

# LIVING Better

A VA Butler Healthcare Quarterly Magazine

summer 2014



## what's inside?

4

transforming VA Butler's campus

6

overcoming mental  
health challenges

8

veterans make  
great employees

12

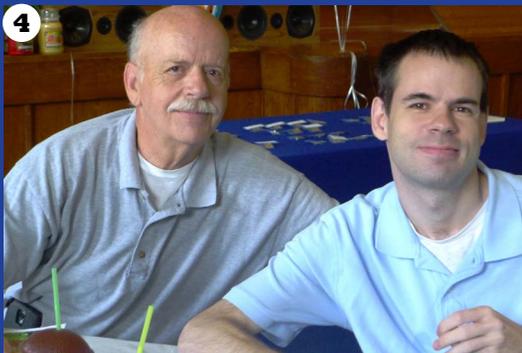
vet chat

14

health tech, tips & tastes



# VA BUTLER HEALTHCARE'S SUMMER HIGHLIGHTS



**1** VA Butler hosted the annual Community Homelessness Assessment Local Education and Networking Groups (CHALENG) Forum. The Forum provides an opportunity for VA and community agencies to network in order to better serve homeless Veterans.

**4** Volunteer Ryan McLafferty (with his father) was recognized at the annual Volunteer Awards Program & Picnic. This year's theme was, "Volunteering...An Adventure of a Lifetime."

**7** Three Farmers Markets were held at VA Butler this season. All provided locally grown, farm fresh produce to help employees, Veterans, and their families eat wisely all summer long!

**2** Sean Parnell, New York Times bestselling author and a wounded combat Veteran, talked with Ken Kalberer, VA Butler Health Systems Specialist, after a facility tour and Veterans Advisory Committee meeting in August.

**5** 252 resumes were accepted, 24 interviews conducted, and 7 firm offers were made at "Hiring Our Heroes" in July. VA Butler partnered with the U.S. Chamber of Commerce for the third year in a row for this job fair.

**8** Fitness, health screenings, information on VA's wellness programs, and a healthy grilling demonstration, were all available at the Summer Health & Wellness Event.

**3** Army Veteran Margie Rayburn enjoyed her balloon hat made especially for her by the clown in attendance at a Veteran picnic sponsored by the Cranberry Elks Lodge in July.

**6** VA Butler's Diabetic Support Group enjoyed a summer picnic! VA Butler offers a weekly Diabetes Support Group to help support Veterans in their diabetes management.

**9** A Ribbon Cutting Ceremony to dedicate the completion of 30 newly constructed beds of VA Butler's Community Living Center (CLC) was held in June. Now complete, the new 60-bed CLC provides short-stay and long-stay nursing home care to Veterans.

## cover photo

Marine Corps Veteran Eric Walker successfully completed 12 weeks of Cognitive Processing Therapy for PTSD, and today works at VA Butler's Dom helping other Vets.



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

*We kicked off a great summer by dedicating the final 30 beds in the new Community Living Center. From there, we kept momentum going by hosting yet another successful Hiring Our Heros job fair, partnering with the community for the annual CHALENG Forum, holding the annual Welcome Home Event for OEF/OIF/OND Veterans, and participating in the first Mercer County Veteran Stand Down! It might soon be fall, but we have no plans to slow down. We are here for our Veterans, always. Thank you for your service and support as we work to Make Lives Better for our Veterans and their families every day.*

*John Gennaro, Director*

# C O N T E N T S

Summer 2014



page 4-5

## Transforming VA Butler's Campus

This summer, VA Butler held a ribbon cutting ceremony to dedicate the completion of 30 newly constructed beds in its Community Living Center. Find out what the new Veteran residents think about it.



page 6-7

## Overcoming Mental Health Challenges

Veterans dealing with mental health disorders such as PTSD, depression, and substance abuse have many treatment options, including Evidence Based Treatments (EBT). What are EBTs? Read on to find out!



page 8-9

## Veterans Make Great Employees

From job fairs to training, VA Butler is here to assist Veterans in their employment search. Learn more about this summer's Hiring Our Heroes event, and the Certified Production Training Course that is helping our local Veterans get hired!



