

LIVING Better

A VA Butler Healthcare Quarterly Magazine

fall 2014



what's inside?

4

hope

6

veterans serving veterans

8

the dominators

12

vet chat

14

health tech, tips & tastes



VA BUTLER HEALTHCARE'S FALL HIGHLIGHTS



1 U.S. Marine Corp Veteran Scott McNeil was one of the Veterans recognized at the 5th Annual Recovery Recognition Ceremony. The annual ceremony celebrates local Veterans who have overcome mental health problems.

4 The second annual Mental Health Summit at VA Butler worked to enhance the mental health and well-being of Veterans through increased collaboration with the community, and included special guest speaker, Dr. Roger Brooke, Director of Duquesne University's Military Psychology Clinic.

7 Local Veterans in mental health recovery at VA Butler displayed their artistic talents – paintings, drawings, sculptures, music, and more at the second annual Mental Health Creative Arts Event. Veteran Don Steinbiser (along with his wife, Sherry) won first place!

2 During Customer Service Week, VA Butler held its first annual Mr. and Ms. Congeniality Contest, to recognize two individuals who provide exemplary customer service. Congrats to Mr. and Ms. Congeniality....Michael Engwer and Janice Nulph!

5 Employees, volunteers, and Veterans at VA Butler participated in the annual "Pink Out" to raise awareness and show support for National Breast Cancer Awareness Month in October. Think Pink!

8 The American Legion Ladies Auxiliary celebrated Halloween with Veterans in VA Butler's Adult Day Health Care on October 31. A wonderfully spooky time, complete with bingo games was had by all.

3 Vaccination is the surest way to protect against getting the flu. VA Butler held 21 flu clinics this fall! Fall flu clinics are over, but Veterans may receive their flu vaccine from their VA Primary Care Provider.

6 VA Butler hosted its annual ceremony and luncheon to honor and recognize local Veterans who were captured as prisoners of war (POW) and to remember those who are still missing in action (MIA). The event was held on Friday, September 19, 2014 - National POW/MIA Recognition Day.

9 VA Butler's Diabetes Support Group hosted their annual Thanksgiving Luncheon in November. The support group meets weekly, and all Veterans with diabetes are invited to join.

cover photo

Cary Adkins, U.S. Army Veteran
and Certified Peer Specialist at
VA Butler Healthcare



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

We ramped up our fall prevention efforts by hosting over 20 flu clinics! We also focused on mental health recovery and ending Veteran homelessness through two Stand Downs, the Mental Health Summit, and the second annual Mental Health Creative Arts Event. It's been a successful and busy fall! As we head into the winter months, remember to be safe, stay warm, and visit, call, or secure message us! We're here for our Veterans all year long. Thank you for your service and support as we work to make lives better for our Veterans and their families every day.

John Gennaro, Director

C O N T E N T S

Fall 2014



page 4-5

Hope

Read about one Veteran's experience with the Veterans Crisis Line and how it started his journey to a successful recovery. One call, one chat, or one text can open the door to 24/7, confidential support.



page 6-7

Veterans Serving Veterans

Major Craig Watkins has served for 14 years in the U.S. Air Force, and is currently training to become a Physical Therapist (PT), hopefully with VA! Read about his internship experience with VA Butler and why he chose to be a PT helping Veterans.



page 8-9

The Dominators

Introducing the "Dominators," VA Butler Healthcare's Domiciliary Band—a band created to show Veterans appropriate coping skills for recovery. Read about their latest performance, instruments, music, and more.



page 14-15

Health Tech, Tips & Tastes

What's new and interesting in VA's health technology? Find out! Also enjoy a health tip and tasty fall recipe.

and more...

Fall Highlights

page **2**

Hot Topics

page **10**

Vet Chat

page **12**

Emergency Preparedness
Health Quiz

page **13**

Who's Who –
Thomas Bennett

page **13**



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Hope The Veterans Crisis Line

The end of 2010 and the beginning of 2011 was the bleakest and darkest time in my life. I felt hopeless and prayed every night that I wouldn't wake up in the morning.

I could not imagine my life with alcohol or without it; I was truly at the jumping off point. During this time, I called the Veteran Crisis Line several times. To this day, I cannot tell you how many. Sometimes I would just hang up, sometimes I wouldn't let them know who was calling. There were other times when I would call and not even remember calling. I was told that I did this several times, and that

VeteransCrisisLine.net

I actually had conversations with people for hours. I remember none of these. There also were a few times when the police were dispatched to my house, times when the police and an ambulance were dispatched to my house, and even times when a community social worker came to the house.

