



ACROSS THE ISLANDS

VETERANS HEALTH NEWSLETTER

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Join Our Team! VAPIHCS Job Fair

Daniel K. Akaka VA Clinic
91-1051 Franklin Roosevelt Ave
Kapolei, Hawaii 96707
June 3, 2026
10:00 am - 3:00 pm

We're Hiring Health Care Professionals

- Bring resume and transcripts
- Bring two forms of Government ID
- Be prepared for on-the-spot interviews
- Veterans please bring DD214



Scan the QR code for more information



NATIONAL VETERANS GOLDEN AGE GAMES

The 2026 National Veterans Golden Age Games will take place June 27 through July 2 in Tampa, FL, and brings together Veterans aged 55 and older for one of the nation's premier adaptive sports and wellness events. Hosted by the U.S. Department of Veterans Affairs, the Games promote healthy aging and rehabilitation through competition, camaraderie, and fitness-focused activities across multiple sports disciplines.

The VA Pacific Islands Health Care System is proud to have a total of 33 athletes participating this year, including seven athletes traveling from American Samoa, a tremendous representation of dedication, perseverance, and island pride.

To honor and encourage our athletes before they depart for the Games, join us for the athlete send-off celebration on Wednesday, June 17, at 12 pm at the Daniel K. Akaka VA Clinic.



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VA OUTPATIENT CLINIC GUAM ANNEX GRAND OPENING

“ I am very pleased with my primary care doctor and nurses. Their genuine care for Veterans gives me confidence and trust to rely on their services.

Veteran at the
Guam VA Clinic



COMING SOON

SUBSCRIBE TO OUR NEWSLETTER

SUBSCRIBE TO VA PACIFIC ISLANDS HEALTH CARE SYSTEM NEWS AND ANNOUNCEMENTS



The VAPIHCS will open a new VA Outpatient Clinic in Dededo, Guam in mid-June 2026. This new facility marks an important expansion in healthcare access for Veterans across Guam and the region. The new facility annex will help improve access to care and provide Veterans with more convenient service options closer to home.

By expanding its footprint, the VA is strengthening its ability to meet the evolving health care needs of the community. The additional space will enable more comprehensive clinical operations and help ensure that Veterans receive timely, high-quality care tailored to their needs.

NEW LABORATORY AMERICAN SAMOA

On-site lab testing is coming to the American Samoa Community Based Outpatient Clinic in mid-June 2026, reducing outside referrals and making the care process more convenient. The new laboratory will also enhance communication between clinical teams, helping providers make more informed decisions and streamline follow-up care.

By improving access to essential diagnostic services, Veterans in American Samoa can expect more efficient and comprehensive support for their health needs. “This new laboratory is an important step forward in our mission to provide timely, high-quality care to the Veterans,” said Thomas A. Steinbrunner, VAPIHCS Executive Director.

As VAPIHCS continues to expand services across the Pacific Islands, the addition of this laboratory highlights the ongoing dedication to meeting Veterans where they are.



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“ I have been totally satisfied with the way I have been treated, and the medical care I have received.

Veteran at the
Hilo VA Clinic



Live Whole Health

LESS SCROLL, MORE SOUL: RECLAIM YOUR FOCUS WITH A DIGITAL RESET

June is about taking a step back from screens. In today's online world, it's easy to feel overloaded by constant notifications, endless scrolling, and frequent screen time. Too much screen use can leave us feeling distracted, disconnected, and drained. This June, Whole Health encourages Veterans to turn some of that screen time into “me time” by choosing activities that support overall well-being.

Taking intentional breaks from technology—even for a short time—can make a meaningful difference. A digital reset can help reduce stress and anxiety, improve sleep, and support better focus throughout the day. Reclaiming your focus doesn't mean completely disconnecting. It can be as simple as setting aside intentional time to unplug, taking a “media fast,” or practicing mindful use of technology.

Ways to Recharge Without Screens

The good news is it doesn't take big changes to make an impact. Try one of these simple screen-free activities:

- Take a walk outside in the fresh air or spend time in the garden
- Stretch or move your body
- Practice prayer, meditation, or deep breathing
- Spend time with friends or family
- Write in a journal and reflect on your day

These small shifts can help boost your mood, reduce stress, improve sleep, and increase focus. Over time, they can support a more balanced and intentional relationship with technology.

Turning screen time into “me time” is a simple way to reconnect with what matters most. Less scroll, more soul.

VA Whole Health offers resources to help Veterans build mindful habits and recharge, including meditation practices, mindful technology tools, the Insomnia Coach app, and the Path to Better Sleep program.



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“ My recent lab visit for blood draw was great, the procedure was quick and painless.

Veteran at
Maui VA Clinic



VETERANS HEALTH EDUCATION AND INFORMATION PROGRAM (VHEI)

The Veterans Health Education and Information (VHEI) Program supports Veterans, caregivers, families, and staff by ensuring that everyone has access to trusted, Veteran-centered health education and resources. By increasing health literacy and promoting clear, reliable information, the program empowers Veterans to make informed health care decisions and more confidently navigate VA services.

