CHIROPRACTIC CARE

Army Veteran Dave Crispen served 14 years, including tours in Iraq and Kosovo. He was wounded in Iraq twice – in 2003, and again in 2006. When he was hit with an IED in 2006, he was knocked unconscious, and suffered a Traumatic Brain Injury (TBI). Ever since, he also has been dealing with constant neck and back pain. Chiropractic care at VA Butler Healthcare significantly helps him.

Dave is no stranger to the VA, having registered for care as soon as he was discharged. He has been through VA’s Polytrauma Team, as well as physical therapy, mental health, and smoking cessation programs. “I think I’ve been through every program at VA Butler except the Dom!”

While everything at VA Butler has been “great,” he’s very appreciative of the chiropractic care he receives here.

Dave began seeing a chiropractor while still in the military. In addition, he took pain medication and muscle relaxers, something he hoped he would not need to continue.

“I’ve been seeing VA Butler’s chiropractor, Dr. Anderson, for a little over a year now. I cannot say a bad thing about that man. He’s friendly—always asks how I’m doing, how school is going—he really cares. You’re not just another patient with him,” said Dave.

By utilizing regular chiropractic care at VA Butler, (typically every two weeks, depending on how he’s feeling) Dave no longer needs to take pain medications for his injuries.

“I encourage other Veterans to make a chiropractic appointment—that’s where it’s at! I feel a lot better after, and I’m no longer on pain medication,” said Dave.

“And, with Dr. Anderson, he takes the time for you. You don’t feel rushed, you feel better.”

Dave also is currently using his GI Bill and VA’s Vocational Rehabilitation services to get his nursing degree. After he graduates next spring, he hopes to work at VA to help other Veterans.

“Veterans fought for me to be here and be free. Nursing will allow me to give something back to them.”

Chiropractic care is just one of many specialty care services VA Butler Healthcare offers Veterans. Learn more about specialty care services here: www.butter.va.gov/services/Specialty_Care.asp

I’ve been seeing VA Butler’s Chiropractor, Dr. Anderson, for a little over a year now—he really cares. You’re not just another patient with him.

—Dave Crispen, Army Veteran

THIS MONTH IN HISTORY...MARCH

1 William Harvey of England discovers blood circulation (1578)
3 The Pony Express service begins as the first rider departs from St. Joseph, Missouri. For $5 an ounce, letters are delivered 2,000 miles to California within 10 days (1860)
6 Following a vote by Congress approving a declaration of war, the U.S. enters World War I (1917)
12 The Civil War begins as Confederate troops under the command of General Pierre Beauregard open fire at 4:30am on Fort Sumter in Charleston, South Carolina (1861)
15 The first American school for the deaf is founded in Hartford, Connecticut (1817)
24 The Library of Congress is established, America’s oldest federal cultural institution and the world’s largest library (1800)
30 The fall of Saigon marks the end of the Vietnam War (1975) [40th anniversary]

APRIL 9, 2015 IS NATIONAL ALCOHOL SCREENING DAY

Alcohol screening followed by brief alcohol counseling has been very effective in helping Veterans with existing and potential drinking problems. Positive screening serves as a valuable early warning sign that can identify potential drinking problems before they get worse. Screen yourself at My HealtheVet today: www.myhealth.va.gov (Screening Tools: Alcohol Use Screening (AUDIT-C))
THE CLOTHESLINE PROJECT

The Clothesline Project has been in existence for the past two decades and has been created/displayed all over the world. This is the third year VA Butler Healthcare will host a Clothesline Project as part of Sexual Assault Awareness Month in April. The Clothesline Project is a visual display of shirts with graphic messages and illustrations that have been designed by survivors of violence, loved ones of survivors, or by someone who loves someone killed by interpersonal violence/domestic violence. The purpose is to increase awareness of the impact of violence on women and men, to celebrate the strength of survivors, and to provide another avenue to “break the silence” regarding sexual assault, childhood abuse, and physical violence. VA Butler Healthcare’s Clothesline Project will be on display for one week, April 20-24, in the primary care waiting area. Staff will be available throughout the week to answer questions.

For more information or to learn about treatment options, please contact VA Butler’s Military Sexual Trauma (MST) Coordinator at 800.362.8262 ext. 2498 or VA Butler’s Women Veterans’ Program Manager at 800.362.8262 ext. 2756.

OCCUPATIONAL THERAPY

April is Occupational Therapy Month, a perfect time to reflect on the work VA does to help Veterans live a full and productive life. Occupational therapy (OT) is a discipline that aims to promote health by enabling people to perform meaningful and purposeful activities. As the largest health care system in the nation, VA is the single largest employer of occupational therapists.

VA Butler’s OT Department provides goal-directed treatment utilizing a variety of techniques and activities to improve functional daily skills, upper extremity range of motion, muscle strength, coordination, balance, endurance, and visual-perceptual skills. The OT Department manages the Advanced Mobility Clinic, which includes power/manual wheelchairs, devices to aid patients with seating and positioning, and offers assistance with home modifications.

For more information, call 800.362.8262 ext. 2237 or visit www.butler.va.gov/services/Physical_Medicine_and_Rehabilitation_PM_R.asp.

NEW MILITARY SEXUAL TRAUMA SUPPORT GROUP FOR WOMEN

You CAN Recover from Trauma.

VA Butler Healthcare’s Center for Behavioral Health (CBH) now offers a weekly women Veterans’ Military Sexual Trauma (MST) support group. MST is the term VA uses to refer to sexual assault or repeated, threatening sexual harassment that occurred while a Veteran was in the military.

The group meets Friday mornings from 10am to 11am at VA Butler Healthcare. Women Veterans must be pre-screened prior to attending. The new group is geared toward providing support, and is not a trauma processing group. A variety of topics will be discussed in the group: increasing a sense of safety, shame and guilt, learning to trust others, recognizing possibly unsafe situations, and the cyclical nature of Post-Traumatic Stress Disorder (PTSD).

For information about the support group or other MST services, Veterans may contact VA Butler’s MST coordinator, Rowan Flamm, at 800.362.8262 ext. 2498.

We want to hear from you! Email amanda.kurtz2@va.gov to share your story with us!

EVENTS

Behavioral Health Council Meeting

Tuesday, April 14 • 10am
VA Butler Healthcare, Room 218WS

National Volunteer Recognition Week

Sunday, April 12-Saturday, April 18
Volunteer of the Year Presentation—
Friday, April 17

For information, contact Voluntary Services at 800.362.8262 ext. 2575

Veterans Seminar

May 1
New Castle American Legion Post 343
134 N Jefferson St, New Castle, PA

325 new castle road . butler pa 16001

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