what’s inside?

4  it works!
6  telehealth technology
8  better yourself
12  vet chat
14  health tech, tips & tastes
Veterans, volunteers, and VA staff enjoyed the VFW and Rodfathers Veterans Car Cruise, including Tom Davis, Army and Vietnam Veteran. VA Butler also hosted its Welcome Home Event for returning service members in conjunction with the car cruise.

VA Butler's Health Promotion and Disease Prevention Program hosted two Farmers Markets in July and August. Brenckle's Farms and Greenhouses provided locally grown, farm fresh produce to employees, volunteers, and Veterans.

VA Butler volunteers gave back to Veterans all summer long during VA's Summer of Service. The Summer of Service initiative helped build on VA's volunteer program, which has more than 75,000 volunteers around the nation.

VA Butler kicked off summer with a sun safety and cancer prevention event in June. VA Butler employees Karen Dunn and Danielle Weisenstein, shared educational information on sun safety, and provided tools to help prevent skin cancer.

VA Butler provided two opportunities for Veterans and their family members to learn more, connect, and share information during PTSD Awareness Month in June—a “Helping a Family Member Who Has PTSD—Information Session” and a “PTSD Awareness Day Event.”

Local Veterans in mental health recovery at VA Butler displayed their artistic talents – paintings, drawings, woodwork, clothing, and more during VA Butler's annual Mental Health Creative Arts Event.

Sharon Parson, VA Butler's Nurse Executive, was one of many who toured the Telehealth Education Delivered (TED) van while it was on-site at VA Butler in July. TED is a vehicle equipped with technologies that enable facilities to provide education and training on a range of telehealth and patient care solutions.

VA Butler's VIST Coordinator traveled with 11 blind Veterans and their family members to the VA Cleveland Blind Rehabilitation Center in August. Veteran alumni and prospective attendees participated in VA Cleveland's fourth annual reunion.

VA Employee Andrew Pepe congratulated Charles Thompson, WWII Veteran, after his medal presentation. Mike Kelly, U.S. Congressman, presented Mr. Thompson with the Bronze Star Medal.
Dear Veterans, fellow employees, volunteers and friends of VA Butler Healthcare,

We’ve been busier than ever at VA Butler Healthcare this summer working to Make Lives Better for our Veterans—from summer events, like the annual Welcome Home Event to the Mental Health Summit, to new services, like the Acupuncture Clinic. As fall gets underway, the three contracted Community-Based Outpatient Clinics (CBOC) will move to new addresses, and we plan to make progress on the new Health Care Center (HCC). Thank you for your service, trust, and partnership. We’re honored to serve you, because you served us.

Timothy R. Burke, M.D., Acting Director

Summer Highlights  page 2

Hot Topics  page 10

Vet Chat  page 12

Sun Safety Health Quiz  page 13

Who’s Who – Navika Gadhok  page 13

and more…

It Works!
This summer, VA Butler Healthcare started a new Acupuncture Clinic for Veterans. Read more about the new service, and hear from Veterans who already have tried it.

Telehealth Technology
Over 2,000 Veterans are using telehealth in some capacity at VA Butler Healthcare. Check out all the current telehealth offerings, and read more about what’s being planned for the near future!

Better Yourself
Butler County’s Veterans Treatment Court (VTC) celebrated the graduation of five Veterans this August. Butler’s VTC will celebrate its three-year anniversary in November, and currently has 26 Veterans in the program. Learn more!

Health Tech, Tips & Tastes
What’s new and interesting in VA’s health technology? Find out! Also, enjoy a health tip and tasty summer recipe.
This summer, VA Butler Healthcare started a new Acupuncture Clinic for Veterans at the main facility in Butler. VA Butler chiropractors Zachary Cupler and Michael Anderson, both licensed acupuncturists, provide this new service to eligible Veterans.