page 14-15

## 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.

## and more...

Summer Highlights

page 2

Hot Topics

page 10

Vet Chat

page 12

ALS Health Quiz

page 13

Who's Who –  
Dawn Jockel

page 13



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# Transforming VA Butler's Campus

## Completion of Final 30 Community Living Center Beds

**This summer, VA Butler** Healthcare held a ribbon cutting ceremony to dedicate the completion of 30 newly constructed beds in its Community Living Center (CLC). VA Butler's 60-bed CLC (formerly known as a nursing

home) provides short-stay and long-stay nursing home care to Veterans. The first 30 beds opened to Veterans in the fall of 2011. Construction of the 30 bed unit dedicated on June 11, 2014, began in the spring of 2012.

"VA Butler Healthcare has reaffirmed its commitment to Veterans of Western Pennsylvania by constructing a new state-of-the-art Community Living Center where VA Butler staff will continue to provide compassionate, high

quality care to our Veterans," said John Gennaro, VA Butler's Director. "The CLC is designed to make our Veterans feel at home by providing them with a community setting, as well as private rooms and baths."

VA Butler's CLC houses 60 Veterans and encompasses 54,000 square feet. It includes two multipurpose rooms, a game room, computer room, glass-covered porch, family overnight room for relatives of hospice patients, and a spa room for therapeutic programs. The CLC's atrium provides natural light all year long for Veteran residents.

"The Veteran residents I have talked to are overwhelmed with excitement about their new home," said Gennaro. "I speak for all of our 500-plus dedicated staff that it is our privilege at VA Butler Healthcare to care for our Veterans in a healing environment they have earned." ★



[www.butler.va.gov/services/  
Community\\_Living\\_Center.asp](http://www.butler.va.gov/services/Community_Living_Center.asp)



***So, after the move to their new home, what did some of our  
Veteran residents think? 5***

Army Veteran Carl (Vietnam Era): "I really like the new building. I have my own room and bathroom. I also have a big closet for my clothes. I was allowed to buy my own big screen TV. I can wash my own clothes because we have a washer and dryer on the unit."

Army Veteran Fred (Korean Era): "It's as nice as can be. It's very clean and our rooms have it all. The Recreation is excellent. Don't hesitate to come here – the nursing staff is fabulous!"

Army Veteran George (Vietnam Era): "It's pretty nice. I love having a room with refrigerator. We also have wireless internet available, and if you don't have your own laptop, they have a computer room with three computers to use!"

VA Butler Healthcare has transformed its main campus over the last couple of years. In addition to the new 60-bed CLC, VA Butler opened a new 56-bed Domiciliary in the fall of 2012, providing residential rehabilitation in a townhouse setting for Veterans recovering from substance abuse, homelessness and behavioral health challenges.

# Overcoming Mental Health Challenges

**If you, or** a Veteran you know, is dealing with the challenges of a mental health disorder such as depression, post-traumatic stress disorder, or substance abuse, there are a wide variety of treatment options available at VA Butler Healthcare. One of those options is Evidence Based Treatments (EBT).

6 Evidence Based Treatments are specific behavioral health treatments that have been shown to be effective in research trials. EBTs are usually short term, somewhat structured, and involve active participation by the Veteran (including doing short homework assignments) in order to obtain the greatest benefit. However, this does not mean that standard or alternative treatments not listed as an “Evidence Based Treatment” are not effective; it simply means that an EBT has substantial research support for a particular mental health psychiatric diagnosis.

Check out some of the evidence based treatments offered by VA:

- **Depression:** Cognitive Behavior Therapy for Depression, Acceptance and Commitment Therapy, Interpersonal Acceptance Therapy
- **Post-traumatic Stress Disorder (PTSD):** Cognitive Processing Therapy, Prolonged Exposure
- **Cognitive Behavioral Therapy for Insomnia**
- **Cognitive Behavioral Therapy for Chronic Pain**
- **Problem Solving Therapy** (everyday problems and/or adjusting to civilian life)
- **Motivational Interviewing**
- **Motivational Enhancement Therapy**
- **Social Skills Training**

Marine Corps Veteran Eric Walker has experienced the benefits of EBT firsthand. Eric served as a tank crewman

in the U.S. Marine Corps, deploying three times during his service. After leaving the service though, he struggled to adapt to civilian life and suffered from untreated PTSD symptoms and alcohol/substance abuse. In late 2012, Eric began treatment at VA Butler Healthcare for PTSD and alcohol/substance abuse. He completed 12 weeks of Cognitive Processing Therapy (CPT).

