

FRONT & CENTER

Providing News to Our Veterans

March 2016

100% CHANGED

Frank Bryant, a Vietnam and retired Navy Veteran, has seen the VA change for the better. He had a lot of problems with the VA in the past, but now believes the VA has changed 100 percent.

“After Vietnam, I found the world really hostile towards me, and the Veterans Administration was not exactly the place you wanted to go. They didn’t have the services then like they provide today, which are excellent now, by the way,” said Frank.

Frank currently resides at VA Butler’s Domiciliary (Dom), a residential facility on VA Butler’s main campus for eligible Veterans who may be dealing with issues such as homelessness, mental health, substance abuse, and unemployment. For Frank, drugs and alcohol are only a small part of what the Dom is about, the bigger picture is really helping

Veterans get back on their feet.

While at the Dom, Frank participates in various groups, including the “Veteran X” Recovery Group. In the weekly “Veteran X” group, Veterans work together as a treatment team for a fictitious Veteran “X” who has challenges similar to their own. As a group, the Veterans navigate the many challenging obstacles on the path to recovery. In helping Veteran “X”, Veterans in the group help one another and ultimately themselves.

The Dom, the groups, and the health care are great, but the people at VA Butler have been the most helpful to Frank. “The people here in Butler care – more than any other individuals I’ve ever encountered. My counselor does not analyze, he tries to teach you things, things you can actually use.” Frank’s hope is that other Vietnam



Veterans will come to VA Butler Healthcare now too.

“They should not be afraid any longer. That time is in the past. People really do care. They should take the privileges they’ve earned. It’s not free – we paid for it,” said Frank. “The VA might not have been here for you in the past, but it is here for you now.”

“The VA might not have been here for you in the past, but it is here for you now.” – Frank Bryant, Vietnam Veteran

THIS MONTH IN HISTORY...MARCH

- 1 The Peace Corps is founded [55th anniversary] (1961)
- 3 Francis Scott Key’s “Star Spangled Banner” becomes the national anthem [85th anniversary] (1931)
- 4 King Charles II of England grants a huge tract of land in the New World to William Penn to settle an outstanding debt. This area later becomes Pennsylvania (1681)
- 7 The Army Distinguished Service Medal is authorized (1918)
- 22 The Tuskegee Airmen, the first African-American military aviators in the U.S. armed forces, are activated [75th anniversary] (1941)
- 23 Patrick Henry ignites the American Revolution with a speech before the Virginia convention stating, “I know not what course others may take; but for me, give me liberty, or give me death!” (1775)

THANK YOU VIETNAM VETERANS!

To commemorate the 50th anniversary of the Vietnam War, VA Butler has partnered with the United States of America Vietnam War Commemoration. All Vietnam Veterans are invited to join us this month as we honor you. More information can be found on our calendar (www.butler.va.gov/calendar.asp) and social media pages.



EXTENDED WELLNESS CENTER HOURS

VA Butler's Wellness Center is now open for Veterans until 4pm, Monday through Friday. Hours are:

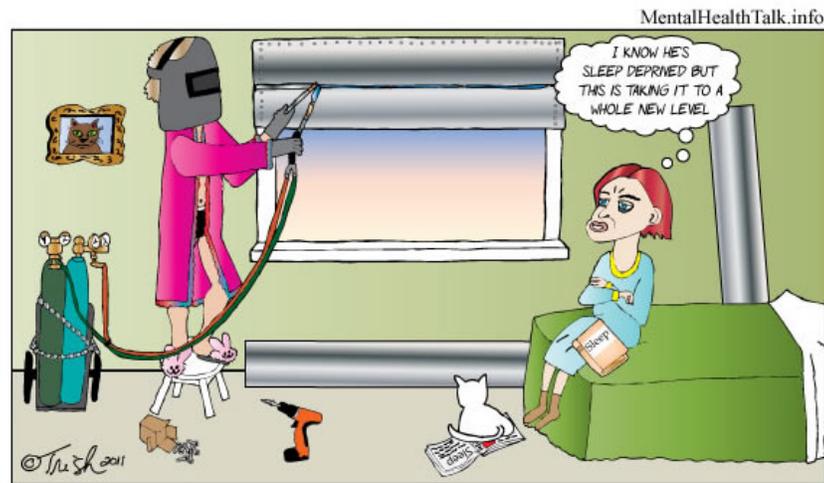
- Monday : 9am – 4pm
- Tuesday: 8am – 4pm
- Wednesday: 9am – 4pm
- Thursday: 8am – 4pm
- Friday: 9am – 4pm

If you have never exercised at the Wellness Center, but would like to, contact your health care team today. Once you are approved to participate, you will be notified by phone. If you have questions, please call 724.285.2292.

SUBSCRIBE TODAY!

Sign up on My HealthVet today to receive new articles and tips every two weeks. Set your preferences and receive information that interests you. Options range from health and wellness topics, to information about specific diseases and conditions, VA news and special events, your local VA medical center, and much more.

Check out the subscription box on www.myhealth.va.gov where it says "Subscribe to Receive My HealthVet Updates." Enter your email address and select "Sign up." You will receive a confirmation email message right away. Every other week you will receive some short tips and suggestions for using My HealthVet.



TIP: MAKE THE ROOM AS DARK AS POSSIBLE. EVEN THE THINNEST RAY OF LIGHT CAN PREVENT YOU FROM SLEEPING

MARCH 6-13 IS NATIONAL SLEEP AWARENESS WEEK

Consider these healthy tips for a good night's sleep!

- Wake at the same time every day
- Exercise regularly, but not within two to four hours of bedtime
- Do relaxing activities before bed
- Keep your bedroom quiet and cool
- Don't have caffeine or nicotine for six hours before bedtime
- Don't drink alcohol for four hours before bedtime
- Don't watch TV for an hour before bedtime
- If you nap, only nap early in the day, not in the evening

Talk with your VA Butler health care team if you have serious problems with sleep or often feel tired.

We want to hear from you! Email amanda.kurtz2@va.gov to share your story with us!

EVENTS

8 **Veterans Behavioral Health Council Meeting**
Tuesday, March 8 • 10am
Room 218WS, VA Butler Healthcare

22 **Diabetes Alert Day**
Tuesday, March 22 • 10am-2pm
Primary Care Waiting Area

Vietnam Veterans Appreciation Breakfast
Wednesday, March 30 • 9am-11pm

30 **American Legion Post 778**
All Vietnam Veterans invited
(along with one guest)

Save-the-Date – Butler HCC Topping Out Ceremony
Wednesday, April 6 • 11am
HCC Construction Site – North Duffy Road, Butler, PA



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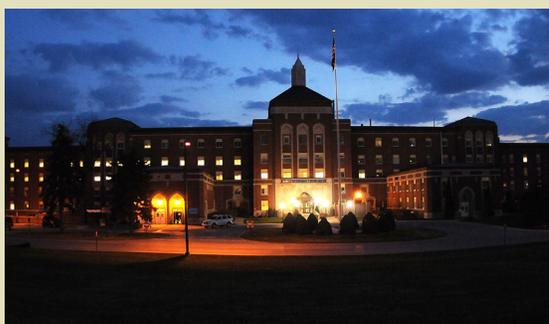
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