



REWARDING EXPERIENCE

U.S. Army Veteran Bob Thiry served as a Tank Commander and Communications Chief in Vietnam. After being discharged in 1975, he came to VA Butler Healthcare to enroll for VA care. Since then, VA health care has been his

provider of choice and where he receives all of his care and medications. In March 2010, after retiring, Bob became a volunteer VA driver, helping Veterans get to and from their VA appointments.

“Volunteering is a very rewarding experience. I spend hours helping and getting to know other Veterans, volunteers, and staff – and am honored to know each and every one of them,” said Bob. “Volunteering has also helped to show me just how compassionate and highly-skilled the VA team that cares for Veterans is. The entire VA community here goes above and beyond to help with anything you may need.”

Bob was interested in becoming a VA volunteer because he wanted something to help pass the time, and he had a desire to meet and reconnect with other local Veterans. He began volunteering as a driver. Now Bob also uses his professional skills, that the GI Bill helped him acquire, to help organize and manage the transportation program in addition to driving. Of note, volunteer VA drivers provide a valuable service by transporting Veterans to and from their VA appointments in vehicles donated from the Disabled American Veterans (DAV) Transportation Network Service.

“In general, we [Vietnam Veterans] still have medical

issues and flash backs from our time in Vietnam that we sometimes struggle to deal with. Having a community of other Veterans through volunteering at VA Butler Healthcare has really helped me regain pride in my service and understand that I am not alone.”

Looking for something rewarding to do? Have some extra time? Do something worthwhile – volunteer. Sign up today to become a volunteer driver for VA Butler Healthcare and help Veterans access the care they have earned. For more information, contact VA Butler’s Voluntary Services Coordinator at 724.285.2575. ★

“Volunteering is a very rewarding experience. I spend hours helping and getting to know other Veterans, volunteers and staff – and am honored to know each and every one of them.” Bob Thiry, U.S. Army Veteran

THIS MONTH IN HISTORY...FEBRUARY

- 4 The United Service Organizations (USO) is created (1941)
- 7 The first *National Wear Red Day* is celebrated to show support for the awareness of heart disease (2003)
- 21 President Nixon combines Washington’s and Lincoln’s birthdays into President’s Day [Today President’s Day pays tribute to all those who have served as U.S. Presidents] (1971)
- 22 All plane flights over the White House are barred because they are disturbing President Roosevelt’s sleep (1935)
- 22 Operation Junction City becomes the largest U.S. operation in Vietnam (1967)
- 23 U.S. Marines plant an American flag atop Mount Suribachi on Iwo Jima (1945)



NATIONAL SALUTE TO VETERAN PATIENTS WEEK FEBRUARY 10-16, 2013

During this week, we say thank you to the more than 98,000 Veterans of the U.S. armed services who are cared for every day at VA. For more information about the National Salute Program or volunteering opportunities at VA Butler, contact Voluntary Services at 724.285.2575.



NEW HEALTH CARE CENTER (HCC) UPDATE

Construction job trailers have arrived on the new Health Care Center (HCC) site, and construction is expected to begin this year. It is estimated that construction will be completed in summer 2014, with activation in 2015. VA Butler's HCC is a new, state-of-the-art facility for world-class medical care for Pennsylvania's Veterans.

Site preparations for the new HCC are on-going, with the timbering now complete, as well as the first department programming session. The department programming sessions will determine the quantities of items needed for the activation of the building, the mechanical, electrical and plumbing designs, and the overall constructability of the building.

Ongoing traffic studies with Penn Dot are also being conducted on Route 68. These studies will determine if a traffic light will be needed at the new HCC site, if any roads need widened, or if a turning lane needs to be added. *Stay tuned for more updates as work on this exciting, new project continues!*

Learn more about VA Butler construction projects and updates at www.butler.va.gov/news/building.asp. ★

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



GO RED!

February 1, 2013, marks the tenth anniversary of the *Go Red for Women* movement – 10 years of fighting to save women's lives from heart disease. While the progress has been significant, there's a long way to go! Here's why:

- Heart disease is still the No. 1 killer of women, causing 1 in 3 deaths each year.
- Heart disease kills more women than men, at an average rate of one death per minute.
- Heart disease kills more women than all kinds of cancer combined.

Join VA Butler Healthcare on February 1, 2013 from 10am-2pm in the Auditorium for this year's *Go Red for Women* event. The event will include healthy cooking and exercise demonstrations, a stress-management presentation, and information on VA programs such as tobacco cessation, My HealthVet, Women Veterans Health Care, *MOVE!*, and much more. ★

FEBRUARY IS NATIONAL CANCER PREVENTION MONTH

If your New Year's enthusiasm to get healthy is already losing steam, February – National Cancer Prevention Month – is a great time to get motivated again! One of the best ways a person can reduce their risk of cancer is by living a healthy lifestyle—avoiding tobacco, limiting alcohol use, eating a diet rich in fruits and vegetables, maintaining a healthy weight, and being physically active.

These simple steps offer many different health benefits, and National Cancer Prevention Month is as good a time as any to start putting them into action! Need help? Talk to your health care team at VA Butler Healthcare today or visit www.prevention.va.gov. ★

EVENTS

- 11 **Go Red for Women**
Friday, Feb. 1 • 10am-2pm
VA Butler Healthcare Auditorium
- 7 **February Podcast • Flu Season News**
Thursday, Feb. 7 • 12-12:30pm
Log on to chat link:
www.talkshoe.com/tc/85029

- 10=16 **National Salute to Veteran Patients Week**
Feb. 10-16
VA Butler Healthcare



800.362.8262
724.287.4781



butler.va.gov



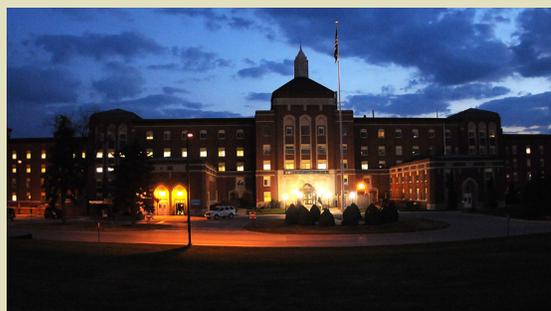
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