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In an effort to help Veterans start off 2016 eating healthier, VA Butler organized its annual food drive, collecting close to 1,000 food items for local Veterans in need. A special thanks to VA Butler’s fitness class participants for their contributions!

In December, VA Butler hosted an ICARE Recognition Event to honor those employees who go above and beyond to carry out VA’s core values of Integrity, Commitment, Advocacy, Respect, and Excellence (I CARE). These employees were recognized by Veterans and co-workers.

Veterans in Adult Day Health Care enjoyed a special “Lunch Date” event, which included pizza, bingo, and more during the 2016 National Salute week, observed annually during the week of Valentine’s Day.

To help spread holiday cheer to Veterans in VA Butler’s Community Living Center during the holiday season, the band “Deuce’s Wild” performed for Veterans during a holiday party.

Santa visited with Veterans in our Domiciliary, including Frank Bryant, Navy Veteran, as part of the annual Adopt-a-Veteran program. A special THANK YOU to all the groups and individuals who supported this program, and our other many holiday programs for Veterans.

VA Butler hosted a town hall for Veterans and the community in January to discuss the new Health Care Center (HCC) and address any questions. HCC Town Halls will be held quarterly, with the next meeting planned for early April.

At the fourth annual Healthy Living Recognition Event, Charles Powell, Air Force Veteran, was one of 39 Veterans recognized for healthy living achievements. With support from VA, Charles has lost close to 150 lbs. Way to go Charles!

Army Veteran Jim Becker, wearing his tuxedo t-shirt for the occasion, and his date, volunteer Marilyn Stephenson, enjoyed a special “Date Night” dinner in VA Butler’s Community Living Center during the 38th annual National Salute to Veterans Patients week.

At the third annual Winter Women’s Wellness Event in February, women Veterans enjoyed a special painting for Heart Health Month. Attendees also wore red for National Wear Red Day® — a special day to bring attention to the number one killer of women, heart disease.

At the fourth annual Healthy Living Recognition Event, Charles Powell, Air Force Veteran, was one of 39 Veterans recognized for healthy living achievements. With support from VA, Charles has lost close to 150 lbs. Way to go Charles!

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Dear Veterans, fellow employees, volunteers and friends of VA Butler Healthcare,

This winter, and into the New Year, we focused on healthy living for Veterans – hosting our annual Healthy Living Recognition Event, Healthy Living Food Drive, and the Winter Women’s Wellness Event. We also conducted two Veteran Town Hall Meetings, and have two more planned for this spring. Perhaps what was most exciting was the progress made on the new Health Care Center. I encourage you to take a look at our website (www.butler.va.gov/news/building.asp) to see how far we have come! This spring, I look forward to placing the final steel beam of construction on this project, continuing to provide our Veterans quality care for Veterans, and of course, warmer weather. My goal for 2016 is to Make Lives Better for our Veterans, their families, and caregivers.

David Cord, Director

Anywhere, Anytime

My HealtheVet enables Veterans and their health care providers to be more connected to health care information than ever before. Read about some of the newest features available for My HealtheVet users.

Women’s Wellness

February was Heart Health Month, but VA Butler encourages women Veterans to live a heart healthy lifestyle all year. Learn about heart disease in women, and how VA Butler can help!

Nine Ways to Identify Someone in Crisis

It is important to recognize when emotions reach a crisis point — especially when thoughts of suicide arise. Learn to recognize nine warning signs in yourself or someone about whom you care.

Health Tech, Tips & Tastes

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

Winter Highlights

Recognizing a Heart Attack

Health Quiz

Who's Who – Samantha Krivak

Hot Topics

Vet Chat

and more…
My HealthVet and its online suite of tools, including secure messaging, VA prescription refill, and VA Blue Button, enables Veterans and their health care providers, clinicians and staff to be more connected to healthcare information than ever before.

“My HealthVet truly provides Veterans with an anywhere, anytime experience,” explained Lauren Heiger, VA Butler’s My HealthVet Coordinator. “The program is constantly growing! Current tools are being expanded. New tools are being added, and more and more Veterans are signing up daily.”

One of the newest features to be added to My HealthVet are email updates. Veterans can sign up at www.myhealth.va.gov to receive articles and tips on a variety of health topics. Veterans choose their preferences and receive information they are specifically interested in—options range from health and wellness topics to information about specific diseases and conditions, to VA news and special events happening at their local VA medical center, and much more. To sign up, check out the subscription box on the My HealthVet homepage where it says, “Subscribe to Receive My HealthVet Updates.”

