Providing News to Our Veterans

May 2017

BE ACTIVE AND MOVE!

Army Veteran William “Bill” Lazor and his wife regularly participate in VA Butler Healthcare’s Be Active and MOVE! (BAM) classes and have seen quite a difference in a year!

Be Active and MOVE!, also known as “BAM”, consists of group activity (aerobic fitness, strengthening exercises, balance and flexibility training) along with education about the new skills, all performed with the support of fellow Veterans.

BAM helps Veterans learn how to be more physically active through instruction and practice.

“It sounds crazy, but I couldn’t even put a pair of pants on. I had no balance. I got lazy the first year of my retirement. Now, I’ve got my balance back,” shared Bill. “I lost almost 35 pounds; my wife lost weight, and we are eating healthier.”

Bill appreciates the supportive atmosphere with the other Veteran participants, and enjoys that his wife is able to participate with him. He also credits the great instructor. “The instructor really mixes it up great – one day you’re working this part of your body, the next day, another part of the body. It’s done me wonders.”

The focus of the BAM class is to become more comfortable with different activities to improve fitness and health. Modifications also are provided for various fitness levels.

Bill’s VA doctor advised him to lose 20 percent of his weight. He’s already surpassed that goal, and plans to lose more. “My clothes fit me now. I feel better, and I feel healthier,” said Bill. “There was a hill I couldn’t walk up when I hunted; I would have to stop three times before I got up it. This year, I walked up the hill, and said to myself, ‘I didn’t even stop!’”

To participate in VA Butler’s Be Active and MOVE! Program Veterans must be currently or previously enrolled in the MOVE! Program. Sign-up today by contacting your VA health care team or the MOVE! team directly by calling 1.800.362.8262 ext. 5504 to arrange an appointment.

“My clothes fit me now, I feel better, and I feel healthier.”

— Bill Lazor, Army Veteran

THIS MONTH IN HISTORY...MAY

5 Decoration Day is first observed in the U.S., with the tradition of decorating soldiers’ graves from the Civil War. It is later moved to the last Monday in May (Memorial Day) and changed to include all Americans who have died in military service for the U.S. (1865)

8 V-E day is celebrated in America and Britain (1945)

10 Mother’s Day is observed for the first time. Happy Mother’s Day to all our Veteran moms! (1908)

11 During the Vietnam War, the Battle of “Hamburger Hill” begins (1969)

23 The first Military Spouse Day is celebrated to recognize the profound importance of spouse commitment to the readiness and well-being of military members (1984)

23 Benjamin Franklin announces his invention of bifocals (1785)

MEMORIAL DAY

Memorial Day is a special time for Americans to reflect on the contributions of those Americans who made the ultimate sacrifice for us. Because of the courage of these Veterans, we enjoy the opportunities and freedoms that we do today. Join VA in honoring them.
A Butler’s new Health Care Center (HCC) is set to be completed this summer and officially open for Veterans on September 5. Now that spring is here, site work has recommenced with various sidewalk and flag pole base installations. Landscaping also has begun.

Inside the new HCC, first floor work is nearing completion as flooring work, painting and monumental staircase work continues. Second floor work also is largely complete. Dental operatories, dental imaging, radiology imaging, as well as the Veteran Canteen Service café and coffee shop equipment installations all are being scheduled.

Visit the HCC Webpage (https://www.butler.va.gov/news/Construction/VA_Butler_Health_Care_Center.asp) and VA Butler’s Facebook page for more details, photos, and upcoming events as the HCC construction is completed over the next few months!

**NEW REACH VET PROGRAM**

VA launched a new innovative program called Recovery Engagement and Coordination for Health – Veterans Enhanced Treatment (REACH VET). Using a new predictive model, REACH VET analyzes existing data from Veterans’ health records to identify those at a statistically elevated risk for suicide, hospitalization, illness, or other adverse outcomes. This allows VA to provide pre-emptive care and support for Veterans, in some cases before a Veteran even has suicidal thoughts.

VA’s suicide prevention resources include the Veterans Crisis Line, which provides confidential support from specially trained and experienced responders to Veterans, even if they are not enrolled in VA health care. Veterans and their families and friends may call 1.800.273.8255 and press 1; chat online at VeteransCrisisLine.net/Chat, or text to 838255. VA Butler also has a local Suicide Prevention Coordinator to make sure Veterans receive needed counseling and services. VA Butler’s Suicide Prevention Coordinator can be reached at 800.362.8262, ext. 2737.