

LIVING Better

A Butler VA Quarterly Magazine

fall 2020



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BUTLER VA HEALTH CARE SYSTEM'S FALL HIGHLIGHTS



1 Butler VA Health Care System employees were treated to coffee and other drinks from Urban Trail Coffee Co. compliments of VITAS Healthcare as a special thank you for their efforts as health care heroes!

4 The Butler VA held two Farmers Markets this season, wrapping up the final one this September. Brenckle's Farm & Greenhouse-Butler PA, Awesome Acres, & Bees, Honey, Lotion were all on-site (safely) to host the event.

7 During Suicide Prevention Month in September, Butler VA staff shared important resources and program information, as well as participated in a short walk in recognition of World Suicide Prevention Day on September 10. You can take a moment to show a Veteran you care! Learn more at BeThereForVeterans.com

2 Thank you to Nike for donating Nike Zoom Pulse shoes to our Butler VA employees that deployed through the VA Disaster Emergency Medical Personnel System (DEMPS) in response to the COVID-19 pandemic.

5 In September, we kicked off our drive-thru flu clinics. We administered vaccines to 350 Veterans! One of those Veterans was the Director of the Butler VA, Kevin Amick. Mr. Amick stated, "Getting the flu vaccine is very important to protect yourself and those around you from getting the flu."

8 Retired Lieutenant Colonel of the U.S. Air Force, John Mahler, turned 102 on November 12. The Butler VA held a special drive-by birthday celebration in his honor. Happy Birthday John! (John also has the longest attendance at the Butler VA Wellness Center!)

3 To thank our Butler VA staff for their hard work this year, we celebrated Employee Appreciation Week in October, complete with make-your-own tie-dye masks. Thank you to all our dedicated health care heroes!

6 Veterans at Butler VA's Community Living Center were treated to a special drive-by parade. Veterans whose family members participated in the parade made signs and were able to enjoy the event from outside where they could see their families and well-wishers as they passed.

9 A virtual wreath presentation was held in honor of Veterans Day (and Veterans Month). U.S. Navy Veteran Edward Piper who served in the Vietnam and Korean Wars was presented with a Vietnam-era service pin during the presentation. Thank you Veterans, for your service and sacrifice.

cover photo

U.S. Army Veteran Dennis Christie salutes U.S. Air Force Veteran John Mahler during his 102nd Birthday Drive-By Celebration.



Dear Veterans, family members, employees, volunteers and friends of the Butler VA,

It's hard to believe fall is upon us, with winter coming very soon. If you got your flu shot already, great! If not, please consider seeing your VA doctor for one, or a local Walgreens. This year it's especially important as we fight the flu season and COVID-19 together.

With Veterans Month celebrated in November, I'd like to reiterate my heartfelt thank you to our nation's Veterans. As a Navy Veteran, I can tell you how important it is to experience a national demonstration of gratitude. May God bless America's Veterans, and may God bless all Americans who remember and honor and serve them.

Stay safe, stay healthy, and get your flu shot!

Kevin Amick, Director

C O N T E N T S

Fall 2020



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Veteran Hat Display

At the VA, every day is Veterans Day, and we honor our Veterans any way we can. One of those unique ways – a Veteran hat display at the Michael A. Marzano VA Clinic in Mercer County.



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A Veteran's Story: Chuck Felts

My name is Charles Felts. But I prefer Chuck. I am a 22-year Veteran having served 13 years in the Marine Corps and nine years in the Army National Guard. This is my story.



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Health Tech, Tips & Tastes

What's new and interesting in VA's health technology? Find out! Also, enjoy a health tip and tasty recipe.