Something else new to My HealthVet users is the “Ask a Pharmacist” VA mobile application (app). In February, VA launched this app, which consolidates VA resources to give Veterans easy access to trusted VA sources for information on VA medications and pharmacies. The app can help Veterans find their local pharmacy, learn about their medications—including how to identify their pills by sight—and more. For My HealthVet users with Advanced or Premium accounts, this new app also provides a direct link to My HealthVet’s prescription refill and secure messaging functions.

More My HealthVet apps are coming soon. The “Mobile Blue Button” app will let My HealthVet users access, print, download and store information from their VA Electronic Health Record (EHR) in a secure, reliable and simple way. With health care information literally in hand, Veterans will be able to conveniently monitor their health, share data with family or caregivers, and coordinate care easily with their health care team.

The “Summary of Care” app will soon allow Veterans to receive and view their VA medical information in one place and from the convenience of their mobile device. This app will link to existing My HealthVet applications—their complete medication list, Blue Button download, and health summary.

The “Secure Messaging” app will allow Veterans to safely and securely exchange health-related messages with their VA care team from the convenience of their mobile device. VA care teams should respond to each message within three days.

Too many apps to login to? VA already has a solution for that. If you are a Veteran enrolled in VA health care, the “VA Launchpad For Veterans” app houses all apps that connect to VA’s Electronic Health Record (EHR) and a Veterans’ personal VA health information. This tool groups together VA’s mobile apps that require a secure logon. By signing in to the VA Launchpad once with a DS Logon Level 2 (Premium) account, Veterans can access multiple apps without logging in to each one individually.

Check out VA’s App Store today to access available My HealthVet apps and to learn more about those that are
coming soon: https://mobile.va.gov/appstore. To learn more about My HealtheVet and to enroll, visit www.myhealth.va.gov or call VA Butler’s My HealtheVet Coordinator at 800.362.8262, ext. 2595.
Heart disease is the number one killer of women, and kills more women than all forms of cancer combined. The American Heart Association estimates that 80 percent of all cardiovascular disease may be preventable, and it is always better to prevent it than treat it after it becomes life threatening.

Women Veterans can help reduce their risk for heart disease by:

- Reporting any pain or discomfort in the chest, left arm, shoulder, neck or back
- Doing aerobic exercise (such as walking, dancing, bicycling, swimming, rolling in your wheelchair) for 30 minutes, five or more days a week (make sure your healthcare provider approves any exercise regimen)
- Maintaining/watching your weight
- Quitting smoking
- Controlling your blood pressure
- Eating a low-fat diet
- Controlling blood sugar (if diabetic)
- Seeing your VA doctor regularly for blood pressure monitoring, cholesterol and other blood tests as recommended, and having routine checkups

February was American Heart Month, and the first Friday in February every year is National Wear Red Day®—a day dedicated to raising awareness about heart disease being the number one killer of women. This year for National Wear Red Day®, VA Butler Healthcare’s Women’s Health and Health Promotion & Disease Prevention Programs invited women Veterans to wear red and join together for the third annual Winter Women’s Wellness Event.

The annual event was a way to provide women Veterans with important information about VA programs and services while also enjoying an afternoon of relaxation and wellness! This year’s event included a special pharmacy presentation, a “Nutrition Kitchen” demo featuring two healthy recipes, and a painting activity.

www.womenshealth.va.gov
“What we really want our women Veterans to know is that we are here for them—to support, educate, and assist in any way we can to help them achieve a healthier lifestyle, said Karen Dunn, VA Butler’s Health Promotion & Disease Prevention Program Manager. “VA Butler has many, many programs, services, tools, etc. to help women Veterans start and maintain a heart healthy lifestyle.”

February may be Heart Health Month, but Nicole Thompson, VA Butler’s Women Veterans Program Manager, encourages women Veterans to live a heart healthy lifestyle all year. “If a woman Veteran is not sure where to start, a great way to begin is by scheduling an appointment with her VA provider.”

Women Veterans should use these tips to prepare for an appointment:

- Make a list of questions to ask the doctor. Write them down and bring them with you to the exam. It is easy to forget something about which you wanted your doctor’s advice.
- Start researching your family’s health history. Before your visit, check with close relatives and ask if they know of any diseases that tend to run in your family, like heart disease, strokes, or diabetes. Try to do research on the past three generations, finding out the age at diagnosis, and the age and cause of death for family members. If certain diseases are common in your family, there is an increased chance you might be genetically susceptible to the same illnesses. It is wise to write these down so you don’t forget anything when you see your doctor.
- Know all the prescription medications that you are taking. If you see various specialists for various ailments, sometimes those doctors have no idea what other medications you are on. Make a list of all the medicines you take including the dosage, include over-the-counter medicines, vitamins, and dietary supplements that you use.

