

# LIVING Better

A Butler VA Quarterly Magazine

Summer 2023

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# BUTLER VA HEALTH CARE SYSTEM'S SUMMER 23' HIGHLIGHTS



The Leadership Butler County Class of 2023 visited Butler VA for the first half of Health Care Day in June. The class consisted of 29 members from the Butler County community. The class learned about the Butler VA with presentations from various staff and toured the health care center during their visit.



The Butler VA celebrated Women Veterans Recognition Day on June 12 with a special presentation on cardiovascular disease in women by Agnes Koczo, MD. Today, women make up about 17% of our nation's Armed Forces, serving in every branch of the U.S. military and there are more than two million women Veterans living in the U.S.



Over 100 Veterans and their families attended the Butler VA's Veteran Resource Fair at Keystone Safari this June. Information was shared about the PACT Act, toxic exposure screenings, Veteran benefits, whole health, women's health, and much more.



VA staff gathered to celebrate Flag Day. The U.S. adopted the first American flag design on June 14, 1777. Our flag's white stripes signify purity and innocence; the red, hardiness and valor; and the blue field signifies vigilance, perseverance, and justice.



A big thank you to Little Miss Military Star 2022-Nyomin Dimit and His Kids Christian School for the large donation of items for our Veterans this summer. Nyoman is 6 years old and has volunteered over 550 hours this year for Veterans!



The Butler VA uses creative arts as one form of rehabilitative treatment to help Veterans recover from and cope with physical and emotional disabilities. Regular (free) Creative Arts Workshops are held for Veterans, including a first-time Pottery Wheel Workshop this summer.



Nursing Assistants at the Community Living Center held the annual Summer Carnival for Veteran residents, and it was a great day! Veterans spent time outdoors playing carnival games, including a dunk tank and pie-in-the-face. Carnival treats were also available from cotton candy and snow cones to corn dogs and funnel cakes.



The Butler VA hosted its 10th annual Summer Health & Wellness event in August. In addition to VA resource tables and information, a farmers' market, tai chi demonstration, fire extinguisher demonstration, and more was available. Veteran Community Partnership representatives were also onsite to discuss their free program offerings to Veterans.



During the enrollment fair at the Michael A. Marzano VA Clinic (Mercer), a special Purple Heart Recognition Day took place. Purple Heart Day is celebrated on August 7 and honors the brave men and women who were severely wounded or gave their life while serving our great country.

## Cover Photo

Tom Davis, U.S. Army and Vietnam Veteran enjoyed the annual Summer Carnival held for Community Living Center residents by the Nursing Assistants.



*Dear Veterans, fellow employees, volunteers, and friends of the Butler VA, I hope you enjoy this issue of "Living Better," and that you have had a happy and healthy summer.*

*We hosted some great events this summer, and it was wonderful to see so many of you on campus. Whether it's another event, or a fall flu clinic, we look forward to seeing you this fall.*

*We are honored to serve you. Thank you for your continued support.*

Sharon Coyle, Director

# C O N T E N T S

Summer 2023



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## You Are Not Forgotten

On July 27, also known as National Korean War Veterans Armistice Day, the Butler VA hosted its first ever Korean War Veteran Recognition Event. Sometimes referred to as the Forgotten War, VA will always remember, honor, and support all who served.



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## Summer Outreach Success

The Butler VA focused on connecting with Veterans this summer at a variety of community and VA events to help them get the care they have earned and deserve. Key events included a Veteran Resource Fair at Keystone Safari in June and an Enrollment Fair/Purple Heart Day Recognition event in August.



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## Your Health Matters

VA celebrates Pride each June by recognizing the contributions of the more than one million LGBTQ+ Veterans in this nation. The Butler VA hosted several events, trainings, and even a Pride Parade to celebrate local LGBTQ+ Veterans and to educate all Veterans, staff, and volunteers on their unique health care needs.



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## Health Tech, Tips, & Tastes

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

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VA



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Veterans Health Administration  
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# You Are Not Forgotten

## Butler VA Hosted First Korean War Veteran Recognition Event



*"Our nation honors her sons and daughters who answered the call to defend a country they never knew and a people they never met."*

—Quote on the Korean War Veterans Memorial in Washington D.C.



In the summer of 1950, the United States deployed military forces in a brutal war against communist aggressors on the Korean Peninsula. Approximately 6.8 million Americans served in that era worldwide. Sometimes referred to as the Forgotten War, VA will always remember, honor, and support all who served.