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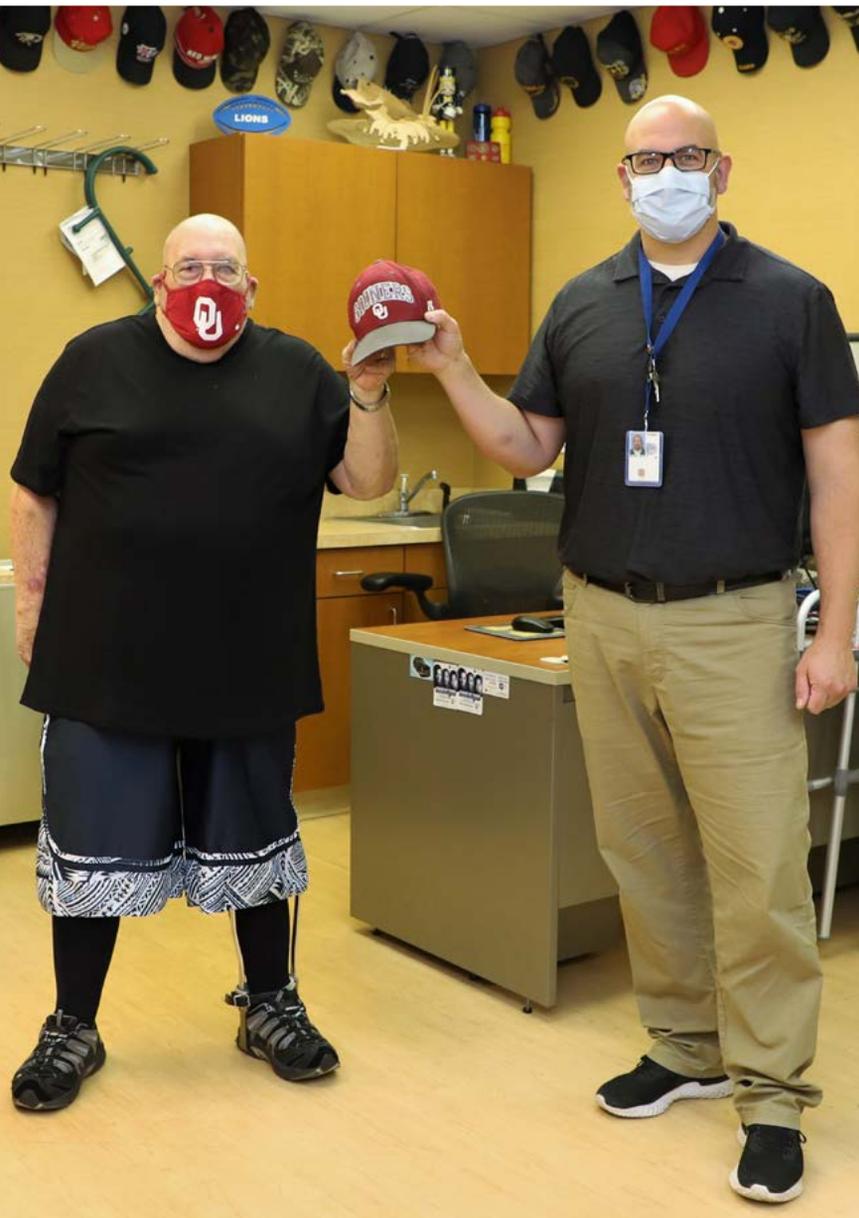
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U.S. Department of Veterans Affairs
Veterans Health Administration
Butler VA Health Care System

Honoring Vets

Veteran Hat Display



Throughout Veterans Month in November, and especially on Veterans Day, we reflect on the contributions and sacrifices of those men and women who served this great nation, and take time to honor our patriots who protected our liberty by serving in the United States armed forces.

Since 1947, the Butler VA Health Care System has cared for America's Veterans. We offer Veterans an array of programs and services that improve their health and quality of life. We help with quitting smoking, losing weight, and transitioning back into civilian life from the military, as well as aid those facing incarceration or homelessness. We also tackle chronic illnesses like diabetes and high blood pressure. Our mission is to take care of Veterans from their discharge from service until the end of their lives.

It is a privilege to represent our grateful nation in delivering to Veterans the programs and services they earned. And it is a privilege to represent our grateful nation in keeping faith with the promise of President Lincoln who, in his iconic second inaugural address, charged us to "care for him who shall have borne the battle, and for his widow, and his orphan."

At the VA, every day is Veterans Day. We honor our Veterans any way we can. One of those unique ways – a Veteran hat display at the Michael A. Marzano VA Clinic in Mercer County.

About 10 years ago, physical therapist Scott Belden began working at the Michael A. Marzano VA Clinic. One of his patients, a WWII, Korea, and Vietnam Veteran, had a special Army hat he always wore to his appointments. The two would banter back and forth every appointment about this hat and how Belden was going to "steal" it because he liked it so much.

One day, the Veteran came to his appointment with a different hat, a simple USA hat he found on the side of the road coming in and gave it to him. Scott decided to hang it up in the office so everyone who came in for an appointment could see it.



As weeks and months passed, Belden told the story about this hat to his patients, and hats began to trickle in from other Veterans wanting to share a hat and a story.

