

FRONT & CENTER

Providing News to Our Veterans

May 2012



U.S. Coast Guard Veteran Jen Schmadler first came to VA Butler Healthcare after she was discharged. During an annual VA

checkup, Jen learned that she was expecting. On October 8, 2011, Jen gave birth to a beautiful baby girl named Olivia and “she’s been a total blessing.”

Jen partnered with VA Butler’s Women Veterans Program Manager Brenda Sprouse throughout the pregnancy. While VA Butler Healthcare does not have an “in-house” obstetrical (OB) service, we provide OB care through the Fee Basis program. “The VA has such a great program, and all the things you need, they’ll cover for you,” said Jen.

Women Veterans select an OB doctor and hospital or birthing center in their local area, and VA pays the OB

doctor for office visits, lab tests, and ultrasounds. If a Veteran is seeing a specialist at VA Butler before becoming pregnant, she may continue to see them during the pregnancy.

Congressional law also now permits the VA to pay for *“authorized medical care for the newborn child of a woman Veteran who is receiving maternity care furnished by the VA, for not more than seven consecutive days after the birth of the baby...”* VA Butler’s Fee Basis Office provides information

regarding a newborn’s medical care.

Today Jen is enjoying being a full-time mother of two. Previously, she worked in law enforcement and search and rescue in the U.S. Coast Guard. She also worked as a substitute teacher and daycare director after completing her degree in early childhood education.

To learn more about Maternity Care Benefits for women Veterans, call VA Butler Healthcare’s Women Veterans Program Manager at 800.362.8262, ext. 2756. ★

“The VA has such a great program, and all the things you need, they’ll cover for you.” — Coast Guard Veteran Jen Schmadler

THIS MONTH IN HISTORY...MAY

- 2 Military equivalent GPS access is made available to regular citizens (2000)
- 4 Rhode Island becomes the first American colony to renounce allegiance to George III, two months before the Declaration of Independence (1776)
- 5 Alan Shepard becomes the first American in space, aboard the Freedom 7 capsule (1961)
- 7 The American Medical Association (AMA) is founded in Philadelphia (1847)
- 8 Victory in Europe (V-E) Day is celebrated in America and Britain (1945)
- 10 Mother’s Day is observed for the first time in Grafton, WV (1908)



Memorial Day 2012 THANK YOU VETERANS

On May 5, 1865 Decoration Day was first observed in the U.S., with the tradition of decorating soldiers’ graves from the Civil War. The date was later moved to the last Monday in May (better known as Memorial Day) and included all American service members who have died in military service.

www.va.gov/opa/speceven/memday





NATIONAL NURSES WEEK MAY 6-12

WA, the nation's largest single employer of nurses, joins the American Nurses Association in honoring America's nurses dedicated to saving lives and maintaining the health of millions of individuals during National Nurses Week. Thank you VA Nurses! ★

[WWW.VA.GOV/NURSING](http://www.va.gov/nursing)

PICKING UP VA PRESCRIPTIONS

We want you to get your prescription when you want it and where you want it. During your visit, tell your VA Provider if you would prefer to **pick up your prescriptions at VA Butler's Pharmacy** or if you want **your prescriptions mailed to you**. To pick up your prescription at the Pharmacy, please see a VA pharmacist after your visit. *(If being mailed, you do not need to see a VA pharmacist.)* And remember...always call ahead for prescription refills! You can reach the Automated Prescription Refill Line at 1.800.362.8262, ext. 2280. ★

[WWW.BUTLER.VA.GOV/SERVICES/PHARMACY.ASP](http://www.butler.va.gov/services/pharmacy.asp)

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

MAY IS

HIGH BLOOD PRESSURE AWARENESS MONTH

Nearly 68 million people have high blood pressure, (also called hypertension) in the U.S. Hypertension increases the risk for heart disease and stroke, the first and third leading causes of death.

Blood pressure is written as two numbers. The first (systolic) number represents the pressure when the heart beats. The second (diastolic) number represents the pressure when the heart rests between beats. Blood pressure that is slightly higher than normal is called prehypertension – people with prehypertension are more likely to develop high blood pressure.

Normal blood pressure	<i>systolic:</i> less than 120 mmHg and <i>diastolic:</i> less than 80 mmHg
Prehypertension	<i>systolic:</i> 120–139 mmHg or <i>diastolic:</i> 80–89 mmHg
High blood pressure	<i>systolic:</i> 140 mmHg or higher or <i>diastolic:</i> 90 mmHg or higher or taking antihypertensive medication

You can maintain healthy blood pressure by changing your lifestyle or combining lifestyle changes with prescribed medications. Some key lifestyle changes include: Having your blood pressure checked regularly, maintaining a normal body weight, quitting smoking, and drinking in moderation. ★

VA facilities across the nation are holding VA2K walk and roll events for wellness and in support of homeless Veterans.

Join VA Butler Healthcare on Wednesday May 16, 2012 at 11am in front of VA Butler's Auditorium!

Last year's national VA2K events were hugely successful. A total of

16,847 employees, Veterans and community members across the nation donated over 25,935 items for homeless Veterans valued at approximately \$172,000.



For additional information and more event details, please contact our VA2K coordinator, Hardy Bang at 724-287-4781, ext. 4403 or via email at hardy.bang@va.gov. We hope to see you there! ★

EVENTS

- 3 **May Podcast • Health Promotion & Disease Prevention**
Thursday, May 3 • 12-12:30 pm
Chat link: talkshoe.com/tc/85029
or Call in: 724.444.7444 (Call ID: 85029)
- 8 **To Tell The Tooth**
Oral Health Care Educational Event
Tuesday, May 8 • 10 am-3 pm
VA Butler Auditorium
- 16 **VA2K Walk & Roll Event**
Wednesday, May 16 • 11 am-3 pm
VA Butler Auditorium Entrance



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