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



About us

Since 1944, the Martinsburg VA Medical Center (VAMC) has been improving the health of the men and women who 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.

November 2016



November is Tobacco Cessation Month



Did you know that quitting tobacco is the single most important thing you can do to improve your health and protect the health of your family members? If you quit smoking or using other forms of tobacco, you and your family will experience health benefits in the short and long-term. It's never too late to quit. A tobacco-free life is possible.

VA Smoking Cessation Resources for Veterans:

- Quit VET is a national, toll-free smoking cessation quitline for Veterans who receive their health care in VA. Call 1-855-QUIT-VET for free counseling, Monday through Friday, 8 a.m. to 8 p.m. (EST). Counseling is also available in Spanish. <http://www.publichealth.va.gov/smoking/quitline.asp>
- SmokefreeVET, a text messaging program for Veterans to provide support and encouragement 24/7 during a quit attempt. For more information, go to www.smokefree.gov/VET. For Spanish, text VETesp to 47848 or visit www.smokefree.gov/VETespanol
- Stay Quit Coach, a free Smartphone app to help support you during a quit attempt, available at the Apple app store: <https://mobilehealth.va.gov/app/stay-quit-coach>
- Women and Tobacco: Health Effects and Quitting resources: <http://www.publichealth.va.gov/smoking/women/index.asp>

Martinsburg VA Medical Center Virtual Care



When Terry Johnson saw his doctor at the Martinsburg VA Medical Center (VAMC) recently, he already knew what the outcome would be. Many Veterans have an idea what their overall health is but when you have advanced Type 2 diabetes, there can be uncertainty. Even more surprising is the fact that Johnson had not seen his doctor since his initial visit six months ago. Click [here](#) to read the entire story!

Our Clinic Locations

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

Great American Smokeout

Thursday, Nov. 17
11 a.m. to 2 p.m.

The Martinsburg VAMC offers classes and support for Veterans and Employees to quit smoking.

Great American Smokeout
Cold Turkey Trot

QUIT AND WIN

Thursday, Nov. 17, 2016
11 a.m. to 2 p.m.



Cold Turkey is the most popular way to quit smoking! Make today the day you quit. Run off your cravings and trash your pack for the Great American Smokeout!

COOK SAFELY WATCH WHAT YOU HEAT!



Cooking is the biggest cause of home fires and fire injuries. You can prevent cooking fires. Take these steps to keep your family safe!

Be Prepared When Cooking

Make the cooking area safe.

Clean and clear the area around the stove.

- Move things that can burn away from the stove. This includes dish towels, bags, boxes, paper and curtains.
- Make sure children and pets stay at least 3 feet away from a hot stove.



Turn pot handles toward the back of the stove.

- Then no one can bump them or pull them over.



Keep a pan lid or a baking sheet nearby.

- Use it to cover the pan if it catches on fire. This will put out the fire.



Veterans Day Celebration, Stand-down for Homelessness



Saturday, Nov. 5, the Martinsburg VA Medical Center held their annual Veterans Day Celebration and HeroHaven Homeless Standdown. It all kicked off with a Road to Freedom 5K/1K run, walk or roll which included participants of all ages and physical abilities. After the 5K/1K, an official ceremony was held with Brig. Gen. John P. Rose (Ret.), a U.S. Army

Veteran who retired after 30 years of service, as the guest speaker. The day finished with the Recreation Therapy team hosting the 4th annual Pigskins & Patriots Pee Wee Football scrimmages between members of the Panhandle Youth Football League. While the Veterans Day Celebration events were going on the Domiciliary was busy helping homeless Veterans as part of the HeroHaven Homeless Standdown. During the standdown homeless Veterans received medical screening, employment support and housing services. This year, 45 participants attended the standdown and eight Veterans were enrolled into the Mental Health Residential Rehabilitation Program. You can see the highlights of the day by watching our video on Facebook by [clicking here](#).

Prevent a Turkey Fryer Fire



Did you know that Thanksgiving is the peak day for home cooking fires? Although people have been deep frying turkey since around the 1930's, in recent years the popularity of deep fried turkey has risen. In fact, popularity has risen so much that the U.S. Fire Administration has put together a list of the five dangers of deep frying a turkey.

Pay attention to these dangers to make sure you and your family stay safe this holiday season!

1. Turkey fryers can easily tip over, spilling hot cooking oil over a large area.
2. An overfilled cooking pot will cause cooking oil to spill when the turkey is put in, and a partially frozen turkey will cause cooking oil to splatter when put in the pot.
3. Even a small amount of cooking oil spilling on a hot burner can cause a large fire.
4. Without thermostat controls, deep fryers can overheat oil to the point of starting a fire.
5. The sides of the cooking pot, lid and pot handles can get dangerously hot.

Source: https://www.usfa.fema.gov/downloads/pdf/publications/turkey_fryers.pdf

Upcoming Events!

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

Thu., Nov. 17 - 11 a.m. to 2 p.m. - Great American Smokeout Cold Turkey Trot

Wed., Nov. 23 - Drive-Thru Flu Shot Clinic will close at 3:30 p.m.

Thurs., Nov. 24 - Thanksgiving, Drive-Thru Flu Shot Clinic closed

Fri., Nov. 25 - Drive-Thru Flu Shot Clinic closed



U.S. Department
of Veterans Affairs