

LIVING Better

A VA Butler Healthcare Quarterly Magazine

summer 2013



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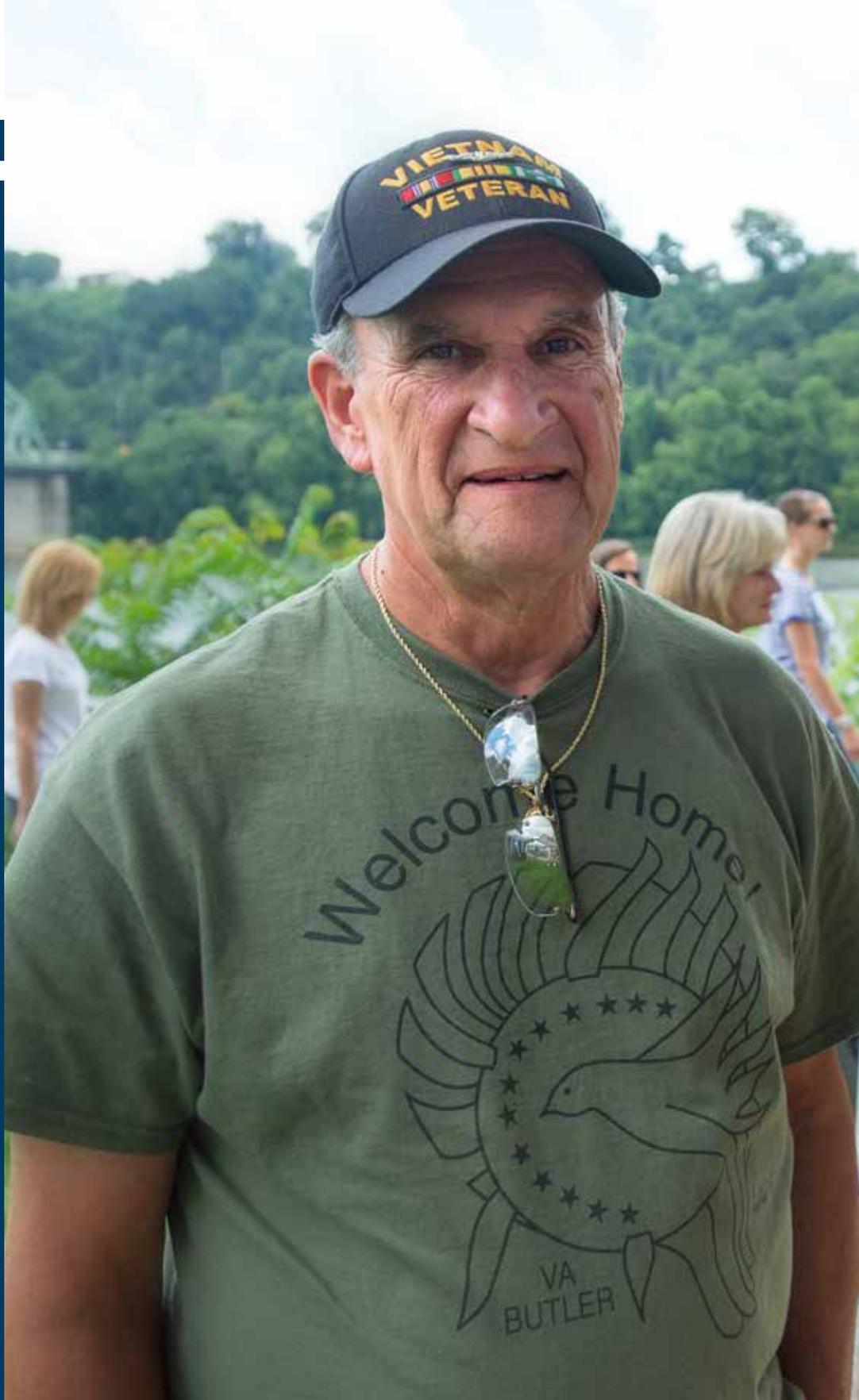
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VA BUTLER HEALTHCARE'S SUMMER HIGHLIGHTS



1 Veterans and VA Volunteers Chuck Jennings and Joe Lofton visited with the American Bantam Car Club and looked at vintage cars on display. Cars such as the Bantam Speedster, Hollywood 2-passenger Convertible, and more were on display for Veterans, volunteers, and VA staff in July.

2 VA Butler Healthcare participated in PTSD Awareness Month. PTSD Team Lead Dr. Niebauer provided information and answered questions for Veterans and families on June 27 – National PTSD Awareness Day.

