

## TRY THE ANNIE APP

U.S. Army Veteran Calvin “Cal” Bowser is one of the first users of the new Annie App at the Butler VA Health Care system. He did a trial run of the new Annie App a few weeks ago and decided to continue to use the tool to complement the resources and support he receives from MOVE! at the Armstrong County VA Clinic.

“I’ve been involved with the VA’s MOVE! Program for many years, and the Annie App helps refresh my memory,” said Cal. “When you get informational and motivational messages, it helps you reflect back on other things you’ve learned. It doesn’t hurt to have a pleasant reminder!”

So, what is the Annie App? Annie is VA’s new mobile text messaging system that reminds Veterans to tend to their own self-care between VA appointments. It can be customized to send Veterans text messages with reminders, like – “Hello, this is Annie reminding you to take your medication. Please reply ‘med yes’ or ‘med no,’” or “Hi, this is Annie. Just a quick reminder that your glucose readings are due.”

In Cal’s case, Annie is customized to help him with nutrition, exercise, and overall healthy living. With the

App, Cal receives a daily text message (at 9 pm) Monday-Friday.

“That’s the time of evening I sit down for the day and relax. When I get the nightly text message, I think ‘maybe I’ll skip my snack’ or ‘I won’t call out for pizza now.’ It keeps me tuned in.”

To use Annie, Veterans must be enrolled by their care team. If a Veteran would like to solely interact with Annie via text message, just a basic cell phone with texting plan is needed. If a Veteran would like to interact with Annie using the app, he or she will need secure logon credentials.

Cal plans to continue using the Annie App and recommends it to other Veterans. “It doesn’t hurt to try. Try something new!” he concluded.

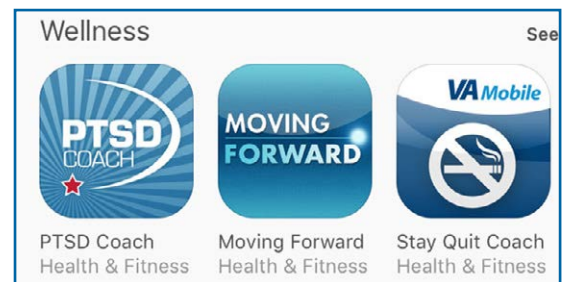
To find out more about Annie, visit the VA App Store at [mobile.va.gov/app/annie-app-veterans](https://mobile.va.gov/app/annie-app-veterans) or talk to your health care team at the Butler VA!



“When I get the nightly text message, I think ‘maybe I’ll skip my snack’ or ‘I won’t call out for pizza now.’ It [the Annie App] keeps me tuned in.” - Calvin Bowser, U.S. Army Veteran

## THIS MONTH IN HISTORY...JULY

- 2 The U.S. Constitution takes effect (1788)
- 4 The first-ever Fourth of July celebration is held west of the Mississippi River when Lewis and Clark fire the expedition cannon and order an extra ration of whiskey for the men (1804)
- 6 The Air Force Cross is created (1960)
- 21 The Veterans Administration is created (1930)
- 27 The Korean War ends with the signing of an armistice by U.S. and North Korean delegates at Panmunjom, Korea (1953)
- 29 The U.S. Army Chaplain Corps is established (one of the oldest and smallest branches of the Army) when the Continental Congress authorized one chaplain for each regiment of the Continental Army (1775)



## CHECK OUT VA APPS

VA offers a variety of health-related mobile apps for Veterans. Many can be downloaded, and others are mobile-friendly websites. A full and detailed listing is available on the VA App Store: <https://mobile.va.gov/appstore/>.



## WARRIOR TO SOUL MATE STARTS NEXT MONTH!

**W**arrior to Soul Mate (W2SM) is a workshop for Veterans and their partners to learn communication skills for renewing and reconnecting with one another. The Butler VA will begin offering W2SM at its main facility next month (Our first offering will be a two-day workshop on Thursday, August 28, and Friday, August 29). Veterans and their partners who have been in a committed relationship for at least three months are welcome, regardless of marital status or sexual identity.

Contact our Chaplain Service (724-421-4665) or Intimate Partner Violence Assistance Program Coordinator (878-271-6124) for more information on the Warrior to Soul Mate program.

## WELCOME HOME EVENT FOR POST 9/11 VETERANS - JULY 16

**A**ll Post 9/11 Veterans and their Families are invited to join the Butler VA for the annual Welcome Home Event at a local baseball game at Pullman Park on July 16 at 7 p.m. A suite has been reserved for Veterans and their families, and information will be available about VA eligibility/enrollment and VA programs/services. RSVP to Leigh MacAllister (878-271-6120) or Amy Kunst (878-271-6119). You may also contact them for additional information.

*The Butler VA is ready to provide health care and more to our newest Veterans returning from the armed forces. Even if you are still on active duty or an activated member of the National Guard or Reserve, you can receive care and benefits assistance. To learn more about VA care, services and specialty needs, call the Transition and Care Management Program Manager today (878-271-6120) or visit [www.butler.va.gov/services/returning](http://www.butler.va.gov/services/returning).*



## FREE GARDENING WORKSHOPS FOR VETERANS IN JULY

**T**he Butler VA Health Care System was awarded funding from the Office of Rural Health (ORH) which provided education to Veterans to attend the Master Gardener Program at Penn State Extension and also will fund our new Healing Gardens at the New Castle Road Campus. The Veterans who attended the Master Gardener Program will provide free educational workshops this July.

Are you interested in gardening? Do you like to plant flowers, vegetables or fruit? Do you want to learn research-based and sustainable horticultural practices? If you said yes, these workshops are for you.

- Week 1: July 11 – Basic Botany
- Week 2: July 18 – Soil Health & Fertilizer Management
- Week 3: July 25 – Plant Propagation
- Week 4: August 1 – Vegetable Garden  
(All workshops will be 10 a.m. – 12 p.m.)

The workshops will be hands-on in addition to educational. All supplies will be provided for each workshop. Veterans must register for each workshop before attending. Please call 878-271-6484 to register for these space-limited, first-come, first-served workshops.

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

## EVENTS

### Fashion Show

11/6 Tuesday, July 16 • 12pm-3pm  
HCC, 2nd Floor Lobby

### Coffee with the Quad

11/7 Wednesday, July 17 • 9am  
Abie Abraham VA Clinic (HCC)

### Sun Safety & Cancer Prevention Event

2/6 Friday, July 26 • 10am-2pm  
Outside Lawn, HCC Main Entrance

### Farmers Market

2/6 Friday, July 26 • 10am-2pm  
Outside Lawn, HCC Main Entrance



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



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