

LIVING Better

A VA Butler Healthcare Quarterly Magazine

summer 2011



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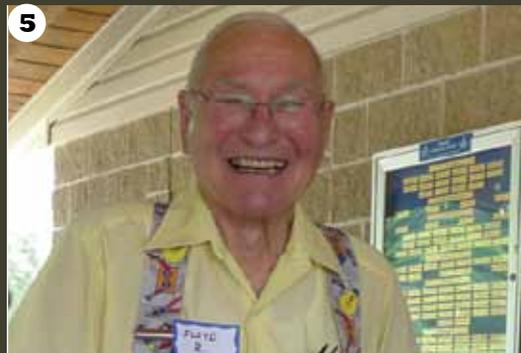
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VA BUTLER HEALTHCARE'S SUMMER HIGHLIGHTS



1 VA Butler Chef Ken Delp prepares eggs for the first ever "Breakfast Buddy" program. Every week, VA Butler's Nutrition and Food Services Program selects a VA employee to socialize with a Veteran resident (their "Breakfast Buddy") and enjoy a breakfast together.

2 Construction of VA Butler's NEW Domiciliary is well underway. Once completed, it will house 56 Veterans and encompass 36,400 square feet. Rooms for our female Veterans will also be available once its doors have opened (the first time ever for VA Butler's Domiciliary!).

3 Navy Veteran Ed Havaich talks with Dr. Mary Jane Niebauer at the PTSD Awareness Day event. VA Butler's Behavioral Healthcare staff members specializing in the treatment of PTSD were available throughout the day to offer support, distribute information, and answer questions.

4 On July 16, VA Butler Healthcare hosted the 7th Annual Bikers for Vets Rally to support local homeless Veterans. The event was sponsored by the American Legion Riders, Butler County Chapter.

5 Army Veteran Floyd Rettig enjoys the summer Adult Day Health Care Picnic. Over thirty Veterans who attend VA Butler's Adult Day Health Care program, along with their family members, attended a summer picnic at Alameda Park.

6 VA Butler now has Women Veterans Program Manager Liaisons available! Liaison Melissa Mason; Women Veteran Program Manager Brenda Sprouse; Woman Veteran Judy Ann Bellefleure; and Liaison Monica Heal gather to talk about women's health care at VA Butler.

7 After serving Veterans for 39 years, beginning as a social worker at VA Pittsburgh, and leaving as the Director of VA Butler Healthcare, Ms. Patricia Nealon retired at the end of July. VA Butler welcomes Mr. Sean Nelson from the Cleveland VA Medical Center as Acting Director.

8 On June 2, over 100 VA Butler employees, volunteers, Veterans, and members of the community participated in the first ever VA 2K Walk & Roll Event. Close to \$800 in donations were raised for homeless Veterans.

9 To kick-off the inaugural Bantam Jeep Heritage Festival, VA Butler partnered with the Butler community to honor WWII Veterans. These Veterans shared their amazing Jeep experiences from the war.

C O N T E N T S

summer 2011

Army Veteran Brian Zreliak and his family are the first family to receive some of the new caregiver services offered at VA Butler Healthcare.

cover story



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Everyone Deserves a Break

VA Butler Healthcare understands that taking care of the Veteran you love is an incredibly demanding job. We offer a variety of support services for all family caregivers, and new services for post-9/11 Veterans. Read about Caregiver Nancy Zreliak and her son, Army Veteran Brian Zreliak, the first family to receive some of the new caregiver services offered at VA Butler Healthcare and nationally.



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Building Promises for Women Veterans

VA Butler Healthcare is expanding its programs, services, and communication efforts for women Veterans. Just this summer, we've hired a new female provider and appointed Women Veteran Liaisons on each inpatient unit and at all outpatient clinics.



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Tele-What?

Have you heard of telehealth? Are you using it to improve your health and wellness? Or, are you not even sure what telehealth is? Find out all about VA Butler's Telehealth programs and Army Veteran William Eichner's experience with the program called TeleMOVE!



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Vet Chat

Hey Veterans! Vet Chat shares stories, news, and more from Veterans to Veterans. In this issue, read about our Veteran volunteers at VA Butler.



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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 tasty healthy recipe.

and more...

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EVERYONE DESERVES A

BREAK



4

Caregiver Support Coordinator Karen Gliebe (left) and OEF/OIF/OND Case Manager Tom Parsons (right) helped assist the Zreliak family (center) get the services they need and have earned.

New Services for Family Caregivers of Post-9/11 Veterans

Who Is Eligible?

