

LIVING Better

A VA Butler Healthcare Quarterly Magazine

spring 2015



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have given so much

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VA BUTLER HEALTHCARE'S SPRING HIGHLIGHTS



- 1** The "ADHC Day Trippers" team (made up of VA staff and Veterans) won "best theme" at the fifth annual nationwide VA2K Walk and Roll hosted at VA Butler in May. More than 200 people participated, and more than \$1,700.00 in donations was raised for homeless Veterans.
- 4** VA Butler recognized Diabetes Alert Day to encourage Veterans to know their risk for diabetes, and to take action steps to decrease their risk. VA Butler offers a weekly support group, and a monthly self-management program for people with diabetes. For more information, call 800.362.8262, ext. 5024.
- 7** VA Butler social workers and student interns provided an informational display at VA Butler to commemorate National Social Work Month held annually in March. VA's 11,000 social workers play an important role in helping our nation's Veterans obtain needed care and services.

- 2** During National Volunteer Week (April 12-18, 2015), VA Butler hosted the Second Annual Making Lives Better Volunteer of the Year program. VA Butler Director John Gennaro awarded Dave Cavanaugh the honor of Male Volunteer of the Year (for two years in a row!).
- 5** Carla Sivek, Interim VISN 4 Director, toured VA Butler's Community Living Center (CLC) in March with VA Butler Director John Gennaro, meeting with Veterans, VA staff, and volunteers from the Butler Dog Training Club. Volunteers bring registered therapy dogs once a month to visit Veterans.
- 8** As part of a senior project, 13 Grove City High School students and their teachers organized a donation drive to support Veterans at VA Butler. They raised nearly \$2,000 worth of donated items for our facility.

- 3** VA Butler's Hospice Care Program hosted a Butterfly Release Ceremony to honor Veterans who passed away this past year in VA Butler's Community Living Center. In addition to remembering these Veterans through the release of live butterflies, scriptures and songs were shared.
- 6** As part of Sexual Assault Awareness Month in April, VA Butler hosted The Clothesline Project 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."
- 9** VA Butler hosted a "Meet & Greet" for women Veterans to meet and visit with our new Women's Health Provider, Becky Vozar, CRNP. Women Veterans Health Care Program Manager Brenda Sprouse also was available to meet and answer questions from Veterans.

cover photo

John Koslosky, WWII Army Veteran and POW, releases a butterfly to honor Veterans who passed away this past year in VA Butler's Community Living Center.



Director's Farewell Message

As the Director at VA Butler Healthcare over the past three years, I am privileged to have worked with our compassionate staff, volunteers, and stakeholders in the support of our shared mission to serve Veterans of Butler and the surrounding counties. I am confident that the Veteran focused culture at VA Butler will continue on and I look forward to the next opportunity to serve the important needs of Veterans as I join the Cincinnati VA team. Effective June 23, 2015 Dr. Tim Burke will be the Acting Director. Dr. Burke brings a wealth of experience to this position and I'm confident VA Butler will continue a tradition of excellence under Dr. Burke's leadership.

John Gennaro, Director

C O N T E N T S

Spring 2015



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You Are Not Alone

VA Butler's Center for Behavioral Health started offering a weekly women Veterans' Military Sexual Trauma (MST) Support Group this spring. Read more about the new group, and hear from women in the group.



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Find Something You Enjoy

Physical activity is anything that gets the body moving—and everyone should get moving for important health benefits. Find an activity that you enjoy—maybe it will be Tai Chi like it was for Retired Chief Petty Officer Bill Weber.



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Giving Back To Those Who Have Given So Much

Volunteers of the Year 2015, Veterans volunteering, and a Summer of Service—check out Volunteer stories, and learn how you can give something back to our nation's heroes by volunteering at VA Butler Healthcare.



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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.

and more...

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Becky Vozar

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You Are Not Alone

New MST Support Group for Women Veterans

VA's national screening program, which asks every Veteran seen for health care whether he or she experienced Military Sexual Trauma (MST), provides data on how common MST is among Veterans. Statistics reveal that about one in four women and one in 100 men respond "yes," that they experienced MST.

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"Throughout the first four years of treatment, I was told that I was not alone. I read the statistics and the informational pamphlets, but I never had the opportunity to sit down and discuss the issues I was facing every day with people that truly understood," said Jessie Truitt, Army Veteran and MST survivor. "To see the women in the MST Support Group and realize that they really do get it is the most effective treatment I've had."