Belden now has 50 hats displayed in the office, 17 of which are military hats. The rest vary from sports teams to colleges, to a mix-match. Those that bring them in can get pretty competitive (especially when it comes to sports).

“The really cool thing about this all – when I look at the hats, I see faces. Some of these Veterans, I really get to know,” shared Belden. “One of the guys I was evaluating during a first-time appointment just took the hat right off his head and gave it to me to display.”

Belden recalls another Veteran who shared his experience about a U.S. Marine Corps hat. “I had a guy bring in an active duty Marine hat. Later on, I had a Korean War Vet come in and he said, ‘See how nice and crisp those creases are in the hat? I used to have to iron those when I was in the service! Now, they’re sewn that way.’”

Belden’s favorite hat? His brother’s old military hat. His brother passed away, but his old military hat from a language training center in Monterey, California is displayed proudly.

Currently, a third of Belden’s office ceiling is covered in hats – and Veterans’ stories and experiences. While the first Veteran to provide his hat has since passed away, Belden knows he’d be truly honored to see what he started.

Veterans may come get their hat back at any time. And, none of the hats displayed are important heirlooms.



www.va.gov/opa/vetsday/

A Veteran's Story:

U.S. Marine Corps and Army National Guard
Veteran **Chuck Felts**



“Life is a matter of choices, and every choice you make makes you,” as quoted by John C. Maxwell, American author and pastor.

My name is Charles Felts. But I prefer Chuck. I am a 22-year Veteran having served 13 years in the Marine Corps and nine years in the Army National Guard. This is my story.

I was born and raised in New Mexico. My parents grew up during WWII and were much older when they decided to have children. I think that is where their patriotism started. Patriotism was at the heart of our home and family. We lived red, white and blue. I was 8-years-old when I decided I wanted to be a soldier. I remember clearly when it happened: My dad and I were watching the “Sands of Iwo Jima”, a John Wayne movie,

and at the end there were these soldiers raising the American flag. I said to my dad that I wanted to be a soldier like them. He said those are Marines. Then, I’m going to be a Marine. After I graduated high school in 1988, I fulfilled my dream and joined the Marine Corps.

In 1994, I decided to leave the military and give civilian life a try. I soon regretted it and tried to re-enlist. Restrictions on enlistment at that time prevented me from rejoining. I had to wait until 2000 to re-enlist. Several years later, my wife suffered and, thankfully survived, a brain aneurysm. We had no family in the area to help us and so I decided to leave the military again so I could be home more to help my wife. I still craved the

military life, so I decided to join the Army National Guard to fill that need of service to my country. It was a weekend each month and perhaps a week or two of service throughout the year. That I could do. I was only in the guard for seven months before being called up for active duty that lasted nine years.

I finally retired in 2015. During my military tenure, I served in four combat tours during Desert Storm and Desert Shield. I served in Iraq during Operation Iraqi Freedom and Operation Enduring Freedom. I completed non-combat deployments and was an Infantry and Tactics Instructor. My entire military career was in the infantry. At the age of 50, I realized that I had spent half of my life in service to my country. Over the years, there were many things that stood out, but it was the people that I met that had the most impact.

There are many things I remember about my military service, but it is the people I met along the way that I remember the most. I met some fantastic people.

Leaving the service didn't heal the wounds I suffered. I was struggling with PTSD, insomnia, and alcohol addiction. Others, Veterans who had missing extremities, needed the care the VA offered. I didn't want to take care away from those who needed it. It wasn't until an accident, that could have been much worse, when I began to reconsider these misconceptions and finally sought the help I needed. As a soldier, you are trained to work through the pain. And that was what I was doing, working through the pain.

It was my pride that kept me from asking for help. I didn't want to admit it until the accident. That was when the light bulb came on. And thank God it did.

I had not heard of the Butler VA until I was admitted to their Domiciliary program on December 6, 2018, coincidentally, that is also the date I enlisted in the Marine Corps. I am glad I came here. All I can say is the Butler VA saved my life. I chose to stay in Butler because of the excellent care I have received. As soon as you walk through the door, you can feel they care about you. And because of the VA and the great support I have received, I am also two-years sober.



I continue to get my care at the VA and attend group meetings weekly. But the best therapy I have, is maintaining contact with my squad from Iraq. We were a tight group and shared many experiences together. We deployed together and came home together. That is not always the case. Of the 11 squad members, I have regular contact with six and we connect weekly via Zoom meetings. In September 2020, one of my squad members committed suicide. It has been very difficult for myself and the others in the wake of this tragedy. We have increased our Zoom meetings to three times a week in the hope of keeping regular personal connections going and encouraging each other to get help when things get to be too much.

