

MARCH 2024

# Women Veterans Newsletter

VAMC Manchester

VA



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Manchester Healthcare System

## Women's History Month

**WARRIORS OF  
DIVERSITY, VALOR,  
AND STRENGTH**

**HONORING  
NATIVE  
AMERICAN  
WOMEN  
VETERANS**



WOMEN'S HEALTH CARE  
★★★ *You Can Trust*

855.VA.WOMEN  
[www.womenshealth.va.gov](http://www.womenshealth.va.gov)

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### Newsletter Highlights

Women's History  
Month

Welcome  
Dr. Martínez-Adorno

Trouble sleeping?

Pelvic Health  
Physical Therapy

Tele-Town Hall Recap  
and Helpful Contacts

### Upcoming Events

Women's Healthy  
Teaching Kitchen

### Recipe of the Month

During Women's History Month 2024, VA Office of Women's Health is honoring Native American women Veterans. VA recognizes the impact your advocacy, contributions, and sacrifice have made on our military history. Native American women Veterans have had an exemplary tradition of military service for over 200 years, overcoming adversity and serving at a higher rate compared to all other demographics.

During World War I, several Native American women volunteered to join the Army Nurse Corps, before they were even considered American citizens (which would not be granted to Indian Nations until 1924). During World War II, approximately 800 Native American women joined the military. Native American women have continued to serve throughout our history, during the Korean War, Vietnam era, Persian Gulf War, and Post-9/11 – working as nurses, pilots, and more. Today, Native American women serve in all branches of the Armed Forces.

VA understands that your health care is shaped by language, culture, and other social factors. We aim to provide culturally tailored health initiatives to improve your experience at VA and your health outcomes. From training our VA health care providers to consider your individual cultures, values, and experiences, to acknowledging your holistic beliefs in health and preferences for traditional healing methods, we provide you with the care you need.



VA partners with Indian Health Service, Tribal Health Programs and Urban Indian Organizations (I-T-Us) to improve your health care and ensure VA-enrolled, eligible Native American women Veterans and their families receive reimbursement for care from IHS facilities. If you're not currently enrolled in VA health care, we encourage you to give us a chance! We're proud to serve Native American women Veterans and are continuously aiming to ensure we provide you with culturally sensitive and respectful care you can trust. Thank you for your service.

Learn more about the stories behind these notable women:

<https://news.va.gov/128127/womens-month-honoring-native-american-veterans/>

## **Women's Health Medical Director - Gynecologist Dr. Melissa Martinez-Adorno**

The VA Manchester welcomes Dr. Melissa Martinez-Adorno as our new physician Gynecologist. Dr. Martinez-Adorno has over 19 years of experience offering full scope gynecological care to patients in New Hampshire. She is a dedicated advocate for comprehensive and personalized gynecologic healthcare. Specializing in trauma-informed care, she creates a compassionate environment that prioritizes the unique needs of each patient. Dr. Martinez-Adorno's expertise spans the full spectrum of the menstrual cycle including reproductive health and fertility, cervical cancer evaluation, evaluation and treatment of abnormal uterine bleeding, polycystic ovarian

syndrome, pelvic pain and endometriosis, pelvic floor dysfunction, as well as perimenopause and menopause. She is passionate about providing care to all persons, in an empathetic and compassionate way, that focuses on patient centered care. To schedule an appointment with Dr. Martinez-Adorno, please contact your primary care provider to ask for a referral.



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## Trouble Sleeping?

You're not alone. Half of women Veterans experience sleep issues, but treatment is available! You may experience sleep issues more often and differently than men due to hormonal changes unique to you, like premenstrual syndrome (PMS), premenstrual dysphoric disorder (PMDD), pregnancy, or menopause. Difficulty sleeping could be due to medical problems, such as pain, mental health, a diagnosable sleep condition, and more.

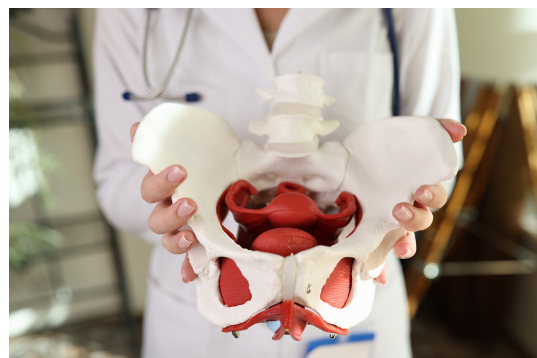


If you're experiencing the following symptoms, VA can help:

- Frequent or chronic difficulty falling or staying asleep
- Waking up gasping for breath (or your partner says you stop breathing when you sleep)
- Waking up to uncomfortable sensations in your legs (or your partner says you move your legs rapidly during sleep)
- Snoring loudly
- Getting up from sleep more than twice to urinate
- Waking up feeling like you haven't slept enough or feeling exhausted during the day

VA has several resources to treat insomnia, snoring or sleep apnea, restless leg syndrome, and other issues that may keep you from getting your rest. You may be eligible for treatments such as sleep therapy, at-home devices, medication, and more advanced care.

