

LIVING Better

A VA Butler Healthcare Quarterly Magazine

winter 2014



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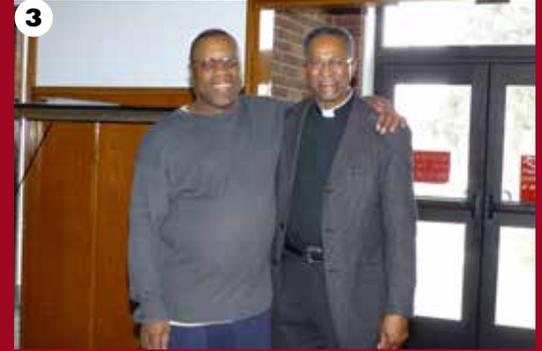
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VA BUTLER HEALTHCARE'S WINTER HIGHLIGHTS



1 To help Veterans start off 2014 eating healthier, the Health Promotion & Disease Prevention Program organized its annual *Healthy Living Food Drive*. More than 600 food items were collected and distributed to local Veterans with need and their families

4 U.S. Army Veteran Dan Reddick received a gift from the Butler County Disabled American Veteran Chapter 64 during the VA Butler Domiciliary Holiday Party in December

7 The first *Winter Women's Wellness Event* with healthy cooking and fitness demonstrations, manicures, massages, health screenings and more was held in January to help women Veterans jumpstart a healthy new year

2 U.S. Army Veteran Matt Sybert visited with Santa (David Brown) during the annual Adopt-a-Veteran program held during the holiday season

5 We celebrated the 36th annual National Salute to Veteran Patients from February 9-15, 2014, with Valentines, activities, and special guests, including members of the VFW Ladies Auxiliary Post 267

8 The American Legion site visit in January included program overviews and achievements. Some best practices identified were holding AA/NA meetings on campus, developing a handbook for newly enrolled Veterans, robust My HealthVet enrollment, and a successful outpatient clinic

3 Army Veteran Steven Kent and Chaplain John Davidson attended VA Butler's Black History Month event to honor the generations of African-Americans who have protected our country

6 During Healthy Heart Month in February, VA Butler hosted its annual *Go Red for Women Event* to help raise awareness of heart disease in women Veterans

9 VA Volunteer Dick Gardner escorted Army Veteran Bonnie Ford to VA Butler's annual *Lunch Date with a Veteran* held on Valentine's Day, and as part of the National Salute

cover photo

VA Butler kinesiotherapist Heather Weiland massages U.S. Army Veteran Cheryl Schaefer during the *Winter Women's Wellness Event*.



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

The cold temperatures, snow, and ice have not stopped us this winter. VA Butler celebrated the holiday season with special guests and gifts for our Veterans, and jumpstarted the New Year with a variety of Health & Wellness events—the Healthy Living Food Drive, Go Red Event, and first Winter Women's Wellness Event. As we move into spring (and hopefully warmer weather!), we will be finishing up final construction of the CLC and moving forward with the award of the new HCC. Much to look forward to! Thank you for your continued service and support as we remain committed to Making Lives Better every day for our Veterans and their families.

John Gennaro, Director

C O N T E N T S

Winter 2014



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Relax. Refresh. Renew.

This winter, VA Butler focused on women's healthy living through the first *Winter Women's Wellness Event*, as well as the annual *Go Red for Women Event* to support heart health.



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Centralized Check-In

At VA Butler Healthcare, we are constantly striving to *Make Lives Better* for our Veterans. One of the newer ways we're doing this is through a Centralized Check-In (CCI) process.



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Weight-Loss, Camaraderie & Healthier Living with BAM

Be Active and MOVE! - (BAM) is a new clinical video telehealth (CVT) program at VA Butler Healthcare to help Veterans be more physically active.



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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 winter recipe.

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Relax. Refresh. Renew.

Women Veterans' Wellness

Women are the fastest growing group within the Veteran population. Since 2000, the number of women using VA health care has more than doubled from nearly 160,000 to more than 360,000 in 2012. Women now make up 15 percent of active duty, and 18 percent of Guard/Reserves service members. Based on the upward trend of women in all branches of service, the number of women Veterans and female VA users is expected to double again in the next decade.

