

# FRONT CENTER

Providing News to Our Veterans

January 2017

## GET FIT IN THE NEW YEAR

From the *MOVE!* Program and Wellness Center to nutrition counseling and free weekly fitness classes, VA Butler Healthcare has plenty of resources and programs to help Veterans get fit and stay fit in the New Year.

U.S. Army Veteran Michael McLafferty has participated in VA Butler's *MOVE!* Program, exercised at the Wellness Center, and currently attends VA Butler's weekly fitness classes. In fact, this past fiscal year, he attended 181 classes!

Michael first got involved in health and wellness programs at VA Butler Healthcare

through the *MOVE!* Weight Management Program. Thanks to *MOVE!*, Michael lost 30-35 pounds. "I can thank Courtney for that! She ran the program, and she got me interested in losing weight."

After success with *MOVE!*, Michael started going to VA Butler's Wellness Center. Michael got himself into better shape lifting weights, and then decided it was time to give the fitness classes a try to add in some cardio. Michael attends the fitness classes available (free) to Veterans

three to four times a week. He participates in cardio classes (his favorite), yoga classes, and boxercise.

"The classes help me maintain my weight. I'm also in much better shape than I used to be," said Michael. "I can do so much more now than what I could when I first started, in terms of endurance, balance, etc. I'm 65 years old. So, the balance part (that comes with yoga) is important!"

Michael recommends the fitness classes to everyone, and not just the



fitness classes, but exercise in general. "It just makes you feel so much better!"

VA Butler offers Veteran fitness classes 5 days a week, Monday - Friday from 4:30 - 5:30pm in VA Butler's Auditorium. The classes are

provided free of charge to our Veterans, but Veterans must pre-register before attending classes. To pre-register, contact VA Butler's HPDP Program Manager at 800.362.8262, ext. 2292.

“The [fitness] classes help me maintain my weight. I'm also in much better shape than I used to be.” — Michael McLafferty, U.S. Army Veteran

## THIS MONTH IN HISTORY...JANUARY

- 1 The ball is first dropped at Times Square in New York City [Happy New Year!] (1908)
- 22 During WWII in the Pacific, Japanese resistance ends in New Guinea, resulting in the first land victory of the war for Allied Forces (1943)
- 23 Elizabeth Blackwell is awarded her MD, becoming America's first woman doctor (1849)
- 25 President John F. Kennedy conducts the first live televised presidential news conference, five days after taking office (1961)
- 26 The Dental Drill is patented (1875)
- 27 The Vietnam Peace Agreement is signed (1973)
- 28 The U.S. Coast Guard is created, combining the Life Saving Service and the Revenue Cutter Service (1915)



## MOVE! IN 2017

Check out VA's *MOVE!* program to help you tackle your New Year's resolutions—[www.move.va.gov](http://www.move.va.gov). You also can talk to a VA Butler dietitian, if you are interested in learning more about healthy eating or tips to help you stay focused on your goals!



## VA PRESCRIPTION REFILL AND SECURE MESSAGING AVAILABLE AT VETS.GOV

Have you visited Vets.gov? The goal for Vets.gov is to centralize all online Veteran experiences to a single website as a “one stop shop” to meet all of Veterans’ online needs. As such, Vets.gov has been partnering with My Health eVet. Veterans, you can now process prescription refill requests, track prescriptions, and communicate through secure messaging – all on Vets.gov (if you have a My Health eVet premium account and register for a Vets.gov account).

Try out the new features as soon as you are able, and keep an eye out for much more to come! Additional health-related functionality will be added to Vets.gov on an ongoing basis as it is available and proven. And don’t worry; your existing My Health eVet account is still available if you prefer to use that.

## NEW VLER FORM

A new form is now available for VA’s VLER Health Information Exchange Program. The VLER Health Authorization Form 10-0485 has been extended from five years to 10 years! What does this mean for Veterans? Once you sign the authorization form, we will be able to share medical records with non-VA providers for 10 years instead of five years. A new form is not required if you signed the previous form, but you may choose to sign the new form now to extend your authorization period.

Visit [www.butler.va.gov/patients/Virtual\\_Lifetime\\_Electronic\\_Record.asp](http://www.butler.va.gov/patients/Virtual_Lifetime_Electronic_Record.asp) to learn more about VLER. You also may call the local VLER Coordinator at 724.287.4781 ext. 4809.

## VETERAN HEALTH IDENTIFICATION CARD NOW AVAILABLE AT ALL VA BUTLER LOCATIONS

Veterans can now get their Veteran Health Identification Card (VHIC) at the main facility in Butler, and all five Community-Based Outpatient Clinics (CBOC) in Armstrong, Clarion, Lawrence, and Mercer counties and Cranberry Township.

The VHIC is for identification and check-in at VA appointments and can be used at some retailers for discounts. Additionally, the VHIC has the following features:

- Increased security for your personal information - no personally identifiable information is contained on the magnetic stripe or barcode
- Unique Member Identifier – Department of Defense assigns an electronic data interchange personal Identifier (EDIPI) that allows VA to retrieve the Veteran’s health record
- A salute to your military service – The emblem of your latest branch of service is displayed on your card. Several special awards also will be listed
- Accessibility – Braille “VA” helps visually impaired Veterans to recognize and use the card
- Anti-Counterfeiting – Microtext prevents reproductions

How do you get a VHIC? Veterans must be enrolled in the VA health care system. Once your enrollment is verified, you may have your picture taken at the main VA Butler campus, or your local CBOC.

## MOVING FORWARD IN 2017

The New Year can be a time for change. But changes in life, even good ones, can bring challenges and stress. Maybe you are trying to start a new health and exercise program, or maybe you are worried about finances. If you are feeling overwhelmed, you are not alone. Check out VA’s free, online resource, *Moving Forward*, to help you manage stress and transition.

*Moving Forward* teaches skills and tools to help you navigate challenging times, find creative solutions to problems, and meet your goals. It features interactive exercises, videos and real-life stories from fellow Veterans. It is completely confidential and easy to use. Visit [www.veterantraining.va.gov](http://www.veterantraining.va.gov) to check out *Moving Forward*, or other VA online resources.

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

## EVENTS

### Annual Healthy Living Food Drive

*Non-perishable and non-expired food items only*

January 1-31

All donations benefit local Veterans in need.

Contact 724.285.2771 or 724.487.1694 for more details.

### Town Hall Meeting

Wednesday, January 4 • 5pm

VA Butler Healthcare Auditorium



800.362.8262  
724.287.4781

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