“It was the best treatment fit for the symptoms I had. Symptoms like avoidance, and the way that I had been viewing myself since I left the Marine Corps. That stuff was really ingrained in my head,” he said. “I had a therapist that really worked some wonders in my life. I found right away that I could trust her, so I decided to give it everything. I had to get better. She walked me through it and helped me properly process the things that I had been avoiding for years. She began to ‘ingrain’ new ways of processing things that were based on actual facts instead of the way that I



# Evidence Based Treatment (EBT) at VA Butler Healthcare



had been processing them on my own, or just not processing them at all. She also began to 'ingrain' a new positive way of viewing myself."

Eric started seeing results and continued with therapy. "To this day, it is one of the most rewarding things that I have ever done for myself." He also noted, "The thing that stands out to me the most is the dedication of VA employees and how invested they are in

what they do because they refused to give up on me."

In addition to CPT for his PTSD, Eric attended aftercare groups in the evening and substance abuse-oriented groups. In May 2014, Eric became an employee at VA Butler Healthcare's Domiciliary helping other Veterans. "I am 100 percent invested in what I do, hoping I can help other Veterans overcome the same struggles I had."

To other Veterans, Eric offers this advice: "If you are struggling, don't do it alone. There are dedicated people here waiting to help. If you are going through treatment or are thinking about it, charge on, never give up, and stick together!"

If you are interested in being referred to VA Butler's Center for Behavioral Health to explore

your treatment options, talk to your VA health care team today. If you are already participating in behavioral health treatment, speak to your Mental Health Treatment Coordinator (MHTC) to learn more. For information about PTSD treatment and two Evidence Based Treatments, visit [www.ptsd.va.gov/public/treatment/therapy-med/index.asp](http://www.ptsd.va.gov/public/treatment/therapy-med/index.asp). ★

[www.mentalhealth.va.gov](http://www.mentalhealth.va.gov)

# Veterans Make Great Employees



**Employment is an** important issue for Veterans. Veterans have the skills many employers seek, including leadership, problem solving, and the ability to effectively work in teams. Veterans make great employees, and VA Butler is here to assist Veterans prepare for, find, and maintain a job.

This summer, VA Butler Healthcare partnered with the U.S. Chamber of Commerce to host the third Annual Hiring Our Heroes event at VA Butler. Hiring Our Heroes launched in March 2011 as a nationwide initiative to help Veterans, transitioning service members, and military spouses find meaningful employment opportunities. To date, more than 24,000 Veterans and military spouses have obtained jobs through Hiring Our Heroes job fairs.



Fifty-four employers and 78 job seekers were present at the Hiring Our Heroes event held in July at VA Butler. Based on the exit surveys from the job fair, 252 resumes were accepted, 24 interviews conducted, and seven firm offers were made!

VA Butler's Vocational Rehabilitation through a partnership with Penn United Manufacturing also is training and hiring our Veterans!

"Penn United has a CPT Training Course (Certified Production Training Course) that is eight-weeks long, and runs Monday through Thursday from 8:00am to noon. When the course is

[www.butler.va.gov/services/  
Vocational\\_Rehabilitation.asp](http://www.butler.va.gov/services/Vocational_Rehabilitation.asp)

# Hiring Our Heroes, Certified Production Training Course, and More!

finished, the Veteran is provided with a CPT Certification which is valid in any state and never has to be renewed!" said Deb Ernst, VA Butler's Vocational Rehabilitation Specialist.

Penn United also has a contract with Bart Transportation to cover the cost of transportation for Veterans at VA Butler. Veterans are picked up at the VA, and brought back after the class at no cost.

"This summer, I attended the third graduation at Penn United. Three of our Veterans have been hired at Penn United over the last year, and three more are interviewing next week," said Ernst. Two recent graduates of the CPT training course include Army Veteran Bryan Greene and Navy Veteran Frank Radigan.

"I thought the course was beneficial. I picked up on a lot of things I never really thought about," said Radigan who is currently updating his resume and working on job applications. He highly recommends the course to other Veterans.