Throughout the years, I have made many decisions, good and bad, but the best decision I made was coming to the VA. The VA is here for you, so use it. Don't let your pride get in the way of getting the care and help you need, that you deserve. Don't let a tragedy be your light bulb.

During the COVID pandemic, I know many people were having a difficult time with the restrictions. I welcomed the reprieve to just focus on me. I was getting burned out with people, so having to social distance and quarantine has been great. Right now, I am choosing to do me and do what I want for a change. I have been working out a couple of times a day, mountain biking and playing music. I have not been home for some time, so I am planning a trip home in the coming months. I have my issues, but I am in a much better place today thanks to the Butler VA Health Care System.

www.butler.va.gov/services/Domiciliary_Residential_Rehabilitation_Treatment.asp

A Veteran's Story:

U.S. Air Force, Army National Guard, and Air Force Reserves Veteran **John Kachursky**



“In every single thing you do, you are choosing a direction. Your life is a product of choices,” as quoted Dr. Kathleen Hall, founder and CEO of the Stress Institute and the Mindful Living Network.

My name is John Kachursky. I am a 33-year Veteran having served 13 years in the United States Air Force, eight years in the Army National Guard and 11 years in the Air Force Reserves. This is my story.

I am originally from Monongahela, Pennsylvania. My childhood was not that different from others with the exception that I knew from an early age that I wanted to join the military. I wasn't sure which branch of service, and spoke with recruiters before deciding on the Air Force.

I wanted to go into law enforcement and the Air Force offered me what I wanted. In 1979, I took the oath and started my life's journey.

My first duty station was in Elmendorf AFB, Alaska and then a missile field in Malmstrom AFB, Montana. Some people hated these assignments, but I enjoyed them. I also accepted tours to Germany and did a six-year tour in the Netherlands for a special duty assignment with NATO.

During my military career, I was deployed four times to the Middle East during Operation Iraqi Freedom and Operation Enduring Freedom. It was dangerous where we were, but we tried to find humor in things to help lighten the stress. My buddy and I were in Baghdad when all of a sudden the sirens went off on the base. That meant we were getting bombed. So, my buddy and I are trying to take cover and my buddy jumps over this wall, without even looking, right into a briar bush. Needless to say, it was rather painful. Thanks to him, I was able to avoid it. My buddy didn't think it was funny at all at the time. Today we laugh about it.



Even after retiring from the military in 2013, I still keep in touch with those I served. They are friends for life. I still go to the Air Force Reserve base in Youngstown to visit friends that are still serving.

Sharing experiences, even the funny ones, with those you served with is a great way to stay grounded and connected.

My military career provided me with the necessary skills to pursue a career as a corrections officer. I retired after 25 years a year ago. Not one to sit around, I took a job delivering car parts a couple of times a week. It gets me out of the house and provides a little extra spending money too.

Since 2010, I have been coming to the VA for my health care. At first it was just the checkups, but then I started having knee trouble. I ended up having knee replacement surgery at the Pittsburgh VA. That was the main reason I started getting all of my care through the VA. They treated me real good and I had a great team helping me recuperate. I get all of my health care at the Hermitage VA clinic and the staff is absolutely wonderful. They have always been there for me. They are helpful and

willing to work with you. I am not sure why some Veterans do not come to the VA for their health care. I chose to come to the VA and it has been a great experience.

Veterans, don't be afraid to come to the VA for your health care needs. They will work with you to get the care you need.

The choices I made over the years led me to where I am today and I am grateful for those opportunities. I couldn't have survived all of those years in the military without the love and support of my wife and children, and my family and friends. It was an honor to serve, and I carry on that service today as the Commander of my VFW post.

The staff and management of the Butler VA Health Care System would like to thank Mr. Kachursky and all service men and women (past and present) for their service. Every day we work to afford our Veterans the highest merit they are due. It is our privilege to represent our grateful nation in delivering to Veterans the programs and services they earned and deserve.

www.choose.va.gov

Caregiver Support— Expansion Phase 1 is Here

Eligibility for the Program of Comprehensive Assistance for Family Caregivers (PCAFC) has expanded! Review the fact sheets to learn more about the expansion here: www.caregiver.va.gov.