It’s 2016, a New Year! The New Year often means a fresh start or time to make resolutions. But for some of us, this time of year can mean stress, depression, or feeling overwhelmed. Mounting responsibility or isolation can heighten these feelings until they are impossible to handle alone. It is important to recognize when emotions reach a crisis point — especially when thoughts of suicide arise. Learn to recognize these nine warning signs in yourself or someone you care about.

Signs of crisis to watch for include:

**Mood swings**
Moving between seeming normal one minute and down-and-out or abnormally cheerful the next — without a reasonable explanation — can be a sign of crisis. Mood swings that go beyond the good and bad days that most people experience, occur without cause or warning, or have the power to disrupt the day, affect relationships, and make it impossible to concentrate. They also may be a sign of crisis or even a precursor to suicide.

**Feeling hopeless, as if there is no reason to live or no way out**
Hopelessness, often associated with depression, can manifest itself in a number of ways. Some people who have lost hope feel powerless, while others feel there is no point in living. Hopelessness may be accompanied by feeling trapped, and as if there is no way out of a situation. Thoughts, feelings, or behaviors associated with hopelessness are serious signs of crisis.

**Engaging in risky activities without thinking**
When they are out of the ordinary, dangerous behaviors, like recklessly driving a motorcycle or car, gambling away large sums of money, or starting fights, may be a sign of crisis. When someone becomes unconcerned about causing injury or harm to him or herself or others through risky activities, it is time to seek help.

**Abusing alcohol or drugs**
Many adults enjoy an alcoholic beverage now and then, but when consuming alcohol becomes a daily habit, a sleeping aid, or a reason to get out of bed in the morning — or interferes with daily life — it may be a sign of crisis. Using drugs that are not for medical purposes also is a warning sign that someone may be in emotional pain. Recent onset of alcohol or drug abuse is especially worrisome.

**Withdrawning from family and friends**
Spending less time with friends and family and more time alone, no longer engaging in the activities that used to be pleasurable, or avoiding social interactions of any kind can be signs of distress or, in the worst case, an impending suicide attempt. People can isolate themselves for a number of reasons, but it is almost always a sign that something is seriously wrong.

**The following signs require immediate attention:**

**Thinking about hurting or killing yourself**
Whether a person has passing thoughts about suicide, experiences frequent or nearly continuous suicidal thinking, or actually begins a routine of self-harm, all of these behaviors point to dangerous levels of crisis and should be handled by a professional immediately.

**Looking for ways to kill yourself**
If a person spends time considering how to kill him or herself — pondering the details of the most effective methods, doing research online, or even making plans for a suicide attempt — this sign of suicide risk should be taken very seriously and requires professional intervention.
Talking about death, dying, or suicide
Even passing comments about suicide, or comments about “going away for good” or “not being around anymore,” should never be taken lightly. Whether people say they wish they could go to sleep and never wake up, or talk about “how they would do it” if they decided to kill themselves, it is important to read between the lines and recognize when someone may be in suicidal crisis. Their comment may actually be a sign they want help.

Engaging in self-destructive behavior, such as drug abuse or reckless use of weapons
When reckless behavior escalates to the point of almost certain self-harm or death, such as overdosing on drugs or harming oneself or others with a weapon, that person and potentially others are in immediate danger, and it is time to reach out for help immediately.

If you or a Veteran you know is exhibiting any of these signs, call the Veterans Crisis Line at 1.800.273.8255 and press 1; chat at VeteransCrisisLine.net/chat; or text to 838255 to get confidential support 24 hours a day, seven days a week, 365 days a year. During regular business hours, contact VA Butler’s Suicide Prevention Coordinator at 800.362.8262, ext. 2737. VA Butler’s Suicide Prevention Coordinator ensures Veterans receive needed counseling and services (Calls to the Veterans Crisis Line are referred to local coordinators).

Source: Veterans Crisis Line
National Salute to Patients Week

VA Butler Healthcare celebrated its 38th annual National Salute to Veteran Patients during the week of February 14-20. VA Butler’s 2016 National Salute to Veteran Patients program included the following events: “Bowling with Veterans”; “Dinner Date with a Veteran”; a visit from the Butler Jr. ROTC; and “Lunch Date with a Veteran.”

