

LIVING Better

A VA Butler Healthcare Quarterly Magazine

spring 2011



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VA BUTLER HEALTHCARE'S SPRING HIGHLIGHTS



1 VISON4 Director Michael Moreland walks with VA Butler Healthcare Director Patricia Nealon and Chief Engineer Jeff Heiger through VA Butler's new Community Living Center (currently under construction) during a site visit to VA Butler Healthcare.

4 Jeremy Fleeger, who has been a VA Butler Healthcare volunteer for 13 years, delivers newspapers throughout the facility. VA Butler's volunteers were recognized as part of VA's National Volunteer Week April 10-16.

7 Mrs. Pittsburgh International 2011 Deborah Cottrell visits and signs autographs for Veterans who are enrolled in Adult Day Health Care.

2 VA employee Hayword Smith serves a "Smart Choice" meal to VA employee Rebecca Michael. New "Smart Choice" meals are offered at the Veterans Canteen Service at VA Butler.

5 Certified Health Benefit Advisor, Margaret Ragusa assists a National Guardsman through the registration process. VA Butler Healthcare and the Department of Defense co-hosted a Post-Deployment Health Reassessment (PDHRA) for 64 PA National Guardsmen.

8 Engineers Dan Michalek and Jeff Heiger inspect the construction progress of VA Butler's Community Living Center, one of two new stand-alone construction projects in VA Butler's 70 year history.

3 Dr. Timothy Burke is appointed Chief of Staff. He comes to VA Butler Healthcare from the VA Pittsburgh Healthcare System where he served as the Vice President of the Primary Care Service Line since 2007.

6 Medical lab aid Marsha Wills screens a Veteran for blood sugar (A1C test) at a Veterans Health Fair. VA Butler offers Veteran Outreach/Health Fairs throughout Western PA and Eastern OH with health screenings, eligibility information and enrollment opportunities for Veterans.

9 Veteran and employee Amanda Walling, Clinical Applications Coordinator, uses Secure Messaging, the newest My Health@Vet feature. Secure Messaging is now available at VA Butler to Veteran My Health@Vet users.

C O N T E N T S

spring 2011

Rachelle Lyons, registered dietitian at VA Butler Healthcare demonstrates how to cook healthier meals with the *Nutrition Kitchen*.

cover story



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No More Excuses

It's time to stop making excuses and start living better. VA Butler Healthcare is committed to helping you live healthier. Read about how we are making healthy living choices more accessible and convenient for our Veterans and their families.



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Welcome Dr. Timothy Burke

Dr. Burke was appointed VA Butler Healthcare's Chief of Staff effective April 24.



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Goodbye Telephone, Hello Online Messaging

Learn about the new communication tool that allows Veterans to "talk" to their doctors online. It's easy to use and reduces telephone calls and waiting on hold.



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Vet Chat

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



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Health Tech, Tips & Tastes

What's new and interesting in the world of health technology? Find out! Also enjoy a health tip and tasty healthy recipe.

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Managing Editor

Anne Mikolajczak

Editor

Amanda Wilczynski

Production Manager

Lauren Heiger

Photography

Joshua Hudson; Tiffany Wolfe

WELCOME TO VA BUTLER HEALTHCARE

Dr. Burke



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Dr. Timothy Burke meets with a Veteran patient about his VA primary care.

Dr. Burke's foremost goal in his new role is to continue to provide high-quality care to our Veterans in Butler and surrounding counties.

Dr. Timothy Burke was appointed VA Butler Healthcare's Chief of Staff effective April 24.

Dr. Burke came to VA Butler Healthcare from the VA Pittsburgh Healthcare System where he served as the Vice President of the Primary Care Service Line. Dr. Burke first joined VA as a staff physician at the Syracuse VA Medical Center in 1999. He then went to VA Pittsburgh Healthcare as a primary care team leader at the Heinz campus in 2004. He served briefly as the chief of the hospitalist section before becoming Vice President for Primary Care in November 2007.

Dr. Burke's foremost goal in his new role is to continue to provide high-quality care to our Veterans in Butler and surrounding counties. He is also dedicated to the implementation of PACT.

VA recently adopted a new way to provide Veteran-centered care called "PACT" – Patient-Aligned Care Teams. PACT is a patient-driven team approach focusing on medical care that is more accessible, continuous, comprehensive, coordinated and compassionate.

"Dr. Burke's clinical and management skills will provide strong support in VA Butler's mission in Primary Care, particularly as we move forward with the implementation of the PACT delivery model," said Patricia Nealon, VA Butler Healthcare Director. "We are very pleased that someone with Dr. Burke's reputation and expertise has been appointed as Chief of Staff."

