



VETERAN X

This November marks the one-year anniversary of VA Butler’s Veteran X recovery program. Air Force Veteran Bill Barger attended the very first group and has attended ever since. The main goal of Veteran X is for Veterans to live a life of recovery in the environment of their choice.

In the weekly Veteran X recovery group, Veterans work with other Veterans as a treatment team for a fictitious Veteran “X” who has challenges similar to their own. These challenges are presented in the form of a scenario and may include mental illness, addiction, homelessness, economic hardship, family issues, etc. As a group, 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.

Some of the scenarios

that stood out for Bill include learning about the Patient Advocate, housing resources, and My HealthVet. “For me, signing up for My HealthVet was very beneficial, and I use it now on a weekly basis. I use Secure Messaging to talk to my team, I schedule/verify appointments, order my prescriptions, and more.”

Veteran X provides an opportunity for Veterans to learn and share helpful information. “The whole idea is Veterans empowering Veterans, and that’s what I really get out of it each week,” said Bill.

“Just about anything a Veteran could be involved in, we’ve done actual scenarios. We have the information. So, should we ever need those services, we know how to properly advocate for ourselves.”

The information is helpful, but the comradery is key. “Veteran X has made me feel a part of something good again. I have had the opportunity to be associated with true heroes who have come home to new challenges and life altering struggles. Just as in military service, with Veteran X we have

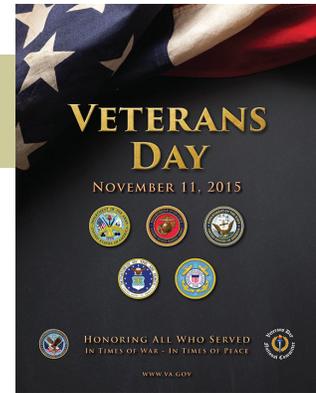
learned to adapt and overcome obstacles such as homelessness, addiction, mental health, family and financial issues. Through Veteran X, I have been able to form a bond with a new band of brothers.”

Veterans are welcome to join the Veteran X group at any time. For more information about the Veteran X program, Veterans may talk to their VA provider or call Cary Adkins at 724.996.8892 or Jackie Cannon at 724.285.2293.

“Through Veteran ‘X’ I have been able to form a bond with a new band of brothers.” – Bill Barger, Air Force Veteran

THIS MONTH IN HISTORY...NOVEMBER

- 1 The first medical school for women opens in Boston (1848)
- 10 The U.S. Marine Corps is established (1775)
- 11 The U.S. turns over its military base at Long Binh to the South Vietnamese, symbolizing the end of direct American military participation in the Vietnam War (1972)
- 17 The first national Great American Smokeout is held (1977)
- 19 The Cold War formally ends [25th anniversary] (1990)
- 19 President Abraham Lincoln delivers the Gettysburg Address during ceremonies dedicating 17 acres of the Gettysburg Battlefield as a National Cemetery (1863)
- 26 George Washington proclaims this a National Thanksgiving Day in honor of the new constitution. This date was later used to set the date for Thanksgiving (1789)



VETERANS DAY, NOVEMBER 11, 2015

We salute our Veterans and extend our gratitude for their service. They are our relatives, friends, neighbors and co-workers. These individuals committed to a cause larger than their own and accepted the challenge to defend our nation. Join us in honoring them.





WELCOME DAVID CORD

VA Butler Healthcare's New Director

Effective November 15, David Cord will serve as the new director of VA Butler Healthcare. Cord joined VA more than 14 years ago and has held progressive leadership positions in both VISN 4 and the VA Maryland Healthcare System. Most recently, he served as the director of the Erie VA Medical Center.

Cord spent more than five years on active duty in the U.S. Air Force, including serving as a Judge Advocate General's Officer responsible for prosecuting court-martials. He earned bachelor's degrees in English literature and psychology from the University of Pittsburgh and a Juris Doctorate from Duquesne University.

NEW LOCATION FOR CRANBERRY TOWNSHIP CBOC

The newly relocated Cranberry Township Community-Based Outpatient Clinic (CBOC), a partnership between VA Butler Healthcare and Valor Healthcare, opens on November 1. The new address is:

**Cranberry Township
VA Community-Based Outpatient Clinic
900 Commonwealth Drive, Suite 900
Cranberry Township, PA 16066**

A grand opening celebration is planned for November 6 starting at 11am. All Veterans are invited to attend! If you have questions, please contact Timothy Florian, VA Butler's Community-Based Outpatient Clinic Manager, at 724.287.4781, ext. 4565.

CAREGIVER SELF-CARE PROGRAM

We're Here to Support You

November is National Family Caregivers Month. VA Butler recognizes family caregivers for the care and tireless support they provide to Veterans. VA Butler offers a wide range of services to family Caregivers through its Caregiver Support Program (Information is available at www.butler.va.gov/services/caregiver).

In honor of Family Caregivers Month, VA Butler will host a fall Caregiver Self-Care Program focusing on two topics: "Taking Care of Yourself" and "Problem Solving and Effective Communication for Family Caregivers." The program is open to all Caregivers of Veterans who receive care from the VA, and will take place on Thursday, November 19, from 8am to 4pm; lunch is included.

To learn more about the Self-Care Program and to RSVP (RSVP required), or to learn more about the number of Caregiver services available to you through the VA, please contact VA Butler's Caregiver Support Coordinator at 800.362.8262 ext. 2492.



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

EVENTS

VA Butler Flu Clinic

7) Saturday, November 7 • 8am-12pm
VA Butler Healthcare, Primary Care Clinic

Veterans Behavioral Health Council Meeting

10) Tuesday, November 10 • 10am
Room 218WS, VA Butler Healthcare

VA Butler Flu Clinic & Veterans Outreach Event

10) Thursday, November 19 • 10am-2pm
1395 E. State Street, Sharon, PA
*Sponsored by: Mercer County DAV Chapter 55
and Sharon American Legion Post #299*



800.362.8262
724.287.4781

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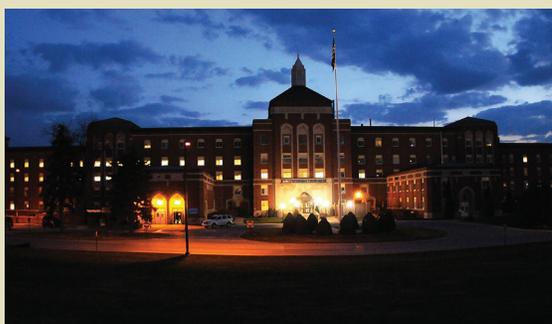
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