

LIVING Better

A VA Butler Healthcare Quarterly Magazine

spring 2014



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VA BUTLER HEALTHCARE'S SPRING HIGHLIGHTS



1 VA Butler staff hosted a Diabetes Alert Day event in March to share diabetes health information and takeaway tools, provide the Diabetes Risk Test, and deliver A1C screenings to Veterans.

4 VA Butler held a "Take Your Child to Work Day" in April. Kids toured the facility, visited with Veterans, and participated in departmental activities.

7 VA Butler hosted an education and opportunity fair, "Opportunity Knocks," with more than 20 universities attending. Attendees learned about community volunteer opportunities, obtained VA Butler Vocational Rehabilitation information, and more.

2 VA Butler Healthcare hosted a live healthy cooking demonstration in the "Nutrition Kitchen" to celebrate National Nutrition Month and Registered Dietitian Nutritionist Day.

5 Supported by her fellow volunteers and VA Butler's Director, John Gennaro, Female Volunteer of the Year, Betty Slausenaupt, received a congressional proclamation for her volunteer work at VA Butler.

8 VA Butler held the second annual Clothesline Project for Sexual Assault Awareness Month. The Clothesline Project displays shirts designed by survivors of violence, loved ones of survivors, or by someone who loves someone killed by interpersonal violence/domestic violence.

3 Registration, Eligibility & Enrollment Specialist Terri Doctor-Fratto helped Veterans enroll for VA care at a Veteran Open House and Health Fair in April.

6 Inspired by this year's Winter Olympics in Sochi, VA Butler's Adult Day Health Care held their own Olympic Games. Army Veteran Marie Miller even crafted Olympic medals for all the participants!

9 "The fourth annual VA2K Walk and Roll was held in May to encourage healthy activity while supporting homeless Veterans with donated food and clothing items.

cover photo

First annual Making Lives Better Volunteer of the Year program female winner, Betty Slaughaupt.



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

Spring has sprung! VA Butler kicked off the warmer weather with new programs and events such as expanded Telehealth programs, a new Mercer County Veterans Treatment Court, the new volunteer recognition program, the first Butterfly Release, and more! With summer almost here, we'll be hosting the ribbon cutting ceremony for the final phase of the CLC, and moving forward with the award of the new HCC. I'm excited (and I hope you are too!) about all the new things taking place for our Veterans.

Thank you, as always, for your service, support, and gratitude as we continue dedicating ourselves every day to Making Lives Better for our Veterans and their families.

John Gennaro, Director

C O N T E N T S

Spring 2014



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It Is NOT Your Fault...Own Your Story

April was Sexual Assault Awareness Month. VA Butler hosted the Clothesline Project and encouraged Veterans to own their stories. Read how U.S. Army Veteran Jessie Truitt owned hers.



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Congratulations Volunteers of the Year!

VA Butler held a special *Making Lives Better Volunteer of the Year* program to honor a male and female volunteer who exemplify the spirit of volunteering during National Volunteer Week. See who won!



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Tele-Enrollment

Introducing the newest Telehealth program at VA Butler: Tele-Enrollment, a new method of Enrollment and Registration for Veterans who are located close to our Community-Based Outpatient Clinics.



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Health Tech, Tips & Tastes

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

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It Is NOT Your Fault... Own Your Story



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In 2005, U.S. Army Veteran Jessie Truitt was raped by her station commander while on recruiting duty for the Army. She was pregnant at the time of the assault, and had been deciding whether to stay in or get out of the service. The day after the rape, she decided to leave. She also decided to keep her rape a secret from everyone she knew and loved.

“For six years, I didn’t tell anyone why I got out of the service, not even my husband,” said Jessie. At that time, Jessie bounced around to a few different jobs before returning to college. It was while studying Employment and Labor Relations, particularly the sexual harassment/sexual assault cases that all the memories, emotions, and

anger returned. “It made me realize, I could not run from it anymore. During that time my children were growing up in front of me, but I was missing it. I was on auto-pilot; I had no highs or lows.”