Dr. Burke comes to VA Butler with ample knowledge and experience. He received his medicine degree from the University of Pittsburgh School of Medicine in 1996 and completed primary care internal medicine residency training at Brigham and Women's Hospital in 1999. He has represented VA Pittsburgh Healthcare System and VISN 4 nationally on the National Utilization Management Advisory Committee (NUMAC). He is also an assistant professor of medicine at University of Pittsburgh School of Medicine.

"I think everything you do in life prepares you for where you are and where you are going," said Dr. Burke. "Running a major service line in Pittsburgh for the past three years, that oversees inpatient, internal medicine, and a huge outpatient practice has been the best preparation. I've dealt with leaders across nursing, other specialties in medicine and surgery. It's been incredibly valuable experience."

Dr. Burke is looking forward to sharing ideas and staying

engaged with the progress of the Health Care Center (HCC). Construction for the HCC will take place in the next couple of years and will provide VA Butler Healthcare with additional state-of-the-art health care space to consolidate outpatient services and meet increased patient demand. "I think it is a really compelling idea for our facility and for the delivery of more specialized care," said Dr. Burke.

As with any new role, numerous challenges are inevitable. Dr. Burke is prepared to meet those challenges head on and is excited to do so.

"I am most excited to roll-up my sleeves, go out and meet the people who are providing care and find out what they think is and isn't working. Then, get to work to help remove barriers to success," said Dr. Burke. "I want to make any necessary improvements so that not only are the patients elated with the quality of care and the attention they get, but also employees talk about VA Butler as being the only place they ever want to work." ★



Amanda Walling, Operation Iraqi Freedom (OIF) Veteran uses My HealtheVet's Secure Messaging to "talk" to her Primary Care Physician at VA Butler Healthcare.

Veterans at VA Butler Healthcare can now communicate with their doctors online with My HealtheVet's newest feature called Secure Messaging. It's easy to use and reduces telephone calls and waiting on hold. It's so much more than just a new way to communicate though. Veterans are able to renew prescriptions, inquire about medication usage or a test result, schedule an appointment, or inquire about a condition. This will replace a drive to VA Butler or an outpatient clinic.

"Secure Messaging is a great alternative to the traditional phone call. It is great for quick questions regarding prescriptions, appointments, or follow-ups on lab work," said Amanda Walling, Operation Iraqi Freedom (OIF) Veteran and Secure Messaging user. "It is a more convenient way to communicate for me because messages can be sent and received when convenient verses the alternative phone calls which sometimes turn into 'phone tag.'"

GOODBYE TELEPHONE,
HELLO **Online** MESSAGING

Secure Messaging
Has Arrived at
VA Butler Healthcare

Secure Messaging is a web-based message system that allows participating VA patients and VA health care teams to communicate non-urgent health-related information in a safe computer environment. Secure Messaging is available 24 hours a day, 7 days a week through the www.myhealth.va.gov portal.

“It is not always easy to take phone calls from the primary care team because of work and school and information cannot be left on a voice mail. For Veterans in my generation, this is the easiest way to contact my primary care team,” said Amanda.

Secure Messaging is a way for VA Butler to make Veterans lives better.

To participate, a Veteran must:

- 1 first register with My HealtheVet and create an account
- 2 become In-Person Authenticated (IPA) by a My HealtheVet Administrator, and finally
- 3 Opt-In to Secure Messaging with their health care team.

To complete the IPA process, VA patients must visit VA Butler Healthcare’s Release of Information Office (207C), show a government-issued photo ID, watch the My HealtheVet orientation video, and complete and sign VA form 10-5345a. Once this process has been completed, the Veteran patient may then begin to communicate securely with their health care team via Secure Messaging.

“With the advent of Secure Messaging through My HealtheVet, VA Butler can now offer Veterans a high-touch, high-tech model of care,” said VA Butler’s My HealtheVet Coordinator Lauren Heiger. “Secure Messaging communication uses My HealtheVet’s portal; Veterans tell us that online communication with their health care team offers them a sense of reassurance and control as well as a ‘personal touch’ to care. And we all know that improved Veteran self-management leads to higher levels of satisfaction. And that’s what we’re all about here.”

Secure Messaging is the newest feature of My HealtheVet, VA’s online personal health record. Registered patients can track their health, document their military and family history and much more. Other services available on the site include the ability to order medication refills and view appointment calendars. Veterans can also check their wellness reminders (i.e., health care screenings), and will soon be able to see lab results and view parts of their medical records online through My HealtheVet; many of these



features are only available with an upgraded account.

