



The above mural honoring our Veterans through the era's is on display in our hallway and was created by local artist Galen McCarthy

VICTOR SIERRA OSCAR COMMO CHECK!

Vol 2 Number 1

"America's Veterans embody the ideals upon which America was founded."

January 2019

This publication is for all Veterans, their families and their communities, compiled solely by the Jackson County Veterans Service Officer. The information provided herein is to keep you informed of upcoming events, newsworthy items and historical data of interest.

Proud member of



MN and National Associations of Veteran Service Officers



"In the aftermath, we are because they were." R.J. Heller,

OFFICE INFORMATION

The Jackson County Veterans Service Office is located at:

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Monday 8am-4:30pm
Tuesday 8am-4:30pm
Wednesday 8am-Noon
Thursday 8am-Noon
Friday Closed

(Available for after hour appointments case-by-case)

www.co.jackson.mn.us/veterans

You can find us on FaceBook too



IT'S A NEW YEAR!

Or some of us may consider it as "Just another day"... Whatever the case it really is a good starting point to begin anew. Reboot your life, rethink your plans, strategize for your future. I shy away from resolutions because I always seem to break them within the first couple weeks.

Take a look at the past year(s) accomplishments (and those less than accomplished items) then look toward the days, months and years to come, probably one month at a time, and then ask yourself "where do I want to be by 20XX?". Now let me see...

Lose weight	The VA has a program for that
Become healthier	The VA has a program for that
Eat healthier	The VA has a plan for that
Exercise	The VA has advice for that and a plan
Make more money, become rich	Well, you're on your own for that
<i>(However, if you're healthy and fit it's easier to sustain employment and do more!)</i>	
Help with financial budgeting	Your VSO or the VA know programs
Get my life together	The VA has help with that
Help me cope better	The VA has help with that
Get better at keeping appointments	The VA can help you with that too!
<i>(Reduce or eliminate travel by using Outreach Clinics, use technology through tele-health appointments, use myHealtheVet to track appointments/use secure e-mail, and more!)</i>	
Find reliable rides to appointments	Using local ride services by VSO
Did I mention weight loss?	Yes, and the VA can still help!!!!
Complete living advance directive	The VA has help with that

This is just the tip of the iceberg... The VA has resources to work with you on most of your issues with day to day living. It's convenient, confidential and easy to use, all you have to do is call!



And don't forget, if you do make a list of resolutions and they are not fulfilled you have not failed yourself, you simply have made an adjustment which you will revisit once more. Be realistic, take small steps and do what you can, unrealistic goals that are cannot be attained are discouraging...

Go ahead! Start the New Year out with a call for an appointment and begin working on the things you want to do to make your life better! CALL NOW!

JANUARY SPECIAL DAYS

1 – HAPPY NEW YEAR!!! (a.k.a. Nat'l Hangover Day)
21 – Martin Luther King's Birthday

Remember! Every Wednesday is a special day too, it's "HUMP DAY"! The week is "over the hump", halfway to the weekend...

"Every time you tear a leaf off a calendar, you present a new place for new ideas and progress." - Charles Kettering

WHAT YOU HAVE BEEN WAITING FOR!

I'm a trifle late in publishing this tidbit of pseudo-medical cornucopia of concoctions concerning the cure for coping with the condition born of copious consummation of spiritual libation.

THE COMMON HANGOVER

HANGOVER

Woe is me... No, it's **NOT** an illness for an excused absence from work nor for garnering compassion. **IT'S OUR OWN FAULT!!!!** Why do we continue to do this to our bodies? I guess it seemed like the sociable right thing to do at the time.



Over the years I have found my own remedies for dealing with these bouts of spirituous maladies but they don't work on some (*usually me*) so I surfed the Internet and this is what I found... Now remember, the Internet doesn't lie, or so I've been told... Is that true? Better check it out before you trust it is all I have to say on the subject! **Now on to the countdown!**

18. Drinking more

a.k.a. "Hare of the Dog" – It doesn't generally cure the hangover it just delays it... It may take the edge off though.

17. Rubbing a slice of lemon under your armpit

WHAT?!?! This is purported to come from the Caribbean. This method **obviously** did not work but it did give my right pit a distinct citrus musk.

16. Coffee

I can attest to this with my past law enforcement experience attest that it **DOES NOT WORK!** It just makes for a wide awake inebriant.