For Greene, it was a challenging course, but that's what he enjoys! "The hands-on experience was essential."

Another Veteran who benefited from this course was Army Veteran Jeremy Dodson who learned about the course while staying at VA Butler's Domiciliary. He started the course in early 2014 and now works at Penn United full-time! "Doing this course was one of the best decisions I made," said Dodson.

There are many employment resources, tools, programs, and more for Veterans. Start by checking out the Veterans Employment Toolkit: [www.va.gov/VETSINWORKPLACE/veteranresources.asp](http://www.va.gov/VETSINWORKPLACE/veteranresources.asp). ★



## Mercer County's First Veteran Stand Down

**VA Butler Healthcare** partnered with the local community for the first Mercer County Veteran Stand Down and Veterans Resources Fair this summer. A Stand Down is a day-long respite from the streets and an opportunity for some Veterans to put their lives back together. Services including medical checkups, dental care, behavioral services, food, job search support, social services, housing assistance and more were available to help local homeless Veterans at the Mercer County Stand Down.

Stand Downs are one part of the VA's efforts to provide services to homeless Veterans. Explore [va.gov/homeless](http://va.gov/homeless) to learn about VA's programs for Veterans and to find out what you, your neighbors, and your community can do to help Veterans who are homeless or at imminent risk of becoming homeless.

And...be sure to check back this fall as VA Butler partners with the community for the Armstrong County and Lawrence County Veteran Stand Down events. More information available here: [www.butler.va.gov/services/homeless/index.asp](http://www.butler.va.gov/services/homeless/index.asp). ★

## New Diabetes Prevention Group Program

### Beginning September

**18**, VA Butler Healthcare will offer a new group program for diabetes prevention called *Group Lifestyle Balance*. The goal for participants is to lose body weight (7 percent) through dietary changes, and increased physical activity (at least 150 minutes/week). Research shows that by making these healthy lifestyle changes, individuals can delay or prevent the onset of Type 2 Diabetes. *Group Lifestyle Balance* runs from 10:30 to 11:30am and will consist of a 12-week core program followed by twice monthly, and then once monthly classes for a total of 22 appointments.

answered, are at risk of being late for an appointment or missing it entirely. As a way of improving the patient experience and promoting a culture of service, an increasing number of VA facilities, including VA Butler Healthcare, are using employees and volunteers to greet Veterans and actively watch for potential delays in a Veteran's care.

Rick Williams, a Marine Corps and Army Veteran, greets and assists Veterans in the centralized scheduling area at the VA Butler Healthcare Center. Featured in the photo

above/below, Williams shares how his role as an Information Specialist makes a difference.

"I've always wanted to serve my country and my fellow Veterans, and now I have the opportunity to help Veterans of all service periods. I feel my greatest contribution to VA Butler is giving respect, care, and a voice to our fellow Veterans. I ensure that they check in and are escorted to their appointments in a timely manner. Most of all, I ensure that they have a positive and fun experience while at VA Butler Healthcare." ★

*Has your doctor told you that you are pre-diabetic or that your blood sugar readings are too high? This is a great program for you! By making a commitment to a healthy lifestyle change, with the help of VA's MOVE! coaches, you can take control of your health. Interested? Talk to your VA health care team today, or call VA Butler's MOVE! Office, 1.800.362.8262 ext. 5504. ★*



## Greeters Help Patients, Prevent Delays in Care

**Hospitals can be** confusing settings for patients and their families. Veterans who are unsure where to find a particular department, or who are waiting to have a question

[www.butler.va.gov/services/health\\_and\\_wellness.asp](http://www.butler.va.gov/services/health_and_wellness.asp)

## Personalized, Proactive, and Patient-Driven Care

**The Office of** Patient-Centered Care and Cultural Transformation (OPCC&CT) Field-Based Implementation Team (FIT), Region 4, recently visited VA Butler Healthcare to collect and analyze an eclectic array of observations and quantitative and qualitative data to inform, inspire and determine intention for action that will move VA Butler Healthcare forward along a continuum toward VHA's number one strategic goal—to provide Veterans Personalized, Proactive and Patient-Driven (PPP) care.