Jessie received a wake-up call when her oldest daughter decided to join the Girl Scouts. Jessie volunteered with her

daughter’s troop, and for one of the community projects, a female police officer came to talk to the girls. “The officer talked about good touch/bad touch. She told the kids to tell their parents, teacher, preacher, or another safe adult. I had one girl raise her hand and ask, ‘What if they are the one hurting you?’. I spoke up and told her to tell me or the police officer or anyone else with whom she felt safe. At that point, it was a slap in my face. I thought to myself, ‘How can you encourage her to tell if you didn’t?’ It was at that very moment that I owned my story.”

The next day Jessie told her husband and best friend. They both encouraged her to get help at the VA. The following day Jessie called to get an appointment with Behavioral Health. “It’s been more than three years now, and I’ve come leaps and bounds from where I began.”

Jessie continues her treatment weekly at the VA. “My treatment always has been at my speed and my direction. One thing

Military Sexual Trauma (MST) Treatment Can Help

that sticks out is the respect that the staff in Behavioral Health has given me. They let me be in control of everything, from what medications I want to be on to what therapy style will work best for me.” For instance, Jessie has young children and has never wanted to be on a medication that would make her feel “zoned out.” Her VA therapist recommended a different “medicine” – a PTSD service dog. While at first hesitant, Jessie now says, “that was the best decision I made in my therapy!” Ensign, her service dog, has changed her quality of life for the best. He helps with anxiety, flashbacks, and even wakes her from nightmares. “He’s only been in my life since September 2013, but I honestly don’t know how I functioned without him. The truth is, I really didn’t. He has given me back my freedom.”

Jessie encourages other Veterans to own their story too. “It takes a long time to make the mental transition from victim to survivor, and even longer to become an advocate. The more they tell their story and own it, the more they realize it wasn’t their fault, and the less power

the event has on them.” Jessie was raped by her station commander; he was her friend and mentor. “I remember feeling like I was betraying him and his trust in me by telling my story. I remember the embarrassment I felt because I felt it was my fault. I thought I should have seen the signs and that I could have prevented it. But, it was not my fault, and it is not your fault either.”

With the help of Ensign and her VA therapist, Jessie has come a long way in her treatment since she first started. “After about three years of seeing my therapist weekly, I’m finally feeling things again. There were lots of times when I asked myself if I thought therapy actually helped me. The answer is YES, drastically,” she said. “There are many days that I just want to get in the car and drive away. I’d love to forget that I have any problems, and just start a new life somewhere else. If it wasn’t for my VA therapist, I may have done that.”

VA Butler Healthcare offers several types of MST treatment, and is here to support you in your recovery. “No matter



where you are in your journey, whether your wound is new or if it’s something you’ve struggled with for years, therapy can help,” encourages Jessie, who finds social media a help in her recovery. “I’ve found a support network for Veterans, and knowing I’m not alone in this journey has helped tremendously.”

For more information, Veterans can contact VA Butler’s MST Coordinator, Rowan Flamm, at 800-362-8262, ext. 2498 or Susannah.Flamm@va.gov. Veterans also can call VA’s general information hotline at 800-827-1000. Remember, we’re here for you...and recovery IS possible. ★

VA Butler Healthcare recognized April as Sexual Assault Awareness Month by hosting The Clothesline Project. The Clothesline Project is a visual display of shirts with graphic messages and illustrations that have been designed by survivors of violence, loved ones of survivors, or by someone who loves someone killed by interpersonal violence/domestic violence. The purpose is to increase awareness of the impact of violence on women and men, to celebrate the strength of survivors and to provide another avenue to “break the silence” regarding sexual assault, childhood abuse, and physical violence.

Congratulations Volunteers of the Year!

VA Butler Healthcare celebrated National Volunteer Week, April 6-12, 2014, to thank more than 300 volunteers for caring for Veterans. New this year, VA Butler held a special Making Lives Better Volunteer of the Year program to honor a male and female volunteer who exemplify the spirit of volunteering.

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Nominated by their peers and VA staff, the nominees for Volunteer of the Year 2014 were: Joe Lofton, Charles Jennings,



David Cavanaugh, Robert Thiry, Betty Slaughaupt, Mary Lee Kelly, Teresa Russo and Ginger Braho. During a special ceremony at the end of National Volunteer Week, the winners were announced. Congrats to our Female Volunteer of the Year, Betty Slaughaupt, and our Male Volunteer of the Year, David Cavanaugh!