- ★ Veterans eligible for this program are those who have sustained a serious injury – including traumatic brain injury, psychological trauma or other mental disorder – incurred or aggravated in the line of duty, on or after September 11, 2001.
- ★ Veterans eligible for this program must also be in need of personal care services because of an inability to perform one or more activities of daily living and/or need supervision or protection based on symptoms or residuals of neurological impairment or injury.
- ★ To be eligible for the Program of Comprehensive Assistance for Family Caregivers, Veterans must first be enrolled for VA health services, if not enrolled previously.

"I'm the one who gets her groceries, takes care of her bills, does her laundry, gets her where she needs to go, and worries about her – like if it's storming outside and I'm not home, I worry about the power going out. So, I think ahead and always watch the weather and make sure there's a portable oxygen tank ready to go if needed. There's also the guilt factor. If I decide I want to go away for a day or two and need to leave her at home alone, I think 'What have I done? I'm a bad child.' Or, if I'm late getting home from work, she'll say 'I missed you today.' It pulls at my heart."

Martha Schanno, primary caregiver for Veteran Joan Dunlap

Martha Schanno has a full-time job as a Sales Manager for SAE International. She is also a full-time caregiver for her mother, Joan Dunlap, 86-year old Navy Veteran. After Joan took a bad fall, she moved in with Martha and began treatment at VA Butler Healthcare.

Joan receives all of her care through VA Butler, and Martha utilizes our caregiver support services including Adult Day Health Care (ADHC) and Respite Care. "Respite Care has been a lifesaver because I travel for work," said Martha. "It's a great relief to know that she's not home alone while I'm traveling."

VA Butler Healthcare understands that taking care of the Veteran you love is an incredibly demanding job. We also know that everyone deserves a guilt-free break. VA Butler offers a variety of support services for family caregivers for Veterans of all eras, and new services for post-9/11 Veterans.

Under the "Caregivers and Veterans Omnibus Health Services Act of 2010," additional VA services are now available to seriously injured post-9/11 Veterans and their Family Caregivers through a new program of Comprehensive Assistance for Family Caregivers. Additional services include a stipend, mental health services, and access to health care insurance. Comprehensive Caregiver training and medical support are other key components of this program.

Caregiver Nancy Zreliak and her son, Army Veteran Brian Zreliak are the first family to receive some of the new caregiver services

offered at VA Butler Healthcare and nationally.

After a terrible car accident, Brian was only given an hour to live. Now, six years later Brian has made tremendous progress, thanks to his supportive parents and the VA.

"He gets better all the time," said his mother Nancy. "He's come such a long way and we believe he'll have a full recovery. We would not be where we are today if it wasn't for the VA – they've been such a blessing."

As Brian's primary caregiver, Nancy, like most caregivers, has good days and bad days. She believes the biggest challenge is starting the day with the right attitude. "You

know it's a long road ahead, so you need to start the day with a good attitude and always have patience, love, and faith." One of the most important things says Nancy, is to "never give up hope."

The Zreliak family worked with VA Butler to complete the application process for the new caregiver services. Veterans and their Family Caregivers can apply for the new services at www.caregiver.va.gov. Karen Gliebe, LCSW, VA Butler's Caregiver Support Coordinator, is available to assist with the application process and direct Veterans and their Family Caregivers to more than two dozen other programs VA offers Family Caregivers for support. ★

5

Women Veteran Liaisons
Monica Heal and Melissa
Mason stand with Women
Veteran Program Manager
Brenda Sprouse, and
Woman Veteran Judy Ann
Bellefleur in the new
space for female Veterans
in VA Butler's Domiciliary.



BUILDING Promises

FOR WOMEN VETERANS

“This facility [VA Butler] is
growing in leaps and bounds...”

VA Butler Healthcare is expanding its programs, services, and communication efforts for women Veterans. Just this summer, we hired a new female Primary Care Provider and appointed Women Veteran Liaisons on each inpatient unit and at all outpatient clinics. “This facility [VA Butler] is growing in leaps and bounds...everything is coming here, which is nice,” said woman Veteran Judy Ann Bellefleur.

Judy Ann retired from the Army after 23 years of service and a tour in Iraq. She was looking forward to civilian life and retirement; instead, she had to clear her calendar for chemotherapy. Judy Ann was diagnosed with breast cancer in 2008. Since then, she has undergone six rounds of chemo, surgery, and radiation. Today she is in remission, but still requires regular check-ups and different medications.

“Prior to medically transferring to the VA, I met with VA Butler’s OEF/OIF Case Manager and he explained how the system worked and what would be happening with my care since I was already being treated at a local cancer center,” said Judy Ann. “Later, I was assigned to Brenda Sprouse, VA Butler’s Women Veterans Program Manager. Both made the overall transition seamless for me and my care here has been exceptional.”

