



## DIABETES SUPPORT

It is estimated that nearly 26 million people in the U.S. have diabetes, and close to 25 percent of VA patients have diabetes. U.S. Army Veteran Paul Wolfe is one of those Veterans, and he has been attending VA Butler Healthcare’s weekly Diabetes Support Group for more than 10 years now. “It’s very important that we have a support group, and it really does help,” he said.

A diagnosis of diabetes can be overwhelming. It affects many aspects of a person’s life. Support from family, friends and other people living with diabetes helps those with diabetes manage their disease from day to day. VA Butler Healthcare offers a weekly

Diabetes Support Group to help support Veterans in their diabetes management.

“Fellowship is important,” said Paul. “When you have a group who has the same thing you have, you learn. They have problems and solutions, and so you listen to them. You have problems and solutions, and so they listen to you. And, as a result, it helps all of us.”

Paul’s overall health care at VA Butler for diabetes has been very good, and he appreciates the helpfulness of his VA doctor when it comes to managing the disease. “I would certainly recommend the support group to other Veterans. It’s the same as others. For instance, those suffering from alcoholism

have a support group and it helps them. It’s the same for diabetes. We have a support group, and we help one another.”

Taking care of diabetes can seem stressful, but it doesn’t need to be. VA Butler Healthcare is here to support Veterans in their diabetes management. In addition to the weekly support group, VA Butler also offers a monthly Diabetes Self-Management Education Program. Veterans are provided with the information they need to control their diabetes and ways to slow down or prevent complications of the disease. For information, call 800.362.8262, ext. 5024.

“When you have a group who has the same thing you have, you learn.” —Paul Wolfe, U.S. Army Veteran

## THIS MONTH IN HISTORY...MARCH

- 1 Albert Berry completes the first in-flight parachute jump in St. Louis, Missouri (1912)
- 8 Phyllis Mae Daley receives a commission in the U.S. Navy Nurse Corps, becoming the first African-American nurse to serve in World War II (1945)
- 10 Alexander Graham Bell makes the first telephone call to Thomas Watson saying “Watson, come here. I need you.” (1876)
- 15 The Department of Veterans Affairs (VA) is established, succeeding the Veterans Administration (1989)
- 24 Elvis Presley trades in his guitar for a rifle and Army fatigues (1958)
- 26 Ground is broken in Washington, D.C. for the Vietnam Veterans Memorial (1982)



## DIABETES ALERT DAY IS MARCH 25, 2014

In the U.S., about one-in-four persons with diabetes are not aware that they have the condition. Take the Diabetes Risk Test, and share the test with **everyone** about whom you care. Talk to your VA health care team today.



## TAX ASSISTANCE FOR VETERANS

Tax season is here, and being a Veteran or an active-duty Servicemember means there is help available. Check out the following resources to get started today:

- The Internal Revenue Service's Volunteer Income Tax Assistance and Tax Counseling for the Elderly programs—[www.irs.gov/Individuals/Free-Tax-Return-Preparation-for-You-by-Volunteers](http://www.irs.gov/Individuals/Free-Tax-Return-Preparation-for-You-by-Volunteers)
- MyFreeTaxes.com  
*Qualified Veterans and active-duty military may get free tax preparation and filing assistance*

If you prefer to do your own taxes, there also are options to e-file your taxes online – free of charge:

- IRS Free File
- TurboTax Freedom Edition
- TurboTax Military Edition  
*Free version for junior enlisted, and a discount for senior enlisted and officers*
- MilitaryOneSource.mil  
*Free version of H&R Block At Home® —click the link directly from MilitaryOneSource's home page*
- Taxslayer.com

*Please note that VA does not endorse any of these sites, but brings your attention to them as they have services available specifically for Veterans and military families.*



## REGISTER NOW FOR THE 2014 WHEELCHAIR GAMES

Applications are available now through April 15 for the 2014 National Veterans Wheelchair Games to be held August 12-17 in Philadelphia. Register today!

[www.va.gov/opa/speceven/wcg/index.asp](http://www.va.gov/opa/speceven/wcg/index.asp)



## MARCH IS NATIONAL NUTRITION MONTH

Join VA Butler Healthcare for a live healthy cooking demonstration in the “Nutrition Kitchen” as we celebrate National Nutrition Month and Registered Dietitian Nutritionist Day on March 12, 2014.

VA Butler provides one-on-one nutrition counseling, and frequent demonstrations on healthy cooking in the “Nutrition Kitchen” to provide Veterans a real-world cooking education. Ready to make a healthy living change during National Nutrition Month? Talk to your VA health care team today.

[www.butler.va.gov/services/Health\\_and\\_Wellness.asp](http://www.butler.va.gov/services/Health_and_Wellness.asp)

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

- March Podcast \* Women Veterans Health Care  
⑥ Thursday, March 6 • 12pm  
[www.butler.va.gov/news/MediaCenter](http://www.butler.va.gov/news/MediaCenter)
- Veterans Behavioral Health Council Meeting  
11 Tuesday, March 11 • 10-11am  
Room 218SW, VA Butler Healthcare
- Nutrition Month Healthy Cooking Demo  
12 Wednesday, March 12 • 11:30am-1pm  
VA Butler Healthcare Auditorium
- Diabetes Alert Day  
19 Wednesday, March 19 • 10am-2pm  
VA Butler Primary Care Waiting Area



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