3 U.S. Army Veteran Roy Magee and his wife Mildred enjoy the Diabetes Support Group Summer picnic with VA Support Group Leader Sharon Wehr. VA Butler offers a weekly Diabetes Support Group for Veterans.

4 VA Butler's Health Promotion & Disease Prevention Program Manager, Karen Dunn, organized two farmers markets this summer and conducted a Summer Health & Wellness Event to promote healthy summer eating for Veterans and the local community.

5 U.S. Army Veteran Marie Miller enjoyed her beach drink with her toes in the sand when Adult Day Health Care celebrated National Wiggle Your Toes Day in August. The day included summer snacks, a pool full of sand for toe-wiggling and toe exercises, and sharing some past beach memories.

6 VISN 4 Network Director Michael E. Moreland visited VA Butler to meet with leadership, staff and Veterans. Dan Michalek, Assistant Chief Engineer, toured phase 3 construction of the Community Living Center with Mr. Moreland and Director John Gennaro.

7 Robert Thompson, SSVF Regional Grants Coordinator from The National Center on Homelessness Among Veterans, provided a keynote address at VA Butler's 2013 Veterans Community Homelessness Assessment Local Education and Networking Groups (CHALENG) Forum.

8 VA Employees Janice Nulph and Kathy Codispot, along with VA Volunteer Ryan McLafferty attended the first Sun Safety & Cancer Prevention event to learn more about sun protection and take away tools to prevent skin cancer.

9 U.S. Army Veteran Robert "Bob" Patterson enjoyed some cotton candy at the annual summer carnival. Events included a balloon darts game, fish pond, pie-in-the face contest, and much more!



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

It's been an event-filled and successful summer at VA Butler! We hosted the second Hiring Our Heroes job fair, we welcomed over 200 service members home at the annual Welcome Home Event, and we partnered with our community agencies to end Veteran homelessness at the CHALENG Forum. As we move into fall, we'll be continuing to work on the final phase of the CLC construction project, participating in two Stand Down events, hosting a mental health summit... just to name a few of the exciting things headed our way! As always, thank you for your service and support - it allows us to continue Making Lives Better every day.

John Gennaro, Director



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A "Welcome Home" to all Veterans

VA Butler said "Welcome Home" to over 200 Veterans at the Welcome Home Event in August. U.S. Navy Veteran Lloyd Lackey designed a t-shirt for returning service members just for the event!



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Are You Ready to Quit Smoking? VA Can Help.

Over three million Americans successfully become non-smokers every year...you can too! VA's newest resource is a telephone quit-line just for Veterans.



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Domiciliary Care

For the first time in VA Butler Healthcare's history, female Veterans are provided residential medical treatment in the new domiciliary. Unique programs for female Veterans also are available.



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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 summer recipe.

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Who's Who - VA Chaplain

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Vet Chat

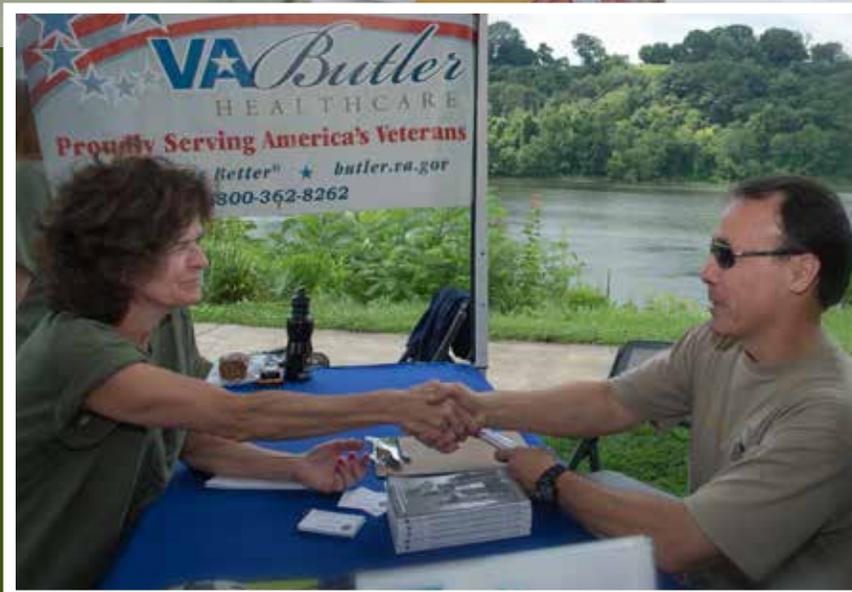
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Executive Editor
John A. Gennaro
Managing Editor
Amanda Kurtz
Contributors
William George
Lauren Heiger



Top: U.S. Navy Veteran Lloyd Lackey wearing his contest-winning t-shirt design at the Welcome Home Event.