VA Butler’s goal is to reach every woman Veteran and provide them with this same exceptional care. To do this, we’re reaching out to women more than ever. We now have Women Veterans Program Manager Liaisons available at all five VA Outpatient Clinics, as well as various departments in the main facility for our women Veterans. The Liaisons serve as points of contact for the Women Veterans Program Manager.

They are available to provide information and answer any questions about women’s health care at VA Butler.

“It is so exciting to see that comprehensive and quality care offered to women Veterans is becoming more and more available, with the convenience of a community setting now,” said VA employee Linda Fleeson, RN, BSN who is also the Women Veteran Liaison for the Michael A. Marzano VA Outpatient Clinic in Mercer County.

On a national level, VA announced the launch of free, drop-in childcare service centers at three VA medical centers and implemented the Women Veterans Call Center (WVCC) to increase women Veteran’s knowledge of all VA services and benefits. “The outreach

programs have done a wonderful job reaching many women Veterans both electronically and in a public venue,” said Judy Ann. “Today there is so much more of an understanding of our needs versus the needs of a man.”

Not only is information more available for women Veterans, but care is more accessible than ever. VA’s Outpatient Clinic in Mercer County recently hired a new Primary Care Provider for women’s health care, Barbara Kirsch, MSN, ACNP-BC. Barbara is an Acute Care Nurse Practitioner with more than 30 years of experience – 20 years in critical care nursing and 12 years as a nurse practitioner, which actually began at VA Butler in 1998.

“Because there are more female Veterans, and since the needs of women Veterans are ever-changing, VA Butler is making efforts to focus on providing better health care for female Veterans,” said Barbara. “VA Butler has expanded Veteran care in many avenues in the Outpatient Clinics, including radiology, podiatry services, etc. My goal is to be instrumental in assisting in meeting these needs.”

Better communication, more care services, and coming soon... more space! VA Butler’s new Domiciliary will have rooms just for our female Veterans (first time ever for VA Butler’s Domiciliary!). Rooms will have keyless entry, private rooms, and bathrooms. Stay tuned for the many ways we are building promises! ★

VA Butler’s Engineering Technician Jude Sperdute shows Liaison Monica Heal; Woman Veteran Judy Ann Bellefleur; Liaison Melissa Mason; and Women Veteran Program Manager Brenda Sprouse around the construction of VA Butler’s new Domiciliary.



Tele-What?

H E A L T H C A R E A T H O M E

Have you heard of telehealth? Are you using it to improve your health and wellness? Or, are you not even sure what telehealth is? Well, telehealth means doctors and patients can meet for health services without physically being in the same place. It changes the location where health care services are routinely provided.

8 VA Butler Healthcare provides three types of Telehealth: Store-and-Forward Telehealth (S&F), Care Coordination Home Telehealth (CCHT), and Clinical Video Telehealth (CVT).

- S&F Telehealth is where digital images, video, audio and clinical data are captured and “stored” then transmitted securely (“forwarded”) to a medical facility at another location where they are studied by relevant specialists
- CCHT is essentially “remote monitoring telehealth” where telehealth technologies are used to communicate health status and capture and transmit biometric data. Devices are placed in Veteran’s homes and are monitored by Care Coordinators.
- CVT is where a telecommunications link allows for instant interaction between Veterans and their doctor or even two doctors, typically via videoconferencing. The CVT Program provides an option for Veterans at VA Outpatient Clinics to have video communications with doctors physically located at VA Butler Healthcare via webcam and video system technology.

Army Veteran William Eichner uses the telehealth program called TeleMOVE! The TeleMOVE! Program allows Veterans to conduct



their weight loss journey by committing to logging on a messaging device daily. By reading health and diet tips, answering questions, and weekly weigh-ins, Veterans gain insight on how to make healthier choices and promote necessary weight loss.

“The technology is helpful because it allows health care professionals to assist Veterans right in their homes,” said Susan Leslie, VA Butler Registered Dietitian and Care Coordinator for TeleMOVE!. “It is especially beneficial for Veterans who work or have transportation issues.”

Mr. Eichner enjoys being greeted by his “health buddy”

(the name of his at-home device) at home. “It’s great. I like hearing ‘Hi William, How are you doing today?’” says Mr. Eichner.

At the age of six, Mr. Eichner had a goal...to live to be 100 years old. Now 73 years old, he’s well on his way to this goal and TeleMOVE! is helping him get there. “It makes me more responsible, like making sure to watch what I eat,” he said. “It’s a motivation tool right at home.”