VA Butler Healthcare continues to make significant progress in health care delivery for women Veterans. Our comprehensive 4 women's health care program is delivered in a gender-neutral (integrated) primary clinic at all sites of care, and with extended hours offered for women's health, as well as other Primary Care services. We offer 12 domiciliary beds designated for females in our Domiciliary Residential Rehabilitation Treatment Program. Mammography services are accomplished through multiple

contracts with hospitals in our catchment area, and gynecology services have been expanded to include specialized services, in addition to basic exams and cervical cancer screens.

VA Butler Healthcare's Women Veterans Health Program also is dedicated to women Veterans living healthy and staying well during every stage of their lives. We want to engage women Veterans as partners in managing their health. This winter, VA Butler focused on women's healthy living through the first *Winter Women's Wellness Event*, as well as the annual *Go Red for Women Event* to support heart health.

Women Veterans enjoyed healthy cooking demonstrations in the "Nutrition Kitchen," manicures, massages, health screenings, exercise demonstrations from the local YMCA, information booths, and nutritious snacks at the *Wellness Event*.

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



“We wanted to let our women Veterans know we are here to support them in their healthy living goals in 2014, and always,” said Brenda Sprouse, VA Butler’s Women Veterans Program Manager. “Eating healthy, exercising regularly, and managing stress is key for all women, and we wanted to showcase this and more at the event.”

Some additional health advice for women includes:

- Eating a low fat diet
- Exercising regularly (for 30 minutes, at least five days a week)
- Getting adequate sleep (seven or eight hours a night for most people)
- Managing and reducing stress
- Reporting any breast changes or abnormalities that you discover to your VA provider
- Avoiding heavy drinking (more than one drink a day)
- Avoiding too much sun and using sunscreen when exposed to sunlight
- Maintaining healthy weight

VA Butler Healthcare aims to meet the unique needs of women Veterans by delivering the highest quality of health care to each woman, while offering privacy, dignity, and sensitivity to gender-specific needs. We are here to support our women Veterans – today – and every day. With more than 1,000 enrolled female Veterans at our facility, we are constantly expanding, adding, and improving programs and services.

Are you a woman Veteran, family member or caregiver? Have questions about VA services? Call VA Butler Healthcare’s Women Veterans Program Manager at 1-800-362-8262, x2756 or visit www.butler.va.gov/services/women/index.asp. ★



Centralized Check-In

At VA Butler Healthcare, we are constantly striving to *Make Lives Better* for our Veterans. One of the newer ways we're doing this is through a Centralized Check-In (CCI) process. In the past, all patients who had multiple appointments at the main facility also had multiple check-in processes. The average patient is here for two to three appointments in one day—this meant at least two kiosk check-ins, two check-ins with a Medical Support Assistant (MSA), and two check-outs with an MSA. Now, no matter how many appointments a Veteran has in one day, it is only one kiosk check-in and one MSA check-out.

“CCI was initiated due to long patient wait times. We could see frustration and dissatisfaction with the process. We knew we had to make a change,” said Veteran and VA’s Advanced Medical Support Assistant Trish MacGregor who was on the PACT team that proposed the ideas for this change. “We can review the data and see the improvement in wait times now, but what really matters is that we are providing a more

personal, efficient experience for our Veterans, and it shows on their faces and their attitudes.”

“As a Veteran and a VA employee, I am able to see both perspectives and CCI clearly is a more satisfying experience for the Veteran and the staff,” said Trish. Veteran Jason Pflugh agreed: “I appreciate that it’s quick, easy, and there’s never a line to wait in. I press the screen a couple times and I’m on my way.”

So, how is the new centralized check-in process measuring up?

- Improved Speed and Ease of Access
 - ◆ Patients, on average, get checked in two minutes earlier for their appointments
 - ◆ Very late patients (over 15 minutes) get checked in eight minutes earlier for their appointments
 - ◆ Longest single-line queue at centralized check-in to date is two patients

- Reduced Wait Times After Checking In
 - ◆ 26% reduction in average wait for patients arriving less than 15 minutes early
 - ◆ 8% reduction in average wait for patients arriving late (0-15 minutes)
 - ◆ 2% reduction in average wait for patients arriving more than 15 minutes late
- Improved Value and Faster Appointments
 - ◆ Reduced average visit length (check-in to check-out) by 22 minutes, or 22%
 - ◆ Frequent patient comments to volunteers when leaving...“this was fast!”