In a society filled with text messaging, Facebook posts, and tweets, we want information and we want it now! Veterans who are registered with My HealtheVet and have an upgraded account can now start using Secure Messaging to communicate their non-urgent health-related information 24 hours a day, 7 days a week. ★

www.myhealth.va.gov



VA Butler's My HealtheVet Coordinator, Lauren Heiger provides a Veteran and My HealtheVet user with an overview of the My HealtheVet website and some of its new features.

N O M O R E Excuses

Everyone has excuses for not eating healthy, skipping the gym, or just not making healthy living choices overall. Some of the most common excuses include:

- 1 I don't have enough time to (do whatever it is that I know I should do but don't want to do)
- 2 Healthy food and gyms are too expensive
- 3 I have a bad knee (elbow, hip, shoulder, toe)
- 4 I have very young children who take a lot of my time and attention
- 5 I'd rather be fat and happy than thin and miserable

Do any of these sound like you? Maybe you use a different excuse. But, no matter what it is, VA Butler Healthcare is committed to helping you live healthier. We are always making healthy living choices more accessible and convenient for our Veterans and their families. Just how are we doing that?

Well, for starters, we are expanding our wellness programs! The *MOVE!* Program expanded in March and April with group classes being added at the Cranberry Township VA Outpatient Clinic, Lawrence County VA Outpatient Clinic, and the Michael A. Marzano VA Outpatient Clinic in Mercer County.

MOVE! is the national VA Weight Management Program that focuses on healthy lifestyle changes by eating right and getting exercise regularly. *MOVE!* is available at our main facility and at all of our VA Outpatient Clinics.

"We are promoting healthy lifestyle changes through eating right, getting more physically active, and being conscious of making better choices for better health," said Laurie Conti,

MOVE! Weight Management Program Manager at VA Butler. "Small changes today, in what and how much we eat and how much we move our bodies, can make a big difference over time."

VA Butler has also implemented plans to expand the Tele*MOVE!* program. Tele*MOVE!* uses an in-home messaging device for an 82-day cycle of dialogue and weekly weighing in with a Care Coordinator dietitian watching over Veterans every step of the way.

The Veterans Canteen Service (VCS) at VA Butler is also helping Veterans stay healthy with new and improved healthy menu options right at the facility. A new slogan "Smart Choices" highlights the healthy menu options available everyday to Veterans, from meals under 500 calories to new salads and soups.

"Smart Choice" signs are displayed throughout the medical center so Veterans know which meal choice is the healthy option. These signs provide the calorie content for all the meals served. This summer, VA Butler will also have Smart Receipts – nutritional information printed on cash register receipts.