VA Butler Healthcare is constantly expanding telehealth services and adding new programs. For example, Chaplaincy is joining the Telehealth program at VA Butler. The main purpose is to assist men and women with spiritual and emotional support. “Veteran’s who visit

www.telehealth.va.gov

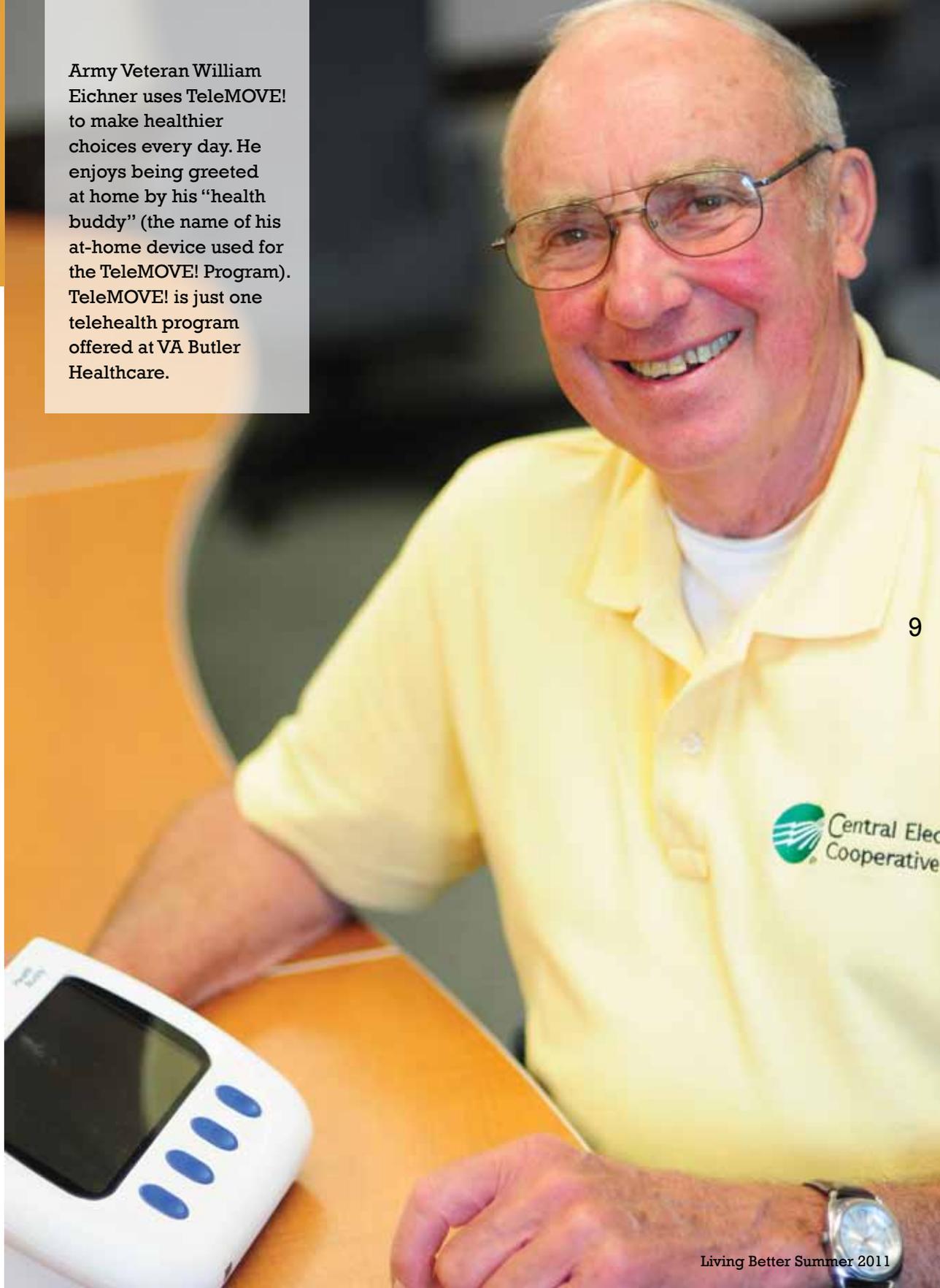
M E

Army Veteran William Eichner uses TeleMOVE! to make healthier choices every day. He enjoys being greeted at home by his “health buddy” (the name of his at-home device used for the TeleMOVE! Program). TeleMOVE! is just one telehealth program offered at VA Butler Healthcare.

for their physical and mental health care needs can also be identified as a person who may be in a spiritual crisis,” said VA Butler’s Chief Chaplain Bob Smith. “We are able to provide them with one-on-one spiritual counseling through CVT. We also have the potential to provide group sessions in spirituality for those in recovery from addictions, bereavement from those experiencing loss, and other ministry as it arises.”

TelePharmacy will also soon be available to Veterans at the VA Outpatient Clinics. Veterans will be able to talk with a VA Butler Pharmacist located at the main facility to ask questions and get information about their medications.