- Improved Patient Care
 - ◆ Fewer missed return to clinic (RTC) orders. Past practice had an average of 484 pending unscheduled return to clinic orders open at one time, now it’s down to less than 44 pending at any one time, a 91% reduction in the number waiting to be scheduled. The new

electronic process catches 100% of RTCs, and ensures attempts are made to schedule new appointment by the next business day

- ◆ Fewer no-show appointments overall (through improved scheduling consistency and face-to-face scheduling)
- ◆ More patients checking-out before leaving, better follow up, reduction in phone calls, quicker care
- ◆ Nebulizers and blood pressure cuffs distributed at checkout, saving patients from going to prosthetics or cardiopulmonary areas

“Veterans also are able to schedule any and all appointments in one centrally located place,” said Trish. “For example, if a patient sees their Primary Care Provider for an annual exam and is ordered physical therapy, optometry and podiatry, they are able to schedule all appointments/consults before they leave that day. Efficient.”

www.butler.va.gov

Faster, More Efficient and a Greater Personal Experience

Centralized Check-In is in the outpatient (Primary Care) lobby on the basement level, and is for all appointments here at the main VA Butler Healthcare facility. ★



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va.gov/patients/appointments.asp

Weight-Loss, Camaraderie, & Healthier Living

VA's new *Be Active and MOVE!* Program



Being as physically active as possible is one of the best ways to protect health and help Veterans to manage their weight. *Be Active and MOVE!* - is a new clinical video telehealth (CVT) program at VA Butler Healthcare to help Veterans to be more physically active. With this program, Veterans learn how to be more physically active through instruction and practice. CVT allows Veterans to participate from a convenient location close to home or work.

Be Active and MOVE!, known as “*BAM*”, consists of group activity (aerobic fitness, strengthening exercises, balance and flexibility training) along with education about the new skills all performed with the support of fellow Veterans. Each participant receives a set of resistance bands in addition to a pedometer. The focus of the class is to become more comfortable with different activities in order to improve fitness and health.

U.S. Air Force Veteran Victoria Vranjes joined the *Be Active and MOVE!* pilot program at VA Butler Healthcare, and has been participating ever since. After undergoing major surgery and being in a body brace and in the hospital for 13 months, Victoria had no strength or stamina, was hunched over, could barely walk, and had gained 75 pounds.

Through exercise, motivation, VA's *MOVE!* program, and now *BAM!*, Victoria is walking more upright, losing weight, and living healthier! “Stepping in place, stretching, using resistance bands, and strengthening exercises—those are things I can do. Some of the guys do it a lot better than I do, but I keep working at it,” said Victoria.

Victoria's typical weekly fitness schedule includes going to the gym six days a week to use the rowing machine for two or three

with **BAM!**

hours, in addition to the *BAM!* group. “You get a workout with *BAM!*. To me, it is as hard as rowing a rowing machine for three hours!” she said. “With this program, once we start, we go straight through with all of our exercises, and they keep switching it up. I am sweating from it.”

In addition to the physical benefits of this new group, the emotional benefits of support, motivation, and camaraderie from other Veterans also are important for Victoria and others in her class. “One of the things I really enjoy about the class—some of us are slower, some are faster—but you’re motivated when you see someone else doing it. It’s a camaraderie thing; we look out for each other.”

www.move.va.gov

In fiscal year 2013 at VA Butler, *BAM!* contributed to an activity increase of 146,000 steps from start to finish of the eight-week program for 21 Veterans and an additional 45 pound weight loss! To participate in VA Butler’s *Be Active Program*, Veterans must be enrolled in the *MOVE!* Program. Enroll today by contacting your VA health care team or the *MOVE!* Team directly at 1-800-362-8262 ext. 5504, and then participate by appointment. ★



Let’s hear from Veterans participating in *Be Active and Move!*

Why start *Be Active and MOVE!*

- To help me get motivated to exercise
- For the challenge—to better myself and maintain healthy numbers
- To get in shape
- To lose belly fat
- Improve balance

What is the most helpful for you in this group?

