

L I V I N G
Better

A VA Butler Healthcare Quarterly Magazine

summer 2012



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VA BUTLER HEALTHCARE'S SUMMER HIGHLIGHTS



1 Retired Major League Baseball Umpire Larry Barnett visited with our Veterans this summer as part of the Disabled American Veterans VA Voluntary Service program. Mr. Barnett has been visiting VA hospitals for 35 years now.

2 VISN 4 Director Michael Moreland and VA Butler Director John Gennaro co-hosted Town Hall Meetings at VA Butler – and videoconferenced live to all five of our community-based outpatient clinics – to share information about VA Butler's new construction projects.

3 Rebecca Hubscher, MSW, MBA was appointed VA Butler's new Associate Director for Operations effective June 3, 2012. She came to Butler from VA Pittsburgh where she served as the Vice President of Community Based Care.

4 VA Butler now offers weekly Veteran fitness classes on Mondays and Wednesdays in the Auditorium. The classes are provided free of charge to our Veterans and are taught by Dr. William McCaslin.

5 VA Butler recognized PTSD Awareness Month in June and PTSD Awareness Day on June 27, 2012 by providing resources and information to any interested Veterans or family members.

6 Air Force Veteran Joseph Pocchiari enjoys a corn dog and snow cone at the summer carnival for Veteran residents. It was a great day of food, fun, and entertainment for all.

7 VA Butler partnered with the Bantam Jeep Heritage Festival to host the 2nd Annual Kick-off Luncheon, and the annual *Welcome Home* Event for returning service members in August.

8 VA Butler partnered with the Butler County American Legion Riders for the 8th annual *Bikers For Vets Benefit Ride*. The 100-mile ride raised funds for Veterans in need.

9 Veterans, employees, volunteers, and the community joined VA Butler for our Farmers Markets this summer. Brenckle's Farms and Greenhouses provided locally grown, farm fresh produce.

Army Veteran Hughie Lewis (aka "Irish") enjoys the summer carnival held in July at VA Butler Healthcare.

cover photo



Veteran Carnival

Navy Veteran Thomas McGovern enjoys a game of bowling at the summer carnival. VA Butler's Nursing & Recreational Therapy departments hosted a summer carnival for all Veteran residents and their families. Events included a dunk tank, pie-in-the-face contest, fish pond, and more!



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Construction Makeover: Butler Edition

VA Butler's new Community Living Center (CLC) and Domiciliary are nearing completion! Learn more about construction updates and the new features that will soon be available to our Veteran residents.



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Got Jobs?

VA is helping Veterans find and secure jobs. Read about Army Veteran Jennifer Lacina's employment success, and Army Veteran Brad Fluent's experience with the Compensated Work Therapy Program.



page 8

Improving Mental Health Access

Last year VA provided specialty mental health services to over 1.3 million Veterans, including Vietnam Veteran Randy Smith. How are we increasing access to our mental health care and services? Check out page 8 to find out.



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Vet Chat

Hey Veterans! Vet Chat shares stories, news, and more from Veterans to Veterans. In this issue, read about World War II Mariner Nathan DeSantis and his commitment to cleaning up our heroes' gravesites in Butler County.

and more...

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CONSTRUCTION MAKEOVER: BUTLER EDITION

VA Butler's New Community Living Center & Domiciliary

For anyone who has never seen ABC's hit TV show, *Extreme Makeover: Home Edition*, each episode features a new, renovated home going to a deserving family. It's an extreme transformation, and extremely uplifting. Well, it's just what VA Butler Healthcare is doing! Our extreme construction for the new Community Living Center (CLC) and Domiciliary is nearing completion and will soon be home to some very deserving Veterans. It's almost time to "Move that bus!" as the show would say.

VA Butler's newly constructed Community Living Center (CLC) is being completed in three phases. In fall 2011, phases one and two of the new CLC were completed and half of our Veterans moved into the new space. This summer we began phase three, the final phase of the construction!

