

# LIVING Better

A VA Butler Healthcare Quarterly Magazine

spring 2012



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# VA BUTLER HEALTHCARE'S SPRING HIGHLIGHTS



**1** VA Butler joined facilities across the nation on May 16, 2012 for the second annual VA2K Walk + Roll for health and wellness and in support of homeless Veterans.

**2** VISA 4 Director Michael Moreland visited VA Butler Healthcare to meet with Veterans and Director John Gennaro. The visit also included a new construction tour of the new Domiciliary.

**3** VA Butler observed National Public Health Week April 2-8. VA Butler's *MOVE!* Coordinator Laurie Conti shared healthy living information with Army Veteran Ray Wiefeling during the event.

**4** "To Tell the Tooth," an educational and interactive event was held to highlight the accomplishments of VA Butler's Oral Health Care Program and the importance of oral health.

**5** VA Butler held a ceremony to honor WWII and Korean Era women Veterans. Army Veteran Marie Miller was presented with military medals she earned during her service, but received only recently.

**6** VA Butler Director John Gennaro and Voluntary Services Coordinator Paula McCarl presented Abie Abraham's family with a signed frame during a memorial service honoring Abie's dedication to VA Butler.

**7** VA Butler honored its 500+ volunteers during National Volunteer Week, April 15-21. Bill Adams regularly volunteers as a greeter in VA Butler's Primary Care Lobby. Thanks to our dedicated volunteers.

**8** During *Sexual Assault Awareness Month*, VA Butler's Military Sexual Trauma (MST) Coordinator Dr. Martha Andiorio set up an information booth to share information and answer questions related to MST.

**9** VA, the nation's largest single employer of nurses, recognized VA's nurses' dedication to saving lives and maintaining the health of our nation's Veterans during *National Nurses Week* May 6-12.

# C O N T E N T S

spring 2012

Steve Firment served in the Army National Guard for over 11 years as an infantryman, including a tour in Iraq. Today he receives care at VA Butler for physical and mental health.

## cover story



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## The Best Therapy Getting Out On the Road

VA Butler Healthcare's Operation Enduring Freedom (OEF)/Operation Iraqi Freedom (OIF)/Operation New Dawn (OND) team is here to welcome home recently returning service members, like Army Veteran Steven Firment. Learn more about the health benefits VA offers OEF/OIF/OND Veterans.



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## Access to Care

Navy Veteran Ed Luczak is a big supporter of VA's direct access to his health care team through tools such as My HealtheVet and My HealtheVet's *Secure Messaging*. How else is VA enhancing access to care? Find out on page 6.



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## Leading A Winning Team

John Gennaro, FACHE, MBA, MHA was appointed Director for VA Butler Healthcare in February 2012. His foremost goal is to build upon the successes that the dedicated VA Butler team has achieved in providing high quality care to America's Veterans.



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## Vet Chat

Hey Veterans! Vet Chat shares stories, news, and more from Veterans to Veterans. In this issue, read about Army Veteran Tom Davis' experience at *Tomorrow's Hope*, a transitional housing and service center for homeless Veterans.



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## Health Tech, Tips & Tastes

What's new and interesting in the world of health technology? Find out! Also enjoy a health tip and a tasty Spring recipe.

and more...

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**VA Butler Healthcare** is grateful to the men and women who risk their lives every day in Afghanistan, Iraq and many other places around the world. It is an honor to serve recently returning service members like Army Veteran Steven Firment. Steve served in the Army National Guard for over 11 years as an infantryman, including a tour in Iraq. "While I was in the National Guard, I did as much active service as I could. I loved being a soldier," said Steve.

Steve refers to his tour in Iraq as a "fast and furious tour" – while on duty status (two weeks), he was hit about 14 times. The first time he was wounded from a piece of shrapnel from a car bomb. After spending a week in recovery, he was hit several more times. Finally, he was sent home after being seriously wounded by a roadside bomb that tore apart his right knee and sent shrapnel throughout his body.

Steve is now medically retired from the Army and chooses VA Butler Healthcare for his care. He first started receiving VA care in early 2008 and continues to be treated for his physical injuries, especially his knee. He is also seen by behavioral health staff for Post Traumatic Stress Disorder (PTSD).

"It took me a long time to actually admit I had post traumatic stress. I didn't want to admit that I had those issues. I thought I was able to handle it on my own," said Steve. "I just got to a point where I knew I needed to seek additional help so I came in."

Steve attends the PTSD group for returning service members as well as one-on-one counseling for PTSD. The PTSD group is a psychotherapy group that meets weekly to share combat experiences and learn positive coping strategies. "It helps to know that there are other people going through the same things," said Steve. "Sometimes you don't think it's PTSD or mental issues resulting from combat, you think it's just you. But once you start coming here, you realize that you're not alone...it's not just you."