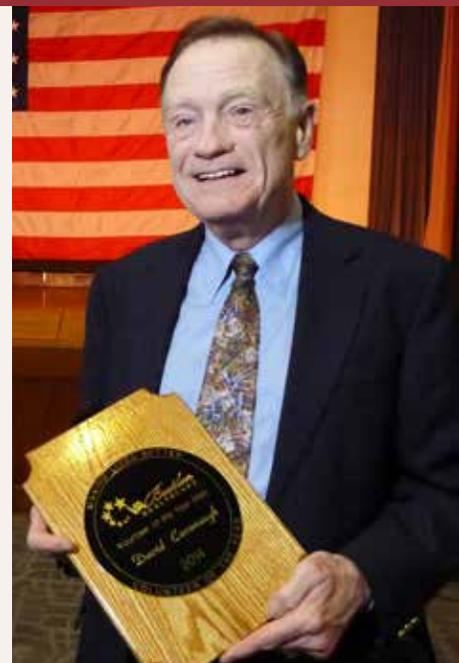
Betty Slaughaupt has been a volunteer for 25 years and accumulated 9,169 hours of service. She is the wife of a Veteran and the sister of Veterans. She volunteers several times a week in the Escort Program – dispatching and escorting. “If she is the only one in the escort office when a call comes in, she doesn’t hesitate to take the run,” said Paula McCarl, VA Butler’s Voluntary Services Coordinator. “Betty is reliable, kind, and generous. She bakes cakes for birthdays, and crochets wash cloths and makes beautiful quilts that she gives away.” Betty also helps with special events

held at the VA, including the Combined Federal Campaign (CFC) and the VA2K Walk for Homeless. She has even recruited her daughter to walk with her and donate items for both programs.

VA Butler holds a Summer Youth Volunteer Program beginning every June, and running through September. “Betty quickly becomes a respected figure with our youth volunteers, taking the time to get to know them, and actively engaging them and including them in the conversations. She really helps them understand the volunteer program and what volunteering means to the Veterans,” said McCarl.

Betty volunteers because she wants to give back to those who gave so much, like her husband and brothers. “It’s the least I can do,” said Betty.

David Cavanaugh, an Air Force Veteran, has been volunteering for eight years and has accumulated 2,199 hours of



service. David volunteers in the Escort program, and with Recreation and Special Events/Activities. He volunteers several times a week visiting with the residents in the Community Living Center (CLC), helping fill water pitchers, and escorting the patients. He also helps out with special requests such as driving the shuttle and doing personal escorts for Veterans who need to go to VA Pittsburgh.

Making Lives Better Volunteer of the Year Program



“Mr. Cavanaugh is noted for his jokes,” said McCarl. “The patients in the CLC ask him for his joke of the day!” David even dressed up for St. Patrick’s Day, purchased carnations, and delivered them to the Veteran residents and VA staff. “Some of the patients do not have many visitors, and Mr. Cavanaugh makes sure to visit with them as much as he can,” said McCarl. David volunteers because he enjoys making the Veterans’ day – making

them smile. “I get more from them than they do from me,” he said.

VA’s voluntary service is one of the largest volunteer programs in the federal government. The statistics speak for themselves. During FY 2013, VA volunteers and organizations donated more than 11 million hours of service and more than \$86 million in gifts and donations for a total value of \$338.4