Acupuncture refers to solid, stainless steel, hair-thin needles inserted through the skin and moved by hand or electrical stimulation. Needles are inserted into defined locations, painful areas, and tight muscles.

“A typical acupuncture treatment can use as many as 30 needles depending on the symptoms and their severity,” said Cupler, staff chiropractic physician and a licensed acupuncturist. “Typically, you will be seated, lying face down or up. The number of treatments is highly individualized, and it can take several visits to determine your response.”

Acupuncture is used mainly to relieve discomfort associated with a variety of diseases and conditions. Some conditions acupuncture may help treat include chronic pain (pain lasting more than three months), low back pain, neck pain, headaches/migraines, arm/wrist pain, hip/leg pain, and neuropathy.

“Studies have shown acupuncture stimulates specific areas of the brain that relate to pain, emotion, and memory. For example, acupuncture is understood to activate the release of endogenous opioids (natural painkillers),” said Anderson, staff chiropractic physician and a licensed acupuncturist. “In addition to natural pain killers, endorphin, dynorphin and enkephalin, acupuncture treatments also stimulate the release of serotonin and dopamine—our happy positive chemicals.”

At VA Butler, a Veteran’s first acupuncture appointment is an hour and he/she will be able to resume all normal activities – including driving – upon completion of the appointment. A VA doctor takes a detailed history, evaluates the area of complaint, and determines an appropriate care plan.

Ronald Smith, U.S. Army Veteran, has already had several acupuncture appointments and what he likes most about it is—“it works!”

“I’ve read about it, heard about it, and for years and years I’ve always wanted to try it, and so I did, and it’s amazing!” he said. “It helps relieve my pain and stiffness. The doctor is great. He takes the time to talk to me about it, and we have a good plan going, and it works!”

Smith goes weekly for acupuncture and he highly recommends it to other Veterans. He even told his doctor, “When word gets out about this, and everybody finds out that it works and you don’t need to use drugs and all that other stuff to alleviate pain, you guys are going to be flooded with patients!”

Kathy Hoerner, U.S. Air Force Veteran, also has had a great first experience with acupuncture at VA Butler. “When I walk out after, I feel good. I notice a difference. And, it’s actually comfortable,” she adds.

Veterans interested in the new Acupuncture Clinic at VA Butler Healthcare should talk to their VA doctor to determine if acupuncture is a good fit.
www.butler.va.gov/services/Acupuncture.asp
The “Telehealth Education Delivered” (TED) vehicle visited VA Butler Healthcare this July offering tours to more than 75 employees, volunteers and Veterans, and providing education and training on telehealth equipment. TED showcased technologies that enable telehealth in many areas such as mental health, rural health, surgery, wound care, audiology, primary care, non-invasive cardio, dermatology, and more.

“IT was great to see that we already are using the vast majority of technology available to serve our Veterans,” shared Laurie Conti, facility telehealth coordinator. “There are newer versions of the equipment we have, which allowed us to see how things are improving to be more responsive and meet our Veteran’s needs (i.e., user friendly touch screen technology). “There also is a new wound care laser tool available that we hope to use in the near future.”

Home Telehealth (HT) uses remote monitoring technology (also known as home telehealth equipment) to communicate health information between Veterans and their care coordinators. For Store & Forward Telehealth (SFT), digital images, video, audio and clinical data are captured and stored, then transmitted or forwarded to another VA facility and evaluated by medical specialists. Sleep studies and pulmonary function tests are new this year and occur through SFT, which improves the efficiency of interpretation and results for Veterans.

Clinical Video Telehealth (CVT) is a telecommunications link that allows for instant interaction between Veterans and their provider or even two providers, typically via videoconferencing. New CVT programs within this past year include diabetes management, chronic kidney disease, chaplaincy, and genomics care. “CVT to Home” is also new, and it allows a VA provider at one of VA Butler’s facilities to talk to a Veteran right from their home. Veterans need to have internet access and a web camera to participate. For CVT programs, some are performed between VA Butler’s main campus and its Community-Based Outpatient Clinics (CBOCs), whereas others are from the main campus and CBOCs to other VA facilities with a specialty provider (i.e., at VA Pittsburgh). The new Genomics Care Program connects VA Butler with genetic counseling specialists at the Salt Lake City VA!