Once completed, the CLC will include 60 private rooms and a game room, computer room, a spa room for therapeutic programs, and much more. Each Veteran will enjoy private bedrooms with internet access, a study, and a private bath.



Navy Veteran William Dutter cuts the ribbon to officially open the new CLC Atrium.

Veterans in VA Butler's Community Living Center can now enjoy natural light all year long in the new Atrium.

This July we also completed the new CLC Atrium (similar to a sunroom). The Atrium is 1,500 square feet of interior space, accented by four separate skylights to provide an outdoor ambiance while maintaining climate control for the Veteran residents. The outdoor garden area is approximately 1,200 square feet of garden-area space accessible from the new Atrium or the CLC.

"The Atrium provides natural light all year long for our Veteran residents to enjoy," said Sharon Boyle, VA Butler's Community Living Center Director. "The outdoor space has a portion of covered porch area as well as ample outdoor seating to enjoy the open air, while maintaining the secure environment the residents currently have."



VA Butler's new 56-bed Domiciliary is also nearing completion and includes a total of five new buildings. The first building will include group therapy rooms, Case Manager/Addiction Therapist offices, a recreation center, fitness area, a computer room for Veterans, RN office for distribution of medications, dining hall, life skills training room and arts/crafts room. The four remaining buildings are townhomes where Veterans will be residing.

"The new townhomes will simulate a real apartment-style living area, just like someone would find in their local community," said John Bridges, VA Butler's Domiciliary Chief. "The townhomes further strengthen the Veterans' life skills training in order to successfully re-integrate the Veterans back to their respective communities," John said.

All townhomes are equipped with a full kitchen, washer and dryer, and modern furniture to

offer a comforting home-like environment. Veterans will be responsible for cleaning their townhomes, purchasing groceries, cooking and laundry.

"It is the ultimate goal of the Domiciliary Treatment Team to focus on each individual's strengths, needs, abilities and preferences in order to develop a tailor-made individualistic treatment plan for each Veteran," said John. ★

The new Domiciliary will have 31 beds designated for substance abuse and 25 beds designated for Veterans dealing with homelessness issues. Three townhomes will be designated for male Veterans (total of 44). Female Veterans will have their own separate townhome comprised of 12 beds total, and be provided residential medical treatment for the first time. (below)



The new garden-area space includes a covered porch area as well as ample outdoor seating to enjoy the open air. Army Veteran Michael Gagich helped unveil the large eagle statue that is the focus of the new outdoor space, created by artist Mike Curtis. (above and left)





6

GOT JOBS?

HELPING VETERANS FIND & SECURE EMPLOYMENT

Job fairs at VA Medical Centers across the country are helping Veterans meet employers and attend workshops on interviewing skills and resumé building. In June, VA held a job fair in Detroit that saw 1,300 (and counting) job offers go out to Veterans. In July, VA Butler Healthcare hosted a hiring fair for Veterans conducted by the U.S. Chamber of Commerce. From local and national job fairs, to new training and employment programs, VA is helping Veterans find and secure jobs.

One of the ways VA Butler Healthcare is helping our Veterans with employment opportunities is through the Compensated

Work Therapy (CWT) Program. The goal of CWT is to provide a continuum of therapeutic and skill development services for Veterans receiving care at VA Butler who have difficulty obtaining or maintaining stable employment because of mental illnesses or physical impairments co-occurring with mental illnesses.

“Our CWT Program works with Veterans and their treatment team to ensure they have the necessary support to achieve their employment goals,” said Tim Morrison, VA Butler’s Vocational Rehabilitation Specialist. CWT Program Veterans fill jobs around VA Butler’s main facility ranging from housekeeping and kitchen

Deb Ernst, VA Butler's Vocational Rehabilitation Specialist assists U.S. Army Veteran Brad Fluent with his resumé to help him compete for local job openings.