Besides the PTSD group with other Veterans, getting outside and staying active is especially helpful for Steve. "It's one of the best therapies I can do – just getting out on the road." Steve enjoys being outdoors – hunting, fishing, camping, riding in his Jeep, and on his motorcycle. He is also involved with the Wounded Warriors Project®. He attended Steelers training camp this past season with Wounded

Warriors, and went on a pheasant hunt with the group.

While attending the PTSD group and staying active outdoors has been especially helpful for Steve, he says, "the VA overall has been the most helpful. You meet a lot of Veterans at the VA – it's always good to be around other Veterans." Most importantly though, Steve advises: "Don't be afraid to ask for help. There's a lot of people here [at the VA] willing to help and there's a lot of good care available for you. We've earned it – it's here for us."

***Have you recently returned from military service?*** VA Butler Healthcare's OEF/OIF/OND team is here to welcome you home. VA provides five years of cost-free health care to OEF/OIF/OND Veterans for any injury or illness associated with their service. OEF/OIF combat Veterans may also be eligible for one-time dental care – if applied for within 180 days of your separation date.

To learn more about VA care, services and specialty needs, call VA Butler's OEF/OIF/OND Coordinator at 800.362.8262, ext. 2493 or visit [www.oefoif.va.gov](http://www.oefoif.va.gov).

We are here for you – welcome home and thank you for your service to our country. ★



VA Butler's OEF/OIF/OND Team is here to welcome our service members home. The OEF/OIF/OND Clinic provides a friendly and comfortable environment for Veterans and their families.

VETERANS AFFAIRS



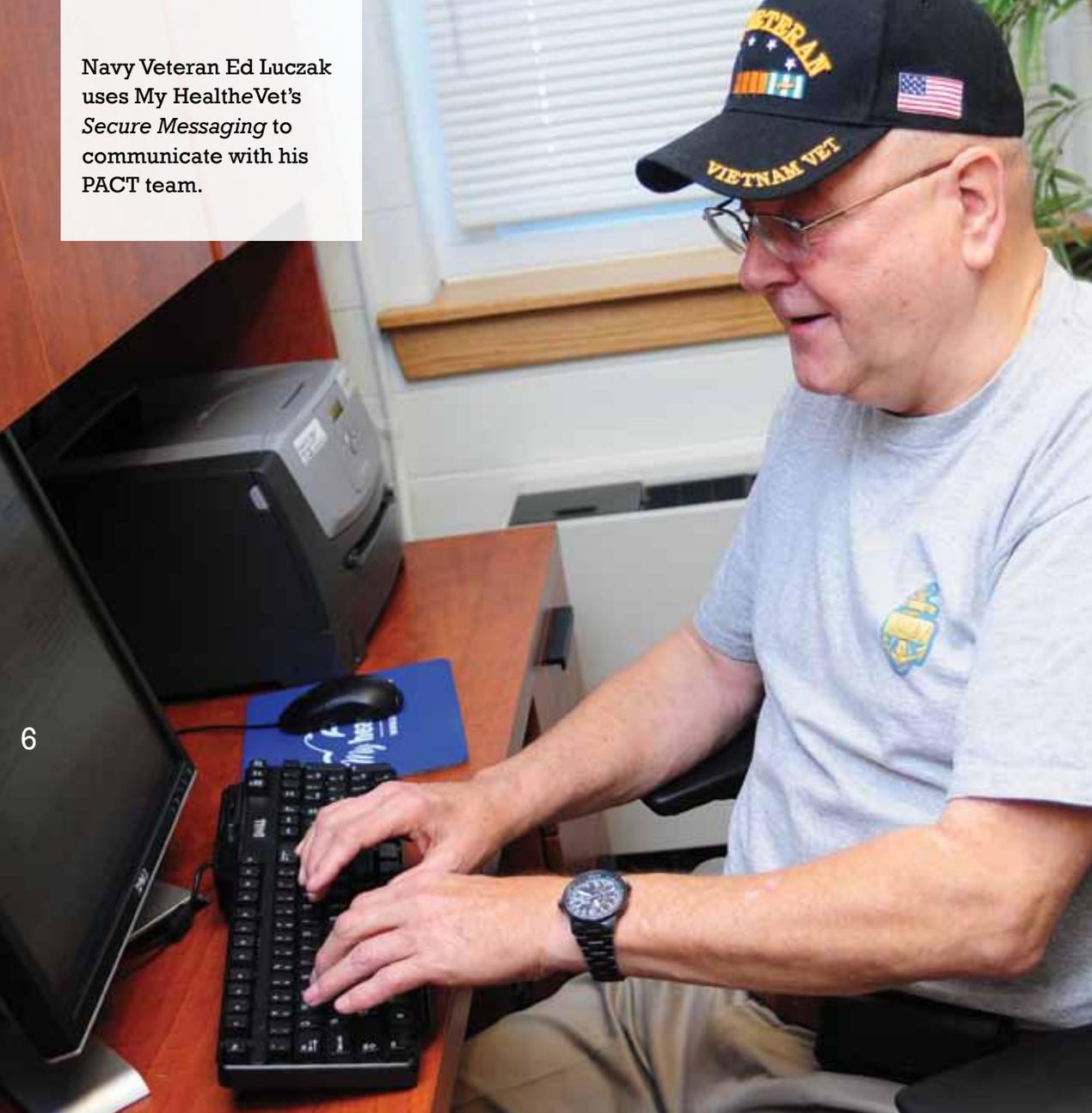
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# THE BEST THERAPY