15. Pickle juice

Although there may be evidence that this does help due to the electrolyte replenishment properties ask yourself, in this state of physical discomfort would you be able to choke it down? How about regurgitating it back up? Ewww!!!

14. Coconut water

See above, replace "pickle juice" with "carton of Satan's urine cut with 40-year-old hamster milk." Also, I'm not partial to coconut water.

13. Activated charcoal

Think about it, purposely eating charcoal? Well, maybe it will filter the odoriferous properties of the resulting "by product" in the "end"...

12. Alka-Seltzer

Alka-Seltzer apparently will neutralize the stomach acid churning in the depths of your stomach. Alka-Seltzer only neutralizes one aspect of your hangover. This actually may be considered help, but not a cure...

11. Pedialyte

This stuff is like supercharged Gatorade for babies. It's filled to the brim with electrolytes, and over the years has developed a reputation as a hangover cure. There is even a product available that's sold at some liquor stores that is a "Pedialyte for Adults".

10. Advil

Like Pedialyte, Advil, while a valid supplemental way to help bury a hangover, cannot do the job on its own. It will help with your head and achy feeling though.

9. Coca-Cola

Coke genuinely seems to settle my stomach, give me the perfect concentrated dose of caffeine, and improve my mood. I'm not sure it helps but it doesn't hurt...

8. Lotsa water!

Hydration is an obvious solution to dehydration but drinking too much water can end up causing more problems like filling your gut with a gallon of water which can lead to vomiting. Hydration is super-important. Yes, alcohol is liquid but it does NOT hydrate...

7. Puking

Upchucking definitely will help assuage many of your symptoms, particularly nausea. Its ruthless effectiveness can't be understated. However, having the contents of your stomach come out of your mouth is pretty damn unpleasant.



6. Pho/ramen/chicken noodle soup

Food is the best medicine for almost everything. A hot bowl of soup after a rough night can often be the ideal solution to your hangover woes. The mix of sodium, broth, and noodles is like a culinary hangover panacea. But think about it, when you're hungover are you able to swallow anything? Refer to "Puking" above...

5. DripDrop/Drinkwel

Over-the-counter hangover pills and powders are often met with speculation. I mean, it does seem too good to be true, right? Potions like DripDrop and Drinkwel aren't magic, but they are loaded with vitamins and electrolytes that are designed to get you hydrated fast.



4. Bacon, egg, and cheese sandwich

Many pretty much swear by this method! GREASY FOOD! Is it the grease-laden combination of the eggs and bacon, or does the bread soak up the booze swirling in your stomach? Does the layer of cheddar awaken endorphins? Who knows for sure but it does seem to have an effect, in a good way!

3. Smoking weed

Pros:

- It may settle your stomach
- Provides a sense of euphoria
- You may forget your headache
- It definitely Increases your appetite

Cons:

- **May make you high** (also a pro, but not if you have stuff to do)
- **Illegal... Which is a pretty big con.** A con that might turn you into a con.

In no manner do we endorse this method, proceed at your own risk if you so choose, bro.

2. IV drip

Unless you have some “insider assistance” I wouldn’t recommend this bit it does work and really darn quick! It delivers a calculated cocktail of vitamins, saline, nausea medication, and more straight into your veins.



1. Physical exercise

Exertion can lead to a lot of water drinking. The fresh air helps clear your head. Endorphins are released told your brain. This does work but it’s tough to get started when you can’t hardly stand without puking!

As an honorable mention, I was told by a friend of mine who works on a metropolitan police department that the city took all of the O₂ tanks from their cars trunks because the oxygen tanks kept running low. **Pure O₂ really does do wonders, or so I’ve heard...**



The absolute bestest and mostest reliable is to party smart! Drink responsible, limit your alcohol intake, use moderation or, better yet, don’t drink. You can be the one there pointing and laughing as you watch all of your buddies drunken antics and then hauling their drunk butts home... **You can be the hero!**

HAVE YOU CHECKED YOUR BENEFITS?

If you’re planning to leave the service in 2019, don’t miss out on your VA benefits. Even if you are already out of the service check this out, a lot of great information for you and your family!

Eligible transitioning service members may be able to:

- Find peace of mind with VA life insurance

- With Veterans’ Group Life Insurance, you can convert your active duty Servicemembers’ Group Life Insurance into lifetime renewable group insurance.
- Veterans must apply within one year and 120 days of leaving service.