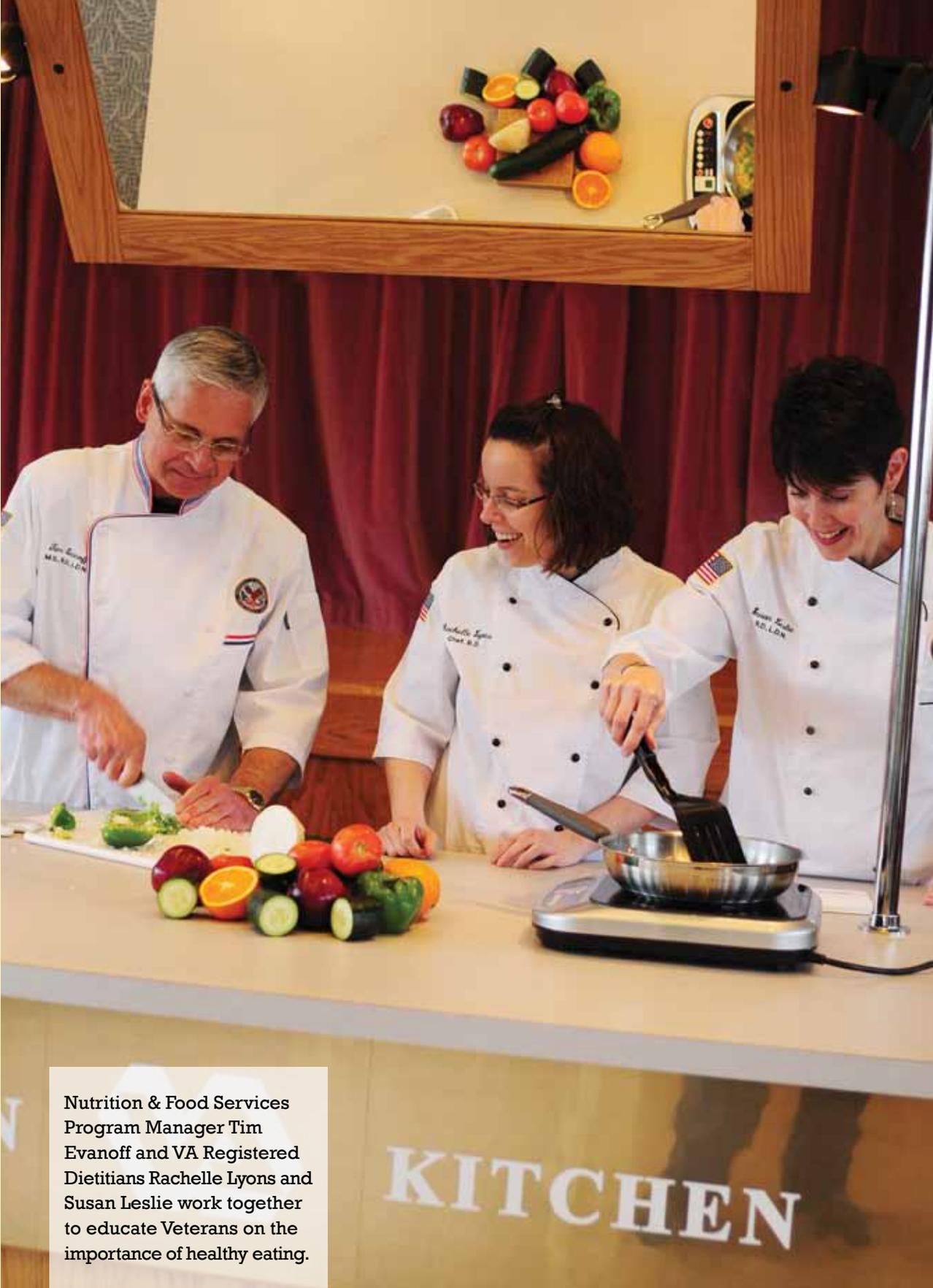
"We are constantly striving to enhance healthy living for Veterans. These new offerings are a great opportunity and an easy way for Veterans and staff to eat wisely," said Karen Dunn, Health Promotion and Disease Prevention Program Manager. Visit www.prevention.va.gov for additional healthy living information.

Veterans can also attend VA Butler's *Nutrition Kitchen*. VA Butler is one of only six VA facilities nationwide to obtain a grant for a *Nutrition Kitchen*. Chef Rachelle Lyons provides demonstrations on healthy cooking to give Veterans a real-world cooking education.

Nutrition counseling is available too. Nutrition and Food Services provides one-on-one counseling for Veterans referred by their Primary Care Provider.

"With many programs in place now, and more to consider for the future, we are working hard to get Veterans more involved in their health care and on the path to healthy living," said Karen.

So whatever excuse you have, bring it to us! We'll get you on the right path to a healthier lifestyle. ★



Nutrition & Food Services Program Manager Tim Evanoff and VA Registered Dietitians Rachelle Lyons and Susan Leslie work together to educate Veterans on the importance of healthy eating.

Healthy Living Messages

- **Get Involved in Your Health Care**
Work with your VA Butler health care team to improve your health!
- **Be Tobacco Free**
If you're using tobacco, VA Butler can help you quit!
- **Eat Wisely**
Eat a variety of foods including vegetables, fruits, and whole grains. It is important to include fat-free or low-fat milk and milk products in your diet, and limit total salt, fat, sugar, and alcohol.
- **Be Physically Active**
Aim for at least 2 ½ hours of moderate-intensity aerobic activity each week.
- **Strive for a Healthy Weight**
Staying in control of your weight helps you be healthy now and in the future.
- **Limit Alcohol**
If you choose to drink alcohol, drink in moderation. If you are concerned about your drinking, talk to your health care team at VA Butler.
- **Get Recommended Screenings and Immunizations**
Get the right preventive services including vaccines, screening tests, and preventive medications. Find out which ones are right for you!
- **Manage Stress**
VA Butler is available to help you manage and reduce your stress.
- **Be Safe: Think Ahead**
There are actions you can take to protect yourself and those you love from harm. Common safety issues are sexually transmitted infections, falls, and motor vehicle collisions.



Laurie Conti, *MOVE!* Weight Management Program Manager at VA Butler Healthcare meets with a Veteran.