GETTING OUT ON THE ROAD

Living Better Spring 2012

Navy Veteran Ed Luczak uses My HealtheVet's *Secure Messaging* to communicate with his PACT team.



**Sixty-five-year-old Navy Veteran** Ed Luczak worked in photographic intelligence in the U.S. Navy during Vietnam. He flew missions as a photo navigator and processed film to make prints for photo analysis. He's retired from the Public Health Department as a Public Health Administrator, and he's a big supporter of VA's direct access to his health care team.

VA Butler Healthcare uses a team approach to health care called PACT, or Patient Aligned Care Teams. Ed's PACT team consists of VA Health Technician Debbie Bartman, VA Nurse Danielle Weisenstein, and VA Physician Dr. Timothy Burke. Our Patient Aligned Care Teams partner with Veterans every day, delivering whole-person care and life-long wellness through:

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# ACCESS TO CARE

VA BUTLER'S PATIENT ALIGNED CARE TEAMS (PACT)

- **Partnerships** – between Veterans and health care teams
- **Access to care** – enhanced through a variety of methods
- **Coordinated care** – among all team members
- **Team-based care** – with Veterans as the center of their PACT

“One of the most important things for me is the direct access. I have direct access to my VA doctor who communicates well back and forth,” said Ed. “I’ve never had that with civilian doctors – it was always either make an appointment to talk about it or go to the Emergency Room (ER). There was no middle ground –and in health care, there is a lot of middle ground that does not require sitting down for a face-to-face appointment or going to the ER.”

The PACT approach provides many ways for Veterans to access health care. In addition to personal visits with the Veteran’s primary care provider and other health care professionals who are members of the PACT, there are other ways to get information and care.

These include group clinics and telephone calls, as well as using the computer to access My HealtheVet and other VA websites. Veterans also use My HealtheVet for *Secure Messaging* to members of their PACT.

My HealtheVet ([www.myhealth.va.gov](http://www.myhealth.va.gov)) is a comprehensive website where Veterans can find a wealth of VA health care information and services. On the site, they can access trusted, secure, and current health education information and resources, in addition to Veteran benefits details. Veterans who are registered My HealtheVet users can create and maintain their own web-based personal health record, which they can choose to view, print, or download through the new VA Blue Button to share with their health care PACT professionals or trusted caregivers.

*Secure Messaging*, a feature of My HealtheVet is a web-based message system that allows participating VA patients and VA health care teams to communicate non-urgent health-related information in a safe computer environment. *Secure Messaging* is available 24 hours a day, 7 days a week through the My HealtheVet website.

“What I like most about My HealtheVet is the prescription refill feature and the information about various health topics. I always read about everything,” said Ed. “My HealtheVet’s *Secure Messaging* allows me to communicate without even going the phone call route – which is even better! And, when you send a *Secure Message*, you can go back into your sent folder and see if it’s been read by your PACT team.”

My HealtheVet is an important component of PACT and is another way VA is enhancing the delivery of health care services to Veterans, as well as promoting health and wellness, and engaging Veterans to be more active participants in their overall health care.

“Being able to have direct contact with the VA without having to go to the extremes of a face-to-face appointment or ER visit is one of the greatest things I think,” said Ed. “With the VA, I can get access and get an answer when I need it without having to go through other channels.”

To learn more about My HealtheVet or *Secure Messaging*, call 724.285.2595. ★

VA Butler’s Health Technician Debbie Bartman, a member of Navy Veteran Ed Luczak’s PACT team, checks his height during his VA appointment. Nurse Danielle Weisenstein and Physician Dr. Timothy Burke are also members of Ed’s PACT team.



[www.myhealth.va.gov](http://www.myhealth.va.gov)

Korean War Era Army Veteran Woodrow Kirkwood meets VA Butler Healthcare's Director John Gennaro while waiting in VA Butler's Primary Care area. Mr. Kirkwood has always been pleased with his services at VA Butler. "I can't say enough about what they have done for me here."