Do you have a telehealth question? Interested in a program now? Talk with your health care team at VA Butler. ★



Ask For Help

Sometimes problems seem like they are impossible to solve for a variety of different reasons. Sometimes we are not even fully aware a problem is building up...we just know something is wrong. When events or issues seem to grow beyond what we believe we can manage, even the strongest individuals may think about suicide. Yet suicide is not the answer; it is never the answer. ***Are you or someone you know at risk for suicide?*** Seek help if you notice any of the following warning signs:

- Threatening to hurt or kill self
- Looking for ways to kill self
- Trying to get pills, guns, or other means to harm oneself
- Talking or writing about death, dying or suicide
- Feeling hopeless
- Experiencing rage, uncontrolled anger or seeking revenge
- Acting reckless or engaging in risky activities
- Feeling trapped, like there's no way out
- Abusing drugs or alcohol
- Withdrawing from friends or family
- Having dramatic changes in mood
- Feeling like there is no reason for living, no sense of purpose in life
- Sleeping too much or too little
- Giving away possessions

If you are experiencing any of these warning signs, the first thing to do is ask for help. **It's your call!** Asking for help can be as easy as picking up the phone and calling the Veterans Crisis Line at **800.273.TALK (8255) and pressing Option 1**. The crisis line is staffed around the clock, 365 days a year by trained professionals who know how to get you the help you need. Veterans or concerned family members may call the crisis line. You may also call VA Butler Healthcare's Center for Behavioral Health at 800.362.8262, ext. 5039, during normal business hours to schedule an assessment with a local mental health provider.



Listen Up!

If you haven't been listening in to VA Butler's monthly podcasts, you're missing out! VA Butler's Brown Bag Lunch Chat streaming audio podcasts occur monthly on the first Thursday of each month from noon until 12:30pm. Podcasts feature a VA Butler Healthcare subject matter expert to present a timely topic about VA health care programs and services. This June we featured information about VA Butler's Veteran Justice Outreach program, July we informed listeners about VA's Caregiver Support program, and this August we highlighted VA Butler's growing social media campaign. Did you miss any of them? Not to worry! All podcasts and transcripts for podcasts can be found online: www.butler.va.gov/news/MediaCenter.asp

And...stay tuned for this fall's great line-up of podcasts; learn about VA's HUD-VASH program (Sept. 1), Telehealth program (Oct. 6), Home-based Health Care (Nov. 3), and VA's Rural Health Initiative (Dec. 1).

9 Healthy Living Messages A BETTER Way to Live



1. Be Involved in Your Healthcare
2. Be Tobacco Free
3. Eat Wisely
4. Be Physically Active
5. Strive for a Healthy Weight
6. Limit Alcohol
7. Get Recommended Screenings & Immunizations
8. Manage Stress
9. Be Safe

Have you heard something about these 9 Healthy Living Messages? Maybe you noticed banners or posters at VA Butler Healthcare or maybe your health care team has asked you some new questions at your last visit? Why do these 9 Healthy Living Messages matter to you?

These nine messages cover important prevention areas including nutrition, physical activity, weight management, smoking, alcohol use, stress management, clinical preventive services, safety, and health care communication.

Of the top five major chronic diseases (cardiovascular, stroke, cancer, chronic obstructive pulmonary disease, and diabetes), all are, at least in part, preventable. Although some factors may be hereditary, much of chronic disease is due to unhealthy behaviors such as smoking, poor diet, a lack of physical activity, and alcohol consumption.

VA Butler Healthcare has a variety of programs in place to help Veterans change unhealthy behaviors. Programs such as the MOVE! Weight Management

Program, Tobacco Cessation classes, Stress Management classes, and other useful wellness resources support the 9 Healthy Living Messages. Existing programs are being enhanced and new programs are being added regularly. The messages are also supported with weekly Health & Wellness Notes on VA Butler Healthcare's Facebook page – www.facebook.com/VAButlerPA.

On your next visit to VA Butler Healthcare, ask questions about how we can help you change unhealthy behaviors so that you can be on your way to living better!

Health Power! Prevention News

Ending Homelessness

The Department of Veterans Affairs is taking decisive action to end Veteran homelessness by 2015. To help meet this goal, VA Butler Healthcare partnered with the local community to recognize August as Homeless Awareness Month. This included events such as the Veterans Community Homelessness Assessment Local Education and Networking Groups (CHALENG) Forum, the 5K Run for Shelter, and a Poverty Simulation.

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 Dan Slack, 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)**.

