

LIVING Better

A VA Butler Healthcare Quarterly Magazine

fall 2012



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VA BUTLER HEALTHCARE'S FALL HIGHLIGHTS



1 Michael Moreland, VA's Network Director (VISN 4) and John Gennaro, VA Butler's Director sign the Memo of Understanding to begin the new Veterans Treatment Court in Butler County.

2 VA Butler employees helped homeless Veterans at the Lawrence County Veteran Stand Down in September and the Armstrong County Veteran Stand Down in October.

3 VA Butler honored 20 local POW's at this year's Annual POW/MIA Ceremony & Luncheon on September 21, 2012, including U.S. Army Veteran Homer Marsh.

4 Army Veteran Paul Isabella was one of the 33 Veterans recognized for healthy living achievements at VA Butler's first ever Healthy Living Recognition Event.

5 VA Employee Susan Graham and Voluntary Service Assistant Tom Dixon helped Veterans with My Health@Vet registrations, Secure Messaging, and much more during the second annual My Health@Vet Day.

6 VA Butler hosted its 3rd Annual Recovery Recognition Day on October 11, 2012 to celebrate Veterans who have overcome mental health problems.

7 U.S. Navy Veteran John Neudorfer joined VA Butler in celebrating White Cane Day – a day to celebrate the achievements of those who are blind and visually impaired. A demo on mobility using the white cane was part of the day's events.

8 VA Butler recognized National Breast Cancer Awareness Month in October and held a Pink Out Day for all staff, Veterans, and volunteers, as well as a Walk with a Veteran Event to raise awareness about breast cancer.

9 The official Ribbon Cutting Ceremony for VA Butler's newly constructed Domiciliary was held in October. The 56-bed Domiciliary provides residential rehabilitation for Veterans suffering from substance abuse, homelessness and behavioral health issues.

C O N T E N T S

Fall 2012



Dear Veterans, fellow employees, volunteers and friends of VA Butler Healthcare,

This fall has been an exciting time for VA Butler – we began the first Veterans Treatment Court in Butler County, participated in two Stand Down events to help our homeless Veterans, and opened our new 56-bed residential Domiciliary. As a new fiscal year gets underway, I want to thank our dedicated staff for an excellent year in providing the highest quality health care to over 18,000 of our Nation's heroes. To our Veterans – thank you for entrusting VA Butler Healthcare to be your advocate and for your service.

John Gennaro, Director



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MOVE! It and Lose It

77% of the Veteran's enrolled in VA healthcare are overweight/obese, but retired Chief Master Sergeant of the U.S. Air Force Anthony DeNoi is no longer one of them. VA Butler's *MOVE!* program helped him lose 101 lbs!



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New Butler County Veterans Treatment Court

This fall the official Memo of Understanding was signed to begin a new Veterans Treatment Court in Butler County. Learn about what this means for justice-involved Veterans in Butler County.



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Stop Thinking You're Too Tough To Ask For Help

VA Butler partnered with the local communities this fall for the Armstrong County Stand Down and the Lawrence County Stand Down. Army Veteran Chris Jackson shared his experience and helped fellow Veterans at the event.



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Vet Chat

Hey Veterans! Vet Chat shares stories, news, and more from Veterans to Veterans. In this issue, read about U.S. Army Veteran Bill Betcher's recovery achievements.

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MOVE! IT AND LOSE IT!

77% of the Veteran's enrolled in VA healthcare are overweight/obese, but retired Chief Master Sergeant of the U.S. Air Force Anthony "Tony" DeNoi is no longer one of them. After starting the *MOVE!* program in November of 2010 at VA Butler Healthcare, he has lost 101lbs and plans to lose even more!

Tony served five years in Vietnam, in addition to traveling all over Europe, Asia, and the Pacific. After more than 29 years in the U.S. Air Force, he worked in the steel mills for nine months, followed by the Boeing Corporation for 12 years in Saudi Arabia. In 2001 when he returned, he came to VA Butler Healthcare for the first time for a physical and learned of several health problems he didn't know he had.