Thank you to all of the volunteers who supported this year’s program, especially volunteers June Gregg, Jim North, Sandy Wilder and Chuck Jennings. Special thanks to the organizations that sponsored/supported the week’s activities: the VFW Auxiliary (sponsor), American Legion (sponsor American Legion post 778), American Legion Auxiliary (sponsor), Order of the Eastern Star, Kane Modeling Agency, Daughters of the American Revolution, Butler County Community College Social Work Club and American Legion Riders.

The annual VA National Salute program began in 1978 when VA took over sponsorship of a program started in 1974 by the humanitarian organization, No Greater Love, Inc. VA Voluntary Service staff plan and execute local events and activities at VA medical facilities. The National Salute is observed annually during the week of Valentine’s Day, a day of caring and sharing which underscores the Salute’s expression of honor and appreciation to inpatient and outpatient Veterans.

Every citizen can make a positive difference in the life of a Veteran patient – not just during National Salute week, but every day throughout the year. Call VA Butler’s Voluntary Service Office at 724.285.2575 to learn more about current volunteer opportunities available at VA Butler Healthcare.

COMING SOON:
“Veteran HOPE”
Women Veterans
Empowering Women Veterans

VA Butler’s “Veteran X” recovery program has been going strong for well over a year. This spring, VA Butler will introduce a similar program called, “Veteran HOPE.” What’s the difference? “Veteran HOPE” is just for female Veterans. In “Veteran HOPE,” female Veterans work with other female Veterans as a treatment team for a fictitious woman Veteran who has challenges similar to their own. These challenges are presented in the form of a scenario and may include things like mental illness, homelessness, family issues, etc. As a group, female Veterans navigate the many challenging obstacles on the path to recovery, helping each other and ultimately themselves.

Women Veterans interested in learning more about this new recovery group may talk to their VA Butler health care team or call Cary Adkins at 724.996.8892 or Nicole Thompson at 724.285.2756.
Health Care Center Construction Progress

This fall, construction officially began on the 168,000 square foot Health Care Center (HCC) in Butler. Construction is anticipated to be complete in the summer of 2017. The new facility is expected to open for Veterans in fall 2017.

On April 6, VA Butler will celebrate the construction progress with a “Topping Out Ceremony.” At the ceremony, the final steel beam will be placed for this new facility.

Once complete, the HCC will be a two-story building located on North Duffy Road, approximately 1.4 miles away from the VA Butler campus. The HCC will expand VA Butler Healthcare’s outpatient services and will include primary care, specialty care, dental, lab, pathology, radiology, mental health, ancillary and diagnostic services.

Visit www.butler.va.gov/news/building.asp for more information, including live updates from the construction site.

“Like” Us

Are you on social media? Be sure to “like” VA Butler Healthcare on Facebook at www.facebook.com/VAButlerPA. You can keep up-to-date with VA Butler news and information, upcoming events, and view photos from recent events. VA Butler also is on Twitter! Follow us at www.twitter.com/VAButlerPA. If there are topics you are interested in learning more about, or you have questions, leave us a comment or tag us in a post. We love hearing from you!

Timely Access

VA Butler Healthcare participated in the second National Access Stand Down in February to ensure all Veterans are receiving the care they deserve in a timely manner. The Access Stand Down took place at VA facilities across the country on Saturday, February 27, to identify and address the health care needs for Veterans having the most important and acute needs, and to ensure they are seen either in VA or in the community as soon as possible.

No Veterans were on VA Butler’s Access Stand Down list – i.e., no Veterans with outstanding consults for critical health care appointments. A total of 99 percent of Veteran appointments here are completed in 30 days. For Veterans seeking new appointments, wait times for primary care are one day or less, for specialty care three days or less, and for mental health care one day or less. Access to timely health care appointments is a top priority every day at Butler.

Regularly updated patient access data is available for all VA Medical Centers and Community-Based Outpatient Clinics including average wait times, number of patients waiting for a scheduled appointment, and number of patients that cannot be scheduled for an appointment in 90 days or less. To view this data, go to http://www.va.gov/health/access-audit.asp.
Healthy Living Achievements

In January, VA Butler Healthcare hosted its fourth annual Healthy Living Recognition Event, recognizing 39 local Veterans for successes made toward making healthy living choices resulting in positive outcomes (i.e., improved cholesterol, blood sugar control, weight loss, tobacco cessation, etc.).

