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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.

October 2014



Meet Your Team

Jason Simmons, Doctor of Physical Therapy



Meet Jason Simmons, PT, DPT, doctor of physical therapy at the Martinsburg VA Medical Center (VAMC). Simmons obtained a Bachelor of Science in Biology in 2001 and a Doctorate of Physical Therapy in 2004, both from Shenandoah University in Winchester, Virginia. He started working for the Martinsburg VAMC in 2004 as a staff physical therapist, and currently serves on the MOVE!

Program committee. This Cresaptown, Maryland native enjoys physical fitness, sports and in his free time coaches soccer and basketball for his kids. "I truly look forward coming to work every day because I love what I do," said Simmons. "Working with our Veterans has been and will always be a great and rewarding experience for me; I really do have the best job in the world."

Sharon Gant, Customer Service Chief

Meet Sharon Gant, chief of customer service at the Martinsburg VA Medical Center. Gant served in the United States Navy for 13 years and is a New Providence, New Jersey native. She believes that a positive, willing attitude can change a negative experience into a positive one. She applies this methodology to her daily life and serves on several committees such as VISN 5 Patient Satisfaction

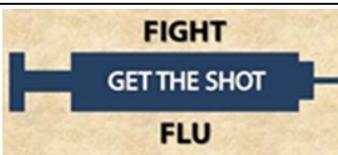


Committee, Patient Centered Care Strategic Leadership team and the Veterans Satisfaction Steering Committee. "To say I have a passion for people is probably an understatement for those who know me," said Gant. "It's that passion that continues to drive me every day to make a positive difference, not only for our Veterans and their family members, but also for our staff."

Our Clinic Locations

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

Quick Tips



Seasonal flu shots are now available at the Martinsburg VA Medical Center. The best time to get a flu shot is October through December, as the peak of flu season is January through March.

For more information about the flu shot, please click [here](#).

[CDC Ebola Fact Sheet](#)

RETURNING
SERVICE
MEMBERS



WOMEN IN THE U.S. MILITARY
STORIES OF
SERVICE

Affordable Care Act
WHAT YOU NEED TO KNOW



Advancing Women's Health



Women Veterans are one of the fastest growing segments of the Veteran population, and the Martinsburg VA Medical Center (VAMC) is committed to providing our female Veterans with the best health care possible. "The Women's Health Services Team needs to be advocates to ensure women are comfortable in their environment," said Mary Heinen, acting women's health program manager, "That is what we are here to do." Currently there are about 1,800 female Veterans enrolled at the Martinsburg VAMC. About 1,400 women are seen at the medical center and 400 are seen at one of the Community Based Outpatient Clinics operated by the Martinsburg VAMC. Women have the option of having their care provided by the women's health program which provides comprehensive health care for female Veterans by offering primary care, gender-specific care and case management services. "The clinic is essential to my health care as it provides a comfortable and open space where I know my health care is treated as a top priority," said Noel Morgan, Army Veteran. To read more, please click [here](#).

Breast Cancer Awareness Month

Breast cancer is the second leading cause of cancer deaths in women, following lung cancer. Besides skin cancer, breast cancer is the most commonly diagnosed cancer among American women. About one in eight U.S. women will develop invasive breast cancer over the course of her lifetime. This makes breast cancer a serious concern for women Veterans. According to Dr. Sally Haskell,



Deputy Chief Consultant and Director, Comprehensive Women's Health, "The good news is that localized breast cancer has a 99 percent survival rate if detected early, and VA leads the nation's health care systems in providing mammograms to those who need them. VA encourages all women between ages 50 and 75 to get mammograms every two years. VA encourages all women to talk with their provider about breast health and when your health care provider recommends a mammogram outside of that age range — VA will provide it. To read more, please click [here](#).

Garden Facilitates Healing



The Martinsburg VA Medical Center Psychosocial Rehabilitation and Recovery Center (PRRC) has a weekly Horticulture Therapy Group at the "Green Acres Garden" so Veterans can plant seedlings, nurture growing plants and harvest the "fruit" of their labor. Veteran Robert Stanton has been part of this therapy group for more than two years, and says it has helped him in recovery because of the team building and individual therapy aspects of the program. "I enjoy seeing the garden in all of its phases," said Stanton. "It is satisfying to see everything grow." Richard Harris, a peer support specialist leads the group every week. "In this position as a Veteran who has endured and overcame many adversities, it warms my heart to see the Veterans put in time and effort into this garden," said Harris. "They are able to see growth and understand how life requires care and nurturing from their own hands." To read more, please click [here](#).



Defining
EXCELLENCE
in the 21st Century