

FRONT & CENTER

Providing News to Our Veterans

January 2011



YOU DESERVE IT

Dennis McCune spent two years in the Army during Vietnam. He was there during the Tet Offensive (1968) (although a month of his time was spent at a hospital in Japan after he was wounded). “I was a country boy from Butler. Going from here to

there, well it’s a whole different civilization,” Dennis said.

Since his time spent in Vietnam, Dennis has climbed mountains of sugar while working in a sugar mill, been an underground surveyor in the mines and in construction, worked at a steel mill, and even was a park ranger. Today Dennis is retired, and gets all his care at VA Butler Healthcare. “I am very happy with the care I receive. I get my physicals here every year, my flu shot, glasses, and other health services

as needed for my primary care.”

“The thing I have really appreciated was Behavioral Health,” Dennis said. When his mother passed away, he had a hard time. “A couple of months later they helped me get everything straightened out. It really turned me around.”

Dennis is also receiving PTSD treatment. About 30% of the men and women who served in Vietnam experience PTSD. One of Dennis’ friends once said, “I went into the service as a regular guy, and

now not a day goes by that I don’t think about my experience.” That’s true for Dennis as well, but the VA is here to help. “You gotta go to the VA,” Dennis says. “You did it, you deserve it. Go and see what it is.”

Even if you did not feel comfortable going to the VA for 30 or 40 years or were not previously eligible, VA Butler still wants to hear from you now. “If you heard bad things about the VA, it has not been my experience,” said Dennis. Come visit or give us a call. We are here to help you. ★

“You did it, you deserve it. Go and see what it [the VA] is.”

Dennis McCune

THIS MONTH IN HISTORY...JANUARY

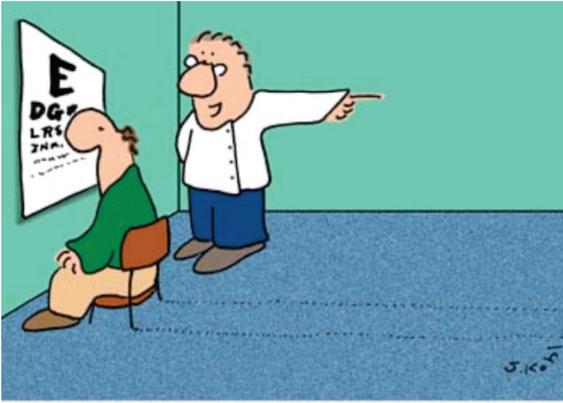
- 16** The war against Iraq began as Allied aircraft conducted a major raid against Iraqi air defenses (1991)
- 23** Elizabeth Blackwell was awarded her MD by the Medical Institute of Geneva, New York, thus becoming America’s first woman doctor (1849)
- 24** Japanese soldier Shoichi Yokoi was discovered on Guam after he had spent 28 years hiding out in the jungle not knowing World War II had long since ended (1972)
- 30** Tet Offensive in Vietnam begins (1968)
- 31** German troops surrendered at Stalingrad, marking the first big defeat of Hitler’s armies in World War II (1943)



Vietnam Veteran Dennis McCune served two years in the Army during the Vietnam War.

On January 27, 1973 the Paris Peace Accords ending the Vietnam War were formally signed, and were followed by the withdrawal of all remaining U.S. troops.





"Very good! Now let's try it from back there."

JANUARY IS NATIONAL EYE CARE MONTH

Blindness and visual impairment are among the 10 most common causes of disability in the United States. It is strongly recommended you get your eyes checked every year! Even if you think your eyes are great, getting regular eye exams is an important part of your overall health care.

VA Butler Healthcare's Visual Impairment Services Team (VIST) provides services for Veterans who have low-vision or are legally blind. Some of these services include: aids and training, complete eye examinations, and a VIST Support group. The VIST Support Group meets the first Thursday of each month from 10 am to 11:30 am.

For more information or to enroll in the VIST program, contact the VIST Coordinator 724-285-2736.

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

Happy New Year!

GET FIT IN 2011

Did you make a New Year's resolution? Millions of people all over the world do. It is believed that the Babylonians were the first to make New Year's resolutions over 4,000 years ago, and people have been breaking them ever since. The early Babylonians' most popular resolution was to return

borrowed farm equipment. Today, lose weight, quit smoking and exercise regularly are among America's most popular resolutions. Although, getting along with mothers-in-law is also fairly popular.

This year, VA Butler Healthcare can help you keep your resolution to lose weight and get fit. MOVE! is a national

VA program designed to help Veterans lose weight, keep it off and improve their health. MOVE! is available at our main campus and all our community-based outpatient clinics.

The VA Butler MOVE! Team is ready to help YOU in your weight self-management. Get moving...start the New Year off right!

Contact the VA Butler Healthcare
 MOVE! Team TODAY
 800-362-8262, ext. 5504



THANK YOU U.S. COAST GUARD VETERANS

On January 28, 1915 President Woodrow Wilson signed into law the "Act to Create the Coast Guard," an act passed by Congress on January 20, 1915 that combined the Life-Saving Service and Revenue Cutter Service to form the U.S. Coast Guard.



ON AN
 AVERAGE
 DAY...

...THE US COAST GUARD

- Saves 13 lives
- Responds to 64 search and rescue cases
- Rescues 77% of mariners in imminent danger
- Keeps 959 pounds of cocaine off the streets
- Saves \$260,000 in property

EVENTS

6 **January Podcast • Construction Projects**
 Thursday, January 6 • 12-12:30 pm
 Chat link: talkshoe.com/tc/85029
 or Call in: 724-444-7444 (Call ID: 85029)

January Support Group Meetings

- ★ Thursday, January 6 • VIST
- ★ Every Thursday • Diabetes
- ★ Tuesday, January 4 and
 Tuesday, January 18 • Smoking Cessation
- ★ Monday, January 17 • Bereavement



800.362.8262
 724.287.4781



butler.va.gov



facebook.com/vabutlerpa



twitter.com/vabutlerpa



talkshoe.com/tc/85029



325 new castle road . butler pa 16001