Left: VA employee Terri Doctor-Fratto thanks Veteran Jack Bowser for his service at the Welcome Home Event and shares VA eligibility/enrollment information with him.

“WELCOME HOME”

TO ALL VETERANS

VA Butler Healthcare said “Welcome Home” to over 200 Veterans at the Welcome Home Event in August at the 42nd Annual Fort Armstrong Folk Festival. The annual Welcome Home Event provides VA Butler Healthcare with the opportunity to provide valuable VA resources and information to our recently returning service members, as well as personally thank them for their service and welcome them home.

For this year’s Welcome Home Event, VA Butler Healthcare conducted the first Welcome Home T-shirt Design Contest (open to all eras of Veterans and their family members). VA Butler called for original artwork to honor the spirit of our Iraq/Afghanistan service members and/or their homecoming. The selected design was then turned into a t-shirt and provided to all Operation Enduring Freedom (OEF), Operation Iraqi Freedom (OIF), and Operation New Dawn (OND) Veterans at the event.

U.S. Navy Veteran Lloyd Lackey was the winner of the t-shirt contest. The stars on his shirt design represent the 13 original colonies, and the swirls (fan-like) signify the stripes on the flag. There also is a dove diving into the center

of the image. Lloyd has done a variety of things with art over the years, from working at a fine arts publishing company and teaching art, to screen and fine art printing.

Lloyd was not one of the OEF/OIF/OND Veterans at the Welcome Home Event this year though; Lloyd is a Vietnam Veteran. He spent several years in Scotland while in the Navy and also deployed to Vietnam. He recently started coming to VA Butler Healthcare and is glad he did.

“I was one of those Vietnam Veterans that just tried to get back to my life. I did a lot of wonderful things and was successful in business and art; I just never realized all the damage I had from Vietnam until I came to VA Butler Healthcare.”

Lloyd received the “whole nine yards” of care, from treatment for Ischemic Heart Disease (associated with Agent Orange exposure), to a hearing aid and dental work. He also received treatment in VA Butler’s new domiciliary for six months. “There’s an incredible balance of care – from recreation therapy to case management. My health care team took care of everything I needed there.”

Lloyd has been back home for several months now and adjusting well. “I’m back to my regular life and enjoying the summer. I stay busy with my art.” From his recent shirt design for Veterans, to a new series of semi-realistic fantasy fish called “something fishy,” his art studio is constantly growing. Lloyd also shares his art with his Behavioral Health counselor he sees for Post-Traumatic Stress Disorder (PTSD) treatment. “I’ve had excellent treatment. They’re just incredible people at the VA. They gave me a real fix on how to take a new look at life!”

Whether you recently returned from service, or it has been 50 years, it is never too late to come to VA Butler Healthcare. At VA Butler, we will welcome you home any way we can – it’s never too late. ★

www.butler.va.gov/services/returning/index.asp

Are You Ready to

Over three million Americans successfully
non-smokers every year ... you can too!

Quitting smoking is the single best thing you can do to improve your health. You have the power to quit smoking and to stay smoke-free. Quitting is never easy, but you don't have to do it alone. VA Butler Healthcare has many resources available that can help.

VA's newest resource is a telephone quitline just for Veterans. Veterans who receive health care through VA can call 1-855-QUIT VET (1-855-784-8838) to speak with a highly skilled counselor who can offer individualized counseling about quitting smoking, and help develop a personalized quit plan.

Counselors may ask you specific questions about your tobacco use, quitting history, and motivations to quit. Any information provided during the call will be kept private. The quitline is available Monday - Friday, 8 a.m. to 8 p.m., Eastern Time. Services are available in English and

Spanish. Support does not end with the first call. To help you stay smoke-free, counselors will offer to follow-up and call you back around your quit date and again after you quit.

You have the best chance of quitting smoking if you use smoking cessation medications, like the nicotine patch and gum, while also getting counseling from your VA provider or quitline counselor. VA Butler offers monthly tobacco cessation classes that focus on nicotine addiction, the health impact of using and quitting tobacco, quitting tips, how to manage cravings, and the different medications and other treatments used in VA for tobacco cessation.

VA Butler also offers tobacco cessation support groups twice a month at the main campus in Butler and at participating VA Outpatient Clinics. The tobacco cessation support group provides peer support, as well as helpful tips and

encouragement to become an ex-tobacco user. While the support group uses a peer-focused approach to quitting tobacco, it also emphasizes each Veteran's unique, individual needs and lifestyle. All Veterans are welcome to attend support group meetings before, during or after a quit attempt.

