

## DIABETES EDUCATION

**D**avid Mohr served in the U.S. Navy from 1965-1969. He completed basic training in Chicago and then was stationed in Jacksonville, Florida except for when he was deployed to Vietnam in 1967 for six months and then again in 1968 for six months. While in the Navy, he worked as an aviation electrician and after being discharged, he worked in auto body sales for more than 25 years.

In 2011, David enrolled for care through VA Butler Healthcare at the Cranberry VA

Community Based Outpatient Clinic (CBOC). He has a family physician also, but comes to the VA frequently for his health care, including care for his diagnosis of diabetes.

“My hemoglobin A1c (diabetes blood test) was really elevated when I first came to the VA. I had been working with the doctors to try to get it down with medications, but was having some trouble,” explained David. Last year, his doctor mentioned that maybe he should try insulin. David said, “I don’t

want to do that. Give me a little time and I will get the number down.” He met with registered dietitian Courtney Johns. They discussed blood glucose and he was educated about which foods can raise blood sugar.

“Courtney was extremely helpful!” After meeting with the dietitian, David’s blood sugar was back to normal. “She taught me a lot about what to eat and what not to eat. I didn’t understand I was eating all the wrong things and making my blood sugar go up, but Courtney explained



everything so well. I really appreciate everything she did for me.” David encourages other Veterans with diabetes to see a dietitian. “Taking care of diabetes can be hard, but a dietitian can help make it easier. They will help you a lot.”

If you would like to

speaking to a dietitian at VA Butler Healthcare, ask your primary care provider for a referral. If you are interested in the upcoming Diabetes Self-Management Education Program or the Diabetes Support Group, please call 800.362.8262, ext. 5024.

“Taking care of diabetes can be hard, but a dietitian can help make it easier. They will help you a lot.” – David Mohr, Navy 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, 2016

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.



## VETERANS DAY EVENTS

**W**A Butler Healthcare has many events and activities planned for Veterans Day 2016. Every day during the week of November 7 refreshments will be provided in primary care. There will be balloons, flyers, and each day will have a theme focusing on a period of service (WWII, Vietnam, etc.). On Veterans Day there will be a public Butler County Veterans Day Committee ceremony in the auditorium at 9am followed by the facility participating in the downtown Butler parade. The County Veterans Director and local government officials will be in attendance. On Veterans Day there also will be a lunch for the CLC residents, and a recreational outing for the Domiciliary Veterans.

## CAREGIVER SELF-CARE PROGRAM

*We're Here to Support You*



**N**ovember 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](http://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: "Health and Wellness" and "Sleep Hygiene", and "Pain Management." During the afternoon session we will be hosting an artist from the local studio Brushes and Barstools, who will be teaching a painting class for all levels of experience. You will create your own artwork to take home and share. The program is open to all Caregivers of Veterans who receive care from the VA, and will take place on Thursday, November 18, from 10am to 3:30pm; 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.

## 5TH ANNUAL HEALTHY LIVING EVENT HELD OCTOBER 28

**W**A Butler Healthcare held its fifth annual Healthy Living Recognition Event. Veterans were recognized for making healthy living choices resulting in positive outcomes (i.e., improved cholesterol, blood sugar control, weight loss, tobacco cessation, etc.).

Information on VA's healthy living programs such as MOVE!, My HealthVet, Health Promotion & Disease Prevention, and Tobacco Cessation were on display and available for all attendees.

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

## EVENTS



800.362.8262  
724.287.4781

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



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

5 **VA Butler Flu Clinic**  
Saturday, November 5 • 8am-12pm  
VA Butler Healthcare, Primary Care Clinic

8 **Veterans Behavioral Health Council Meeting**  
Tuesday, November 8 • 8:30am  
2E Solarium (room 213ES),  
VA Butler Healthcare

11 **Veterans Day Ceremony**  
Friday, November 11 • 9am  
VA Butler Healthcare, Auditorium



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