledged the benefits of music therapy programs at medical centers throughout the country. These programs are especially helpful for Veterans returning from deployments. “I would love to travel to other medical centers across the country to show the healing powers of music,” Cooper said.

## Creative arts help Veterans on path to recovery

The Martinsburg Veterans Affairs Medical Center’s Division of Rehabilitation Services Recreation Section integrates art programs to help Veterans find creative outlets that support overall wellness and health. U.S. Marine Corps Veteran Charles E. Marshall is just one example of how art can help during the recovery process. A Washington, D.C., native, Marshall is a three-time national winner of the VA National Veterans Creative Arts Festival. In 2001, he wrote his first poem while an inpatient at the medical center. While working in expressive arts recreation as an Incentive Work Therapy employee, Marshall taught other Veterans macramé, wood sculpting, painting, ceramics, beadwork and jewelry making. “Art helped me tremendously,” Marshall said. “It helped me physically, emotionally and mentally during the rehabilitative process.” To continue reading about the National Veterans Creative Arts Festival, please click [here](#).



## March is National Professional Social Worker Month



At the Martinsburg VA Medical Center more than 60 social workers advise Veterans, their family members, caregivers and friends about getting help they need from Veteran Affairs (VA) or community agencies. This year’s theme for National Professional Social Work Month is “All People Matter”, chosen by the National Association of Social Workers to raise awareness of the 116 year commitment to improving social conditions and quality of life for all people. They assist in providing personalized, person-centered care for Veterans. Social workers are responsible for ensuring continuity of care through the admission, evaluation, treatment, and follow-up processes. “We set out on a journey many years ago to get the education and training needed to help others. We are each doing that now,” said Monique Smith, social work executive. “Although we probably could not have predicted how hard our jobs would be, it is a worthy job nonetheless, for we often are the first to be called upon by Veterans in need of help.” For additional information, visit the Social Work Website at [www.socialwork.va.gov](http://www.socialwork.va.gov). A helpful list of VA and community resources can be found at [www.socialwork.va.gov/links.asp](http://www.socialwork.va.gov/links.asp).