“We want to offer our Veterans as many services as we can right in their Community-Based

www.telehealth.va.gov
Outpatient Clinic (or even from home!) to improve their access to VA health care,” said Conti.

On this page is a list that includes all current telehealth programs VA Butler Health-care offers. Even more telehealth programs are being planned for the future. Some of which may include TeleWound, TeleAudiology, and Pre-Op/Post-Op CVT and SFT with VA Pittsburgh.

“There are many other possibilities that we are considering to improve education and treatment for Veterans,” added Conti.

Telehealth at VA Butler helps ensure Veterans get the right care in the right place at the right time — and whenever possible aims to make the Veteran’s home the preferred place for care. Veterans interested in a VA telehealth program should talk with their health care team at VA Butler, or visit www.butler.va.gov/services/Telehealth.asp to learn more.

**Home Telehealth**
- Chronic Obstructive Pulmonary Disease (COPD)
- Congestive Heart Failure
- Dementia
- Depression
- Diabetes Mellitus
- Hypertension
- Post-traumatic Stress Disorder (PTSD)
- Weight Management (TeleMOVE!)

**Clinical Video Telehealth**
- Anticoagulation Care
- Chaplaincy
- Chronic Kidney Disease
- CVT to Home
- Diabetes Management
- Genomics Care (Genetic Counseling)
- Individual Care for Substance Abuse (and group care available)
- Mental Health
- Nutrition
- Post-traumatic Stress Disorder
- Tobacco Cessation
- VA Enrollment/Registration Services
- Weight Management (MOVE!)

**Store and Forward Telehealth**
- Dermatology
- Diabetic Retinal Screening
- Pulmonary Function Test
- Sleep Clinic
Better Yourself
Five Veterans Graduate Veterans Treatment Court

Butler County’s Veterans Treatment Court (VTC) celebrated the graduation of five Veterans this August—Ethan Landis (Army), Matthew Fettis (Army), Thomas Gray (Army), Kevin Willacy (Navy), and Amos Good (Marine Corps). Graduation was no easy feat though.

Veterans Treatment Court requires regular court appearances, as well as mandatory attendance at treatment sessions, and frequent and random testing for substance use (drug and/or alcohol). Throughout the program, a Judge and Veterans Court team regularly checks on the Veteran’s progress. If the Veteran fails to meet the requirements of the program — for example, if he or she fails drug screenings or disobeys court orders — the Court will impose sanctions, which may include community service, fines, jail time, or transfer out of Veterans Treatment Court back to a traditional criminal court.

www.va.gov/HOMELESS/VJO.asp
“At the beginning of Veterans Treatment Court, accountability was the most challenging and the most helpful for me. Having to make sure we got to all our appointments – VA, probation, court, etc. There was a lot we were held accountable for,” said Landis.

The goal of Veterans Treatment Courts is to divert those with non-violent criminal charges, mental health, substance abuse and homelessness issues from the traditional justice system and to give them treatment and tools for rehabilitation and readjustment. VA is committed to the principle that when mental illness plays a role in a Veteran’s involvement with the criminal justice system, both the Veteran and the community are better served by treating the Veteran’s mental illness rather than just incarcerating him or her.

Landis is glad he completed VTC, and he would recommend it to other Veterans, but he has some advice for them too: “If you’re just doing this to try to get a lesser charge, and not to actually better yourself, you’re going to find yourself in jail more often than not. It’s definitely not the easy way out. If you’re going to do it, do it because you’re ready.”