- **File a claim with VA disability compensation**
 - Using VA’s Decision Ready Claims Program, transitioning service members can file pre-discharge claims if they have less than 90 days before their separation from military service.
 - Veterans who have disabilities, medical conditions or injuries incurred or intensified during active military service may qualify to receive tax-free monthly benefits.
- **Take control of your well-being with VA health care**
 - VA’s comprehensive medical benefits package includes primary care, specialty care, mental health services and more.
 - Eligible combat Veterans have free medical care – no enrollment fee, monthly premiums or deductibles – and free medications for any condition that may be related to service. This extended eligibility for health care lasts five years from the date of discharge or release.

Visit [Explore.VA.gov](https://www.explore.va.gov) to take the Benefits Navigator quiz and find out which benefits you may qualify for, or check out all VA benefits by clicking the button below.

JOB HUNTING?



Are you looking for a job, want to get a different job? Here are a few contract position openings in Jackson and the link to a list of many more!.

Job Title	Experience	Type	Location
General Labor - Service	★ Open	Full Time	Jackson, MN
Service Technician or Advanced Service Tech.	★ Open	Full Time	Jackson, MN
Parts Specialist	★ Open	Full Time	Jackson, MN
Media Buyer	★ Open	Full Time	Jackson, MN
Minnesota Service Technician Internship	★ Open	Part Time	Truman, MN; Edgerton, MN; Worthington, MN

For a much more inclusive list of jobs locally: www.minnesotajobnetwork.com/jobs.asp?pagemode=7&aid=1876649

Do you need a resume or a cover letter? At the Minnesota Job Network you can complete an application and there is information for creating resume's and cover letters. There is also help to plan your job search and tips on interviewing.

Otherwise, if would prefer, we can assist you at the Veterans Service Office, just give us a call!



**NEWS & VIEWS OF INTEREST
FROM THE MN DEPARTMENT
OF VETERANS AFFAIRS!**

DESK OF THE MDVA COMMISSIONER

Larry Shellito, December 19, 2018

Year in Review

As I write this article to bring 2018 to a close, I do so with mixed emotions. First of all this has been a year of changes, hard work, and drive. It's the year that the agency has ended with a renewed sense of mission and strong forward movement. It is a year of endings, and promises of new beginnings.



2018 marks my eighth and final year serving as Commissioner of Veterans Affairs for the state. Representing the nearly 330,000 Veterans has truly been a privilege for me these past eight years. I thank Governor Mark Dayton for giving me the honor of being the Commissioner and the opportunity to work alongside so many of Minnesota's and America's heroes. This is not something that I could've done alone. It takes a whole team and I want to thank all the partners in the Veterans community in bringing our Veterans all the way home!

Here is a brief year in review:

- *Funding of three new Veterans Homes in Montevideo, Bemidji, and Preston.*
- *Our Resident satisfaction surveys at our Homes were once again higher than the national average. Which aligns with our motto: "Every Day is Veterans Day."*
- *Minnesota's unemployment rate remains below the national average; importantly, this includes our Veteran community.*
- *We've opened and had the first burial at the new State Veterans Cemetery in Duluth.*
- *We received the outstanding member award from the National Coalition for Homeless Veterans.*
- *We opened a new state-of-the-art 100 bed skilled nursing care facility on the Minneapolis Veterans Home campus which completed a 10-year, three-phase remodeling project for Minneapolis.*
- *We opened the nation's first Veterans home fixed dental care facility.*

I am proud of this agency and am confident that they will continue to ensure that our Veterans are treated with the dignity and respect they so richly deserve. I've always said the goal of this agency is to bring our Veterans "all the way home!"

In closing I again want to say I've had great honor in working with the Veterans of the State of Minnesota and there will always be a special place in my heart for those who serve and support our Veterans.

**ANNUAL VETERANS CREATIVE ARTS
COMPETITION**

Calling all enrolled Sioux Falls area Veterans for entries for the local Veterans Creative Arts Competition. All visual art, including painting, drawing, sculpture, photography, woodcarving, needlework, leatherwork, kits and more + creative writing are welcome. A local art show will be held Feb. 6, 2019 from 10:00 a.m.-2:00 p.m. on 2nd floor of the Primary Care addition at the Sioux Falls VA Medical Center. All entries must have been created within the last year.



If you have questions, call Denise at 605-336-3230, Ext. 9-6418 or Shirley at 605-333-6889. Entry deadline is Jan. 31.

