



## HELP THROUGH VIST

VA eye exam he didn't get very good news, and went on to see a retinal specialist the following day. "When I first started going blind, like anybody, I was feeling down a little bit," said John. "But, I always try to find the positive in everything."

John went to the Cleveland VA's Blind Rehabilitation Center, a 15-bed inpatient program that helps Veterans adjust to sight loss. It provides training in low vision, orientation and mobility, living skills, computer access training and manual skills training. "When my wife and son came to visit, I'd only been there two weeks. They could not believe the difference in me. It's an

amazing place."

Once he returned from Cleveland, John got involved in VA Butler's monthly Visual Impairment Services Team (VIST) support group. "There are variations in the support group—some have some vision, others have none—but it's nice being around those who have similar problems," said John. "And, we're all Veterans. There's some close knit thing there between us Veterans."

The support group gives John a chance to get out and do something on his own, giving him a little bit of independence. His white cane also helps with that. "It's my lifeline. I don't go anywhere without it."

John went to the Blind Rehabilitation Center again this past winter. He worked on more advanced computer training and iPhone training. "It's amazing how much help it is when you're out and about – having a smart phone like that," he noted. John also took advantage of his time there by participating again in living skills and mobility.

"The VA helped give me my life back since I went blind. If it wasn't for them, I'd probably be sitting in a corner somewhere feeling sorry for myself." Learn more about the VIST program and support group; call 724-285-2736 or visit [www.butler.va.gov/services/Visual\\_Impairment\\_Services.asp](http://www.butler.va.gov/services/Visual_Impairment_Services.asp).

**U**.S. Navy Veteran John Neudorfer has had quite the bumpy road, from a heart attack at age 29 and a heart transplant seven years ago, to losing his eyesight completely.

About three years ago, John started going blind. While boating, his wife asked him if he could see another boat. He replied, "What boat?" The next day at his

“There are variations in the [VIST] support group—some have some vision, others have none—but it's nice being around those who have similar problems.” —John Neudorfer, U.S. Navy Veteran

## THIS MONTH IN HISTORY...SEPTEMBER

- 2** The Treasury Department, headed by Alexander Hamilton, is created in NYC [225th anniversary this year!] (1789)
- 9** The term "United States" is adopted by the Continental Congress to be used instead of the "United Colonies" (1776)
- 14** Joe Kittinger, a former USAF fighter pilot during the Vietnam War, becomes the first person to pilot a gas balloon solo across the Atlantic Ocean (1984)
- 15** Scottish bacteriologist Alexander Fleming discovers, by accident, that the mold penicillin has an antibiotic effect (1928)
- 18** U.S. Air Force is established (1947)
- 30** The first anesthetized tooth extraction is performed by Dr. Morton in Massachusetts (1846)



## SEPTEMBER IS HEALTHY AGING MONTH!

Take responsibility for your health! Try being more physically active by attending VA Butler's FREE Veteran fitness classes. Learn more: [www.butler.va.gov/services/Health\\_and\\_Wellness.asp](http://www.butler.va.gov/services/Health_and_Wellness.asp).



## SEPTEMBER FLU CLINICS AND HEALTH FAIRS

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](http://www.butler.va.gov/calendar.asp).

**September 16** • 7:30am-12pm  
VA Butler Healthcare, Bldg 1, Auditorium  
325 New Castle Road, Butler, PA 16001

**September 18** • 5pm-7pm (flu clinic only)  
VA Butler Healthcare, Primary Care Clinic  
325 New Castle Road, Butler, PA 16001

**September 20** • 10am-3pm  
Sarver Veterans Club  
641 Sarver Road, Sarver, PA 16055

**September 23** • 10am-2pm  
American Legion #299  
1395 East State Street, Sharon, PA 16146

**September 25** • 10am-2pm  
VFW #2145  
603 Liberty Street, Clarion, PA 16214

**September 26** • 10:30am-1pm (flu clinic only)  
Greenville Plaza  
100 Hadley Road, Greenville, PA 16125

**September 27** • 10am-2pm  
Lawrence County VA Outpatient Clinic  
Ridgewood Professional Centre  
1750 New Butler Road, New Castle, PA 16101

**September 30** • 10am-2pm  
VFW #894  
Veterans Lane, Natrona Heights, PA 15065

## SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

Would you be ready if there were an emergency? Start with these two simple tips!

- **Get an Emergency Kit.** By taking time now to prepare emergency water supplies, food supplies and a disaster supplies kit, you can provide for your entire family.



- **Make an Emergency Plan.** Make plans with your family and friends in case you're not together during an emergency. Discuss how you'll contact each other, where you'll meet, and what you'll do in different situations.

Visit [www.va.gov/vhaemergencymanagement/](http://www.va.gov/vhaemergencymanagement/) for more information.



## VETERANS CRISIS LINE— SPREAD THE WORD

This Suicide Prevention Month, show how the power of one single act can save a life.

Visit [VeteransCrisisLine.net/ThePowerof1](http://VeteransCrisisLine.net/ThePowerof1) to download free Suicide Prevention Month materials, including flyers to print and distribute, digital ads to display on your website, and content to post on social networks or publish in newsletters. Learn how you and your community can work together to prevent suicide.

No one can do everything, but everyone can do something. We all are part of the solution, and it starts with one small act. Visit [VeteransCrisisLine.net](http://VeteransCrisisLine.net) to learn more.

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

## EVENTS

10 **Mental Health Summit**  
Wednesday, September 10 • 8:30am-2pm  
VA Butler Auditorium  
RSVP to 724-477-5033

26 **Farmers Market**  
Friday, September 26 • 10am-2pm  
Outside Lawn, Primary Care Entrance  
VA Butler Healthcare

27 **Armstrong Co. Veteran Stand Down**  
Saturday, September 27 • 9am-3pm  
Curran Funeral Homes and Cremation Services  
300 Market St., Leechburg, PA  
Supervisor: Norman E. Connors



800.362.8262  
724.287.4781

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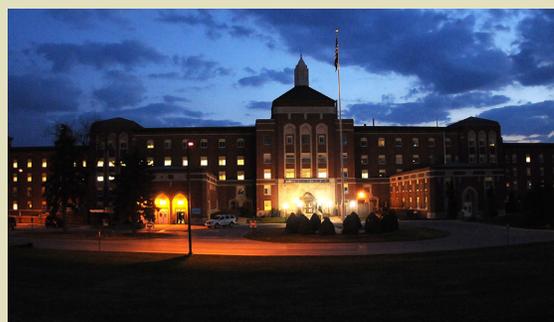
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