Don't snooze on your health! Speak with your VA health care provider about your concerns and listen to our She Wears the Boots podcast episode on insomnia for more information.



## Pelvic Health Physical Therapy

Did you know pelvic health conditions can significantly affect a woman's quality of life? One in three women have pelvic health conditions and we can help!

One in three women have pelvic health conditions. These conditions include pelvic pain, endometriosis, pelvic organ prolapse, and urinary and or bowel incontinence.

Pelvic health plays an important role in complete physical, mental, social, and sexual well-being. Pelvic health conditions can affect a woman's quality of life.

To learn more or request a referral, talk to your VA health care provider about causes and treatment options available to you!



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# Trouble Sleeping?

**Half of Women Veterans experience sleep issues.**  
Sleep issues are treatable. VA can help.

## Free *Insomnia Coach* App

to manage symptoms through a  
5-week training program

## Free Online Sleep Course

to screen for sleep disorders  
& help manage sleep issues

## Sleep Studies

to help diagnose & address sleep  
concerns, at home or in person

## Sleep Treatment


to address insomnia, snoring, sleep  
apnea, restless leg syndrome & more

## Specialists

to provide cognitive behavioral therapy  
for insomnia & improve sleep behaviors

## Mental Health Care

to address or treat trauma,  
depression, anxiety & PTSD



**Speak with your VA health care  
provider to connect with sleep  
specialists and treatment.**

Scan the QR code to listen  
to our *She Wears the Boots*  
podcast episode on insomnia



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## Tele-Town Hall Recap and Helpful Contacts

On Feb. 13 the VA Manchester Medical Center hosted over 100 Women Veterans for a Tele-Town Hall. VA Manchester leadership and staff provided facility updates and shared information on various topics to include heart health, pelvic health physical therapy, and the PACT Act. Our new gynecologist, Dr. Melissa Martinez-Adorno, was introduced. Veterans had the opportunity to participate in poll questions and live Q&A.

### Emergency Care Notification

Call (844) 724-7842 within 72 hours of the start of care.



### Urgent Care After Hours

<https://www.va.gov/find-locations/>

### VA Military Sexual Trauma (MST)

VA Manchester MST Coordinator  
(603) 624-4366 ext. 3706



### My HealtheVet (MHV)

[www.myhealth.va.gov](http://www.myhealth.va.gov)  
MHV HelpDesk at 877-327-0022

### Patient Advocates

(603) 624-4366 ext. 6491

### Women Veteran Program Manager

(603) 624-4366 ext. 6541

### Intimate Partner Violence Assistance Program (IPVAP)

(603) 624-4366 x6040



## UPCOMING EVENTS

### Manchester VA Nutrition Services

#### Women's Healthy Teaching Kitchen

with Samantha Daily-Malysa & Rebecca Normandeau

#### Topic: Anti-inflammation

May 15, 2024 1:00 - 2:00 p.m. VVC

#### Topic: Back to school Family Meal Planning

August 24, 2024 1:00 - 2:00 p.m. VVC

**RSVP Required: please call (603)624-4366 ext. 6407**



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## Loaded Vegetable Omelet

Prep: 10 minutes | Cook: 10 minutes | Total: 20 minutes

Yield: 1 serving | Serving Size: 1 omelet

### Ingredients

- 3 large eggs
- 3 tablespoons low-fat (1%) milk
- ¼ teaspoon ground black pepper
- 1 teaspoon olive oil
- ½ cup finely diced onion
- ½ cup finely diced mushrooms
- ½ cup finely diced bell pepper
- Nonstick cooking spray
- 2 tablespoons shredded reduced-fat (2%) cheese

### Directions

1. Crack the eggs into a small bowl. Add the milk and black pepper. Whisk with fork until combined, then set aside.
2. Heat a 10-inch nonstick skillet over medium-high heat.
3. Add the oil and heat until shimmering.
4. Add the onion, mushrooms, and bell pepper. Cook, stirring often, until tender and lightly browned, about 3-5 minutes.
5. Transfer the vegetable mixture to a plate and set aside.
6. Spray the pan with nonstick spray and return the pan to the stovetop. Reduce the heat to medium-low.
7. Add the egg mixture to the pan and cover the pan with a lid.
8. Allow the eggs to cook, without stirring, until firm but still moist, about 2-4 minutes.
9. Remove the lid and sprinkle the vegetable mixture and cheese over one half of the cooked eggs.
10. Fold the other half of eggs over the vegetables and cheese.
11. Turn off the heat and cover the pan with the lid until the cheese is melted, about 2-3 minutes, then serve warm.

### Recipe Notes

- Substitute any of your favorite fresh or leftover vegetables, or add cooked lean meat and beans if desired.

Nutrition Facts Per Serving: Calories: 350 | Total Fat: 22 g | Saturated Fat: 6.5 g  
Sodium: 400 mg | Total Carbohydrate: 12 g | Dietary Fiber: 2 g | Protein: 28 g

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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We would love your feedback on the newsletter.  
Please send comments and suggestions to [Tanya.Pinter@va.gov](mailto:Tanya.Pinter@va.gov)