"VA Butler has been very good. They diagnosed all my problems when I came, have been taking care of them, and got me started in the *MOVE!* program where I've lost 101lbs, and

plan to lose another 20," said Tony. "*MOVE!* not only helped me control my diabetes and maintain my sugar, but now I feel a lot better, my back doesn't hurt as much as it did, and I think I'll last another 20-30 years."

MOVE! is VA's national weight management program designed to help Veterans lose weight, keep it off and improve their overall health. It is a self-management program that focuses on healthy lifestyle change through eating wisely and being physically active.

"They teach you what to eat, and how to eat. The instructor taught me a whole new way of eating and it's really changed my lifestyle," said Tony. "I had never paid attention before. I'd never picked up a can and looked at it. I didn't care about carbs, calories, or salt content. Now, I do."

Tony participates in the *MOVE!* Group at VA Butler's Outpatient Clinic in Mercer, PA. The *MOVE!*

Group is just one of the many *MOVE!* program options available at the main campus in Butler, as well as the five VA Outpatient Clinics in Armstrong, Clarion, Southern Butler, Lawrence, and Mercer counties (see chart on page 5 for more program options).

"Mr. DeNoi has proven what the research shows: ongoing care and contact with weight management professionals increases success with weight management," said Laurie Conti, VA Butler's *MOVE!* Program Manager. "He is a prime example to share with other Veterans about how making healthy lifestyle changes can change lives!" Tony encourages

other Veterans to get started with *MOVE!* too. "If I can do it, anybody can! You just have to stick with it. You need to change your eating habits – push away from the table, eat small portions, and control what you put in your mouth. I'm happy, and I'm still going down in my weight!" ★



MOVE! Program Options

- ★ **MOVE! Group** provides education, support, and weighing-in through 12-week group classes led by a Registered Dietitian, Rehabilitation Specialist, or Behavioral Health Specialist.
- ★ **TeleMOVE!** provides daily accountability convenient to Veterans' schedules in the comfort of their home through home messaging (daily written messages along with a scale for daily weighing in that connects to the home telephone) and/or Interactive Voice Response (daily audio messages from the home telephone or a cellular phone).
- ★ **MOVE! TLC** (Telephone Lifestyle Coaching) provides Veterans a workbook with lessons and exercises plus a scale to self-manage weight with the assistance of a health coach who calls periodically to encourage, support, and check participant's progress.
- ★ **MOVE! Self Management Group** provides information on eating wisely, getting physically active, and making behavior changes in a monthly class to kick-start weight management.

Additional options include: **Individual Care** (meeting individually with a **MOVE!** team member), **MOVE! Support** (ongoing participation), the **Veteran Wellness Center**, the **Nutrition Kitchen** (teaching healthy cooking), **Veteran Exercise Classes**, and a **Veteran Walking Group**. Veterans who are interested in making healthy lifestyle changes should talk to their Primary Care Team or contact the **MOVE!** Office at 800.362.8262, ext. 5504.

U.S. Air Force Veteran
Tony DeNoi lost 101 lbs
through VA Butler's
MOVE! program, and
plans to lose even more!





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NEW BUTLER COUNTY VETERANS TREATMENT COURT

Partnering to Help Justice-Involved Veterans

In September, Michael Moreland, VA's Network Director (VISN 4), John Gennaro, VA Butler Healthcare's Director, President Judge Thomas Doerr, and Judge Timothy McCune signed the official Memo of Understanding (MOU) to begin a new Veterans Treatment Court in Butler County. Judge Timothy McCune presides as the Judge in Butler County's new Veterans Treatment Court.

"I am honored to serve as the Judge for the new Veterans Treatment Court, and excited to partner with VA Butler Healthcare to assist Butler County Veterans," said Judge McCune. "Veterans Treatment Courts have proven to not only assist individual Veterans to live productive law-abiding lives, but to save resources, reduce crime and make communities safer."