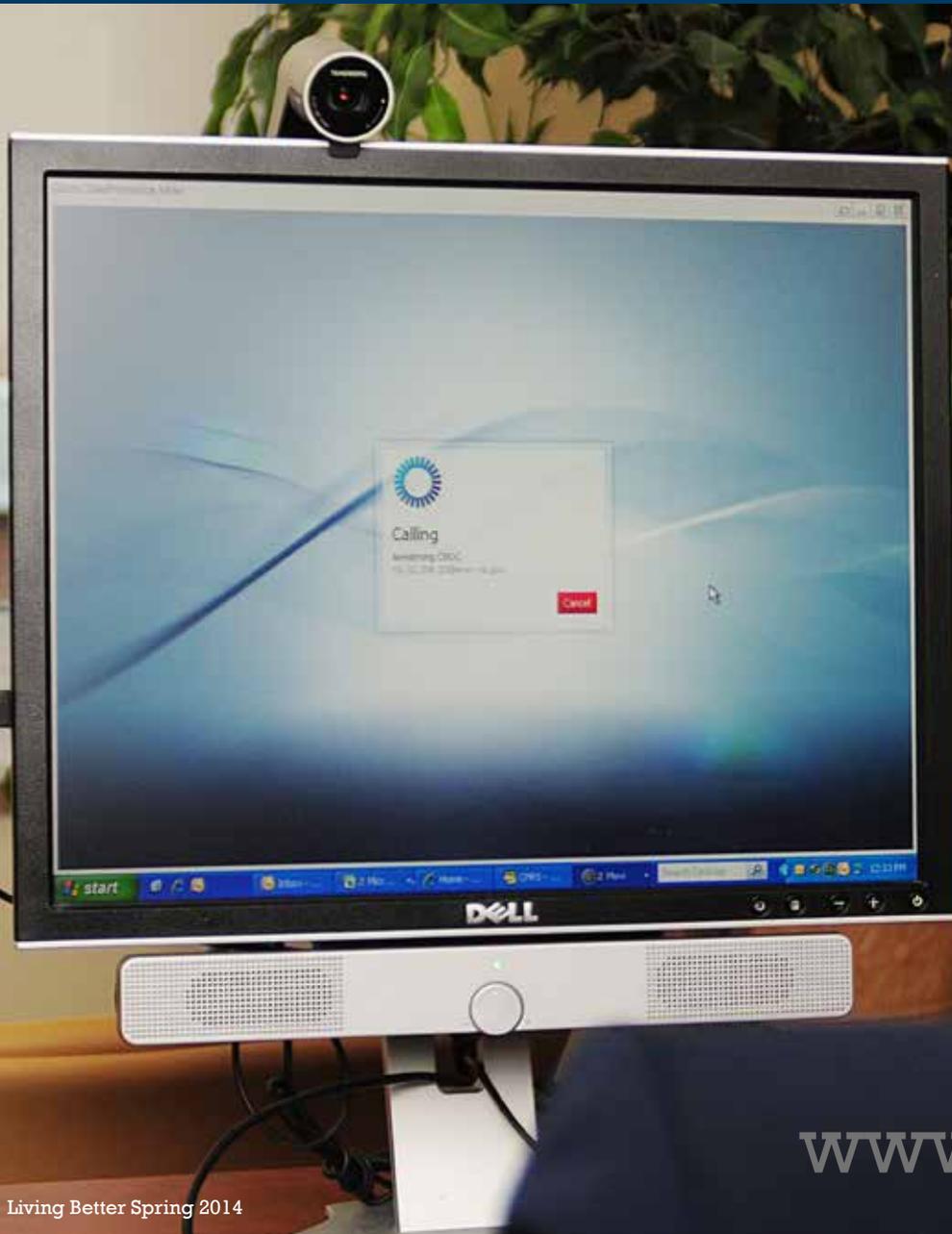
million in volunteer giving. Those statistics meant a major impact to VA and to the Veterans we serve. Here at VA Butler Healthcare we had more than 300 volunteers provide more than 40,000 hours of service to Veterans, and we received more than \$200,000 in donations. Our volunteers are vital to the Veterans’ experience here.

While National Volunteer Week was celebrated in April, Americans have the chance to show their appreciation to Veterans all year by volunteering their time or donating to VA Butler Healthcare. To learn more, contact VA Butler’s Voluntary Services Coordinator at 800-362-8262, ext. 2575 or go online at www.butler.va.gov/giving/index.asp. ★

www.volunteer.va.gov

Tele-Enrollment

Register for VA Healthcare
Using Clinical Video Telehealth



www.butler.va.gov/

VA Butler Healthcare is constantly expanding its Telehealth program—bringing health care closer to our Veterans. Introducing the newest Telehealth program at VA Butler: Tele-Enrollment.

A new method of enrollment and registration for Veterans who are located close to our Community-Based Outpatient Clinics now is available. This new program consists of using Clinical Video Telehealth (CVT) to connect via video conference with an Enrollment and Registration VA staff member located at the main VA Butler Healthcare facility.