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LEADING A

# WINNING TEAM

VA BUTLER'S NEW DIRECTOR JOHN GENNARO



**John Gennaro, FACHE,** MBA, MHSA was appointed Director for VA Butler Healthcare in February 2012. “At VA Butler Healthcare, we have the great privilege and responsibility to care for the men and women who have served our nation, and to their families,” said Gennaro. “My foremost goal is to build upon the successes that our dedicated team has achieved in providing high quality care to Veterans throughout Butler and the surrounding counties.”

Just this past year, VA Butler Healthcare served over 18,000 Veterans, including 2,000 recently returning service members. VA Butler also helped close to 500 homeless Veterans find housing and related services, and was recognized as a center of high performance for Patient Aligned Care Teams, an enhanced patient care experience initiated in 2010.

“Our focus is on health care that is patient centric, data-driven, continuously improving, and team-based,” said Gennaro. “Everything we do, we will ask the question: ‘How is this Veteran-centered?’ If we cannot answer that fundamental

question, we’ll go back to the drawing board!”

VA Butler Healthcare is committed to expanding women’s health care, eliminating Veteran homelessness, transforming access to care through Telehealth and My HealthVet’s *Secure Messaging*, providing services and resources to our family caregivers, and making sure **all** Veterans are getting the quality health care they have earned through their service.

“New construction of the Community Living Center, Domiciliary, and a Health Care Center for Veterans makes this a thrilling time for VA Butler Healthcare,” said Gennaro. These capital improvements will allow VA Butler to care for our Veterans in a state-of-the-art environment that defines health care excellence in the 21st century.

In the upcoming months and years, the new construction will bring about much change to VA Butler as we know it; change from both a physical environment standpoint and delivery of services. “Key to any change is open and frequent communication, and I will make it my priority to keep



employees, Veterans and stakeholders informed and engaged.”

Having previously served as the Deputy Director for VA Pittsburgh Healthcare System, overseeing operations of the health care system that serves over 64,000 Veterans in three medical centers and five community based outpatient clinics, Gennaro is well prepared to lead VA Butler today and into the future. “I look forward to leading a winning team of dedicated employees at both the main facility and at our VA outpatient clinics. I’m excited to share my experiences and learn from the talented staff here.”

“Our goal at VA Butler Healthcare is exceptional health care in all areas,” said Gennaro. “In my time here thus far, it has

become clear that the culture of this organization is one of caring and compassion for the Veterans we serve and their families. Together we will build upon the rich tradition and success of VA Butler Healthcare.”

Gennaro began his career with the Department of Veterans Affairs in 1997 in the Research Foundation at the Cincinnati VA Medical Center, and over the past 15 years has had the opportunity to serve Veterans at VAs in Cleveland, Erie, and Pittsburgh. Mr. Gennaro earned his bachelor’s degree in natural sciences and master’s degrees in business administration and health care services administration from Xavier University. He is a fellow in the American College of Healthcare Executives and serves on the Board of Directors for the YMCA. ★

[www.butler.va.gov](http://www.butler.va.gov)

## VA2K Walk + Roll 2012

VA facilities across the nation held VA2K Walk + Rolls for wellness and in support of homeless Veterans on May 16, 2012. VA Butler's event was just one of many 2Ks that took place at VA facilities across the country.

VA's employee wellness program is known as WIN (Wellness is Now). WIN empowers employees with the knowledge, skills and tools they need to create a culture of health and wellness. The group encourages employees to use their appreciation of wellness to inspire Veterans to live healthier lifestyles. WIN integrates traditional occupational safety and health programs with health

promotion activities, addressing both workplace and employee health and helping VA staff to do their important work of serving our nation's 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. VA's major homeless-specific programs constitute the largest integrated network of homeless treatment and assistance services in the country.

For information, please contact the 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).



## It's time...to speak up!

### Sexual Assault Awareness Month

In April, as part of Sexual Assault Awareness Month, VA Butler's Military Sexual Trauma (MST) Coordinator set up an information booth in the primary care lobby to share resources, disseminate information, and answer questions related to MST.

About 1 in 5 women have told their VA health care provider that they experienced sexual trauma in the military. Military sexual trauma (MST) is the term VA uses to refer to sexual assault or repeated, threatening sexual harassment that occurred while a Veteran was in the military. It includes any sexual activity where someone is involved against his or her will.

VA Butler Healthcare has **free services** to help Veterans who experienced MST during their service. You do not need to have a VA disability rating (be "service connected") to receive these services and may be able to receive services even if you are not eligible for other VA care. You do not need to have reported the incident(s) when they happened or have other documentation that they occurred. You can recover from experiences of trauma. Please speak with us to learn more – contact VA Butler's MST Coordinator at 724.285.2498.

Navy Veteran and volunteer driver Robert Weidner has been volunteering at VA Butler since July 2011.



