

LIVING Better

A VA Butler Healthcare Quarterly Magazine

fall 2011



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VA BUTLER HEALTHCARE'S FALL HIGHLIGHTS



1 VA Butler and the local community partnered for the first ever Stand Down event in New Castle's Cascade Park to offer the homeless community support services. The National Guard Unit HHB 1-107th FA helped out throughout the event.

4 Navy Veteran Jack McKenna was recognized at VA Butler's second annual Recovery Recognition Day as part of Mental Illness Awareness Week. We celebrated the remarkable efforts of Veterans who have overcome mental health problems to lead healthier, happier, and productive lives.

7 Army Veteran Chester Pokusa enjoys show tunes and patriotic music by Re-Creation's "Everyday People." The singing group performed for Veterans and their guests at VA Butler. The performers travel the country all year to perform for Veterans at VA medical centers.

2 Betty Stuckie, volunteer and former VFW Ladies Auxiliary VAVS Representative, received a certificate for 25 years and 5,818 hours of service at the annual Volunteer Picnic. She was also presented with a crystal eagle as a token of VA Butler's thanks for her dedication.

5 VA Butler Healthcare hosted its first ever My HealthVet Day. VA Butler's My HealthVet Coordinator Lauren Heiger assisted Veterans with My HealthVet registrations, guided them through the *Secure Messaging* process, answered new user questions, and more.

8 VA Butler Healthcare staff, volunteers, and Veterans joined together for the first ever *Pink Out* to support National Breast Cancer Awareness Month in October. VAs across the country participated in this *Pink Out* event.

3 Army Veteran Joseph Chapman attended VA Butler's POW/MIA Recognition Ceremony and Luncheon. Each year VA Butler holds this annual event to honor the sacrifices and remarkable determination of Veterans who were captured and held as prisoners of war or who are still MIA.

6 Karen Gliebe, VA Butler's Caregiver Support Coordinator talks with Margery Kruse, the primary caregiver for her husband. Karen hosted a Family Caregiver Luncheon at VA Butler and established a Caregiver Support Group this fall.

9 Butler native and Army Veteran Adam Smith pays his utility bill as part of the *Poverty Simulation* at VA Butler Healthcare. VA Butler hosted a *Poverty Simulation* sponsored by the Butler County Local Housing Options Team (LHOT) to expose individuals to the realities of poverty.

C O N T E N T S

fall 2011

Helen Fisher lost her son to cancer at age 57. He spent his final month in VA Butler's hospice program.

cover story



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It's About the Whole Family

When your loved one needs end-of-life care, it's a hard road ahead, but you don't have to travel it alone. VA Butler's hospice team is here for you – we're here for the whole family. Read about Helen Fisher, mother to Marine Corps Veteran Dennis Fisher who was cared for through VA Butler's Hospice program. Despite her terrible loss, Helen is grateful for hospice and continues to come to VA Butler as a volunteer.



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NOT a Get Out of Jail Free Card

Navy Veteran Tim Kauffman once sold everything he owned for drugs. Today Tim is drug-free and owns his house, vehicle, and has a full-time job. Read more about how VA Butler's Veterans Justice Outreach (VJO) program helped him!



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Finding a Place to Call Home

VA Butler Healthcare's Homeless Program is working hard to end Veteran homelessness. Read about Army Veteran Ron Christopher who was once homeless, and now serves as VA Butler's Homeless Peer Support Technician helping homeless Veterans.



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Vet Chat

Hey Veterans! Vet Chat shares stories, news, and more from Veterans to Veterans. In this issue, read about Air Force Veteran Al Nolte who helps organize the Veterans Day Ceremony every year that's hosted at VA Butler in November.



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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.

and more...

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IT'S ABOUT THE
WHOLE
FAMILY



Denise Luttrell, Palliative Care Coordinator, Barb Taylor, Recreation Therapy Specialist, and Jodie Love, Hospice Nurse provided support to Helen Fisher during and after her son Dennis passed away in VA Butler's hospice program.

When your loved one requires end-of-life care, it's a hard road ahead, but you don't have to travel it alone. VA Butler's hospice team is here for you. We understand that this period of time is certainly the most difficult for you and your family. We're here for the whole family – to provide support, care, and a shoulder to cry on.

It's been over eight months since Helen Fisher's son Dennis, a Marine Corps Veteran, passed away from cancer at the age of 57. Dennis spent his final month in the hospice program at VA Butler Healthcare surrounded by his family and VA staff.