The goal of Veterans Treatment Courts is to divert those with mental health issues and homelessness from the traditional justice system and to give them treatment and tools for rehabilitation and readjustment. While Veterans Treatment Court allows the Veteran to remain in the community while undergoing treatment, a judge regularly checks on the Veteran's progress. If the

Veteran fails to meet the requirements of the program – for example, if he or she fails drug screenings or disobeys court orders – the Court will impose sanctions which may include community service, fines, jail time, or transfer out of Veterans Treatment back to a traditional criminal court.

"Building on the success of Veterans' courts around the



NS JRT

Butler County's new Veterans Treatment Court connects Veterans suffering from homelessness and mental health issues with needed VA treatment.



Nation, Butler County's court connects Veterans with needed VA treatment and services," said John Gennaro, VA Butler Healthcare Director. "The brave men and women who have served this country deserve our support when and how they need it."

In 2011, of the Veterans' caseloads reviewed by the Butler County Probation Office,

56% had been homeless (at least once), 62% suffered from mental health issues (42% of those suffering from PTSD), and 47% suffered from substance abuse issues. Veterans can face challenges transitioning back to civilian life and the new Veterans Court is specifically designed to work with these Veterans.

Veterans Treatment Courts were first started in 2008 in western New York by Judge Robert Russell, who based the idea on making a hybrid court – one that took aspects of popular drug and mental health courts already established across the U.S. By early 2010, there were 24 operational Veterans courts – from Buffalo to Los Angeles. Today there are over 95 Veterans Treatment Courts nationwide, with more on the way.

In addition to the many Veterans Treatment Courts nationwide, VA has a national program that provides direct services to justice-involved Veterans called Veterans Justice Outreach (VJO). VA established the Veterans Justice Outreach Initiative to educate the legal system, law enforcement, and jails on unique issues facing today's Veterans. Once Veterans enter the legal system, VJO specialists help them avoid unnecessary incarceration through integration into VA substance and mental health treatment programs.

"We are committed to the principle that when mental illness plays a role in a Veteran's involvement with the criminal justice system, both the Veteran and the community are better served by treating

the Veteran's mental illness rather than just incarcerating him or her," said Brad Schaffer, VA Butler's Veteran Justice Outreach Coordinator.

VA Butler Healthcare's Veterans Justice Outreach (VJO) program, which has served 652 Veterans since 2009, exists to connect justice-involved Veterans with treatment and services that can help prevent homelessness and facilitate recovery. VA Butler's VJO Coordinator functions as a link between VA, Veterans, and the local justice system. Although VA cannot treat Veterans while they are incarcerated, the VJO Coordinator provides outreach, assessment and linkage to VA and community treatment, and other services to both incarcerated Veterans and justice-involved Veterans who have not been incarcerated. ★



(far left) Hair cuts, clothing, food, and VA health care information were among the services provided to homeless Veterans at the two Stand Down Events this fall.

(left) U.S. Army Veteran Chris Jackson shares his experience with other Veterans at the Armstrong County Veteran Stand Down.



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In times of war, a Stand Down was a place of relative security and safety for exhausted combat units to rest and recover. Today, Stand Downs are collaborative events, coordinated between local VAs, other government agencies, and community agencies to serve the homeless. Stand Downs provide services to homeless Veterans such as food, shelter, clothing, health screenings, VA and Social Security benefits counseling, and referrals to a variety of other necessary services.

The first Stand Down was organized in 1988 by a group of Vietnam Veterans in San Diego. VA Butler Healthcare participated in its first Stand Down in 2011, and this fall participated in two more – the Armstrong County Veteran Stand Down and the Lawrence County Veteran Stand Down.

U.S. Army Veteran Chris Jackson attended the Armstrong County Veteran Stand Down held at the Mechling-Shakley Veterans Center to share his own experience and provide help, support, and hope to other Veterans. The Mechling-Shakley Veterans Center provides a community-based residential treatment facility for homeless

Veterans needing rehabilitation and support.

After the Army, Chris suffered from Post Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), drug/alcohol addiction, and homelessness. “The hardest thing for me was adjusting to being a civilian again,” said Chris. “I did two tours in Iraq, and one tour in Afghanistan, I was used to having a pistol on my leg and an M-16 in my hand.”