VA Butler Healthcare's Center for Behavioral Health (CBH) started offering a weekly women Veterans' Military Sexual Trauma (MST) Support Group this spring. The group is geared toward support. It is

not a trauma processing group. Topics discussed in the group include increasing a sense of safety, shame and guilt, learning to trust others, recognizing possibly unsafe situations, and the cyclical nature of Post-Traumatic Stress Disorder (PTSD).

"Many MST survivors experience lifelong changes due to sexual assault/trauma, and one main consequence is isolation," said Rowan Flamm, VA Butler Healthcare's MST Coordinator. "The primary goal of this new support group is to reduce the sense of isolation many survivors feel."

Truitt was raped by her station commander while on recruiting duty for the Army. Six years later, she decided to step up, tell her story, and seek treatment at VA Butler Healthcare. Now, in addition to her weekly individual therapy, she also attends the MST Support Group.

"The experience with the group has been amazing. We have made instant connections

with each other. They have the same struggles I do. Seeing them makes me realize that I truly am not alone. We are all at different stages of recovery. Some of us have been in treatment for years, some only a few weeks, but we are all there to help each other succeed in life and regain control of ourselves."

U.S. Army Veteran Andrea Thomas, experienced MST three times while serving, and the after-effects included depression, anxiety, and substance abuse. She sought treatment at VA Butler Healthcare this past winter in the hope of having a "normal" life again.

"The support group is wonderful.

We laugh, we cry, we support each other in our everyday problems. The VA has helped me in many ways, from learning how to live life on life's terms to being able to be around men in public." Today Thomas is doing great despite her anxiety and depression.

The support group is held Friday mornings from 10am to 11am at VA Butler Healthcare. Women Veterans must be pre-screened prior to attending.

For more information about MST, MST Treatment, or the MST Support Group for Women Veterans, Veterans may contact VA Butler's MST Coordinator, Rowan Flamm, at 800.362.8262, ext. 2498 or by email at Susannah.Flamm@va.gov.





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Break the Silence

VA Butler Healthcare hosted its Third Annual Clothesline Project as part of Sexual Assault Awareness Month in April. 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. Women Veterans in VA Butler’s new MST Support Group contributed shirts to this year’s display.



www.mentalhealth.va.gov/msthme.asp

Find Something You Enjoy

Be Physically Active

Physical activity is

anything that gets the body moving—and everyone should get moving for important health benefits such as, decreased risk for developing depression, diabetes, heart disease, high blood pressure, obesity, stroke, and some kinds of cancer — not to mention, it reduces stress! Don't like an exercise? There are endless ways to get moving. Try something new, maybe even Tai Chi.

Retired Chief Petty Officer Bill Weber served in the U.S. Navy and the Coast Guard Reserves. He's also been involved in Tai Chi for more than 15 years, and now teaches three Tai Chi classes a week.

"I started Tai Chi after I heard of all the health benefits that come from practicing the forms," said Weber. "Since doing the forms, I am more relaxed, calmer, have reduced stress levels, and increased flexibility."

Tai chi, which originated in China as a martial art, is

sometimes referred to as "moving meditation."

Practitioners move their bodies slowly, gently, and with awareness, while breathing deeply. Today, people practice Tai Chi for a variety of health reasons, such as:

- For benefits associated with low-impact, weight-bearing, aerobic exercise
- To improve physical condition, muscle strength, coordination, and flexibility
- To improve balance and decrease the risk of falls, especially in elderly people
- To ease pain and stiffness
- To improve sleep
- For overall wellness

"The delight of Tai Chi is that anyone can practice it, anytime, anywhere and in almost any state of health. There is no age limit," said Weber, who is 76-years-old. "Tai Chi's slow movements provide the opportunity to relax and strengthen your body, without risk of strain or injury. It also is particularly suitable for the elderly, as it improves balance and strength, preventing injury from falls."

Maybe you will love Tai Chi; maybe you won't. The important thing is to find something you enjoy. Don't struggle to do an exercise you don't like. Keep trying until you find different activities you do like. Some physical activity is better than none, and adults who participate in any amount of physical activity gain some health benefits.

VA Butler Healthcare is here to help Veterans be more physically active, and improve their overall health and wellness. VA Butler offers free weekly fitness classes for Veterans, the Veterans Wellness Center, a one-mile walking trail, and much more.

