



## WOMEN VETERANS CAN VIRTUALLY CONNECT WITH A LACTATION CONSULTANT

When U.S. Navy Veteran Valorie LaCross had a concern about breastfeeding her newborn and could not be seen in the community for about a week, she called the VA. Through telehealth technology, Valorie was able to be seen by a VA lactation consultant that same day in the comfort of her home.

A lactation support program is available to female Veterans at VA Butler Healthcare currently pregnant or breastfeeding thanks to telehealth. Women Veterans can connect with a Lactation Consultant from the comfort of their own home to get the support they need when they need it. All that is needed is a mobile web-based device (smart-phone, tablet, or computer)

“I experienced an issue breastfeeding that I had not dealt with with my first child. This was new to me, and I did not want to wait to be seen,” shared Valorie. “I was able to connect to someone at VA that same day from home to discuss my symptoms and answer my questions. Everything

worked out great, and I did not need to be seen in person.” Valorie utilizes the Clarion County Community-Based Outpatient Clinic for her care, and has had a very positive experience with VA health care. “When I hear on the news about negative stories, I can’t believe it. From my own provider, to the Women’s Health Program Manager, I have always felt well taken care of by VA.”

Valorie encourages other women Veterans to reach out for support, and ask questions! “After my first child, I brought up some concerns with the breast pump being provided. As a result, the VA began issuing a different pump! If you need something, ask. The VA is there to support you.” Valorie receives all her care through VA, including maternity care. All routine maternity care is covered through Care in the Community. Additionally, every Veteran who wants to breastfeed is sent a lactation package that includes a Medela breast pump, breast pads, storage bags, and lanolin cream.

To learn more about Maternity Care Benefits, or the Lactation Support Program, call VA Butler’s Women Veterans Program Manager at (878) 271-6989.

“From my own provider, to the Women’s Health Program Manager, I always have felt well taken care of by VA.”

- Valorie LaCross, U.S. Navy Veteran

## THIS MONTH IN HISTORY...OCTOBER

- 3 The U.S. Army adopts airborne (or parachute) soldiers. [Airborne troops were later used in World War II for landing troops in combat and infiltrating agents into enemy territory] (1940)
- 12 After a 33-day voyage, Christopher Columbus makes his first landfall in the New World (1492)
- 13 U.S. Navy is established (1775)
- 19 The first National Mammography Day is officially recognized [annually observed on the third Friday in October, as part of National Breast Cancer Awareness Month] (1993)
- 28 The Statue of Liberty, originally named *Liberty Enlightening the World*, is dedicated at Liberty Island NY by President Grover Cleveland (1886)
- 31 Mount Rushmore National Memorial is completed after 14 years. (1941)



## CALLING ALL WOMEN WHO SERVED IN THE UNITED STATES MILITARY!

Do you know your Veteran status? Do you have a Veteran ID card? Should you receive any benefits from VA, like the GI Bill? Do you know what health care benefits you have earned? If you do not know the answer to even one of these questions, VA has established the Women Veterans Call Center just for you.



## OCTOBER FLU CLINICS

The single best way to protect against the flu is to get vaccinated each year. Veterans are encouraged to attend a flu vaccination clinic this month. Veterans also may receive their flu shot from their Primary Care Provider.

**Tuesday, October 2, 2018 • 10am-2pm**  
VFW Post 315, 1820 E. Washington St., New Castle, PA

**Saturday, October 6, 2018 • 10am-2pm**  
Lawrence County VA Outpatient Clinic  
Ridgewood Professional Centre  
1750 New Butler Road, New Castle, PA

**Wednesday, October 10, 2018 • 12pm-4pm**  
Abie Abraham VA Health Care Center, 2nd Floor  
353 North Duffy Road, Butler, PA

**Friday, October 12, 2018 • 1pm-3pm**  
Lawrence County Homeless Stand Down  
Cascade Park; 1928 E. Washington St., New Castle, PA

**Saturday, October 13, 2018 • 10am-2pm**  
Michael A. Marzano VA Outpatient Clinic  
295 N. Kerrwood Dr., Ste. 110, Hermitage, PA

**Tuesday, October 16, 2018 • 10am-2pm**  
Clarion County VA Outpatient Clinic  
56 Clarion Plaza, Suite 115, Monroe Township, PA

**Thursday, October 18, 2018 • 10am-2pm**  
VFW Post 4843, 2125 Bailey Ave., Ford City, PA

**Tuesday, October 23, 2018 • 10am-2pm**  
Cranberry Twp. VA Outpatient Clinic  
900 Commonwealth Drive, Suite 900  
Cranberry Township, PA

**Thursday, October 25, 2018 • 10am-2pm**  
Armstrong County VA Outpatient Clinic  
11 Hilltop Plaza, Kittanning, PA

**Tuesday, October 30, 2018 • 8am-12pm**  
Abie Abraham VA Health Care Center, 2nd Floor  
353 North Duffy Road, Butler, PA

## NEW DIRECTOR OF VA BUTLER HEALTHCARE

VA is pleased to announce the appointment of Jon R. Lasell Jr. as the new director of VA Butler Healthcare. He comes to VA from the U.S. Army Medical Command Healthcare Contracting Activity in San Antonio, TX, where he is serving as the director of business operations and chief of staff. Lasell also has served as chief operating officer at the Winn Army Community Hospital in Hinesville, GA, and deputy chief of staff for the Regional Health Command – Central in San Antonio.



Lasell holds a Bachelor of Science degree in biology from Prairie View A&M University and a master's degree in health care administration from Baylor University. He is a fellow of the American College of Healthcare Executives.



## HELP IS AVAILABLE

*October is Domestic Violence Awareness Month*

VA Butler Healthcare cares about Veterans affected by Domestic Violence (DV) and Intimate Partner Violence (IPV). We recognize the impact this has on Veterans, family members and caregivers and we are working hard to help Veterans and their families affected by this silent epidemic.

VA's Intimate Partner Violence Assistance Program is committed to helping Veterans, their partners, and also VA staff who are impacted by IPV. If you or someone you know could be experiencing and/or using IPV, help is available. Contact VA Butler's IPV Program Coordinator at 878-271-6124.

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

## EVENTS

### White Cane Day Celebration

4 Thursday, October 4 • 11am-12pm  
HCC 2nd Floor Lobby

### Veterans Stand Down

12 Friday, October 12 • 1pm-3pm  
Lawrence County's 8th Annual  
Cascade Park; 1928 E. Washington St.  
New Castle, PA

### Town Hall Meeting

17 Wednesday, October 17 • 5pm  
Armstrong County CBOC  
11 Hilltop Plaza, Kittanning, PA

VA



U.S. Department  
of Veterans Affairs

Veterans Health Administration  
VA Butler Healthcare

800.362.8262  
724.287.4781

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