<http://vaforvets.va.gov>

work to assisting Veterans in Adult Day Health Care and Recreation Therapy. "Our goal is to have our Veterans in the community working so they may be hired full-time if they prove themselves to the employer that they are capable of performing the work required of them."

U.S. Army Veteran Brad Fluent recently started the CWT Program and is currently working at the new Community Living Center (CLC) on campus helping other Veterans. "I help transport the CLC Veterans to any activity or appointment they may have that day. I appreciate the help I have received from the program, especially the resumé preparation and links to job opportunities." Brad is also currently working on his master's degree in Social Work at Edinboro University.

"Many Veterans have a difficult time transitioning their skills into the civilian world and finding employment," said Deb Ernst, one of VA Butler's Vocational Rehabilitation Specialists. "We know our Veterans are proven performers who have distinguished

themselves in uniform, and our goal is to help them find and secure permanent employment."

CWT is also a great program for Veterans transitioning jobs. U.S. Army Veteran Jennifer Lacina served two tours in Iraq during her 12-year military career, but found herself struggling with unemployment after being discharged. Her first job was not a good fit for her, and she started in the CWT program. "It gave me a sense of independence, and flexibility. It was perfect for me to transition into a new a job."

Today Jen is a permanent employee with Penn United Technologies where she assists in making medical supplies. "I would have been unemployed if not for the CWT Program. They helped me with my resumé, the application process, and preparing for the interview."

VA Butler's Vocational Rehabilitation staff is currently meeting with employers in the community to help find Veterans employment. A new program provides local employers the opportunity to

hire VA Butler's Veterans temporarily. At the end of a 90-day trial period, they have the chance to hire them full-time, or the choice to end their employment. "This program provides employers and Veterans an opportunity to see if a job is a good fit for both of them before a permanent position is established," said Deb.

VA is contributing significant resources to numerous initiatives promoting Veterans' education, training, and employment, including the post-9/11 G.I. Bill, our vocational and rehabilitation programs, and VA for Vets.

For more information about VA hiring initiatives, please visit vaforvets.va.gov. For more information about VA Butler's Vocational Rehabilitation Program, talk to your health care team today. ★



What first brought me to the VA was Desert Storm. I watched it on TV every night, and it really started to bring things back for me. I started to be haunted by my past in Vietnam, and I basically crashed. It was like I fell off a cliff. I couldn't sleep at night, I was losing weight fast, and my wife said, 'You need to go to the VA.' She knew that I was severely depressed before I did.

Vietnam Veteran Randy Smith comes to VA Butler Healthcare for mental health treatment. He's participated in multiple treatments ranging from different medications to group classes, and Cognitive Processing Therapy (CPT), which he found to be the most helpful

for him. His wife Bonnie also comes with him to the VA. "My wife deals with this the same as I do. She deals with it from a different perspective, but she still deals with it. We find it helpful to come together."

Randy also finds the interaction with other Veterans at the VA to be very helpful. "I think it really helps to be able to talk to someone else who has shared your experience."

What Randy would like to share with other Veterans is his own good experience. "If you go to the VA, they will help, and they want to help. They aren't critical or anything like that; they are really caring and really good at what they do. You can get help."

For Randy, if there is ever a problem, he knows who to call or talk to. "They are always there for me. I may not get a hold of them when I first call, but they always get back to me promptly. The access is there. I also can't say enough about the two professionals that I had working with me at the VA – Joanne Moncello and Dr. Niebauer. I have been blessed to have worked with some very, very good people who are not only caring, but are outstanding professionals in their field."

The number of Veterans seeking mental health care has increased dramatically over the past few years. In fact, last year alone VA provided specialty mental

health services to more than 1.3 million Veterans – a 35 percent increase since 2007. That is why VA recently announced that an additional 1,600 mental health staff professionals and an additional 300 support staff members nationwide will be added.