A total of eight Veterans have graduated from Butler’s program. Butler’s VTC will celebrate its three-year anniversary in November 2015, and currently has 26 Veterans in the program. Butler County’s Veterans Treatment Court is one of 18 VTCs in Pennsylvania. Mercer County’s Veterans Treatment Court was established in 2014, and currently has 19 Veterans in the program. Under development is Lawrence County’s VTC, projected for 2017.

Veterans Treatment Courts were first started in 2008 in New York by Judge Robert Russell, who wanted to create a hybrid court—one that incorporated aspects of popular drug and mental health courts already established across the U.S. As of June 2014, there were 220 Veterans Treatment Courts nationwide with hundreds more in the planning stages.

With the growing number of Veterans Treatment Courts, VA required justice-focused action at the medical center level, hence the Veterans Justice Outreach (VJO) Initiative was created to educate the legal system, law enforcement, and jails on unique issues facing today’s Veterans. Once Veterans enter the legal system, VJO specialists help them avoid unnecessary incarceration through integration into VA substance and mental health treatment programs.

VA Butler’s Veterans Justice Outreach (VJO) served 279 Veterans last year, and is projected to serve more than 300 this year. VA Butler’s VJO program exists to connect local justice-involved Veterans with VA treatment and other services that can help prevent homelessness and facilitate recovery. To learn more about VTC and VJO, visit www.butler.va.gov/services/Veterans_Justice_Outreach_VJO.asp.
The Veterans Choice Program—
10 Things to Know

The Veterans Choice Program is a new, temporary benefit that allows eligible Veterans to receive health care in their communities rather than waiting for a VA appointment or traveling to a VA facility. Here are 10 things to know about the Choice Program:

1. Are I eligible for the Choice Program?
   You must be enrolled in VA health care or be eligible to enroll as a recently discharged combat Veteran. You also must meet at least one of the following criteria:
   • You are told by your local VA medical facility that you will need to wait more than 30 days for an appointment from the date clinically determined by your physician, or, if no such date is provided, our preferred date.
   • Your residence is more than 40 miles driving distance from the closest VA medical facility.
   • You need to travel by plane or boat to the VA medical facility closest to your home.
   • You face an unusual or excessive burden in traveling to the closest VA medical facility based on geographic challenges, environmental factors, or a medical condition. Staff at your local VA medical facility will work with you to determine if you are eligible for any of these reasons.
   • You reside in a state or a United States territory without a full-service VA medical facility that provides hospital care, emergency services and surgical care, and reside more than 20 miles from such a VA medical facility.

2. What do I do if I think I am eligible?
   Call the Choice Program Call Center at 866.606.8198 to verify your eligibility and set up an appointment.

3. Can I call my non-VA doctor to make an appointment?
   No, please call the Choice Program Call Center at 866.606.8198 to verify eligibility and arrange an appointment.

4. How is the 40 mile calculation made?
   This calculation is based on the driving distance from your permanent residence (or an active temporary address) to the closest VA facility, including Community-Based Outpatient Clinics and VA Medical Centers.

New Addresses for Three Community-Based Outpatient Clinics

VA Butler Healthcare is relocating and enhancing services for the Armstrong County, Clarion County, and Cranberry Township (Butler County) Community Based Outpatient Clinics (CBOC) through a partnership with Valor Healthcare. Valor Healthcare is a Veteran-led organization that staffs and operates more than 30 CBOCs across the country, and has been a partner with VA Butler for more than five years. The new CBOC addresses and planned opening dates are:

**Armstrong County CBOC**
(September 17, 2015)
11 Hilltop Plaza
Kittanning, PA 16201

**Clarion County CBOC**
(September 28, 2015)
56 Clarion Plaza, Suite 115
Monroe Township, PA 16214

**Cranberry Township**
(November 2, 2015)
900 Commonwealth Drive
Cranberry Township, PA 16066

The new clinics will provide new or improved services to Veterans. For any Veterans with an appointment already scheduled at the previous location, it will automatically be rescheduled with a new provider at the new clinic location. For more information visit www.butler.va.gov/locations.
5. If I am eligible for the Choice Program, can I receive Beneficiary Travel for travel to appointments with a Choice provider?
Yes, the Choice Act does provide the ability to pay for travel to the Choice preferred provider for Veterans who are eligible for Beneficiary Travel. However, the Choice Act does not provide any new Beneficiary Travel eligibility.