Chris initially came to VA Butler Healthcare because he had a cold. He was then linked up with the Operation Enduring Freedom (OEF)/Operation Iraqi Freedom (OIF)/Operation New Dawn (OND) Coordinator to learn about everything that VA Butler Healthcare offered including primary care,

Members of Co G 128th BSB of the PA Army National Guard volunteered at the Armstrong County Veteran Stand Down event.

From left to right: SGT Acker, PFC Beavers, SPC Kirsch, CDT Brandberg, SSG Burton, SSG Wilson, and SPC Rich.



mental health care, and support services.

“I was treating my PTSD symptoms with alcohol. The VA helped me to treat the problem (PTSD), not just the symptoms,” said Chris. “The programs the VA has for alcohol and drug addiction are beyond words how well they work, and I can’t say enough about the dedicated staff.”

Chris continues to come to VA Butler every week for PTSD treatment, including group therapy and one-on-one counseling. “Group therapy is helpful because there are other Veterans who share the same problems I share. You don’t feel like you’re the only one suffering from it.”

Chris currently resides at the Mechling-Shakley Veterans Center, where he also serves

as the Co-Community Leader. He plans to go back to school with his Post-9/11 GI Bill, and hopes to work in behavioral health one day helping other Veterans like those he recently did at the Stand Down event.

“You are trained to be self-sufficient and take care of your battle buddies. It’s hard to break down and actually ask for help,” said Chris. “Asking for help was hard; after that,

everything else was remarkably easy. It’s important to stop thinking that you’re too tough to ask for help and just ask!”

If you are a Veteran who has lost your home, receive the support you’ve earned to get back on your feet. Contact VA’s National Call Center for Homeless Veterans at 1-877-4AID-VET or VA Butler’s Homeless Program Coordinator, at 800.362.8262, ext. 2439.

STOP THINKING YOU’RE TOO TOUGH TO
ASK FOR HELP

Meet Our Cranberry Township Doctors

Cranberry Township VA Outpatient Clinic
Freedom Square, 1183 Freedom Road, Suite A101
Cranberry Township PA 16066
Phone: 724.741.3131

Conveniently located in the Cranberry Business District, the *Cranberry Township VA Outpatient Clinic* provides primary care, physical exams, weight management, smoking cessation counseling, preventive and wellness screenings, on-site blood draws, women's health, telehealth, and behavioral health services.

Shannon McIntyre

Dr. McIntyre received her medical degree from SUNY Upstate in Syracuse, New York, and her bachelor's degree from Duke University. She is Board Certified in Family Medicine and has been working for the VA since November 2011.

"Caring for Veterans is very satisfying. I have met so many kind, strong, interesting Veterans and family members over the last year and look forward to getting to know many more. I hope to bring each Veteran individualized, comprehensive, compassionate care that will help him or her to live a longer, happier, healthier life."

Lauren Stancik

Lauren Stancik earned her Master of Physician Assistant Science from Saint Francis University in Loretto, Pennsylvania in 2005. She began working for VA when the Cranberry Community Based Outpatient Clinic (CBOC) first opened in 2009. Prior to joining VA's team, she served in the U.S. Public Health Service.

"I have always felt a deep level of respect for military personnel, so when the opportunity presented to provide health care to the area's Veterans, I jumped at the chance. It has been an honor to be a part of a team that strives to give the best care possible to the men and women who have served our country."

Expanded Women's Health Services in Lawrence & Mercer Counties

VA Butler Healthcare's goal is to provide our women Veterans with one location for all their care. Beginning this fall, VA Butler is expanding women's health services to include the Lawrence and Mercer County Community Based Outpatient Clinics.

Dr. Kathy McNutt has recently joined the VA Butler team, and she is considered an expert in women's health care. She will provide gender-specific care to women Veterans in both Lawrence and Mercer.

