



BEST CARE ANYWHERE FOR WOMEN VETERANS

There are more female Veterans than ever before, so VA is increasing care, resources, and changing the culture from the inside. Across VA, it's everyone's job to give women Veterans

the best care anywhere and at VA Butler Healthcare, we're working hard to deliver on that promise.

VA Butler recently expanded women's health services to include the Lawrence and Mercer County VA Outpatient Clinics (CBOCs). Our goal is to make sure women Veterans, like U.S. Army Veteran Traci Thrasher, receive the best health care – and are provided that excellent care in one location.

Traci Thrasher enlisted in the Army Reserve in 1984, earned her commission in 1986 after completing her degree, and entered active duty in 1987. After serving 20 years,

including tours in Germany and Korea, she retired as a Major and signed up for VA care. Today she receives all of her medical care, as well as her women's health care at VA Butler's Mercer County VA Outpatient Clinic.

"The women's health program has grown tremendously since I first enrolled," said Traci. "All female health services used to be sent to an outside provider. Then, when I began receiving care at the Cranberry Township VA Outpatient Clinic, there was a dedicated room built with female privacy in mind and a female provider on-site to perform exams. Now, I see a female provider at the Mercer

County VA Outpatient Clinic and can receive all my care in one location!"

VA Butler provides comprehensive health care services specific to women Veterans' needs. Learn more by visiting www.butler.va.gov/services/womenvets.asp or calling VA Butler's Women Veterans Program Manager at 800.362.8262, ext. 2756.

"VA Butler Healthcare has a great reputation, and I have not been disappointed!" said Traci. "I am not treated any differently because I am a female Veteran. Female Veterans are treated with dignity and respect, and the care is outstanding." ★

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Traci Thrasher, U.S. Army Veteran

THIS MONTH IN HISTORY...DECEMBER

- 1 Bingo is invented by Edwin Lowe (1929)
- 3 The first official U.S. flag raising occurs aboard naval vessel Alfred (1775)
- 8 The U.S. enters World War II (1941)
- 21 Congress authorizes the Medal of Honor (the Nation's highest award) for Navy personnel (1861)
- 22 During the Battle of the Bulge, General Anthony McAuliffe responds to a German surrender request with a one word answer: "Nuts!" (1944)
- 23 The *Voyager* completes the first nonstop flight around the globe on one load of fuel. It landed at Edwards Air Force Base in California after nine days and four minutes in the sky (1986)



DECEMBER 5, 2012 is INTERNATIONAL VOLUNTEER DAY

'Tis the Season...to volunteer! Interested in volunteering at the VA, visiting our Veterans, or making a donation during the holidays? Call us: 724.285.2575 or visit our website: www.butler.va.gov/giving/ (all visits must be pre-arranged).



Have a Happy & Safe Holiday Season

Impaired driving is dangerous and causes more than half of all motor vehicle crashes. Don't drive while under the influence of alcohol or drugs or ride with somebody who is. Reduce your chance and your loved ones' chances of a motor vehicle accident by correctly using seat belts and car seats, checking the news for inclement weather warnings, and not texting or talking on a cell phone while driving. Learn more at www.prevention.va.gov/Be_Safe.asp. ★



VA Butler Healthcare's Diabetes Support Group

DIABETES CARE DURING THE HOLIDAYS

Don't let diabetes stop you from celebrating with friends and family this holiday season! Planning ahead, limiting portion sizes, and staying active will allow you to enjoy holiday celebrations and stay healthy. The best way to compensate for eating a little more than usual this season is to be physically active. Remember, some activity is better than none!

VA Butler Healthcare offers a weekly Diabetes Support Group for Veterans and a monthly Diabetes Self-Management Education Program. Veterans are provided with the information they need to control their diabetes and ways to slow down or prevent complications of the disease. For information call 800.362.8262, ext. 5024. Remember, we are here for you! ★

NATIONAL INFLUENZA VACCINATION WEEK IS DECEMBER 2-8, 2012

It's not too late to vaccinate – get your flu vaccine today! National Influenza Vaccination Week is a great time to get your annual flu vaccine. An annual flu vaccine is recommended for everyone six months and older. Once vaccinated, you can enjoy this holiday season knowing that you have taken the single best step to protect yourself and your loved ones against the flu. For more information about influenza or the flu vaccine, talk to your VA doctor or visit www.publichealth.va.gov/flu/vaccination. ★



We want to hear from you!
Email amanda.kurtz2@va.gov or lauren.heiger@va.gov to share your story with us!

EVENTS

- 6 December Podcast • Physical Medicine & Rehabilitation Services
Thursday, Dec. 6 • 12-12:30 pm
Call in: 724.444.7444 (Call ID: 85029)



800.362.8262
724.287.4781



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