How do I apply for this program?

You and the Veteran will need to apply together and participate in an application process to determine if you are eligible for the Program of Comprehensive Assistance for Family Caregivers. You both will need to sign and date the application, and answer all questions for your role.

- **You can apply online right now:** www.va.gov/family-member-benefits/apply-for-caregiver-assistance-form-10-10cg/introduction
- **You also can apply by mail:**
Fill out a joint Application for the Program of Comprehensive Assistance for Family Caregivers (VA Form 10-10CG: www.va.gov/vaforms/medical/pdf/10-10CG.pdf), and mail the form and any supporting documents to:
Program of Comprehensive Assistance for Family Caregivers
Health Eligibility Center
2957 Clairmont Road NE, Suite 200
Atlanta, GA 30329-1647
- **In person:**
Bring your completed VA Form 10-10CG to the Butler VA Caregiver Support Coordinator

Do not send medical records along with the application.

VA will follow up after the application is received. If you need assistance with completing the application or would like to check the status of your 1010CG application, please call 1-855-488-8440, option 3.

Be sure to check back for updates or subscribe to receive them by email (www.caregiver.va.gov/Subscribe_to_Email_Updates.asp) along with information about VA Caregiver Support Program services.

Tele Urgent Care Expanded

As of November 1, 2020, we expanded Tele Urgent Care in VISN 4 to include evenings and weekends from 8 a.m. to 8 p.m., 365 days/year!

If you receive health care at a VA medical center throughout VISN 4, you also can obtain care with a phone call or video chat with NO COPAY! Using VA Video Connect and the camera on your smart phone, computer, or tablet, you can meet privately and securely in a virtual medical room with a licensed independent provider or physician.

Get care now by calling 1-833-TELE-URGENT (1-833-835-3874) or visit www.visn4.va.gov/tele-urgent/ for more info.

New Health & Wellness Options via VA Video Connect

Let the Butler VA help you stay physically active and healthy in your own home! We have many virtual options available for you from Tai Chi and Gentle Stretch, to the opportunity to work one-on-one with a personal trainer.

A complete calendar of class options is available on the Butler VA Facebook page, www.facebook.com/Butler-VAPA. Call 878-271-6484 for more information or to register for a class.

** You will need a computer, tablet, or mobile device with a camera to participate in the classes.*



New Whole Health App

Veterans, are you ready to take the next step in your Whole Health journey? It is now easier than ever for you to Live Whole Health thanks to VA's new Live Whole Health mobile app. The app was designed for Veterans like you

who are interested in taking charge of their health needs and goals. With this new tool, you develop a personalized plan and get virtual coaching to achieve your health goals.

In the app, you are invited to learn more about Whole Health and identify what matters most to you using the eight categories outlined in the Circle of Health. You are then encouraged to take the next step in personal health planning and are given actionable steps to achieve your wellness goals. Whether it is weight loss, building relationships, mindfulness, or better eating habits, the app provides a virtual coach to guide and support you on your journey by offering resources and courses at your local VA facility.

Whole Health is VA's holistic approach to care that supports Veterans' health and well-being. The Live Whole Health app reinforces this commitment.

The app is available for download on both Android and Apple devices. Visit the VA App Store to download the Live Whole Health app today: <https://mobile.va.gov/app/live-whole-health>



Get Your Flu Shot!

Getting vaccinated is more important than ever this season to reduce individual risk, minimize the spread of flu to people at high risk, and to prevent health care facilities from being overwhelmed with patients with the flu and/or COVID-19. Flu prevention strategies include vaccination, wearing a face covering, washing hands frequently and practicing physical distancing, largely the same as those for COVID-19.

While the Butler VA's flu clinics have concluded for the season, Veterans can call their primary care team to be seen. Veterans are asked to bring a VA health care ID, wear a loose-fitting, short sleeve shirt and wear a mask.

Eligible Veterans also can receive a no-cost seasonal flu shot at one of more than 60,000 Community Care Network (CCN) in-network retail pharmacies and urgent care locations. Find your nearest in-network community location at www.va.gov/find-locations.

No appointment or VA referral is required. Veterans need to present a valid government-issued identification, such as a Veteran Health ID Card, Department of Defense ID card, state-issued driver's license or ID card.

Pregnant? A flu vaccine is more important than ever for you and your baby.