Besides staying active with Tai Chi, Weber is at VA Butler Healthcare weekly utilizing the wellness center and

attending the Diabetic Educational Class. The class and Wellness Center, along with VA's *MOVE!* Program has helped Weber control his A1C (a test measuring blood sugar for diabetes management).

"The diabetic class has helped me most because it taught me how to control my A1C. I am in a room with other people that have the same problems. After talking about their experience, and how they solved them, I know what to look for. I also can't rule out the excellent advice I receive from our leader Sharon Wehr!"

Learn more about Health & Wellness Programs available at VA Butler, call VA Butler's Health Promotion and Disease Prevention Program Manager at 800.362.8262 Ext. 2292, or visit www.butler.va.gov/services/Health_and_Wellness.asp.

[www.prevention.va.gov/
Healthy_Living/Be_
Physically_Active.asp](http://www.prevention.va.gov/Healthy_Living/Be_Physically_Active.asp)



Giving Back To Those Who Have Given So Much



The Department of Veterans Affairs Voluntary Service joined the nation to observe and celebrate National Volunteer Week in April, when we formally recognized and honored the profound impact and contributions of VA volunteers for their service to Veterans and their families. In fiscal year 2014, more than 76,000 active volunteers contributed more than 11.1 million hours of service to Veterans at VA medical facilities across the country.

Volunteers of the Year

VA Butler Healthcare held the second annual Making Lives Better Volunteer of the Year program during National Volunteer Week to honor a male and female volunteer who exemplify the spirit of volunteering. Nominated by their peers and VA staff, the nominees for Volunteer of the Year 2015 were Patrick Trimpey, Charles Jennings, David Cavanaugh, Joseph Gagliardi, Ginger Braho, Linda Trimpey, Mary Lee Kelly, Lorna Whittington, and Sandra Wilder.

The 2015 female Volunteer of the Year is Sandra Wilder and male Volunteer of the Year (for two years in a row!) is Dave Cavanaugh.

Sandra Wilder has seven years of volunteer service at VA Butler accumulating over 708 hours of service. She serves on VA Butler's Voluntary Services Committee as the representative for the VFW Ladies Auxiliary. She volunteers for the Comfort Item Distribution Program, recreation, and special events.



www.volunteer.va.gov

Volunteers Create a Profound Impact

Dave Cavanaugh has volunteered for nine years at VA Butler accumulating more than 3,039 hours of service. He volunteers in Support Services as a Community Living Center (CLC) Volunteer Aide, as a Comfort Companion for the Hospice/NVDA program, and also for special events. Cavanaugh is an Air Force Veteran.

Veteran Volunteers—Volunteering through Music

Many volunteers are Veterans. Korean War Veteran Jack Covert volunteers to play music for Veterans at VA Butler twice a month with Tony Frochio, also known as “Washboard Tony.”

The two play frequently for Veterans in VA Butler’s Adult Day Health Care (ADHC) Program. Covert plays acoustic guitar and sings, while Frochio plays drums, tambourines, spoons, washboards and more. Covert knows hundreds of songs, but they always conclude their performance with “God Bless America.”

“We play to give back. If we can touch one Veteran through music and put a smile on their face, then we’ve done our job,” said Frochio. “We get something back too. Seeing the Veterans smile, having a good time, and clapping along to our music is very rewarding.”

A Summer of Service

In May, VA announced a new nationwide initiative designed to build upon its existing partnerships to grow the number of individuals and organizations serving Veterans. VA is renewing its commitment to America’s Veterans, and is asking for everyone’s help in honoring that commitment—we’re calling it the “Summer of Service.”

We ask that you partner with us this summer to give back to those who have given so much to our nation. Community by community, state by state, our nation works together to serve

Veterans during the VA Summer of Service. We are creating a surge of action to honor Veterans. VA has an outstanding volunteer program, and we’re going to highlight it all over the country this summer, committing to engaging with 100,000 volunteers by the end of August.

Ready to give back to Veterans during this Summer of Service? VA Butler is currently seeking individuals to fill volunteer assignments for: Drivers (Armstrong, Butler, Clarion, Lawrence and Mercer Counties), Transportation Schedulers, Community Living Center (CLC) Volunteer Aides, Hair Care Services and My HealthVet. If you are not able to volunteer, you can still serve by making a contribution to one of VA Butler’s Veteran programs or conducting a collection drive for personal care items.

