

EACH DAY IS ANOTHER OPPORTUNITY

Compensated Work Therapy

George Leidhecker V served 12 years in the U.S. Army, and has been coming to VA Butler Healthcare since 2015. He resides in the Transitional Residence (TR) House on VA Butler's campus and participates in the Compensated Work Therapy (CWT) program. He currently works at WD Wright Contracting, Inc. thanks to a new partnership established with VA Butler's Vocational Rehabilitation Department.

"With the CWT program, I am able to focus not only on scheduling appointments, but also recovery-based activities," said George. "I needed a lot of help organizing my life to be successful, and each day is another opportunity to become a little better."

Compensated Work Therapy (CWT) is a clinical vocational rehabilitation program offered at VA Butler Healthcare. The program's aim is to provide Veterans an opportunity to gain valuable long-term employment skills and also give them the resources they need for a hopeful future.

With CWT, George has held several positions, including a few at VA Butler. George currently works at WD Wright doing traffic control operations. The WD Wright partnership with VA Butler was newly established this year. The company

trains and certifies Veterans as "flaggers." Currently, two local Veterans work in this role through the CWT program.

"CWT, for me, has been very supportive of me and my goals, never pushing too much but also staying firm to help show me the path forward. I hope I have done well by the program, as well as been a good example to my peers who might follow my lead," said George.

George plans to continue with his role at WD Wright. He also hopes to pursue a machinist job in the future. His next big step is to own a car so that he can get to and from any job he chooses.

"Fellow Veterans, if you need job skills or are having trouble keeping a job, ask about CWT. While you stay gainfully employed, they will work with you and give you a good reference for your next potential job," explained George.

Veterans interested in CWT should talk to their VA Butler health care team, or contact VA Butler's Vocational Rehabilitation Department at 878-271-6170.



“CWT for me has been very supportive of me and my goals, never pushing too much but also staying firm to help show me the path forward.”

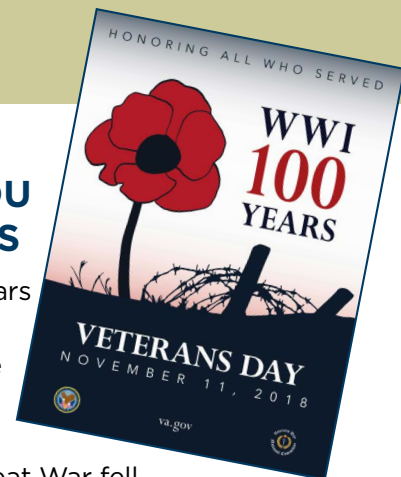
- George Leidhecker V, Army Veteran

THIS MONTH IN HISTORY...NOVEMBER

- 10** The U.S. Marine Corps is established (1775).
- 11** Irving Berlin's "God Bless America" is first performed (1938).
- 13** Harvard's Paul Zoll becomes the first man to use electric shock to treat cardiac arrest (1952).
- 17** Influenza (flu) deaths reported in the U.S. far exceed World War I casualties [REMINDER: Get your flu shot at VA Butler Healthcare today!] (1918).
- 19** President Abraham Lincoln delivers the Gettysburg Address during ceremonies dedicating 17 acres of the Gettysburg Battlefield as a National Cemetery (1863).
- 26** George Washington proclaims this a National Thanksgiving Day in honor of the new Constitution. This date was later used to set the date for Thanksgiving (1789).

THANK YOU VETERANS

Exactly 100 years ago today, the 11th hour of the 11th day of the 11th month, the guns of the Great War fell silent across Europe leading to the creation of Veterans Day. To all those who have faithfully served, and those serving today, we thank you for your service.





WHOLE HEALTH: NOT THE SAME OLD GRIND!

What exactly is “Whole Health” and how is VA Butler Healthcare supporting Veterans’ Whole Health? Join us on the first Tuesday of each month (November 6, December 4, etc.) from 12:30pm to 1pm in room 1RT004 for a brief introduction to Whole Health and the many programs and services VA Butler Healthcare has available for Veterans. Free coffee!

REMINDER: GET YOUR FLU SHOT!

VA Butler Healthcare’s last flu clinic of the season is this month, but Veterans may still get their free flu shot during any scheduled VA appointment, or at any Walgreens nationwide!

Veterans enrolled at the VA may go to any Walgreens (no appointment needed) to get a free flu shot. Simply go to a Walgreens, tell the pharmacist you receive care at a VA facility, and show your Veterans Health Identification Card and another form of photo ID. (Patients also will be asked to complete a vaccine consent form at the time of service.) Your immunization record will be updated electronically in your local VA electronic health record.

Remember, getting vaccinated is the best way to protect yourself, as well as your loved ones, against the flu virus. Learn more about the flu vaccination: www.publichealth.va.gov/flu/vaccination/.

GREAT AMERICAN SMOKEOUT

Mark your calendar...the Great American Smokeout is Thursday, November 15. If you’ve thought about quitting smoking but haven’t picked a date yet, or if you’ve tried before and are ready to commit to making the change for good, now is the time to start living a better life!

Having trouble getting started? Check out www.mentalhealth.va.gov/quit-tobacco and the following resources. VA Butler has local tools and support too. Talk to your health care team today.

- **Quit VET:** Speak with a tobacco cessation counselor and make a quit plan by calling 1-855-QUIT-VET (1-855-784-8838). Quitline counselors are available between 9am and 9pm, Monday through Friday.
- **SmokefreeVET:** This text messaging service provides

daily encouragement for those quitting smoking. Text “VET” to 47848 or visit smokefree.gov/VET to start receiving supportive messages today.

- **Stay Quit Coach:** This mobile app helps Veterans quit smoking with tools and information specifically addressing the needs of Veterans with PTSD. It is free to download from the Apple App Store and Android Apps. Learn more: <https://mobile.va.gov/app/stay-quit-coach>.

Like most things in life, quitting smoking happens one day at a time. Make November 15 the first day of a better life.



We want to hear from you! Email amanda.kurtz2@va.gov to share your story with us!

EVENTS

Flu Clinic

📅 Friday, November 2 • 11am-12pm
Tanglewood Center; 10 Austin Ave.
Lyndora, PA

Butler Co. Veterans Stand Down

📅 Friday, November 2 • 11am-12pm
Tanglewood Center; 10 Austin Ave.
Lyndora, PA

Town Hall Meeting

📅 Wednesday, November 14 • 5pm
Abie Abraham VA Health Care Center

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
VA Butler Healthcare

800.362.8262
724.287.4781

www.butler.va.gov



butler.va.gov



facebook.com/vabutlerpa



twitter.com/vabutlerpa



www.butler.va.gov/news/MediaCenter.asp



353 north duffy road . butler pa 16001