Bringing the VA to You

VA believes that we can continue to ensure enhanced access for all Veterans to receive the health care they have earned through their service to our country. It is VA's commitment to provide clinically-appropriate, quality care for eligible Veterans when they want and need it.

VA Butler Healthcare understands that the choice you make about where to get your care is essential to your peace of mind. Whether you choose us for one medical service or all of your health care needs, having the right information matters most in your decision. And, that's why we're bringing our information to you.

VA Butler Healthcare's Veteran Outreach Events and Health Fairs offer Veterans the opportunity to learn about VA eligibility and enrollment,

Vietnam/Agent Orange disability compensation, behavioral health care services, and on-site screenings including blood pressure; diabetes blood sugar (A1C test); body mass index (BMI); bone density – as well as OEF/OIF/OND health benefits and services, women Veterans health care services, *MOVE!* weight management program, My HealthVet, VA's award-winning Veterans personal health record, and crisis management services to name a few. ***Each Veteran Outreach Event and Health Fair is individualized for your particular group's interests and needs.***

Feel free to refer Veterans to our toll-free number: 800.362.8262, ext. 2778 or direct-dial: 724.285.2778 for information about hosting a Veteran Outreach Event or Health Fair.

Saving Lives... Veterans Crisis Line

Since its launch, the National Suicide Prevention Hotline has answered more than 390,000 calls and assisted with more than 13,000 life-saving rescues.

VA has rebranded the National Veterans Suicide Prevention Hotline (800.273.8255). An important component of this is a new name: **Veterans Crisis Line**. The Veterans Crisis Line is available 24/7/365 to provide confidential counseling and referrals for Veterans and their families. Veterans and concerned family members can call the Veterans Crisis Line by dialing 800.273.8255 and "pressing 1."

By "pressing 1" Veterans and family members' calls are immediately transferred to VA's call center in Canandaigua, NY, which is staffed with professional responders trained and dedicated to serving Veterans and their families. You can call for yourself or someone you care about.

For more information about the Veterans Crisis Line, please contact VA Butler's Suicide Prevention Coordinator at 724.285.2737.



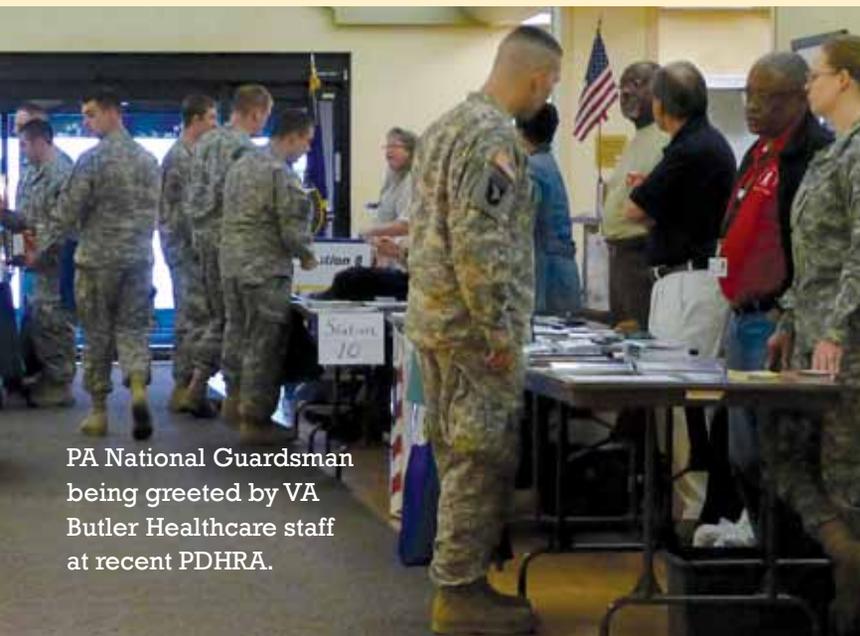
Getting the Message Out to Returning Service Members

In March, VHA staff traveled to Camp Pendleton, CA and met with 50 Marines returning to the Tri-state area to guarantee timely VA services available upon their return.

In April, VA Butler Healthcare and the Department of Defense (DoD) co-hosted a Post-Deployment Health Reassessment (PDHRA) for 64 PA National Guardsmen returning from Afghanistan. During this event, the soldiers received both DoD and VA assessments, treatment, and information regarding their post-deployment.