Some of these pieces may go on to the national competition. A Sioux Falls area Veteran placed in national competition in 2018!

VA employees are also invited to enter their art, which will not compete with Veterans' entries.

VA HOSPITALS OUTPERFORM!

VA Press Release
www.va.gov/opa/pressrel/pressrelease.cfm?id=5162

VA hospitals outperform private hospitals in most markets, according to Dartmouth study



Very Good

WASHINGTON — According to an independent Dartmouth study recently published this week in Annals of Internal Medicine, Department of Veterans Affairs (VA) hospitals outperform private hospitals in most health care markets throughout the country.

"This is proof that the hard work and dedication of our VA employees is making a real difference in the lives of our nation's Veterans," said VA Secretary Robert Wilkie. "It validates the strong work we're doing for Veterans under President Trump's leadership in giving our heroes the very best quality of care that they have earned through their faithful service to our country."

Dartmouth researchers assessed 121 regional health care markets with at least one VA facility and one non-VA hospital in conjunction with Hospital Compare data, a public database that ranks hospitals on quality measures like mortality rates and patient safety indicators.

According to the findings, VA hospitals provided the best care in most referral regions and rarely provided inadequate care. VHA hospitals provided the best care in most referral regions and rarely provided the worst care. VHA hospitals provided the best care in most referral regions and rarely provided the worst care.

One of the most notable findings in study showed VA hospitals were the best or above average for treating heart attacks, heart failure and pneumonia. Additionally, VA ranked best in local markets at least half the time for measures including death rates among patients with serious complications after surgery; collapsed lung due to medical treatment; broken hip from a fall after surgery; and bloodstream infections after surgery.

While VA supports most of the study's findings, the agency does not agree with the authors' stance on community care, which ignores the fact that for decades it has served as a vital tool for ensuring VA has the ability to provide Veterans the best, most timely health care possible, and that it enjoys strong bipartisan support, as evidenced by passage of the MISSION Act.

VA has been offering community care since the World War II era, starting with the then-Veterans Administration's Hometown Program that began in 1945. Former Secretary David Shulkin was a staunch advocate for community care and sought to increase its role at VA, arguing that competition with private providers is necessary for VA facilities to improve continuously. Former Secretary Bob McDonald also underscored the importance of this option for Veterans.

To learn more about the study visit:
<http://annals.org/aim/fullarticle/2718687/veterans-health-administration-hospitals-outperform-non-veterans-health-administration-hospitals>.

VA awards Community Care Network contracts...

...to increase health care access

WASHINGTON — The U.S. Department of Veterans Affairs (VA) awarded contracts Dec. 28 to manage provider networks for Regions 1, 2 and 3 of VA's new Community Care Network (CCN), the department's direct link with community providers that will ensure VA provides the right care at the right time to Veterans.

"These contract awards reflect our ongoing commitment to increasing Veterans' access to care," said VA Secretary Robert Wilkie. *"As part of VA's modernization efforts, we designed the new network based on feedback from Veterans and other stakeholders, along with lessons learned from the Veterans Choice Program. We are confident this new network will greatly improve*

customer service for Veterans and timeliness of payments to community providers."

The network will be the standard contract vehicle allowing VA to purchase care for Veterans from community health care providers using industry-standard approaches and guidelines in support of the VA MISSION Act of 2018 to administer services and manage the network to its full potential. VA will provide care coordination under this new contract. TriWest Healthcare Alliance has expanded its network to support Veteran and provider care coordination across the nation until CCN is fully implemented.

Contracts were awarded to the following firm:

- Region 1 – Optum Public Sector Solutions, Inc.
- Region 2 – Optum Public Sector Solutions, Inc.
- Region 3 – Optum Public Sector Solutions, Inc.

The contract award for Region 4 is expected by early April 2019. Contract award for Regions 5 and 6 are expected by end of calendar year 2019.

Region 2 covers Illinois, Indiana, Iowa, Kansas, Kentucky, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota and Wisconsin.

(To view more see map on page 8 of this publication)

VA is committed to delivering efficient, safe, timely and quality health care to all Veterans across the nation.

"An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves"

SPRIT OF MINNESOTA TRIBUTE BELL



As Minnesota's third largest private employer and a Minnesota Yellow Ribbon Company, Wells Fargo sponsored the casting of The Spirit of Minnesota Tribute Bell to honor Minnesota veterans. This sustainable mobile platform will allow Minnesotans a distinctive way to recognize veterans, active service members and military families for years to come.

