

## GET INTO A ROUTINE

Each spring VA hosts the VA2K Walk and Roll to support homeless Veterans while also encouraging healthy activity. Marine Corps Veteran Dave Leo has participated in VA Butler's VA2K Walk and Roll for the past three years. He especially likes this wellness event because it provides support to Veterans.

The annual VA2K allows participants to support homeless Veterans through voluntary donations of food and clothing items.

The VA2K is just one of many VA-related wellness activities Leo

does. He started off at VA Butler's Wellness Center and with the *MOVE!* Program, and has progressed to taking multiple fitness classes every week at VA Butler Healthcare, including cardio, boxercise, and yoga.

Leo enjoys the newest, weekly yoga class offered called "Basic Mindful Yoga and iRest Inspired Meditation." This new class focuses on breathing and is designed with a military-audience in mind. He also enjoys Friday's yoga class as it's a great way to wind down the end

of the week.

All the fitness classes are completely different, but Leo enjoys all of them. He encourages other Veterans to take the classes too, and his advice: "Stick with it for the first couple weeks. They'll be rough, but after a while it just gets routine, and it's like getting up in the morning and going for a walk."

Even if you are out of shape or have not been active in a long time, you can begin activity safely. Start with a walk, like a 2K (1.2 miles)! Walking

strengthens your cardiovascular system, tones muscles, increases flexibility and can help shed pounds and reduce stress.

Even a moderate amount of exercise daily can improve your health. Start at a comfortable level. Once this begins to seem easy, add a little more activity each time. VA Butler can help, and all fitness classes offered include modifications for attendees of varying fitness levels.

Learn more about the annual VA2K, health and wellness



programs, and fitness classes by calling VA Butler's Health Promotion & Disease Prevention Program Manager at 800.362.8262, ext. 2292.

“Stick with it for the first couple weeks. They'll be rough, but after a while, it just gets routine, and it's like getting up in the morning and going for a walk.” — Dave Leo, Marine Corps Veteran

## THIS MONTH IN HISTORY...JUNE

- 6** More than 160,000 Allied troops land along the French coastline to fight Nazi Germany on the beaches of Normandy, France (D-Day) (1944)
- 14** The first U.S. Military service, the Continental Army consisting of six companies of riflemen, is established by the Second Continental Congress. The next day, George Washington is appointed by a unanimous vote to command the Army (1775)
- 15** King John sets his seal to the Magna Carta, the first charter of British liberties, guaranteeing basic rights, the foundation of modern democracies around the world (1215)
- 18** Dr. Sally Ride, a 32-year-old physicist and pilot, becomes the first American woman in space (1983)
- 22** President Roosevelt signs the Readjustment Act of 1944, more popularly known as the GI Bill (1945)



## PHYSICAL ACTIVITY

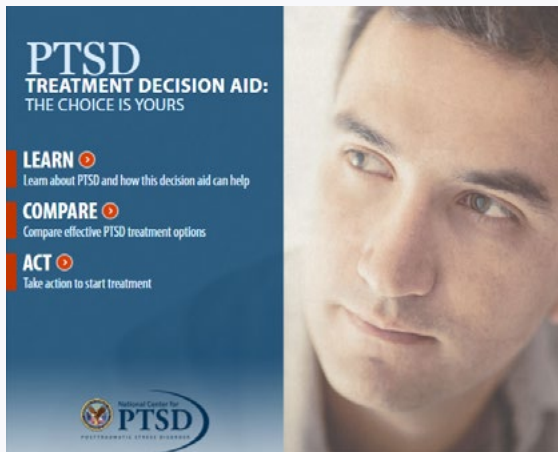
For important health benefits, aim for at least 2 1/2 hours of moderate intensity aerobic activity, or 75 minutes of vigorous-intensity activity, or a combination of both each week. Learn more about being physically active: [www.prevention.va.gov/Healthy\\_Living/Be\\_Physically\\_Active.asp](http://www.prevention.va.gov/Healthy_Living/Be_Physically_Active.asp)



## PTSD TREATMENT DECISION AID

The Veterans Affairs National Center for PTSD has created an online decision aid to help Veterans learn about effective PTSD treatment options. You can read about the treatments or watch videos explaining how they work. You can even build a chart to compare the treatments you like most. At the end, you will receive a personalized summary. Check it out: [www.ptsd.va.gov/apps/decisionaid](http://www.ptsd.va.gov/apps/decisionaid)

June is PTSD Awareness Month. Visit [www.ptsd.va.gov](http://www.ptsd.va.gov), for more information about PTSD and ways to help raise PTSD awareness.



## Access and Quality in VA Health Care

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

### NEW ACCESS AND QUALITY ONLINE TOOL

VA has a new website with an access and quality tool to help Veterans make more informed health care choices. The website allows Veterans to quickly and easily compare access and quality measures from VA Butler Healthcare to other VA facilities, and make informed choices about where, when and how they receive their health care. Further, Veterans at some of VA's largest medical centers will now be able to compare the quality of VA care to local private-sector hospitals with more hospital comparisons being added soon.

The new access and quality web tool is a work in progress and will continue to evolve as Veterans, VA employees, Veterans service organizations and others provide feedback to improve its tools and capabilities. Check it out today at [www.accesstocare.va.gov](http://www.accesstocare.va.gov).

### WOMEN'S HEALTH PROVIDERS

Women Veterans, did you know? VA Butler Healthcare has a designated Women's Health Provider at the main facility and all five Community-Based Outpatient Clinics.

Women Veterans have many unique physical and mental health needs, so VA Butler ensures there is a designated Women's Health Provider at every site. What does this mean for you? You can have all of your needs met at one visit with one provider. If you are currently assigned to a non-designated women's health provider and are interested in switching to a designated women's health provider, please call VA Butler's Women Veterans Program Manager at 800.362.8262, ext. 2756.

### HEALTH CARE CENTER MOVE - SEPTEMBER 5, 2017

VA Butler's new Health Care Center (HCC) will be open for Veterans on September 5, 2017. The new address for the HCC is: 353 North Duffy Road, Butler, PA 16001. We look forward to serving you in our brand new building in September. Keep up-to-date at: [www.butler.va.gov/news/building.asp](http://www.butler.va.gov/news/building.asp).

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

## EVENTS

### Blood Drive

8 Thursday, June 8 • 9am-2pm  
VA Butler Auditorium

Please call 1.800.RED CROSS to schedule an appointment or visit [redcrossblood.org](http://redcrossblood.org) and enter: *butlerva*

### Sun Safety & Cancer Prevention Event

23 Friday, June 23 • 10am-2pm  
Outside Lawn, Primary Care Main Entrance

### PTSD Awareness Day Information Table

20 Thursday, June 29 • 9am-3pm  
Primary Care Waiting Area



800.362.8262  
724.287.4781

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