

GET HEALTHIER WITH MARTIAL ARTS

When U.S. Air Force Veteran Kevin Chagnon retired at age 62, he was overweight and decided it was time to do something about it. He set up a gym in his garage, joined the VA Butler *MOVE!* program, and started teaching martial arts again.

Kevin started karate training when he was 14 years old. He received his first-degree black belt at age 17. He trained on and off with different instructors, and then started teaching, even opening his own

school. Later, with family and work commitments, he was only able to practice every once in a while. After retiring, he was ready to get back into it!

First up, losing weight. Kevin set up a gym in his garage again, and lost 85 pounds with support through VA Butler's *MOVE!* program. *MOVE!* is a weight management program that focuses on health and wellness through healthy eating, physical activity, and behavior

change. *MOVE!* can help Veterans lose weight, keep it off, and improve their overall health. VA Butler Healthcare has a dedicated *MOVE!* Team that assists Veterans.

After losing the weight, Kevin was ready to start teaching martial arts again. He now volunteers as an instructor teaching weekly classes in VA Butler's Wellness Center. The classes are designed for older Veterans, and participants are encouraged to workout at their

own pace.

"The class takes place in a non-competitive, relaxed environment," said Kevin. "The class allows us to get together to work out and have fun and, gradually over time, get healthier and feel better!"

VA Butler's free martial arts classes, taught by Veteran volunteer Kevin, are currently offered on Tuesdays and Thursdays from 1-2pm, and Saturdays from 11am-12pm in the fitness space at the Wellness Center. Beginners classes



also are available by request on Tuesdays at 12pm and Saturdays at 10am by calling 878-271-6484.

"Martial arts training can help people in so many ways. I just love teaching it," added Kevin.

“The [martial arts] class allows us to get together to work out and have fun and, gradually over time, get healthier and feel better!”

- Kevin Chagnon, Air Force Veteran

THIS MONTH IN HISTORY...SEPTEMBER

- 1 At 5:30am, Hitler's armies invade Poland starting WWII in Europe (1939)
- 2 President Harry Truman declares V-J Day (Victory over Japan Day) commemorating the formal Japanese surrender to the Allies aboard the *USS Missouri* (1945)
- 11 The first Patriot Day, observed as the National Day of Service and Remembrance in memory of those killed in the 2001 September 11 attacks, is held (2002).
- 16 American Legion is chartered by Congress (1919)
- 17 VFW Ladies Auxiliary is organized (1914)
- 18 U.S. Air Force is established (1947)
- 25 Disabled American Veterans (DAV) is founded by disabled Veterans returning from WWI (1920)
- 29 Veterans of Foreign Wars is established (1899)



MARTIAL ARTS AT VA BUTLER HEALTHCARE

With martial arts, you can improve your cardiovascular health, lose weight, increase muscle tone, improve reflexes, or simply improve your mood! Interested in the free Martial Arts classes or any of the free health and wellness classes we offer?

Call 878-271-6484.



SEPTEMBER FLU CLINICS

WA Butler Healthcare is kicking off its fall flu clinics this month! The first flu clinic will be held September 19, 2018, and also will include a Health Fair for Veterans.

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.

Wednesday, September 19, 2018 • 8am-12pm
Abie Abraham VA Health Care Center, 2nd Floor

Friday, September 21, 2018 • 10:30am-1pm
63 Conneaut Lake Road, Greenville, PA 16125

Thursday, September 27, 2018 • 10am-2pm
American Legion Post 299
1395 E. State St., Sharon, PA 16146

Saturday, September 29, 2018 • 10am-2pm
American Legion #066
530 Main St., Clarion, PA 16214

NEW MENTAL HEALTH TREATMENT AVAILABLE THROUGH HOME TELEHEALTH

WA Butler's Home Telehealth program now offers treatment for two additional mental health diagnoses: Bipolar Illness and Schizophrenia. These are in addition to the mental health treatment already available to Veterans via home telehealth: Depression, Post Traumatic Stress Disorder (PTSD), Anxiety, and Dementia. These diagnoses can be used alone, in combination with the other mental health illnesses, or with our medical illnesses: Diabetes, Congestive Heart Failure (CHF), Chronic Obstructive Pulmonary Disease (COPD) and Hypertension.

Home Telehealth technologies makes it possible to check on symptoms and measure vital signs in the home. Home Telehealth can connect a Veteran to VA Butler Healthcare from home using regular telephone lines, cellular modem (these act as doors for transmission of information), and cell phones (using an interactive voice response system). Participation gives Veterans the tools and support they need to better understand and manage their illness on a day-to-day basis.

To learn more, talk to your health care team at VA Butler Healthcare, or call VA Butler's Telehealth Coordinator at 800-362-8262, ext. 6528.

SEPTEMBER IS SUICIDE PREVENTION MONTH

If a Veteran you know is in crisis, **Be There** and contact the Veterans Crisis Line. The Veterans Crisis Line is a free, confidential resource that is available to anyone, even if you are not registered with VA or enrolled in VA health care. The caring, qualified responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances. Learn more: VeteransCrisisLine.net.

#Be There
for Veterans and Servicemembers



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

EVENTS

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