VA Butler's Clinical Video Telehealth (CVT) programs give patients and providers 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. Now, this same technology is available for Veterans to enroll for health care.

How does it work? Just five simple steps!

1. Call to set up an appointment for the location of your choice: 800-362-8262, ext. 2432
2. Arrive at your Community-Based Outpatient Clinic (CBOC) on the date of your appointment, bringing with you: DD214, proper identification, and financial information for the previous calendar year
3. Local CBOC staff will connect you via video conference with an Enrollment and Registration VA staff member located at the main facility in Butler
4. A signed application will be securely faxed to the Enrollment team assisting you
5. Upon eligibility determination, appointments with your VA health care provider can be scheduled before leaving the CBOC

For any questions on benefits, enrollment and registration, call 724-287-4781, ext. 5011.



“CVT is a proven and valuable tool utilized by medical care providers to meet with patients. It is a very secure and effective method of communication between facilities,” said Tracy Grasha, VA Butler's Program Support Assistant for Enrollment and Registration. “At VA Butler, we are dedicated to offering innovative solutions to our Veterans. CVT provides a more convenient way to register, the same quality of service and without the need to travel.”

VA Butler provides three Telehealth options: Store-and-Forward Telehealth, Home Telehealth, and Clinical Video Telehealth. A myriad of programs are available—TeleMOVE!, Tele-Women's Health, Tele-Palliative Care, Tele-Speech Therapy, Tele-Dermatology, Tele-Mental Health, Home Telehealth, and more!

For information about VA's Telehealth programs, call VA Butler's Telehealth Coordinator at 724-477-5037, or visit www.butler.va.gov/services/Telehealth.asp. ★

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

hot

TOPICS

Dental Does It Again—#1 in the Nation

In a recent national survey, the National VA Dentistry Survey of Dental Care Experiences of Patients, our patients once again ranked VA Butler Healthcare as the best in the nation among VA Hospitals for overall dental care. VA Butler's ratings increased to 94.9 percent of our patients ranking us a nine or 10 on a 10-point scale (up from 93 percent last year!). VA Butler Healthcare has maintained this honor since 2012.

And, for the first time, VA Butler has a second #1 achievement! Patients rated their dentist at VA Butler higher than at any other facility in the country. A total of 96.2 percent of patients rated their satisfaction with VA Butler's dentists as a nine or 10 on a 10-point scale.

VA Butler Healthcare Dental provides X-rays, exams, dentures, restorations, extractions, cleaning, crowns and bridges, and night guards to eligible Veterans. Returning service members may be eligible for one-time dental treatment, if they apply within 180 days from their separation date. To learn more about VA dental care, eligibility status and enrollment, call 724-477-5011 or visit www.butler.va.gov/services/Dental.asp. ★

NEW Mercer County Veterans Treatment Court

On May 23, 2014, a ceremony was held to begin the first Veterans Treatment Court (VTC) in Mercer County. Judge Wallace will preside as the Judge in Mercer County's new Veterans Treatment Court, and court operations will begin mid-June.

The new Mercer VTC is based on the Butler County VTC, which first started in fall 2012, and saw its first Veteran graduates this past fall (2013). 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.

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). For more information, contact VA Butler's VJO Coordinator at 800-362-8262, ext. 2240 or visit www.butler.va.gov/services/Veterans_Justice_Outreach_VJO.asp.

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

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First Annual Butterfly Release Ceremony

VA Butler Healthcare's Hospice/Palliative Care Team invited family and friends to the first annual Butterfly Release to honor Veterans who have recently passed away. Butterflies represent transitions in life and have become a meaningful symbol of healing for individuals who have lost loved ones. By releasing live butterflies, VA Butler's hope was to find a unique way to honor and remember our heroes...our Veterans.

Hospice is not a place, it is a model of care. Hospice care at VA Butler is provided by a team of professionals who consider the unique situation of each Veteran and family. The Veteran's physical, psychosocial, emotional and spiritual needs are considered when end-of-life care and support are provided. Hospice care is not about giving up. It is about providing comfort, control, dignity, hope, and the best quality of life possible for terminally ill Veterans and their loved ones.

