VA Butler hosted its 5th annual Butterfly Release Ceremony in early June to honor 50 Veterans. About 125 people attended to remember these Veterans through the release of live butterflies, scripture, and song.

VA Butler’s Center for Behavioral Health (CBH) Recovery Team, AmeriCorps (Suit Yourself) and Dress for Success Pittsburgh held a fashion show in June to educate Veterans on how to dress for formal events, interviews, work, and casual situations. Attire was modeled by Veterans, including Army Veteran Jared Herstine.

VA Butler hosted its annual PTSD Awareness Day Event in June to provide important PTSD information and answer any questions from Veterans, family, volunteers, and staff. Veterans also were able to be seen as a "walk-in" by the PTSD Treatment Team.

VA Butler hosted its annual Welcome Home Event for Post 9/11 Veterans and their families at a Butler Blue Sox Game in July. A suite was reserved for Veterans and their families, and information provided about VA programs and services that are available.

A local salon volunteered its time and expertise cutting hair for our Veterans in the Community Living Center, including George Johnson, U.S. Air Force Veteran. They have been volunteering their services for almost five years now, and average about 35 haircuts each visit.

The American Legion Riders kicked off their 14th annual Veterans Benefit Ride at VA Butler Healthcare this July. A big thank you to all the Veteran organizations, community groups, and volunteers for giving back to our Veterans.

Donny Eozzo volunteered his time and talent for July’s Music is Medicine Hour. VA Butler hosts a “Music is Medicine Hour” every 4th Wednesday of the month. Anyone interested in volunteering to play may call 878-271-6484.

VA Butler’s Health Promotion and Disease Prevention Program hosted two summer Farmers Markets in July and August, with a third planned for September. Brenckle’s Farms and Greenhouses provided locally grown, farm fresh produce.

VA Butler kicked off summer with a Sun Safety & Cancer Prevention Event in June. VA Butler employees shared educational information on sun safety, and provided tools to help prevent skin cancer.
Dear Veterans, fellow employees, volunteers and friends of VA Butler Healthcare,

I have very much enjoyed spending my summer serving the Veterans at VA Butler Healthcare, and working with the talented and dedicated staff here. It’s been a great summer, especially with new programs and services being introduced and community and Veteran events being held. I encourage you to read through this issue of Living Better to learn more about all the great happenings at our facility.

On behalf of everyone here at VA Butler, I want to say thank you for your ongoing support, and we look forward to seeing and serving you soon.

Alan, Interim Director

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and more...
In 2005, I was at the top of the world, marking 20 years of sobriety and a 23-year career in vocational development and rehabilitation. I was the CEO of the second largest non-profit in Westmoreland County, PA, and living in a beautiful home with my wife and beloved 10-year-old daughter. On the surface, all seemed perfect, however, just below the surface there was a problem.

I had become complacent about my sobriety over the previous few years, had stopped attending AA meetings, and never gave my emotions a second thought. Things were about to change when, on a business trip in the summer of 2005, I had my first taste of alcohol in 20 years, picking up where I left off and then some. Along with the alcoholism were underlying and un-treated depression and anxiety. The next nine years were a roller coaster of recovery attempts, promises made and not kept, lies, a lost career, lost trust, and lost hope. In 2013, my wife of more than 30 years divorced me, our house was sold, and our daughter went off to college.

Following these events, I returned to Butler, PA, where I was born and raised, and still had some family. I moved into an apartment and drank. As money became tighter, I stopped paying the rent. Eventually, I was evicted, being locked out with all my possessions still in the apartment. I had become homeless.

Eight years removed from being a loving husband, father, CEO, and community leader, I was in my home town as a homeless, unemployed, and depressed Veteran who was estranged from any remaining family members. To get out of bad weather and sleep, I frequently rode around on a city bus. It was then that I noticed the marquee in front of the Butler VA Medical Center. In red lights it said, “Veterans Crisis Line – It’s Your Call 1-800-273-8255. Press 1”.