Many challenges may arise during a life-limiting illness. Dennis's son was deployed to Afghanistan at the time of his illness. As Dennis got worse, the family wanted their son to come home so he could spend quality time with his father. VA Butler's hospice team contacted the Armed Forces Case Worker at the Butler Chapter of the American Red Cross. With everyone working together for the family, the Armed Forces Case Worker was able to obtain emergency leave for

Dennis's son by that afternoon. The next morning, they were together at VA Butler.

"They were so great caring for Dennis, even the little things," said Helen. "The nurses were wonderful. There wasn't anything we needed that we couldn't have, including a Steeler Superbowl party with the whole family!"

The goal of the hospice program is to ensure Veteran comfort and family support. "We incorporate the entire family," said hospice nurse Jodie Love. "We try to make their last wish a reality." Whether that last wish is for the whole family to be together one more time or for a Superbowl party to cheer on the black and gold, VA Butler staff strives to make those dreams a reality.

Hospice is designed to focus on the quality of life and comfort for a Veteran with an advanced disease that is life-limiting. The program incorporates the physical needs of our Veterans, but also the psychological, emotional, social, and spiritual needs of America's heroes and their loved ones.

Chaplains provide emotional, spiritual, and grief support at the end-of-life for our Veterans and their families. "The journey towards death can be very difficult and lonely, but spiritual health can assist the Veteran and family members as they face the dark realities of death," said VA Butler's Chief Chaplain Bob Smith. "Many Veterans already have spiritual support from their faith group, but we complement the experience by offering beside support 24/7 while they are with us."

Veterans may struggle with issues of guilt or feelings of anger and abandonment while completing their military service, often relying on VA Chaplains to assist them in dealing with those issues. These same chaplains help bring a sense of peace in the face of death.

We all grieve many losses throughout a lifetime, but the death of a loved one is especially difficult. It is perhaps the most painful of all. Whether it is a parent, child, sibling, spouse, or friend, a whole host of feelings is triggered by loss. VA Butler offers a bereavement support group to provide a

venue for family members and Veterans to cope with a loss of a loved one.

"It gives them the opportunity to share their story with others who may be going through similar experiences," said Leslie Mills, a social worker who helps run the bereavement support groups. "We offer them a combination of education and support by guiding the group, but often times they end up providing support for one another." VA Butler also provides times outside of the group setting to meet with those who may be struggling more and need more one-on-one support.

America's Veterans have given everything to protect our freedom. VA Butler is dedicated to doing everything to help Veterans and their family members make the most of the time they have left together. Veterans and families who are interested in learning more about VA Butler Hospice Care may contact VA Butler's Palliative Care Coordinator, Denise Luttrell at 724.285.2763. ★

NOT

A GET OUT OF JAIL FREE CARD

Navy Veteran Tim Kauffman went to college, got a great job, and spent time with his wife and daughter in their Florida home after leaving the service. However, he struggled from shoulder pain due to his service and began to take pain medication that he soon found himself addicted to. Tim's addiction grew worse over time, to the point that he started selling drugs.

Tim's addiction got out of control when his wife moved to Pittsburgh for work, and he stayed in Florida. Before long, he was placed on probation for selling drugs. "I sold everything for drugs - I lost my house, my car, furniture, television...you name it, I lost it," said Tim.

6 Tim recognized that he needed help, so he decided to do something about it. He flew to Pittsburgh to be with his wife and checked himself into a drug rehabilitation center. Just a few weeks after being in rehab, the police arrested Tim for breaking his probation and he was sent to the Beaver County Jail. It was there that Tim met

Brad Schaffer, VA Butler's Veterans Justice Outreach Coordinator. Brad explained to Tim how the VA could help him, and more importantly, that we wanted to help him.

VA Butler Healthcare's Veterans Justice Outreach (VJO) program started in October 2009. Since then, Brad has helped almost 500 Veterans. "The VJO program is a great alternative to jail for those VA eligible and ready, willing, and able to desist from criminal activity," said Brad. "My primary job is to serve as a funnel for the Veteran to both VA and community services to enhance their reintegration."