Interested in enrolling with a Women's Health Provider? Contact your Primary Care Team in Lawrence at 724.598.6080 or in Mercer at 724.346.1569. If you have any questions, or would like more information about our women's health program, please contact VA Butler's Women Veterans Program Manager at 724.285.2756 or toll-free at 800.362.8262. ★

Ribbon Cutting Ceremony For New Domiciliary



On October 25, 2012 VA Butler Healthcare held the official Ribbon Cutting Ceremony for the newly constructed Domiciliary. VA Butler's new 56-bed Domiciliary provides residential rehabilitation for Veterans suffering from substance abuse, homelessness and behavioral health issues.

"All across VISN 4 we are constructing new facilities and renovating existing facilities to improve health care for today's Veterans and to assure top quality care for tomorrow's Veterans," said Network Director Michael Moreland. "We are really excited to open this new Domiciliary where VA

staff will provide outstanding services to Veterans."

VA Butler's new Domiciliary includes a total of five new buildings. The main treatment building includes group therapy rooms, a recreation center, computer room, dining hall, life skills training room and crafts room. The four remaining buildings are townhomes where Veterans will reside. The new residential facility will accommodate male and female Veterans as well as meet the needs of bariatric and disabled Veterans.

"The new townhomes simulate a real apartment-style living area, just like someone would find in their local community," said John Gennaro, VA Butler's

Director. "They further strengthen the Veterans' life skills training in order to successfully re-integrate them back to their respective communities."

All townhomes are equipped with a full kitchen, washer and dryer, and furniture to offer a home-like environment. Veterans are responsible for cleaning of their townhomes, purchasing groceries, cooking and laundry.

"Our Veterans deserve the very best, and this new facility is a great step forward in honoring their service and providing them the exceptional health care they have earned," said Gennaro. ★

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Health Care Center (HCC) Construction Update

The new Health Care Center (HCC) is making progress! The post-award meeting was held at the end of August, and since then there have been regular design meetings held between VA Butler and the developer. The next steps will be determining department space layout and equipment needs. We'll keep you posted as we move forward with this exciting project! ★



Renderings from Westar's initial Health Care Center (HCC) concept.



New DAV Vans for Veterans

The Disabled American Veterans (DAV) recently donated two new vans to VA Butler Healthcare for use in the DAV Transportation Network Service. The two vans will be used at the Michael A. Marzano VA Outpatient Clinic in Mercer County for transporting Veterans to VA Butler and VA Pittsburgh.

We understand traveling a long distance and not having the ability to drive yourself can make it hard to get here for your VA appointments, but we can help! Learn more about VA transportation resources by talking to your health care team or calling 800.362.8262. ★



William "Bill" Betcher
U.S. Army Veteran

Take One Day At A Time

VA Butler Healthcare held its 3rd Annual Recovery Recognition Day on October 11, 2012 to celebrate 18 local Veterans who have overcome mental health problems. U.S. Army Veteran William "Bill" Betcher was one of the Veterans recognized for his recovery achievements.

Bill served as a combat engineer, post-Vietnam era in the U.S. Army. After his Army career, he got married, had three children, and drove trucks for 14 years. However, when his son passed away from severe cerebral palsy, he fell on hard times.

"I was not doing well, and I started drinking heavily," said Bill. "I finally got to the point where I was sick and tired of being sick and tired all the time, so I got involved in the VA's recovery program."

Bill came to VA Butler's Domiciliary in May of 2011, and now has over 17 months of sobriety. He is also an AA sponsor and is volunteering as a driver for current Domiciliary Veterans. "I want to help other Veterans, like VA Butler helped me," he said.

Recovery definitions vary, but all involve components of acceptance of the illness, having a sense of hope about the future, and finding a renewed sense of self. VA Butler Healthcare has a Local Recovery Coordinator who assists Veterans and their families on recovery efforts. For more information, contact VA Butler's Local Recovery Coordinator at 724.496-3279.

"I've come a long way – I have a job, money in the bank, and will be renting an apartment soon," said Bill. "Things won't change all at once, but they will. It's important to have patience and take one day at a time."

Veterans Serving Veterans

VA operates one of the **largest health care systems in the United States**. VA employs highly trained professionals who are dedicated to providing top quality health care to Veterans, and many are Veterans themselves! Currently over 30% of VA Butler Healthcare's employees are Veterans.