Three reasons pregnant women need a flu shot:

1. Flu is more likely to cause severe illness in pregnant women.
2. Flu shots given during pregnancy help protect the mother and her baby from flu.
3. Flu vaccines have been shown by scientific studies to be safe for pregnant mothers in any trimester.

Contact your health care provider or visit a Community Care provider for your shot today. www.prevention.va.gov/flu

Compensated Work Therapy

James Barker served in the U.S. Army Infantry from 1977-1983. Today, he continues to serve his fellow Veterans as a COVID-19 screener at the Butler VA through the Compensated Work Therapy (CWT) program.

“This job (CWT) helps me focus, and keeps me busy. I get to meet new people and interact with people. I really like it so far,” shared Barker. “I like the new opportunities that I can experience through the CWT program; coming to the VA changed my life for the better.”

Barker will be getting into the HUD-VASH program soon, and after completing CWT, he plans to look for part-time work. He highly recommends the CWT program, and the Butler VA.

“I came here from Michigan. I came to the Butler VA Domiciliary for help after doing some research. I chose to come to Butler! It is really great here!”

The Butler VA recognized Compensated Work Therapy (CWT) Vocational Rehabilitation Week in October (October 18-24, 2020). CWT assists Veterans with employment barriers resulting from mental health or physical disabilities by providing meaningful work and the opportunity to develop job skills while they continue to improve their overall health and wellness. Nationwide, over 63,000 Veterans participate in the CWT program annually. Learn more about CWT: www.va.gov/health/cwt/.



Group photo of those who deployed to assist in New Jersey, including Dale!

Veterans Serving Veterans

During this pandemic, Butler VA employees are volunteering to assist Veterans in other parts of the country more significantly impacted by COVID-19. Many of these volunteer employees are Veterans themselves.

“As far as I am concerned, I operate with the mentality of service before self and considering the circumstances of COVID-19 causing serious consequences to our Veterans’ health status, I recognized the need to volunteer. Having the ability to help pay back those who sacrificed the most is the least I could do.”

Hey Veterans! Share your stories with us in Vet Chat. Contact the Butler VA Public Affairs Office today at 878-271-6492.

Butler VA CRNP (Cardiopulmonary) and U.S. Air National Guard Veteran Dale Ordean

Relationship Health & Safety Check Up Quick Quiz

In the following relationship areas, how do you and your partner handle...?

1. SUPPORT

- Show support and compassion through words and actions.
- Experience or provide unreliable support, empathy or respect.
- Blame or accuse your partner.

2. COMMUNICATION

- Share how you are feeling regularly with your partner. Express interest in understanding their experience.
- Expect your partner to “just know” what bothers you.
- Dismiss your partner’s experience or boundaries.

3. SPENDING TIME WITH OTHERS

- Spend time together while also encouraging each other to spend time with family and friends.
- Rely on each other only; “We don’t need other people!”
- One partner keeps the other from spending time with family/friends.

4. CONFLICT

- Resolve conflicts in a respectful and cooperative manner: sharing concerns, acknowledging them, and working together towards a solution.
- Ignore concerns in the relationship.
- Call your partner names, put them down, insult them, threaten them, break things, grab, push, shove, choke/strangle, punch, slap, or hold them down.

5. PRIVACY

- Keep some things private but generally strive to be open and honest with each other.
- Pressure your partner to share private information or invade their privacy.
- Make your partner share personal information; don’t allow them to keep anything private. Go through their emails and texts. Track their location. Force them to share passwords to access their account.

6. RESPONSIBILITIES/CHOICES

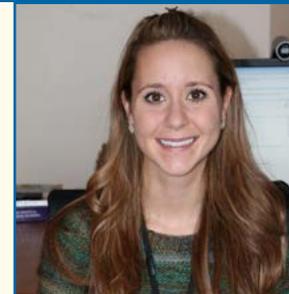
- Share responsibilities and make choices together, including parental and financial decisions.
- Make assumptions around decisions such as finances and sex.
- Make decisions for your partner.

Scoring: The quiz reviews healthy, unhealthy, and high-risk relationship health and safety behaviors. The quiz and scoring levels are not empirically based. The quiz is a tool to help couples identify areas of strength and needed improvement.

- If you answered mostly A’s, your relationship includes many **healthy behaviors**.
- If you answered mostly B’s, your relationship includes **unhealthy behaviors**. If you’re noticing unhealthy behaviors in your relationship, it can be an opportunity to address them and strengthen your relationship.
- If you answered mostly C’s, your relationship includes **high risk behaviors**. High Risk behaviors may be signs of serious intimate partner violence and place one or both partners at high risk of harm. You can get help whether you are using or experiencing high risk behaviors in a relationship.