Veterans Justice programs were developed as a homeless prevention measure to provide outreach to Veterans involved in local justice systems and to link those eligible Veterans to appropriate services provided through VA. It is NOT a get out of jail free card; rather it is a unique program that aims to get former service members the treatment they need as an alternative to incarceration. Working together with local courts, the VA connects Veterans with resources to help them

combat the problems at the root of their legal troubles, such as behavioral health, substance abuse, or other reintegration issues.

After about a month at the Beaver County Jail, Tim was sent back to jail in Florida. He stayed in contact with Brad the entire time though directly and through probation and supportive family. After about three months, he was released from jail on house arrest. He continued to stay clean from drugs and the house arrest was soon converted to probation allowing Tim to come to VA Butler's Domiciliary and be closer to his wife and daughter.

"Without Brad and the Domiciliary, I probably would have stayed in jail, screwed up again with drugs, and ended up back in jail," said Tim. "The VA helped me manage things in my life. It helped prepare me to go back into the community and back to my marriage."

Tim has been drug-free for over a year now. "It wasn't easy, but in the end everything worked out," said Tim. "I now have my own house again, a vehicle, and a full-time job."





Brad Schaffer, VA Butler's Veterans Justice Outreach Coordinator helped Navy Veteran Tim Kauffman get back on track after he found himself in jail and addicted to drugs.

What's next for VA Butler's Veterans Justice Outreach program?

Both Mercer County and Butler County are looking to establish Veterans Treatment Courts within the next few years. A Veterans Treatment Court is for Veterans charged with non-violent crimes who are in need of mental health or substance abuse treatment. How does it work? Well, when a person is arrested, police officers ask whether he or she is a Veteran. If so, the Veteran's eligibility for Veterans Treatment Court and for VA benefits is assessed. If the Veteran is eligible, the decision to go through treatment court is up to him or her. Veterans who

choose treatment court are assessed by a mental health care provider. The provider decides the Veteran's treatment needs.

Veterans Treatment Court allows Veterans to remain in the community. A judge regularly checks on progress, though, while the Veteran is in treatment. If the Veteran fails to meet the requirements of the program, the Court will act. For example, if the Veteran fails drug screens or does not obey court orders, the Court will impose upon him or her community service, fines, jail time, or re-arrest through the legal system. ★

FINDING

A PLACE

TO CALL

8 HOME

This fall, VA Butler Healthcare's Homeless Program has been busier than ever combating Veteran homelessness. In September, more than 20 agencies offered the homeless community support services at the first ever *Veteran Stand Down* event. In October, VA Butler hosted a *Poverty Simulation*, sponsored by the Butler County Local Housing Options Team (LHOT) to expose individuals to the realities of poverty. In November, VA Butler held a *Homeless Summit* to promote interagency collaboration and strengthen community partnerships for eliminating homelessness among Veterans and their families.

"The recent events like the *Stand Down* and *Homeless Summit* are just some of the ways we are working harder than ever to help Veterans improve their quality of life," said Dan Slack, VA Butler's Homeless Program Coordinator. "We have helped to house over 400 homeless Veterans this year alone and we're committed to ending Veteran homelessness by 2015."

One Veteran who has seen first-hand how VA is helping homeless Veterans is Army Veteran Ron Christopher. After serving in the



Army Veteran Ron Christopher, VA Butler's Homeless Peer Support Technician, sorts through donations in his office.

WWW

Army, Ron suffered from alcohol abuse, depression, and homelessness. But, with the help of his brother, also a Veteran, Ron learned about the VA programs available to help him.

"It's not always comfortable at first; you do struggle," said Ron "but, if you put your heart into it and trust the VA; they will find you what you need." With help from the VA, Ron has been sober for over four years now. He comes to VA Butler Healthcare for his primary care, behavioral health care, and attends substance abuse support group meetings. Ron is also VA Butler Healthcare's

Homeless Peer Support Technician, a position he's held since July 2011.

"I love my job. In the short time I've been here, we've helped so many Veterans – getting them off the streets and finding them a place to call home," said Ron. "I've been there, they've been there. We learn from each other."

Ron is also participating in the Department of Housing and Urban Development (HUD) and the VA's Supported Housing (HUD-VASH) Program. This program ultimately works to maintain permanent housing in the community for eligible

Army Veteran Ron Christopher who was once homeless now serves as VA Butler's Homeless Peer Support Technician helping other homeless Veterans.

www.va.gov/homeless

homeless Veterans and their families. Housing authorities can assign voucher assistance to local housing units, and these vouchers enable homeless Veterans to access affordable housing with an array of supportive services.

