



NEVER FORGET

On September 11, 2001 Steve McCandless was sitting in his 10th grade history class in shock as he watched the events of that tragic day unfold. Two years later, during his senior year of high

school after being inspired by the tragedy of 9-11, Steve enlisted in the United States Air Force.

Steve was active duty in the Air Force from 2003 until 2007 where he served in Texas, Italy, and Afghanistan. He was in the Georgia Air National Guard until 2009 and is currently in the Pennsylvania Air National Guard.

When Steve relocated to Pennsylvania, he enrolled at VA Butler Healthcare where he now receives all his primary care. "My Primary Care Team has been top notch and time sensitive to all my needs. It's great to know that Veterans like me have a place that understands what we have been through and is willing to help in any way possible."

One of Steve's favorite things about his VA care is the My HealthVet

Website (www.myhealth.va.gov) where you can find a wealth of VA health care information and services. "It's such a great tool! It's so easy and convenient to be able to use it to talk with my care team," Steve said.

It's been 10 years since Steve first saw the devastating events of 9-11 while sitting in a high school classroom. Since then, he's answered our nation's call to arms at home and abroad, continuing to do so today in the Air National Guard while completing his college degree.

"In light of the 10th anniversary of 9-11, I want to remind America to 'Never Forget' and I share this message with all Veterans from former President George W. Bush: 'We will not waver, we will not tire, we will not falter and we will not fail. Peace and freedom will prevail...'" ★

"It's great to know that Veterans like me have a place that understands what we have been through and is willing to help." Steve McCandless

THIS MONTH IN HISTORY...SEPTEMBER

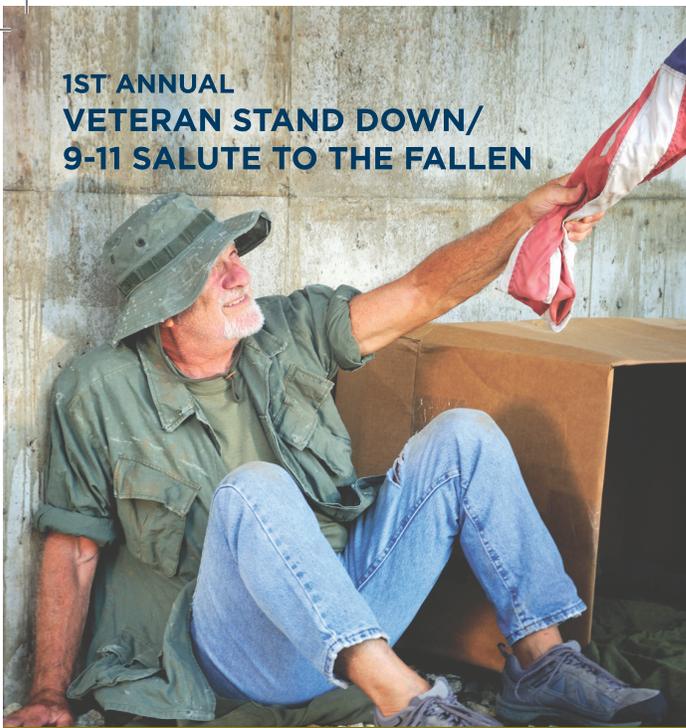
- 1 At 5:30am, Hitler's armies invade Poland starting WWII in Europe (1939)
- 9 U.S comes into existence as the Continental Congress changes the name of the new American nation from the United Colonies (1776)
- 16 American Legion is chartered by Congress (1919)
- 17 VFW Ladies Auxiliary is organized (1914)
- 18 The United States Air Force is established (1947)
- 25 Disabled American Veterans (DAV) is founded by disabled Veterans returning from WWI (1920)
- 29 Congress creates the United States Army, consisting of 1,000 enlisted men and officers (1789)



As we remember the 10th anniversary of September 11, 2001, VA Butler thanks all of America's heroes of that day and all those who are serving or have served our great nation.

We are here for you now and in the future.

**1ST ANNUAL
VETERAN STAND DOWN/
9-11 SALUTE TO THE FALLEN**



Join VA Butler Healthcare and the Veterans Stand Down Committee for the first ever Stand Down event on Saturday Sept. 10 (8:30 am-4 pm) at Cascade Park, New Castle, PA. Stand Downs are part of VA's efforts to provide services to homeless Veterans.

VA Butler Healthcare offers a wide array of special programs and initiatives specifically designed to help homeless Veterans live as self-sufficiently and independently as possible. For information, please contact Dan Slack, Homeless Program Coordinator at 800.362.8262, ext., 2439 or call the National Call Center for Homeless Veterans at 877.4AID.VET (877.424.3838). ★

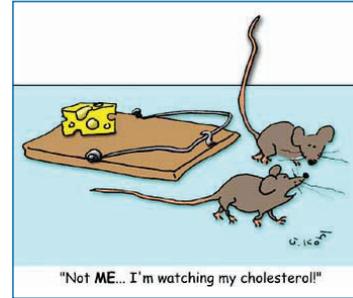
**SEPTEMBER IS NATIONAL
CHOLESTEROL EDUCATION MONTH**

More than 102 million American Adults (20 years or older) have total cholesterol levels at or above 200 mg/dL, which is above healthy levels. This month is a great time to get your blood cholesterol checked and take steps to lower it if it is high! Your VA doctor may prescribe medications to treat your high cholesterol, but you can also lower your

cholesterol levels through lifestyle changes: Eat low-fat and high-fiber food (fresh fruits, vegetables, and whole grains); Get physical activity each day;

Maintain a healthy weight; Stop smoking

Got questions? Talk to your health care team at VA Butler today!



Each year about 200,000 people in the U.S. are hospitalized and about 36,000 DIE because of the flu.

The flu shot does work. The Centers for Disease Control (CDC) notes that "everyone who is six months or older can benefit from the protection of the flu shot." VA Butler Healthcare will be offering flu clinics to Veterans at the facility's main campus and at

other community locations beginning this month through November! For more information about the flu clinics, please contact VA Butler Healthcare's Call Center between 8 am -4:30 pm, Monday through Friday, at 888.266.9040. You may also call VA

Butler's main number at 724.287.4781 or toll-free at 800.362.8262.

Veterans not currently registered at the facility, or who have not received the flu vaccine from the VA in previous years, must bring a copy of their DD 214 as verification.

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

IT'S YOUR CALL!



Sept. 4-10 is National Suicide Prevention Week. Are you, or someone you know, at risk for suicide? The Veterans Crisis Line is available 24/7/365 to provide confidential counseling and referrals for Veterans and their families.

EVENTS

- 11 **September Podcast • VA's HUD-VASH Housing Program**
Thursday, Sept. 1 • 12-12:30 pm
Chat link: talkshoe.com/tc/85029
or Call in: 724.444.7444 (Call ID: 85029)
- 10 **1st Annual Veteran Stand Down/9-11 Salute to the Fallen**
Saturday, Sept. 10 • 8:30 am-4 pm
Cascade Park, New Castle, PA
- 28 **MyHealthVet Day**
Wednesday, Sept. 28 • 8 am-2 pm in
VA Butler Primary Care Waiting Area;
2-6 pm in Auditorium



800.362.8262
724.287.4781



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