"I've worked with extraordinary people in the U.S. Air Force and have been humbled by the selflessness of those who have sacrificed to protect our freedoms. Working for VA Butler Healthcare is a privilege. I not only get to work with dedicated and gifted professionals, but I have the opportunity to give something back to our Veterans."

Air Force Veteran and VA Employee
William Bowmer



Health Quiz: BREAST CANCER awareness

This October VA Butler Healthcare recognized National Breast Cancer Awareness Month. VA Butler encourages all women Veterans to talk with their VA doctor about appropriate breast cancer screenings, such as regular mammograms. A regular mammogram is one of the most effective ways to detect breast cancer early. Early detection of breast cancer is the key to successful treatment. More than 2.9 million U.S. women with a history of the disease are alive today, mainly because of early detection.

- 1. Women who have their first child before age 30 and breast-feed for longer than six months are less likely to develop breast cancer.**
A. True B. False
- 2. Smoking may decrease your risk for breast cancer.**
A. True B. False
- 3. Which is NOT a standard treatment for breast cancer?**
A. Surgery to remove the cancer B. Chemotherapy to kill cancer cells C. Bed rest to see if the cancer will go away on its own D. Radiation therapy to shrink the tumors
- 4. Which of the following is a local treatment for breast cancer?**
A. Surgery B. Hormone therapy C. Biological therapy D. Chemotherapy
- 5. If a woman has a lumpectomy, the surgeon:**
A. Removes only the tumor and a small amount of surrounding tissue from the breast B. Removes her entire breast C. Removes both breasts
- 6. A sentinel node biopsy is done by first:**
A. Radiating the cancerous area B. Removing the breast C. Using a dye or radioactive tracker to locate the first node closest to the tumor D. Doing a clinical breast exam
- 7. If detected early, breast cancer has over a 5-year survival rate of _____.**
A. 50% B. 65% C. 80% D. 95%
- 8. Males cannot develop breast cancer.**
A. True B. False

Who's Who?

DEBORAH MITCHUM

Breast Health

The causes of breast cancer are not fully known, but researchers have identified factors that increases one's chances of getting breast cancer such as having your first child after age 35, gaining weight as an adult, and drinking more than one alcoholic beverage per day. Talk to your VA provider about your personal risk.

How can you prevent breast cancer? Be conscientious about early detection and effective treatment. Schedule regular mammograms – the single most effective screening tool to find breast cancer early. It's also important to know your risk, know what is normal for you, and make healthy lifestyle choices.

How can you support the breast cancer cause? Educate everyone you know about risk factors, effective screening, and treatment.

Deborah Mitchum is a Women's Health Certified Registered Nurse Practitioner (CRNP) at VA Butler Healthcare. To learn more about breast cancer screenings and treatment, talk to your VA Butler health care team.

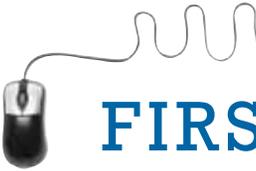


Source: NIH Senior Health

Breast Cancer Awareness Quiz Answers

- 1 A 2 B 3 C 4 A**
5 A 6 C 7 D 8 B

Hey Veterans! Share your stories with us in Vet Chat. Email amanda.kurtz2@va.gov or lauren.heiger@va.gov. We'd love to hear from you!



technology FIRST TELEHEALTH AMPUTEE CLINIC

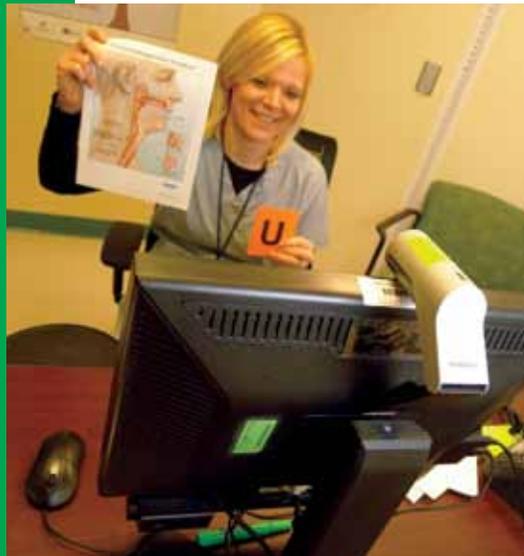
This fall VA Butler Healthcare and the Clarksburg VA Medical Center in West Virginia partnered together for the first Telehealth Amputee Clinic. VA is the nation's leader in Telehealth technologies, which means doctors and patients can meet for health services without physically being in the same place.