For information about volunteering at VA Butler Healthcare, contact our Voluntary Services Office at 800.362.8262, ext. 2575 or visit www.butler.va.gov/giving. Also, be sure to check out #VASummerOfService on Vantage Point, Twitter, Facebook and Instagram. Join VA in caring for America’s Veterans.



Health Care When and Where You Want It—

40 Mile Driving Distance Measure

In order to expand eligibility for the Veterans Choice Program, VA changed its calculation used to determine the distance between a Veteran's residence and the nearest VA medical facility from a straight-line distance to driving distance.

What does this mean? Under the new distance calculation, a Veteran who lives 40 miles or less, measured using a straight-line distance from the nearest VA medical facility, but who needs to physically drive more than 40 miles to get there would be eligible for the Choice Program. Under the previous straight-line distance calculation, this Veteran would not have been eligible for the program unless he or she was required to wait for an appointment longer than 30 days from his or her preferred date, or the date determined to be medically necessary by his or her physician.

The change from straight-line to driving distance roughly doubles the number of eligible Veterans. For more information, visit www.va.gov/opa/choiceact/ or call 866.606.8198.

www.va.gov/opa/choiceact

CAP Accreditation

In April, the College of American Pathologists (CAP) completed their inspection findings of VA Butler Healthcare's Laboratory and accredited VA Butler's Pathology and Laboratory Medicine Service.

VA Butler's Lab received a two-year accreditation for the following services: chemistry, coagulation, director/organizational assessment, hematology, laboratory general, molecular microbiology, special chemistry, toxicology, and urinalysis.

VA Butler Healthcare currently maintains eight additional accreditations:

Commission on the Accreditation of Rehab Facilities (CARF):

- 1) Healthcare for Homeless Veterans (HCHV) Program,
- 2) Comprehensive Intensive Inpatient Rehabilitation (CIIRP) Program,
- 3) Domiciliary,
- 4) Compensated Work Therapy Transitional Residence (CWT/TR) Programs.

Joint Commission Accreditations:

- 1) Ambulatory Care,
- 2) Behavioral Health,
- 3) Home Care,
- 4) Nursing Care Center.

Honoring Women Veterans

VA Butler Healthcare

began a new project to honor women Veterans in recognition of National Women's History Month this past March—a women Veterans recognition quilt.

Once completed, the quilt will be made up of individually designed squares; each one devoted to a woman Veteran. Quilt squares vary in design, often including pictures, dates served, rank, and branch of service. To be honored and remembered on the women

Veterans quilt, the only requirement was that the woman must have served in the U.S. Armed Forces. Stay tuned for the unveiling of the quilt later this year!

VA Butler Healthcare is committed to honoring women Veterans and providing them with the services that they have earned. Learn more about VA Butler's Women Veterans Health Care Program: www.butler.va.gov/services/women/index.asp.



VA2K Walk and Roll to Support Homeless Veterans

VA Butler Healthcare participated in the fifth annual nationwide VA2K Walk and Roll in May to encourage healthy activity while supporting homeless Veterans with donated items. More than 200 people participated in this year's event, and more than 100 were Veteran participants! We also totaled \$1,714.99 in donations for VA Butler's Homeless Veterans Program. A special *thank you* to all who walked and rolled and donated!

VA Butler's Homeless Veteran Program offers individualized care through a wide range of services for Veterans who are homeless or at imminent risk of becoming homeless. Veterans of all eras and branches may be eligible for VA services. For more information about VA Butler's Homeless Program, contact 800.362.8262, ext. 4437.

You can help end Veteran homelessness. When you encounter people who may be homeless, ask the question "Have you served in the U.S. military?" and spread the word that VA has the resources to help Veterans get back on their feet. If you, or a Veteran you know, is homeless or at imminent risk of becoming homeless, or in crisis, make the call to 877-4AID-VET (877.424.3838) or chat online at va.gov/homeless.

Helping Health Care Professionals Better Treat Veterans and Servicemembers

VA and the DoD launched an online continuing education course aimed at helping health care professionals better treat Veterans and Servicemembers. The free course, Military Culture: Core Competencies for Health Care Professionals, is being offered to community health care providers nationwide through the Veterans Health Administration's (VHA) Training Finder Real-time Affiliated Integrated Network (TRAIN), which launched in April. VHA TRAIN is part of TRAIN National, a comprehensive catalog of public health learning products.