I made the call and it saved my life. I had never used the VA Healthcare system in the 30 plus years after being discharged from the U.S. Air Force, but was connected to a member of the homeless team.
at the Butler VA. Within 48 hours, I was on my way to a Grant Per Diem facility near Altoona until a bed was available and I was able to be admitted to the Domiciliary. I spent six needed months in treatment and then transitioned into the CWT-TR program where I was able to re-engage with the responsibilities of employment. With the help of the Vocational Rehabilitation staff, I secured employment with the Social Security Administration and moved into my own place in the community while still participating in AA, aftercare groups, and individual counseling sessions. I have since made amends and reconnected with my family and have been an integral part of my daughter’s life. I attended her college graduation and most recently walked her down the aisle at her wedding.

In August 2017, I applied for the Community Employment Coordinator (CEC) position at VA Butler Healthcare and was offered the position. At present, I work with the VA Butler Homeless/HUD-VASH Team using my personal and professional experience to aid in helping my fellow Veterans sustain their housing through employment, and support the staff with information about community resources to help them and the Veterans they serve. I also partner with Butler VA Vocational Rehabilitation Specialists sharing best practice ideas and employment leads to achieve the best outcome for our Veterans.

In my role as CEC, I have been able to connect one-on-one with Veterans who are facing the same challenges I faced when I was homeless and unemployed. I share parts of my story with them hoping to provide hope along with guidance and information. I believe I can offer a unique perspective to my co-workers in addition to my professional background in vocational rehabilitation, given my own experiences of homelessness and unemployment. Community outreach is a significant part of what I do and I have been asked to represent the VA Butler Healthcare System to community organizations and committees, including PA Careerlink Business Services, Butler County Transportation Task Force, and the Southwest Planning Commission’s Rural, and Suburban Transportation Planning Committee. I also will be participating in an Employment Summit to discuss Employment and Recovery the Challenges/Opportunities.

All of this is only possible through my recovery. It began with the phone call and someone being on the other end of the line. As a CEC, I provide the resources and the guidance, but it’s up to the Veteran to get the job and make the most of the resources provided. I just make sure I am on the other end of the phone to provide the much-needed support to them.
I was playing in a crowded club some years ago. Playing “The Star-Spangled Banner” doing my best to sound like the Jimi Hendrix version. Looked up from my pedalboard and Whammy Bar and in the back of the room were several Vets, hats off, and standing perfectly still as if they were taken back to another time and place. I then realized that “Music is Magic.” - Fred

Fred Dillaman is the volunteer instructor for the new Guitars for Vets (G4V) program at VA Butler Healthcare. He has been teaching privately for more than 20 years, and playing since about the age of 14. He volunteers for this program as a way to honor his family members who have served, and thank all who have served.

Fred’s father and uncles served in WWII, his brother in the Air Force, and he lost his second cousin Sgt. Harold Dean Dillaman when their CH-47 Chinook exploded at about 1000 feet at a military training area near Pegnitz, Germany (the worst U.S. military helicopter crash on record in Europe).

“I had only met Harold a few times, but he showed me a few chords on a beat up acoustic guitar. Harold along with others helped start my journey down this road and I feel that I owe him and others that served at least this much,” said Fred.

Fred recently helped graduate his first student at VA Butler Healthcare from the Guitars for Vets program, U.S. Marine Corps Veteran Curtis Compton.

“I always wanted to learn to play the guitar as I found it relaxing,” said Curtis. “The instructor taught me how to play the blues, and that was one of the types of music that I felt was very relaxing. Playing helps get a lot of things off your mind, and relieves a lot of stress that you might not be able to relieve otherwise without medication.”

Curtis plans to continue playing, and continue learning to play. He found Fred’s instruction most helpful during the 10-week program. In a few months, Curtis and Fred plan to play together at VA Butler Healthcare as part of the monthly “Music is Medicine” hour, a free hour of music and coffee for Veterans, volunteers, and staff. (Call 878-271-6484 for more information, or to volunteer to play during the “Music is Medicine Hour.”)

“I’m glad they started this program at VA Butler Healthcare, it could help a lot of Veterans. “I would recommend it to any Veteran who might be interested,” added Curtis.

Guitars for Vets is dedicated to sharing the healing power of music with Veterans suffering from significant combat-related
mental and emotional stress, particularly Post Traumatic Stress (PTSD). It is a not-for-profit founded in 2007 with headquarters in Milwaukee, WI, currently operating more than 70 chapters in over 30 states. G4V pursues its mission by providing free, private, and group guitar instruction, a practice guitar, accessories, and a method book. It is a structured program run by volunteers, primarily through VA facilities where Veterans enter into the G4V program via referrals by their mental health provider.

