



“Just Right” Inspired by loss, Kimela Nisely gets TLC support to make lasting health changes

Veteran Kimela Nisely had smoked for 32 years, but had always wanted to quit. “My husband recently passed away from the complications of emphysema and COPD,” she explains. “And that was what finally motivated me to make the change.”

When Kimela’s primary care provider at the James E. Van Zandt VAMC in Altoona, Pennsylvania, recommended TLC, she knew it was a good fit. The coaching support and program convenience really appealed to her, in part because of her history of unsuccessful attempts to quit tobacco. “I’d had no success with cessation programs over the years...until I started TLC,” she says.

Now, Kimela is proud to say that she’s been smoke free for over 5 months. “I quit cigarettes on May 16, 2012—my son’s birthday and my wedding anniversary—and I feel really good!” she reports. “TLC gave me the help and encouragement I needed to make such a big lifestyle change.”

Kimela raves about the telephone support her health coach has provided. “The number of calls was just right—not too many or too few—and it was really convenient being able to call from home,” she explains. “On each call, my coach provided the helpful tips and education I needed to keep moving towards my goal.”

Kimela also appreciated the genuine concern that her coach had for her. “It was nice to know that I could call back anytime I wanted,” she says. “And it was nice to feel like someone really cares about me and my goals.” With the support of TLC program staff, and weekly appointments with a behavioral health social worker, Kimela has been able “to quit, and *stay* quit!”

TLC also is helping Kimela address another long-standing health challenge: weight. “My weight has fluctuated since I was a teenager, and as with smoking, I’ve tried different weight-control programs without success,” she says. “But with the help of my coach, I’ve also been able to achieve my goal of losing weight.” Now, she’s exercising and watching her calories. “Through TLC, I’ve gone from 252 pounds down to 206 pounds!” Kimela says. “I’m aiming for 189 pounds by December 2012, and with the support of TLC and my health coach, I know I can do it!”



VA
HEALTH
CARE | Defining
EXCELLENCE
in the 21st Century

TLC
Telephone Lifestyle Coaching
for Healthy Living