A Lifetime at the VA

VA Butler Healthcare's history began in 1937 when the Pennsylvania Department of Health chose Butler as the site for a Tuberculosis Sanitarium. During WWII the hospital served as a Soldier's Hospital and in 1942, the U.S. Army Medical Department leased the property and renamed it Deshon General Hospital (named for Colonel George Durfee Deshon). In April 1946, the Veteran Administration started its operation and purchased the facility in 1948.

Ray Stehle, Air Force Veteran

After graduating from high school in 1938, Air Force Veteran Ray Stehle's first job was to help build the Deshon Hospital – now known as VA Butler Healthcare. A few years later, he had a different job – a flying cadet in the U.S. Air Force.

Ray was stationed at Bellows Field in Hawaii when the Japanese struck Pearl Harbor on December 7, 1941. Ray gathered his troops, armed them, and taught them how to shoot – all in about thirty minutes. He was later commissioned as a 2nd Lieutenant assigned to B25s shipped to New Guinea, 5th Air Force. After that, he transferred to the 13th Air Force where he had 38 missions that earned him six air medals, two presidential



Ray Stehle – Air Force Veteran was 19 years old when he enlisted in the military and was assigned to Hawaii.

Veterans Serving Veterans

VA now has more than 100,000 Veterans within its workforce, representing 32% of the Department's 312,000 employees.

“What first brought me to the VA was the desire to continue serving my country by interacting with and helping those with shared military experiences. I feel like we have an unspoken bond and camaraderie that is unmatched in the civilian world.”

What keeps me at the VA is that I am an integral part of Veterans not getting lost in the system and receiving the care they've earned. It's a big job and I love it.”

Veteran and VA Employee
Trish MacGregor



citations, and an Air Force 'ACE' designation. In his last major mission, his plane was shot down in flames, but recovered enough to fly 800 miles to crash in a friendly field that had been captured by U.S. troops just the week before.

Now 90 years old, and over 70 years since he first helped build VA Butler, Ray continues

Health Quiz: How Eye Smart Are You?

FACT OR FICTION

Who's Who?

DR. KARA BISCEGLIA

Healthy Eyes

The best way to preserve vision is to have regular, comprehensive eye exams so any problems can be promptly diagnosed and treated.

The most common age-related eye conditions are cataracts, age-related macular degeneration, glaucoma, diabetic retinopathy and presbyopia. All of these conditions are treatable and preventable! For example, the most common type of macular degeneration is Dry ARMD. Lifestyle modifications may reduce the risk of developing ARMD, such as not smoking, eating leafy green vegetables, and wearing UV sunglasses.

Veterans who have low-vision or are legally blind may be eligible for VA Butler's Visual Impairment Services Team (VIST). Call 724.285.2736.

Kara Bisceglia, OD is an Optometrist at VA Butler Healthcare. Talk to your Primary Care Provider to schedule an appointment.



Living Better Summer 2011

1. Sitting too close to the TV will damage your vision.

Fact

Fiction

2. Reading in the dark will weaken your eyesight.

Fact

Fiction

3. Using glasses or contacts will weaken my eyesight, and my eyes will eventually become dependent on them.

Fact

Fiction

4. There's nothing you can do to prevent vision loss.

Fact

Fiction

5. Using a nightlight in your child's room will contribute to nearsightedness.

Fact

Fiction

Fiction. Sitting closer than necessary may give you a headache, but it will not damage your vision.

Fiction. You may experience eyestrain from reading in dim light, but it will not weaken your eyesight or harm the eyes.

Fiction. The focusing power of the eyes changes throughout life. That is one reason why routine eye exams are so helpful. Use of eyeglasses or contact lenses will not weaken eyesight or cause any focusing problem to worsen.

Fiction. Most cases of vision loss can be treated. Depending on the specific disorder, vision loss can be halted, reversed, or even completely restored.

Fiction. Some researchers have suggested that use of nightlights may contribute to nearsightedness (myopia); however, there is not enough evidence to support this claim. Keeping a nightlight on in your baby's room may actually help stimulate the infant's visual development and eye coordination skills when they are awake.

Source: WebMD

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

to come to VA Butler Healthcare for both his care and to volunteer. He's been volunteering here for about a year and a half and enjoys helping with VA Butler's Adult Day Health Care (ADHC) program. "I have a lot of fun at ADHC - you get to talk and joke with the other guys, it's great."

Ray Stehle stands where the headquarters building and tent city were located in 1941 at Bellows Air Force Station, Hawaii. Ray was stationed there during the Pearl Harbor attack.





health tech

tips

tastes

technology

ARE YOU SMARTER THAN A COMPUTER?



IBM's Watson computer system is going to medical school.