We have made great strides to expand mental health care access, but we are not done yet. The health and well-being of the men and women who have bravely and selflessly served are our highest priorities, and we will ensure that they have access to quality mental health care when needed.

To learn more about mental health care treatment options or to request to be seen by VA Butler's Center for Behavioral Health, call 800.362.8262, ext. 5039. Immediate help is at www.VeteransCrisisLine.net or by calling the Crisis Line at 800.273.8255 (press 1) or texting 838255. ★

Some of VA Butler's Mental Health Care Staff (l to r): Clifford Finegold, Social Worker; Terrie Bales, Nurse Practitioner; Bill Blewitt, Social Worker; Ruthann Pickerd, LPN; Peter Albert, Suicide Prevention Coordinator; Dr. Mary Jane Niebauer, Psychologist



IMPROVING
MENTAL HEALTH ACCESS

Joanne Moncello, Randy Smith, Bonnie Smith, and Dr. Niebauer (l to r)



VA Butler Healthcare has devoted more people, programs, and resources to Veteran mental health services. We are committed to increase access to our care and services.

Here's how we are increasing mental health access...

- Providing same-day, walk-in services for Veterans that identify an urgent need to be evaluated
- Utilizing Clinical Video Telehealth to provide mental health care and assessment to Veterans at our five VA Outpatient Clinics
- Saving lives every day through our local suicide prevention program as well as the national Veteran Crisis Line which has fielded more than 600,000 calls from Veterans in need and helped rescue more than 21,000 Veterans who were in immediate crisis
- Starting group therapy even before the initial psychological assessment is completed for Veterans who are referred for Substance Abuse Treatment
- Providing same-day evaluation and services for any Veterans who screen positive for depression, PTSD, or alcohol abuse
- Coordinating care with local hospitals to ensure Veterans are seen at VA Butler within seven days of discharge (however, many are seen the same-day as discharge)

Meet Our Mercer Doctors

Michael A. Marzano VA Outpatient Clinic
295 N. Kerrwood Drive, Suite 110
Hermitage, PA 16148
Phone: 724.346.1569

Located in the heart of Mercer County, the *Michael A. Marzano VA Outpatient Clinic* provides primary care, physical exams, nutrition services, weight management, podiatry, tobacco cessation counseling, routine laboratory, physical therapy, on-site X-rays, and point-of-care testing. Outpatient behavioral health services including individual therapy and medication management are also available at the clinic. Referrals to a psychiatrist in Butler may also be provided through secure videoconferencing from the clinic.

Kathy McNutt

Dr. McNutt received her medical degree from Ohio University, and completed her Family Medicine Residency at St. Elizabeth's in Youngstown, Ohio in 2004. She is Board Certified in Family Medicine, and has worked in this region for the past seven years in both Emergency Medicine and Family Medicine.

"I am very happy to be part of the VA team. I enjoy meeting the Veterans, learning about them, and helping them with their health care needs. I also have an interest in women's health and hope to offer our female Veterans increased access to all their health care needs."

Lillian Jordan

Dr. Jordan graduated from the University Of Cincinnati College Of Medicine. She is Board Certified in Internal Medicine and has been working for the VA since 1987.

"Caring for Veterans is my way of giving back. The Veterans of Mercer County welcomed me in a very gracious, warm manner, that was very humbling for me. I will never forget how special they made me feel during my first year at Mercer. It is an honor and a privilege to work for them."

David Breit

David Breit is a Physician Assistant from Sharpsville, PA. He graduated from Duquesne University's Physician Assistant Program in 2005. Before joining the VA, he worked in the emergency rooms of Mercer and Lawrence counties for seven years.

"Treating Veterans has been a wonderful experience. They are very appreciative. I feel honored to treat the Veterans who have done so much for our country and the world."