The Spirit of Minnesota Tribute Bell was cast by The Verdin Company in Cincinnati, Ohio. After 175 years, The Verdin Company still uses craftsmanship honed over the decades to produce the highest-quality bells, clocks, and towers in the world.

MACV is proud to be the recipient and steward of The Spirit of Minnesota Tribute Bell. This bell will be used to

raise awareness for all Veterans and their families that we serve throughout the state of Minnesota.



The bell contains dozens of military items donated by the communities, all with deep personal meaning. "We had a box in every branch in Minnesota and asked people to bring their stuff in, and we had some really interesting donations" stated Alan Dix

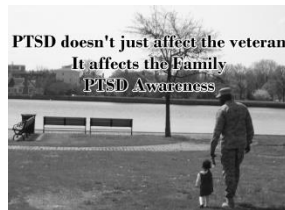
The Spirit of Minnesota Tribute Bell is mounted on a small trailer so it can travel across the state for special events and parades. Organizations may call and reserve it as they wish. For more information or to reserve it you can contact Minnesota Assistance Council for Veterans (MACV).

LIVING WITH PTSD

COURTESY OF VA
E-MAIL UPDATES

There are ways to help your family member with PTSD. Don't give up.

If you're living with a family member who has PTSD, you're at the frontlines of seeing the effects on your loved one. Sometimes, you might feel alone, scared, or confused. You might wonder how to help your loved one, or if there is anything you can even say or do to make things better.



It is normal to feel frustrated or discouraged. But there are steps you can take to help.

EDUCATE YOURSELF

Use reliable resources to educate yourself about PTSD. The National Center for PTSD is a good place to start. The website has resources that explain what PTSD is, symptoms your loved one may have, and ways to treat it:

- **Watch** short animated videos to help you learn about PTSD and effective treatments.
- **Download** PTSD Family Coach: A mobile app to support family members of those living with PTSD.
- **Read** Understanding PTSD: A Guide for Families and Friends (PDF)

COMMUNICATE

You can also support your family member by being there for them if they want to talk. Say things like, "I've noticed changes in you, have you also noticed them?" Explain that you understand that PTSD is something they have but not who they are. Even if your loved one withdraws from you at first, it is important for them to know that you will be there when they're ready.

SHOW YOUR SUPPORT

Be there both emotionally and physically for your family member, especially if they have just been diagnosed with PTSD. You can do this by going to doctor visits with your loved one and helping them keep track of any medication they are prescribed.

When your loved one is experiencing intense PTSD symptoms, like anger or nightmares, comfort and reassure them. Help them by allowing them to feel what they're feeling in the moment.

Dr. Matthew Yoder, Clinical Psychologist, says, "What's not helpful, in the medium to long term, is trying to keep your loved one from feeling distressed. It's a natural instinct . . . but it can make the symptoms worse. In order to get better, people with PTSD need to learn that they can handle distressing or anxiety-provoking situations, NOT how to get good at avoiding them."

ENCOURAGE TREATMENT

One of the most important ways to help your family member is by getting your loved one into treatment – especially evidence-based talk therapy. If they are not willing to try therapy, medication may also help.

"If you've got a family member who's been newly diagnosed with PTSD, help them get into evidence-based treatment as soon as possible," Dr. Yoder adds.

Even if your loved one is resisting your help, at some point, they'll need your support.

"Don't let them exclude you entirely," says Dr. Yoder. He says that the key things are "remaining supportive, remaining available, not taking things personally, and not giving up on your attempts at trying to get them into treatment."

More Resources for Families

- The National Center for PTSD's online course Community Reinforcement and Family Training - Help with PTSD for You and Your Family has strategies for encouraging your loved one to get treatment, and also includes self-care tips. (See Link Below)
- Reach out to Coaching into Care, VA's free national telephone service. Coaching into Care helps family members and friends with concerns about the mental health and well-being of the Veteran in their life.



Learn more about how to help a family member who has PTSD and get more resources to help on-line at: <https://content.govdelivery.com/accounts/USVHA/bulletins/2258bb3>

Contact your local Veteran Service Officer for more information and resources!

Another great resource is Military One Source <https://www.militaryonesource.mil/>

You may also contact the Veterans Crisis Line at **800-273-8255**

"We spend January 1st walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched.