6. I didn’t get my Choice Card, what do I do?
You do not need your Choice Card to access the Choice Program. If you didn’t receive a Choice Card, simply call 866.606.8198 to find out if you are eligible and to make an appointment.

7. How do I get my prescription filled if I use the Choice Program?
The Choice Program non-VA Provider will issue a prescription with up to a 14-day supply of a national formulary drug. You may have the 14-day supply prescription filled at any non-VA pharmacy of your choice and may submit a request for reimbursement to VA. For prescriptions needed past 14 days, please follow standard procedures to fill a prescription at the VA pharmacy.

8. If I use the Choice Program, does that affect my VA health care?
No, not at all. You do not have to choose between the two—the Choice Program is here to make it easier to access the care you need, close to home.

9. Am I responsible for Medicare, Medicaid or TRICARE cost-shares?
No, these plans are not considered “Other Health Insurance” for purposes of the Choice Program. You will not be billed for any of the cost-shares associated with these plans.

10. What about VA copayments? Will they be collected by the community provider?
VA copays will be billed by VA after the appointment. If you currently pay VA copayments, you will be subject to the same copayment requirements under the Choice Program. Your VA copay will be determined by VA after the care is provided.

Two New No-Cost Training Programs

In early August, VA launched two new no-cost training programs, Accelerated Learning Programs (ALPs) and VA Learning Hubs, to help transitioning Servicemembers and Veterans from all eras learn skills, earn credentials, and advance in civilian careers following separation from service.

VA is piloting ALPs this summer with seven courses focusing on building skills and certifications needed to advance in high-demand careers in information technology (IT). Each ALP is offered at no cost and includes free referral and support services. Transitioning Servicemembers and Veterans from any era are invited to visit the ALP website (http://benefits.va.gov/tap/alp.asp) to learn more about each program and to apply.

VA also is launching Learning Hubs in 27 cities this year in partnership with the American Red Cross, The Mission Continues and Coursera, an online education platform. Transitioning Servicemembers and Veterans can take advantage of both online and in-person study. Each week, online course modules will be completed outside the classroom while class sessions, led by Learning Hub facilitators, provide opportunities to discuss course materials with peers, hear from subject matter experts, and network. Upon completion of the program, Servicemembers and Veterans may elect to receive one free verified certificate issued by Coursera.
Pick Up a Paintbrush or Pencil

This summer, VA Butler Healthcare hosted its third annual Mental Health Creative Arts Event. Local Veterans displayed their artistic talents – paintings, drawings, woodwork, clothing, and more. Attendees voted for their favorite artist, and the three top winners received awards! This year’s first place winner was Army Veteran Gregory Stokes.

Stokes has been involved with art for 60 years. He started going to art school at age nine, painted overseas with the U.S. Army, had his own art shop, and now plans to continue painting for as long as he is able. He’s painted all varieties of topics and people working with all mediums, although oil is his favorite.

“When I’m stressed out or have a problem, I pick up a paintbrush or a pencil and paper,” he said. “I love it, and it helps me express my feelings.” People have been using the arts as a way to express, communicate, and heal for thousands of years.

Recreation therapy, including arts, help treat the physical, mental and emotional well-being of Veterans. “Art is a great thing for anybody because you don’t have to be an artist to pick up a pencil. Just pick up a pencil and piece of paper and draw it out – your mood, how you’re feeling that day. You might be surprised at the outcome!” Veterans Andrew Slywczuk and Byron Walker took second and third places at this year’s event.