The eight-hour, online course covers a variety of topics through interactive features, video vignettes, case examples and treatment planning scenarios. Each of the four modules within the course was developed using research, surveys and extensive interviews with Servicemembers and Veterans.

For more information about the course, visit www.DeploymentPsych.org/Military-Culture.



Regaining Hope and Confidence at the Domiciliary



While serving in the U.S. Army, during a repelling drill, Artine Shirvani Kenaraki's harness snapped and he fell 30 feet, tearing both of his rotator cuffs. After having surgery on his shoulders, he started developing blood clots and was ultimately diagnosed with Lupus. He has been receiving care at VA Butler Healthcare since 2010, but this year made the decision to return to VA Butler's Domiciliary to seek help for substance abuse.

VA Butler's 56-bed Domiciliary is a residential facility for eligible Veterans dealing with issues such as homelessness, mental health, substance abuse and unemployment. Domiciliary residents participate in a full range of rehabilitation

services including physical, behavioral, spiritual, psychosocial, addiction counseling, vocational, dietary, occupational therapy and intervention.

"The most challenging part of my Domiciliary experience has been the standard VA staff holds you to. When I first came, I was mentally and spiritually broke, beaten down—my confidence had been stolen from me, along with any hope I had for myself. I was completely lost, and had no idea how to build myself back up...that's where VA staff came into play," shared Kenaraki. "They didn't look at me like I looked at myself. They didn't hold me to the stereotypical standard of a drug addict or alcoholic, but instead, they held me to the standard of a United States Veteran. This gave me the courage and strength to see in myself what they were seeing."

VA Butler's Domiciliary provides a residential, rehabilitative, therapeutic community with a goal of successfully reintegrating Veterans back into the community. For Kenaraki, he hopes

to help other Veterans upon successful completion of the program.

"VA Butler Healthcare helped save my life. Everyone that works here wants to do one thing, help Veterans. I'd like to help others too who have had similar experiences to me. One of my most favorite quotes says—'A smart man learns from his mistakes, but a truly wise man learns from the mistakes of others,'—so, I think it would be a blessing to have that opportunity"

Let us help you too. In addition to the Domiciliary, VA Butler's Center for Behavioral Health is a treatment resource for Veterans struggling with emotional, readjustment and behavioral health issues such as post-traumatic stress disorder (PTSD), depression, anxiety, mental illness, substance abuse, or military sexual trauma (MST). Learn more at www.butler.va.gov/services/Behavioral_Health.asp or call 800.362.8262, ext. 5039.

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.

"My time in the military taught me the importance of helping out my comrades and being a team player. These Veterans are my comrades and I want to continue to work with and for them. I feel a sense of pride in the work I do at VA Butler. I am a voice for the Veterans in making sure their health care fits their needs."

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

VA's Customer Service Specialist and Army
National Guard Veteran Melissa Cordek

SHARING
STORIES
AND NEWS
FROM
VETERANS
TO
VETERANS

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Vet Chat

Health Quiz: Portion Distortion

You've probably noticed that food portions in restaurants and other places have grown in size and often provide enough food for at least two people. Take this Portion Distortion Quiz to see whether you know how today's portions compare to the portions available 20 years ago.

- 1. A bagel 20 years ago was three inches in diameter and had 140 calories. How many calories do you think are in today's bagel?**
a. 150 calories b. 250 calories c. 350 calories

- 2. A cheeseburger 20 years ago had 330 calories. How many calories do you think are in today's cheeseburger?**
a. 590 calories b. 620 calories c. 700 calories

- 3. A 6.5-ounce serving of soda had 85 calories 20 years ago. How many calories do you think are in today's serving?**
a. 200 calories b. 250 calories c. 300 calories

- 4. A small portion of French fries (2.4 ounces) 20 years ago had 210 calories. How many calories do you think are in today's portion size?**
a. 590 calories b. 610 calories c. 650 calories

- 5. A portion of spaghetti and meatballs 20 years ago had 500 calories. How many calories do you think are in today's portion of spaghetti and meatballs?**
a. 600 calories b. 800 calories c. 1,025 calories

- 6. A cup of coffee with whole milk and sugar 20 years ago was eight fluid ounces and had 45 calories. How many calories do you think are in today's mocha coffee?**
a. 100 calories b. 350 calories c. 450 calories

- 7. Two slices of pepperoni pizza 20 years ago had 500 calories. How many calories do you think are in today's pizza slices?**
a. 850 calories b. 1,000 calories c. 1,200 calories

- 8. A (3-cup) box of "buttered" popcorn had 270 calories 20 years ago. How many calories do you think are in today's tub of popcorn?**
a. 520 calories b. 630 calories c. 820 calories

www.nutrition.va.gov

Quiz Results

1) C 2) A 3) B 4) B 5) C 6) B 7) A 8) B

Source: U.S. Department of Health & Human Services

Who's Who?