Weekly lessons are individualized and based on a curriculum designed to help students learn at their own pace and accommodate any physical and/or emotional challenges. Upon completion of the program, Veterans are presented with a brand new acoustic guitar, gig bag, strap, tuner, strings, picks, capo, and a stand. To date, G4V has given over 20,000 lessons and distributed more than 2,000 new guitars to veterans.

Interested in learning more? Visit www.guitarsforvets.org, talk to your health care provider at VA Butler, or call VA Butler’s Patient-Centered Care Coordinator at (878) 271-6484.
Whole Health
What Matters Most to You?

**It all starts** with a simple question: What matters most to you? That’s the first step in a new model of whole health care, designed to help Veterans achieve and maintain their best all-around health and well-being.

Traditionally, health care providers have focused on what’s the matter with patients, zeroing in on their diseases and ailments. We are working to shift this focus by instead starting a conversation about what matters most to Veterans. What brings you joy and happiness? Is it traveling, playing with your children or grandchildren, or just feeling at peace in your body? Here are the top ten responses Veterans gave when asked what matters most to them.

- Being with Family: 66%
- Sleep: 63%
- Eating Proper Foods: 52%
- Being Healthy: 48%
- Social Engagements: 41%
- Negative Family Events: 39%
- Religion and Spiritual Life: 32%
- Generally Being More Active: 30%
- Comfort and Safety of Home: 30%
- Work Status: 27%

The whole health model is a holistic look at the many areas of life that can affect your health — your work environment, relationships, diet, sleep patterns, and more. So, whether your goal is to wake up pain-free, change careers, or simply find a measure of peace, get started by having a conversation with your health care provider at VA Butler Healthcare.

How is VA Butler Healthcare supporting Veterans’ Whole Health? VA Butler is offering new services, groups, and classes designed to help Veterans in all aspects of their lives.

“Our Veterans are asking us for services and classes that will replace the old, traditional way of thinking – focusing on the disease and ailment only,” said Karen Dunn, VA Butler’s Patient Centered Care Coordinator. “We are looking at addressing what matters most to our Veterans, and one way we are doing that is by offering new classes that can help with health issues like chronic pain, anxiety, PTSD, sleep problems, etc.”

Did you know VA Butler offers a variety of weekly and monthly classes to help improve Veterans’ whole health both physically and mentally? Mindfulness Classes, Martial Arts Classes, Basic Mindful Yoga & iRest Inspired Meditation Classes, and Yoga Classes are regularly offered at the Abie Abraham VA Health Care Center.

One of the Veteran Martial Arts class participants, Chester Sutton, shared his positive experience with both physical and mental health thanks to the class.

“The martial arts class has greatly helped me by maintaining good cardio health, and hopefully longevity of life. I do believe that my life has changed and will continue to change as I increase my skill with martial arts. My attitude always has been pretty good, but I believe Kevin’s [the instructor] inspiration is honing my attitude to higher levels.”
VA Butler also offers special Veteran groups, a “Living Well Group” and “Pain Management Group,” as well as Chiropractic and Acupuncture care. New and additional services and classes are in the works, including Reiki, Tai Chi, and a Master Gardener/Healing Gardens/Greenhouse program.

“We want to offer our Veterans new, complementary and integrative health approaches, such as acupuncture, yoga, and martial arts to help meet their Whole Health needs,” added Karen. “We are working on adding even more new classes in the coming year.”

Learn more about Whole Health by talking to your health care team at VA Butler Healthcare today, or calling VA Butler’s Patient Centered Care Coordinator at 878-271-6484. You also can visit www.va.gov/PATIENTCENTEREDCARE/explore/about-whole-health.asp.

www.va.gov/patientcenteredcare/explore/about-whole-health.asp
Butler County Manufacturing Consortium at VA Butler Healthcare

VA Butler Healthcare hosted the Butler County Manufacturing Consortium in June to bring together local companies in need of hiring individuals, training their employees, and for networking opportunities. VA Butler’s Vocational Staff attended to educate attendees on the services VA Butler provides, as well as share information to help connect Veterans with employment opportunities in Butler County.