To learn more about VA Recovery Services in Mental Health, visit www.mentalhealth.va.gov/mentalhealthrecovery.asp.

Veterans Serving Veterans

VA operates one of the largest health care systems in the U.S. VA employs highly trained professionals who are dedicated to providing quality health care to Veterans, and many are Veterans themselves! Currently more than 30 percent of VA Butler Healthcare’s employees are Veterans.

“I choose to work for VA because it gives me a sense of pride knowing I’m able to serve my fellow Veterans. I feel a close connection and comradery with them. I can honestly say I love working at VA, and when you love what you do, it really doesn’t seem like work. I plan on volunteering in some capacity at the VA when I retire.”

Hey Veterans! Share your stories with us in Vet Chat. Email Amanda.Kurtz2@va.gov. We’d love to hear from you!

Telehealth Clinical Technician and Army Veteran Arturo Gonzalez
Health Quiz: Sun Safety

The skin is the body's largest organ. It protects against heat, sunlight, injury, and infection. Yet, some of us don't consider the necessity of protecting our skin. There are simple, everyday steps you can take to safeguard your skin from the harmful effects of UV radiation from the sun. Test your sun safety knowledge below!

1. A sunscreen product is considered safe if it prevents sunburn.
   a. True   b. False

2. Effective sunscreen protects your skin against ultraviolet A (UVA) and ultraviolet B (UVB) rays.
   a. True   b. False

3. According to new FDA guidelines, what is the minimum Sun Protection Factor (SPF) for sunscreen products to protect skin against all types of sun-induced damage?
   a. SPF 15   b. SPF 15 with UVB protection   c. Broad Spectrum SPF 15   d. Broad Spectrum SPF 55

4. If I have darker complexion, I don't need to use sunscreen.
   a. True   b. False

5. If you stay in the sun all day, you should apply an entire tube (6 oz.) of sunscreen throughout the day.
   a. True   b. False

6. Aside from applying sunscreen, what can you do to protect your skin from the sun when you are outdoors?
   a. Wear protective clothing such as long sleeves, pants, wide brimmed hats, and sunglasses
   b. Seek shade, especially between 10 a.m. and 4 p.m.
   c. Always avoid tanning beds
   d. All of the above

7. Which sunscreen label provides the most accurate description of its ability to protect your skin from the sun?
   a. Sunblock   b. Sweatproof   c. Waterproof   d. None of the above

8. One American dies of melanoma, the most deadly type of skin cancer, every ________.
   a. Minute   b. Hour   c. Day   d. Week

Quiz Results

Source: U.S. Department of Health & Human Services

Mindfulness

Navika Gadhok, Licensed Social Worker, works in Primary Care Mental Health Integration (PCMH) at VA Butler Healthcare. One form of therapy Gadhok uses with Veterans is Dialectical Behavior Therapy, also known as Mindfulness.

Mindfulness is the act of being fully aware and present in this one moment. She teaches Veterans to practice this in their everyday living by learning to control their mind, rather than letting their mind control them. Some other skills taught with this therapy are Distress Tolerance, tolerating pain in difficult situations when it cannot be changed; Interpersonal Effectiveness, asking for what you want and to say “no” while maintaining self-respect and relationships with others; and Emotion Regulation, having the ability and power to change emotions that you want to change.

Gadhok uses patient-centered care to bring Veterans outside of the hospital environment helping them to master the skill of Mindfulness. To set up an appointment with Gadhok, contact VA Butler’s Center for Behavioral Health at 800.362.8262 ext. 5039.
HEALTH TECH – VIRTUAL REALITY HELPS VETERANS WITH PTSD INTERVIEW

A Post-Traumatic Stress Disorder (PTSD) study involving Northwestern University and VA researchers showed promising results for a virtual-reality computer program that helps those with PTSD or other special challenges master their job-interview skills.

