

# the promise

VA HUDSON VALLEY HEALTH CARE SYSTEM

No longer will rural Veterans need to travel long distance for health care services only available in the VA Hudson Valley's Montrose and Castle Point Campuses.

normally delivered by bringing these services closer to Veterans. The convenience of CVT allows for quick access to health care services from remote and rural locations by instantly connecting a Veteran in one location with a healthcare professional in a different location. Video conferencing appointments save Veterans time and money, reduce wait times, and provide the same exemplary care that Veterans expect from VAHVHCS. Patients and healthcare professionals are positive about and receptive to Telehealth.

## Clinical Video Telehealth:

# The Future is NOW

VA Hudson Valley Health Care System (VAHVHCS) is achieving this goal with Clinical Video Telehealth. This real-time interaction between the Veteran and his/her physician is achieved through the use of video conferencing technology that is safe and reliable, and provides an alternative way for physicians to assess a patient and manage their treatment without physically being in the same location.

Clinical Video Telehealth (CVT) changes the location where health care services are

Participating Community Based Outpatient Clinics (CBOC) include Monticello, Port Jervis,

Poughkeepsie, Pine Plains, Carmel and New City.

Recently the Telehealth Expansion Initiative has

*To provide the right care, at the right time, in the right place*

allowed VAHVHCS to bring our services to the rural community. We are proud to say that 99% of our new Telehealth Clinical Technicians (TCT) are recently returned Veterans.



### CURRENT CVT SERVICES INCLUDE:

- Mental Health**
- Nutrition & Diet**
- Spinal Cord Injury**
- Dermatology**
- MOVE Program**  
*(weight management)*
- Polytrauma**
- Traumatic Brain Injury**
- Pre-op consults**  
*(in development)*
- Post-op consults**  
*(in development)*
- Smoking Cessation**
- And more to come....**

Jose Elias, Telehealth Clinical Coordinator at New City Clinic





VA Hudson Valley Health Care System

www.hudsonvalley.va.gov

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## the promise

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## on the cover

Veteran and VAHV employee Jose Elias, Telehealth Clinical Technician (TCT), located at the New City Community Based Outpatient Clinic (CBOC)

# director's message

Dear Veteran,

As you can see from the picture and story in the newsletter, the long anticipated MRI is up and running at the Castle Point campus. We are working hard to decrease your travel time for medical services—and with the addition of this MRI equipment, the full diagnostic imaging center is complete. Diagnostic imaging that is convenient and closer to your home. Some additional improvements are taking place at both campuses to serve you, the Veteran. At Castle Point, a recently renovated Pharmacy and Oncology suite and Primary Care space on H-2 is now open.

*To care for him who shall have borne the battle,  
and for his widow, and his orphan.*  
—Abraham Lincoln

At Montrose, the campus road construction is complete. A new wider front entrance has taken shape with direct access to the Cortlandt train station, making it easier for you to access care and to spend less time waiting to exit the campus. All of the roads throughout the Montrose campus are repaved and parking spaces relined. There is a new fitness center relocated from building 13 to building 18. The new gym is larger, with some new equipment chosen with input by Veterans and staff. There are many other infrastructure projects taking place that will improve both campuses.

All of the projects are designed to provide you with exceptional health care. Affirming our commitment to serve Veterans in the 21st Century.

*Gerald F. Culliton*

Director

VA Hudson Valley Health Care System



H-2 Pharmacy/Specialty waiting room



It takes the courage and strength of a warrior to ask for help. If you or someone you know is in an emotional crisis...

**Veterans  
Crisis Line**  
1-800-273-8255 **PRESS 1**



VA HEALTH CARE Defining EXCELLENCE in the 21st Century

The *Suicide Prevention Coordinator* can be reached at **914-737-4400 ext. 2892**

## Lyme Disease

Lyme disease is the most common infectious illness in the United States. Lyme disease is caused by the bite of ticks infected with the Lyme disease bacteria. Within 7-14 days following a tick bite infected with the bacteria that causes Lyme disease, approximately 80% of persons will have red, slowly expanding “bull’s-eye” rash. This may be accompanied by general tiredness, fever, headache, stiff neck and joint pain.

If untreated, weeks to months later, the bacteria can affect the joints, tendons, heart and nervous system.

Lyme disease can be treated effectively with antibiotics for 2-4 weeks in the early stages of the disease. Early diagnosis and treatment are important for avoiding complications of later stages of the disease. Lyme disease is most common during the late spring and early summer months. Check with your VA provider if you have any of these symptoms.

