



## ACCOUNTABILITY

technology to support self-management of weight right at home. Each participant receives a scale and a care coordinator who is there to help with encouragement and support. VA Butler’s Veteran fitness classes are five days a week, Monday through Friday from 4:30 to 5:30pm in VA Butler’s Auditorium. The classes are provided free of charge to Veterans.

What Laurie finds the most helpful is the accountability of group fitness. “It’s the accountability of being in that group environment—it almost puts you back in that military boot camp environment where someone is barking ‘Five

more push-ups!’ We’re in it together!”

Even if you are out of shape or have not been active in a long time, you can safely participate in a fitness class. “The first week I went to fitness classes, I didn’t think I could lift my coffee cup the next day. Everything hurt. But, I stuck with it. Now, I really look forward to going,” said Lori. “Almost every exercise we do, the instructor(s) give two to three modifications. Everybody in that room is not at the same level. We do what works for us.”

In addition to feeling better, Lori’s habits also have improved thanks to her commitment to VA’s healthy living programs. “I didn’t

know what a portion of meat was until I met with the VA dietitian. You think you are having a small size, when really you are having two servings. I didn’t know that! So, with TeleMOVE! that’s been a very helpful part for me too.”

Lori suggests Veterans interested in improving their health this New Year ask another Veteran or just call the VA to take that first step. “I’ve never had anyone at VA Butler not take the time to answer a question for me. I really like VA Butler Healthcare for that.” Have questions? *Ready to get fit?* Call 724.285.2292.

Getting fit is one of the most common New Year’s resolutions. Unfortunately for many, by February, those good intentions have started to fade already. Not for Marine Corps Veteran Lori Ceder though! She participates in VA’s TeleMOVE! program and attends fitness classes four nights per week to maintain a healthy lifestyle.

TeleMOVE! is a program linking home Telehealth

“It’s the accountability of being in that group environment—it almost puts you back in that military boot camp environment where someone is barking ‘Five more push-ups!’ We’re in it together!” —Lori Ceder, Marine Corps Veteran



## THIS MONTH IN HISTORY...FEBRUARY

- 1 U.S. Rangers and Filipino guerrillas rescue 513 American survivors of the Bataan Death March (1945)
- 1 Abraham Lincoln signs a joint resolution that proposes the 13th amendment [150th anniversary of National Freedom Day] (1865)
- 7 Negro History Week, originated by Carter G. Woodson, is observed for the first time (1926)
- 10 The Treaty of Paris ends the French-Indian War. France gives up nearly all her territories in the New World (1763)
- 21 The world’s first telephone book is issued by the New Haven Connecticut Telephone Company [Check out VA Butler’s online telephone directory: [www.butler.va.gov/contact/phone\\_directory.asp](http://www.butler.va.gov/contact/phone_directory.asp)] (1878)
- 23 U.S. Marines plant an American flag atop Mount Suribachi on Iwo Jima [70th anniversary of Iwo Jima Day] (1945)

## FEBRUARY IS AMERICAN HEART MONTH

Heart disease is the leading cause of death for men and women in the U.S. *The good news?* Heart disease often can be prevented when people make healthy choices and manage their health conditions. Check out VA Butler’s weekly fitness classes to stay heart healthy this month and all year long! [www.butler.va.gov/services/Health\\_and\\_Wellness.asp](http://www.butler.va.gov/services/Health_and_Wellness.asp)





## \*NEW\* HEALTH CARE CENTER FOR VETERANS

VA awarded a lease contract for a 168,000 net usable square foot health care center (HCC) in Butler to Cambridge Healthcare Solutions PA, LP (Cambridge), of Vienna, Virginia. The HCC will expand VA Butler Healthcare's outpatient services to meet increasing Veteran demand and will include primary care, specialty care, dental, lab, pathology, radiology, mental health, and ancillary and diagnostic services.

The HCC will be a two-story building located on North Duffy Road, approximately 1.4 miles away from the Butler campus. Construction completion is anticipated to be 31 months from the award of the contract. During the design and construction of the new HCC, Veterans will continue to receive services without interruption either at the current main facility or one of our five community-based outpatient clinics.

Check out [www.butler.va.gov/news/building.asp](http://www.butler.va.gov/news/building.asp) for construction updates as we work to *Make Lives Better* for our Veterans and their families with this new facility.

## FREE ONLINE COURSES FOR VETERANS

Veteran Training ([www.veterantraining.va.gov](http://www.veterantraining.va.gov)) offers *free* online courses designed specifically for Veterans, Service Members, and their families. These courses teach skills and tools to help users enhance different aspects of their lives. Courses are completely confidential. Registration is not required and no personal information is collected.

Courses available include Moving Forward, Veteran Parenting, PTSD Coach Online, and a new Anger & Irritability Management Skills (AIMS) course. The new AIMS course offers a wide range of practical skills and tools to manage anger and develop self-control over thoughts and actions.

**VA goes RED for women!**

Add a heart healthy lifestyle to your to do list.

**My To-Do List**

- Exercise Today**  
MOVE! with VA at [www.move.va.gov](http://www.move.va.gov)
- Eat Fruits and Vegetables**  
Learn more at [Choosemyplate.gov](http://Choosemyplate.gov)
- Drink Less Alcohol**  
Take Anonymous Screening at [veterandrunkerscheckup.org](http://veterandrunkerscheckup.org)
- Quit Smoking Through VA**  
Sign up for SmokefreeVET texts by sending a text to 47848 with the word VET
- Discuss Heart Health with My Provider**

WOMEN VETERANS HEALTH CARE *Let VA Help.*

We want to hear from you! Email [amanda.kurtz2@va.gov](mailto:amanda.kurtz2@va.gov) to share your story with us!

## EVENTS

### Winter Women's Wellness Event

Friday, February 6 • 3pm-5:30pm

VA Butler Auditorium

RSVP to 724.285.2778.

### National Salute to Veteran Patients Week

Sunday, February 8—Saturday, February 14, 2015

[www.volunteer.va.gov/NationalSaluteVeteranPatients.asp](http://www.volunteer.va.gov/NationalSaluteVeteranPatients.asp)

### Veterans Behavioral Health Council Meeting

Tuesday, February 10 • 10am

Room 218WS, VA Butler Healthcare



800.362.8262  
724.287.4781

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