Helping Our Homeless

The words homeless and Veteran should **never** be used together. VA Butler Healthcare partnered with the local community to recognize August as Homeless Awareness Month. Events held throughout the month included the annual VA Community Homeless Assessment Local Education & Networking Groups (CHALENG) Forum, a 5K Walk/Run for Shelter, mock Shantytown, donation collection stations, a spaghetti dinner-fundraiser, and an "unsheltered count" of homeless individuals in the community.

The annual CHALENG Forum provided an opportunity to network with VA and community services in order to exchange ideas and strengthen resources to better serve our Veterans and our communities. It included information about local progress and key features of VA's five-year plan to eliminate homelessness among Veterans, as well as information on programs and services available at VA Butler and the surrounding community.

Join VA Butler in the fight to end Veteran homelessness and make sure all Veterans have access to the resources and support they've earned. *How?* If you encounter a Veteran who is homeless or at risk for homelessness, assist or encourage him/her to call the VA National Call Center for homeless Veterans at 877. 4AID-VET. For more information, contact VA Butler's Homeless Program Coordinator at 800.362.8262, ext. 2439.



New Veteran Exercise Classes

Studies show that regular physical activity decreases the risk for developing depression, diabetes, heart disease, high blood pressure, obesity, stroke, and some kinds of cancer. VA Butler Healthcare is now offering weekly fitness classes for Veterans to help promote the importance of physical activity and the health benefits it provides.

“People of all ages and body types benefit from regular exercise,” said Karen Dunn, VA Butler’s Health Promotion & Disease Prevention (HPDP) Program Manager. “We are excited to offer our Veterans free weekly fitness classes to help them improve and maintain their overall health.”

VA Butler Healthcare’s new Veteran fitness classes are held weekly on Mondays and Wednesdays from 3:45-5:00pm in VA Butler’s Auditorium. The class is on a trial basis now through the end of September.

Veteran Krystal Anspach attended one of the first classes and enjoyed the fast pace of it. “It’s great to have something in addition to VA’s *MOVE!* Program,” she said. Veteran Dan Shaw, another exercise class participant said, “These classes are exactly what I need as a Veteran. I’m excited to be able to participate weekly.”



The classes are provided free of charge to our Veterans and are taught by Dr. William McCaslin. Dr. McCaslin has combined his expertise in Chiropractic and body mechanics with his knowledge as a Beachbody fitness coach to put together a fitness class to help Veterans improve their health through exercise. “My goal

is to help as many Veterans as possible improve their health and function so they can live their life to the fullest,” said Dr. McCaslin.

Even if you are out of shape or have not been active in a long time, you can begin activity safely. For important health benefits, you should do at least 2 1/2 hours each week of moderate-intensity, or 1 1/4 hours a week of vigorous-intensity aerobic physical activity, or an equivalent combination of both.

Ready to get fit? Veterans, put on your exercise clothes, bring a towel and bottle of water and join us in the VA Butler Auditorium every Monday and Wednesday to sweat! For more information, please contact VA Butler’s HPDP Program Manager at 724.285.2292.

www.va.gov/homeless

Beneficiary Travel Benefits Change

New regulations now require VA to transfer to cashless payments for Beneficiary Travel Benefits. As a result, beginning August 1, 2012, we will offer payment by check for travel reimbursement, and in the near future will be offering direct deposit payment by Electronic Funds Transfer (EFT).

How does this affect you?

Well, it means we will be verifying your address for check payments. We will also be collecting your bank information to process your Beneficiary Travel claims via Electronic Funds Transfer (EFT) to have this information processed by our Finance Center

in Austin, TX. The EFT process ensures a safe, secure, accurate, and efficient way for payments to be deposited directly into your bank account. This is the same process used for other government checks such as Social Security, Compensation or Pension, or tax refunds.

For more information, visit www.va.gov/healthbenefits/access/Beneficiary_travel.asp. If you have any questions or concerns regarding this change, call 800.362.8262, ext. 2528 or 800.362.8262, ext. 2530.