U.S. Army Veteran Bob Schaper has been attending the support group for over five years now. "I have been smoke-free since December 3, 2007, thanks to the support group and the VA staff involved." U.S. Air Force Veteran Dave Baker also has benefited from the support group, having been smoke-free for over 14 months now. "The support group is very helpful, and the staff that run the support group are behind us all the way," Dave said. "Whatever it takes to get us to quit, including the occasional

relapse, they encourage us to get back with the program. If it wasn't for the staff, I would still be smoking today."

VA also has additional tools to help you quit and stay smoke-free, including SmokefreeVET, a mobile text messaging service that provides around-the-clock encouragement, advice and tips to help you quit. You can opt-in to the program by texting the word "VET" from your phone to 47848 up to two weeks before your quit date. You will receive text messages of support and encouragement for six weeks after your quit date. Veterans without a text messaging plan can just text a keyword, "URGE", "STRESS" or "SMOKED", to 47848 and receive a single message in response.

Talk to your VA Provider about how to quit tobacco, including getting medication to improve

www.publichealth.va.gov

Quit Smoking? become **VA Can Help.**



your chances of quitting or a referral to VA's tobacco cessation classes and support groups. You also may contact VA Butler Healthcare's Tobacco Cessation Lead Clinician at

724-287-2738 or VA's Tobacco Cessation Pharmacist at 724-285-2770. For more information on VA's smoking cessation services, visit www.publichealth.va.gov/smoking/. ★

VA Butler's Tobacco Cessation Support Group including (from left to right) – Navy Veteran Tim Smith, Army Veteran Bob Schaper, Air Force Veteran Dave Baker, Navy Veteran Paul Starr, and Navy Veteran Dennis Evans.

va.gov/smoking/

Marine Corp Veteran Megan Delgros (sitting) and Army Veteran Carol Armstrong (standing) were the first two female Veterans admitted into VA Butler's new Domiciliary.



The Domiciliary Care Program is the Department of Veterans Affairs' (VA) oldest health care program. Established in the late 1860's, the program's purpose was to provide a home for disabled volunteer soldiers of the Civil War. It was initially established to provide services to economically-disadvantaged Veterans, and it remains committed to serving that group. The domiciliary has evolved from a "soldiers' home" to become an active clinical rehabilitation and treatment program for male and female Veterans. Domiciliary programs across the VA are now integrated with Mental Health Residential Rehabilitation and Treatment Programs (MHRRTPs).

VA Butler Healthcare's 56-bed domiciliary (dom) provides residential rehabilitation for

DOMICILIARY CARE

A Therapeutic Support
Community for Female Veterans

www.butler.va.gov/services/Domiciliary_R



domiciliary kitchen



domiciliary living room



domiciliary bedroom

Veterans suffering from substance abuse, homelessness and behavioral health issues. For the first time in VA Butler Healthcare’s history, female Veterans are provided residential medical treatment in the new domiciliary. Female Veterans have their own separate townhome comprised of 12 beds, and like the male townhomes, they are equipped with a full kitchen, washer and dryer, and modern furniture to offer a home-like environment.

In addition to the daily responsibilities of cleaning their townhomes, purchasing groceries, cooking and doing laundry, female Veterans in VA’s domiciliary also participate in a full range of rehabilitation services. These include physical, behavioral, spiritual, psycho-social, vocational, dietary, occupational therapy and intervention, and addiction

counseling. Unique programs are available just for female Veterans—from classes in the domestic violence cycle and the history of addiction, to a real life recovery group taught by a female Veteran who is in recovery herself.

U.S. Navy Veteran Erika Nordberg has worked for VA Butler Healthcare’s domiciliary for five years. With the addition of female Veterans to the dom program, Erika now leads a real-life recovery group just for women. This past August Erika reached the impressive milestone of 12 years clean. “I’ve worked in treatment for a long time, but I’ve never really been able to use my own experience in recovery and as a female Veteran to help other female Veterans – and now I have that opportunity.”

Erika’s weekly real-life recovery class goes over the basic 12 steps of recovery to give female Veterans a solid foundation for when they leave the program. She is able to share her own experiences throughout – preparing them for what they may go through in treatment and recovery.

“Some women are victimized in their active addiction and I am able to relate what I went through with that and how I got past it,” said Erika. “Often, women are the primary caregivers in their families, so I can also share some of the things that have helped me become a better, more responsible parent.”

