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Construction continues to progress on VA Butler’s new Health Care Center (HCC)! The new HCC continues to remain ahead of schedule, and is set to officially open for Veterans in September 2017!

Ron Christopher coordinated this year’s Healthy Living Food Drive in January. Almost 400 items were collected this year to help local Veterans in need.

VA Butler Director David Cord presented a special award to longtime volunteer, Betty Slaugenhaupt, who retired from volunteering in December. She recently turned 90-years-old, and she had 28 years of volunteer service to VA Butler.

Larry Barnett, retired Major League Umpire, visited with Veterans at VA Butler in December, including U.S. Navy Veteran Chuck Jennings.

Veterans in VA Butler’s Community Living Center (CLC) wore tuxedo t-shirts for a special “Lunch Date with a Veteran” during the National Salute. CLC Social Worker April Yandrich joined Navy SeaBee Veteran George Alexander for a “date.”

VA Butler’s Community Living Center (CLC) collected toys to donate to the annual U. S. Marine Corps Reserve Toys for Tots Program this past holiday season.

VA Pittsburgh’s Blind Rehabilitation Outpatient Specialist spoke to VA Butler’s VIST Support Group in December. VIST provides comprehensive services for eligible Veterans who have low-vision or who are legally blind.

VA Butler participated in National Wear Red Day® on February 3 by asking Veterans and VA staff to wear red in support of heart health. VA Goes Red each February in the fight against women’s No. 1 killer – heart disease.

Women Veterans enjoyed a healthy lunch at the Winter Women’s Wellness Event. This annual event provides women Veterans with the opportunity to learn more about VA programs, and enjoy an afternoon of relaxation and wellness!
Dear Veterans, fellow employees, volunteers and friends of VA Butler Healthcare,

The current year, 2017, is well underway and it's already turning out to be excellent! Timely access to health care continues to remain a top priority at VA Butler with our numbers getting even better (for example, wait times for specialty care are two days or less!). Progress on the new Health Care Center remains ahead of schedule, and I look forward to welcoming our Veterans to the new facility this coming fall.

On behalf of everyone here at VA Butler, I want to say — we look forward to a great year of keeping you informed, providing our Veterans with the best care possible, and ultimately Making Lives Better.

David Cord, Director

Everyone Counts
In January, VA Butler’s homeless team joined its community partners to count the local homeless population during the annual Point-in-Time Count (PIT). Read about this annual count and how it helps VA Butler work toward ending Veteran homelessness.

One of the Best
VA Butler has been recognized as one of the Highest Performing Hospitals in Healthcare Quality for 2016. In addition, same day access for Veterans is a reality at VA Butler. Read more about how VA Butler is providing quality and timely care to our nation’s heroes.

Valentines for Vets
VA’s National Salute to Veteran Patients celebrated its 40th year this February! VA Butler’s National Salute program included special visitors and events all week long – including a few favorite events, like the “Lunch Date with a Veteran.”

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.

and more...

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Editor Amanda Kurtz
Photographers Chuck Jennings, Karen Dunn, Dwight Boddorf
In late January, VA Butler Healthcare’s homeless team joined its community partners throughout five counties (Armstrong, Butler, Clarion, Lawrence, and Mercer) to count the local homeless population during the annual Point-in-Time Count (PIT). The PIT Count is an annual effort led by the U.S. Department of Housing and Urban Development (HUD) to estimate the number of Americans, including Veterans, without safe, stable housing. It is among the tools used to assess progress each year toward the goal of ending homelessness among Veterans.

“Searches for homeless persons took our team members to an abandoned hotel, an abandoned post office building, into the woods, and onto the roads and streets,” shared Michael Clark, VA Butler’s Healthcare for Homeless Veterans Program coordinator. “During these searches, VA Butler’s homeless team members stopped at local establishments to inquire about homeless activity in the area, leaving contact information and following up on any leads provided.”

VA Butler’s homeless team did not encounter any homeless Veterans during their searches. However, they did find signs of active encampments and homeless activities. Contact information was left at these encampments, and the homeless team followed up with outreach to them in the days and weeks following in the hope of initiating contact.

