



FOCUSED ON THE WHEELCHAIR GAMES

U.S. Navy Veteran John Kellner was at VA Butler Healthcare for rehabilitation in 2011 when a VA therapist told him about the National Veterans Wheelchair Games being held in Pittsburgh that year and encouraged him to register. His response: “Why not? It’s in Pittsburgh. I’ll give it a try!”

John competed in his first Games in 2011 in Pittsburgh and brought home a gold medal in archery. “I like to be competitive, and I like sports. I was in,” he said. Since then, he has competed in seven Games. His most recent Games was his most successful, bringing home five gold medals, and a bronze medal.

The National Veterans Wheelchair Games are co-presented between the Department of Veterans Affairs and Paralyzed Veterans of America (PVA). The Games serve Veterans with spinal cord injury, multiple sclerosis, amputations and other central neurological impairments with the goal to increase their independence, healthy activity, and quality of life through wheelchair sports and recreation.

“It [the Games] keeps me focused on something year-round other than I’m in a wheelchair, ‘what can I do?’” said John. “Every year, you meet somebody different, and of course you run into people you met years before. You’re in an environment where there are hundreds of people in wheelchairs. You’re not the only one. It’s a whole community of people dealing with the same thing you’re dealing with.”

The Games also help motivate John to keep active all year. He trains almost year-round to stay competitive. During the winter, he exercises and practices inside (YMCA and bowling), and when spring comes, he heads outside to practice his field events and archery.

John wants Veterans to know it does not matter how you ended up in a wheelchair, as long as you are a Veteran. John also is a member of the Keystone PVA, and that organization (and many others) can assist Veterans interested in participating in the Games. John’s goal is to get more Veterans interested in the Games. “It keeps you focused on something other than your situation, and you don’t realize what you can do from a wheelchair until you try to do it!”

Learn more about the Wheelchair Games: <http://wheelchairgames.org/>. And, learn more about how VA Butler Healthcare can help you stay active year-round: www.butler.va.gov/services/Health_and_Wellness.asp.

“It’s a whole community of people dealing with the same thing you’re dealing with.” -John Kellner, U.S. Navy Veteran

THIS MONTH IN HISTORY...DECEMBER

- 3 The first successful heart transplant is performed by Dr. Christiaan Barnard (1967)
- 8 The U.S. enters WWII (1941)
- 10 American Veterans of WWII (AMVETS) is founded (1944)
- 15 The Bill of Rights becomes effective following ratification by Virginia (1791)
- 16 The Battle of the Bulge begins, the last major German offensive campaign of WWII (1944)
- 28 The Pledge of Allegiance is officially recognized (1945)



STAY ACTIVE THIS WINTER!

VA Adaptive Sports & Therapeutic Arts Rehabilitation Programs

Learn more about all VA Adaptive Sports & Therapeutic Arts Rehabilitation Programs: www.blogs.va.gov/nvpspe. Register for the 2019 National Veterans Wheelchair Games in Louisville, KY next month!



'TIS THE SEASON... TO VOLUNTEER!

VA Butler welcomes the generosity of our community friends during the holiday season (and all year-long!) If interested in making a donation, volunteering, and/or providing entertainment to our Veterans, please contact VA Butler's Voluntary Services Office at 800-362-8262, ext. 6957, or visit us online at www.butler.va.gov/giving.

Use live video to meet with your doctor from wherever you are!

Introducing
VA Video Connect

Learn more at mobile.va.gov/appstore

U.S. Department of Veterans Affairs

TRAVEL LESS THIS WINTER WITH VA VIDEO CONNECT

Traveling in winter weather is not pleasant, and can even be dangerous during severe winter weather. With VA Video Connect (VVC), your VA Butler providers can conduct visits with you over live video, alleviating some of the stress winter travel often brings.

Through VVC, you can interact with your VA health care team by simply using the camera on your phone, computer or tablet to get direct, real-time access to VA care in a way that works best for you. Visit the app store to download the app: <https://mobile.va.gov/appstore>.

Talk with your health care team at VA Butler, or call VA Butler's Telehealth Coordinator at 800-362-8262, ext. 6528 for more information. Remember, if you need to travel this winter, be safe!

HELP FOR VETERANS WITH SEASONAL AFFECTIVE DISORDER

Seasonal Affective Disorder (SAD) is a condition associated with feeling sad or blue during certain times of the year. It is a disorder that triggers symptoms of depression, most commonly in the fall or winter. In the fall and winter there is less sunlight, hence it is sometimes called winter depression. Your symptoms will get better on their own when a new season arrives, often in spring or summer. But treatment can make you feel better sooner.

If you suffer from SAD, call the Veterans Crisis Line at 1-800-273-8255 and press 1; text to 838255; or chat online 24/7/365. For more information about SAD, visit the National Institute of Mental Health at www.nimh.nih.gov/health/topics/seasonal-affective-disorder, or talk to your health care team at VA Butler Healthcare.

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

EVENTS

Whole Health: Not the Same Old Grind!

4 Tuesday, December 4, 2018
12:30pm-1pm
Room 1RT004, Abie Abraham VA HCC

Town Hall Meeting

119 Wednesday, December 19 • 5pm
Lawrence County CBOC

Music is Medicine

26 Wednesday, December 26
11:30am-12:30pm
Abie Abraham VA HCC
2nd Floor Lobby



U.S. Department of Veterans Affairs
Veterans Health Administration
VA Butler Healthcare

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724.287.4781

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