



VOLUNTEERING KEEPS ME YOUNG

Every Wednesday, June Gregg greets visitors to the Abie Abraham VA Health Care Center and walks them to their appointment. She helps at special events like the VA 2K Walk, Summer Health and Wellness program, on-site flu clinics, blood drives and even volunteered to be a cheerleader for the Voluntary Services Program during the Veterans Experience Week Competition earlier

this year. She does all of this, and more, at the young age of 92!

June is proud of her military family. Her grandfather served during the civil war. Her uncle served and was killed in action during WWI. Her nephew was a pilot during Vietnam and her grandson just finished a six-year commitment with the Pennsylvania National Guard. Her mother was active with the American Legion Auxiliary. Her husband was a WWII Veteran and POW. Her patriotism and respect for those in uniform is unquestionable. "I fly my American and POW flags every day."

Her volunteer career started after the passing of her husband. No longer able to care for him at home alone, she was able to have him admitted to the Community Living Center (CLC). She visited him daily becoming a familiar face to the other Veterans, staff and volunteers. After his passing, she continued to come to the CLC to help with patient activities through

her involvement with the Lions Club and Order of Eastern Star. However, she wanted to do something more regularly. At the recommendation of VA staff, she decided to volunteer for the Butler VA.

"I volunteer to give back for everything that was done for my husband when he was a patient here," comments June, "and for the support and encouragement that was given to me every day when I visited him."

Since joining the volunteer program in 2013, she has accumulated 1,544 hours of service. "She is like the Energizer bunny," comments Public Affairs Officer Paula McCarl. "She keeps going, always asking what she can do to help."

June has found volunteering at Butler VA rewarding and keeps her feeling young. She's made friends, looks forward to coming in each week and enjoys speaking with the Veterans.

"These Veterans are so wonderful, and we don't realize what many of them went through. If I can do anything to help them or anyone, I am glad to be able to do so. And if you are thinking about volunteering, please do."

VA Butler is always looking for volunteers to support various needs. Volunteering boosts physical, mental and emotional activity. So, take June's advice and volunteer today! For more information about volunteer opportunities at the Butler VA Health Care System, please call 878-271-6960.

“ I volunteer to give back for everything that was done for my husband when he was a patient here. ” - June Gregg

THIS MONTH IN HISTORY...OCTOBER

- 2** George Washington transmits the proposed Constitutional amendments (The United States Bill of Rights) to the states for ratification (1789)
- 6** Pope John Paul II is the first Pope to visit the White House (1979)
- 13** First U.S. Navy forms when Continental Congress orders construction of a naval fleet (1775)
- 17** U.S.S. Kearney becomes the first U.S. Destroyer torpedoed in WWII, while the country is still neutral (1941)
- 24** Charter of the United Nations comes into effect (1945)
- 31** Spanish flu-virus kills 21,000 in U.S. in one week (1918)

BREAST CANCER AWARENESS MONTH



October is National Breast Cancer Awareness Month. Breast cancer can't be prevented, but early detection increases your chance of finding it before it spreads. VA recommends all women begin getting yearly mammograms by age 45, and every other year beginning with age 55. Contact your provider today to begin the discussion. For more information about VA's women's health program, log on to www.womenshealth.gov.

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 may also receive their flu shot from their primary care provider.



Thursday, October 3 • 10am-2pm
American Legion Post 299

1395 E. State St., Sharon, PA 16146

Saturday, October 5 • 10am-2pm
Lawrence County VA Outpatient Clinic
Ridgewood Professional Centre

1750 New Butler Road, New Castle, PA 16101

Thursday, October 10 • 12pm-4pm
Cranberry Twp. VA Outpatient Clinic
900 Commonwealth Drive, Suite 900
Cranberry Township, PA 16066

Thursday, October 17 • 12pm-4pm
Abie Abraham VA Health Care Center, 2nd Floor
353 North Duffy Road, Butler, PA 16001

Saturday, October 19 • 10am-2pm
Armstrong County VA Outpatient Clinic
11 Hilltop Plaza, Kittanning, PA 16201

Tuesday, October 22 • 10am-2pm
Clarion County VA Outpatient Clinic
56 Clarion Plaza, Suite 115, Monroe Township, PA 16214

Thursday, October 24 • 10am-2pm
American Legion Post 343

134 N. Jefferson St., New Castle, PA 16101

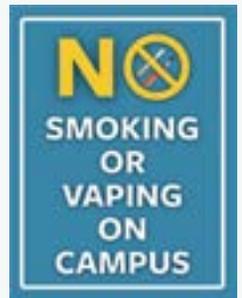
Saturday, October 26 • 10am-2pm
Michael A. Marzano VA Outpatient Clinic
295 N. Kerrwood Dr., Ste. 110, Hermitage, PA 16148

Tuesday, October 29 • 10am-2pm
Abie Abraham VA Health Care Center, 2nd Floor
353 North Duffy Road, Butler, PA 16001

SMOKE-FREE CAMPUS OCTOBER 1

Did you know, according to the Centers for Disease Control and Prevention, that the life expectancy for smokers is at least 10 years shorter than for a nonsmoker and that quitting smoking before the age of 40 reduces the risk of dying from smoking-related disease by about 90%.

October 1, 2019, all VA medical facilities are smoke-free. Smoking Cessation Assistance is available from a wide variety of sources to assist Veterans (and employees) in quitting tobacco use. The VA tobacco Quitline is a great place to start: 1-855-QUIT-VET. You can also reach out to Butler VA's Smoking Cessation Coordinator, Megan Tritt, at 878-271-6173 or discuss options with your primary care provider.



FIRE PREVENTION MONTH

October is Fire Prevention Month. In 1922, the National Fire Protection Association named the second week of October Fire Prevention Week in commemoration of the Great Chicago Fire of 1871.

Every year, the month and second week in October are designated for Fire Prevention to generate awareness and education to help protect you and your loved ones. This year's theme is "Not Every Hero Wears a Cape. Plan and Practice Your Escape!"

In a home fire, you may have less than one to two minutes to escape safely from the time the smoke alarm sounds. Planning and practicing your escape plan can help you make the most of the time you have so that you and your loved ones can get out safely.

In addition to having a great plan and practicing, you should check your smoke and carbon monoxide alarms. For more information about Fire Prevention Month, check out www.nfpa.org.

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

NOTICE

October 14, 2019 – Columbus Day – Federal Holiday – VA Butler Health Care System closed.

Columbus Day observes the arrival of Christopher Columbus to the New World on 12 October 1492. Columbus Day became a national holiday in 1937 and also is celebrated around the world. In addition to celebrating the Italian explorer's landing in the Americas, Columbus Day is also a day that celebrates Italian-American heritage.



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