

## CAREGIVER RESOURCES

Caregivers of Veterans: Start 2019 off right with some self-care! At VA Butler, we honor the daily investment that Veteran caregivers make each day to support the health and wellbeing of our nations' Veterans. This daily effort can take a toll though, and that's why our Caregiver Support Program is here.

U.S. Air Force and Army Veteran Dan Fenstermaker, along with his wife Vicki, both receive care and support from VA Butler, him for health care, and her for caregiver support.

"The Butler VA has been a tremendous help to myself and my wife. When she became my caregiver, the VA resources were/are tremendous," said Dan.

VA Butler offers various services for Veterans with caregivers ranging from adult day health care and respite care to home-based primary care and home telehealth. VA Butler also offers training, educational resources, and multiple tools just for caregivers themselves.

"They helped mentally and emotionally in teaching her [his caregiver and wife] coping skills and other skills as well," said Dan. "Also, the physical activity through cardio and yoga provides great stress relief."

Caregivers are encouraged to attend fitness classes at VA Butler free of charge! VA Butler offers weekly fitness classes in its Wellness Center at the Abie Abraham VA Health Care Center including cardio, yoga, martial arts, and more.



Caregivers are invited to attend to stay healthy (and de-stress!). For fitness class information, call 800-362-8262, ext. 6484.

Whether it's a fitness class to de-stress, you could use some help at home, or you just need someone to listen, VA Butler's Caregiver Support Coordinator is here to provide the support that's right for you. Learn more about the variety of services available to caregivers at [www.butler.va.gov/services/caregiver](http://www.butler.va.gov/services/caregiver) or call VA Butler's Caregiver Support Coordinator at 800-362-8262 ext. 6174.

““ The physical activity through cardio and yoga provides great stress relief. ””

- Dan Fenstermaker, U.S. Air Force and Army Veteran

## THIS MONTH IN HISTORY...JANUARY

- 1 The Emancipation Proclamation takes effect (1863)
- 1 During the American Revolution, George Washington unveils the Grand Union Flag, the first national flag in America (1776)
- 10 *Common Sense*, a 50-page pamphlet by Thomas Paine is published. It influenced, among others, the authors of the Declaration of Independence (1776)
- 15 The King Center sponsors the first annual observance of Dr. King's birthday and calls for nation-wide commemorations of Dr. King's birthday [*This observance becomes the model for subsequent annual commemorations of Dr. King's birthday nation-wide*] (1969)
- 16 The Gulf War begins (1991)
- 27 The Vietnam Peace Agreement is signed (1973)



## VA'S CAREGIVER SUPPORT LINE: 1-855-260-3274

Assistance is just a quick phone call away - while you're supporting a Veteran, we're here to support you. Sometimes, the best thing to do is just talk it out. VA's Caregiver Support Line has licensed caring professionals standing by: 1-855-260-3274.



## RESOLUTION OF 2019: GET A GOOD NIGHT'S SLEEP!

Getting a good night's sleep is one of the best things you can do for your health. As you sleep, your brain and body recover from everyday stresses. Healthy sleeping habits improve your memory, metabolism, immune system, as well as your ability to make decisions. Unfortunately, millions of Americans suffer from chronic sleep disorders, such as sleep apnea, which can contribute to dangerous health conditions.

Sleep apnea is most commonly treated with a Continuous Positive Airway Pressure (CPAP) breathing device. Veterans enrolled in VA health care and receiving treatment from a VA sleep care team can ask their sleep provider about the REVAMP App. The app pairs with your PAP machine and allows you and your VA sleep care team to track your sleep data! Learn more at the VA App Store: <https://mobile.va.gov/app/revamp-veterans>.



## JANUARY IS NATIONAL GLAUCOMA AWARENESS MONTH

January is Glaucoma Awareness Month, and one of the best New Year's resolutions a Veteran can make is to get an eye exam. Over one-and-a-half million Veterans have a vision-threatening eye disease, including 285,000 with glaucoma, which makes January a perfect time to remind all Veterans to take action now to prevent this sight-stealing disease.

**What can you do?** Get tested for glaucoma right away! It is a painless procedure, and early diagnosis of glaucoma may reduce the damage to your eye and even save your eyesight.

VA Butler provides a comprehensive program of services for eligible Veterans who have low-vision or are legally blind. Learn more by visiting [www.butler.va.gov/services/Visual\\_Impairment\\_Services.asp](http://www.butler.va.gov/services/Visual_Impairment_Services.asp) or talking to your health care team today.

## TRY TAI CHI

Want to try something new in the New Year? VA Butler now offers Tai Chi classes for Veterans.

Tai Chi was developed as an ancient Chinese martial art. Tai Chi is a widely practiced form of exercise with numerous health benefits. Studies have demonstrated Tai Chi to have potential positive effects for falls, hypertension, cognitive performance, osteoarthritis, depression, pain, balance confidence and COPD.

If you have questions about Tai Chi, or are interested in trying it at VA Butler, please talk to your health care team or call VA Butler's Physical Medicine and Rehabilitation Nurse at 878-271-6459.

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*

11-31 January 1-31

All donations benefit local Veterans in need.  
Contact 878-271-6484 for more details.

### Town Hall Meeting

11-6 Wednesday, January 16 • 5pm

Abie Abraham VA HCC Auditorium

### Music is Medicine

2-3 Wednesday, January 23 • 11:30am-12:30pm

Abie Abraham VA HCC

2nd Floor Lobby

VA



U.S. Department of Veterans Affairs

Veterans Health Administration  
VA Butler Health Care System



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