

VA BUTLER CHIROPRACTORS ALSO PROVIDE ACUPUNCTURE

U.S. Army Veteran Daniel Myers joined the Army in 1978 and served until 1991. For basic training, he was stationed at Fort Knox, Kentucky, where he trained to be a Calvary Scout. After completing basic training, he went to Fort Sill, Oklahoma, to be trained as a Forward Observer. Daniel spent more than seven years in Germany. He participated in many operations including Operation Bright Star in Cairo from 1981-1982.

After being discharged from the Army, Dan worked at VA Butler Healthcare for 27 years as a respiratory therapist until he retired in 2013.

He has been a patient at VA Butler for many years for service connected conditions (diabetes and heart disease). Diabetes complications resulted in an amputation of his right leg below the knee. Dan was suffering from phantom pain due to the amputation and his physiatrist at VA Butler, Dr. Moon, referred him

to Dr. Cupler, a chiropractor, for acupuncture. Dan's first thought about acupuncture was, "they are going to be sticking needles in me like a pin cushion. But I did it because I wanted some pain relief." He began acupuncture treatments earlier this year. Treatments started out weekly for a couple of months and now are once a month for maintenance. "It doesn't hurt and I would definitely recommend it to other

Veterans. My pain is decreased, I take less pain medication and I am more relaxed."

Dan states, "If you are like me and don't like to take pain medication, you should try it. It is an alternative to medication." He said he wants everyone to know about acupuncture. "It has helped me and it could help you too."

If you would like more information about acupuncture or chiropractic care at



VA Butler Healthcare, ask a member of your health care team, or call Physical Medicine and Rehabilitation Services (PM&RS) at 724.287.4781, ext. 5047.

“If you are like me and don't like to take pain medication, you should try it. It is an alternative to medication.” —Dan Myers, U.S. Army Veteran

THIS MONTH IN HISTORY...OCTOBER

- 2** Scientists announce findings that smoking can cause cancer [Make a quit plan. VA's smoking quitline counselors can help. Call them at 1.855.QUIT VET] (1964)
- 13** U.S. Navy is established (1775)
- 14** U.S. Air Force Captain Chuck Yeager becomes the first man to break the sound barrier, flying in a rocket-powered research aircraft (1947)
- 19** As their band plays *The World Turned Upside Down*, the British Army marches out in formation and surrenders to the Americans at Yorktown. The war between Britain and its American colonies is effectively ended (1781)
- 21** During World War II in Europe, American troops capture Aachen in western Germany after a week of hard fighting. It is the first large German city taken by the Allies (1944)
- 24** The United Nations is founded [70th anniversary] (1945)

OCTOBER 2-8, 2016 IS NATIONAL MENTAL ILLNESS AWARENESS WEEK



During this week, consider becoming a member of Butler's Behavioral Health Council to better assist Veterans in their mental health recovery. Call 724.742.0348, 724.967.3733, or 724.282.4159 for more information.



OCTOBER FLU CLINICS

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 more information, call 724.285.2223 or visit www.butler.va.gov/calendar.asp.

Saturday, October 8 | 10am-2pm

Michael A. Marzano VA Outpatient Clinic
295 Kerrwood Dr., Ste. 110, Hermitage, PA 16148

Tuesday, October 11 | 10am-2pm

VFW 894, 894 Veterans Lane, Natrona Heights, PA 15065

Wednesday, October 12 | 3pm-7pm

VFW 128, 179 Virginia Avenue, Rochester, PA 15074

Saturday, October 15 | 10am-2pm

Lawrence County VA Outpatient Clinic Ridgewood
Professional Centre, 1750 New Butler Road,
New Castle, PA 16101

Tuesday, October 18 | 7:30am-12pm

VA Butler Healthcare, Bldg 1, Auditorium,
325 New Castle Road, Butler, PA 16001

Thursday, October 20 | 10am-2pm

VFW 519, 220 Blair Street, Grove City, PA 16127

Saturday, October 22 | 10am-2pm

Cranberry Township VA Outpatient Clinic,
900 Commonwealth Drive, Suite 900,
Cranberry Township, PA 16066

Tuesday, October 25, 2016 | 10am-2pm

VFW 7505, 331 Mars-Valencia Road, Mars, PA 16059

Thursday, October 27, 2016 | 7:30am-12pm

VA Butler Healthcare, Bldg 1, Auditorium,
325 New Castle Road, Butler, PA 16001

Saturday, October 29, 2016 | 10am-2pm

Sarver Veterans Club, 641 Sarver Road,
Sarver, PA 16055

WHAT ARE THE SIGNS OF DEPRESSION?

October is Depression Awareness Month. Here at VA Butler Healthcare, we embrace educating our veterans about many issues including the important issue of depression. If you have experienced changes in the way that you feel throughout the day, or notice that you are not functioning as well as in the past, please continue to read so that you can consider seeking care if necessary.

What are the symptoms of depression?

- feelings of sadness
- diminished interest in activities
- significant weight loss/gain
- sleep disturbance
- loss of energy
- feelings of worthlessness
- difficulty concentrating
- thoughts of suicide

If you are concerned that you may be depressed, talk with your primary care provider who can request a consult with the Center for Behavioral Health to initiate care. If you experience thoughts of suicide, call the Veteran Crisis Line, 1.800.273.8255—press one. It operates 24x7 and offers support and guidance regarding mental health issues.

NEW OCTOBER FITNESS CLASSES

Check out VA Butler's weekly fitness classes with certified, experienced instructors. Free classes are offered to Veterans and meet Monday through Friday from 4:30 to 5:30pm, however Veterans must pre-register before attending. Call 800.362.8262, ext. 2292. Following is the lineup of new classes.

- **Monday/Wednesday: P.E. Plus**

Join us for a one mile warm-up walk on the grounds of VA Butler followed by cardiovascular drills and strength exercises.

- **Tuesday: Chair Yoga**

This is an introductory class focusing on the fundamentals of yoga. There are no pre-requisites—you don't need to touch your toes.

- **Thursday: Cardio Kick**

Prepare for a full body workout. We will punch, kick, sweat, laugh and moan using boxing skills and other exercises that will work the entire body.

- **Friday: Yoga**

Increase flexibility, balance, strength and range of movement. Restorative breathing exercises will promote stress reduction and mental clarity.

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

EVENTS

6 **Visual Impairment Services Team (VIST) Support Group**
Thursday, October 6 • 10am
Auditorium, VA Butler Healthcare

12 **Veterans Behavioral Health Council Meeting**
Wednesday, October 12 • 5pm
Auditorium, VA Butler Healthcare



800.362.8262
724.287.4781

www.butler.va.gov



butler.va.gov



facebook.com/vabutlerpa



twitter.com/vabutlerpa



www.butler.va.gov/news/MediaCenter.asp



325 new castle road . butler pa 16001