I vaguely remember these occurrences, but when they came to the house I was in such a state of denial that I would rise to the occasion and talk my way out of being committed. I was so scared, so full of fear, and I felt so hopeless. I just wanted to end it all... but I didn't have the guts, so I decided to let alcohol end it for me.

No matter how hard I tried I couldn't drink enough alcohol to die.

The last time I remember calling the Veterans Crisis Line I spoke with a lady, and she gave me a glimmer of hope that maybe, just maybe, the VA could help, that maybe there was hope for me. Within three weeks, I was being treated for my addiction and depression at VA Butler's Domiciliary.

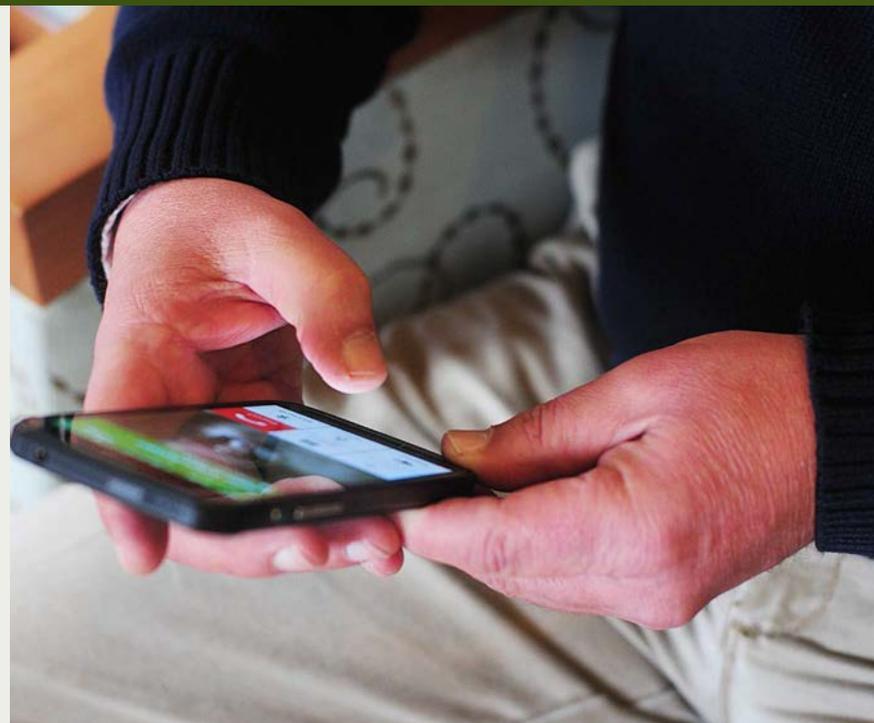
More than three years later now, I sit in my mother's house in Berea, Ohio for a weekend

visit writing my story about how I have recovered from a seemingly hopeless state of mind and body. Not only do I have more than three years of continuous recovery, but I have become an employee at the VA, rebuilt my relationships with my family, and become a respectful and valuable member of my community.

Before I conclude my story, I would like to share another short story about a friend of mine who requested to remain anonymous. My friend was once a productive member of society, but due to mental illness and addiction, my friend lost everything—family, friends, job, home and self-worth. My friend was sleeping in laundry mats at night and riding the local bus all day. One day, my friend passed out on the bus, and came to just in time to see the sign in front of VA Butler Healthcare flashing the Veterans Crisis Line phone number. My friend memorized the number and called.

For more than two months now, my friend has been receiving treatment for his addiction, mental illness, homelessness, and is in the process of seeking employment.

Both of our journeys in recovery began when we called



If a Veteran you know shows signs of crisis, such as hopelessness, anxiety or withdrawal, caring professionals at the Veterans Crisis Line are ready to listen. Veterans and their families can call 1-800-273-8255 and press 1, chat online at VeteransCrisisLine.net/Chat, or text to 838255 for free, confidential support, 24-hours-a-day, 7-days-a-week, 365-days-a-year.