“Together with our community partners, we go to great effort to get an unsheltered person or family into a shelter, treatment program, or transitional housing as soon as possible. From there, the goal is to move them towards independent housing,” said Clark. “The evidence of active encampments during the recent PIT Count informs our team that the unsheltered or ‘street’ homeless population is not zero, but we do know it is small.”
VA Butler’s homeless team and its community partners work with approximately 100 homeless Veterans in various programs and transitional housing sites, as well as about 150 Veterans who were formerly homeless who now receive case management to maintain independent housing. During the course of the year, about three to four Veterans per week are identified as homeless or at risk of becoming homeless and are engaged in services.

The PIT Count is among the ways VA estimates the homeless population nationwide to help direct resources based on need. On a local level, the count significantly influences the activities of VA Butler’s homeless team throughout the year and has a bearing on individual follow-up and community outreach events (such as the annual Stand Down events).

The goal of ending homelessness among Veterans is within reach—and in fact is already happening community by community. Between 2015 and 2016, there was a 17 percent decline in the estimated number of homeless Veterans nationwide, which was four times the decline from 2014 to 2015. The estimated number of Veterans experiencing homelessness in the United States declined by nearly 50 percent between 2010 and 2016. Results from this year’s count will be available later this year, and the next PIT Count will take place in January 2018.

“VA Butler provides health care services, housing resources, and job support for eligible Veterans to break the cycle of homelessness and unemployment,” said Clark. “Our local team is here and ready to help.”

To learn more about VA Butler’s homeless program and support services, please contact VA Butler’s Homeless Team by calling 1.800.362.8262, pressing “0” for the operator, and asking to speak to a member of the team.

VA’s National Call Center for Homeless Veterans also is available. Call 1-877-4AID-VET (1.877.424.3838) to speak to a trained VA responder. The hotline and online chat are free and neither VA registration nor enrollment in VA healthcare is required to use either service.
VA Butler Healthcare was recognized by the VA Strategic Analytics for Improvement and Learning Program as one of the Highest Performing Hospitals in Healthcare Quality for 2016. This distinctive recognition acknowledges the sustained excellence in achieving a balanced, superior system-wide performance in quality measures as deemed significant by the health care industry.

Strategic Analytics for Improvement and Learning Value Model (SAIL), is a system for summarizing hospital system performance within the Veterans Health Administration (VHA). SAIL assesses 26 quality measures in areas such as death rate, complications, and patient satisfaction, as well as overall efficiency at individual VA Medical Centers (VAMCs).

“SAIL is just one tool VA uses nationally to continually improve health care for Veterans,” said David Cord, VA Butler Healthcare’s director. “Our dedicated, caring staff made this achievement possible, and we will continue to provide Veterans with the excellent care they deserve.”

In addition to the recent SAIL ranking, VA Butler is ranked as having the best primary care access in the country! Specifically, VA Butler is ranked first for Veterans’ perception of timeliness (both urgent and routine), as well as first in terms of Patient-Aligned Care Team (PACT) access measures. As many as 99 percent of Veteran appointments are completed in 30 days. For Veterans seeking new appointments, wait times for primary care are one day or less; for specialty care they are two days or less; and for mental health care they also are one day or less.

“Providing our Veterans with quality care and timely care is something we strive for every day at Butler;” added Cord. “We are committed to providing same day access to our Veterans.”

VA Butler developed a new program to constantly seek input from Veterans in an additional effort to maintain the quality, timely care for which Butler is known. This program, the “Veteran Input Pool (VIP) Program” was created in fiscal year 2016. It seeks feedback directly from Veterans on matters pertaining to changes and suggested changes, as well as satisfaction with services.

In its first year alone, 15 significant accomplishments were made thanks to the VIP program. A few of the highlights were improvements to the Behavioral Health waiting area, better security (hiring of more police officers), installation of new vending machines, and the extension of Wellness Center hours.

“One of the best ways to constantly improve care at VA Butler is to hear from Veterans directly,” said Cord. In addition to the VIP Program, Cord continues to hold open office hours every week for anyone — Veterans, staff, the community — to drop in and talk about any VA questions or concerns. Veterans can learn more about VA Butler Healthcare by visiting www.butler.va.gov. All Veterans are encouraged to enroll at VA Butler. Veterans can electronically sign up for VA Health Care at vets.gov in addition to filing for VA Health Care through the 10-10EZ paper application.