new way, they all stated they were happy to be seen at Clarksburg with this new technology, rather than traveling to Pittsburgh.

VA's Telehealth provides greater access to health care through the use of telecommunications and videoconferencing. Instead of having the cost and inconvenience of traveling by road, rail or air to see a VA specialist in the hospital, the specialist comes to you.

The first clinic between Dr. Flood and the Clarksburg VA occurred in September, and future appointments are available two days each month for this clinic. Four Veterans have been seen by Dr. Flood so far – and that number is expected to grow.

CVT is just one of the many ways in which Telehealth connects Veterans to health care services. VA Butler provides services in TeleMOVE!, Teledermatology, TeleMental Health, and much more...and the list is growing! To learn more about Telehealth at VA Butler, contact VA Butler's Telehealth Coordinator at 724.477.5037.



The new Telehealth Amputee Clinic uses Clinical Video Telehealth (CVT). CVT gives patients and VA doctors the opportunity to conduct several aspects of medical

examinations that do not require in-person visits. Veterans are able to visit a VA clinic near their home, connect to medical centers through videoconferencing, and transfer medical information by way of specially-designed telecommunications equipment.

Dr. Katherine Flood who works in VA Butler Healthcare's Physical Medicine and Rehabilitation Department used CVT technology to meet with Veterans in the Community Living Center at the Clarksburg VA. When the Veterans were asked if they had any concerns being evaluated in this

Did you know? VA has a research center for Limb Loss Prevention and Prosthetic Engineering. The research center provides broad-based investigators the opportunity to conduct basic and clinical research and disseminate their findings in an effort to impact the quality of life and functional status of Veteran amputees and Veterans who are at risk for amputation. The two general areas of research are Limb Loss Prevention and Prosthetic Engineering. Learn more at www.amputation.research.va.gov.

One example of CVT at VA Butler is TeleSpeech. VA Butler's Speech Language Pathologist uses CVT technology to provide speech therapy services to Veterans at their local VA Outpatient Clinic.

www.telehealth.va.gov

Oatmeal Pecan Waffles



Ingredients

- 1 cup whole-wheat flour
- ½ cup quick-cooking oats
- 2 tsp baking powder
- 1 tsp sugar
- ¼ cup unsalted pecans, chopped
- 2 large eggs, separated
- 1½ cup fat-free milk
- 1 tbsp vegetable oil
- For fruit topping: 2 cups strawberries (cut in half), 1 cup blackberries ; 1 cup blueberries; 1 tsp powdered sugar

Makes 4 servings

Directions

Preheat waffle iron. Combine flour, oats, baking powder, sugar, and pecans in a large bowl. Combine egg yolks, milk, and vegetable oil in a separate bowl and mix well. Add liquid mixture to dry ingredients, stir together. Whip egg whites to medium peaks, gently fold into batter. Pour batter into waffle iron, and cook until waffle iron signals it's done. Add fresh fruit and a light dusting of powdered sugar to each.