For anyone going through treatment and recovery, it is good to know you are not alone and that other women have been successful. “It is

easier to believe that what they did works, and that it will work for them also,” said Erika.

The class has been available for female Veterans in the new domiciliary for several months now. Erika has received feedback from many of the women expressing how they have found it much easier to share things in this group that they normally would not have shared in a room full of men.

While group classes and support are vital, each female Veteran’s treatment focuses on her individual strengths, needs, abilities, and preferences. The goal for all Veterans in VA Butler’s Domiciliary is to successfully reintegrate back into the community. ★

Improving Access – New Kiosks & Extended Hours

New kiosks are available at VA Butler Healthcare in Primary Care, Specialty Clinics, Behavioral Health, *MOVE!* (Auditorium), Dental and Cardiopulmonary, as well as at all five of our Community-based Outpatient Clinics. The new VetLink Kiosks have touch-screen technology to allow for easy access to make changes to health information. On VetLink you can:



- Check-in for a previously-scheduled VA medical appointment
- Update contact information
- Update demographic information
- Update and validate insurance information
- View a VA account balance
- Print a VA appointment itinerary slip

Extended hour appointments for primary care services are available Monday through Friday at 7:15am and 7:45am, as well as on Mondays, Wednesdays, and Thursdays at 4:45pm and 5:15pm. Primary care and mental health services also are available on Saturdays from 8:00am to 12:00pm. In addition, VA Behavioral Health has scheduled appointments available Monday through Friday at 7:00am, as well as individual and group therapy appointments Monday, Tuesday and Wednesday from 4:30 to 6:30pm. VA Staff during extended hours will consist of one VA provider, a registered nurse and medical support assistant. We look forward to serving you when it is convenient for you!



New Hepatitis C Support Group

Finding out that you have hepatitis C can be scary and overwhelming. Hepatitis C does not mean bad health problems or death. In fact, over half of people with hepatitis C will never have any health problems from it. There are effective treatments for the condition, and VA Butler Healthcare now offers a support group to assist Veterans diagnosed with hepatitis C, whether or not they are undergoing active treatment.

“Lifestyle factors may impact the progression of hepatitis, and VA Butler’s support group was designed to assist Veterans in taking care of their own health before, during, or after treatment,” said Lisa Diefenbach, PhD., the support group leader. “

“Symptoms can range. Some Veterans may experience no symptoms of infection, yet others may experience stomach pain, jaundice (yellowing of the skin and eyes), loss of appetite, nausea and vomiting, or others.”

Lisa Diefenbach, PhD, support group leader

The support group meets twice monthly and Veterans may join at any time. Interested Veterans should talk with their health care team or call 724.285.2768 to learn more. You also can learn more about hepatitis and effective treatments online at: www.veteranshealthlibrary.org, www.hepatitis.va.gov, and www.myhealth.va.gov.

Hiring Our Heroes

VA Butler Healthcare partnered with the Butler County Chamber of Commerce and the U. S. Chamber of Commerce to host the second annual, nationally recognized and supported “Hiring our Heroes” event in July. 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 assisting Veterans with preparing for, finding, and maintaining suitable jobs is through vocational rehabilitation. Employment

services such as job training, employment-seeking skills, resume development, and other work-readiness assistance is available for Veterans. Learn more: www.butler.va.gov/services/Vocational_Rehabilitation.asp.



Butler Behavioral Health Council

The Butler Veterans Behavioral Health Council provides a dynamic opportunity for VA staff and Veterans of VA Behavioral Health Care services to promote greater understanding of and collaboration with each other. The purpose is to provide input regarding VA Butler’s mental health structures and operations and to share information with Veterans, family members, and community representatives about VA Butler Healthcare’s mental health programs and initiatives.

How can you help? Your military service and experiences within VA Butler’s Center for Behavioral Health have uniquely equipped you to participate on the Veterans Behavioral Health Council. Become a member today! There are many opportunities for you to help assist Veterans and their family members. For more information, call 724.742.0348 or 724.968.7393

Caregiver Support Training

VA Butler Healthcare hosted two trainings for caregivers via satellite television this summer – one to provide information and assistance to caregivers who are caring for a Veteran with a diagnosis of chronic pain, and the other for those caring for Veterans with Post-Traumatic Stress Disorder (PTSD). VA Butler knows being a caregiver is an incredibly demanding job, but you do not have to do it alone. From regular trainings, support groups, and multiple programs/services, VA Butler is here to provide you with the help you need to take care of the Veteran you love. If you would like additional caregiver support information, or have questions about future trainings, please contact VA Butler Healthcare’s Caregiver Support Coordinator at 724-285-2492.