Radiologist and informatics expert Dr. Eliot Siegel is leading an effort at the University of Maryland School of Medicine and Baltimore VA Medical Center to explore how IBM's Watson computer system can aid clinical decision-making.

Watson, named after the company's first president, is the IBM supercomputer that beat two human contestants on the TV game show *Jeopardy!* Now, VA and academic researchers are testing the computer's ability to analyze medical information and help doctors provide good care.

Actually, Watson is not a piece of hardware but an application – what IBM calls a “deep question and answer” program. It runs on more than 90 servers and performs some 80 trillion operations per second.

For the game show, Watson was fed about 200 million pages on topics ranging from history and science to art and pop culture. The content came from Wikipedia and other encyclopedias, newspapers, books, film scripts, and other sources. When asked a question, Watson recognizes “natural language” – plain English – and uses Google-like technology to fetch possible answers. Then, it uses thousands of algorithms programmed by IBM engineers

to rank the answers and give the best one.

Now, instead of digesting data on everything from movie stars to motorcycles, Watson is focused on one thing: medicine. A study at Columbia University and the University of Maryland (UM) is enrolling Watson in medical school, figuratively speaking. Medical journals and textbooks will be its staple diet. Informal information, such as health blogs, may also be part of the mix.

The effort also involves a team at the Baltimore VA Medical Center. The plan is to eventually securely link Watson with patients' electronic medical records to supplement the information available to the program for medical decision-making. The idea is not to replace doctors and their human skill and discretion, but to provide them with this quick and super-powerful informational tool.

Source: VA Research Currents

Watson (IBM's supercomputer) beat two human contestants on the TV game show *Jeopardy!* Now, Watson is going to medical school.



Peach Crumble



Ingredients

- 8 ripe peaches, peeled, pitted and sliced
- Juice from 1 lemon
- 1/3 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/2 cup whole-wheat (whole-meal) flour
- 1/4 cup packed dark brown sugar
- 2 tablespoons trans-free margarine, cut into thin slices
- 1/4 cup quick cooking oats

Makes 8 servings

Calories: 140 ★ Total Fat: 3g ★ Cholesterol: 0mg ★ Carbohydrates: 26g

Directions

Preheat oven to 375 F. Lightly coat 9-inch pie pan with cooking spray. Arrange peach slices in prepared pie plate. Sprinkle with lemon juice, cinnamon and nutmeg. In a small bowl, whisk together flour and brown sugar. With your fingers, crumble margarine into flour-sugar mixture. Add oats and stir to mix evenly. Sprinkle flour mixture on top of peaches. Bake until peaches are soft and topping is browned, about 30 minutes. Cut into 8 even slices and serve warm.

Source: *Mayo Clinic Healthy Recipes*

www.mayoclinic.com/health/health-recipes/NU00419

HEALTH

tip

WEAR YOUR SHADES!

Too much sun can burn your corneas and lead to various eye diseases, including cataracts and age-related macular degeneration. It can even cause blindness.

Sunglasses are not just for sunny summer days, when UV rays are at least three times higher than in winter. Reflections from snow, water, sand or pavement can intensify UV rays to extremely high levels. To best protect your eyes, wear sunglasses that have 100 percent UV protection year round.



VA Butler's Executive Team

Crossword

Cross Over to a Healthy Mind

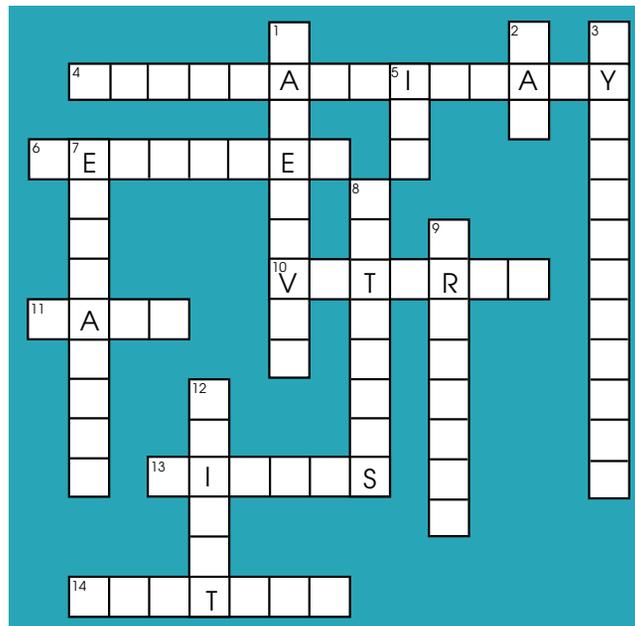
Crossword puzzles help many people improve mental health by maintaining an active mind. Research shows that cognitive brain function improves by working crossword puzzles. This is because crossword puzzles require some knowledge of mathematics, logical reasoning skills and pattern recognition. Working crossword puzzles regularly may help you with daily activities, like balancing your checkbook or reading instructions.