Three of the Veterans recognized at this year’s event for healthy living achievements were: David Leo, Marine Corps Veteran; Lori Ceder, Marine Corps Veteran; and John Smith, Army Veteran.

Each Veteran at the event was nominated by a VA Butler staff member. The staff who nominated David, Lori, and John noted their excellence and dedication toward physical fitness this past year.

“David is very committed to physical fitness and living a healthy lifestyle. He attends the VA fitness classes regularly, as well as goes to the gym. He is always pushing classmates to do a little better and for that, we all are grateful!”

“Lori is a great example of setting a goal and sticking to it. She attended more fitness classes than anyone else in fiscal year 2015. She always has a smiling face and is very encouraging to other participants.”

“John has been coming to fitness classes since August 2015. He is a great participant and has wonderful camaraderie with others in class. He really tries hard and encourages other participants in the class.”

Great job David, Lori, and John – keep it up! Everyone at VA Butler is proud of your hard work.

VA Butler offers free Veteran fitness classes five days a week, Monday through Friday from 4:30 to 5:30pm. Veterans must pre-register before attending classes. To pre-register, contact VA Butler’s HPDP Program Manager at 800.362.8262, ext. 2292.

Not interested in fitness classes? Try out a different health and wellness program at VA Butler by talking to your health care team today.

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.

“After my service, I had readjustment problems and needed the VA. Being exposed to a host of great, influential, helping professionals at VA, I decided the field of social work was a perfect fit to help people and give back. With my military service, I have been in federal service over 30 years—it is an honor and a privilege to be a public servant.”

Hey Veterans! Share your stories with us in Vet Chat. Email Amanda.Kurtz2@va.gov. We’d love to hear from you!
Health Quiz: 
Can You Recognize a Heart Attack?

About every 43 seconds, someone in the United States has a myocardial infarction (heart attack). Some heart attacks are sudden and intense, but most start slowly with mild pain or discomfort. Often people affected are not sure what is wrong and wait too long before getting help. Can you recognize a heart attack? Find out by taking the quiz below.

1. You are just not feeling “yourself” today. Which one of the following “sensations” should send you rushing directly to the emergency room?
   a. A sudden, strange desire to fill out insurance forms
   b. An uncomfortable, squeezing pain in the middle of your chest
   c. A long-tone ringing in either of your ears
   d. A tickling sensation on the bottom of your feet

2. Just because you feel a heart attack warning sign doesn’t mean you are actually having a heart attack. People feel these quirky sensations all the time. Save yourself some trouble. Wait until you have a few of the signs in more rapid succession.
   a. Good advice  
   b. Bad advice

3. There is a reason it is called a “heart” attack. The warning signs all center on your “heart.” The idea that symptoms may occur in other parts of the upper body, such as the arms, back, neck, jaw, or stomach, is pure myth.
   a. True  
   b. False

4. Shortness of breath is a warning sign for a heart attack when:
   a. You experience a particularly beautiful wonder of nature, such as the Grand Canyon
   b. You walk through the “smoker’s patio” on your way into an office building from the parking lot
   c. You also are feeling some discomfort or pain in your chest
   d. You aren’t feeling anything strange in your chest, except shortness of breath
   e. C and D

5. Which of these is NOT considered a heart attack warning sign?
   a. Cold sweats  
   b. Nausea  
   c. Ice cream cravings  
   d. Lightheadedness

6. If you are experiencing any of the common signs of a heart attack (chest pains, shortness of breath, discomfort in areas of the upper body, etc.), what is the fastest way to begin lifesaving treatments?
   a. Call 9-1-1 or your emergency response number immediately
   b. Get someone to drive you to the emergency room. Now!
   c. Drive yourself to the emergency room. Now!
   d. Turn your “Bat Finder” to the northern sky and put out a call for Batman

Quiz Results
1) 2) 3) 4) 5) 6) A

Source: American Heart Association

Who’s Who?

Samantha Krivak
Veteran Health Information Exchange Coordinator

Sharing Electronic Medical Records

Veterans, “Connect Your Docs” through the Virtual Lifetime Electronic Record (VLER) Health Exchange program. This program gives VA and non-VA health care providers secure access to certain parts of your electronic health record.

That means both your VA and non-VA health care providers can securely access information on your allergies, health problems, medications, lab results, encounters, and more. This should help you and your health care providers, avoid the need to fax, mail or carry paper health records from one provider to another.

It also means VA and non-VA health care providers can access more of your key health care information in near real time, instead of days or weeks — enabling them to quickly make informed decisions that result in better care.