BECKY VOZAR



Women's Health

Becky Vozar, CRNP joined VA Butler Healthcare as the new Women's Health Provider earlier this year. Previously she served at the VA Primary Care Outpatient Clinic in Greensburg, PA as a Certified Nurse Practitioner. Prior to VA, she served in nursing roles at Adagio Health, Family Medical Care Associates, and Citizens General Hospital.

Ms. Vozar provides comprehensive health care services specific to female Veterans' needs including gynecology, mammography, bone density testing, and maternity care. In addition, VA Butler provides support services for female Veterans including medical care, mental health treatment, and violence and abuse counseling.

Women are the fastest growing group within the Veteran population, and VA Butler is ready to meet their health care needs. Learn more at: www.butler.va.gov/services/women/index.asp.

Becky Vozar is VA Butler's Women's Health Provider. To set up an appointment with Ms. Vozar, and to learn more about women's health services, contact VA Butler's Women Veterans Program Manager at 800-362-8262 Ext. 2756.

HEALTH TECH – MAKE THE CONNECTION

Pretend you have a runny nose, bad cough, and mild fever. What do you do first? More and more adults turn to the internet first for medical information and advice. In fact, research has shown that 90 percent of adults 18 to 24 years of age would trust medical information shared by others on their social media networks. Websites, mobile apps, and social media can be a great outlet to learn more about health—both physical and mental.

Make the Connection is a national awareness program operated by VA aimed at reducing the negative perceptions and stigma associated with seeking mental health care. Through the website, Veterans and their loved ones hear from hundreds of other Veterans who may be experiencing similar challenges. They learn strategies for support and recovery, as well as what local resources are available.

MakeTheConnection.net helps Veterans and their families truly recognize that they are not alone—there are people out there like them who are going through similar

experiences, overcoming challenges, reaching positive outcomes for treatment and recovery, and finding paths to fulfilling lives. These messages are conveyed by the most credible sources of all—the voices of other Veterans.

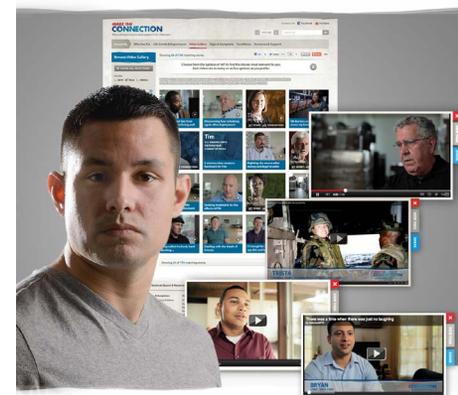
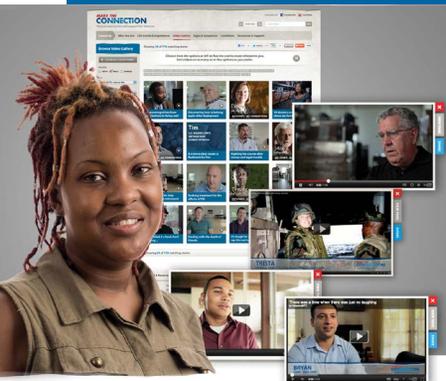
Many of our nation's Veterans—from those who served in World War II to those who served more recently—can benefit from hearing the stories of others and gaining greater awareness of the resources that are available to help them move forward with their lives.

Since the launch of the Make the Connection campaign in November 2011, there have been more than 7 million visits to the website, and more than 2.8 million people have joined the Facebook community or subscribed to the YouTube channel. The resource locator on the site, with information on VA and community-based treatment services around the country, has been used more than 220,000 times.

In addition to the Make the Connection website and Facebook page, information also can be found on YouTube

at www.youtube.com/VeteransMTC and Google+ at <http://plus.google.com/+VeteransMTC>. Information about all VA mental health efforts may be found at www.mentalhealth.va.gov.