Not sure where to start? Veterans also can stop by VA Butler Healthcare’s main campus in Butler or any of the five VA Outpatient Clinics in Armstrong, Clarion, Lawrence, Mercer, and Southern Butler (Cranberry Township) counties.
This February marked the 40th annual observance of VA’s National Salute to Veteran Patients, an opportunity to pay tribute to America’s heroes – the men and women VA proudly cares for and serves every day. VA facilities across the nation honored these men and women, who have given selflessly to protect the freedoms we hold dear, by reflecting on our obligation to serve those who have served us.

“We are privileged to live in this nation that has a special place in our hearts for those who defend our freedom, our Veterans,” said Paula McCarl, VA Butler Healthcare’s voluntary services coordinator. “That is why VA takes time during the week of Valentine’s Day every year to encourage our community to express affection and respect for those we admire.”

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 that underscores the Salute’s expression of honor and appreciation to inpatient and outpatient Veterans.

VA Butler’s 2017 National Salute to Veteran Patients program included the following events: “Lunch Date with a Veteran” for Veterans in the Community Living Center and Adult Day Health Care; a “Chili Day” for Veterans in the Domiciliary; a special visit from the Butler Jr. ROTC; Valentines, refreshments, and more at the five Community-Based Outpatient Clinics in Armstrong, Clarion, Lawrence, Mercer, and Southern Butler (Cranberry Township) counties.

More than 98,000 Veterans of the U.S. armed services are cared for every day in VA medical facilities, outpatient clinics, domiciliary sites, and community living centers. National Salute to Veteran Patients gives every American the chance to thank Veterans for their freedom by sending Valentines to VA medical facilities. You even can volunteer at VA to build skills and serve those who served first.

“VA Butler’s volunteers are an important part of our health care team, and the National Salute program is a great way for people to learn about helping the Veterans we serve,” said David Cord, VA Butler’s director. “The human connection is essential to providing great clinical care. Without volunteers, the quality of our services and programs would be lessened.”

Volunteers do the endless list of jobs that are necessary in caring for Veterans. Some volunteers even blaze their own paths, using their unique skills and creative vision to find new ways to thank Veterans. In short, volunteers do what it takes to make Veterans feel at home. They read to patients, provide

www.volunteer.va.gov/NationalSaluteVeteranPatients.asp
transportation, entertainment, and training; and further offer respite for caregivers, coaching, friendship. Sometimes the value of a volunteer is as simple as the offer of a sympathetic ear.

Personal contributions of time and expressions of care are the National Salute’s hallmark, and the foundation of VA Voluntary Service (VAVS). VA volunteers epitomize the one-to-one sharing and caring that is a core value of our nation. Last year, more than 76,000 VA volunteers across the nation gladly gave over 11 million hours of service to Veterans. At VA Butler, 331 volunteers provided 34,421 hours of service, and donations increased by more than $30,000 for a total of $188,395!

As we treat increasing numbers of Veterans at VA, our reliance on community support and involvement continues to grow. VA Butler is currently seeking volunteers to drive Veterans to and from their VA medical appointments, serve as greeters at the Armstrong and Clarion VA Community Clinics, and provide clerical support for several programs. For more information about volunteer opportunities at VA Butler Healthcare, call the Voluntary Service Office at 724.285.2575, or visit www.butler.va.gov/giving/index.asp.

Thank you to the 84 volunteers and visitors who participated in the program this year. And a special thank you to the American Legion Post 778, DAV Chapter 55, and VFW Auxiliary for their sponsorship of some of the weeks’ activities.
New VLER Form

A new form is now available for VA’s VLER Health Information Exchange Program. The VLER Health Authorization Form 10-0485 has been extended from five years to 10 years! What does this mean for Veterans? Once you sign the authorization form, we will be able to share medical records with non-VA providers for 10 years instead of five years. A new form is not required if you signed the previous form, but you may choose to sign the new form now to extend your authorization period.

Visit www.butler.va.gov/patients/Virtual_Lifetime_Electronic_Record.asp, to learn more about VLER. You also may call the local VLER coordinator at 724.287.4781, ext. 4809.

