

## MY LIFE IS BETTER NOW

U.S. Marine Corps Veteran James Hughes started the *MOVE!* Program in July 2017, and has since lost several pants' sizes, inches, as well as 78 pounds. What has he gained? Camaraderie, extra-curricular activities, and a better life.

*MOVE!* is a weight management, health promotion program designed to improve the lives of Veterans. *MOVE!*'s core ideas—encouraging healthy eating behavior, increasing physical activity, and promoting even small weight losses—are easy to follow and based on the latest in nutrition science.

James' first experience with the *MOVE!* Program was with Tele*MOVE!*, a telehealth program that includes daily interaction with in-home messaging technologies and clinician contact as needed. Next, he participated in *MOVE!* Group at the Cranberry Township VA Clinic. *MOVE!* Group sessions are clinician-led groups that meet regularly and follow a structured format for weight loss.

"The camaraderie of all the guys and women in the *MOVE!* group made this program work for me. Everyone is open about their struggles with losing weight. We all fit in. We all are Veterans. We all are overweight. We can relate to each other." James also struggles with Parkinson's disease, and prior to coming to VA he could not walk or use his hands. He regularly



sat around and watched TV.

"Now, I go out and do things. My wife and I go places. I work in the garden. I work out in the basement. We go to some events in the community and I am involved in the Marine Corp League," shared James. "I feel like I want to do stuff now. They really motivate me. My life is so much better now!"

In addition to the *MOVE!* Program, a VA therapist referred James to Rock Steady Fit 4 Boxing Club. He joined in August 2018, and goes to a one-hour class four days a week that

is specifically for Parkinson's disease patients. "I could hardly do anything when I started the program and now I am one of the hardest punchers in the class!" James said.

In addition to boxing and *MOVE!*, James is maintaining his health (and hoping to lose even more weight) by eating smaller portions and cutting out sweets. He also participates in several Telehealth programs.

"I participate in Telehealth for diabetes, blood pressure, and weight. This is an extra help in addition to the *MOVE!* classes. My Telehealth RN keeps track of my numbers for me and calls me when there are changes. She is great and it is nice to know that she is watching things for me."

To learn more about *MOVE!*, talk to your health care team at the Butler VA today or visit [www.move.va.gov](http://www.move.va.gov).

“The camaraderie of all the guys and women in the *MOVE!* group made this program work for me.” - James Hughes, U.S. Marine Corp Veteran

## THIS MONTH IN HISTORY...MARCH

- 1 The Peace Corps is founded (1961)
- 3 Francis Scott Key's "Star Spangled Banner" becomes the national anthem [Happy "National Anthem Day!"] (1931)
- 15 The Department of Veterans Affairs is established with Cabinet rank, succeeding the Veterans Administration (1989)
- 15 The American Legion & Auxiliary is established (1919)
- 19 Operation Iraqi Freedom begins [16th Anniversary] (2003)
- 22 The Tuskegee Airmen, the first African-American military aviators in the U.S. armed forces, are activated (1941)

## GO MOBILE AND GET MOVE!-ING

*MOVE!* Coach is another way Veterans can participate in VA's *MOVE!* Program...from their phone! With this free app, Veterans can set, track, and achieve their diet, physical activity, and weight goals. The app goes through a series of self-management guides, for a total of 19 weeks of care. Learn more: [www.move.va.gov/MOVE/MoveCoach.asp](http://www.move.va.gov/MOVE/MoveCoach.asp).





## TELEPHONE LIFESTYLE COACHING - COMING SOON!

With Telephone Lifestyle Coaching (TLC), Veterans can connect, one-on-one, with a health and wellness coach over the phone to help them achieve important health goals. Veterans choose the goals they'd like to work on—including striving for a healthy weight, eating wisely, being physically active, limiting alcohol, and managing stress.

To learn more, contact the Butler VA's local TLC site lead at (878) 271-6484.

### LYME DISEASE POST-EXPOSURE PROPHYLAXIS CLINIC FOR VETERANS

Spring starts March 20 this year, and with Spring and warmer weather comes ticks. There is more tick-borne disease in Pennsylvania than any other state in America according to the Centers for Disease Control and Prevention (and Butler County has had the highest number of Lyme Disease cases the last two years in a row!)

**The Butler VA can help!** If you have been bitten by a tick, the Butler VA's Pharmacy offers a Lyme Disease Post-Exposure Prophylaxis Clinic for Veterans. A VA Pharmacist will walk you through the simple process to evaluate your need to start preventative treatment within 72 hours of tick removal. If needed, medicine may be prescribed to help prevent the onset of Lyme Disease.

If you are bitten by a tick, contact your Primary Care Team or the Pharmacy Department today.

### BUTLER VA NUTRITION RESOURCES

March is National Nutrition Month

March is National Nutrition Month, a time to recognize the importance of making informed food choices and developing sound eating and physical activity habits. At the Butler VA, this is very important to us, as a healthy diet is essential to improving and maintaining overall well-being—a goal we strive to achieve every single day for Veterans and their families.

**Did you know we offer the following resources, groups, classes, and more to help Veterans with their nutrition goals?**

- *MOVE!* Weight Management Program
- One-on-one counseling with a registered dietitian
- Healthy cooking classes and demonstrations
- Healthy recipes
- Healthy Teaching Kitchen YouTube Channel (watch video recipes)
- Telephone Lifestyle Coaching (TLC) for eating healthy (coming soon!)

Not sure where to start? Talk to your Butler VA Health Care Team today, or visit: [www.nutrition.va.gov](http://www.nutrition.va.gov).

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

## EVENTS

**Whole Health: Not the Same Old Grind!**

5 Tuesday, March 5 • 12:30-1pm  
Abie Abraham VA Clinic (HCC), Rm. 1RT004  
**Town Hall Meeting**

20 Wednesday, March 20 • 5pm  
Abie Abraham VA Clinic (HCC), Auditorium  
**Diabetes Alert Day**

26 Tuesday, March 26 • 10am-2:00pm  
Abie Abraham VA Clinic (HCC), Main Lobby  
**Music is Medicine**

27 Wednesday, March 27 • 11:30am-12:30pm  
Abie Abraham VA Clinic (HCC)  
2<sup>nd</sup> Floor Lobby



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