Who’s Who?

JACKIE HOFFMAN,
LCSW
IPVAP-C



A Relationship Check

In the U.S., about 1 in 4 women (or 27%) and 1 in 7 men (or 11%) report experiencing intimate partner violence (IPV). According to research, IPV prevalence is higher in the Veteran population. The VA’s Intimate Partner Violence Assistance Program (IPVAP) provides comprehensive and integrated services utilizing a person-first, Veteran-centric, recovery-oriented, and trauma-informed approach.

It is important to **Check In** with others, an IPVAP Coordinator or VA healthcare team to discuss relationship health and safety. Take time to **Check Out** the comprehensive resources and services. There’s no better time than now to complete a relationship health and safety **Check Up** with the local IPVAP Coordinator or VA healthcare team.

For more information or assistance, contact the Butler VA’s IPVAP. Find help in the community by calling the National Domestic Violence Hotline at 1-800-799-7233 (SAFE) or TTY 1-800-787-3224.

Jackie is the Butler VA’s Intimate Partner Violence Assistance Program Coordinator. Contact Jackie at 878-271-6124.



NEW BENEFICIARY TRAVEL SELF-SERVICE SYSTEM

Submit claims online 24/7, 365 days a year

The U.S. Department of Veterans Affairs (VA) announced on November 2 that the Butler VA Health Care System will now use the new Beneficiary Travel Self-Service System (BTSSS) to reimburse eligible Veterans and beneficiaries for travel to and from VA medical appointments.

The new system allows users to submit and track transportation reimbursement claims using a secure web-based portal on the Access VA, available 24/7, 365 days a year.

“Thanks to these innovations we are proud to say we have streamlined this process making it easier for users,” said Kevin Amick, Butler VA Director. “The BTSSS replaces the need for older, manual tracking methods, bringing this process in line with many of our other web applications.”

BTSSS offers several advantages:

- Reduces the need for completing submissions in-person at the facility
- Provides an easy to use web-based application that allows you to enter your claim over the internet via AccessVA (<https://eauth.va.gov/accessva/#forVeterans>)
- Ensures timely processing and payment of travel reimbursements and reduces manual intervention and improper claim payments through automated features
- Authenticates the Veteran or Beneficiary by: 1.) VA PIV card; or 2.) A DS Logon Level 2 account.

A DS Logon is an ID issued by DoD that allows Veterans and caregivers to access many VA and DoD sites with one user username and password. Need a DS Log on? (<https://myaccess.dmdc.osd.mil/identitymanagement/authenticate.do?execution=e1s1>)

BTSSS is now available at the Butler VA. In-person and hard-copy claims submission will be available during the transition period.

For information on eligibility, visit VA's Travel Pay Reimbursement site or speak with the Butler VA's Beneficiary Travel Department at 878-271-6821.



Source: Vantage Point
(Official VA Blog)

<https://access.va.gov>

Health Tastes - Tomato, Spinach, and Cannellini Bean Pasta



Ingredients

- 1 tablespoon oil
- 1 medium onion, sliced thin
- 4 cloves garlic, minced
- 4 cups no-salt-added or low-sodium vegetable or chicken broth
- 12 ounces whole-wheat strand pasta, uncooked
- 1 can no-salt-added diced tomatoes
- 1 package frozen chopped spinach
- 1 (can no-salt-added cannellini beans, drained and rinsed)
- 2 teaspoons dried oregano
- 1 teaspoon ground black pepper

Fat: 4.5g ★ Calories: 340 ★ Protein: 15g ★ Sodium: 75mg Source: VA Nutrition

Directions

Heat a large saucepan (pot) over medium heat. Add oil and heat until shimmering. Add the onion and garlic. Sauté until the onion is soft, about 4-5 minutes. Add the broth, pasta, diced tomatoes with their liquid, spinach, cannellini beans, oregano, and black pepper. Stir to combine. Increase the heat to high and bring to a boil. Reduce the heat to a low simmer and cover the pot with a lid. Cook, stirring frequently, until almost all the liquid has been absorbed and the pasta is tender, about 10 minutes. Taste and adjust seasoning as needed.