Medication Copayments Change

Effective February 27, VA changed the federal regulations concerning copayments charged to Veterans for medications required on an outpatient basis to treat non-service connected conditions. Estimates show that copayment amounts would increase three times over six years, if the current regulations are left unchanged, but switching to a tiered system and freezing associated copayments will continue to keep costs low for Veterans.

The new tiered copayment structure will decrease the cost of outpatient medications for most Veterans, aligning with VA’s goals to reduce out-of-pocket expenses, encourage greater adherence to prescribed outpatient medications, and reduce the risk of fragmented care that results when multiple pharmacies are used to fill Veteran prescriptions.

Under the new regulation, copayment amounts would be fixed and would only vary depending upon the class of outpatient medication in the tier. The rulemaking will establish three classes of outpatient medication tiers with associated copayment. Veterans who currently do not have a copayment, or who are exempt by law, will not be affected by the change.

For more information, call 1-877-222-VETS (8387), or visit: www.va.gov/healthbenefits.

New Chronic Illness Support Group

VA Butler Healthcare has started a new monthly support group for Veterans suffering from chronic illness. The new group meets the fourth Monday of every month at 1pm in room 213ES (Solarium).

Chronic Disease is long-term or permanent and has to be managed on a daily basis. While each illness is unique, any unrelenting, ongoing illness can change your personal, emotional, social, spiritual, family, and work life in drastic ways. This monthly support group is for Veterans looking to make peace with a life turned upside down, and learn new ideas for deeper health and well-being in the face of these challenges.

For more information, or to register for the support group, please contact Candice McManis, LCSW, or Megan Tritt, LCSW, at 724.287.4781, ext. 2746 and ext. 2211.
Veteran Health Identification Card Now Available at ALL VA Butler Locations

Veterans now can get their Veteran Health Identification Card (VHIC) at the main facility in Butler, and at all five Community-Based Outpatient Clinics (CBOC) in Armstrong, Clarion, Lawrence, and Mercer counties and Cranberry Township. Previously, Veterans only were able to get their VHIC at certain locations. The VHIC is for identification and check-in at VA appointments and can be used at some retailers for discounts. Additionally, the VHIC has the following features:

- Increased security for your personal information — No personally identifiable information is contained on the magnetic stripe or barcode.
- Unique Member Identifier — Department of Defense assigns an electronic data interchange personal identifier (EDIP) that allows VA to retrieve the Veteran’s health record.
- A salute to your military service – The emblem of your latest branch of service is displayed on your card. Several special awards also will be listed.
- Accessibility – Braille “VA” helps visually impaired Veterans to recognize and use the card.
- Anti-Counterfeiting – Microtext helps prevent reproductions.

How do you get a VHIC?
Veterans must be enrolled in the VA health care system to receive a VHIC. Once your enrollment is verified, you may have your picture taken at the main VA Butler campus, or your local CBOC, so that a VHIC can be mailed to you.

New Health Care Center

Construction continues to progress on VA Butler’s new Health Care Center (HCC). The new HCC continues to remain ahead of schedule, set to be completed by summer 2017 and officially open for Veterans this fall!

Second floor work is substantially complete. VA furniture and computer installations are ongoing. First floor work is nearing completion as flooring work, painting and monumental staircase work continues. The next several months will involve the commissioning efforts for the building. Limited site work operations have recommenced with curbing, concrete work and fence installations.

Check out the HCC webpage for more details, photos, and upcoming events: www.butler.va.gov/news/Construction/VA_Butler_Health_Care_Center.asp.
**CLC Veterans Collect Toys for Tots**

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 holiday season. This holiday season, VA Butler's CLC Veterans wanted to give back too.

Veterans at the CLC collected toys to donate to the annual U.S. Marine Corps Reserve Toys for Tots Program. The mission of Toys for Tots is to collect new, unwrapped toys during October, November and December each year, and distribute those toys as Christmas gifts to less fortunate children in the local community.

“We had tremendous participation from our Veterans,” shared Mary Ann Capuzzi, a recreation therapist for Veterans in the CLC. “James ‘Jimmy’ Becker donated approximately $750 worth of toys!”

