

Veteran's Advice: Have Faith in Yourself, You Can Recover from PTSD

"I want to share my story with other women Veterans to help inspire them to not give up, but to hold their heads high because we do recover."

Loretta Smith-Jones served in the Army as a Combat Medic from 1980 to 1986. She spent her military career at Bassett Army (Alaska) and Walter Reed (Washington, D.C.) Medical Centers.

Loretta first realized that she had Post Traumatic Stress Disorder (PTSD) after enrolling in the Butler VA Health Care System. "I came to the Butler VA to learn more about my addiction and to get help." The VA provided Loretta with treatment that allowed her to manage her cognitive behaviors as well as her drug addiction.

Through the Domiciliary program and the outpouring of support and therapy, Loretta began to love herself again and was able to rebuild relationships with family and friends. With this extra confidence, she started to branch back out into the community to develop additional support systems and other relationships. Loretta successfully completed the treatment plan offered through the Domiciliary program and entered Robin's Home to continue her journey to recovery.

At Robin's Home, Loretta found her purpose as an advocate and provider of peer support for other women. Loretta hopes to shine a light on the issues that women Veterans face, mentor them through their problems, and be an example showing that you can overcome adversity and

enjoy a happy and healthy life.

"I want to share my story with the world, because today I can hold my head high, cope with life's terms, and remain loyal to myself, my friends and my family."

Loretta is happily married to Robert Jones. They have five children and 12 grandchildren, the loves of their lives. Check out VA's Center for Women Veterans, <https://www.va.gov/womenvet/>, for more information, or contact Butler VA's Women Veterans Health Program Manager at 878-271-6989. Call 724-477-5033 for information about Butler VA's Domiciliary Residential Rehabilitation Program.

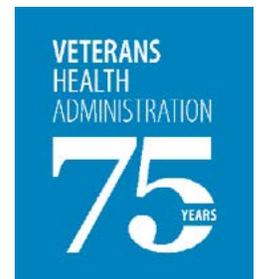


“I want to share my story with the world, because today I can hold my head high, cope with life's terms, and remain loyal to myself, my friends and my family.” - Loretta Smith-Jones, U.S. Army Veteran



75th Anniversary - Tell Us Your Why

In honor of VHA's 75th Anniversary, the Butler VA has implemented two special campaigns, **75 Reasons Why** and **75th Birthday Celebrations**. If you would like to share why you chose the Butler VA for your care, work, or volunteer service, and/or if you are celebrating your 75th birthday this year, please contact Butler VA's Public Affairs Office at 878-271-6492. We'd like to share your why and celebrate your birthday with you.



*A Legacy of Service.
The Future of Care.*



WE ARE ROUGHLY 2 MILLION STRONG.
 WE ARE MOTHERS, SISTERS, FRIENDS, PARTNERS, AND WIVES.
 WE ARE ADVOCATES, BOSSES, STUDENTS, AND SURVIVORS.
 WE ARE ALL ERAS AND BRANCHES OF SERVICE.
 WE ARE WOMEN. WE ARE VETERANS.

WE ARE NOT INVISIBLE



There are roughly two million women veterans, making up ten percent of the veteran population and growing. Yet they continue to face significant barriers and challenges in accessing health care and other services, while experiencing a lack of recognition. The I Am Not Invisible (IANI) project, developed in Oregon, aims to increase awareness and dialogue about women veterans, and open viewers' eyes to the myriad contributions, needs, and experiences of women who have served in the military. In support of Women's History Month 2020, this virtual IANI exhibit celebrates and honors women Veterans who continue to serve their Country and Communities in Butler, Pennsylvania.

WOMEN'S HISTORY CELEBRATED MONTH OF MARCH

Since 1987, the United States has formally recognized March as National Women's History month. In 1980, President Jimmy Carter issued the first Presidential Proclamation declaring the Week of March 8, 1980, as National Women's History Week stating "... men and women have worked together to build this nation. Too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well."

During this month, the nation celebrates the important roles women played throughout history, much of which is still untold. This month is an opportunity to highlight all of the things women accomplish on a daily basis from domestic chores and raising children to leading corporations. Learn more at National Womens History Alliance, <https://nationalwomenshistoryalliance.org/>.

WHOLE HEALTH RESOURCE FAIR

Mark your calendars! Butler VA Health Care System will be hosting its first Whole Health Resource Fair on Tuesday, May 11, 2021, from 11 a.m. – 4 p.m. at the Abie Abraham VA Health Care Center. Follow us on Facebook, Twitter and sign up for GOV.Delivery (go to our website and under "follow us", click "sign in") to get up to date information and alerts about this and other events.

COVID VACCINE UPDATE

The Butler VA Health Care System continues to offer and administer the COVID-19 vaccine as quickly as possible to VA employees and Veterans who receive care at VA and who meet current CDC guidelines. We are now offering vaccines to enrolled Veterans age 65 and older. Please contact the call center at 878-271-6753 for more information about the Moderna COVID vaccine and to schedule an appointment. Veterans are encouraged to register at "Keep Me Informed" (<https://www.va.gov/covid-19-vaccine>) to stay current on COVID vaccine information. Please be sure to check out the Butler VA website for updates and follow us on Facebook and Twitter.



SALUTE YOU

Thank you for your service
LAURIE J. KUBLI, U.S. Army



US Army 1989-1993
 Land Combat Support
 System Test Specialist

PA Army National
 Guard 1996-1999



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



353 north duffy road . butler pa 16001

800.362.8262
 724.287.4781

www.butler.va.gov



butler.va.gov



facebook.com/vabutlerpa



twitter.com/vabutlerpa



A Legacy of Service. The Future of Care.

Let us "Salute You!" Contact the Butler VA Public Affairs Office for more information.