- The accountability of the group and the introduction to resistance bands
- Seeing other Veterans standing together wanting to better their health/life situations
- Learning new exercises to benefit my problems
- Something to do besides nothing on Mondays
- More energy with these exercises—learned more about stretching—working with others gives me more confidence and motivation

Would you recommend it to other Veterans?

- Yes, because you get into the rut of daily living. This encourages you to get out of your comfort zone and get active again. A good time and nice people with like-mindedness add a lot of encouragement
- Yes, it’s men and women banding together wanting to better themselves
- Yes, it goes great with the *MOVE!* group class
- Yes, I do ask some of my friends to come
- Yes, more strength, flexibility and motivation when others are with you in the same boat



New Space for Rehabilitation in the CLC

VA Butler Healthcare's Inpatient Rehabilitation Team moved into the new Community Living Center (CLC) space to provide services to CLC Veteran residents. Services are provided by certified clinical professionals in physical therapy (PT), kinesiotherapy (KT), occupational therapy (OT), speech pathology (SP), recreation therapy (RT) and physiatry.

Inpatient services are provided at bedside, and in the individual clinics. Services offered include joint replacement therapies, artificial limb training, stroke recovery, balance and fall prevention, pain management, custom wheelchair seating, adaptive equipment evaluations, orthotic and brace clinic, wound prevention and treatment, bariatric services, comprehensive driving evaluation, patient/family education, home therapy instruction, compression garments, manual lymph drainage, lymphedema management, and hand therapy. Prosthetics and sensory aids also provide supplies, equipment, devices, and services to replace, support, and/or complement human anatomy impaired as a result of trauma or disease. For more information visit www.butler.va.gov/services/Physical_Medicine_and_Rehabilitation_PM_R.asp. ★

Coming Spring 2014!

The final phase of the new Community Living Center (CLC) construction is nearing completion. The finished CLC will soon be home to 60 Veterans, all with their own private rooms, with internet access, a study, and a private bath. Stay tuned as we finish up this exciting project for our Veterans with a ribbon-cutting ceremony and move-in date in late spring 2014. ★



www.butler.va.gov/services/Community_Living_Center.asp



Homeless Point-in-Time Count 2014

During the last week of January, the Department of Veterans Affairs, Housing and Urban Development, and local agencies across the country joined in a Point-in-Time Count—to get a statistically reliable, unduplicated count of sheltered and unsheltered homeless Veterans, individuals and families in the U.S.

VA Butler Healthcare participated in the Point-in-Time Count—with a VA Butler homeless team member represented in all five counties we serve. No homeless Veterans were encountered for the unsheltered count. For the sheltered count, VA Butler has 35 homeless Veterans in our Domiciliary and 10 in the CWT/TR house.

VA is committed to ending Veteran homelessness by the end of 2015. VA's programs provide individualized, comprehensive care to Veterans who are homeless or at risk of becoming homeless. Visit va.gov/homeless to learn about VA's programs for Veterans, or call 877-4AID-VET (424-3838) to be connected 24/7 with VA's services to overcome or prevent homelessness for yourself or a Veteran you know. ★

National Salute to Veteran Patients

VA Butler Healthcare celebrated the 36th annual National Salute to Veteran Patients February 9-15, 2014. Throughout the week, we strived to offer more than excellent health care — we offered our patients a genuine connection with family, friends and the communities they served.

Hundreds of Valentine cards and letters from people of all ages addressed “Dear Veteran” were given out, special guests visited, and fun and unique activities took place all week. On Valentine’s Day, we hosted our special “Lunch Date with a Veteran” event. Volunteers provided their Veteran “dates” with boxes of chocolate and escorted them down for a special lunch.