VA Butler Healthcare
recognized May as Mental
Health Awareness Month –
Take action and make a
difference all year long.
Connect with Veterans and
others to encourage mental
health and wellness at
MakeTheConnection.net.



Health Tastes - Chocolate Chip Yogurt Cookies



Ingredients

- 1/2 cup sugar
- 1/2 cup brown sugar (firmly packed)
- 1/2 cup margarine
- 1/2 cup yogurt (non-fat, plain)
- 1 1/2 teaspoon vanilla
- 3/4 cups flour (all-purpose)
- 1 cup flour (whole wheat)
- 1/2 teaspoon baking soda
- 1/2 cup chocolate chips (miniature, or carob chips)

Calories: 280 ★ Total Fat: 3.5g ★ Carbohydrates: 12g ★ Protein: 1g

Directions

Heat oven to 375° F. In a large bowl combine sugar, brown sugar and margarine; beat until light and fluffy. Add yogurt and vanilla; blend well. Stir in flour and baking soda; mix well. Stir in chocolate chips. Drop dough by rounded teaspoonfuls 2 inches apart onto un-greased cookie sheets. Bake at 375° F for eight to 12 minutes. Cool one minute, remove from cookie sheets.

Serving size = 1 cookie,
Makes 36 servings

Source: U.S. Department of
Agriculture

HEALTH tip



Crossword **Keep Your Brain Sharp As You Age**

Physical and mental exercise can help your brain stay sharp. Mental exercises include reading, doing crossword puzzles, and having stimulating conversation. Keep your brain smart as you age; make crossword puzzles a regular activity.

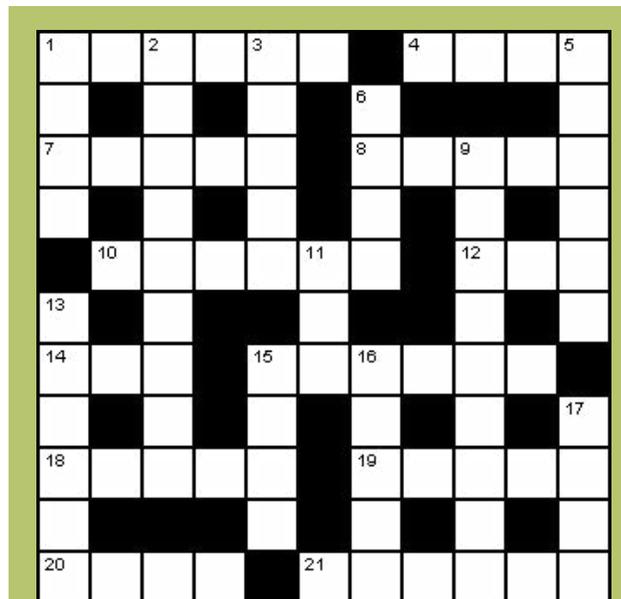
ACROSS

1. Second sign of the zodiac (6)
4. Professional cook (4)
7. Desert plants (5)
8. Arm bone (5)
10. Pressing (6)
12. Sprocket (3)
14. Beverage (3)
15. Provide evidence for (6)
18. Proprietor (5)
19. Saying (5)
20. Profit (4)
21. Ravine (6)



DOWN

1. Diplomacy (4)
2. Unsure (9)
3. Merge (5)
5. Search for food (6)
6. Female relative (4)
9. Essential (9)
11. Fish trap (3)
13. Powerful (6)
15. Halo (4)
16. Crown-like headdress (5)
17. Blood vessel (4)



HEALTH TIP— PLAN A SUCCESSFUL VACATION

Going on a trip? Be prepared. Are vaccinations required? Are there special foods, destinations, or other things you need to consider ahead of time? If you are taking medications, do you have enough for the trip? Know what's happening en route or at your travel destination.



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

325 New Castle Road
Butler, PA 16001
800.362.8262
724.287.4781

 butler.va.gov

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



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.

STRIVE *for a* HEALTHY WEIGHT



BE PHYSICALLY ACTIVE

For general health, aim for:

- at least 2.5 hours (150 minutes) each week of **moderate-intensity** physical activity, *or*
- 75 minutes each week of **vigorous-intensity** physical activity

To maintain weight, increase physical activity to:

- 5 hours (300 minutes) each week of **moderate-intensity** physical activity, *or*
- 2.5 hours (150 minutes) each week of **vigorous-intensity** physical activity, *or*
- equivalent combination of both



www.move.va.gov