Samantha Krivak is the Veteran Health Information Exchange Coordinator at VA Butler. To learn more about VLER or to sign up, call 1.800.362.8262, ext. 4809, visit the VLER Office (Room 105W), or visit: www.butler.va.gov/patients/Virtual_Lifetime_Electronic_Record.asp or www.va.gov/VLER
A robotic wheelchair is being designed, built, and tested at the Human Engineering Research Laboratories (HERL), with input from Veterans who use wheelchairs. HERL is based at the VA Pittsburgh Healthcare System and the University of Pittsburgh.

The new device is called MEBot, and it has six wheels, an onboard computer and software, and an array of high-tech sensors and actuators. It is designed to smoothly navigate over gravelly or muddy roads, uneven slopes, wet grass, and other difficult terrain.

The model is still in development. So far it has been tested only at HERL, using equipment such as a 180-pound test dummy and a large elevated mechanical platform that tilts and lurches in all sorts of directions. The device still has to go through rigorous user testing, both in the lab and in the field, but it could mean unprecedented freedom and independence for Veterans!

A key feature of the MEBot is its six wheels—two compact but muscular drive wheels on either side, along with smaller front and rear casters on either side. Each wheel can pivot up or down, independent of the others, and the drive wheels also can adjust backwards or forwards.

Picture someone trying to maneuver the chair along the side of a hill, on a slight angle: The wheels on one side of the chair could be a full 20 degrees lower than their counterparts on the opposite side, to help keep the seat level.

Curbs? No problem. The onboard curb-climbing app kicks in automatically when it senses a curb or step. It leverages the up-and-down motion of all six wheels, and the forward motion of the drive wheels, to mount the curb while keeping the chair and its user stable. MEBot is designed to handle curbs up to eight inches high.

MEBot also should allow users to avoid getting stuck on snow or ice. The unit is surprisingly agile for its 365 pounds: It can balance on its two drive wheels, like a Segway. Also, the drive wheels can be repositioned to help regain traction. Plus, the traction-control app senses when a wheel or two have lost their grip on the ground and adjusts other components to maintain the desired course.

The group is awaiting a decision on a patent application for MEBot, and they are planning to apply for VA funding to further develop the model. There is still a long road ahead...but, stay tuned for this exciting wheelchair in the works!

Source: VA Research Currents
Health Tastes – Granola Bars
Demonstrated at the Winter Women’s Wellness Event

Ingredients
2 cups quick oats
1 1/2 cup cereal
1/2 cup chopped nuts
1/4 cup shredded coconut
1 1/4 cup peanut butter
1/2 cup honey
1/4 cup salt

Directions
Mix the oats, cereal, nuts and coconut in a large mixing bowl. Combine the peanut butter, honey and salt in a saucepan. Warm over low-medium heat, stirring until the mixture is smooth and can be easily poured. Pour the liquid mixture over the cereal mixture. Stir while the liquid is still warm to combine everything together. Press the mixture into a 9 x 13 inch pan. Cover with plastic wrap and refrigerate until firm. Cut into 12 pieces and store in an airtight container in the refrigerator.

Serving size = 1 bar. Makes 12 servings.

Fiber: 5g ★ Total Fat: 17g ★ Carbohydrates: 34g ★ Protein: 10g

Crossword
Mental Workout

Mental workouts help keep your brain in shape, and might help with memory loss. Do crossword puzzles, participate in games, learn a new language, or try a new activity altogether. Exercise also helps; so, do not forget about that physical workout either!

ACROSS
1. Friend (9)
7. Stringed instrument (5)
8. Part of a jacket (5)
9. Notion (4)
10. Prejudice (4)
13. Sand hill (4)
14. Vegetable (4)
17. Weak (5)
19. Freight (5)
20. Ended (9)

DOWN
1. Stateroom (5)
2. Large house (7)
3. Worshipped (6)
4. Not working (4)
5. Short sleep (3)
6. Book of maps (5)
11. Disregarded (7)
12. Writing implement (6)
13. Postpone (5)
15. Stay clear from (5)
16. Tribe (4)
18. Part of a circle (3)

Health Tip—Prevent Slips, Trips, & Falls

If you must walk on wet or slippery surfaces, walk like a penguin! Walking with your toes pointed outward provides a wider, more stable base of support for maintaining balance.
Don’t Ignore a Heart Attack

Women can experience:
- Chest Pain
- Shortness of Breath
- Abdominal Pain
- Nausea or Arm Pain

WOMEN VETERANS HEALTH CARE

Learn more at www.womenshealth.va.gov