Source: *National Institutes of Health*

Calories: 340 ★ Total Fat: 11g ★ Cholesterol: 107mg ★ Carbohydrates: 50g

Crossword

Stay Mentally Fit

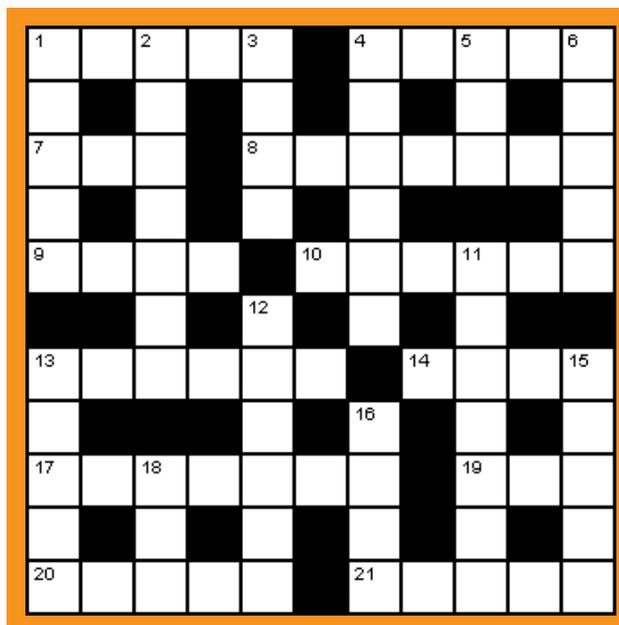
Many of the same things we do to keep our bodies healthy contribute to healthy minds. Physical activity and a diet that helps lower cholesterol levels and blood pressure also helps to keep our minds healthy. In addition, activities that stimulate our minds, like crossword puzzles, reading, writing, and learning new things, help to keep our brains healthy too!

ACROSS

- Concern
- Maxim
- Fruit
- Responded
- Chess piece
- Writer
- Sagacity
- Leave out
- Decorate food
- Beverage
- Stitched
- Travesty

DOWN

- Thin biscuit
- Areas
- Tall story
- Counting device
- Perform
- Duck
- Short-tailed burrowing rodent
- Aped
- Earnings
- Search and find
- Professional cook
- Uncooked



HEALTH

tip

LEARN YOUR FAMILY HISTORY

National Family History Day is observed on Thanksgiving Day. Over this holiday season or at another family gathering, talk about and write down the health conditions that run in your family. Learning about your family's health history can help you take steps to ensure a longer, healthier future together.





Making Lives Better® ★ butler.va.gov

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800.362.8262
724.287.4781

 butler.va.gov
 facebook.com/vabutlerpa
 twitter.com/vabutlerpa
 talkshoe.com/tc/85029



ARMSTRONG COUNTY VA OUTPATIENT CLINIC

Klingensmith Building
313 Ford Street, Suite 2B
Ford City, PA 16226
724.763.4090

CLARION COUNTY VA OUTPATIENT CLINIC

AC Valley Medical Center
855 Route 58, Suite One
Parker, PA 16049
724.659.5601

CRANBERRY TOWNSHIP VA OUTPATIENT CLINIC

Freedom Square
1183 Freedom Road, Suite A101
Cranberry Township, PA 16066
724.741.3131

LAWRENCE COUNTY VA OUTPATIENT CLINIC

Ridgewood Professional Centre
1750 New Butler Road
New Castle, PA 16101
724.598.6080

MICHAEL A. MARZANO VA OUTPATIENT CLINIC

295 North Kerrwood Drive, Suite 110
Hermitage, PA 16148
724.346.1569

VA Butler Healthcare, located in Butler County, Pennsylvania has been attending to Veteran's total care since 1947. We are the health care choice for over 18,000 Veterans throughout Western Pennsylvania and parts of Ohio and are a member of VA Healthcare VISN 4 under the U.S. Department of Veterans Affairs. VA Butler provides comprehensive Veteran care including primary, specialty and mental health care – as well as management of chronic conditions and social support services for our nation's finest, America's Veterans.



MAKING LIVES BETTER

©2011 VA Butler Healthcare



HONOR OUR VETERANS

Create a growing tribute on Facebook in honor of a Veteran. Tag a Veteran's image with their name to honor them.



IT'S A PROMISE WE KEEP EVERYDAY

by providing full-service health care that's convenient, affordable and just for you — our region's heroes.

325 New Castle Road • Butler, Pennsylvania 16001 • 800.362.8262 • butler.va.gov • Visit us on Facebook & Twitter: [VAButlerPA](https://facebook.com/vabutlerpa)  