VHEI focuses on strengthening shared decision-making, encouraging self-care, and improving understanding of health care options. This includes promoting the Veterans Health Library, which provides easy-to-understand, vetted information on health conditions, treatments, medications, mental health, and healthy living. The program also developed Stoplight Tools to support chronic disease management, offering Veterans simple visual guides to help manage their health day-to-day. In addition, VHEI hosts the Virtual VA Pacific Islands Healthcare Orientation, a monthly webinar that introduces participants to VA health care services and programs and guidance on how to access them.

These efforts are led locally by VHE Coordinator Elizabeth Kawana, who continues to support Veterans and families in finding the information and resources they need to stay informed and engaged in their care.



Elizabeth Kawana, RN, BSN, CDCES
Veterans Health
Education Coordinator



Scan the QR Code to visit
the Veterans Health Library

TOLL-FREE FOR VETERANS IN THE PACIFIC ISLANDS

1-800-214-1306

Dial and Press...

- Press 1 Honolulu
- Press 2 Windward
- Press 3 Kapolei
- Press 4 Hilo
- Press 5 Kona
- Press 6 Maui or Lanai
- Press 7 American Samoa
- Press 9 Guam or Saipan



The VAPIHCS Call Center serves as the primary toll-free connection to care for Veterans throughout the Pacific Islands, helping connect callers to services across all sites of care. Whether a Veteran needs to schedule or manage an appointment, request information about available services, connect with a clinic or specialty program, refill medications, receive guidance on referrals, or ask questions about eligibility and enrollment, the Call Center team is available to help navigate the process with professionalism, compassion, and respect.

The Call Center serves as a coordinated support hub for Veterans and their families, facilitating referrals to primary care, specialty care, mental health services, women Veterans programs, telehealth, community care, and other VA resources across the Pacific while guiding caregivers and family members to appropriate next steps for timely support.

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“The pharmacy employees are great professionals, and I know they really care about my health and about me as a person.”

Veteran at Spark M. Matsunaga
 VA Medical Center

Connect And Be Heard



Veteran Community Outreach

Kauai Veteran Town Hall

June 2, 2026

5:00 pm – 6:00 pm

3215 Veterans Memorial
 Highway
 Lihue, HI 96766

Guam Veteran Town Hall

June 21, 2026

4:00 pm - 5:00 pm

Micronesia mall
 1088 W Marine Corps Dr
 Dededo, GU 96929

Saipan Veteran Town Hall

June 23, 2026

12:00 pm - 4:00 pm

Multi-Purpose Center
 Beach Road
 Susupe, Saipan 96950

An Alternative to Nursing Home Care

A Medical Foster Home (MFH) offers Veterans an alternative to nursing home care by providing 24/7 personal support in a warm, family-like setting. All Veterans in an MFH are enrolled in the Home Based Primary Care (HBPC) program, an interdisciplinary team that delivers primary care directly in the home. This model allows Veterans to remain in a familiar environment while still receiving consistent, high-quality clinical oversight tailored to their individual needs.

The HBPC team includes physicians, nurse practitioners, psychiatrists, social workers, nurses, occupational and physical therapists, recreation therapists, and pharmacy staff. Together, they provide coordinated, comprehensive, person-centered care. This collaboration ensures that both medical and psychosocial needs are addressed, promoting stability, independence, and improved quality of life.

To ensure safety and quality, the MFH Coordinator completes unannounced monthly home visits. These visits help maintain high standards of care, provide ongoing support to caregivers, and ensure that each Veteran's living situation remains safe and appropriate. Veterans pay privately or through Medicaid for MFH placement. Additionally, the MFH team works closely with Veterans and their families to help them understand available resources, support planning for long-term needs, and ensure a smooth, informed transition into the program.

Medical Foster Homes Provide:

- Trained professionals
- Private homes
- Fewer residents
- Help with medications

For more information about the MFH Program, Contact, Rosemary Na'a, LCSW, MFH
 808-940-1322



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“ I feel that the entire staff has my wellness and health in mind. ”

Veteran at Kailua-Kona VA Clinic



At the VA Pacific Islands Health Care System, we are dedicated to caring for you as a whole person—body, mind, and spirit. Every day, we work to strengthen the connections and relationships between Veterans and their healthcare teams.

Open conversations are an important part of building trust and understanding what matters most to you, to allow us to understand your needs, your goals, and what is most important. Strengthening our partnerships leads to better care and better outcomes, because it helps us work together in a way that respects your voice. When you share what’s going on in your life, it gives your care team a clearer picture of how to best support you.

We’re focused on making your experience across our system feel more connected and easier to navigate. When you feel informed and supported, especially as you move through different clinics or specialty appointments, you can make decisions with more confidence. Clear communication about next steps, treatment options, and available support helps you stay involved in your health and strengthens the teamwork between you and your providers.

Our vision is to be the trusted healthcare partner for all Veterans across the Pacific Islands. We strive to provide care that is easy to access, innovative, compassionate, and respectful of the many cultures in our communities, no matter where our Veterans live.

Thank you for trusting us with your care. We are honored to serve you.

Thomas A. Steinbrunner, FACHE
 Interim Executive Director