The mission of the Butler County Manufacturing Consortium is to identify and meet the developing needs and enhance the growth of all Butler County Manufacturers. To learn more, visit www.tricountymfg.org/about/butler-county/.

Vocational Rehabilitation at VA Butler assists Veterans to prepare for, find, and maintain suitable jobs. Employment services such as job training, employment-seeking skills, resume development, and other work-readiness assistance is available for Veterans to achieve their employment goals. To learn more, visit www.butler.va.gov/services/Vocational_Rehabilitation.asp.

Connected Care

Welcome to VA Butler’s Connected Care Department

This year, VA Butler combined health care technologies – Telehealth, My HealtheVet, Secure Messaging, and VA Mobile Apps – into a Connected Care Department. Connected health technologies are expanding the reach of VA health care beyond the traditional face-to-face visits, allowing VA health teams to engage with Veterans via virtual visits, enhance access and to overcome geographic/physical/emotional challenges to care.

Currently, VA Butler is working with a new tool in its Connected Care Department— VA Video Connect (VVC). Through VVC, VA clinicians at Butler connect with Veterans in live, scheduled video visits that are secure, private and in real-time in the comfort of home or a non-VA location through a smart phone, tablet, or computer. VVC makes VA health care more convenient, reduces travel time, limits time off work, saves on the cost of gas or other travel expenses, and enables providers to deliver VA video health care visits.

Want to learn more about these technologies? Talk to your health care team today at VA Butler or visit:

- www.myhealth.va.gov
- www.telehealth.va.gov
- https://mobile.va.gov/appstore/

TeleBenefits—A Virtual VA Benefits Agent for Veterans

TeleBenefits, a program in which Veterans are provided with benefits information and assistance through the use of video teleconferencing equipment, is available at VA Butler Healthcare every other Friday from 8am to 12pm (no appointment needed).

With TeleBenefits, Veterans are able to video chat with a claim specialist ready to assist with VA benefits-related questions and services. Veterans also are able to submit claims and supporting documents during the Telebenefits session.

“Through this new service, Veterans can expect to travel less and have immediate and efficient benefits assistance,” said Amy Stewart, Transition and Care Management Program Manager at VA Butler Healthcare, who helps coordinate this new service for Butler Veterans.

“There is no need to call, no need to drive to the VA Regional Office, TeleBenefits brings a Virtual Agent to Veterans.”

Telebenefits aims to improve access to VA benefits and services for Veterans who may experience geographic or technology limitations, or who prefer face-to-face interaction due to the nature of assistance required or based upon preference over other access options.

To learn more, Veterans may contact Amy Stewart (878-271-6120) or Amy Kunst (878-271-6119).
VA Partners to Prevent Suicide

Suicide is a serious public health issue and research tells us that suicide is preventable. No one organization can prevent Veteran suicide alone. Check out some of the partners VA is working with to help our Veterans.

• CaringBridge.org
CaringBridge.org is a new partner of VA. With CaringBridge, Veterans, Service members and their caregivers can create their own personal online health journey that can be shared at the user’s discretion with family and friends to enhance connectedness and support. Users can post ongoing updates on their website and receive responses of support from family and friends. https://www.caringbridge.org/militaryservice/

• PsychArmor Institute
In collaboration with PsychArmor Institute, VA developed a new online S.A.V.E. training that is available to the public. The course is available for free 24/7 to anyone who creates a PsychArmor log-in. This How-To guide will help you navigate the PsychArmor Institute website and outline steps for how to start the course. https://psycharmor.org/courses/s-a-v-e

• Objective Zero
The Objective Zero Foundation is dedicated to combating suicide within the military and Veteran community. The Objective Zero App connects Veterans and Service members (as well as their families and caregivers) to peer support 24-hours-a-day via text, voice and video chat, and offers access to wellness resources. http://www.objectivezero.org/

• Veterans of Foreign Wars (VFW) Mental Wellness Campaign
To raise awareness, foster community engagement, improve research, and provide intervention for those affected by invisible injuries and emotional stress, the VFW has teamed up with the nationwide organizations to help change the narrative and stigma around mental health in America. https://www.vfw.org/assistance/mental-wellness