SHARING
STORIES
AND NEWS
FROM
VETERANS
TO
VETERANS

Vet Chat

The day after the Pearl Harbor attacks on December 7, 1941, Nathan DeSantis went to enlist with the Marines. However, after failing his physical because he did not have opposing molars he joined the Merchant Marine. Now a 91-year old World War II Veteran, Nathan comes to VA Butler for all his health care needs. "The VA has been a godsend for people like me. They treat all Veterans wonderfully, and the staff is



Nathan DeSantis
Merchant Marine Veteran

"All Veterans are heroes and should be revered and honored into eternity."

very, very kind to you."

Nathan also

continues to serve his country by honoring local Veterans, and making sure their service to our nation is never forgotten. "I like to do things for my family, and for my country," said Nathan. After learning

about Veteran graves being desecrated, Nathan knew he had to do something about it. It was especially upsetting to him because there are 100 cemeteries in Butler County alone and many Veterans buried there.

Nathan came up with the idea of organizing an effort to clean up gravesites where needed, and formed a committee to do so. "Our name is 'All Veterans are

Heroes and Should Be Revered and Honored into Eternity." Once information about a grave is received, a group of volunteers set out to get the job done. "I have a list a mile long of people interested in volunteering for this project," said Nathan.

The goal is to make sure that *all* Veterans' graves are in good order for remembrance. "We'll make sure it's taken care of – for all Veterans – from the Civil War to the present," said Nathan. Anyone in Butler County may call Nathan DeSantis at 724.482.4499 or Beverly Schenck at 724.282.0331 to report a Veteran's grave that has either been desecrated or otherwise not kept as a hero's grave should be. All that is needed is a letter providing details (i.e., the Veteran's name, rank, and location of the grave).

www.volunteer.va.gov

Veterans Serving Veterans

VA operates one of the **largest health care systems in the United States**. VA employs highly trained professionals who are dedicated to providing top quality health care to Veterans, and many are Veterans themselves! Currently over 30% of VA Butler Healthcare's employees are Veterans.

"Being a Veteran myself, I wanted to give back to others who I share a common thread with. Working at the VA gives me the opportunity to continue serving my country by caring for other Veterans. I am proud to work for a company that not only gives back to those who have given so much to us, but also is always striving to provide the best care possible.**"**

**Air Force Veteran and VA Employee
Shawn Brucker**



Healthy Weight

Dr. McCaslin's goal is to help people improve their health and function so they can live life to the fullest. He has been doing this through Chiropractic treatment at VA Butler Healthcare since 2006. He is also committed to helping "end the trend of obesity."

Losing even a little weight can help. It not only changes the way your body looks and functions, but it can decrease your blood sugar, cholesterol, and blood pressure.

Losing weight can also decrease back and joint pain and exercise can help to increase flexibility. This, along with strengthening and toning your muscles (especially the core muscles) helps to prevent injuries in the future.

Dr. William McCaslin is a Chiropractor at VA Butler Healthcare. To learn more about Chiropractic treatment at VA Butler talk to your health care team.



Health Quiz: BE WISE **immunize**

It's important to get recommended preventive services including screening tests and immunizations. Learn more about immunizations by taking this test, and talk to your VA health care team to find out which screening tests and immunizations are recommended for you.

1. Among these vaccine-preventable diseases, which one kills the most people?
 A *Pneumonia* B *Meningitis* C *Flu* D *Hepatitis A*

2. Exposure to bacteria in soil may cause which disease?
 A *Tetanus* B *Diphtheria* C *Pertussis* D *Rubella*

3. Which of these infections can lead to cancer?
 A *Human papillomavirus (HPV)* B *Hepatitis B* C *Neither* D *Both*

4. Which groups are at high risk of complications from a pneumococcal infection?
 A *People who are alcoholic* B *People over 65* C *People with a heart or lung disorder*
 D *All of the above*

5. Which of these infections can lead to shingles?
 A *Rubella* B *Mumps* C *Chickenpox* D *Measles*

6. Which of these vaccines is usually given only to travelers?
 A *Typhoid* B *Diphtheria* C *German measles* D *Rotavirus*