Honor the Veterans you know and love by connecting them with this lifesaving resource. The power of one small act — one call, one chat, one text, or one conversation — can open the door to support.

the Veterans Crisis Line. No matter what your problems may be, there is a way out. Please don't suffer in silence. Call the Veterans Crisis Line, and start your journey in

recovery today. ★
*Written by Cary Adkins,
U.S. Army Veteran and Certified
Peer Specialist at VA Butler
Healthcare.*

Veterans Serving Veterans

Physical Therapy at VA Butler Healthcare



This October, VA

recognized National Physical Therapy Month – an important time to remember that VA physical therapists are a major reason so many Veterans are on the road to managing their conditions. Thousands of Veterans rely on their VA physical therapist (PT) to help them prevent injury and further loss of movement.

Major Craig Watkins has served for 14 years in the U.S. Air Force, and is currently training to become a Physical Therapist (PT) with Slippery Rock University's Doctor of Physical Therapy Department. Since August, he has been helping Veterans in VA Butler's Physical Therapy Department as a Doctoral Intern, and hopes to someday continue with VA full-time.

During Craig's first deployment with the Air Force, he was involved with aeromedical airlift missions. This experience got him interested in rehabilitation as a career. Since deciding to pursue a career in physical therapy, he has known he wanted to work with Veterans. Now,

with support from VA staff and other Veterans, he is making his interest a reality.

While not using VA health care services himself yet, Craig is familiar with VA. "The GI Bill is the single reason I was able to chase my goal of becoming a PT while working in the Air Force and raising two young children. My GI Bill has helped me make my dream a reality," said Craig.

Craig's 15-week internship with VA Butler Healthcare began in August and ends in December. He will have spent eight weeks working in outpatient physical therapy and seven weeks in inpatient physical therapy once it concludes. His favorite part of the experience is helping other Veterans. "Serving patients that are friendly, grateful, and who I have so much respect for is what I most enjoy. I believe there is a certain level of respect between Veterans because we all know that at some point, at some time, that Veteran has paid their dues."

Craig aspires to someday become a part of the VA family



and continue his experience helping other Veterans. He is still serving in the U.S. Air Force Reserves, and is scheduled to deploy after he graduates with his Doctor of Physical Therapy degree in May 2015.

"The experience and education I have received at VA Butler is second to none. Every person I have worked with here is a person I would trust my care to any day," Craig added.

Physical Therapy at VA

Butler Healthcare provides services to Veterans who have experienced changes in physical function and health by developing an individualized treatment plan, which may include prescribing exercise and activities to improve movement, facilitate independence, and

regain quality of life. In addition to physical therapy, the department provides back conditioning and driving evaluations, and offers pain school.

To learn more about Physical Therapy at VA Butler, visit www.butler.va.gov/

www.butler.va.gov/services/Physical_Medicine_and_Rehabilitation_PM_R.asp. For physical therapists interested in a PT career with VA, start here: www.vacareers.va.gov. ★

www.butler.va.gov/services/Physical_Medicine_and_Rehabilitation_PM_R.asp

The Dominators

Coping Skills for Recovery



VA Butler Healthcare's Domiciliary provides a residential, rehabilitative, therapeutic environment, but also has a goal of successfully reintegrating Veterans back into the community. Recreation therapy serves as a catalyst for this. Introducing the "Dominators," VA Butler Healthcare's Domiciliary band—a performance group created to show Veterans appropriate coping skills for recovery.

Recreation, such as playing music, is a type of coping skill that can assist Veterans in their recovery, especially during stressful moments. Band members Larry Miranda, Rick Cartwright, Tony Adams, Brad Meredith and Tony Frucio all have experience playing in bands, but decided to come together as the Dominators to assist Veterans in their recovery at VA Butler.



Brad Meredith



Tony Frucio



Rick Cartwright



Larry Miranda

“We encourage Veterans to discover and participate in recreation and relaxation by using skills they have—whether music, writing, painting, sketching, quilting, carpentry or car mechanics. They all like doing something, and do it well when given the chance,” said Rick Cartwright, Domiciliary Case Manager and an Air Force Veteran.

The Dominators got their name from Veterans at VA Butler. A “Name the Band contest” was held, and Veterans voted on their favorite name with the “Dominators” being victorious. The band plays classic rock, blues, and even some original songs. Instruments include guitars, bass, piano, harmonica, and some percussion, and they all sing! During the annual Domiciliary Alumni Picnic, the band performed for the first time, and this fall, during the second annual Mental Health Creative Arts Event, the group had their second performance.

