

## KEEP GOING

**R**etired U.S. Air Force Lieutenant Colonel John Mahler recently celebrated his 95th birthday at VA Butler Healthcare’s Wellness Center surrounded by friends. John exercises in VA Butler’s Wellness Center twice a week, in addition to walking at the local park a few times each week.

“I’m an active person – I’m on the go all the time. I go over to the Wellness Center religiously – Tuesday and Thursday mornings,” said John. “At my age, if you sit in a chair too long, that’s where you’re going to stay! I have to keep going.”

In addition to VA Butler’s Wellness Center, open five days a week for Veterans, VA Butler also provides free weekly Veteran

fitness classes and the national VA Weight Management Program called “*MOVE!*” to help Veterans in their fitness and health goals. VA Butler even has a one mile walking trail starting in the front of the main building with mile markers throughout the mile.

“My favorite part about the Wellness Center is the companionship. I look forward to going, and I never miss. In fact, in the past 12-14 years, I might have missed one or two days at the Wellness Center,” said John. After exercising, John and his friends at the Wellness Center get out and go for coffee. “I’ve met a lot of great people here; they’d do anything for you.”

If you are having a hard time exercising, or staying motivated to exercise, try working out with friends like John. Exercising with friends, finding exercise you enjoy, and making it a part of your weekly routine can help you stay active and motivated throughout the New Year!

VA Butler Healthcare is committed to supporting and encouraging you in your fitness and healthy living goals. Talk to your health care team today about ways to get fit and start exercising in the New Year. You can also visit [www.myhealth.va.gov](http://www.myhealth.va.gov) and [www.butler.va.gov/services/Health\\_and\\_Wellness.asp](http://www.butler.va.gov/services/Health_and_Wellness.asp) for more exercise tips and information to get you started.



“At my age, if you sit in a chair too long, that’s where you’re going to stay! I have to keep going.”

—U.S. Air Force Veteran John Mahler

## THIS MONTH IN HISTORY...JANUARY

- 1 For the first time, to signify New Year’s Day, a ball is dropped in New York City’s Times Square (1908)
- 7 The U.S. Air Force announces the production of the first jet-fighter, Bell P-59 Airacomet (1944)
- 12 A wireless message is sent long-distance for the first time from the Eiffel Tower in Paris (1908)
- 15 The Pentagon is completed (1943)
- 15 Amelia Earhart sets an aviation record for women at 171 mph in a Lockheed Vega (1930)
- 16 The Gulf War I begins (1991)
- 27 The Vietnam peace agreement is signed (1973)



## JANUARY IS NATIONAL GLAUCOMA AWARENESS MONTH

National Glaucoma Awareness Month is an important time to spread the word about this sight-stealing disease. One of the best resolutions a Veteran can make this year is to get an eye check-up! Talk to your VA health care team today, or for more information visit [www.butler.va.gov/services/Visual\\_Impairment\\_Services.asp](http://www.butler.va.gov/services/Visual_Impairment_Services.asp)



## GET FIT IN THE NEW YEAR WITH YOGA & ZUMBA!

Veteran Fitness Classes are Five Days a Week

Is your New Year's resolution for 2014 to lose weight and get fit? If so, check out VA Butler Healthcare's free Veteran fitness classes! In addition to cardio classes, try something new by participating in a yoga or Zumba class. Fitness classes are held weekly, Monday - Friday, from 4:30 - 5:30pm in VA Butler's Auditorium. Monday, Wednesday and

Friday classes are cardio-based. Tuesday classes are yoga, and Thursday classes are Zumba. The classes are provided free of charge to Veterans, but Veterans must pre-register before attending classes. To pre-register, contact VA Butler's HPDP Program Manager at 800.362.8262, ext. 2292.

## A COMMITMENT TO HELPING OTHERS

Martin Luther King Jr. Day is January 20, 2014

VA Butler Healthcare will proudly join the Nation in observing the late Reverend Dr. Martin Luther King, Jr.'s 85th birthday this month. On January 20, 2014, the nation will commemorate the 26th anniversary of the National Federal holiday established in his honor.

On a daily basis, VA is in a position to carry on Dr. King's legacy — his commitment to

helping others. Our Veterans and their families are our priority, and the employees who serve them are a valued resource. VA works to ensure equal opportunity is carried out in our Veterans programs and through hiring, promotion, and advancement of our diverse workforce. For more information on Martin Luther King, Jr., visit The King Center's website: [www.thekingcenter.org](http://www.thekingcenter.org).



## A HAPPY & HEALTHY NEW YEAR

Most of us think we know the recipe for staying healthy: eat right, stay active, get enough rest, and control stress. But when we feel good, we may overlook another important ingredient - the checkup. Veterans, start 2014 off right and make your health care appointments now! Call 800.362.8262.

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

## EVENTS

- 1= **Healthy Living Food Drive**  
31 *Non-perishable and non-expired food items only*  
**January 1 - 31**  
All donations benefit local Veterans in need.  
Contact 724.285.2292 for details.
- 2 **January Podcast • VA's Homeless Program**  
Thursday, January 2  
[www.butler.va.gov/news/MediaCenter.asp](http://www.butler.va.gov/news/MediaCenter.asp)
- 10 **Winter Women's Wellness Event**  
Friday, January 10 • 11am-2pm  
VA Butler Healthcare Auditorium  
RSVP to 724.285.2756



325 new castle road . butler pa 16001

800.362.8262  
724.287.4781

[www.butler.va.gov](http://www.butler.va.gov)



[butler.va.gov](http://butler.va.gov)



[facebook.com/vabutlerpa](https://facebook.com/vabutlerpa)



[twitter.com/vabutlerpa](https://twitter.com/vabutlerpa)



[www.butler.va.gov/news/MediaCenter.asp](http://www.butler.va.gov/news/MediaCenter.asp)