"The HUD-VASH program helped make housing affordable for me," said Ron. "My new home is beautiful. I have a nice roomy apartment with a front and back porch and a big back yard. Life couldn't be better."

VA Butler's newest means to combat homelessness is a contract housing program called *Tomorrow's Hope*. This program provides transitional housing (60-90 days), counseling, education, life skills, and job training to homeless Veterans. The primary mission is to provide housing and rehabilitative support through individualized case management by both the facility and VA Butler Healthcare. The vision of *Tomorrow's Hope* is to grow and adapt to the needs of U.S. service men and women and give back to those who gave and continue to fight for our freedom.

"*Tomorrow's Hope* is a good addition to VA Butler's Homeless Program because it completes our plan of providing a continuum of care for homeless Veterans," said Dan. "More importantly, the people there truly care about our Veterans."

Veterans who are homeless or at-risk for homelessness may contact Dan Slack, the Homeless Program Coordinator at 800.362.8262, ext. 2439 or call the National Call Center for Homeless Veterans at 877.4AID.VET (877.424.3838). ★



PACT = Partnership

Patient-Centered Care Awareness Month was celebrated by health care organizations worldwide in October. At VA Butler, our mission is to deliver health care that is patient-centered, data-driven, continuously improving, and team-based.

Patient Aligned Care Team (PACT)

- **Partnerships** – between Veterans and health care teams
- **Access to care** – enhanced through a variety of methods
- **Coordinated care** – among all team members
- **Team-based care** – with Veterans as the center of their PACT



The first component of Patient Aligned Care Teams (PACT) is a partnership with Veterans and their health care teams. They work together to plan and make decisions that focus on whole-person care and life-long health and wellness. This is personalized care to meet Veterans' individual health care goals. It is comprehensive, as it looks at all aspects of health. It is positive, as it focuses on health as opposed to disease. It is proactive, as it emphasizes

wellness, prevention, and health promotion. It is not just a reaction to acute care needs or episodic care-based illnesses. PACT uses the most up-to-date, evidenced-based information to guide patient care. Working in partnership with Veterans to meet their health care goals, PACT provides tools for delivering patient-centered care. These tools include early detection screenings, preventive or wellness care services, educational materials, and lifestyle coaching.

At VA Butler Healthcare, we're committed to providing patient-centered care; we want Veterans who come to VA Butler to expect to be treated as partners in their own care. And we want them to expect that when they go home, they will feel prepared to confidently manage their health care needs.

Get Screenings

Remember, **the most important member of your health care team is YOU.** By being actively involved in your health care, you help ensure the best possible health care outcomes, and that your preferences for care remain front and center in all decisions.

One of the most important things you can do for your health is to get regular screenings and immunizations. In October, VA Butler Healthcare recognized National Breast Cancer Awareness Month and worked hard to remind women Veterans to get a mammogram. Mammograms help detect cancer in its earliest stages.

Mammograms are available at VA Butler Healthcare, along with other quality health care services for both men and women. If interested in learning more about getting a mammogram, talk to your Patient Aligned Care Team, or Brenda

Sprouse, VA Butler's Women Veterans Healthcare Program Manager, at 800.362.8262, ext. 2756.



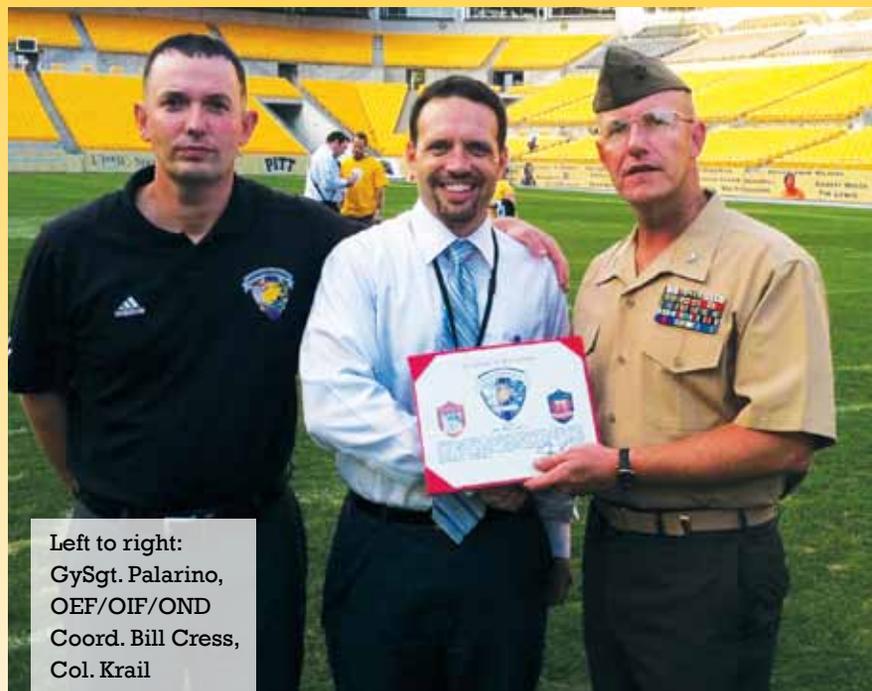
10 The PACT team at the Michael A. Marzano VA Outpatient Clinic (Mercer County) includes Joe Buday, health tech; Barb Kirsch, CRNP; and Marquita Shepherd, RN.