• AMVETS HEAL
AMVETS launched the HEAL Program in March 2018 to actively confront the changing landscape of veteran healthcare and the veteran mental health crisis in the United States. Staffed by licensed clinicians and experts in VA benefits, the HEAL Program encourages Veterans, Service members, family members, and caregivers to seek support when faced with barriers to healthcare access, problems with quality of care, transition concerns, and issues related to mental before they reach crisis levels. http://amvets.org/vet-heal/

• Semper Fi Fund
Semper Fi Fund provides immediate financial assistance and lifetime support to post-9/11 combat wounded, critically ill, and catastrophically injured members of all branches of the U.S. Armed Forces and their families. We deliver the resources they need during recovery and transition back to their communities, working to ensure no one is left behind. https://semperfifund.org/
Local Community Supports our Vets

Local Salon Owner Tara Mueller along with Hilliary Shields and Lyndsy Day were recently at VA Butler Healthcare again to volunteer their time and expertise cutting hair for our Veterans in the Community Living Center.

They have been volunteering their services for almost five years now! They average about 35 haircuts each visit and come about every 5-6 weeks.

Many family members, community groups, volunteer organizations, students, and others give back to Veterans residing in VA Butler’s Community Living Center (CLC) throughout the year. Our volunteers are an integral part of the day-to-day operations.

Volunteers provide many important functions throughout our facility and help make our patients’ stay more enjoyable. Volunteers can perform a number of services, and a volunteer’s talents are closely matched with one of our many assignments.

Interested in volunteering? Call or visit the VA Butler Healthcare Voluntary Service Office.

Clarence Shirley, U.S. Army Veteran (top) and Drew Womeldorf, Navy Veteran (bottom) get their hair cut by a local salon in Butler.

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 enjoy the chance to work with Veterans from all branches of service. It’s a different kind of brother/sisterhood here mixed with people who want to help Veterans’ lives be better. My job helps me make changes to our Veteran population environment that may seem small to us, but can have a huge impact for our patients’ lives.”

Engineering Technician and U.S. Army Veteran Charles Lynch

Hey Veterans! Share your stories with us in Vet Chat. Email Amanda.Kurtz2@va.gov. We’d love to hear from you!
Health Quiz: Stay Healthy As You Grow Older

There’s a lot you can do to keep yourself healthy and feeling great in your 60s, 70s, and beyond. Take this quiz to get some tips on how to do it.

1. By age 65, it’s too late for exercise to make a difference in your health.
   a. Yes – sad but true.   b. Nope – that’s hogwash.

2. Which one of these can be a sign of hearing loss?
   a. A ringing sound in your ears
   b. People are asking you, “WHY ARE YOU BLASTING THE TV!??”
   c. Having trouble hearing people on the phone
   d. All of the above

3. When older people fall, it usually happens
   a. Outside   b. At home   c. At the gym

4. Be honest: When did you last get a new toothbrush?
   a. In the last couple of months
   b. 3 to 4 months ago
   c. Within the last year, maybe?
   d. It’s been so long I can’t remember

5. Older people don’t have to worry about testing for STDs (sexually transmitted diseases) like HIV.
   a. True   b. False

6. What common medicine can lower your risk of heart attack or stroke?
   a. Cough medicine
   b. Aspirin
   c. Antacids
   d. All of the above

7. Did you have a wellness visit with your doctor in the last year?
   a. Yes   b. No

8. How often do you eat vegetables and fruits?
   a. Several times a day
   b. About once a day
   c. Maybe once a week
   d. As little as possible

Best Responses/Correct Answers:
1) B 2) D 3) B 4) A or B 5) B 6) B 7) A 8) A

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

Who’s Who?

LAUREN HEIGER
My HealtheVet Coordinator

What’s Your Health Age?
My HealtheVet’s "HealthLiving Assessment" or “HLA” helps Veterans better understand their health habits and can provide advice on ways to improve their well-being.

The HLA asks users questions that cover topics like diet, exercise, weight, family medical history, and alcohol and tobacco use. The answers are used to calculate "health age" and risk for disease. It takes about 20 minutes to complete and is available online 24/7. All registered users can take the HLA, even family members and caregivers.

The HLA is one of many features available on My HealtheVet. Veterans also can schedule appointments online, refill prescriptions, view their health records, access their customized Veterans Health Benefits Handbook, send secure messages to their VA health care teams, subscribe to notifications about Rx refills, and be informed when medical images and reports are available. Get started today at www.myhealth.va.gov or contact VA Butler’s My HealtheVet Coordinator.