These are just two of our Veteran outreach opportunities facilitated by the Operation Enduring Freedom/Operation Iraqi Freedom/Operation New Dawn (OEF/OIF/OND) team at VA Butler. Ensuring that returning service members receive updated VA service and benefit information is important to us – and their future! The OEF/OIF/OND team has attended numerous events in coordination with VA Butler's new Veteran Outreach Coordinator at local colleges and other public forums to speak about VA health care benefits and services. We've established relationships with student Veterans groups, local Reserve and PA Guard units, and Veteran organizations alike to ensure that all Veterans receive the health care they earned through their service to our country.

Are you a returning service member? Is your loved one? Visit www.butler.va.gov/freedom.asp or call 800.362.8262, ext. 2493.



PA National Guardsman being greeted by VA Butler Healthcare staff at recent PDHRA.

Refilling Prescriptions



Eligible Veterans are able to receive prescriptions from VA Butler Healthcare's Pharmacy. There are three ways to order a VA prescription: through the mail, by telephone, or online via the My HealtheVet website (www.myhealth.va.gov). It is best to request prescription refills when a 14-day supply remains or within two weeks before your last dose. VA Butler's pharmacy is open for you Monday through Friday from 8 am until 5 pm and is closed on federal holidays.

It's in the mail.



When receiving a prescription, Veterans will be given a *refill request form* for each medication that is refillable along with a mailing label to put on an envelope. Refill request forms can be mailed to the VA anytime after the prescription is received (VA's computer system automatically calculates a date when it should be mailed to you based on the last time it was filled). And don't worry if a prescription refill slip is lost or forgotten. Refills can still be requested by listing the prescription number or name of the medication on a note along with your name, address, and social security number. Prescription refills may be mailed from the main pharmacy at VA Butler or from the Consolidated Mail Outpatient Pharmacies in Illinois or South Carolina.

Call it in.



You may phone in your refill requests to the toll-free Audio Care line using a touch-tone phone. The automated telephone service number is 800.362.8262, ext. 2280. Refills may be ordered using the Audio Care automated telephone service and completing the prompts.

Get online.



Order your VA prescription medication refills online through My HealtheVet at www.myhealth.va.gov. Refill your VA medication anywhere, anytime from a computer with Internet access.

Why I Volunteer at VA Butler Healthcare

The Department of Veterans Affairs *National Volunteer Week* was celebrated April 10-16. At VA Butler, we are grateful for our 391 regularly scheduled volunteers who have provided 15,792 hours of service this year alone. Our Veterans are volunteers too...



Bill Cirillo, Air Force Veteran

William "Bill" Cirillo, 77, has volunteered at VA Butler Healthcare for six years accumulating 2,085 hours of service. When asked why he volunteers at VA Butler, Cirillo stated that it is his way of giving back to those who took care of him when he was a resident at the facility. "I enjoy coming in and seeing the people and feeling useful...it keeps me busy," comments Cirillo about his volunteer service. "The VA took such good care of me and this is my way of giving back to them and the Veterans." Cirillo volunteers several days a week in the recreational therapy and behavioral health departments providing clerical support and helping with patient activities. His specialty is coordinating a poker game with the residents each week.

www.butler.va.gov/giving



“ You never know what’s in your future. I think it’s important to come in [to the VA] and register. ”

Chuck Jennings
Navy Veteran



“ The people here [at the VA] really make this place alive. People want you to succeed as much as you want to succeed. ”

Leonard Butler
Army Veteran



“ It’s a drive-thru world we live in, but it’s not a drive-thru VA. Trust that the VA is here to help. ”

Ken Newton
Air Force Veteran

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

Veterans Serving Veterans

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

“When I was down and out with substance problems, the VA really helped me. Working here now is a way for me to give back.”



Veteran Charles Foster
VA Environmental Management Service

SHARING
STORIES
AND NEWS
FROM
VETERANS
TO
VETERANS

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Vet Chat

Health Quiz: Sleep IQ

We all need sleep, but do you know how to sleep well, manage insomnia or why sleep is important? Test your knowledge with our health quiz and get tips for a good night's sleep!