VA Named to the 2013 “Most Wired” Hospitals List

The Department of Veterans Affairs has been named to the 2013 “Most Wired” hospitals list — this marks the first time that all VA medical centers nationwide have achieved the honor. The list is the result of a national survey aimed at ranking hospitals that are leveraging health care technology (HIT) in new and innovative ways. The annual survey is released by Hospitals & Health Networks, in partnership with McKesson, the College of Healthcare Information Management Executives and the American Hospital Association.

Are you “wired” into VA Butler Healthcare? You can start by signing up for My HealthVet today – the gateway to Web-based health education and online services – including a privacy-protected message service that allows you to communicate non-urgent health-related information with your VA health care team. Also, talk to your team about telehealth programs available to you. And, be sure to check us out on our website, social media sites, and monthly podcasts. Visit www.butler.va.gov to learn more.



From Physical Therapy to a Martial Arts Belt Promotion

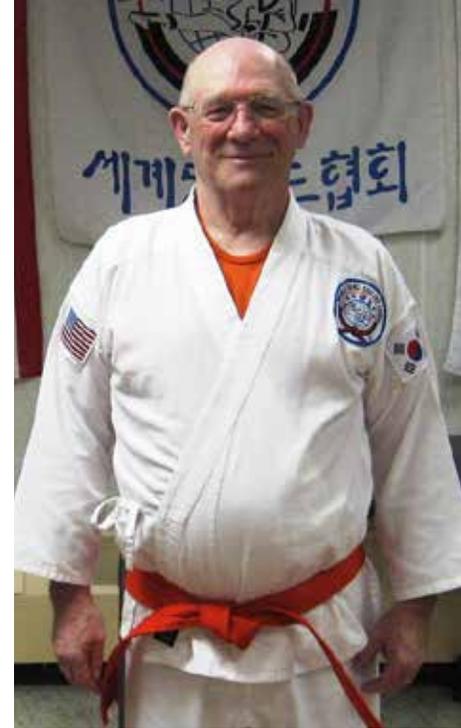
Sixty-six-year-old

Navy Veteran Robert “Bob” Morrison is participating in martial arts three days a week thanks to VA Butler Healthcare’s physical therapy (PT) department. “I learn defense. I get exercise, and I learn other disciplines like concentration and patience. It can be hard, but it’s also rewarding. You get a lot of exercise and learn self-defense.”

Bob started doing martial arts last December. After he started advancing and learning kick-type techniques, he developed tendonitis in his knee. That’s when he came to VA Butler’s physical therapy department. He was no stranger to the VA or to VA Butler’s PT department, having been a patient twice before because of injuries.

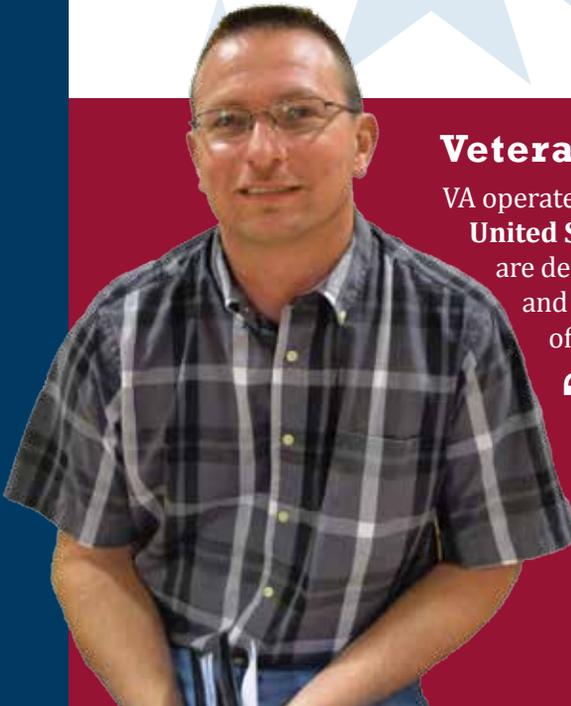
“I have nothing but good things to say about the whole department and the VA. I’ve had multiple therapists and they’ve all been terrific. The VA has done everything tremendous for me,” said Bob. He participated in 12 sessions of PT for his knee and is doing much better. He’s able to do just about everything for his martial arts class now. He recently passed his first belt promotion, and is working on his second.

“The exercises they showed me have been the most helpful. They showed me exercises that I could do to help prevent this from happening again and to help heal,” said Bob. “They also provided me with a brace to wear when I go to training and I haven’t had any problems with my knee since!”



VA Butler Healthcare provides full service rehabilitation for enrolled Veterans. We also offer prosthetics and sensory aids.