Maybe this year, to balance the list, we ought to walk through the rooms of our lives...not looking for flaws, but for potential."

-Ellen Goodman

WHEN IS A GOOD TIME...

When is a good time to review your VA records to be sure you are getting all that you deserve?

- **Any Time!** Now's the right time. If you are thinking about them then you must need to do it!

What to look for as you review?



- **First and foremost** your contact information. Without the right info your VSO cannot get in touch if he/she needs to.



- **Any status changes** to include children, marriage, divorce (*Current spouse information*), other dependents,

- **Accuracy**, ensure all other information is correct. It only takes a quick keystroke to add wrong info!
- **Eligibility**, are you eligible for any further benefits or an increase on any existing ones? Over the years new benefits are added as well as updating of guidelines.
- **Source Documents** may be missing (*i.e. marriage or birth certificates, divorce decrees, death certificates, etc.*) and need to be added to complete your file.

Bottom line is to just be cognizant of what's in your file, if there is not an accurate amount of information the "picture" being painted may not reflect the total you! Just give us a call to schedule your review today!

URGENT INFORMATION

Please place these numbers close by in case you would ever need to call one. We hope that the need never arises but we also understand that it's a real possibility. Better to be prepared and to know where to call for help when help is needed...

National Suicide Prevention Hotline

1-800-273-8255

NATIONAL PROBLEM GAMBLING HELPLINE

1-800-522-4700



OR TEXT TO "838255"



minnesotaveteran.org

1-888-LinkVet
(546-5838)

HOW COPY? OVER...

GOOD COPY! OUT!

DON'T FORGET – LIKE US ON FACEBOOK!

www.facebook.com/JacksonCountyMNVeteranServices
or visit online at www.co.jackson.mn.us/veterans

See ya next month!



The sole responsibility for content is Jeffrey Gay, Jackson Veteran's Service Officer.



Community Care Network Regions

CCN Region 4

VISN 16

Houston, TX (580)

VISN 17

Amarillo, TX (504)
El Paso, TX (756)
Texas Valley Coastal, TX (740)
Central Texas (674)
North Texas (549)
South Texas (671)
West Texas (519)

VISN 19

Cheyenne, WY (442)
Grand Junction, CO (575)
Salt Lake City, UT (660)
Sheridan, WY (666)
Eastern Colorado, CO (554)
Montana (436)

VISN 20

Boise, ID (531)
Portland, OR (648)
Roseburg, OR (653)
Spokane, WA (668)
Puget Sound, WA (663)
Walla Walla, WA (687)
White City, OR (692)

VISN 21

Fresno, CA (570)
Honolulu, HI (459)
Reno, NV (654)
San Francisco, CA (662)
Northern California (612)
Palo Alto, CA (640)
Southern Nevada (593)

VISN 22

Loma Linda, CA (605)
Long Beach, CA (600)
New Mexico (501)
Northern Arizona (649)
Phoenix, AZ (644)
San Diego, CA (664)
Southern Arizona (678)
Greater LA, CA (691)

CCN Region 1

VISN 1

Bedford, MA (518)
Manchester, NH (608)
Central Western, MA (631)
Providence, RI (650)
Togus, ME (402)
Boston, MA (523)
Connecticut, CT (689)
White River Junction, VT (405)

VISN 2

Bronx, NY (526)
Albany, NY (528)
Bath, NY (528)
Canandaigua, NY (528)
Syracuse, NY (528)
New York, NY (630)
Northport, NY (632)
Hudson Valley, NY (620)
East Orange, NJ (561)