The software relies on video clips of a live actress—named “Molly Porter”—who plays a human resources representative for a retail outlet, and interacts with users based on how they answer her questions.

In the PTSD study, 23 Veterans used SIMmersion’s virtual-reality job-interview training for up to 10 hours over two weeks. Another 10 Veterans were “wait-listed” as a control group.

The study found good adherence to the program, and high satisfaction with it. More important, those who used the program significantly boosted their job-interview skills, compared with their baseline scores.

Across all the patient groups that have used the program, the results were consistent, suggesting that “virtual reality training may benefit a wide range of disorders,” said Dr. Morris Bell, a clinical psychologist and researcher at Yale University and the VA Connecticut Healthcare System. More than nine in 10 users said the training was helpful; more than eight in 10 said it gave them confidence. And perhaps most important, those who used the program were far more likely to land a job. “When we looked at employment outcomes,” says Bell, “it was pretty impressive. More than double the number of people got employed after getting the job-interview training.”

The program is customizable for different groups, including Veterans with PTSD. Veterans could choose modules that would have Molly, the interviewer, ask specific questions about their military experience. For example, “What skills did your period in the armed forces give you?” For each question, users see a menu of possible responses, and they can respond either by clicking the one they want, or reading it aloud. The program has voice recognition. An onboard “coach”—like Molly, a live actress who was filmed—uses hand gestures such as a thumbs-up or down to cue users on whether they have chosen an appropriate response. A poor answer, such as, “This interview is taking longer than I expected,” will trigger a cold and curt reply from Molly, such as, “We’re done.”

Besides the virtual reality interaction with Molly, the program includes other training components. “It’s a whole system of job preparation,” says Bell. “There’s psychoeducational information on how to prepare for a job, for example, and practice on how to fill out an online application.”

The training used in the studies is commercially available and can be accessed online at www.jobinterviewtraining.net.
Health Tastes – Fruit Skewers with Yogurt

Ingredients
1 C strawberries, rinsed, stems removed, and cut in half
1 C fresh pineapple, diced (or canned pineapple chunks in juice, drained)
1/2 C blackberries
1 tangerine or Clementine, peeled and cut into 8 segments
8 6-inch wooden skewers

For dip:
1 C strawberries, rinsed, stems removed, and cut in half
1/4 C fat-free plain yogurt
1/8 tsp vanilla extract
1 Tbsp honey

Directions
Thread two strawberry halves, two pineapple chunks, two blackberries, and one tangerine segment on each skewer. To prepare the dip, puree strawberries in a blender or food processor. Add yogurt, vanilla, and honey, and mix well. Serve two skewers with yogurt dip on the side.

Serving size = 2 skewers, 1 Tbsp dip, Makes 4 servings

Source: National Heart, Lung, and Blood Institute

Crossword

Stay Sharp!
Mental and physical exercise can help your brain stay sharp. Mental exercises include reading, doing crossword puzzles, and even stimulating conversation.

ACROSS
1. Male relative (6)
3. Gem (4)
7. Chart (3)
9. Sagacious (7)
10. Challenge (4)
11. Relating to bears (6)
13. Accolade (6)
14. Children (4)
17. Long flag (7)
18. The night before (3)
19. Extinct bird (4)
20. Choice (6)

DOWN
1. Wanderer (5)
2. Not difficult (4)
4. Steep cliff (9)
5. Svelte (5)
6. Drama set to music (5)
8. Pilfered (9)
12. In front (5)
13. Lukewarm (5)
15. Rear part of a ship (5)
16. Pace (4)

HEALTH TIP—FLOSS DAILY
Floss your teeth every day. Flossing reduces oral bacteria, which improves overall body health. Floss daily and you are doing better than at least 85 percent of people.
VA Butler Healthcare, located in Butler County, Pennsylvania has been attending to Veteran’s total care since 1947. We are the health care choice for over 18,000 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. VA Butler 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.