For more information about VA Butler's inpatient and outpatient Hospice Care program, contact the Palliative Care Coordinator at 1-800-362-8262, ext. 2763 or visit www.butler.va.gov/services/hospice.asp. ★

VA Mobile Health—Two New Apps!

VA Mobile Health aims to improve the health of Veterans by providing technologies that expand clinical care beyond the traditional office visit. VA Mobile Health releases new apps for Veterans and Caregivers regularly. Two newly released apps include: CBT-i Coach and Stay Quit Coach.

The CBT-i Coach App was designed for use by Veterans and others who are having difficulty sleeping and are using it in conjunction with Cognitive Behavioral Therapy for Insomnia (CBT-i) treatment guided by a healthcare professional. With CBT-i, patients are taught to recognize how their thoughts and sleep-related behaviors affect their sleep patterns. Patients are provided with education about how sleep works. They also are guided on how to adjust both their sleep routines and their approach to sleep in order to enhance sleep quality and duration.

Stay Quit Coach is designed to help Veterans with Post-Traumatic Stress Disorder (PTSD) quit smoking. The app guides users in creating a tailored plan that takes into account their personal reasons for quitting. It provides information about smoking and quitting, interactive tools to help users cope with urges to smoke, and motivational messages and support contacts to help users stay smoke-free. This treatment is based on evidence-based clinical practices, and has been shown to double quit rates for Veterans with PTSD.

Stay tuned for more information about the VA App Store where you will be able to access available VA Mobile Health Apps, <http://mobilehealth.va.gov/>. ★



SHARING
STORIES
AND NEWS
FROM
VETERANS
TO
VETERANS

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Vet Chat

Hope from Peer Support Specialists

During Mental Health Month this May, VA Butler's four peer support specialists shared words of hope:

"After years of living in despair, depression and social isolation, finding a way out took some effort. With the help of professionals and positive friends, I was finally able to move forward towards living a purposed life. I had to learn to take care of myself first before I could show appreciation for the restoration to sanity. Today, I am thankful when I am reminded of what the consequences of not acting on those two attributes are. It is not selfish to take care of one's self, it is necessary. Today, do that one thing...one thing for yourself that is loving and caring that you would normally do for another."

—*Timothy Moreino, Air Force and Army Veteran and Peer Specialist*

"My sobriety date is April 27, 2007. My sobriety is important to me because it keeps me healthy. I like to share my experience, strength, and hope

with other Veterans with the hope that they will be successful in their own recovery."

—*Ron Christopher, Army Veteran and VA Butler Homeless Peer Specialist*

"My recovery journey began at VA Butler Healthcare almost nine years ago. It has been an incredible time. In so many ways I feel like I have gone through a rebirth and every day is its own adventure. Working as a Peer Specialist at the VA is a way of giving back, but I have found that the Veterans are my greatest teachers. They are one of the greatest rewards of my job. I have been taught that what was once thought of as a disability could be an avenue to discovery and success."

—*Pete Loeb, Navy Veteran and Peer Specialist*



"Recovery from my addiction means learning to like myself sober and to believe in myself. Recovery means setting obtainable and achievable goals. Recovery for me is to understand I've made mistakes, but to forgive myself and not let my mistakes define me. The 12 Recovery Steps have finally allowed me to be the man, father, grandfather and the son I have always wanted to be and knew in my heart I could be. Recovery is hard work, it isn't easy and it isn't always fun, but it is ALWAYS worth it!"

—*Cary Adkins, Army Veteran and Domiciliary Peer Specialist* ★



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 chose to work for VA to continue caring for the wounded warrior, both as part of my military career (Air Force Reserves) and my civilian career.”

VA Nurse and Army Veteran
Deida Sturges

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

Health Quiz: Test Your Stress Smarts!

When we're stressed out, we tend to deal with it in unhealthy ways. Those of us who are stressed are more likely to report hypertension, anxiety or depression, and obesity. Women especially report they feel the effects of stress on their physical health. How much do you know about stress? Take this simple quiz to test your "stress smarts."

