

FRONT & CENTER

Providing News to Our Veterans

November 2011



LET VA HELP YOU

Abuse of substances such as alcohol, drugs, or tobacco, can lead to increased risk of injuries, accidents, or physical and mental health problems. Although quitting is difficult, you do not have to do it alone.

After serving his country in the U.S. Army during Vietnam, Raymond White

found himself struggling with substance abuse. With help from the VA, including several stays at VA Butler Healthcare’s Domiciliary, participation in support groups, and various forms of treatment, Raymond is on the right path today.

“Coming to the VA has allowed me to live a better life,” said Raymond. “If you’re struggling with alcohol or drug abuse, it’s important to come to the VA for help and to let them help you.” VA Butler’s Domiciliary is part of the Mental Health Residential Rehabilitation and Treatment Program (MHRRTTP) where each Veteran receives individual and group therapy, as well as opportunities for vocational and community re-entry training. “The ‘Dom’ really helped me with my self-esteem. It helps get you on the right path, where you want to be,” said Raymond.

Ray continues to attend support group meetings, and he is an active volunteer

at VA Butler. Perhaps what Raymond is most proud of throughout his experience and treatment at VA, is quitting smoking. After 40 years of smoking, Ray quit, thanks in large part to the VA, and the motivation and support from VA staff, especially VA Butler’s DRRTT Admissions Coordinator/Certified Addictions Registered Nurse Kelly Fulmer. “I cut smoking out of my life,” Raymond said. “Kelly inspired me to quit by helping me to understand how bad it really is for you.”

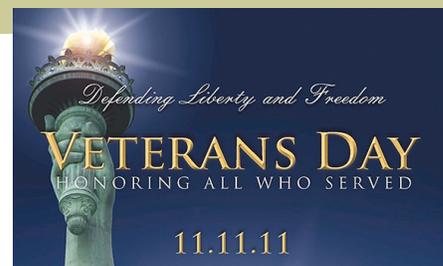
VA Butler can help YOU become tobacco-free too! We offer tobacco cessation classes monthly and support groups twice a month to help you quit smoking. We also offer counseling right from your home via regular telephone calls and at all of our outpatient clinics as part of our telehealth program. Learn more by calling 724-285-2738 or going online at www.prevention.va.gov.

“Coming to the VA has allowed me to live a better life.”

Raymond White

THIS MONTH IN HISTORY...NOVEMBER

- 1 The first medical school for women opens in Boston (1848)
- 8 X-rays (electromagnetic rays) are discovered in Germany (1895)
- 10 U.S. Marine Corps is established as part of the U.S. Navy [Happy 236th birthday U.S. Marine Corps!] (1775)
- 19 President Abraham Lincoln delivers the Gettysburg Address during ceremonies dedicating 17 acres of the Gettysburg Battlefield as a National Cemetery (1863)
- 26 The first American holiday occurs, proclaimed by President George Washington to be Thanksgiving Day, a day of prayer and public thanksgiving in gratitude for the successful establishment of the new American republic (1789)



VA Butler Healthcare joins the rest of the nation on Veterans Day, and every day in thanking the millions of American Veterans and their families for their service and sacrifice to our country. Thank you Veterans!



NOVEMBER IS NATIONAL COPD AWARENESS MONTH 4 THINGS YOU CAN DO

Chronic obstructive pulmonary disease, or COPD is a serious lung disease that over time makes it hard to breathe. Twelve million Americans are currently diagnosed with COPD, while an additional 12 million Americans may have the disease and remain undiagnosed.

Here are 4 things YOU can do to live a longer, more active life.

1. Be aware of the risk factors
2. Recognize the symptoms
3. Ask your VA doctor about a simple breathing test
4. Follow treatment advice



This November marks the 36th *Great American Smokeout*, a day to make a plan to quit, or to plan in advance and quit smoking that day. **Quitting smoking is the single most important thing you can do to improve your health** and protect the health of your family members. Learn more by calling 724.285.2738 or going online at www.prevention.va.gov.

NOV FLU CLINICS AND HEALTH FAIRS

The single *best* way to protect against the flu is to get vaccinated each year.

VA Butler Healthcare is offering flu vaccination clinics to Veterans at the main campus and other community locations this month. For information, call 724.285.2223.

TUESDAY, NOV. 1, 2011

10am-2pm

Michael A. Marzano VA

Outpatient Clinic

295 Kerrwood Dr., Ste. 110

Hermitage, PA 16148

WEDNESDAY, NOV. 2, 2011

10am-2pm

VFW #894, 894 Veterans Lane

Natrona Heights, PA 15065

FRIDAY, NOV. 4, 2011

10am-2pm

VFW #8106

100 Monroe Street

New Galilee, PA 16141

TUESDAY, NOV. 8, 2011

10am-2pm

VA Butler Healthcare, Building 1

Auditorium

325 New Castle Road

Butler, PA 16001

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

**You're there to support
YOUR VETERAN.
We're here to support YOU.**

VA Butler Healthcare understands that taking care of the Veteran you love is an incredibly demanding job. We offer a variety of support services for family caregivers for Veterans of all eras, and new services for post-9/11 Veterans.

Veterans and their Family Caregivers can apply for the new services in-person and online at www.caregiver.va.gov. Karen Gliebe, LCSW, VA Butler's Caregiver Support Coordinator is available to assist with the application process and direct Veterans and their Family Caregivers to more than two dozen other programs VA offers Family Caregivers for support and assistance. Veterans and their Caregivers may also call the Caregiver Support Line at 1-855-260-3274.

EVENTS

3 **November Podcast • Home-based Health Care**
Thursday, Nov. 3 • 12-12:30 pm
Chat link: talkshoe.com/tc/85029
or Call in: 724.444.7444 (Call ID: 85029)

11 **2011 Veteran's Day Ceremony**
Friday Nov. 11 • 9 am
VA Butler Healthcare Auditorium



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800.362.8262
724.287.4781



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