Transitioning Home

The Departments of Veterans Affairs, Defense, and Labor work together to develop programs that address specific needs for service members in transition. For example, the National Resource Directory (NRD) (www.nationalresourcedirectory.gov) provides access to thousands of services and resources at the national, state and local levels to support recovery, rehabilitation and community reintegration.

VA Butler works collaboratively with many Veteran organizations and Department of Defense programs to ensure that returning Veterans receive the highest quality of care and services. VA Butler also offers expanded services and special programs for Operation Enduring Freedom (OEF)/Operation Iraqi Freedom (OIF)/Operation New Dawn (OND) Veterans. For example, all OEF/OIF/OND combat Veterans may receive free medical care for any combat-related condition for five years from their date of discharge, and may receive VA dental care, if eligible, within 180 days post-discharge.

Are you a returning service member transitioning to Veteran status? Not sure where to start? Call VA Butler Healthcare's OEF/OIF/OND Program Coordinator Bill Cress at 800.362.8262, ext. 2493. There are many resources available to you and your family; we're here to help!



Left to right:
GySgt. Palarino,
OEF/OIF/OND
Coord. Bill Cress,
Col. Krail

On Sept. 20, 2011 the VA Butler OEF/OIF/OND Program was awarded a Certificate of Appreciation by the Marine Wounded Warrior Regiment for their work with Marine Corps Veterans.

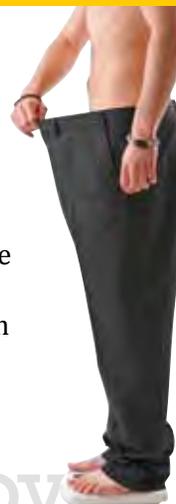
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Keep *MOVE!*ing

With colder, dreary weather ahead, not to mention flu season, maintaining a healthy lifestyle is important. How can VA Butler help? VA Butler's *MOVE!* Program (a weight management program for Veterans) provides Veterans the resources to manage weight through healthy lifestyle changes. In fact, many Veterans are finding success by continuing to *MOVE!*

Typically, Veterans participate in a group *MOVE!* program (eight week session) or visit with a VA Butler Dietitian a couple of times, but a new trend is proving to be very successful. Veterans are now participating in a *MOVE!* program and continuing to attend for multiple sessions. Many Veterans are learning that weekly contact is what best helps them maintain their

improved healthy lifestyle, and continue on their weight loss journey. Research shows that more sustained and intense treatment for weight management results in better outcomes.



Interested in starting a *MOVE!* program? Want to keep *MOVE!*ing? Talk to your primary care team or call the *MOVE!* office today for more information, 800.362.8262 ext, 5504.

www.move.va.gov

VA Butler Healthcare joined the rest of the nation on Veterans Day in thanking the millions of American Veterans and their families for their service and sacrifice to our country.

Air Force Veteran Al Nolte helped plan the annual Veterans Day Ceremony held at VA Butler Healthcare. "It is important to honor and recognize the service and sacrifices of all of our Veterans, from wars past to our present conflicts," said Al. "We must never let America forget that freedom has a price."

Al became active in the Butler County Veterans Committee in 2005. Since then, he has been an active committee member helping to plan the annual Veterans Day Ceremony held at VA Butler every November. "It is a humbling experience to stand at the podium and look at the faces of all the Veterans



Al Nolte, Air Force Veteran

when the anthem is sung and the colors are posted," said Al. "It is an honor to help with both the Veterans Day Ceremony and the Memorial Day Ceremony held here every year."