### Drive for Care Volunteer Drivers Needed

Looking for something rewarding to do? Know someone who has some time to spare that could be put to good use? Do something worthwhile – volunteer. Sign up today to become a volunteer driver for VA Butler Healthcare and help Veterans access the care they have earned. Volunteer drivers provide a valuable service by transporting Veterans to and from their VA appointments via donated vehicles from the Disabled American Veterans (DAV) organization.

All volunteers need to complete the general orientation program and those interested in driving will need to fulfill additional requirements such as a physical and safe driver training. Days and times needed do vary, but those interested can volunteer one or two days a week or one or two days a month. For more information, contact VA Butler's Voluntary Services Coordinator at 724.285.2575.

### Scan to Call

The Veterans Crisis Line connects Veterans in crisis – and their families and friends – with qualified, caring VA responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 800.273.8255 and press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. ★

Veterans  
Crisis Line



Scan this with your smart phone to call the Veterans Crisis Line now.

## “TO TELL THE TOOTH” VA Butler’s Oral Health Care Program

In April 2009, VA Butler Healthcare was selected to be part of a National Pilot Program studying the benefits of daily oral care for Veteran residents in VA’s Community Living Centers (CLC). Poor oral health has a direct impact on a person’s overall health, and VA’s mission is to educate all Veterans and their families about this important medical information. Poor daily oral care will lead to infection, possible pain, and eventual loss of teeth, and studies indicate a direct link between this infection and heart disease, heart attacks, and even stroke.

Led by Nurse Oral Health Coordinators Jessica Price, LPN and Sheila Shevitz RN, and supported by Nurse Oral Health Champions, managers and supervisors, the nursing staff embraced the CLC Oral Health Care Program, and more importantly, recognized how quickly proper daily oral care improved Veterans’ comfort and overall health. Through direct communication, a streamlined program now exists between VA’s dental service and nursing to ensure our Veteran residents get the best dental care.

On May 8, 2012, the CLC nursing staff and dental team hosted “To Tell the Tooth” – an educational interactive event to highlight the accomplishments of VA Butler’s Oral Health Program and promote the importance of oral care for everyone. Multiple stations were available, such as *Proper Care of Dentures and Partial*s, *Dry Mouth Recognition and Care*, and *Foods for a Healthy Smile*. A demonstration of the new suction toothbrush for Veterans and a “Tooth or Consequences” quiz was also part of the event.



VA Butler’s CLC nursing staff and dental team hosted “To Tell the Tooth” in May to promote the importance of oral health care.

SHARING  
STORIES  
AND NEWS  
FROM  
VETERANS  
TO  
VETERANS



**Tom Davis, Army Veteran**

### **Tomorrow's Hope**

Army Veteran Tom Davis was homeless and staying at a mission in New Castle, PA when he was first introduced to VA Butler's Homeless Program. Soon after, he became a resident at *Tomorrow's Hope*, a transitional housing and service center for Veterans.

*Tomorrow's Hope* is an 88-bed facility that provides transitional housing, counseling, and transportation in coordination with VA Butler, education, life skills, and job training to homeless Veterans.

*"It's a really nice set-up," said Tom. "It got me off the streets and out of the mission."*

Tom found himself homeless when he couldn't find a job. *Tomorrow's Hope* works with Veterans on employment, including résumé building, job searches, and even transportation to and from job interviews. "Their staff is outstanding – they really try their best to get you a job."

At *Tomorrow's Hope*, Tom was able to get the care he needed,

including dental care that he is very thankful for. Tom continues to work hard to get back on his feet and hopes to soon have a car and house again to call his own.



*Tomorrow's Hope* provides a safe, secure, and restorative environment for Veteran empowerment – and the opportunity for Veterans to reach their highest level of independence.

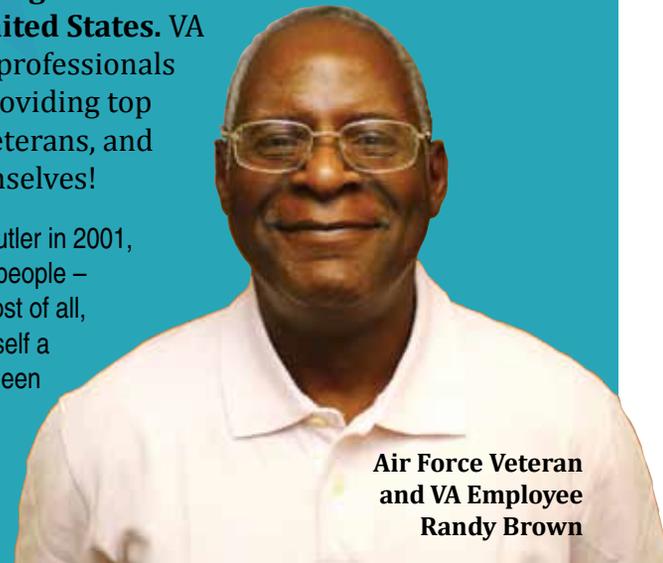
[www.tomorrowshopepa.org](http://www.tomorrowshopepa.org)

