

# FRONT CENTER

Providing News to Our Veterans

November 2014



## TALK TO YOUR TEAM WITH SECURE MESSAGING

uses the Secure Messaging feature to communicate frequently with his team.

“I like that I can talk directly to my health care team. I can send them a message, get a reply, and know they got what I sent them,” said Jim. “Before Secure Messaging, I phoned in, and it was a pain. After Secure Messaging, I have had very, very few problems, and they get back to me quickly.”

Through Secure Messaging, Veterans can ask about their VA appointments, medications, and lab results, or have routine questions answered.

Similar to email, Secure Messaging allows Veterans to write a message, save drafts, review sent messages and maintain a record of conversations.

Secure Messaging is not the only My HealthVet feature Jim uses. From regularly tracking his blood pressure and weight, to researching health information and viewing his test results, Jim truly uses the whole My HealthVet system. “I use it a lot, and I use it for so much; it’s just unbelievable!” he said.

Register today on [www.myhealth.va.gov](http://www.myhealth.va.gov) to start using My HealthVet. For Secure

Messaging, Veterans must: 1) receive health care services from VA; 2) register on My HealthVet as a “VA Patient”; and 3) have a Premium My HealthVet account. Once Veterans have a Premium account, they may opt into the Secure Messaging feature. To learn more, contact VA Butler’s My HealthVet Coordinator at 800.362.8262 ext. 2595.

Whether signing up for My HealthVet for the first time, or opting in to Secure Messaging once you have a Premium My HealthVet account, Jim encourages Veterans to “give it a try! It does work, it does help.”

**H**ave you ever just wanted to ask your VA health care team a simple question? With My HealthVet’s Secure Messaging, Veterans can communicate with their health care team without having to wait on the phone or fight traffic to get to the facility. U.S. Navy Veteran Jim Sankey has used My HealthVet for years, and he

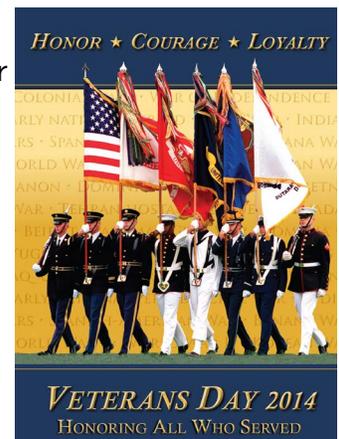
“I like that I can talk directly to my health care team. I can send them a message, get a reply, and know they got what I sent them.” —Jim Sankey, U.S. Navy Veteran

## THIS MONTH IN HISTORY...NOVEMBER

- 1** President Lyndon B. Johnson calls a halt to bombing in Vietnam, hoping this will lead to progress at the Paris peace talks (1968)
- 9** The Berlin Wall is opened after dividing the city for 28 years [25th anniversary] (1989)
- 11** Irving Berlin’s “God Bless America” is performed for the first time (1938)
- 13** The Vietnam Veterans Memorial in Washington, DC is dedicated (1982)
- 17** Influenza (flu) deaths reported in the U.S. far exceed World War I. casualties [REMINDER: Get your flu shot at VA Butler Healthcare today!] (1918)
- 21** Cold War formally ends (1990)
- 23** The first Smartphone, IBM Simon, is introduced at COMDEX in Las Vegas (1992)

## NOVEMBER 11, 2014...

...is a day to honor America’s Veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. THANK YOU to all who have served, serve now, and their families.





## FOCUSING ON THE FORGOTTEN...ME! National Family Caregiver Month

### LOSING WEIGHT HELPS DIABETES... and, can help you live longer!

Nearly 30 million children and adults in the U.S. have diabetes. Another 86 million Americans have prediabetes and are at risk for developing type 2 diabetes. Most adults with diabetes are overweight. If you are one of them, weight loss can improve blood sugar levels and decrease the need for diabetes medications. If you have pre-diabetes, you may avoid diabetes completely by losing some pounds.

This November, during National Diabetes Month, choose a healthy, active lifestyle and commit to losing weight. It is not too late to start living a healthy active lifestyle, and VA Butler Healthcare is here to help! VA Butler offers a weekly diabetes support group, and 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.

Caregivers have very demanding lives, with pressures and responsibilities seeming to come from every direction. Listen or read the presentation, "Focusing on the Forgotten.....Me!" to learn strategies to identify signs of stress. The presentation introduces methods and approaches to help Caregivers become more attuned to their own needs so they are better able to identify daily opportunities to connect with the people, places and experiences that help them to restore balance and vitality to their own lives.

- [www.caregiver.va.gov/media/Focusing\\_on\\_the\\_Forgotten\\_Me.aspx](http://www.caregiver.va.gov/media/Focusing_on_the_Forgotten_Me.aspx) (audio)
- [www.caregiver.va.gov/docs/Focusing\\_on\\_the\\_Forgotten\\_Me\\_Transcript.pdf](http://www.caregiver.va.gov/docs/Focusing_on_the_Forgotten_Me_Transcript.pdf) (transcript)

Remember, you are not alone. With VA's Caregiver Support Line – 1.855.260.3274 – assistance is just a quick phone call away. You also may call VA Butler's Caregiver Support Coordinator at 724.285.2492. We are here to support you.



### MENTAL HEALTH CREATIVE ARTS

People have been using the arts as a way to express, communicate, and heal for thousands of years. In addition, part of mental health recovery is looking at a person's strengths and building on them. VA Butler Healthcare is hosting the second annual Mental Health Creative Arts Event this month to help Veteran's work toward recovery. The event will be held on November 14, 2014 from 11am-1pm in VA Butler's Auditorium, and all are invited to attend. Local Veterans in mental health recovery at VA Butler will be displaying their artistic talents – paintings, drawings, sculptures, music, and more.

Learn more about mental health recovery, and the Mental Health Creative Arts Event by calling VA Butler's Recovery Coordinator at 724 996-2032 or visiting [www.mentalhealth.va.gov/mentalhealthrecovery.asp](http://www.mentalhealth.va.gov/mentalhealthrecovery.asp).

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

## EVENTS

### VA Butler Flu Clinic

|| Saturday, November 1 • 8am-12pm  
VA Butler Primary Care Clinic

### Veterans Day Ceremony

||| Tuesday, November 11 • 9am  
VA Butler Auditorium

### Mental Health Creative Arts Event

||| Friday, November 14 • 11am-1pm  
VA Butler Auditorium

### VA Butler Flu Clinic & Health Fair

||| Thursday, November 20 • 10am-2pm  
American Legion #299  
1395 E. State St., Sharon, Pa.



800.362.8262  
724.287.4781

[www.butler.va.gov](http://www.butler.va.gov)



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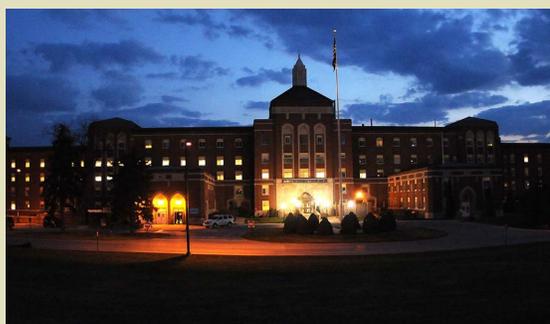
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