7. Which of these groups is at increased risk for meningococcal meningitis?
 A *Healthcare workers* B *People over 50* C *Teens and young adults*
 D *People with chronic liver disease*

8. What does the herpes zoster vaccine protect against?
 A *Herpes* B *Shingles* C *Cold sores* D *Encephalitis*

Be Wise, Immunize Quiz Answers

- | | |
|------------|------------|
| 1 C | 5 C |
| 2 A | 6 A |
| 3 D | 7 C |
| 4 D | 8 C |

Source: WebMD, LLC

www.prevention.va.gov

Hey Veterans! Share your stories with us in Vet Chat. Email amanda.kurtz2@va.gov or lauren.heiger@va.gov. We'd love to hear from you!



health tech

tips

tastes



technology

Wii FIT:

ENTERTAINMENT & EXERCISE

Alzheimer's Dementia (AD) contributes to poor balance and impaired gait, often increasing the likelihood of falls. For adults with existing AD, exercise has shown to prevent further mental decline, improve quality of life, and prevent falls. Wii Fit may be the perfect exercise technology to help those with AD.

Wii Fit is an interactive Nintendo video gaming console used for aerobics, strength training, yoga, and balance games. This device includes a balance board that senses weight and shifts in

movement and balance. Virtual trainers talk the user through the activity while tracking their progress and giving them visual and audio feedback.

The game system has already proved to be useful in a variety of VA departments including physical therapy and occupational therapy. Occupational therapists use Wii bowling and tennis to help patients regain arm strength and range of motion, while physical therapists often use Wii Fit's balance games, such as tightrope

walking and ski-jumping, for Veterans struggling to recover balance and coordination. The ability to customize Wii for each patient is a great benefit of the game.

A small study led by a group with the Geriatric Research, Education and Clinical Center at the Little Rock VA Medical Center found that assisted-living Veteran residents with mild Alzheimer's disease benefited from using the Wii Fit. In the study, 22 older men and women were assigned to either the Wii Fit or a walking program, 30 minutes a day, five days a week, for eight weeks. Participants in both groups, (including those at high risk for falls) showed improved gait and balance.

The Wii Fit may have additional advantages for those with AD besides improved balance. Wii Fit is designed to be socially engaging and entertaining as well. It addresses two of the most common problems encountered by Alzheimer's patients: the need for exercise and the need for social interaction. For example, one of the most popular Wii games is Wii Bowling which provides moderate exercise as well as the social gathering aspect that patients need and desire.

Other benefits of using the Wii Fit include its ability to be used no matter the time of day or the weather outside, making it perfect for fitness in the hot summer months! While the Wii Fit will not be replacing traditional exercise for those with AD, it does offer a new, fun way to do it.

Source(s): VA Research & Development
ClinicalTrials.Gov

www.research.va.gov

The Wii Fit may help improve balance and gait for adults with Alzheimer's Dementia.



Watermelon Salsa



Ingredients

- 3 cups finely diced seedless watermelon, (about 2 1/4 pounds with the rind)
- 2 jalapeno peppers, seeded and minced
- 1/3 cup chopped cilantro, (about 1/2 bunch)
- 1/4 cup lime juice
- 1/4 cup minced red onion, (about 1/2 small)
- 1/4 teaspoon salt, or to taste

Directions

Place watermelon, jalapeños, cilantro, lime juice and onion in a medium bowl; stir well to combine. Season with salt. Serve at room temperature or chilled. Besides tortilla chips, this sweet, savory and crunchy salsa accompanies grilled pork or chicken nicely.