Facilitated listening sessions, interviews with key stakeholders, VA Butler Healthcare performance measures data related to PPP care, and observations made by the team during the facility tour and throughout the visit informed the identification of themes and the development of recommendations for next steps contained in the Cultural Transformation Support Summary (CTSS). The CTSS includes feedback from listening sessions scheduled on the main campus and at the Michael A. Marzano (Mercer County) CBOC. The team spoke with 112 Veterans (including nine family members) and 130 staff (including eight volunteers) during multiple listening sessions.

Following are a few of the “bright spots” from the visit (areas within VA Butler where staff already have implemented PPP practices and experiences):

- A Veteran orientation handbook that provides basic information about services, and phone numbers for additional information or scheduling appointments for new/existing Veterans
- A personal display area for CLC residents at the entrance to each room for them to display items of importance to them
- Excellent signage from the roadways and throughout the hospital
- An information sheet presented to all PACT patients listing team members' names, phone numbers and frequently asked questions
- Cleanliness!! VA Butler was recognized for having consistently clean areas. Restrooms were noted as always being clean and well stocked

Questions? Contact VA Butler's Patient Centered Care Coordinator at 724.285.2292. ★



## Ninety-one VA Butler Volunteers Honored

**VA Butler Healthcare** hosted its fifth annual recognition picnic and awards program for VA Butler volunteers in August. This year, 91 volunteers received pins and certificates for their hours and years of service.

VA's voluntary service is one of the largest volunteer programs in the federal government. During 2013, VA volunteers and organizations donated more than 11 million hours of service, and more than \$86 million in gifts and donations for a total value of \$338.4 million in volunteer giving. In 2013, VA Butler had more than 300 volunteers who provided more than 38,000 hours of service to Veterans, and donations totaling \$229,140.

VA Butler Healthcare volunteers support a myriad of services. They drive Veterans to and from their VA medical appointments, greet individuals to the facility, provide comfort to hospice patients, and help with recreational opportunities. Currently, volunteers are needed to drive, act as comfort companions for the hospice program, help in Adult Day Health Care (ADHC), and provide clerical support for VA's My HealtheVet program. Anyone interested in learning more about VA Butler's Volunteer Program may contact Paula McCarl at 724.285.2575 or Paula.Mccarl@va.gov. ★

SHARING  
STORIES  
AND NEWS  
FROM  
VETERANS  
TO  
VETERANS

Vet Chat

## CLC Veteran Receives Silver Star

The following is a letter written by Deborah Sunseri the daughter of Stephen Paul Zduriencik, a Veteran and former resident of VA Butler's Community Living Center.

### *How do you define a great man?*

His name was Stephen Paul Zduriencik. Our father enlisted in the Marine Corp in May of 1943. Having served his country, Stephen received an honorable discharge in February 1945 earning the rank of Corporal. Then in 1950, he enlisted in the Army, earning the rank of Sergeant. He was honorably discharged having been wounded in action in 1952.

During his military service he received, the following decorations and citations: The American Campaign Medal, The Efficiency Fidelity Honor Medal, The Asiatic-Pacific Theater Medal, The World War II Victory Medal, The National Defense Medal, The Korean Service Medal, The United Nations Service Medal, The Purple Heart Medal, and the Bronze Star Medal.

This summer, on June 26, 2014, Stephen was presented the Silver Star for his gallant actions in his service to his country while in Korea. The Silver Star was presented to him in a ceremony at the Village of Valor in VA Butler's Community Living Center by Captain Scott Croyle and First Sergeant Fred Nichols. This award was the desire of his heart.

Prior to his death, Stephen resided at VA Butler's Village of Valor, Community Living Center. There, he received excellent care by the staff. They serve our military veterans with love, dignity, respect, honor and spectacular care. To know that they did this for our father and fellow Veterans made our experience with our dad's final year more comforting. They feel these Veterans bravely served their country, and now they, in return, want to serve them. We will always be grateful for the excellent care that he received.



My father loved his country. I remember a time when one of his grandchildren asked him, "When was the happiest time in your life?" His response was, "When I served my country." ★



## Veterans Serving Veterans

VA operates one of the largest health care systems in the U.S. VA employs highly trained professionals who are dedicated to providing quality health care to Veterans, and many are Veterans themselves! Currently more than 30 percent of VA Butler Healthcare's employees are Veterans.

