

# FRONT CENTER



## STRONG AGAIN

in Cambodia, his unit was ambushed, and Raymond was left with holes in his left arm, left leg, back, forehead and colon, and he lost an eye. Raymond was discharged to VA Butler Healthcare in 1971 from Walter Reed National Military Medical Center.

When he first came home from the war, Raymond received therapy three days a week at VA Butler. “I got stronger. I could see it and feel it,” he said. “This facility [VA Butler Healthcare] took a severely wounded soldier, and made him strong again. It’s taken care of me over the years, and continues to do so.”

In addition to his health care, VA Butler also helped Raymond with employment and training. After telling his story to Dr. Bill Kredel while being examined in the dental clinic, he soon got a call about a temporary job there that needed to be filled by a Vietnam Veteran. When this job ended, Raymond applied for a full-time position, and by 1981, he was the lead dental technician. Now retired, Raymond still talks to some of the friends he made while working at the VA, including Dr. Kredel.

Raymond’s health care experience at the VA ranges from dental and prosthetics, to PTSD treatment and the

*MOVE!* program (where he lost 37lbs!). He also orders his medications online through My HealthVet with the help of his computer-savvy wife. “The VA took good care of me, gave me a job, trained me, and they are still helping me. They gave me the best that this country can do!”

To other Veterans Raymond says, “The VA is there—go. The VA wants to help you, and there are a lot of guys and girls just like you there.” We are here for you—stop by, call 800-362-8262, or visit us online, [www.butler.va.gov](http://www.butler.va.gov).

**U**.S. Army Veteran Raymond Tarr was drafted in 1969 and served as a tank crewman in Vietnam. While serving

“This facility [VA Butler Healthcare] took a severely wounded soldier, and made him strong again. It’s taken care of me over the years, and continues to do so.” —Raymond Tarr, U.S. Army Veteran

## THIS MONTH IN HISTORY...JULY

- 4 The poem *America the Beautiful* is first published (1895)
- 6 The Air Force Cross is created (1960)
- 8 The first public reading of the Declaration of Independence occurs as Colonel John Nixon reads it to an assembled crowd in Philadelphia (1776)
- 18 Inventor Thomas Edison records the human voice for the first time [*Today you can listen to VA Butler’s bi-monthly recorded podcasts!*] (1877)
- 26 The Department of Defense is created (1947)
- 27 Orville Wright sets a world record for staying aloft in an airplane—one hour, 12 minutes and 40 seconds (1909)



## INDEPENDENCE DAY

Freedom matters to all Americans. On Independence Day, and all month long, honor Veterans who fought for our freedom by making sure they know where to access 24/7, confidential support. Help is just a call, click, or text away: [www.VeteransCrisisLine.net](http://www.VeteransCrisisLine.net).





## FARMERS MARKETS AT VA BUTLER HEALTHCARE

Join VA Butler Healthcare's Health Promotion & Disease Prevention Program for three farmers markets this season! Brenckle's Farms and Greenhouses will be here to provide locally grown, farm fresh produce July 18, August

29, and September 26 from 10am-2pm on the lawn near the Primary Care Entrance (basement level).

Eat wisely to maximize your health. Eat a variety of foods including vegetables and fruits you can pick up at the farmers markets! Aim for five to nine

servings of vegetables and fruits every day (2 1/2 cups of vegetables and 2 1/2 cups of fruit per day). Read more key recommendations for eating wisely here: [www.prevention.va.gov/Healthy\\_Living/Eat\\_Wisely.asp](http://www.prevention.va.gov/Healthy_Living/Eat_Wisely.asp)

## COMING NEXT MONTH - NEW DIABETES PREVENTION GROUP PROGRAM

Beginning in August, VA Butler Healthcare will offer a new group program for diabetes prevention called Group Lifestyle Balance. The goal for participants is to lose body weight (7 percent) through dietary changes, and increased physical activity (at least 150 minutes/week). Research shows that by making these healthy lifestyle changes, individuals can delay or prevent the onset of Type 2 Diabetes. Group Lifestyle Balance will start on Thursday, August 7, 2014 and go from 10:30-11:30am. The program will consist of a

12-week core followed by twice monthly, and then once monthly classes for a total of 22 appointments.

Has your doctor told you that you are pre-diabetic or that your blood sugar readings are too high? This is a great program for you! By making a commitment to a healthy lifestyle change, with the help of VA's *MOVE!* coaches, you can take control of your health. Interested? Talk to your VA health care team today, or call VA Butler's *MOVE!* Office, 1-800-362-8262 ext. 5504.

## HIRING OUR HEROES JOB FAIR JULY 30



VA Butler Healthcare is once again partnering with the U.S. Chamber of Commerce Foundation to host a Hiring Our Heroes job fair on Wednesday, July 30, 2014, from 10am-1pm in the VA Butler Auditorium. To date, more than 23,000 Veterans and military spouses have obtained jobs through Hiring Our Heroes job fairs. To learn more, and register for this free job fair, visit: [www.hiringourheroes.org/bulter-pa](http://www.hiringourheroes.org/bulter-pa). If you have any questions about registration, please call 202-463-5807.

Can't make it? Vocational Rehabilitation at VA Butler assists Veterans to prepare for, find, and maintain suitable jobs. Employment services such as job training, employment-seeking skills, resume development, and other work-readiness assistance is available for Veterans to achieve their employment goals. Visit [www.butler.va.gov/services/Vocational\\_Rehabilitation.asp](http://www.butler.va.gov/services/Vocational_Rehabilitation.asp) to learn more.

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

## EVENTS

- July Podcast
- 3 Thursday, July 3  
[butler.va.gov/news/MediaCenter.asp](http://butler.va.gov/news/MediaCenter.asp)
- 11(9) Bikers for Vets Annual Benefit Ride  
Saturday, July 19  
Registration: 9:30-11:00am  
VA Butler Healthcare
- 3(0) Hiring Our Heroes - Job Fair  
Wednesday, July 30 • 10am-1pm  
VA Butler Healthcare Auditorium  
[HiringOurHeroes.org](http://HiringOurHeroes.org)



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