

## SELF CARE

How you take care of yourself can have a greater impact on your health and well-being than any medical care you may receive. That is one important thing Air Force Veteran Charles Powell learned while residing at VA Butler Healthcare's Domiciliary.

Charles has been coming to VA Butler since 2009, and has utilized many different VA programs ranging from medical and behavioral health care services to his current stay at the Domiciliary (Dom). "In terms of something that has been life-changing on every

level – mentally, spiritually, socially – that's the Domiciliary program. It really has been life-changing for me and that is not an understatement."

Though life-changing, it has not been without its challenges. "The most challenging thing for me without a question is the challenge to look at myself – to take a hard look in the mirror and be honest with what I find," he said. "One of the things this program challenges us to do in so many different ways is to be honest about what you see, take responsibility for

your own actions, and then be open minded and willing to receive the help being offered so you can make changes in your own life."

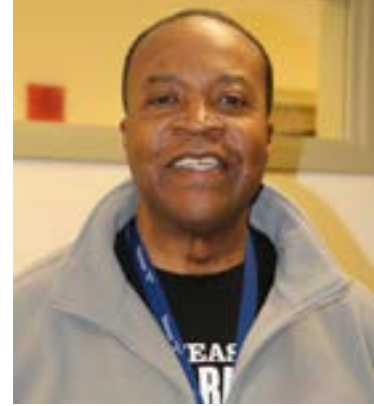
"One of the most important things I received from the Dom program is how to conduct self-care. It is something I didn't even understand the importance of before," added Charles.

Evidence shows that each of the eight areas of self-care -- 1)working your body; 2)surroundings; 3) personal development; 4)food and drink; 5)recharge; 6)family, friends, and co-workers; 7)spirit and soul;

8)power of the mind – contributes a great deal to your overall health and well-being. They also can affect your chances for developing diseases, and the seriousness of that disease.

Self-care is often the most important factor in living a healthy life, which in turn allows you to live your life fully, in the ways that matter to you. All Veterans are encouraged to talk to their health care team about self-care to find the right kind of care for their needs.

Charles' advice for fellow Veterans: Come. "The VA has so much to offer –



and so many different kinds of services for Veterans. "Stay with it. Persevere. You will undoubtedly find the help you're looking for." Charles is hoping to be a helpful resource to Veterans in the near future. After he completes his stay at the Dom, he plans to complete training to become a Peer Support Specialist.

“In terms of something that has been life-changing on every level - mentally, spiritually, socially - that's the Domiciliary program.” – Charles Powell, Air Force Veteran

## THIS MONTH IN HISTORY...MARCH

- 1 Yellowstone becomes the U.S.'s first national park (1872)
- 6 The Patent Office in Berlin registers a patent for aspirin (1899)
- 15 The Department of Veterans Affairs is established with Cabinet rank, succeeding the Veterans Administration (1989)
- 19 Operation Iraqi Freedom begins (2003)
- 23 Patrick Henry ignites the American Revolution with a speech before the Virginia convention stating, "I know not what course others may take; but as for me, give me liberty, or give me death!" (1775)
- 26 Groundbreaking ceremonies take place in Washington, D.C. for the Vietnam Veterans Memorial (1982)



## MARCH IS BRAIN INJURY AWARENESS MONTH

VA has a Polytrauma System of Care to treat and care for Veterans with Traumatic Brain Injury alone or in combination with other injuries and health conditions.

Get help today – talk to your health care team.



## CALLING ALL ARTISTS: THE NATIONAL VETERANS DAY POSTER CONTEST

Each year VA's National Veterans Outreach Office, in conjunction with the Veterans Day National Committee, publishes a commemorative Veterans Day poster. The poster is selected from artwork submitted by artists nationwide and is distributed to VA facilities, and military installations around the world and across cities and towns in our nation. It also serves as the cover of the official program for the Veterans Day Observance at Arlington National Cemetery. Learn more about poster submission guidelines at [www.va.gov/opa/vetsday](http://www.va.gov/opa/vetsday). The deadline for submissions is April 15.



## FREE SELF-DEFENSE CLASSES IN MARCH

The first four Thursdays in March—March 2, 9, 16, and 23—VA Butler's Health Promotion and Disease Prevention Program will sponsor free self-defense classes from 4:30 to 5:30pm in VA Butler's auditorium. Join us to learn the basic skills necessary to protect yourself while also getting in a good workout. This class will show you how to be aware of your surroundings, as well as teach you self-defense moves in case of an attack.

To learn more, please call VA Butler's Health Promotion & Disease Prevention program manager at 800.362.8262, ext. 2292.

## VETERAN APPOINTMENT REQUEST (VAR) MOBILE APP

Now available at VA Butler Healthcare, VAR makes it possible for Veterans to directly schedule primary care appointments and request assistance in booking both primary care and mental health appointments at the VA facilities where they receive care. In addition to scheduling appointments, Veterans can use VAR to track appointment details and the status of requests, send messages about requested appointments, receive notifications and cancel appointments.

The VAR app is available to Veterans enrolled in the VA health care system with a DS Logon Level 2 (Premium) account. If you do not have a DS Logon Level 2 (Premium) account, or you are not sure, visit [mobile.va.gov/dslogon](http://mobile.va.gov/dslogon), for more information.



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

## EVENTS

**Diabetes Alert Day**  
28 Tuesday, March 28 • 10am-2pm  
Primary Care Waiting Area

**Vietnam Veterans Appreciation Breakfast**  
Tuesday, March 28 • 9-11am  
28 American Legion Post 778  
*All Vietnam Veterans invited  
(along with one guest)*  
RSVP: Call 724.285.2575 or  
724.287.4781, ext. 4356 by March 24.



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