Representatives from the Bantam Marine Corp League visited VA Butler Healthcare’s Community Living Center in December along with representatives from Berkshire Hathaway (the event is organized by Chuck Swidzinski of Berkshire Hathaway) to pick up the toys that the CLC Veteran residents donated.

**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.

“As a Veteran, there is no greater honor than to serve my brothers and sisters who chose to defend the very freedom that we enjoy every day. Being a Veteran makes it easier to break down some of the barriers of communication and trust to ensure that Veterans receive the proper care they deserve. I am truly honored every day I get to come to work here and to work with other Veterans.”

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

Homeless Team Member and Air Force Veteran Terrance McClain
Health Quiz: Blood Pressure
Can you escape the Silent Killer?

Take this quiz to test your knowledge of what it takes to manage your blood pressure. Then, talk to your health care team at VA Butler, if you need help lowering your blood pressure and keeping it that way!

1. High blood pressure is called “The Silent Killer” because:
   a. No one wants to talk about it.  
   b. There are usually no symptoms.  
   c. You can’t hear blood pressure rising.  
   d. It was called that in a 1948 detective movie.

2. Which of these lifestyle changes WILL NOT help you control your risk of high blood pressure?
   a. Eat a heart-healthy diet.  
   b. Give up smoking. This time, for good.  
   c. Take a second job, preferably as an air traffic controller.  
   d. Cut your salt intake. Try substituting herbs and spices.

3. Being diagnosed with high blood pressure means you are destined to a life of pill-popping. Get used to taking antihypertensives, diuretics, beta-blockers, vasodilators, angiotensin-converting enzyme (ACE) inhibitors, and calcium channel blockers, to name a few.
   a. True  
   b. False

4. For a diet helpful in controlling high blood pressure, rely on foods that are relatively high in potassium and low in sodium. Knowing that, which of these foods would you immediately toss from the shopping cart?
   a. Salty snacks  
   b. Bananas  
   c. Cabbage  
   d. Potatoes  
   e. Avocados

5. It’s party time, and the hot tub is churning. Poor you. You have high blood pressure. When it gets down to bathing suits and everyone jumps in, what do you do?
   a. Ask yourself, “Do I feel lucky?” Then, jump in.  
   b. Pour yourself a stiff margarita, get in, and drink up.  
   c. Fake an emergency phone call and leave the party immediately.  
   d. Take an ice cold shower, then jump in.  
   e. None of the above.

6. Okay, so you know you have high blood pressure, and your healthcare provider suggests you monitor your blood pressure regularly at home. Which of the following describes a correct practice in home blood pressure monitoring?
   a. Curl up in bed, surrounded by pillows, and take a reading.  
   b. Don’t stop at one reading. Take two or three, a minute apart.  
   c. Enjoy a cigarette and a cup of coffee before you measure.  
   d. Make sure the cuff is securely placed around your neck.

Quiz Results  1) B  2) C  3) B  4) A  5) E  6) B

Source: American Heart Association

Who’s Who?

KAREN DUNN  
Health Promotion & Disease Prevention Program Manager

Prevent High Blood Pressure

What can you do to prevent or control high blood pressure?
1. Quit smoking and/or chewing tobacco.  
2. Achieve and maintain a healthy weight. If you are overweight, ask your provider for help with a plan.  
3. Be physically active. Do activity for 10 minutes or more at a time. Aim for at least 2 hours and 30 minutes of activity each week.  
4. Reduce salt (sodium) in your diet. Read food labels. Choose and prepare foods that are low in sodium or are sodium-free.  
5. Limit alcohol. Men should have no more than two drinks per day, and women should have no more than one drink per day.

VA Butler Healthcare has programs, resources, and staff to help you quit smoking, lose weight, be more active, and more. Talk to your health care team today.

Karen Dunn is the Health Promotion & Disease Prevention program manager at VA Butler Healthcare. To learn more about preventing high blood pressure, and how you can live healthier, contact Karen at 724.285.2292.
Inspired by personal experience, Dr. Yang Sun devoted a large part of his studies to science and medicine in relation to the eye. Today, the ophthalmologist carries a “deep-seated desire” to find a cure or novel treatment for glaucoma, which affects nearly 300,000 Veterans.