Lauren Heiger is the My HealtheVet Coordinator at VA Butler Healthcare. To learn more about My HealtheVet, or upgrade to a Premium Account, contact Lauren at (878) 271-6963.
HEALTH TECH – VETEXT

VA now reminds Veterans of their appointments by text

Did you know more than nine million VA health care appointments go unutilized each year due to missed appointments? To increase access to health care for all Veterans, VA created VEText, an interactive mobile solution to remind Veterans of upcoming appointments via text messaging. Veterans at VA Butler Healthcare can take advantage of this new mobile system.

“Our goal is to offer a quick and easy way to confirm and/or cancel VA appointments and then make every attempt to schedule another Veteran into that time slot,” said Alan Petrazzi, VA Butler’s Interim Director. “Veterans just need to simply respond to the text with ‘cancel’ and the slot immediately opens up for the next Veteran.”

Every enrolled Veteran with a cell phone number listed in their health record was automatically enrolled in the program. Veterans may update their phone numbers during check-in at their next appointment, or use the self-service kiosks. VEText works for VA health care appointments only and the text messages do not currently replace the letters and automated phone calls Veterans already receive for appointment reminders.

The first text message reminder will be sent seven days before the appointment, and a second reminder text message will be sent two days day before the appointment. Veterans should review the date and time of each appointment and use the prompts provided in the message to either confirm or cancel the appointment. Veterans with multiple appointments on the same day will receive multiple reminders.

As of May 31, 2018, VEText has sent appointment reminders to more than five million unique Veterans with over nine million messages exchanged. Also, the system has allowed 134,000 appointments to be cancelled via a simple response, creating an open slot for another Veteran and possibly preventing a no-show.

The VEText system also has an easy to use opt-out process for Veterans who do not want to use the text messaging reminders. Simply reply to the text message with “STOP.” Additionally, all appointment reminder messages contain instructions on how to end the message delivery.

If you want to restart the text message appointment reminders, simply text “START” to a previous reminder message and service will resume.

www.va.gov/HEALTH/vetext_faqs.asp
**Health Tastes – Scallop Kabobs**

**Ingredients**
- 3 medium green bell peppers cut into 1 1/2 in squares
- 1.5 lbs. fresh bay scallops
- 1 pint cherry tomatoes, rinsed
- 1/4 C dry white wine
- 1/4 C vegetable oil
- 3 Tbsps. lemon juice
- Dash garlic powder
- Ground black pepper, to taste
- 8 wooden or metal skewers

Serving size = 2 skewers, makes 4 servings

**Directions**
Preheat grill pan or oven broiler on high temperature. Parboil green peppers for 2 minutes. On eight metal or water-soaked wooden skewers, alternately thread green peppers, scallops, and cherry tomatoes. Combine next five ingredients in a small bowl. Brush kabobs with wine/oil/lemon mixture. Grill or broil the kabobs for 15 minutes, turning and basting frequently.

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

Fat: 6g ★ Calories: 224 ★ Cholesterol: 43g ★ Sodium: 355 mg

**Crossword**

**“Brain-Training” Games**

Brain training is the idea that regularly putting your brain to work through puzzles and specially designed online games can help improve memory and other types of cognitive function. While the research findings vary, some studies have found a positive relationship between crosswords and better brain health. Give it a try!

**ACROSS**
1. African equine (5)
2. Artery (5)
5. Part of a circle (3)
7. Farm vehicle (7)
9. Embellished (6)
10. Break suddenly (4)
13. Plant support (4)
14. Lumber (6)
16. Household implement (7)
17. Make a mistake (3)
19. Cacophonous (5)

**DOWN**
1. Avid (7)
2. Shrewd (6)
3. Slightly open (4)
4. Atmosphere (3)
6. Yield (7)
8. Well-founded (7)
11. Depict (7)
12. Stringed instrument (6)
15. Catch sight of (4)
16. Large vase (3)

**HEALTH TIP—KEEP FOODS SAFE IN THE HEAT**

Watch the clock. Food should not be left out for more than two hours, and if the weather is hot (over 90°F), it may become unsafe to eat in even less time. Chill any leftovers as soon as possible. Eating outdoors is fun but you want to keep foods safe in the heat.
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

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.