Al first came to the VA in 2001 – the same day he suffered a major heart attack. "I can honestly credit the VA with saving my life," said Al. While a patient at VA Butler, Al was invited to the diabetes support group. "In my opinion, this

group is the best program here! The group leader, Sharon Wehr is both informative and compassionate."

Today, Al not only helps plan the annual Veterans Day and Memorial Day celebrations for Veterans, he is also an active volunteer at VA Butler. "I feel very blessed to have been able to serve the Veteran community over the years. It has been one of the most rewarding experiences of my life."

Veterans Serving Veterans

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

"I choose to work at the VA because I look at my job as a continuation of my own service. I want to give back to those who served because I feel it is a privilege to assist men and

women who defended our country.

I love what I do and it gives me a sense of satisfaction that I have a part in helping my fellow Veterans."



Marine Corps Veteran and VA Employee Michael Hustak

Health Quiz: dental health

Think you know about your teeth? Test your knowledge with our dental health quiz and get tips for a healthy smile!

1. How often do you brush your teeth?

- A Twice or more a day
- B At least once daily
- C Not very often

2. Do you floss your teeth?

- A Yes, every day
- B Only if I've got something stuck in my teeth
- C No

3. How often do you eat sugary foods between meals?

- A Everyday
- B A few days every week
- C Once a week, if that

4. Do you visit your VA dentist regularly?

- A Yes, I go as often as my VA dentist advises me to
- B Very rarely, or never
- C Only if I've got a dental complaint, like a sore tooth

5. Do you smoke cigarettes and drink alcohol?

- A I smoke cigarettes and drink alcohol every day
- B I smoke cigarettes and drink alcohol sometimes
- C I don't smoke and I limit how much alcohol I drink

Calculate your score and see your results below.

- 1 A = 3 pts B = 2 pts C = 1 pt
- 2 A = 3 pts B = 2 pts C = 1 pt
- 3 C = 3 pts B = 2 pts A = 1 pt
- 4 A = 3 pts C = 2 pts B = 1 pt
- 5 C = 3 pts B = 2 pts A = 1 pt

Dental Quiz Results

Score 5 to 8: Your dental habits are putting your teeth and gums at serious risk. Seek help from your VA dentist today to help keep your teeth healthy!

Score 9 to 12: Some of your dental habits are putting you at increased risk of problems such as tooth decay and gum disease. Making a few, simple changes, like brushing your teeth twice daily can make all the difference! Talk to your VA dentist for more information.

Score 13 to 15: Congratulations, it seems that you are taking excellent care of your dental health. There's always room for improvement though, so ask your VA dentist for suggestions.

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!

Who's Who?

DR. ANDREW NIGRA

Healthy Teeth

There are three important steps to maintain healthy teeth: 1) It is recommended to **brush your teeth at least twice a day** with a soft, bristled toothbrush and fluoride toothpaste. Brush for at least two minutes, and focus on the area where teeth meet the gums. Electric toothbrushes are very efficient at removing plaque and may be easier to use. 2) **Floss once a day**. There are various flossing tools to assist you if you have difficulty with this. 3) **See your dentist for regular check-ups and cleanings**. Dental issues may affect and be affected by various health issues like diabetes, heart disease, post-traumatic stress disorder, etc. So, keeping your teeth and gums healthy keeps the rest of you healthy too!

Andrew Nigra, DMD., is a Dentist at VA Butler Healthcare. To learn more about VA dental care, your eligibility status and enrollment, call 724.477.5011.



Living Better Fall 2011



COMPUTERS READING DOCTORS' NOTES



A study by VA researchers showed computers that scan doctors' notes can reduce dangerous complications after surgery. The study relied upon a Google-like technology called "natural language processing." It examined the complete text in medical records – especially doctors' notes – to pick up clues for possible post-surgery complications.

Looking at the records of about 3,000 VA patients between 1999 and 2006, the technology was able to dramatically increase the automated detection of after-surgery complications such as acute renal failure, deep vein thrombosis, sepsis and pneumonia.

Every day, more than 900,000 text-based clinical documents are added to VA's nationwide electronic medical record system. "The significance of this study should not be underestimated," said Dr. Ashish Jha, a VA researcher in Boston. "These findings suggest that electronic health records can transform health care delivery."