“I've been in the service for 10 years, and plan to complete another 10 (dental technician in U.S. Air Force Reserves).” I wouldn't be the person I am today without the military. I also love my job at the VA—as a Veteran serving Veterans, I can relate to their memories, numerous stories, and the military lingo!”

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

VA CLC Nurse and Air Force Veteran  
Jodi Grazier

# Health Quiz: What Do You Really Know About ALS?

**Amyotrophic lateral sclerosis** (ALS), often referred to as “Lou Gehrig’s Disease,” is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord. Even if you participated in the Ice Bucket Challenge to spread ALS awareness, how much do you really know about the disease? Find out by taking the true/false quiz below.

- 1. Muscle weakness is a hallmark initial sign in ALS.**  
True                      False

---

- 2. ALS is a very difficult disease to diagnose.**  
True                      False

---

- 3. Life expectancy of an ALS patient averages about 2-5 years from the time of diagnosis.**  
True                      False

---

- 4. ALS is contagious.**  
True                      False

---

- 5. ALS only affects young adults ages 20-35.**  
True                      False

---

- 6. The sense of sight, touch, hearing, taste and smell are not affected by ALS.**  
True                      False

---

- 7. There is currently a cure for ALS.**  
True                      False

---

- 8. The drug, riluzole, modestly slows the progression of ALS.**  
True                      False

VA presumes Lou Gehrig’s Disease (amyotrophic lateral sclerosis or ALS) diagnosed in all Veterans who had 90 days or more continuous active military service is related to their service. Learn about VA benefits and health care you may be eligible for at [explore.va.gov](http://explore.va.gov).

[www.butler.va.gov/services/community\\_living\\_center.asp](http://www.butler.va.gov/services/community_living_center.asp)

## Quiz Results

1) True. 2) True. 3) True. 4) False. 5) False. 6) True. 7) False. 8) True.

## Who’s Who?

DAWN JOCKEL



## Care for ALS

Veterans are twice as likely to develop ALS/Lou Gehrig’s Disease than the general population. Recognizing ALS as a service-connected disease, VA has made it a top priority to provide care and access to benefits for Veterans, and provides financial and medical support to those with at least 90 continuous days of military service.

At VA Butler Healthcare, we provide assistive devices, home health equipment, and agencies to support Veterans diagnosed with ALS. We also offer hospice and palliative care services in VA Butler’s 60-bed Community Living Center, as well as in the community.

*Dawn Jockel MSN, RN, is the Hospice/Palliative Care Coordinator at VA Butler Healthcare. To learn more about these services, call 800.362.8262, ext. 2763, Monday through Friday, from 7am-3:30pm, or visit [www.butler.va.gov/services](http://www.butler.va.gov/services).*

# REWALK: A ROBOTIC EXOSKELETON

**For people who** have lost the use of their legs, “don’t just go for a ride, go for a walk,” would seem at best an empty promise, at worst a cruel taunt. However, a new product called ReWalk makes that pledge to its users. As a number of New York City-area Veterans have recently learned, ReWalk delivers.

ReWalk is an exoskeleton suit, worn outside a person’s clothes, providing powered hip and knee motion to enable those with spinal cord injuries (SCIs) to stand upright and walk. Dr. Amit Goffer, an Israeli biomedical engineer who is himself quadriplegic, invented it.

The system integrates a wearable brace support, a computer-based control system, and a tilt sensor. It allows patients who cannot move their legs by themselves to stand and walk independently with crutches, mimicking a natural gait.

In June 2014, ReWalk received approval from the U.S. Food and Drug Administration (FDA)

for use at home and in the community with a companion.

The approval was based mainly on a two-year clinical trial at MossRehab in Philadelphia. For several years before FDA approval though, Veterans at the James J. Peters VA Medical Center in the Bronx, N.Y., also had been testing the new system.

According to Dr. Ann Spungen, associate director of the hospital’s Center of Excellence on the Medical Consequences of Spinal Cord Injury, 13 people with SCI already have been trained to use ReWalk.

The patients who participated in the entire study wore the suit for four to six hours per week for about four months. Most participants had 40 to 80 sessions using ReWalk.