### YOU CAN PREVENT LYME DISEASE BY:

- Avoiding tick-infested habitats, such as moist shaded environments, low bushy, wooded and grassy areas.
- Keep grass cut, remove leaf litter, brush and woodpiles near houses.
- Apply pesticides to residential properties.
- Wear protective, light colored clothing so that ticks can be spotted more easily.
- Apply insect repellent containing DEET to clothes and exposed skin.
- Check for and remove loose or attached ticks. Transmission of the bacteria from an infected tick is unlikely to occur before 36 hours of tick attachment, so check daily for ticks and remove them promptly.
- Remove attached ticks with tweezers. Get as close to the mouthparts as possible and gently pull straight back.
- Watch for early signs of infection and seek treatment if symptoms develop.

## Spotlight on Women’s Health Treatment for HPV now available

The Human Papillomavirus, commonly referred to as HPV, is the most common sexually transmitted infection today affecting approximately 20 million Americans. Most infected people don’t know they have it. The immune system will naturally clear HPV infection within 2 years in 90% of the cases. There are 40 HPV types, some can cause genital warts and other’s can cause cervical cancer. “There is no cure for Genital HPV, but there is treatment for the diseases it causes.”

You can lower your risk of becoming infected with HPV by using condoms, limiting sexual partners, and being vaccinated. The vaccine is given in three doses over a six month period. The routine Pap test can find abnormal cells (dysplasia) on or around the cervix early so one can start a course of treatment immediately. Talk to your Primary Care or Women’s Health Provider about the HPV vaccination program.



## Look for VA Hudson Valley’s new Mobil Clinic van!



Coming soon to your neighborhood!



VA Hudson Valley  
Health Care System  
2094 Albany Post Road  
Montrose, NY 10548

[www.hudsonvalley.va.gov](http://www.hudsonvalley.va.gov)

[www.facebook.com/VAHudsonValley](http://www.facebook.com/VAHudsonValley)

## Where You Can Find Us

### Medical Centers

**Castle Point Campus**  
Route 9D  
Castle Point, NY 12511  
845-831-2000

**Montrose Campus**  
2094 Albany Post Road  
Montrose, NY 10548  
914-737-4400

### Community Clinics

**Carmel**  
1875 Route 6  
Carmel, NY 10512  
845-228-5291

**Goshen**  
30 Hatfield Lane  
Suite 204  
Goshen, NY 10924  
845-294-6925

**Monticello**  
55 Sturgis Road  
Monticello, NY 12701  
845-791-4936

**New City**  
345 North Main Street  
Upper Level  
New City, NY 10956  
845-634-8942

**Pine Plains**  
2881 Church Street  
Route 199  
Pine Plains, NY 12567  
518-398-9240

**Port Jervis**  
150 Pike Street  
Port Jervis, NY 12771  
845-856-5396

**Poughkeepsie**  
Freedom Executive Park  
488 Freedom Plains Road  
Suite 120  
Poughkeepsie, NY 12603  
845-452-5151

## New MRI at Castle Point!

The Imaging Program at the Castle Point campus of VA Hudson Valley Health Care System is pleased to announce the opening of their brand new MRI suite.

The new Magnetic Resonance Imaging (MRI) is a state of the art machine producing the clearest images, an extra wide opening for larger frame sizes and the machine is one of the quietest in the industry.

MRI uses a strong magnetic field and radio waves to produce high resolutions images of the body, and unlike CAT scans or X-ray, MRI does not use radiation and has no harmful effects. However, because of the strong magnetic field patients with pacemakers or other implanted devices may not be suitable candidates for MRI.

We look forward to providing excellent patient care to our Veterans. If you need to make an appointment, call 845-831-2000, ext. 5107. The MRI suite is located on the basement level, room F-016, next to the CAT scan room.



## Have you registered on My HealtheVet?



**My HealtheVet** is a Personal Health Record for Veterans. It offers Veterans anywhere, anytime Internet access to VA health care information, benefit information, online services, and more!

To get the most out of My HealtheVet, visit Castle Point or Montrose facilities to get an upgraded account. With My HealtheVet, VA patients can refill their prescriptions, track their health vitals, keep on-line journals, and being to create a personal Health Record.

To get the most out of My HealtheVet, visit Castle Point or Montrose facilities to get an upgraded account, a one-time process known as In-Person Authentication (IPA). Register today! It's free, convenient and designed just for you, our Veterans.

[www.myhealth.va.gov](http://www.myhealth.va.gov)



## Operation Enduring Freedom (OEF) Operation Iraqi Freedom (OIF) Operation New Dawn (OND)

**VETERANS**  
in need of  
service or  
information  
please call:

### PROGRAM MANAGER

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**Betsy Valentine, RN**  
Case Manager  
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