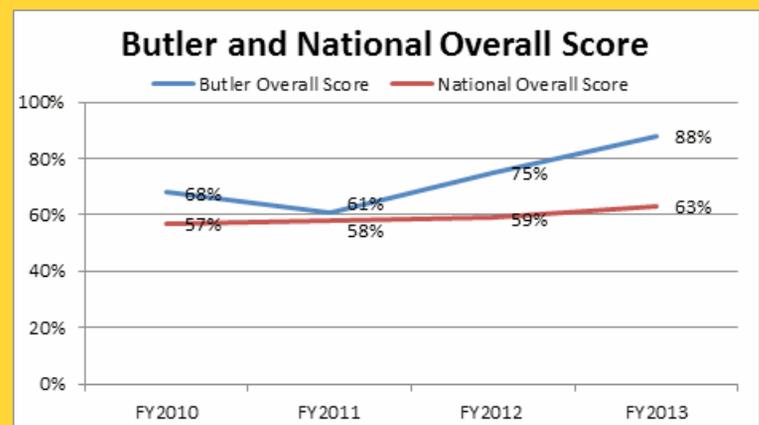
Personal contributions of time and expressions of care are the National Salute’s hallmark and the foundation of VA Voluntary Service. VA volunteers epitomize the one-to-one sharing and caring that is a core value of our nation. Last year, close to 400 VA Butler volunteers gladly gave more than 38,000 hours of service to Veterans. Honor a Veteran today. Volunteer at VA Butler Healthcare, www.butler.va.gov/giving/index.asp. ★



#1 in the Nation in Hospice Care

VA Butler Healthcare has made significant gains in the care they provide Veterans in the Hospice Program. In the recent Bereaved Family Survey, which measures excellence of care provided to Veterans at the end of life, VA Butler Healthcare **ranked number one in the nation!**

VA Butler admits Veterans who want or need inpatient hospice care to our Community Living Center. The hospice team develops a care plan involving the Veteran and family. For more information about VA Butler’s inpatient Hospice Care program, contact the Palliative Care Coordinator at 1-800-362-8262, ext. 2763 or visit www.butler.va.gov/services/Hospice_Care.asp. ★



SHARING
STORIES
AND NEWS
FROM
VETERANS
TO
VETERANS

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Vet Chat

A Family of Heroes

U.S. Army Veteran Daniel McLaughlin rides with the American Legion Riders #177 out of Butler as well as the Patriot Guard Riders. "We're not just out there riding motorcycles; we're out there riding for a definite purpose. We want to help those at the VA."

Dan rides his son Michael's motorcycle. Michael spent 26 years serving his country faithfully, and was killed in Iraq in 2006. The motorcycle also has a picture of Michael on it. "I look down and see his picture, and it's like him and I are riding together." Dan's youngest son, Christopher, also served with the Pennsylvania National Guard, and now his grandson, Daniel, is serving in the Pennsylvania National Guard.

Dan, like the others in his service group, rides for a reason. "It's not something we have to do, but it's something we want to do. We spend a lot of time and effort to raise money and make sure Veterans are taken care of.



Any activity that we can get involved in at the VA to help out Veterans, we try to help out."

With the American Legion Riders, Dan has helped raise money for local homeless Veterans, participated in multiple VA events (including serving as a stand-in Santa this past year at the Adopt-a-Veteran event at VA Butler's Domiciliary), and even provided an escort to Arlington National Cemetery. "There's really good programs at the VA, and there's a lot of good improvements being made there. I'm glad that our group spends so much time helping out there - it makes us very proud to know we've helped out in some small ways."

VA Butler Healthcare depends on the goodwill of our volunteers and service organizations who wish to give something back to America's heroes. Interested in volunteering? Contact the Voluntary Services Office at 800-362-8262 Ext. 2575. ★



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 choose to work for the VA to continue serving and caring for my brothers and sisters in arms. ”

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

VA Employee and Air Force
Veteran Randy Snider

Health Quiz: All About Thyroid

Have you been feeling tired, gaining weight, or feeling depressed? Or, have you been losing weight without trying to, feeling jittery, and having trouble sleeping? You may want to talk to your VA health care team about your symptoms to see if you need to get your thyroid checked. How much do you even know about your thyroid? Take the quiz below and find out!