When patients are trained to use the device, they first learn how to go from sitting to standing and back again. They also must learn how to shift their weight to their left foot to unweight the right foot to be

free to take a step, and then to shift their weight to their right foot. Then, they learn how to catch themselves with their crutches in a 360-degree circumference, so that if they go forward, backward, or to the sides, they can use their crutches to keep from falling. ★



VA Butler Healthcare may not be using ReWalk yet, but the Prosthetic’s Department provides a full range of equipment and services to Veterans. These range from items worn by the Veteran, such as an artificial limb or hearing aid; those that improve accessibility, such as ramps and vehicle modifications; to devices surgically placed in the Veteran, such as hips and pacemakers. Learn more: Visit [www.butler.va.gov/services/Prosthetics.asp](http://www.butler.va.gov/services/Prosthetics.asp).

## Health Tastes - Scallop Kabobs



### Ingredients

- 3 medium green peppers, cut into 1 1/2-inch squares
- 1 1/2 lb. fresh bay scallops
- 1 pint cherry tomatoes
- 1/4 cup dry white wine
- 1/4 cup vegetable oil
- 3 Tbsp lemon juice
- 1 2/3 cups rolled oats
- 1 dash garlic powder
- black pepper to taste

### Directions

Pre-boil green peppers for two minutes. Alternately thread first three ingredients on skewers. Combine next five ingredients. Brush kabobs with wine/oil/lemon mixture; place on grill (or under broiler). Grill 15 minutes, turning and basting frequently.

Calories: 224 ★ Total Fat: 6g ★ Sodium: 355mg ★ Cholesterol: 43mg

## Crossword Brain Fitness

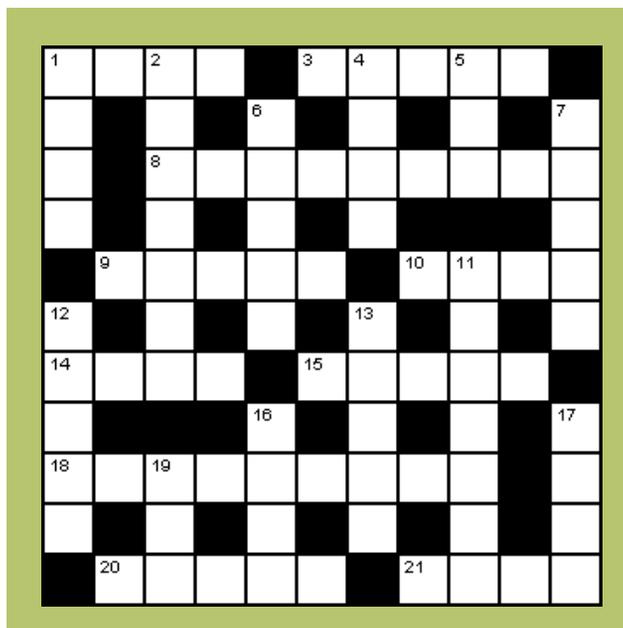
Different parts of the brain will be exercised depending on what kind of puzzle you choose. Crossword puzzles challenge the language and memory areas while jigsaw puzzles provide exercise for the parietal lobes. When you get proficient, do the crossword puzzles in your mind without writing anything down and do the jigsaw puzzles with the picture side turned over so that you are working with shape and form alone.

### ACROSS

1. Metallic element (4)
3. Fruit (5)
8. Insular (9)
9. Bend (5)
10. Female relative (4)
14. Portent (4)
15. System of reasoning (5)
18. With identity concealed (9)
20. Proverb (5)
21. Jealousy (4)

### DOWN

1. Nothing (4)
2. Roman counterpart of Greek Poseidon (7)
4. Step (4)
5. Garland (3)
6. Courageous (5)
7. Arboreal mammal (5)
11. Imaginary creature (7)
12. Poisonous (5)
13. Subject (5)
16. Highly excited (4)
17. Diminutive (4)
19. Type of fish (3)



# HEALTH tip



## HEALTH TIP— WASH FRESH FRUITS & VEGETABLES

Farmers markets (including VA Butler's!) provide great, local fresh produce. It's important to wash fresh foods with running water before cooking and/or serving to prevent any foodborne illnesses. Enjoy fresh fruits and veggies all summer, and well into fall, just wash first!



