



March 2015

## This Issue

- ❖ Women's History Month
- ❖ Bite Into a Healthy Lifestyle
- ❖ Heart Smart Workshop
- ❖ Meet the Staff

## April Issue

Tips for A Good Night's Sleep

## Celebrating Women's History Month

Women have played an enormous role in the founding and development of this country. This was not recognized until the 1980s. It changed in 1987 when Congress passed a joint resolution requesting that the month of March be assigned as "Women's History Month." Since then Congress and/or each sitting president has designated the month of March as a month to celebrate the history and achievements of women. The Library of Congress has called it a:

**"tribute to the generations of women whose commitment to nature and the planet have proved invaluable to society."**

At the Miami VA we wish to thank and honor all the women who have devoted their time to serving our country. Women have made many contributions to the military. Here is a brief history of the women who broke barriers and became pioneers in our military's history:

- ❖ Dr. Mary E. Walker, a Union Army Contract surgeon during the Civil War, became the first and only woman awarded the Medal of Honor.
- ❖ In 1942 Carmen (Contreras) Bozak joined the Women's Army Auxiliary Corps (WAAC) when the Army was looking for bilingual Hispanic women to work in cryptology, communications and interpretation. She volunteered for the first Company to go overseas and went to Algiers, Africa, as an interpreter.
- ❖ In 1948, Ensign Edith De Voe entered the Regular Navy Nurse Corps and First Lieutenant Nancy C. Leftenant entered the Regular Army Nurse Corps, becoming the Corps' first African American members.
- ❖ On July 15, 1964, Margaret E. Bailey became the first African American nurse promoted to Lieutenant Colonel in the Army Nurse Corps and later became the first African American colonel.
- ❖ On June 11, 1970, Anna Mae Hays, Chief of the Army Nurse Corps, became a Brigadier General.
- ❖ In 1972, Chief of the Navy Nurse Corps, Alene B. Duerk, received a spot promotion to become the first female Rear Admiral, the Navy's equivalent to Brigadier General.
- ❖ In 1976, Fran McKee, a female Navy Line Officer, was promoted to Flag Rank. She became the first Navy woman who was not a nurse to achieve star rank.
- ❖ On Sep. 1, 1979 Hazel W. Johnson was promoted to Chief of the Army Nurse Corps becoming the first African American woman General Officer.\*

**These courageous women paved the way for all who followed. This month we recognize them and all of you for the hard work and sacrifice you have made for our great nation. Thank you all.**

\*All material for this page came from the Women's Memorial Page at:

<http://www.womensmemorial.org/Education/HisHistory.html>

## Heart Smart Workshop



On Saturday, February 28<sup>th</sup>, the VA STEAM program hosted a Heart Smart Workshop at the William “Bill” Kling Clinic in Broward. Heart disease is the number one killer of women and is a household problem. For this reason, the workshop was open for women Veterans and their spouses/significant others. There were 31 attendees in total.

The morning began with Dr. Remberto Rodriguez, Chief of Primary Care, giving a lecture on the risks of heart disease. Dr. Rodriguez gave a detailed explanation of what causes heart disease and how one can lower these risks.

Dr. Stuti Dang introduced an exciting new program to be launched soon, the MEANS (My HealthVet to Enable and Negotiate for Shared Decision Making) program. The program connects women Veterans who are having symptoms of menopause with their healthcare team using the secure messaging feature in My HealthVet. If you would like to learn more about this program please look for more information in our Resources section.

Dr. Jason Dahn explained the importance of personalized health goals and highlighted the tools available at the VHA for self-assessment and monitoring of health-related behaviors. He explained healthy change-talk, motivation (should I eat the blueberry or bran?), and the environmental and social challenges that reward unhealthy choices. The group was led through an exercise in considering the importance of several healthy choices to make incremental achievements toward health goals.



Lastly, Nutritionist Katrina Guzman gave those who attended tips on how to shop healthy and smart at the grocery store: **Shop the perimeter of the store as that is where the fresh food is kept.** The inside aisles are where most of the processed food is placed. Ms. Guzman spoke of the importance of reading the nutrition labels on foods while grocery shopping and looking at the ingredients in the foods you purchase. She spoke about the importance of eating a well balanced diet, making sure everyone has their recommended vitamins and minerals, stays away from high fat and high sodium foods and recommended the Healthy Plate Method.



We received wonderful feedback from all who attended and we hope to have another event at the Bruce W. Carter Medical Center in Miami soon. In the meantime, please continue to visit our websites for upcoming events and monthly newsletters. We hope to see you all at our next event!

## Resources

### MEANS

*Connecting women Veterans with menopause symptoms to their health care team through My HealthVet.*

Contact Carlos Gomez at  
305-575-7000,  
ext. 6732

[www.choosemyplate.gov](http://www.choosemyplate.gov)

*USDA website 's Healthy Plate Method that provides easy to follow information to help us eat healthier diets with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information.*

# Bite into a Healthy Lifestyle: National Nutrition Month 2015

Katrina Guzman MS, RDN/LDN



Each March the Academy of Nutrition and Dietetics celebrates National Nutrition month by spreading the message of eating healthy to America. This year's theme is "Bite into a Healthy Lifestyle." The theme is meant to encourage all of us to eat fewer calories, make smarter food choices, and include daily physical activity. The goal is to maintain a healthy weight, decrease risk for chronic diseases, and promote overall health.

