

## IMPROVE YOUR HEALTH AT HOME WITH A HEALTH COACH

U.S. Navy Veteran Randy A. Anthony was struggling with depression, and his increased stress was becoming a problem. He knew he needed to try something new because what he was trying was not working. He stepped out of this comfort zone and gave the Telephone Lifestyle Coaching (TLC) Program a chance. He completed the program for stress management, and he is currently participating again, this time for weight management.

TLC is a telephone-based coaching program where Veterans talk with a health coach about personal health and self-care behaviors. Veterans receive education and support for goal setting and action planning to improve their health and well-being.

“One of the biggest things that helped me is the accountability that you have to someone else (your health coach),” said Randy. “My favorite part of this program is how it is set up: you talk on the phone once a week for the first month or so. Then, every two weeks for a month or two, and then monthly as you establish your dedication to the program, and you take control over your lifestyle.”

Telephone Lifestyle Coaching provides telephone support when and where Veterans want it. Coaches support Veterans who choose to take charge of their health in any of these areas:

- managing weight
- being more active
- managing stress
- eating wisely
- limiting alcohol

“I would tell other Veterans struggling with stress, weight loss, an eating disorder, alcohol, or other problems to take the

steps and get a health coach. If you keep an open mind, take suggestions, and honestly give the program a try, your life will change for the better. My life is much better now than it was a year ago,” shared Randy. “If you are the type of person who likes the challenge of making yourself a better person mentally, physically and spiritually, this program is for you.”

If this sounds like the right fit for you, ask your healthcare team for a referral to TLC today. You can do so over the phone or through My HealthVet’s secure messaging.



## THIS MONTH IN HISTORY...MAY

- 5** Decoration Day is first observed, with the 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 died in military service for the U.S. (1865)
- 6- National Nurses Week - THANK YOU VA NURSES!**
- 12** (2020 has been designated as “The Year of the Nurse”)
- 10** Mother’s Day is first observed. Happy Mother’s Day to all our Veteran moms! (1908)
- 11** During the Vietnam War, the Battle of “Hamburger Hill” begins (1969)
- 15** The first Peace Officers Memorial Day pays tribute to law enforcement officers who made the ultimate sacrifice (1963)
- 23** The first Military Spouse Day is celebrated. This year’s observance is celebrated on Friday, May 8. Thank You Military Spouses! (1984)

## PERSONALIZED CARE, WHEN AND WHERE YOU WANT IT

Ask for a TLC referral today and work with your coach to:

- Eat wisely
- Limit alcohol
- Manage stress
- Be physically active
- Strive for a healthy weight

Telephone Lifestyle Coaching

Learn more: [www.prevention.va.gov/TLC](http://www.prevention.va.gov/TLC)



## APPLY FOR VA HEALTH CARE AT HOME

Stay home and stay safe! You don't need to come in-person to apply for health care at the Butler VA. Check out these three simple steps to get started today:

- 1) Have your DD-214 ready
- 2) Fill out an application: [www.va.gov/vaforms/medical/pdf/10-10EZ-fillable.pdf](http://www.va.gov/vaforms/medical/pdf/10-10EZ-fillable.pdf) (or call Ron Collett at 878-271-6677, if you'd like one mailed to you)
- 3) Mail your completed application and a copy of your DD-214 to:  
ATTN: Ronald Collett, Butler VA Outreach Coordinator  
Butler VA Health Care System  
353 N. Duffy RD  
Butler, PA 16001

Need help getting started? Have questions as you go? Call Ron Collett at 878-271-6677. You can also visit [www.va.gov/health-care/how-to-apply/](http://www.va.gov/health-care/how-to-apply/) for more information.

## FACEBOOK LIVE EVENTS

As we all continue to stay at home and practice social distancing, all upcoming in-person facility events have been postponed. Instead, we're bringing you VA speakers and demonstrations via Facebook Live. "Like" our Facebook page, and encourage your fellow Veterans to as well, to stay up to date!  
[www.facebook.com/VAButlerPA](http://www.facebook.com/VAButlerPA)



## LIVE WHOLE HEALTH

With the unforeseen challenges of the COVID-19 pandemic, how we deal with and adapt to change will determine our ability to weather the pandemic. Taking care of your physical health is important, but so is taking care of your Whole Health—adding emotional, mental and spiritual to the physical.

Life always has been a process of evolving and adapting to change. That's what makes finding ways to stay balanced and strong so important: learning new skills to stay healthy and care for ourselves and our families is now more important than ever.

VA is posting weekly Whole Health resources, including video sessions that you can follow along with from your own home. Sessions will pull from a variety of existing VA resources, and may include breathing exercises,

stretching, meditation, fitness, yoga, tai chi, and more. We also will be highlighting various VA informational resources to support you and your families. Check out the resources posted to date here, and be on the lookout for more to come: [www.blogs.va.gov/VANtage/category/health/livewholehealth/](http://www.blogs.va.gov/VANtage/category/health/livewholehealth/)

For more information on maintaining and enhancing your mental health and well-being during the Novel Coronavirus Disease (COVID-19) outbreak, visit VA's Mental Health Coronavirus webpage: [www.mentalhealth.va.gov/coronavirus/](http://www.mentalhealth.va.gov/coronavirus/)

For more information on self-care through the Whole Health Components of Health and Well-Being visit: [www.va.gov/WHOLEHEALTH/circle-of-health/index.asp](http://www.va.gov/WHOLEHEALTH/circle-of-health/index.asp)

SALUTE YOU

Thank you for your service

**DONALD HAYES**

U.S. Army Veteran



1969 to 1971  
B-Battery/  
3rd Battalion/  
3rd Artillery  
1st US Army  
13 Bravo 4O/  
Field Artillery

VA



U.S. Department of Veterans Affairs

Veterans Health Administration  
Butler VA Health Care System



353 north duffy road . butler pa 16001

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



800.362.8262  
724.287.4781

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