Sun is leading a VA-funded study on a groundbreaking process he hopes will lead to new treatments for VA patients with glaucoma. The heart of the procedure is optogenetics, a new technique that relies on light to control the behavior of proteins or cells in living tissue, specifically neurons, or brain cells. Applying optogenetic techniques for the first time in the eye, Sun and his team are using light in lab testing to turn on and off protein signals and control the cilium, or rheostat, a critical regulator of eye pressure.

According to Sun, this approach will better define the elements that control eye pressure and may provide a new way to reset the pressure by simply shining a light on the eye. More likely, though, the light technique will lay the groundwork for new drugs that accomplish the same thing as restoring pressure in the eye to normal. The ultimate goal is to slow down the rate of vision loss and to preserve that function.

A rise in eye pressure can lead to glaucoma, but the medical community is at a loss for how it is naturally controlled. In primary open-angle glaucoma, the most common form of the disease, fluid flows abnormally in the eye, causing an increase in pressure and leading to vision loss. Eye drops and surgery, the two most popular ways of lowering eye pressure, work to make less fluid or to improve drainage out of the eye.

Sun says his optogenetic study is the first of its kind. “This is at the cutting edge of science,” he says. “We are studying cellular functions in ways scientists couldn’t dream of just a decade ago. This is the first time this has been attempted in the eye because, number one, it’s technically difficult, and number two, no one has thought of this idea. We hope to innovate and contribute to finding a cure for glaucoma.”

Glaucoma is a group of eye diseases whereby the optic nerve, which conveys vision from the eye to the brain, gradually becomes damaged. In many cases, blood flow to the optic nerve is reduced, and may be further lessened by a rise of fluid pressure in the eyes, leading to vision loss and even blindness. The disease starts off without pain or redness and its effects on vision are not noticeable at first, so it often goes undetected. By the time vision is impaired, damage is irreversible.

One’s chances of acquiring glaucoma increase dramatically past the age of 60, and many Veterans develop the disease as they age. In addition, a traumatic brain injury (TBI) from a combat blast can put someone at higher risk for glaucoma.
Health Tastes – Good-for-You Cornbread

Ingredients
1 C cornmeal
1 C flour
1/4 C sugar
1 tsp baking powder
1 C low-fat (1 percent) buttermilk
1 large egg
1/4 C soft tub margarine
1 tsp vegetable oil (to grease baking pan)

Directions
Preheat oven to 350°F. Mix together cornmeal, flour, sugar, and baking powder. In another bowl, combine buttermilk and egg. Beat lightly. Slowly add buttermilk and egg mixture to dry ingredients. Add margarine and mix by hand or with mixer for one minute. Bake for 20–25 minutes in an 8x8, inch greased baking dish. Cool. Cut into 10 squares.

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

Fiber: 6g ★ Calories: 178 ★ Carbohydrates: 27g ★ Protein: 4g

Crossword

Stay Mentally Active

Crossword puzzles provide a way for Veterans to strengthen their mind! Studies show that modest exercise, a sensible diet, socializing and mental stimulation may minimize the risks of Alzheimer’s disease.

ACROSS
1. Comical (5)
4. One of the senses (5)
7. Freedom (7)
8. Regret (3)
9. Woodwind instrument (4)
11. Ire (5)
14. Valuable item (5)
15. Singing voice (4)
18. Large antelope (3)
19. Greed (7)
21. Force out (5)
22. Compare (5)

DOWN
1. Bird of prey (6)
2. Seize suddenly (3)
3. Tall story (4)
4. Attempting (6)
5. Dreamlike (7)
6. Level (4)
10. Vague (7)
12. Leave (6)
13. Forward-looking (6)
16. Monster (4)
17. Shopping precinct (4)
20. Writing fluid (3)

HEALTH TIP—HAVE SOME SWEET POTATOES

Sweet potatoes are a sweet way to make a healthy change! They are full of antioxidants, vitamins C and E, calcium, iron, potassium, and more. The fiber in sweet potatoes promotes a healthy digestive tract, and the antioxidants may play a role in preventing heart disease and cancer.
VA Butler Healthcare 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.

Your actions could save a life.

Showing you care can make a big difference to someone in crisis.

VeteransCrisisLine.net