How else are computers helping our Veterans at VA?

Social media and *Secure Messaging* through the My HealthVet portal are just two of the ways!

VA Butler Healthcare doctors communicate online with Veterans using *Secure Messaging*. *Secure Messaging* a feature of the My HealthVet Program, 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.



The Veterans Health Administration, with well over 100,000 fans on Facebook, is using the computer to chat with Veterans on its social media pages. Chat with us at www.facebook.com/VeteransAffairs.

VA Butler Healthcare is on Facebook and Twitter too! Fan our page and follow our tweets at www.facebook.com/VAButlerPA and www.twitter.com/VAButlerPA.

Source: VA Research Currents

Maple Roasted Sweet Potatoes



Ingredients

- 2 ½ pounds sweet potatoes, peeled and cut into 1 ½ inch pieces (about 8 cups)
- 1/3 cup pure maple syrup
- 2 tablespoons butter, melted
- 1 tablespoon lemon juice
- ½ teaspoon salt
- Freshly ground pepper, to taste

Makes about 8 cups

Calories: 96 ★ Total Fat: 2g ★ Cholesterol: 5mg ★ Carbohydrates: 19g

Directions

Preheat oven to 400°F. Arrange sweet potatoes in an even layer in a 9 x 13 inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

Source: *Eating Well*

www.eatingwell.com/recipes/maple_roasted_sweet_potatoes.html

HEALTH

tip

PROTECT YOURSELF FROM THE FLU!

Take everyday preventive actions to stop the spread of germs: 1) Cover your nose and mouth with a tissue when you cough or sneeze. 2) Wash your hands often with soap and water. 3) Avoid touching your eyes, nose and mouth (germs spread this way).

If you are sick with a flu-like illness, stay home for at least 24 hours after your fever is gone. While sick, limit contact with others as much as possible to keep from infecting them.



Crossword

Cross Over to a Healthy Mind

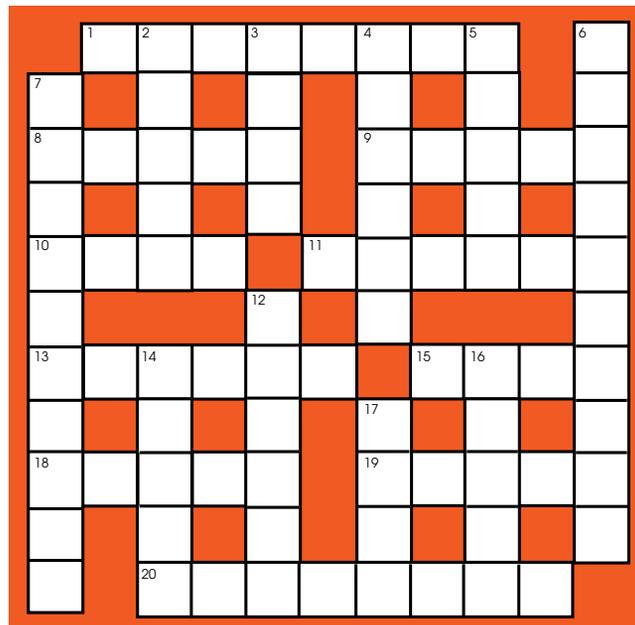
Crossword puzzles help many people improve mental health by maintaining an active mind. Research shows that cognitive brain function improves by working crossword puzzles. This is because crossword puzzles require some knowledge of mathematics, logical reasoning skills and pattern recognition. Working crossword puzzles regularly may help you with daily activities, like balancing your checkbook or reading instructions.

ACROSS

- Anteater
- Common
- Regions
- Employed
- Nearer
- Sartor
- Overt
- Mediterranean fruit
- Dialect
- List of technical terms

DOWN

- Intense
- Aromatic herb
- Capable of being cultivated
- Retains
- Epicure
- Riotous
- Spanish dance
- Cake topping
- Earlier
- Prejudice





Making Lives Better® ★ butler.va.gov

325 New Castle Road
Butler, PA 16001
800.362.8262
724.287.4781



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 each Veteran's total care since 1937. With more than 600 employees, we are the health care choice for over 17,000 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 Healthcare provides comprehensive Veteran care including primary, specialty and mental health care – as well as health maintenance plans, management of chronic conditions, preventive medicine needs and social support services to our nation's Veterans.



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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