

FRONT & CENTER

Providing News to Our Veterans

November 2010



226 years after the Marine Corps was established, Jason Minerich signed up. Jason served four years in the Marines and did one tour in Iraq. After Jason was discharged, he enrolled in VA Care and got his bachelor's and master's degrees in social work.

Jason also suffered from Post-Traumatic Stress. Post Traumatic Stress Disorder (PTSD) is an anxiety disorder resulting from an intense or traumatic situation, like that experienced in combat.

Jason participated in the 12 Step Program for PTSD through behavioral health at VA Butler and is doing much better today.

Jason said a lot of marines do not want anyone to know there is a problem or see them going for help. "They're afraid to go for mental health counseling or anything like that. But it's not an uncommon thing... PTSD is a really big thing," Jason said. "I think it's important that people just realize they're not alone. It's good to go in and get the help they need."

VA Butler is here to help YOU. The first step in PTSD treatment at VA Butler is for the Veteran to attend the PTSD Basic Training class, an eight week educational class to provide information related to PTSD. Following that, a Veteran works with his/her case manager to decide on the best treatment approach for them, whether it is individual or group psychotherapy or some combination of both. In addition, a Veteran can be seen for psychiatric medication. ★

“ I think it's important that people just realize they're not alone. It's good to go in [the VA] and get the help they need. ”

Jason Minerich



HAPPY 235th BIRTHDAY TO THE US MARINE CORPS

November 10 marks the 235th birthday of the United States Marine Corps. **THANK YOU MARINES, for all you do.**

**AND REMEMBER...
HELP IS HERE FOR YOU**

THIS MONTH IN HISTORY...NOVEMBER

- 8** President Franklin D. Roosevelt formed the Civil Works Administration to create jobs for millions of workers unemployed during the Great Depression (1933)
- 10** The United States Marine Corps was created (1775)
- 11** World War I ended; Veterans Day became a legal federal holiday (1918)
- 13** The minimum draft age was lowered from 21 to 18 (1942)
- 13** Vietnam Veterans Memorial was dedicated (1982)
- 19** Abraham Lincoln delivered the Gettysburg Address (1863)
- 19** Cold War Ended (1990) *This year marks the 20th Anniversary*
- 26** President Franklin D. Roosevelt signed a bill officially establishing the fourth Thursday in November as Thanksgiving Day (1941)



**NOVEMBER IS...
AMERICAN DIABETES MONTH**

Nearly 24 million children and adults in the United States have diabetes, and an additional 57 million Americans are at risk. VA Butler Healthcare offers a monthly Diabetes Self-Management Education Program for Veterans where you can get information about controlling diabetes and slowing down or preventing complications.

Classes are on the 3rd Thursday of each month from 9 am to 2 pm. A Diabetes Support Group is also available. It meets every Thursday from 11 am to 1 pm. For information call 1-800-362-826 ext. 5024 or 724-477-5024.



"Honey, play 121. That was my blood sugar reading this morning after breakfast."

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We want to hear from you!
Email amanda.wilczynski@va.gov
or lauren.heiger@va.gov to share
your story with us!

FLU CLINICS • 10 AM-2 PM

Thursday, Nov. 4
Cranberry Township
Municipal Center
2525 Rochester Road
Cranberry Twp., PA
16066

Tuesday, Nov. 9
VA Butler Healthcare
Auditorium
325 New Castle Road
Butler, PA 16001

Tuesday, Nov. 16
American
Legion #229
1395 E. State Street
Sharon, PA 16146

For more information contact VA Butler Healthcare
724-287-4781 or 1-800-362-8262

*With the Christmas season drawing nigh,
And our loved ones gathering,
The gift you give is magnified
through the absence that it brings.
So peace on earth, good will t'ward men,
Is the hope to which we cling.
But it comes through your brave sacrifice,
As the bells of Christmas ring. . .*

(Lyrics from "Thank You Soldiers")



Happy Holidays from VA Butler!

This holiday season, you can say thank you by sponsoring a Veteran through VA Butler's Adopt-A-Veteran Program (AAV). AAV will

provide Veterans who receive care at our facility with a gift sponsored by Veteran's organizations and/or individuals for the Christmas holiday.

If you are interested in sponsoring a Veteran, please contact Chris Tomayko at 724-477-5081. ★

EVENTS

1) **November Podcast • PTSD**
Thursday, November 4 • 12-12:30 pm
Chat link: talkshoe.com/tc/85029
or Call in: 724-444-7444 (Call ID: 85029)

2) **2010 Veteran's Day Ceremony**
Thursday, November 11 • 9 am
VA Butler Healthcare Auditorium



800.362.8262
724.287.4781

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talkshoe.com/tc/85029



325 new castle road . butler pa 16001