For more information about physical therapy services at VA Butler Healthcare, Veterans may contact their health care team or call 800.362.8262, ext. 4374. ★



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 percent of VA Butler Healthcare’s employees are Veterans.

“ I choose to work for VA because I have the opportunity to help other Veterans by maintaining the facility and providing them with a modern, professional atmosphere. I also enjoy hearing all the stories and experiences from other Veterans about their time in service.” ”

Army Veteran and VA Employee
Eric Saeler

Health Quiz: Signs & Symptoms OF DEPRESSION

Everyone occasionally feels blue or sad, but these feelings are usually fleeting and pass within a couple of days. When a person has a depressive disorder, it interferes with daily life, normal functioning, and causes pain for both the person with the disorder and those who care about him or her. *Are you wondering if you have symptoms of depression?* Take this brief quiz to find out.

1. Little interest or pleasure in doing things?
Not at all Several days More than half days Nearly every day

2. Feeling down, depressed, or hopeless?
Not at all Several days More than half days Nearly every day

3. Trouble falling or staying asleep, or sleeping too much?
Not at all Several days More than half days Nearly every day

4. Feeling tired or having little energy?
Not at all Several days More than half days Nearly every day

5. Poor appetite or overeating?
Not at all Several days More than half days Nearly every day

6. Feeling bad about yourself, or that you are a failure, or have let yourself or your family down
Not at all Several days More than half days Nearly every day

7. Trouble concentrating on things, such as reading the newspaper or watching television?
Not at all Several days More than half days Nearly every day

8. Moving or speaking so slowly that other people could have noticed. Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual?
Not at all Several days More than half days Nearly every day

9. Thoughts that you would be better off dead, or of hurting yourself in some way?
Not at all Several days More than half days Nearly every day

10. If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?
Not difficult at all Somewhat difficult Very difficult Extremely difficult

Calculate your score

- “Not at all” = 0 points
- “Several days” = 1 point
- “More than half the days” = 2 points
- “Nearly every day” = 3 points

If you are concerned about any illness, regardless of these results, seek further evaluation from your VA health care team.

Quiz Results

0-9 Your results indicate that you have few or no symptoms of depression.

10-14 Your results are consistent with minimal symptoms of depression. If these symptoms are distressing to you or are distracting you at work, or home, talk to your VA health care team.

15-27 Your screen results are consistent with many of the symptoms of depression. **You are advised to see**

your VA provider or a mental health professional immediately for a complete assessment.

If you answered “Several days”, “More than half the days”, or “Nearly every day” to question #9: Please call 911, go immediately to the nearest hospital emergency room, or call the Veterans Crisis Line at 1-800-273-8255 and Press 1.

Source: National Heart, Lung, and Blood Institute

Who's Who?

REVEREND ROBERT SMITH



Healthy Mind, Body, & Spirit

Mind, body, and spirit all play a role in health and recovery. Spirituality is a sense of connection that gives meaning and purpose to a person's life. For some, it might mean having a regular place of worship. For others, it could involve meditating, experiencing nature, or having other meaningful pursuits. VA includes spirituality as part of the overall health care offered to Veterans, and VA Chaplains are part of a Veteran's health care team.

Spiritual counseling can help Veterans facing a host of issues. This can include physical or mental illness, death, marital or family problems, job loss, alcohol and substance abuse, homelessness and problems with guilt.

VA Butler Healthcare's Chaplains are dedicated to serving our Veterans. We're here to help Veterans discover or strengthen their spiritual identity on their journey through a medical, physical or mental crisis.

Reverend Robert Smith is the Chief Chaplain at VA Butler Healthcare. To learn more about VA Pastoral Care, call 800.362.8262, ext. 5009 or visit www.butler.va.gov/services/Pastoral_Care.asp



VA iPADS FOR CAREGIVERS

In 2012, VA offered seriously injured post-9/11 Veterans and their caregivers already enrolled in the Department's Program of Comprehensive Assistance for Family Caregivers the opportunity to sign-up for a special pilot program focused on mobile technologies.



VA selected more than 1,100 caregivers to participate in the VA Mobile Health Family Caregiver Pilot (including two of VA Butler Healthcare's family caregivers!). Starting in May 2013, caregivers began receiving VA-loaned iPads loaded with a suite of applications

(apps) to test over a 12-month period. The suite is comprised of nine apps that are designed to

support caregivers and the needs of the Veterans they assist.

Through the mobile technology, Veterans and caregivers receive secure access to health care information, the ability to track personal health-related information, and the functionality to share this personal health information with their VA health care teams.