ACROSS

- Where users can find a plethora of health-related information on MyHealth@Vet (2 words)
- When you set up a MyHealth@Vet Account
- A person who has served in the armed forces
- Acronym for Patient Aligned Care Team, which is a patient centered medical home model of care in the VA
- A record of past events that can include Medical ____, Family Health ____, and Personal Health ____ (all the same word)

DOWN

- A person who is responsible for attending to the needs of a child or dependent adult
- A TAB on the top navigation bar that takes the user to Frequently Asked Questions
- VA's Personal Health Record (2 words)
- Acronym that identifies a process patients have to go through if they want to see parts of their official VA health record
- Patient ____ includes activities of instructing or teaching
- Health topics that are published each month—Spotlight ____
- Works with the patient and other members of the health care team to map out a treatment plan that optimizes patient health outcomes
- A health measure on MyHealth@Vet where VA patients can track and graft body pounds gained or lost





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

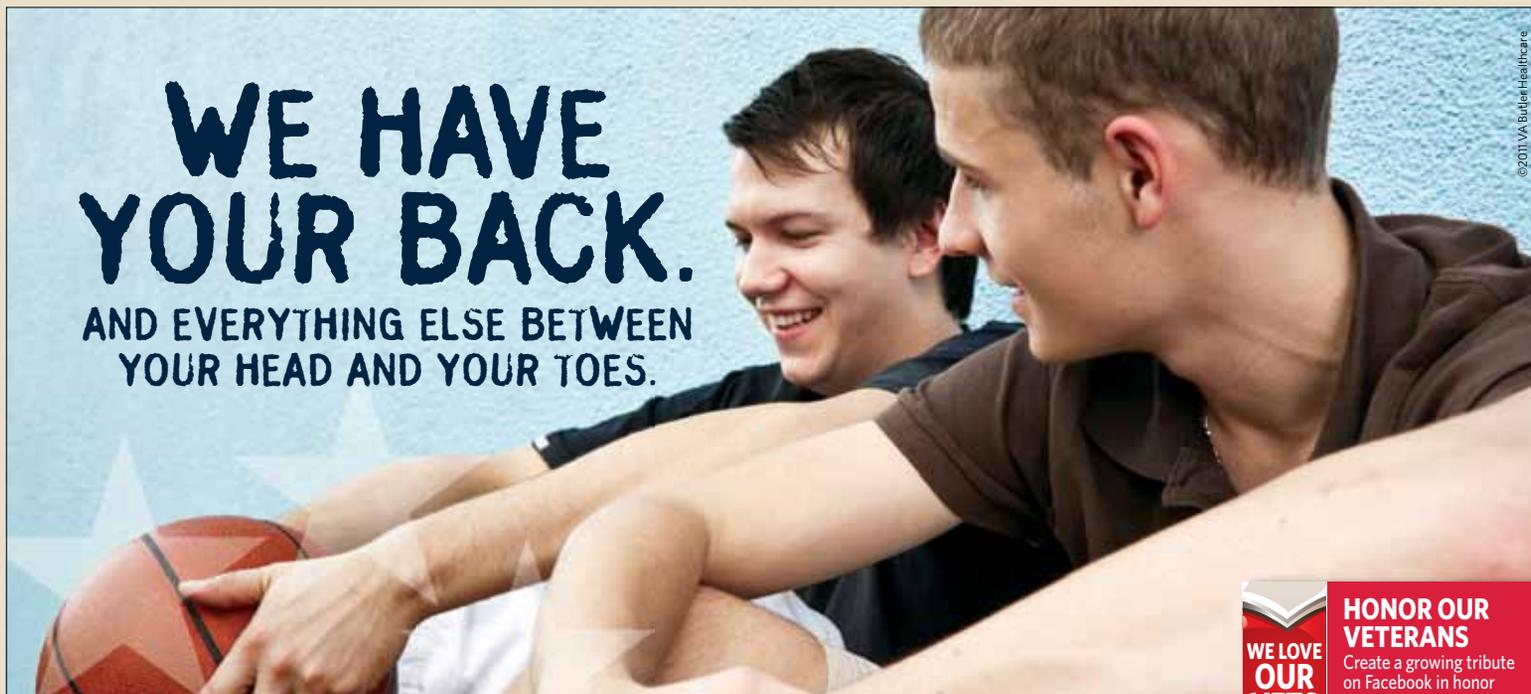
MICHAEL A. MARZANO VA OUTPATIENT CLINIC

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

325 New Castle Road
Butler, PA 16001
800.362.8262
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