



## INSTANT CONNECTION

Growing up in a military family influenced Tanya Lunn’s decision to join the U.S Air Force. “My dad was in the Air Force so I always grew up living the Air Force life as a kid. I liked the lifestyle growing up.”

Tanya joined the Air Force about a year before she graduated high school through their delayed enlistment program. “Once I officially graduated, I enlisted and was sent off to basic training.” Tanya was in the Air Force from 1996-1999;

most of her time was spent in Tucson, Arizona, although she also traveled to Las Vegas and Saudi Arabia.

While transitioning out of the military, Tanya learned about VA care and signed up. She’s actually been to five different VA facilities across the nation, but now receives care at VA Butler Healthcare.

Today Tanya works at the VA Pittsburgh Regional Office doing Vocational Rehabilitation Counseling. “When I

got out of the military I knew I wanted to work for the VA – I wanted to work for other Veterans.” Tanya was interested in helping other Veterans because of the instant connection Veterans tend to have. “You may not have had the same experiences, you may not be in the same branch, but you’re still family in a way,” Tanya said.

Being a female Veteran, Tanya also gets her women’s health care through the VA. “As far as women care goes, I just ask Brenda,” Tanya said. Brenda Sprouse is the Women

Veterans Coordinator at VA Butler. “She always responds really quickly. If she doesn’t know the answer, she’ll find it out for me.” Tanya is also soon expecting her first child. “My doctors have been *really*, really good about responding to things I need or questions that I have.”

The Women Veterans Healthcare Services Program guarantees that all eligible female Veterans have access to VA benefits and services. For information, call the Women Veterans Coordinator at 800-362-8262, ext. 2756.

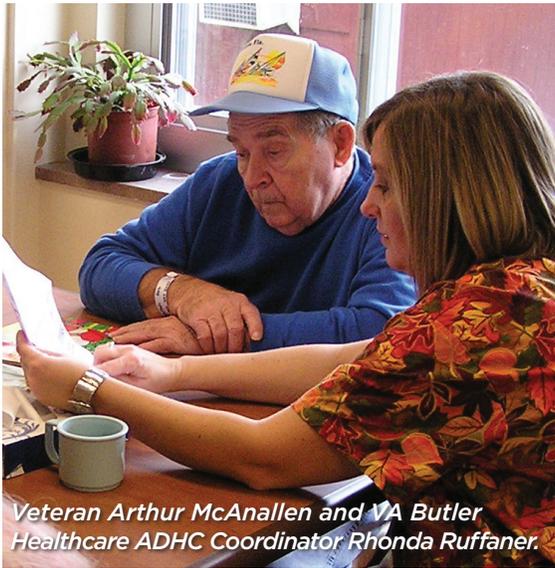
“My [VA] doctors have been *really*, really good about responding to things I need or questions that I have.” Tanya Lunn

## THIS MONTH IN HISTORY...FEBRUARY

- 2 Battle of Stalingrad ends, ending one of the critical battles of World War II (1943)
- 3 Four U.S. Army Chaplains give up their lives to save other soldiers during the sinking of the U.S. Dorchester, an Army Transport ship during World War II (1943)
- 4 The United Service Organizations (USO) is founded (1941)
- 13 The U.S. Marine Corps Women’s Reserve is established (1943)
- 23 Desert Storm Ground War begins (1991)



On February 23, 1945, Joe Rosenthal took this historic photo showing five U.S. Marines and one sailor raising an American flag over Mount Suribachi during the Battle of Iwo Jima. The image won the Pulitzer Prize for Photography.



Veteran Arthur McAnallen and VA Butler Healthcare ADHC Coordinator Rhonda Ruffaner.

## FEBRUARY IS... NATIONAL SENIOR INDEPENDENCE MONTH

National Senior Independence Month was founded by Nancy Benhardus, owner of *Home Instead Senior Care*. It is dedicated to increasing awareness of and celebrating seniors who choose to age with dignity in their own homes and maintain their independence rather

than move to a care facility. VA Butler Healthcare offers the Adult Day Health Care Program (ADHC) to support the personal independence of older Veterans. A variety of health, therapeutic and social services are provided to enable Veterans to continue living at

home. This February, take time to celebrate Senior Independence Month. Think about safety, health, and happiness for you and your family.

For more information about ADHC, call the ADHC Coordinator at 800-362-8262, ext. 5025.

## CHOOSE A VETERAN TO BE YOUR VALENTINE

Celebrated during the week of Valentine's Day is VA's National Salute to Hospitalized Veterans. During this week, people across the nation can say thank you to the more than 98,000 Veterans of the U.S. armed services who are cared for every day by the VA.

This year, National Salute will be celebrated February 13-19. We invite members of the community to visit, send cards, and get involved. For more information about this year's National Salute, please call the Voluntary Services Specialist at 724-285-2575.

We want to hear from you!  
Email [amanda.wilczynski@va.gov](mailto:amanda.wilczynski@va.gov) or [lauren.heiger@va.gov](mailto:lauren.heiger@va.gov) to share your story with us!

## SIX MORE WEEKS OF WINTER - WASH YOUR HANDS

Groundhog's Day is February 2. Whether the groundhog sees his shadow or not, spring always arrives on or near March 21, which unfortunately means six more weeks of winter.

Cold winter weather is *not* the reason you might catch a cold in the next couple of weeks though. People get sick more often in winter because they are around each other more. When it is cold, people tend to stay inside and are likely to spread germs that way.

*Did you know? Isolated researchers living in Antarctica never catch colds. People catch colds from people, not from the 'cold.' You are actually less likely to catch a cold in the cold.*



Punxsutawney Phil, the "official" groundhog from Punxsutawney, PA.

So, with six more weeks of winter weather, VA Butler Healthcare wants YOU to stay healthy. Avoid people who have colds, shaking hands with people who might be ill, and rubbing your nose and eyes. Most importantly, WASH YOUR HANDS. It's a good way to protect yourself from a cold.

## EVENTS

3 February Podcast • My HealthVet  
Thursday, February 3 • 12-12:30 pm  
Chat link: [talkshoe.com/tc/85029](http://talkshoe.com/tc/85029)  
or Call in: 724-444-7444 (Call ID: 85029)

### February Support Group Meetings

- ★ Thursday, February 3 • VIST
- ★ Every Thursday • Diabetes
- ★ Tuesday, February 1 and Tuesday, February 15 • Smoking Cessation
- ★ February 13 – February 19 • National Salute to Hospitalized Veterans Week



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