- 1. What is the thyroid?**
 - A. It's a pea-shaped organ near the liver
 - B. It's a butterfly-shaped gland at the base of your throat, right above your collarbone
 - C. It's part of the gallbladder
 - D. It's a bone in the thigh

- 2. What does the thyroid do?**
 - A. It controls breathing
 - B. Helps fight infections
 - C. Aid digestion
 - D. The gland, part of the endocrine system, is responsible for making sure your body uses energy at the proper rate by secreting a hormone that helps regulate your metabolism

- 3. What are the symptoms of hypothyroidism, or an under-active thyroid gland?**
 - A. Feeling run down, slow, depressed, sluggish
 - B. Feeling cold and tired
 - C. Having dry skin and hair
 - D. Having constipation, muscle cramps and weight gain
 - E. All of the above

- 4. What is one of the symptoms of hyperthyroidism, or an over-active thyroid gland?**
 - A. Vision loss
 - B. Hearing loss
 - C. Weight loss

- 5. Thyroid disorders affect mostly men.**
 - A. True
 - B. False

- 6. Graves' Disease is a type of hyperthyroidism.**
 - A. True
 - B. False

Quiz Results

1) B 2) D 3) E 4) C 5) B 6) A

Quiz courtesy of U.S. Department of Health & Human Services

Who's Who?

**SUZANNE
SCHAEFERS, PT**



Physical Medicine
and Rehabilitation

Suzanne, a physical therapist for 21 years, leads the Prevention of Amputation in Veterans Everywhere (PAVE) program, and chairs the Wound Care Clinic (WCC) team at VA Butler. Through PAVE, VA Butler has improved the ability to identify Veterans at risk for amputation and provide them with education and services that reduce risk of skin breakdown and potential amputation.

The WCC includes weekly visits, treatments, and education about wound care and prevention with a focus on healing wounds quickly and efficiently. With the development of the Wound Team, VA Butler now more effectively identifies inpatient Veterans at risk for skin breakdown, and initiates state-of-the-art interventions and treatments to manage Veterans at risk and those with wounds.

Suzanne Schaefers, PT, is a Physical Therapist and Certified Wound Specialist for inpatients at VA Butler Healthcare. To learn more visit www.butler.va.gov/services/Physical_Medicine_and_Rehabilitation_PM_R.asp.

www.va.gov/health

A TEXT MESSAGE A DAY HELPS KEEP HEART DISEASE AT BAY

Taking medications

after a heart attack is key to a full recovery, but for some patients that's easier said than done. Doctors have long struggled to ensure patients not only remember to take their medicine, but do so correctly. Now a VA researcher has provided a glimpse at a possible game-changer: text messages.

According to study lead author Linda Park, M.D. (?), a post-doctoral fellow at the San Francisco VA Medical Center, patients recovering from heart attacks took more of their medication on time when they received text messages reminding them to do so.

"These medications are critical because patients can have serious life-threatening complications if they don't take them," Park explained.

Ninety participants were studied for 30 days. The Veterans, who had all experienced a heart attack, an artery-opening stent procedure, or both, averaged 59-years-of-age. A third of them received two texts per day reminding them to take

their medicine, and general heart health tips three times per week. Another third received only the heart health tips. The last group received no texts at all.

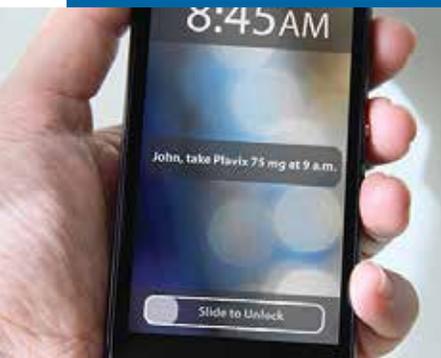
The group receiving the text reminders was 16 to 17 percent more likely to take their medicine at the right time and in the correct dosage. Both groups receiving text messages were more likely to take their medicine than was the control group.

According to Park, just having contact with the Veterans improved the likelihood they would take their medicine. Park's team used an automated system to send out texts at specific times to each Veteran. The texts were sent using technology already in place at most clinics and hospitals. The results, which appear in the February 2014 issue of Patient Education and Counseling, could lead to similar notification programs for other illnesses.

While VA Butler Healthcare does not currently offer text messaging alerts – Veterans may access their prescription

information and VA health care team 24/7 through My HealtheVet and My HealtheVet's Secure Messaging. With Secure Messaging, Veterans may ask about VA appointments, medications and lab results, or have routine questions answered. Similar to email, Secure Messaging allows users to write a message, save drafts, review sent messages and maintain a record of conversations. The lines of communication are always open!

