

510 Butler Ave.
Martinsburg, W.Va., 25405
304-263-0811 | 800-817-3807



Director
Ann R. Brown, FACHE



[Click here for directions](#)
www.martinsburg.va.gov



Breaking News!

Through Jan. 31, 2014, the main entrance and lobby of the Martinsburg Veterans Affairs Medical Center will be **closed** while we are renovating our lobby to better serve you! During this time, please use the entrance near CPC (1) or the Emergency Department. Also, the two elevators located in the lobby will only serve floors two through six. Signage has been placed inside and outside to redirect our patients, visitors and staff. Thank you for your patience, as we work to serve our Veterans better! Click [here](#) to see a map of the available entrances.

September 2013



Meet Your Team

Rick Coffinbarger, Suicide Prevention Case Manager



Meet Suicide Prevention Case Manager Rick Coffinbarger. Originally from Tomahawk, W.Va., he began working at the medical center in January 2009 and has more than 20 years of experience in the field of mental health. He has a bachelor's in Psychology from West Virginia Wesleyan University and a master's in Clinical Psychology from Capella University. In addition to his current duties, Mr.

Coffinbarger works as a prevention and management of disruptive behavior instructor, sits on the medical center's Stamp Out Suicide and Emergency Management committees, and serves as the medical center's research compliance officer. A few things he enjoys during his spare time include watching the Star Wars series, going to New York Yankees' games, listening to Eric Clapton's music and practicing the martial arts style of Soo Bahk Do. Mr. Coffinbarger said helping Veterans is what he enjoys most about his work.

Todd Lake, Emergency Preparedness Coordinator

Meet the medical center's emergency preparedness coordinator, Todd Lake. Originally from Winchester, Va., he retired in 2003 from the U.S. Navy, where he worked as an air traffic control officer, after serving more than 23 years. Mr. Lake began his career at the medical center in July 2008. In addition to his day-to-day duties, Mr. Lake is a member of the medical center's Member Environment



of Care Council, Construction Safety Committee and is the chair of the Emergency Management Committee. He said he feels privileged to serve Veterans every day. "I feel very fortunate to be able to work with the medical center staff in developing plans that will keep our Veterans and staff members safe in the face of multi-hazards," he said. "This allows us to continue our mission of treating our nation's heroes."

Our Clinic Locations

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

Quick Tips

Cholesterol—
How do your numbers
measure up?



Find out at
[www.prevention.va.gov/
High_Cholesterol.asp](http://www.prevention.va.gov/High_Cholesterol.asp)



VA Secretary's Award for Excellence in Nursing

The Martinsburg VA Medical Center's (VAMC) Associate Director of Patient Care Services Susan E. George, RN, BSN, MPH, NEA-BC, received the Secretary of Veterans Affairs Award for Excellence in Nursing and for the Advancement of Nursing Programs recently at VA's Central Office in Washington D.C. The VA Secretary's Awards in Nursing Excellence Program was established in 1984 to honor nurses who have demonstrated excellence in delivering patient-driven care to VA patients. Every year, the program honors one VA medical center director, nurse executive (NE), registered nurse (RN), licensed practical nurse (LPN) and a nursing assistant (NA). "Ms. George is a dedicated and compassionate nurse," said Director Ann R. Brown. "Her outstanding commitment has helped to create a culture of excellence; we are very proud of her." To read more about Ms. George and this prestigious award, please follow this [link](#).



Affordable Care Act—What you need to know

The Affordable Care Act was created to expand access to coverage, control health care costs and improve health care quality and care coordination. **The health care law does not change VA health benefits or Veterans' out-of-pocket costs.**

Three things you should know:

- 1) VA wants all Veterans to receive health care that improves their health and well-being.
- 2) If you are enrolled in VA health care, you don't need to take additional steps to meet the health care law coverage standards.
- 3) If you are not enrolled in VA health care, you can apply at any time.

To read more about the Affordable Care Act and the VA, please follow this [link](#).

Congratulations, Sarah Tolstyka!

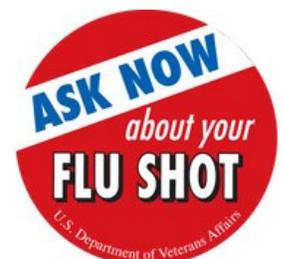


The Martinsburg VA Medical Center (VAMC) would like to congratulate VA Public Affairs Technical Career Field Intern (TCF) Sarah Tolstyka on her graduation from the Defense Information School (DINFOS) Public Affairs Qualification Course. Ms. Tolstyka is the first VA Public Affairs TCF intern to complete this certification. She just completed her two week on-site residency at Fort Meade, Md., and her graduation was attended by Martinsburg VAMC Director Ann. R. Brown.

September – Time to get your flu shot!

Seasonal flu shots are now available at the Martinsburg VA Medical Center. The best time to get a flu shot is October through December, and all Veterans should get a flu shot! If you are enrolled and have a VA ID card, you have four options for receiving your flu shot.

- 1) Drive-Thru Flu Shot Clinic located in Parking Lot "O"- across from the Chapel. The drive-thru clinic is open Monday through Friday from 8:30 a.m. to 3:30 p.m.
- 2) You may ask for a flu shot during your next appointment.
- 3) Walk-in flu shot clinics are open Monday, Wednesday and Friday 1-3 p.m. with CPC teams 1, 2 and 3.
- 4) Martinsburg VAMC community based outpatient clinics (CBOC) also offer walk-in flu shots. To view the list please click [here](#).



VA HEALTH CARE | Defining EXCELLENCE in the 21st Century