“The Veterans love the band; seeing VA staff in a different light excites them,” said Tony Adams, Domiciliary Medical Support Assistant and an Air Force Veteran.

“The Veterans in the Dom have been very enthusiastic and supportive. It actually inspired some of them to start playing guitar,” said Cartwright.

While there are many aspects involved in a Veteran’s recovery, therapeutic recreation, such as playing music, is certainly significant. Recreation therapy treats the physical, mental and emotional well-being of Veterans using a variety of techniques, including arts. The benefits of recreation therapy for Veterans include improving physical well-being, but also social functioning. It can enhance creative expression and break down barriers for cultural expression.

The premise for starting the band remains constant: Help Veterans in their recovery by showing them appropriate coping skills. Not to mention, it’s also something unique and fun for Veterans at VA Butler.

“Any chance to jam with some good people for a good cause is right by me. I am not a Veteran, but I love and respect the opportunity to help them at any minute,” said Brad Meredith, Domiciliary Nurse.

VA Butler’s 56-bed Domiciliary is a residential facility on VA Butler’s main campus for eligible Veterans who may be dealing with issues such as homelessness, mental health, substance abuse and unemployment. To learn more, visit www.butler.va.gov/services/Domiciliary_Residential_Rehabilitation_Treatment.asp. ★

[www.mentalhealth.va.gov/
mentalhealthrecovery.asp](http://www.mentalhealth.va.gov/mentalhealthrecovery.asp)

Diabetes Self-Management Class— You're Invited

November is recognized annually as National Diabetes Month. Veterans, you are invited to attend a monthly Diabetes Self-Management Education Program where you will be provided with the information you need to control diabetes and slow down or prevent complications of the disease. All classes are held at VA Butler in room 315W. For questions, or to register for the class, please contact your VA scheduler or call 800.362.8262, ext. 5024 or 724.477.5024. You also can learn more about diabetes support at VA Butler at www.butler.va.gov/services/Health_and_Wellness.asp. ★

9–10am	Diabetes/What is Diabetes/ Diabetes Complications <i>(presented by a registered nurse)</i>
10–10:20am	Coping with Diabetes <i>(presented by a social worker)</i>
10:20–10:30am	BREAK
10:30–11:00am	Dental Care for the Diabetic <i>(presented by a dental hygienist)</i>
11:00–11:45am	Medications Used in the Treatment of Diabetes <i>(presented by a pharmacist)</i>
11:45am–12:15pm	Exercise for the Diabetic <i>(presented by a physical therapist)</i>
12:15pm–1pm	LUNCH (on your own)
1–2pm	Diet and Diabetes <i>(presented by a registered dietician)</i>
2pm	Question and Answer Session

“Veteran X”—New Recovery Group

This November, VA Butler started a new group program for Veterans recovering from mental health illnesses called “Veteran X.” The program is a peer-led mental health and substance abuse recovery model program for Veterans. In the program, Veteran participants serve as the treatment team for a fictitious “Veteran X.” “Veteran X” has a number of challenges similar to those faced by the group’s participants. While helping “Veteran X” to solve his issues, participants gain valuable skills and information to resolve their own issues.

A challenge of mental health recovery is moving from a passive recipient to an active collaborator in the treatment process. Many Veterans are unfamiliar with developing a treatment plan, and therefore, have difficulty playing an active part in establishing the goals and objectives of treatment. “Veteran X” focuses on providing Veterans the opportunity to take an active role in choosing treatment goals and finding solutions to mental, physical, and social problems they may be facing. The hands-on process of “Veteran X” engages Veterans in their treatment, resulting in a Veteran-centered treatment plan.

Interested Veterans may contact Cary Adkins (724) 996-8892 or Rebecca Fast (724) 285-2293 for more information. ★

Veterans Honored with Military Medals by Congressman

In September, VA Butler hosted a Military Medal Presentation for U.S. Army Veteran Chester Pokusa and U.S. Army Veteran Charles Rock.

Mr. Pokusa served in the Army during WWII from 1942-45 as a field artillery gunner. He landed in Normandy and is a D-Day survivor. He also fought in the Battle of the Bulge serving under General George S. Patton.

Mr. Rock was drafted in April 1970. He was sent to the Republic of Vietnam and assigned to Company A, 4th Battalion, 3rd Infantry, 11th Brigade (The Old Guard). His unit was involved with Operation Lam Som 719 in 1971. Mr. Rock was medically discharged in 1972 after being wounded. His wounds resulted in a leg amputation and several other injuries.