To use the Secure Messaging feature, Veterans must be receiving health care services from VA, have registered on My HealtheVet as a "VA Patient" and have a Premium My HealtheVet account. To get an upgraded Premium account, a Veteran must go through authentication. This is a process by which VA verifies a Veterans' identity. This is done before allowing access to his or her VA health record. Learn more about upgrading a My HealtheVet account through in-person or online authentication. Once upgraded, remember to opt into the Secure Messaging feature! Learn more: www.myhealth.va.gov. ★



Health Tastes - Easy Navy Bean Soup



Ingredients

- 2 cups dry Navy Beans
- Water
- 1/2 cup carrots, chopped
- 1 medium onion, chopped
- 1 cup lean ham, chopped (can use a leftover ham bone or any other leftover meat; remove fat before cooking)
- Salt and pepper to taste

Directions

Soak, drain and rinse beans. Put the soaked beans, six cups of water, the carrots, onion, and meat in a large pan and bring it all to a boil. Turn the heat to low and cook two hours (until the beans are tender). If needed, add more water while the beans are cooking.

Calories: 227 ★ Total Fat: 2g ★ Sodium: 156mg ★ Cholesterol : 6mg

HEALTH

tip



Crossword **Keep the Brain Healthy**

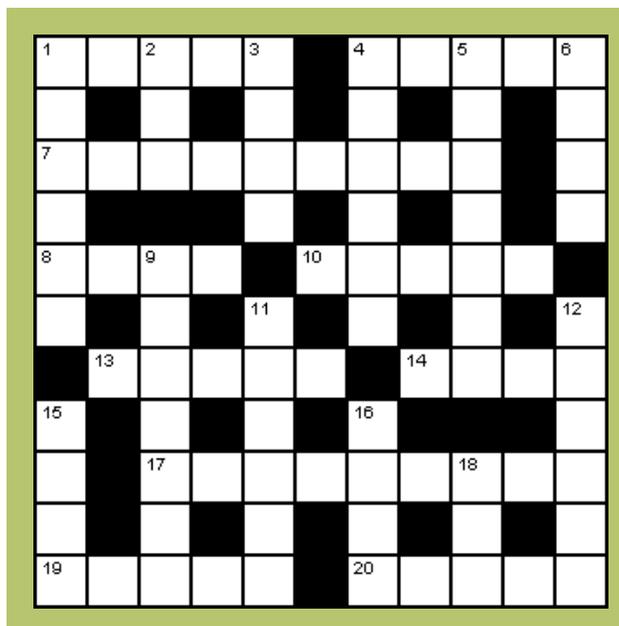
Did you know that your brain, like the rest of your body, needs good nutrition and exercise? Keeping your brain healthy and active is just as important as keeping your body healthy and active. You only have one brain. Activities that stimulate our minds, like crossword puzzles, reading, writing, and learning new things, help to keep our brain healthy.

ACROSS

1. Aquatic mammal (5)
4. Striped equine (5)
7. Watered (9)
8. Flows back (4)
10. Tennis stroke (5)
13. Assumed name (5)
14. Disparaging remark (4)
17. Essential (9)
19. Rear part of a ship (5)
20. Smooth fabric (5)

DOWN

1. Relinquished (6)
2. Atmosphere (3)
3. Boundary of a surface (4)
4. Stringed instrument (6)
5. Confound (7)
6. Desiccated (4)
9. State of equilibrium (7)
11. Bird of prey (6)
12. Implement for writing or drawing (6)
15. Optical device (4)
16. Small snakes (4)
18. Colony insect (3)



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HEALTH TIP— CURL UP WITH HOT COFFEE

Your hot cup of morning coffee may have health benefits. The caffeine in coffee stimulates the brain and nervous system, and may lower your risk of diabetes, Parkinson's disease, mood problems, headaches, and even cavities. Another plus is that coffee is naturally calorie-free!



Making Lives Better® ★ butler.va.gov

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 facebook.com/vabutlerpa

 twitter.com/vabutlerpa

 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 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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HONOR OUR VETERANS

Create a growing tribute on Facebook in honor of a Veteran. Tag a Veteran's image with their name to honor them.



IT'S A PROMISE WE KEEP EVERYDAY

by providing full-service health care that's convenient, affordable and just for you — our region's heroes.

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