[www.butler.va.gov/services/homeless.asp](http://www.butler.va.gov/services/homeless.asp)

### **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!

*"Since joining the staff at VA Butler in 2001, I have met a diverse group of people – coworkers, volunteers, and most of all, fellow Veterans. I consider myself a people-person and so, it has been such a pleasure to meet and work with so many people of such diverse backgrounds."*



**Air Force Veteran  
and VA Employee  
Randy Brown**

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**Vet Chat**

# Health Quiz: fit feet

Most people are on their feet four or more hours every day, yet most don't give their feet a second thought until they begin to hurt. Foot and ankle health is important to overall health, well-being, and mobility. Take this simple quiz to learn more about your foot and ankle health.

1. How much time do you spend on your feet each day?

- A Less than 2 hours      B 2-4 hours      C 5-7 hours      D 8 hours or more

2. Have problems with your feet or ankles ever prevented you from participating in (mark all that apply):

- A Yes, leisure/sports activities      B Yes, work activities      C No

3. Have you ever received medical treatment for problems with your feet and/or ankles?

- A Yes      B No

4. Do you regularly wear heels two inches or higher?

- A Yes      B No

5. What types of exercise do you engage in or plan to engage in (mark all that apply)?

- A Walking      E Aerobics  
B Field sports (e.g., softball, golf)      F Running  
C Winter sports (e.g., skiing, ice skating)      G None (if you choose this answer, skip to question 8)  
D Court sports (e.g., tennis, basketball)

6. Do you have appropriate shoes (less than a year old, in good condition) for your sport(s)?

- A Yes      B No

7. Do you experience foot or ankle pain when walking or exercising?

- A Rarely      B Sometimes      C Often      D Never

8. Do you (mark all that apply)?

- A Sprain your ankles frequently (once a year or more) or are your ankles weak?  
B Have flat feet or excessively high arches?  
C Experience pain in the Achilles tendon or heel or have shin splints (pain in the front lower leg)?  
D Have corns, calluses, bunions, or hammertoes?  
E Have arthritis or joint pain in your feet?  
F Have poor circulation or cramping in your legs?  
G None

## Foot Quiz Results

**Score 0 to 12:** Congrats! Your feet and ankles are very healthy and you can maintain your active lifestyle. Learn more about healthy living at [www.prevention.va.gov](http://www.prevention.va.gov).

**Score 13 to 24:** Pay attention. Your feet and ankles are showing signs of wear. You may continue your normal activities, but consider talking with your VA doctor about your foot and ankle health.

**Score 25+:** Caution. Your feet and ankles are at a high risk for long-term medical problems and you should talk to your VA doctor.

Source: The Foot Health Foundation of America

## Who's Who?

DR. THOMAS GRONER

### Foot Health

The human foot is complex – containing 26 bones, 33 joints, and a network of more than 100 tendons, muscles, and ligaments. Diseases, disorders and disabilities of the foot affect the quality of life and mobility of millions of Americans.

Feet are more subject to injury than any other part of the body. For example, an average day of walking brings a force equal to several hundred tons to bear on the feet.

*Be kind to your feet!*

- Examine your feet regularly
- Wear shoes that fit
- Wash your feet daily
- Trim your toenails straight across and not too short

Regular foot checks are an important part of your health care. If you have foot problems, talk to your VA Butler health care team today.

Dr. Thomas Groner is a Podiatrist at VA Butler Healthcare. To learn more about VA Podiatry Care talk to your health care team.



Calculate your score to see your results below.

1 A = 0 pts      B = 1 pts      C = 2 pts      D = 3 pts

2 A = 2 pts      B = 3 pts      C = 0 pts

3 A = 3 pts      B = 0 pts

4 A = 2 pts      B = 0 pts

5 A = 1 pts      B = 2 pts      C = 2 pts      D = 3 pts  
E = 3 pts      F = 3 pts      G = 0 pts

6 A = 0 pts      B = 3 pts

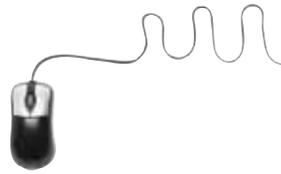
7 A = 1 pts      B = 2 pts      C = 3 pts      D = 0 pts

8 A = 2 pts      B = 2 pts      C = 2 pts      D = 3 pts  
E = 3 pts      F = 3 pts      G = 0 pts

Hey Veterans! Share your stories with us in Vet Chat. Email [amanda.wilczynski@va.gov](mailto:amanda.wilczynski@va.gov) or [lauren.heiger@va.gov](mailto:lauren.heiger@va.gov). We'd love to hear from you!