- 1 Do you have trouble falling asleep, or do you wake in the night and find it hard to go back to sleep?**
 - A Yes, I hardly ever have a good night's sleep
 - B No, I sleep really well most of the time
 - C Sometimes I have bouts of troubled sleep, particularly if I'm stressed or unhappy

- 2 Do you have a regular bedtime, and get up at the same time every day?**
 - A Yes, give or take 30 minutes, but I do have the occasional late night
 - B Mostly, although social events mean that I might stay up half the night reasonably often and make up for it by sleeping till noon
 - C Not really, because my lifestyle won't allow it - for example, I'm a new parent, or I work nightshift or rotating shifts, or I frequently travel interstate or overseas

- 3 Do you ever take an afternoon nap?**
 - A I like to have the occasional nap if I'm tired from a late night, or if I'm recovering from an illness
 - B Often - I'm so tired; I tend to grab a little shut-eye whenever I can
 - C Very rarely

- 4 What's your sleeping environment like?**
 - A Pretty poor - for example, I work nightshift, so my bedroom is always too bright, too hot and too noisy
 - B Peaceful - my bedroom is dark, warm and quiet
 - C It depends - for example, I have noisy neighbors, or I can't control the room temperature and sometimes it's too stuffy or too cold

- 5 Do you smoke cigarettes or drink coffee before bed?**
 - A Yes, I drink coffee and smoke cigarettes late into the evening on most nights
 - B Yes, I either drink coffee or smoke cigarettes late into the evening on most nights
 - C No, I don't smoke cigarettes or drink coffee at all, or else I don't smoke cigarettes or drink coffee after dinner-time

- 6 Do you ever drink alcohol to help you sleep?**
 - A No - I don't consider alcohol to be a 'sleeping aid'
 - B I have once or twice because I was desperate to get to sleep and I couldn't relax
 - C Yes, I make it a habit to have a few drinks before bed, because I find it relaxes me

- 7 Do you ever take sleeping tablets?**
 - A Yes, I use sleeping tablets reasonably often
 - B I've taken them a few times
 - C No, never

- 8 What do you think about when you get into bed at night?**
 - A Nothing at all - I just blank my mind and drift off to sleep
 - B Trivial things, like what I was just watching on television
 - C I tend to problem-solve or worry when I get into bed

Source: Better Health Channel
www.betterhealth.vic.gov.au/

Who's Who?

DR. LISA DIEFENBACH

Healthy Sleep

Sleep deprivation is associated with a variety of unpleasant consequences. There are several treatments for sleep problems, depending on their cause. Some include: practicing good sleep hygiene, education on good sleep habits, and relaxation training, to name a few.

95% of Americans have difficulty sleeping at some time in their lives. Please share any concerns you may have about the quality, length, and impact of sleep problems with your primary care physician. They will collaborate with you to help you get a good night's sleep. If you and your physician agree that referral to my *Sleep Clinic* Mondays from 9-10am may be helpful, they will refer you to a weekly Sleep Clinic group.

Dr. Diefenbach is the Clinical Psychologist, Health Behavior Coordinator at VA Butler Healthcare. She also coordinates VA Butler's new sleep clinic.



Calculate your score and see your results on page 14.

- | | | | |
|----------|-----------|-----------|----------|
| 1 | B = 3 pts | C = 2 pts | A = 1 pt |
| 2 | A = 3 pts | B = 2 pts | C = 1 pt |
| 3 | C = 3 pts | A = 2 pts | B = 1 pt |
| 4 | B = 3 pts | C = 2 pts | A = 1 pt |
| 5 | C = 3 pts | B = 2 pts | A = 1 pt |
| 6 | A = 3 pts | B = 2 pts | C = 1 pt |
| 7 | C = 3 pts | B = 2 pts | A = 1 pt |
| 8 | A = 3 pts | B = 2 pts | C = 1 pt |



technology SOCIAL MEDIA



Did you know? One in five Americans use social media websites as a source of health care information.

Web-based and social media technologies are making it easier to get health information, find doctors, make appointments, keep records, and get support. These tools are revolutionizing the health care field and the way people approach the practice of medicine.

One great benefit of social media technologies is the online support. Facebook, blogs, and other social media tools offer online discussions for people going through a wide variety of medical treatments, ailments, or conditions. Social media connects patients by encouraging them to share their stories through blogging and building support circles among friends, family, and peers.

The Veterans Health Administration recently reached the 100,000 subscribers mark for its official Facebook page and close to 75,000 are following its site. This makes the site one of the most followed pages in the federal government! And VA is Twittering too!

“We want to reach Veterans where they are, and connect with them via these new social media tools,” said Lauren Heiger, VA Butler’s New Media Content Manager. “We are helping to shape our followers perceptions and create awareness through these on-time mediums. Through these sources we also listen to their comments, follow their lead, and respond to their needs.” VA Butler Healthcare is on Facebook and Twitter! Fan our page and follow our tweets!



www.facebook.com/VAButlerPA
www.twitter.com/VAButlerPA

Sleep Quiz Results

Score 8 to 12:

You seem to be your own worst enemy when it comes to getting a good night’s sleep. It’s possible to dramatically improve the quality of your sleep if you commit yourself to

making the necessary changes. See your doctor for professional advice, particularly if you take sleeping tablets.