Six months into the year-long pilot, VA will work to collect feedback from pilot participants. Adjustments and refinements will be made to the apps as a result of this user feedback. Following testing and improvements, VA will evaluate potential deployment of the family caregiver suite of apps to all interested and eligible Veterans and caregivers.

For more information about upcoming VA Mobile Health opportunities, visit <https://mobilehealth.va.gov/pilots>.

www.caregiver.va.gov

Care4Caregiver App

The Care4Caregiver

app, one of the apps featured in the VA Mobile Health Family Caregiver Pilot, provides caregivers with a convenient tool to help cope with stress and manage responsibilities. With the Care4Caregiver app, caregivers can take a self-assessment that measures their level of strain and allows them to track their progress over time. Based on their score, the Care4Caregiver App will

recommend resources and next steps.

The app also offers a variety of tools:

- Deep breathing exercises
- Progressive muscle relaxation
- Visualization tools
- Social activity planner
- Inspiring quotes
- "Time Out" ideas
- Support system contact list



This app is not meant to replace primary or mental health care. It is meant to provide a readily accessible support resource. For more information on available VA resources for family caregivers, visit: www.caregiver.va.gov.

Health Tastes – Sloppy GI Joes



Ingredients

- 1 lb extra lean ground beef or turkey
- 1 small onion, diced
- 1 small red pepper, diced
- 1 can (15 oz.) black beans, drained and rinsed
- 1 1/2 cups tomato sauce
- 2 Tbsp tomato paste
- 1 Tbsp red wine vinegar
- 1 Tbsp Worcestershire sauce
- 1 tsp mustard powder
- 8 whole wheat burger buns

Makes 4 servings

Calories: 325 ★ Total Fat: 4.5g ★ Sodium: 308mg ★ Fiber: 9.6mg
Carbohydrates: 42g

Directions

Brown the meat and onion in a large skillet over medium-high heat for five minutes, breaking up the meat into crumbles as it cooks. Drain the ground meat. Add the garlic and red pepper and cook five minutes more, stirring occasionally. Stir in the rest of the ingredients, reduce heat to low, and simmer five minutes more. Place a half-cup of the mixture into each bun and serve.

Source: *National Institutes of Health*

HEALTH

tip

TRY YOGA

If chronic pain has you down, give yourself a lift with yoga. Research increasingly shows yoga may be an effective prescription for pain relief. Yoga may help relieve chronic pain through movement, but it also may help through deep breathing and meditation, which reduce stress and help take your mind off your pain.

Crossword

Keep Your Mind Sharp

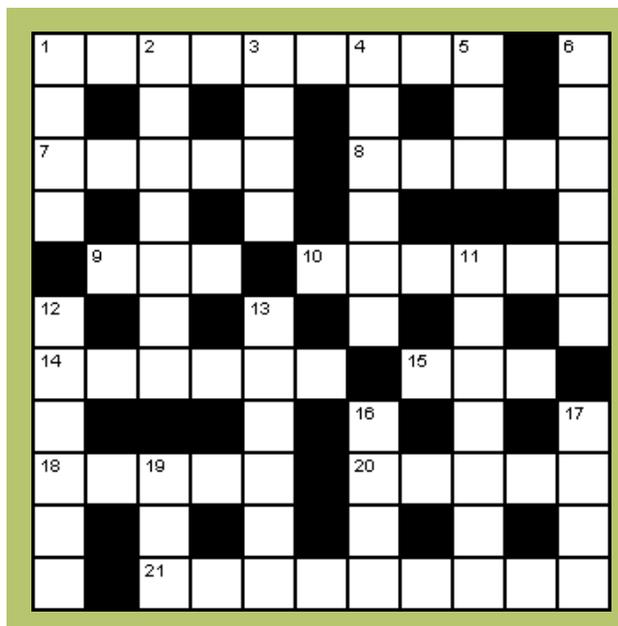
People who stay healthy overall tend to do better as they age – and that includes their mental health! Activities that stimulate our minds, like crossword puzzles, reading, writing and learning new things, help to keep our minds healthy. Be physically active, and mentally active. Try crossword puzzles.

ACROSS

- Group of musicians
- Eye socket
- Jockey
- Epoch
- Part of the heel
- Shrewd
- Cacophony
- Thighbone
- Ice hut
- Court game

DOWN

- Woodwind instrument
- Floor show
- Consumes
- Despot
- Assistance
- Precipitous
- One of three
- Perplex
- Gaped
- Flightless bird
- Metal money
- Disorderly crowd





Making Lives Better® ★ butler.va.gov

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 butler.va.gov
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 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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