## technology THE DEKA ARM



**In the past**, limb-loss meant a permanent loss of mobility and freedom. However, in recent years lower-limb amputees have been seen walking with the aid of robotic legs, or running full-sprint in track events, thanks to the aid of flexible metal prosthetics. Prosthetic arms on the other hand typically only have two to three degrees of freedom: a hand opening and closing, an elbow bending or a wrist rotating. Most arms have low torque and provide no feedback to the user...that is, until the DEKA arm was created.

shoulder, elbow, wrist, and finger components that can work simultaneously to mimic the smooth arcs of natural gestures. Its hand has several different grasps, and the arm can reach over the user's head or behind his back.

In 2008, VA entered into an agreement with DARPA to conduct clinical evaluations of the prototype DEKA Arm System. Studies of the DEKA Arm System have been underway at VA sites since late 2008, with the first person fitted with a DEKA Arm in early 2009.

The DEKA Arm is a joint collaboration between VA Research and the Department of Defense. The goal is to produce the world's most advanced prosthetic arm system to help improve Veterans' lives. VA researchers recently joined forces at the Manhattan VA Medical Center to help a Veteran who lost his arm 40 years ago. Check out the video - [www.youtube.com/watch?v=KCUwoxuAdYQ](http://www.youtube.com/watch?v=KCUwoxuAdYQ).

The VA Prosthetic & Sensory Aids Service (PSAS) is the largest and most comprehensive provider of prosthetic devices and sensory aids in the world. Although the term "prosthetic device" may suggest images of artificial limbs, it actually refers to any device that supports or replaces a body part or function. VA provides crutches, braces, eyeglasses, hearing aids, artificial limbs, oxygen bottles, wheelchairs, hospital beds, pacemakers, stents, dental implants, money for clothes, automobile modifications, home adaptations and much more.

In 2005, the Defense Advanced Research Projects Agency (DARPA) announced its Revolutionizing Prosthetics program and funded the development of the DEKA prosthetic arm. The DEKA arm, sometimes called "Luke" after the prosthesis worn by Luke Skywalker in the *Star Wars* films includes fully articulated



The DEKA arm was created by Dean Kamen, inventor of the Segway and founder of DEKA Research and Development.

## Raspberry Breakfast Bars



### Ingredients

- 1 package raspberries
- 1/4 c sugar
- 2 tbsp cornstarch
- 2 tbsp fresh lemon juice
- 1 1/2 c quick-cooking oats
- 3/4 c whole-wheat flour
- 2/3 c packed brown sugar
- 1/3 c walnut pieces
- 1/4 c wheat germ
- 1 tsp ground cinnamon
- 1/3 c canola or vegetable oil
- 1 large egg

Calories: 229 ★ Total Fat: 9.6g ★ Cholesterol: 17mg ★ Carbohydrates: 34g

### Directions

Preheat oven to 350°.

**Raspberry Filling.** Combine raspberries, sugar, cornstarch and lemon juice. Stir over medium heat until boiling. Simmer and stir (2 min.) until thick/translucent.

**Breakfast Bars.** Combine oats, flour, sugar, walnuts, wheat germ and cinnamon in food processor until oats and walnuts are finely ground. Pulse to combine oil and egg. Press 1/2 crumb mixture on bottom of a 9x9 in. pan. Spread filling over crumbs and top with extra crumbs. Bake 25 min., cool, and cut into bars.

Source: *Driscoll's Recipes*  
[www.driscolls.com/recipes/view/2788/Whole-Grain-Raspberry-Breakfast-Bars](http://www.driscolls.com/recipes/view/2788/Whole-Grain-Raspberry-Breakfast-Bars)

## HEALTH

# tip

### SWAP YOUR FLIP FLOPS

Each year as summer approaches, experts warn against wearing those rubbery thongs. While convenient, they're flimsy, making wearers more susceptible to injuries like stubbed toes, rolled or sprained ankles, tendinitis, blistering, arch pain, and stress fractures. If you want to let your toes out, check out alternative sandals that provide your feet more support.



## Crossword

### Keep Your Brain Active

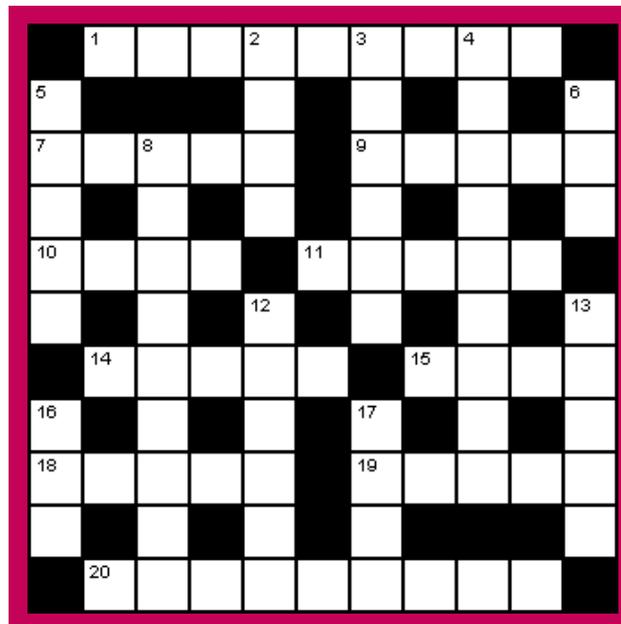
When people think about staying fit, they generally think from the neck down. But the health of your brain plays a critical role in almost everything you do. Mentally stimulating activities strengthen brain cells and the connections between them, and may even create new nerve cells. Crossword puzzles keep your mind active, and an active mind is a healthy mind!