Source: *Eating Well*
www.eatingwell.com/recipes/watermelon_salsa.html

Calories: 26 ★ Total Fat: 0g ★ Cholesterol: 0mg ★ Carbohydrates: 7g

Crossword

Keep Your Brain Active

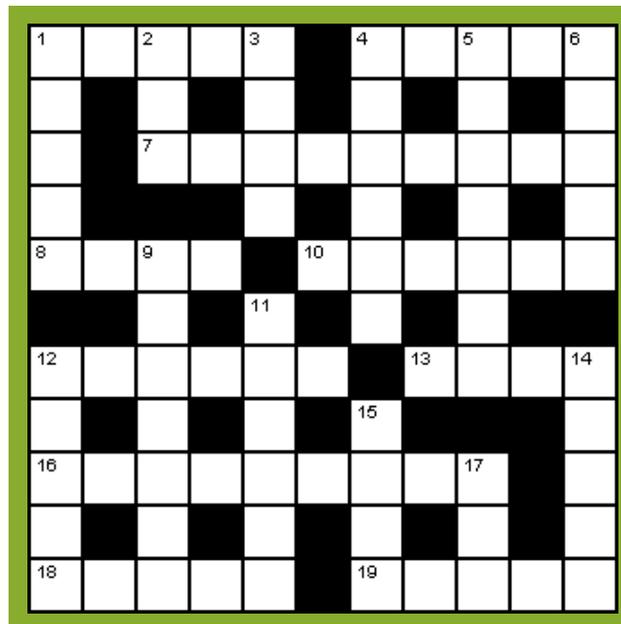
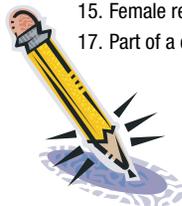
Learning a new skill or language, completing crossword puzzles, and taking educational classes all challenge and help maintain a healthy brain. Research has found that keeping the brain active seems to increase its vitality and may build its reserves of brain cells and connections. You could even generate new brain cells!

ACROSS

- Twelve
- Hoard
- Unaware
- Gape
- Wore away
- Birds of prey
- Notion
- Large spider
- The lowest point of anything
- Implied

DOWN

- Journal
- Menagerie
- Worlds longest river
- Secret or hidden
- Bustling
- Abated
- Placed a bet
- Thinner
- Consumed
- Proficient
- Female relative
- Part of a circle



HEALTH

tip

GET UPDATED VACCINATIONS

If you love to garden during the summer season, make sure your tetanus/diphtheria (Td) vaccination is up to date. Tetanus lives in the soil and enters the body through breaks in the skin. Because gardeners use sharp tools, dig in the dirt, and handle plants with sharp points, they are particularly prone to tetanus infections. Talk to your VA doctor about any other vaccinations you might need too!





Making Lives Better® ★ butler.va.gov

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Butler, PA 16001
800.362.8262
724.287.4781



butler.va.gov



facebook.com/vabutlerpa



twitter.com/vabutlerpa



talkshoe.com/tc/85029



ARMSTRONG COUNTY VA OUTPATIENT CLINIC

Klingensmith Building
313 Ford Street, Suite 2B
Ford City, PA 16226
724.763.4090

CLARION COUNTY VA OUTPATIENT CLINIC

AC Valley Medical Center
855 Route 58, Suite One
Parker, PA 16049
724.659.5601

CRANBERRY TOWNSHIP VA OUTPATIENT CLINIC

Freedom Square
1183 Freedom Road, Suite A101
Cranberry Township, PA 16066
724.741.3131

LAWRENCE COUNTY VA OUTPATIENT CLINIC

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

MICHAEL A. MARZANO VA OUTPATIENT CLINIC

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

VA Butler Healthcare, located in Butler County, Pennsylvania has been attending to Veteran's total care since 1947. We are the health care choice for over 18,000 Veterans throughout Western Pennsylvania and parts of Ohio and are a member of VA Healthcare VISN 4 under the U.S. Department of Veterans Affairs. VA Butler provides comprehensive Veteran care including primary, specialty and mental health care – as well as management of chronic conditions and social support services for our nation's finest, America's Veterans.



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