VISN 4

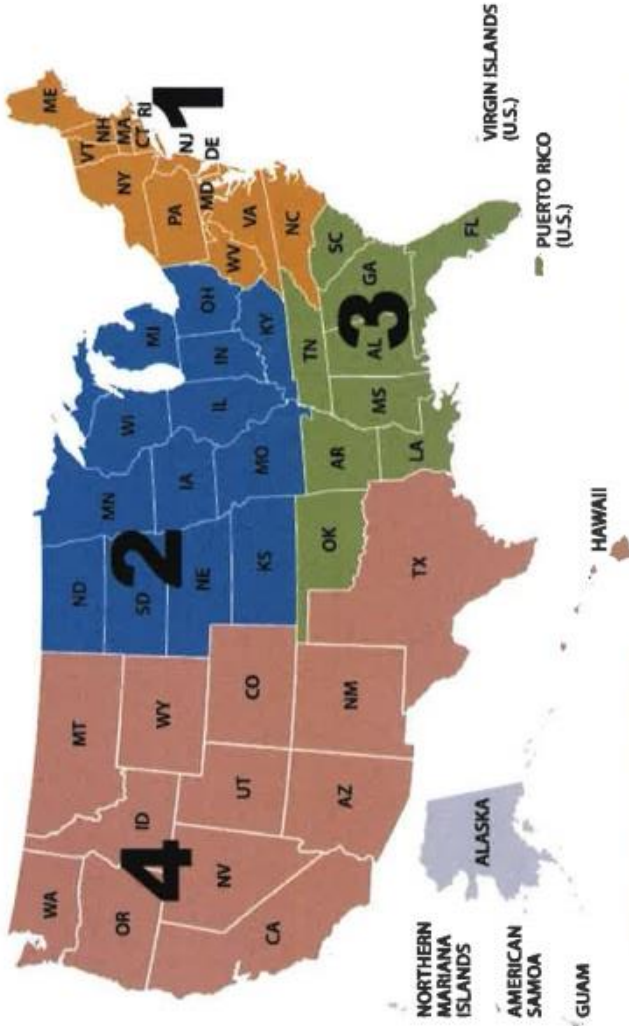
Alltoona, PA (503)
Butler, PA (529)
Coatesville, PA (542)
Erie, PA (562)
Lebanon, PA (595)
Philadelphia, PA (642)
Pittsburgh, PA (646)
Wilkes-Barre, PA (693)
Wilmington, DE (460)

VISN 5

Beckley, WV (517)
Clarksburg, WV (540)
Huntington, WV (581)
Martinsburg, WV (613)
Baltimore, MD (512)
Washington, DC (688)

VISN 6

Asheville, NC (637)
Durham, NC (558)
Fayetteville, NC (565)
Hampton, VA (590)
Richmond, VA (652)
Salern, VA (658)
Salisbury, NC (659)



CCN Region 3

VISN 9

Memphis, TN (614)
Mountain Home, TN (621)
Tennessee Valley, TN (626)

VISN 16

Alexandria, LA (502)
Fayetteville, AR (564)
Jackson, MS (586)
New Orleans, LA (629)
Shreveport, LA (667)
Central Arkansas, AR (598)
Biloxi, MS (520)

VISN 19

Muskogee, OK (623)
Oklahoma City, OK (635)

VISN 7

Augusta, GA (509)
Birmingham, AL (521)
Charleston, SC (534)
Columbia, SC (544)

VISN 15

Atlanta, GA (508)
Dublin, GA (557)
Tuscaloosa, AL (679)
Central Alabama (619)

VISN 8

Bay Pines, FL (516)
Miami, FL (546)
N. Florida / S. Georgia (573)
Orlando, FL (675)
San Juan, PR (672)
Tampa, FL (673)
West Palm Beach, FL (548)

VISN 12 (cont.)

Tomah, WI (676)
Chicago, IL (537)
Illiana, IL (550)

VISN 15

Columbia, MO (589)
Eastern Kansas (589)
Kansas City, MO (589)
Wichita, KS (589)
Marion, IL (657)
Poplar Bluff, MO (657)
St. Louis, MO (657)

VISN 23

Fargo, ND (437)
Des Moines, IA (636)
Iowa City, IA (636)
Minneapolis, MN (618)
Omaha, NE (636)
Sioux Falls, SD (438)
St. Cloud, MN (656)
Black Hills, SD (568)

VISN 9

Lexington, KY (596)
Louisville, KY (603)

VISN 10

Chillicothe, OH (538)
Cincinnati, OH (539)
Cleveland, OH (541)
Columbus, OH (757)
Dayton, OH (552)
Detroit, MI (553)

VISN 12

Indianapolis, IN (583)
Saginaw, MI (655)
Battle Creek, MI (515)
Ann Arbor, MI (506)
Northern Indiana (610)

VISN 12

Hines, IL (578)
Iron Mountain, MI (585)
Madison, WI (607)
Milwaukee, WI (695)
North Chicago, IL (556)

Due to special nuances with healthcare systems and provider networks in Alaska and the Pacific Territories (which includes American Samoa, Guam and the Northern Mariana Islands), VA expects to issue a separate solicitation for Alaska and Pacific Territories as CCN Regions 5 and 6, respectively.