



Women veteran vitality

VA Nebraska-Western Iowa Health Care System

FALL 2009

Quality Women Veterans Health Care

Finding common grounds in your care.

Women Veterans Health Strategic Health Care Group—Central Office's vision for VA is to be the nation's leader providing comprehensive health care to female Veterans, thereby raising the standards of care for all women. Their mission is to ensure that all female Veterans experience timely, equitable, high-quality, comprehensive health care in a sensitive and safe environment.

VA NWIHCS developed Women Veterans Health Care Committees at each site, including the CBOC's, to strategically address and assure the health care delivery at all sites are enhanced to meet one of VA's top priorities: Women Veterans Health Care.

Currently, each site has designated Women Veterans Primary Care Providers that will ensure comprehensive primary care to female

Veterans. These Providers are proficient and interested in serving female Veterans through all stages of life, meeting the goal of the One-Visit Model. This model provides both general primary care, (i.e., acute care, chronic disease management, preventative care, etc.) and gender specific care (i.e., pap, breast exams, contraception counseling, chronic disease management, preventative care, etc.). This practice facilitates best health care practices and performance improvement activities to promote women's health care.

How does this affect you as a female Veteran? You will be given the choice to select a designated Women Veterans Primary Care Provider who will address your health care needs and facilitate a health care plan that is inclusively yours.

What VA NWIHCS Does for You

VA offers gender-specific programs and services.

VA NWIHCS takes pride in serving and meeting the needs of our female Veterans. VA offers eligible female Veterans access to a full range of primary and specialty care including gender specific programs and services.

Eligibility for VA Health Services

If you served in the active military, naval or air service and are separated under any condition other than dishonorable, you may

qualify for VA health care benefits. Current and former members of Reserves or National Guard who were called to active duty (other than for training only) by a federal order and completed the full period for which they were called or ordered to active duty may be eligible for VA health care as well. VA encourages all Veterans to apply so that it can be determined if they are eligible for enrollment with VA.

—Continued on Reverse



VA NWIHCS, Omaha
4101 Woolworth Ave.
Omaha, NE 68105
(402) 346-8800
Toll Free:
(800) 451-5796

Bellevue CBOC
2501 Capehart Rd.
Bellevue, NE 68113
(402) 591-4500

Grand Island CBOC
2201 N. Broadwell Ave.
Grand Island, NE 68803
(308) 382-3660
Toll Free:
(866) 580-1810

Holdrege CBOC
1110 Burlington St.
Holdrege, NE 68949
(308) 995-3760

Lincoln CBOC
600 S. 70th St.
Lincoln, NE 68510
(402) 489-3802
Toll Free:
(866) 851-6053

Norfolk CBOC
710 S. 13th St., Ste. 1200
Norfolk, NE 68701
(402) 370-4570

North Platte CBOC
600 E. Francis, Ste. 3
North Platte, NE 69101
(308) 532-6906

Shenandoah, IA CBOC
512 S. Fremont
Shenandoah, IA 51601
(712) 246-0092



Primary Care Services

Gender specific services.

- Primary Care and Specialty Care
- Gynecological Care, Family Planning and Birth Control
- Maternity Care*
- Infertility Evaluation and Treatment
- Menopause Issues (i.e., Osteoporosis)
- Wellness and Healthy Living – nutrition, MOVE! Program, weight management and smoking cessation
- Mammograms, Breast and Cervical Cancer Screening
- Vocational Rehabilitation Programs
- Services for Homeless
- Home Health, Respite, Hospice, Palliative Care and Long Term Care Placement

My HealthVet – You can request your refills online at: <http://www.myhealth.va.gov>. Online registration is required.

*Veterans are required to notify VA as soon as you know you are pregnant for pre-approval authorization.

Mental Health Services

Helping Veterans cope with mental illness.

- Inpatient and Outpatient Psychiatric Medical Services
- Psychological Counseling, Assessment and Evaluation
- Counseling for Interpersonal, Relational, Parenting, Domestic Violence, Bereavement and Other Emotional Stressors
- Group Counseling
- Substance Abuse Outpatient and Residential Treatment
- Adjustment Counseling After a Deployment
- Post Traumatic Stress Disorder
- Military Sexual Trauma

VA is devoted to helping Veterans manage stressors that may be causing depression, anxiety or stress. Staff will assist in educating each Veteran about their diagnosis and plan of care. Once a treatment plan has been made, mental health staff will work with the Veteran's primary care provider to support each Veteran's path of healthy living.

Having an emotional crisis?

Call The Suicide Prevention Hotline

1-800-273-TALK (8255)

Available 24 hours a day, 7 days a week

For more information on Women Veterans services contact:

Cindy Niemack-Brown, CMSW, LMHP

Women Veterans Program Manager

(308) 382-3660 ext. 2287 or 1 (866) 580-1810 ext. 92287

Women Veteran Primary Care Providers

Your designated primary care staff and champions.

Primary Care Providers

Omaha

- Dr. Brannan **
- Dr. Fixley
- Dr. Etherton
- Dr. Woehrer
- Dr. Griffin
- Dr. Horowitz
- Dr. Porter
- Dr. Peters
- Dr. Ehlers
- Dr. Cichowski
- Dr. McAlevy
- Dr. Maio

Dr. Kang

- NP Popelka
- PA Von Oldenburg

Shenandoah

- Dr. Billups **
- NP Holmes

Bellevue

- Dr. Cichowski **

Lincoln

- NP Hinkle **
- NP Mastny **
- PA Peterlin **

Norfolk

- NP Miller **

Grand Island

- Dr. Amyot **
- Dr. Cronin
- PA Martens

North Platte

- NP Sullivan **

Holdrege

- PA Resendiz **

Woman Veteran Champions

Mental Health

- Omaha-Dorau **
- Grand Island-Morgan **

OEF/OIF

- Omaha-NP Popelka **
- Grand Island-PA Robbins **
- Grand Island-Hopkins **
- Lincoln-PA Baum **

Public Affairs

- VA NWIHCS-Oldham **

Educational Coordinator

- Omaha-Dr. Bonnema **

Coordinator

- VA NWIHCS-Niemack-Brown **

**Denotes Women Veterans Champion/Senior Clinician