As a Registered Dietitian I try my best to practice what I preach on a daily basis. This year's theme is not only one that speaks volumes to me, but one that I hope reaches everyone. I strive to make my patients

understand that there is no magic pill, food, drink, herbal supplement, or even surgery, that is key to improving YOUR overall health. While it is true that any one of these can lead to temporary results or change the way you look, none of them will work in the long-term until you change some habits. Adopting a healthy lifestyle means making a lifetime commitment to change habits that will not only allow you to reach your weight goals, but will also help improve your immune system, brain function, mood, level of pain, and give you the energy you need to keep you performing at your best; not just for today or the next few months, but for the rest of your life!

For more information on nutrition and exercise, please visit our websites:

[www.menopause.varesearchfoundation.com](http://www.menopause.varesearchfoundation.com)

[www.miami.va.gov/menopause](http://www.miami.va.gov/menopause)

## So What Can You Do?

Work with your Registered Dietitian Nutritionist (RDN). They can help you create realistic and easy to follow eating and activity plans. The plans will help you to find a balance between giving your body what it needs, eating foods you enjoy, and making time for activities you love.

### Decrease Overall Calories:

- ❖ Learn your daily calorie needs which will vary based on age, weight, activity level, and pre-existing health conditions.
- ❖ Cut back on dietary fats (they make up the most calories you eat) and increase your intake of non-starchy vegetables (low in calories and high in fiber) to keep you full and satisfied.
- ❖ Remove calories from beverages such as sodas, sugary drinks, and alcohol. Substitute these for water or calorie-free alternatives.
- ❖ Stick to recommended portion sizes or Healthy Plate Method ([www.choosemyplate.gov](http://www.choosemyplate.gov)).
- ❖ Track your daily food intake using a food journal or computer/phone app to help you become more accountable, stay within the appropriate calorie range, and find ways to cut back.

### Make Informed Choices:

- ❖ Attend nutrition classes provided by Registered Dietitians in your area.
- ❖ Read food Labels. Pay attention to serving sizes since the numbers provided are for only 1 serving of that product. Limit saturated fat (7% of total calories), trans fat (0), Cholesterol (less than 150mg daily), sodium (less than 1500 mg daily) and sugar. Try to get enough fiber (30 g per day), vitamins, calcium, and iron.
- ❖ Look at the ingredients on the label.

### Include Daily Physical Activity:

- ❖ Aim for at least 150 minutes per week (30 minutes a day, 5 days per week) of moderate exercise, or 75 minutes per week of vigorous activity (Check our websites for detailed recommendations on intensity/duration)\*
- ❖ Perform muscle-strengthening exercises that include all major muscle groups at twice weekly.
- ❖ Combine routine activities that fit your lifestyle such as walking more, standing and cleaning, with planned activities like aerobic walking, swimming, cycling, and dancing.

# Meet the Staff

## Barbara Singleton, LCSW



Ms. Singleton received her B.S. degree from Florida Memorial University and went on to obtain her Masters in Social Work at Florida State University. Prior to joining the VA, she had extensive Social Work experience in Mental Health, Substance Abuse, Geriatrics/Aging and Adult Services. In 1988, seeing the rising need for women's health services, she was instrumental in leading the team that developed the Women Veterans Program at the Miami VAHS. She currently holds the position of Women Veterans Program Manager. Ms. Singleton serves on several VHA committees in VISN 8, Region 2 and the VHA National Women's Health Services groups. Prior to her current roles in Women's Health and in Medical/Mental Health Care at the Miami VA, she served as the Former Prisoners of War Admin. Coordinator, assisted in initiating the Sexual Trauma Program, and was the first Military Sexual Trauma Coordinator at the Miami VAHS.

## VA Links

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

*This is the link to the My HealthVet page. There you can learn all the ways it can help you stay connected to your healthcare team, how to enroll, reorder medications, etc. Once enrolled in the My HealthVet you can participate in our MEANS program.*

## Contact Info:

For information on VA STEAM, our Newsletter content or suggestions please contact:

Tatiana Mijares-Cantrell  
305-575-7000, ext. 6157  
Tatiana.Mijares-Cantrell@va.gov

For information on VA Women's Health Programs please contact:

Barbara Singleton  
Women Veteran's Programming Manager  
305-575-7000, ext. 4513

Dr. Panagiota Caralis  
Women Veteran's Medical Director  
305-575-3206

## Jocelyne Lauture, ARNP

Ms. Lauture obtained her B.S. in Nursing from City College of New York in 1986. She worked at NYU's Rusk Institute of Rehabilitation Medicine as a floor nurse before being promoted to assistant head nurse and nursing Supervisor. In 1996 she obtained a Master's degree in Nursing as an Adult Nurse Practitioner from NYU. Ms. Lauture then moved to Port Charlotte, FL, where she worked as Stroke Coordinator. There she helped establish the Fawcett Memorial Hospital's Center for Stroke Excellence.

In 1998, she relocated to Miami and worked at the Dade Correctional Facility as a Mental Health/ARNP while completing a Post Master's Certificate in Mental Health from FIU. In 2001 Ms. Lauture joined the Miami VA Healthcare System as a contracted NP. She has been at the Homestead CBOC since then and became a permanent staff member in 2008.

Ms. Lauture is proud and honored to be at the forefront in women's health at the VA. Women have unique needs and she enjoys the opportunity to be part of the process in caring for and educating the women Veterans from childbearing age to menopause on the importance of all of their care needs, especially preventing heart disease and identifying those with osteoporosis.