Score 13 to 18:

Some of your habits are sabotaging your attempts at getting a good sleep.

Now that you’ve pinpointed the trouble spots, you can make the necessary changes today so that you can reap the benefits tonight.

Score 19 to 24:

Well done, it seems that you practice good sleep hygiene habits.

Five-Spice Tilapia



Ingredients

- 1 pound tilapia fillets
- 1 teaspoon Chinese five-spice powder (Five-spice powder is a blend of cinnamon, cloves, fennel seed, star anise and Szechuan peppercorns. Look for it in spice section or with Asian ingredients.)
- 1/4 cup reduced-sodium soy sauce
- 3 tablespoons light brown sugar
- 1 tablespoon canola oil
- 3 scallions, thinly sliced

Makes 4 servings

Calories: 180 ★ Total Fat: 6g ★ Cholesterol: 57mg ★ Carbohydrates: 24g

Directions

Sprinkle both sides of fillets with five-spice powder. Combine soy sauce and brown sugar in a small bowl.

Heat oil in a large nonstick skillet on medium-high heat. Add tilapia; cook until outer edges are opaque, about 2 minutes. Reduce heat to medium, turn fish over, pour soy mixture into pan. Bring sauce to a boil and cook until fish is cooked through and sauce has thickened slightly, about 2 minutes more. Add scallions and remove from heat. Drizzle sauce over fish and serve.

Source: *EatingWell.com*

HEALTH

tip

GO FOR A WALK!

Physical Exercise May Improve Memory

A new study in older adults found that brisk walking can increase the size of a brain region involved in memory formation. The finding suggests that moderate physical exercise can help protect the brain as we age.



Crossword

Keep Your Mind Healthy

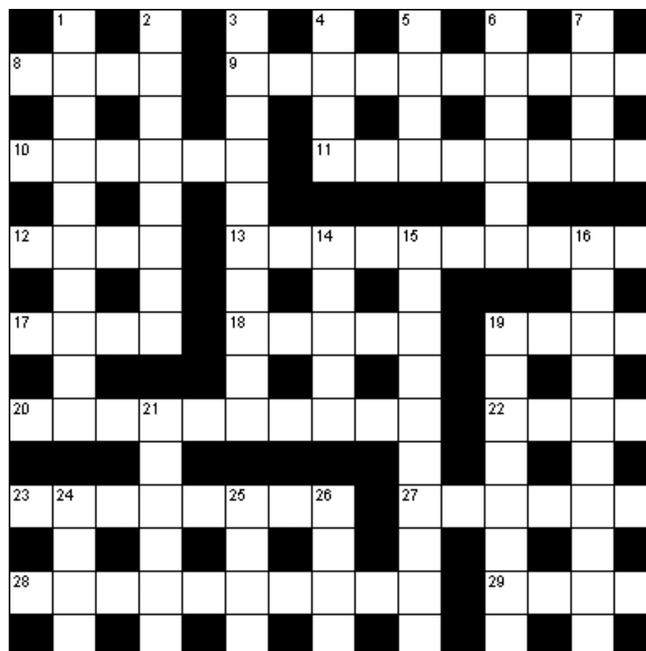
Crossword puzzles keep your mind active, and an active mind is a healthy mind! Research shows that when the neurons in your brain are stimulated, they actually start to grow. Stimulating your brain with crossword puzzles may increase the number of brain connections and improve your memory. Every muscle in your body needs exercise, including your brain.

ACROSS

- 64 in Roman numerals
- Ill health
- A victory cheer
- Epidemic
- Italian resort
- Intruder
- 007
- Harps
- Govern
- Inexplicable
- Adhesive strip
- Moribund
- Nuclear
- Characterized by order and planning
- Slightly open

DOWN

- Informative
- Fill to excess
- Ladies' man
- A type of hair style
- Meal plan for weight loss
- Record player
- Exploded star
- Trunk
- Opposition
- Ovoid
- Sensible
- Leotards
- Playthings
- Weapons
- Makes lace





ARMSTRONG COUNTY VA OUTPATIENT CLINIC

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

LAWRENCE COUNTY VA OUTPATIENT CLINIC

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

CLARION COUNTY VA OUTPATIENT CLINIC

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

MICHAEL A. MARZANO VA OUTPATIENT CLINIC

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

CRANBERRY TOWNSHIP VA OUTPATIENT CLINIC

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

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