1. Some immediate symptoms of stress are:

- A. Sweating
- B. Rapid heartbeat
- C. Change in appetite
- D. Acne
- E. All of the above

2. Some longer-term symptoms of stress are:

- A. Fatigue
- B. Inability to concentrate
- C. Irritability
- D. Depression
- E. Headaches
- F. All of the above

3. Stress becomes dangerous when:

- A. It makes you snap at your spouse
- B. It gives you butterflies in your stomach
- C. It makes you crave chocolate
- D. It interferes with your ability to live a normal life for an extended period of time

4. Stress can harm your body by:

- A. Worsening heart disease risk factors such as hypertension and high cholesterol levels
- B. Causing you to eat in unhealthy ways in response to stress
- C. Leading to depression, which can put you at a greater risk for heart disease, obesity, and kidney dysfunction
- D. Lowering your immune system
- E. All of the above

5. Stress can age a person by:

- A. Giving them wrinkles
- B. Affecting the immune system in ways that lead to "aging" conditions such as frailty, functional decline, cardiovascular disease, osteoporosis, inflammatory arthritis, type 2 diabetes, and certain cancers
- C. Making them seem grumpy and old
- D. All of the above

6. Stress is the body's way of:

- A. Reacting to what seems like a threat
- B. Getting even with you for too much hard living
- C. Making sure that you don't overload yourself
- D. All of the above

Quiz Results

1) E 2) F 3) D 4) E 5) B 6) A

VA Butler Healthcare has tools available to help you manage and reduce your stress! Learn more by calling VA Butler's HPDP Program Manager at 800-362-8262, ext. 2292 or visiting www.prevention.va.gov/Healthy_Living/Manage_Stress.asp.

Quiz courtesy of American Psychological Association

Who's Who?

STEVEN SALOMONSEN



Returning Service Members, VA Butler Healthcare has an Operation Enduring Freedom / Operation Iraqi Freedom / Operation New Dawn (OEF/OIF/OND) Care Management Team ready to welcome home and help coordinate care for OEF/OIF/OND combat Veterans who are eligible to receive five years of cost-free care for injuries or illness related to their active duty or military service, and may be eligible for one-time dental care!

Some of the many services available to OEF/OIF/OND Veterans include primary dental and vision care; polytrauma; rehabilitation; behavioral health care; psychological services counseling; family benefits counseling, and referral assistance. If you are still on active duty or an activated member of the National Guard or Reserve, you can receive VA care and benefits assistance.

Steven Salomonsen, LCSW, is the OEF/OIF/OND Program Manager at VA Butler Healthcare. To learn more about services available to Returning Service Members, call 800.362.8262, ext. 2493 or visit www.butler.va.gov/services/returning/index.asp.



SKYPE THERAPY

VA and university

researchers found the popular video calling tool Skype to be an effective way to deliver psychotherapy to homebound older adults with depression. In fact, the approach was even more effective than in-home visits from a therapist.

The study appeared online February 5 in the journal *Depression and Anxiety*. The senior author was Mark Kunik, Ph.D., a psychiatrist at the Michael E. DeBakey VA Medical Center and associate director of VA's Houston-based Center for Innovations in Quality, Effectiveness and Safety. The lead author was Namkee Choi, Ph.D., of the University of Texas at Austin.

Nearly 160 older adults with depression took part in the six-week study. All were low-income and homebound. A control group received weekly 30-minute phone calls offering only general support, with no specific therapy. A second group received psychotherapy via Skype, on laptops they had been given and taught to use during an initial in-person meeting. A third group had a therapist visit them at home for all the treatment sessions.

The two treatment groups received a form of cognitive behavioral therapy called “problem-solving therapy”.

Over the course of six hour-long sessions, therapists worked with patients on evaluating their problems, and identifying and implementing solutions. They also tried to motivate them to take part in enjoyable activities.

Both groups that received the therapy—either in-person or via Skype—showed improvements in depression. They also reported decreasing disability. The improvements in the Skype group though, remained stronger at a nine-month follow-up. The control group, which received only “care” calls, also improved, but not as much as either of the two therapy groups.

Why did Skype therapy have an edge over in-person therapy? The researchers theorize that the volunteers may have felt more comfortable with the video set-up than with having someone in their home. The therapists reported that the Skype patients appeared more focused on the work, whereas the in-person group seemed more distracted. They took more breaks during their therapy sessions—for example, to answer the phone, use the restroom, or get a glass of water.