U.S. Army Veteran Chester Pokusa

- Purple Heart
- Good Conduct Medal
- Presidential Unit Citation
- American Campaign Medal
- European African Middle Eastern Campaign Medal
- WWII Victory Medal
- Honorable Service Lapel Button WWII
- Marksman Bar



U.S. Army Veteran Charles Rock

- Purple Heart
- Vietnam Service Medal (with three bronze stars)
- Bronze Star
- Army Commendation Medal
- Good Conduct Medal
- National Defense Service Medal
- Vietnam Service Medal
- Combat Infantry Badge, first award
- Republic of Vietnam Campaign Ribbon with device
- Expert Badge and Grenade Bar ★



Three-Year Accreditation from Joint Commission

VA Butler Healthcare was notified in October that it received a three-year accreditation in Ambulatory Care, Behavioral Health Care, Home Care, and Nursing Center Care from The Joint Commission. The accreditation demonstrates commitment to quality care, continuous improvement, and public accountability for these key VA Butler programs.

In August 2014, VA Butler participated in a four-day accreditation process conducted by The Joint Commission, an independent, not-for-profit organization that accredits and certifies more than 20,500 health care organizations and programs in the United States. The accreditation process is designed to help an organization continuously provide safe, high-quality care, treatment, and services by identifying opportunities for improvement. ★

Mental Health Creative Arts Event

People have been using the arts as a way to express, communicate, and heal for thousands of years. In addition, part of mental health recovery is looking at a person's strengths and building on them. VA Butler Healthcare hosted the second annual Mental Health Creative Arts Event in November to help Veteran's work toward recovery. Local Veterans displayed their artistic talents – paintings, drawings, sculptures, music, and more. Attendees voted for their favorite artist, and the three top winners received an award! Veteran Don Steinbiser (and his wife, Sherry) won first place. Second place went to Veteran Ken Chenot, and third place to Veteran Chuck Jennings. Congratulations!

Learn more about mental health recovery at www.mentalhealth.va.gov/mentalhealthrecovery.asp. ★



SHARING
STORIES
AND NEWS
FROM
VETERANS
TO
VETERANS

12

Vet Chat



“Be very passionate about something, and stick with it!” That is Air Force Veteran Jonathan Steele’s advice to other Veterans. Jonathan participated in the second annual Mental Health Creative Arts event this fall playing a drum solo and performing a martial arts demonstration.

Jonathan receives mental health treatment at the Michael A. Marzano VA Outpatient Clinic in Mercer County. He’s been utilizing the VA for care since 2011. “I feel a lot more comfortable working with the treatment team here than I did where I was before. They are very friendly, and it’s easy to talk with them. They are willing to treat me

Creative Arts for Mental Health Recovery

without just putting me in the hospital.”

Jonathan’s treatment team encouraged him to get involved with the Mental Health Creative Arts event this year. “I thought it’d be a good idea because I could give something back to the VA, other Veterans, and the community, and that it also would show there’s more to me than just my disease.”

People have been using the arts as a way to express, communicate, and heal for thousands of years. In addition, part of mental health recovery is looking at a person’s strengths and building on them. VA Butler hosted the second annual event in November to help Veteran’s work toward recovery. Veterans in mental health recovery at VA Butler displayed their artistic talents – paintings, drawings, sculptures, music, and more.

“When you’re playing the drums, you’re so into playing it clears your mind,” said Jonathan. “Same deal for martial arts—when you’re training, your mind is only focused on martial arts. It relaxes

you, even though there are a lot of movements.”

Jonathan is still working at treatment, but he has a lot of motivation. Being active and being passionate about a hobby helps too! “Be active, and pick up a hobby, like playing the guitar or drums. Be passionate. It’s better to be passionate about something than just



sitting around the house and dwelling on your disease or thinking there’s no hope for you.”

Check out photos from this year’s Mental Health Creative Arts Event on VA Butler’s Facebook Page – www.facebook.com/VAButlerPA. ★



Veterans Serving Veterans

VA operates one of the largest health care systems in the U.S. VA employs highly trained professionals who are dedicated to providing quality health care to Veterans, and many are Veterans themselves! Currently, more than 30 percent of VA Butler Healthcare’s employees are Veterans.