Making Lives Better® ★ [butler.va.gov](http://butler.va.gov)

325 New Castle Road  
Butler, PA 16001  
800.362.8262  
724.287.4781

 [butler.va.gov](http://butler.va.gov)

 [facebook.com/vabutlerpa](https://facebook.com/vabutlerpa)

 [twitter.com/vabutlerpa](https://twitter.com/vabutlerpa)

 [www.butler.va.gov/news/MediaCenter.asp](http://www.butler.va.gov/news/MediaCenter.asp)



#### 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

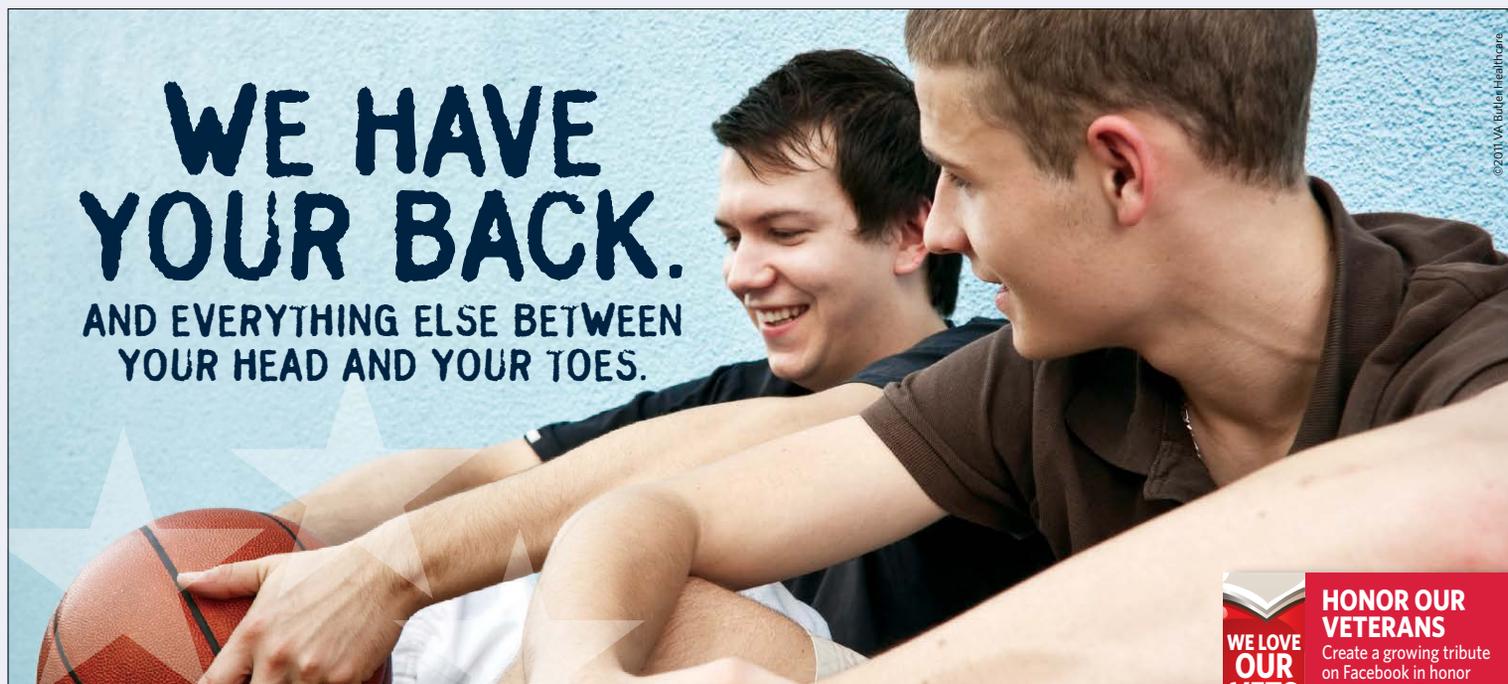
#### LAWRENCE COUNTY VA OUTPATIENT CLINIC

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 VISA 4 under the U.S. Department of Veterans Affairs. VA Butler provides comprehensive Veteran care including primary, specialty and mental health care – as well as management of chronic conditions and social support services for our nation's finest, America's Veterans.



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