Kunik and colleagues say that most older people prefer to avoid antidepressants because

they are already on several medications for other health problems. That makes psychotherapy especially valuable for them. Sending therapists into the homes of homebound older adults can be costly—and there is a shortage of geriatric mental health specialists. Delivering the therapy via video call, may be an ideal solution, say the researchers.

VA Butler Healthcare's Clinical Video Telehealth (CVT) programs, while not Skype, use a similar technology that gives patients and providers 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. VA Butler's CVT programs range from Tele-Women's Health and Tele-Speech Therapy, to the new, Tele-Enrollment program.

Interested in a VA Telehealth program? Talk with your health care team at VA Butler Healthcare. Call VA Butler's Telehealth Coordinator at 724-477-5037, or visit www.telehealth.va.gov to learn more.

Source: VA's Office of Research and Development

Health Tastes - Grapefruit Oatmeal Quick Bread



Ingredients

- 3 cups all-purpose flour
- 1 teaspoon salt
- 4 teaspoons baking powder
- 1 teaspoon baking soda
- 2/3 cup honey
- 1 cup margarine, softened
- 1 2/3 cups rolled oats
- 1 egg
- 1 cup grapefruit juice
- 1 cup chopped walnuts

Directions

Preheat oven to 350 degrees F. Sift together flour, salt, baking powder and baking soda into a large mixing bowl. In a medium bowl, mix honey together with margarine until creamy. Add to flour mixture along with the oats, egg, grapefruit juice and walnuts. Stir together until smooth then pour into a lightly greased 9x5 inch loaf pan. Bake at 350 degrees F for one hour or until toothpick comes out clean.

Calories: 331 ★ Total Fat: 11.8g ★ Sodium: 397mg ★ Cholesterol: 18mg

HEALTH

tip



Crossword Brain Fitness

Keeping your brain healthy and active is just as important as keeping your body healthy and active. Mentally stimulating activities help keep your brain in shape — and might keep memory loss at bay. Crossword puzzles challenge both the language and memory areas of the brain. Crossword puzzles can be a fun way to get in some daily brain fitness!

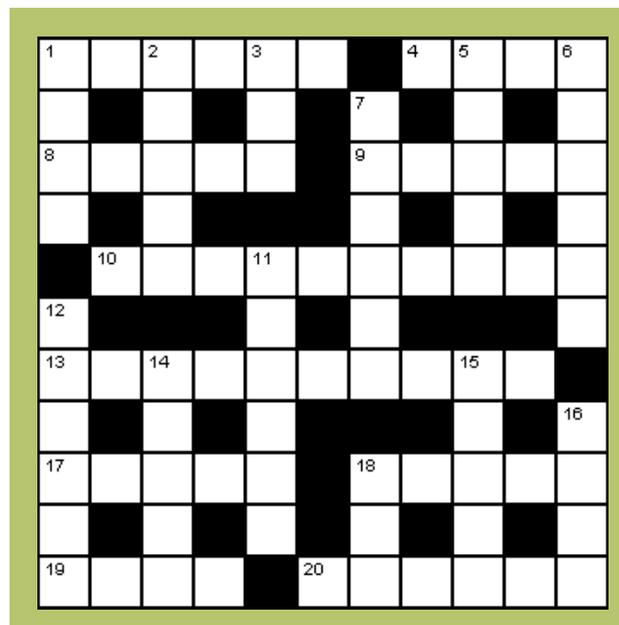
ACROSS

- Constant (6)
- Evidence of past injury (4)
- Haggard (5)
- Fiends (5)
- Salutary (10)
- Clearly (10)
- Dialect (5)
- Copious (5)
- Part of an egg (4)
- Pressing (6)



DOWN

- Mentor (4)
- Evade (5)
- Point (3)
- Breed of dog (5)
- Answer (6)
- Outcome (6)
- Mystery (6)
- Collector's item (6)
- Motionless (5)
- Oversight (5)
- Portable shelter (4)
- Atmosphere (3)



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HEALTH TIP—RENEW RELATIONSHIPS

Get out of the house to visit with friends and family! Research shows good, strong relationships benefit your overall health and happiness. So, spend the day with people you love, and schedule regular outings to enjoy the nice spring weather.



Making Lives Better® ★ butler.va.gov

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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 VISA 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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