Serving size = 1 ½ Cups; makes 6 servings

HEALTH

tip



Crossword

A Great Indoor Activity



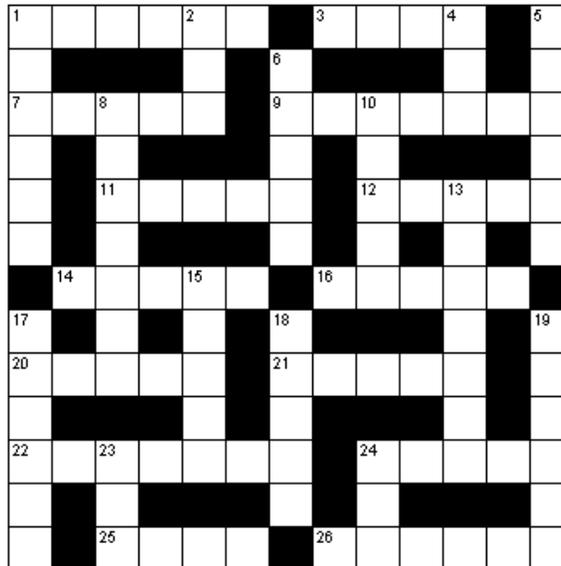
With cooler temperatures, the ongoing pandemic, and flu season, you're likely staying inside at home more often. Puzzles are the perfect activity for this time of year, AND they may even benefit your mental health. Get puzzling!

ACROSS

1. Long-tailed primate (6)
3. Crustacean (4)
7. Large wading bird (5)
9. Burrowing rodent (7)
11. Large ungulate with fleshy snout (5)
12. Could be a Bactrian or dromedary (5)
14. Large Asian feline (5)
16. Short-legged omnivorous animals (5)
20. Plant pest (5)
21. Young nocturnal bird of prey (5)
22. Large American butterfly (7)
24. Doglike mammal (5)
25. Aquatic bird (4)
26. Tropical American arboreal lizard (6)

DOWN

1. Shellfish (6)
2. Moose (3)
4. Nocturnal mammal (3)
5. Aquatic or land reptile (6)
6. Carnivorous fish (5)
8. Large flightless bird (7)
10. Parrot (5)
13. Sirenian mammal (7)
15. Type of duck (5)
17. Large food and game fish (6)
18. Lepidopterons (5)
19. African antelope (6)
23. Old horse (3)
24. Pig (3)



HEALTH TIP— MASK UP: WINTER IS COMING

As the temperatures drop and the days get shorter, it's just as important to grab your mask as it is your coat. VA is taking every possible step to keep you safe.

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Butler VA Health Care System

353 North Duffy Road
Butler, PA 16001
800.362.8262
724.287.4781



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ARMSTRONG COUNTY VA OUTPATIENT CLINIC

11 Hilltop Plaza
Kittanning, PA 16201
724.545.8420

CLARION COUNTY VA OUTPATIENT CLINIC

56 Clarion Plaza, Suite 115
Monroe Township, PA 16214
814.226.3900

CRANBERRY TOWNSHIP VA OUTPATIENT CLINIC

900 Commonwealth Drive, Suite 100
Cranberry Township, PA 16066
724.742.3500 or 724.741.3131

LAWRENCE COUNTY VA OUTPATIENT CLINIC

Ridgewood Professional Centre
1750 New Butler Road
New Castle, PA 16101
724.598.6080

MICHAEL A. MARZANO VA OUTPATIENT CLINIC

295 North Kerrwood Drive, Suite 110
Hermitage, PA 16148
724.346.1569

The Butler VA Health Care System, located in Butler County, Pennsylvania has been attending to Veteran's total care since 1947. We are the health care choice for over 25,000 Veterans throughout Western Pennsylvania and parts of Ohio and are a member of VA Healthcare VISN 4 under the U.S. Department of Veterans Affairs. The Butler VA provides comprehensive Veteran care including primary, specialty and mental health care – as well as management of chronic conditions and social support services for our nation's finest, America's Veterans.

Refer a Buddy

Know a fellow Veteran **not** enrolled in VA health care? Tell them about the Butler VA! Now is the time to enroll. Call us at 800-362-8262 to get started today.



Choose VA

The Butler VA wants to bring attention to all Veterans about what choices they have, and the full range of health care services and programs they have access to when they Choose VA.

www.choose.va.gov

RELATIONSHIP HEALTH AND SAFETY



CHECK UP
WITH YOUR VA
HEALTHCARE TEAM

VA



U.S. Department of Veterans Affairs
Veterans Health Administration

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