

## VA SUPPORT AFTER AMPUTATION

**D**omenic Lombardo enlisted in the U.S. Navy when he was 17 years old. He has been coming to the VA for 10 to 15 years. The VA helped him through his amputation recovery in 2016.

After a bad motorcycle accident in 2003, one in which Domenic felt lucky to survive, he experienced pain for years; tremendous, unbearable pain in his leg. In November 2016, he made the decision to have his leg amputated.

“I feel blessed to have had the VA behind me with some of my recovery with the amputation,” shared Domenic. Domenic went to physical therapy at the Butler VA, as well as received his prosthetics through VA following his amputation. “There are great doctors and physical therapists at Butler.”

The Butler VA’s Physical Medicine and Rehabilitation (PM&R) Service is a physician-directed, interdisciplinary team treatment process designed to increase independence and improve quality of life for Veterans. The Butler VA offers both inpatient and outpatient physical therapy services amongst other services



(i.e. occupational therapy, kinesiotherapy, recreation therapy, etc.).

After some of his rehabilitation was complete, Domenic started doing things he couldn’t do before because of his extreme pain.

“I started running. It’s a little ironic, I know. People cannot realize the pain I was in for all those years, and now to be without any pain, with just one leg, is awesome. It’s not like I’ve been running all these years – it is just something I can do now without all the pain. Once the pain was gone, my whole life changed.”

Domenic exercises (almost) every day. He also regularly runs races whenever he can. Last summer at a local race, he placed first in his age group (over 70)!

Domenic continues to receive his care at VA, primarily at the Cranberry Township VA Clinic. He is grateful to the VA (and all the staff) who supported his amputation recovery, and continue to provide him with care whenever he has a problem.

“I feel blessed to have had the VA behind me with some of my recovery with the amputation.” -Domenic Lombardo, U.S. Navy Veteran

## THIS MONTH IN HISTORY...APRIL

- 6 Following a vote by Congress approving a declaration of war, the U.S. enters World War I (1917)
- 7 *PTSD Coach*, VA’s first mobile phone app is released to the iTunes App Store by the National Center for PTSD and DoD’s National Center for Telehealth & Technology (2011)
- 9 The National Prisoner of War Museum is dedicated on the site of an American Civil War POW camp (1998)
- 14 The Paralyzed Veterans of America (PVA) is established (1946)
- 16 The first National Stress Awareness Day is recognized to raise awareness of stress and promote healthy solutions (1992)
- 30 The Fall of Saigon marks the end of the Vietnam War (1975)



## VA PROSTHETIC & SENSORY AIDS SERVICE (PSAS)

VA’s Prosthetic & Sensory Aids Service (PSAS) provides comprehensive support to optimize health and independence – providing prosthetic and orthotic services, sensory aids, medical equipment, and support services for Veterans. Learn more:

[www.prosthetics.va.gov](http://www.prosthetics.va.gov)





Clothesline Project at the Butler VA to raise awareness during SAAM

## APRIL IS SEXUAL ASSAULT AWARENESS MONTH

Sexual Assault Awareness Month (SAAM) is an annual campaign in April to raise public awareness about sexual assault. In its campaign, VA focuses on sexual assault and sexual harassment occurring during military service – also known as “military sexual trauma” or “MST.” Sadly, about 1 in 4 women and 1 in 100 men seen for VA health care report a history of military sexual trauma when screened by a VA provider.

At VA, Veterans who experienced MST have access to a wide range of services to assist them in their recovery. MST-related treatment is available at all VA medical facilities and all treatment for physical and mental health conditions related to experiences of MST is provided free of charge.

For help with treatment and health care related to MST at the Butler VA, please contact our local MST Coordinator at 878-271-6230. Veterans also can call VA’s general information hotline at 1-800-827-1000.

## STRESS LESS

### Stress Awareness Month



Stress. We’ve all felt it. But what do you do when it becomes overwhelming? More importantly, how do you prevent it from becoming overwhelming?

There are many resources available to you through the Butler VA that will help you handle stressful issues and situations. Options range from simple relaxation or pleasant activities you can do on your own, to working with a VA counselor.

One of the ways the Butler VA can help you manage stress is through light physical activity to keep your body (and mind) strong. The Butler VA offers weekly meditation, mindfulness, and Tai Chi classes. Learn more about these classes by calling (878) 271-6484.

It’s important to remember that no matter how challenging life becomes, there is help available. To learn more about how to manage stress, talk with your Butler VA health care team. Veterans also can check out these stress-management mobile apps: PTSD Coach, Moving Forward, and Breathe2Relax available at <https://mobile.va.gov/appstore>.

## ASK QUESTIONS, SHARE CONCERNS, AND LEARN MORE ABOUT THE BUTLER VA!

- Town Hall Meeting: April 17 at 5pm, Clarion County VA Clinic
- Coffee with the Quad: May 15 at 9am, Abie Abraham VA Clinic
- Town Hall Meeting: June 12 at 5pm, Michael A. Marzano (Mercer County) VA Clinic
- Coffee with the Quad: July 17 at 9am, Abie Abraham VA Clinic
- Town Hall Meeting: August 21 at 5pm, Armstrong County VA Clinic
- Coffee with the Quad: September 18 at 9am, Abie Abraham VA Clinic

We want to hear from you! Email [amanda.kurtz2@va.gov](mailto:amanda.kurtz2@va.gov) to share your story with us!

## EVENTS

**Whole Health: Not the Same Old Grind!**

2 Tuesday, April 2 • 12:30-1pm  
Abie Abraham VA Clinic (HCC), Rm. 1RT004

**Town Hall Meeting**

17 Wednesday, April 17 • 5pm  
Clarion County VA Clinic

**Music is Medicine**

24 Wednesday, April 24 • 11:30am-12:30pm  
Abie Abraham VA Clinic (HCC),  
2<sup>nd</sup> Floor Lobby

**SAVE-THE-DATE: VA2K 2019**

15 Wednesday, May 15 • 11am-3pm  
Abie Abraham VA Clinic (HCC), Outside



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Butler VA Health Care System



353 north duffy road . butler pa 16001

800.362.8262  
724.287.4781

[www.butler.va.gov](http://www.butler.va.gov)



[butler.va.gov](http://butler.va.gov)



[facebook.com/vabutlerpa](https://facebook.com/vabutlerpa)



[twitter.com/vabutlerpa](https://twitter.com/vabutlerpa)



[www.butler.va.gov/news/MediaCenter.asp](http://www.butler.va.gov/news/MediaCenter.asp)