“I spent more than 10 years in the Army working as a Behavioral Science Specialist assisting active duty service members adjusting to military life. When I left the Army, I wanted to continue to work with Veterans adjusting to civilian life after they left the service. I could not have a more gratifying job assisting homeless Veterans in obtaining permanent housing.”

Army Veteran and VA Butler Homeless Team Staff Member Floyd Gray

Hey Veterans! Share your stories with us in Vet Chat.
Email Amanda.Kurtz2@va.gov. We’d love to hear from you!

Health Quiz: What Are You Doing to Prepare?

September was National Preparedness Month, the perfect time for all Veterans and their families to ensure they are prepared for an emergency. Quiz yourself on the questions below to see just how prepared you are. If you don't know the answer to some of the questions, visit Ready.gov for tips and resources that can help make sure you, your family, and your community are ready.

- Does your local government have an emergency or disaster plan for your community? If so, do you know what it is?
- Do you know how to find the emergency broadcasting channel on the radio?
- Does your city/county have an emergency alert system? If so, are you signed up to get alerts?
- Do you know your local evacuation routes? How would you get out of town from work? How about from home?
- In the last year, have you prepared or updated your Emergency Supply Kit with emergency supplies like water, food and medicine that is kept in a designated place in your home? Visit Ready.gov for an Emergency Supply Kit checklist.
- In the last year, have you prepared a small kit with emergency supplies that you keep at home, in your car or where you work to take with you if you had to leave quickly?
- In the last year, have you made a specific plan for how you and your family would communicate in an emergency situation if you were separated?
- Are you prepared to help your neighbor? In most emergencies, the best way to get help quickly is by working with your neighbors. Do you know anyone in your neighborhood who might need a little extra help preparing for or responding to an emergency?
- Have you established a specific meeting place for your family to reunite in the event you and your family cannot return home or are evacuated?
- In the last year, have you practiced or drilled on what to do in an emergency at home?
- In the last year, have you volunteered to help prepare for or respond to a major emergency?
- Have you taken first aid training such as CPR in the past five years?

Who's Who?

THOMAS BENNETT



Emergency Prep

VA research showed that households with Veterans are more likely to have at least three days of key supplies in an emergency. Are you ready?

Now is the time to plan ahead for what you may need to stay safe, healthy, informed, mobile, and independent during an emergency.

Some of the things you can do to prepare for the unexpected include making an emergency supply kit and developing a family communications plan.

At VA Butler, we plan and train for emergency events monthly to guarantee the security and safety of our facility, our Veterans, and employees 24/7, 365-days-a-year. VA Butler's Police Department is dedicated to ensuring that during an emergency situation the safety and security of all at VA Butler Healthcare is our #1 priority.

Thomas Bennett is the Police Chief at VA Butler Healthcare. To learn more about how VA is emergency-prepared, visit www.va.gov/vhaemergencymanagement/.



“MEET ANNIE” VA’S COMING-SOON MOBILE TEXT MESSAGING SYSTEM FOR VETERANS



More and more Americans – including Veterans – have turned to their mobile devices to assist with their health care. In fact, in the past year, more than a third of U.S. physicians recommended that patients use health apps. VA Mobile Health aims to improve the health of Veterans by providing technologies that expand clinical care beyond the traditional office visit.

VA’s Apps are developed for both Veterans and VA care teams, offering safe and secure mobile access to patient data, and providing more opportunities for Veterans to be active participants in their health care.

To access available Apps, visit the VA App Store — <https://mobilehealth.va.gov/appstore>. VA Mobile Health releases new Apps for Veterans regularly, and will soon release “Annie,” a mobile messaging system that VA is developing in partnership with the National Health Service (NHS) England. With this technology, VA patients can choose to receive personalized and targeted text messages from VA, including general health tips, appointment reminders, and prompts to help them track their own health data or care plan.

Annie, named after Lt. Annie G. Fox, the first woman to receive the Purple Heart for

combat, was inspired by the award-winning technology developed by NHS – Florence (Flo), named after Florence Nightingale, the founder of modern nursing. In England, mobile messaging through Florence has proven highly effective in helping patients who suffer from chronic diseases to self-manage their care, which increases patient engagement and motivation for change.

The Annie system can be customized to help patients with any health condition. But, initially, pilot testing will focus on text messaging interchanges designed to help Veterans who are dealing with congestive heart failure, diabetes, hypertension, and weight loss concerns. Appointment reminders also will be part of the initial deployment of Annie. Following the pilot evaluations, use of the system will be expanded to address other areas of care.