#### ACROSS

- Come into existence
- Desert plants
- Entice
- Paddles
- Pugilist
- Brass instrument
- Wood file
- Magical incantation
- Last letter of Greek alphabet
- The history of a word

#### DOWN

- Profit
- Country
- Moderate
- Performer
- Pig pen
- Rotund
- Downhill ski race
- Lance
- Make a request
- Hard work





325 New Castle Road  
Butler, PA 16001  
800.362.8262  
724.287.4781

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#### 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

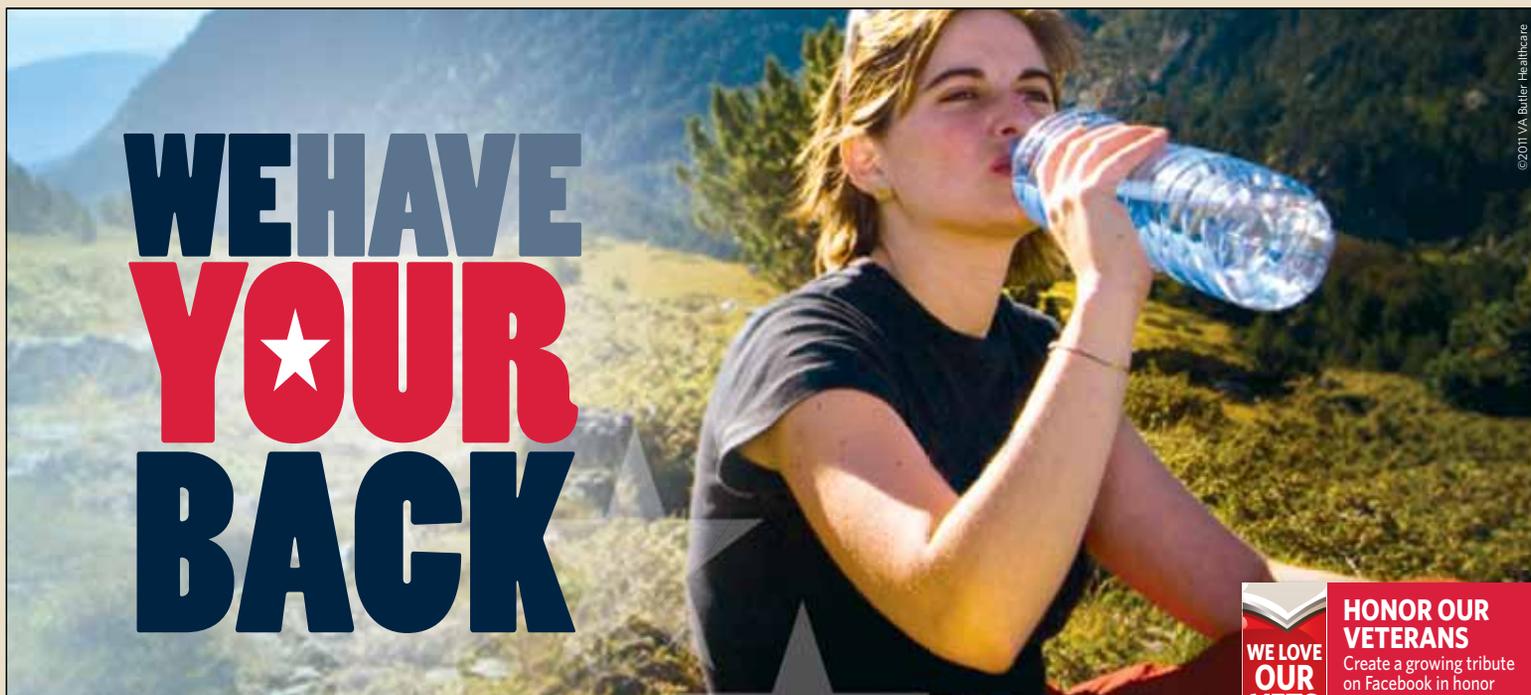
#### LAWRENCE COUNTY VA OUTPATIENT CLINIC

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

#### MICHAEL A. MARZANO VA OUTPATIENT CLINIC

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