Testing of VA’s Annie began this fall. You can learn more about VA Mobile Health, the VA App Store, as well as Annie’s development and functionality (including the three types of messaging it will provide for Veterans and care teams), by visiting the VA Mobile Health site: <https://mobilehealth.va.gov/>. ★

<https://mobilehealth.va.gov/>

Source: VA Mobile Health

Health Tastes - Mock-Southern Sweet Potato Pie



Ingredients

Crust:
1 1/4 cups flour
1/4 tsp sugar
1/3 cup skim milk
2 Tbsps vegetable oil

Filling:

1/4 cup white sugar
1/4 cup brown sugar
1/2 tsp salt
1/4 tsp nutmeg
3 large eggs, beaten
1/4 cup evaporated skim milk, canned
1 tsp vanilla extract
3 cups sweet potatoes (cooked and mashed)

Directions

Preheat oven to 350° F. Combine flour and sugar in a bowl. Add milk and oil to the flour mixture. Stir with fork until well mixed and then form pastry into a smooth ball with your hands. Roll the ball between two 12-inch squares of waxed paper using short, brisk strokes until pastry reaches edge of paper. Peel off top paper and invert crust into pie plate. For Filling: Combine sugars, salt, spices, and eggs. Add milk and vanilla, and stir. Add sweet potatoes and mix well. Pour mixture into pie shell. Bake for 60 minutes or until crust is golden brown.

Calories: 147 ★ Total Fat: 3g ★ Sodium: 98mg ★ Cholesterol: 40mg

Source: National Heart, Lung, and Blood Institute

Crossword Brain Fitness

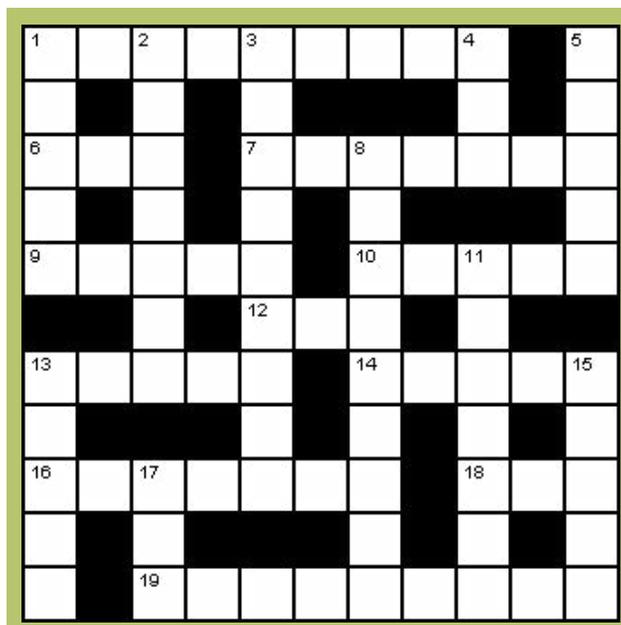
Train your brain with crossword puzzles—and make it challenging enough to push your brain to the next level. For instance, try giving yourself a time limit to see how fast you can solve it. Or, try a puzzle that's harder than your normal skill level. While crossword puzzles may help your mental exercise, don't forget to be physically active too!

ACROSS

1. Eternal (9)
6. Water barrier (3)
7. Precious gem (7)
9. Mistake (5)
10. One of the senses (5)
12. Expert (3)
13. Beer mug (5)
14. Score (5)
16. Very old (7)
18. Self (3)
19. Stage name (9)

DOWN

1. Military chaplain (5)
2. Compunction (7)
3. Survival (9)
4. Fifth sign of the zodiac (3)
5. Emblem (5)
8. Tried (9)
11. Physician (7)
13. Frighten (5)
15. Tempest (5)
17. Drinking vessel (3)



HEALTH tip



HEALTH TIP— GO DANCING

Your brain benefits from exercise! Studies show that regular, moderate exercise—30 minutes of walking or a light one-mile run—helps fight the effects of aging on the brain. No grueling workouts required! In fact, ballroom dancing is great exercise, and is especially fun on chilly evenings.



Making Lives Better® ★ butler.va.gov

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 facebook.com/vabutlerpa

 twitter.com/vabutlerpa

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



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.



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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.

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