The Butler VA's inaugural Korean War Recognition Event actually started on National Vietnam War Veterans Day. As a Vietnam War Commemorative partner, the Butler VA has partnered with community organizations, like the Daughters of the American Revolution (DAR), to hold recognition events to thank and distribute special lapel pins to Vietnam Veterans. This year, the local DAR representative encountered a Veteran who declined the pin, sharing that he fought in the Forgotten War (Korea) and that no one acknowledged him or his war. The DAR representative contacted the Butler VA's Voluntary Services Chief because of this encounter, and the planning began!

"This captured my heart, and I knew we needed to do something special," said Amy Tomko, Butler VA's Chief of Voluntary Services. "We wanted to make sure our local Korean War Veterans knew they were not forgotten. Our hope was to create a new, annual event that would provide these Veterans with a renewed sense of honor and respect."



This July marked the 70th anniversary of the Korean War Armistice. At 10 a.m. on July 27, 1953, in Panmunjom, 18 official copies of the tri-language Korean Armistice Agreement were signed. The signing of the agreement marked the end of the longest negotiated armistice in history with 158 meetings spread over two years and 17 days.

The Butler VA hosted its first ever Korean War Veteran Recognition Event on the 70th Anniversary of the Korean War Armistice, July 27, 2023. A special ceremony and luncheon was held in the morning for Veterans (and their guest) enrolled at the Butler VA, who served boots-on-the-ground in Korea. Seven state and local dignitaries joined the Butler VA Leadership, staff, and volunteers in honoring these Veterans.

Later that afternoon, a resource fair was held for all Korean War Era Veterans and their families. Information tables were setup with information highlighting a variety of VA programs and Veteran benefits. Recognition pins and certificates were presented to thank and commemorate Veterans for their service.

“The event was heartfelt by those who coordinated it, and the Veterans appreciation was seen by the smiles on their faces and the “thank you’s” they expressed during and after the event,” added Tomko.

One of the Veterans who appreciated the event was U.S. Army Veteran George Wallace who served in Korea from 1951-1953. He attended the event with his daughter. He brought photos to share from his time in the service and hopes next year’s event includes even more photos from his fellow Veterans.

“It was very nice being honored, the food was great, all-in-all it was a successful event,” Wallace commented.

**VA encourages all Korean War Veterans to learn about VA programs and to apply for the benefits and services they have earned. Call (878) 271-6645 or visit [www.va.gov/butler-health-care/register-for-care/](http://www.va.gov/butler-health-care/register-for-care/) to get started.**



# Summer Outreach Success

## Connecting Veterans to the Care they Deserve



After too many summers of social distancing, the Butler VA focused on connecting with Veterans this summer at a variety of community and VA events to help them get the care they have earned and deserve.

Joshua Seybert, the Butler VA's Outreach Coordinator and Air Force Veteran kicked off the summer by attending the 911th Airlift Wing's Family Day, speaking with 40 Veterans, and getting 4 new Veterans signed up for VA health care.

A week later, the Butler VA partnered with Keystone Safari in Grove City, PA to host a Veteran Resource Fair. Over 100 Veterans and their families attended the event. All the Veterans in attendance met with staff to learn more about the PACT Act and benefits they are eligible for.

The PACT Act is perhaps the largest health care and benefit expansion in VA history. The PACT Act brings these changes:

- Expands and extends eligibility for VA health care for Veterans with toxic exposures and Veterans of the Vietnam, Gulf War, and post-9/11 eras
- Adds 20+ more presumptive conditions for burn pits, Agent Orange, and other toxic exposures
- Adds more presumptive-exposure locations for Agent Orange and radiation
- Requires VA to provide a toxic exposure screening to every Veteran enrolled in VA health care
- Helps VA improve research, staff education, and treatment related to toxic exposures

If you're a Veteran or survivor, you can file claims now to apply for PACT Act-related benefits: [www.va.gov/PACT](http://www.va.gov/PACT)

In July, the Lawrence County VA Clinic held an enrollment, claims, and information fair. New Veterans were able to enroll at the event, and all that attended received the new toxic exposure screening.





The screening is a series of questions that takes approximately 5-10 minutes. Veterans are asked if they experienced toxic exposures during their military service. If the answer is yes, they may be connected to support and resources, including a review by their primary care team or provider. All Veterans may receive the screening at their next VA health care appointment. Learn more: [www.va.gov/resources/the-pact-act-and-your-va-benefits/#toxic-exposure-screenings](http://www.va.gov/resources/the-pact-act-and-your-va-benefits/#toxic-exposure-screenings).

In August, to finish out the summer, the Butler VA held an enrollment, claims, and information fair at the Michael A. Marzano VA Clinic in Mercer County. The event was held during the week that Purple Heart Day is celebrated annually. The event honored 12 local Purple Heart recipients.

Purple Heart Day is celebrated on August 7 and honors the brave men and women who were severely wounded or gave their life while serving our great country. Purple Heart recipients are eligible for VA benefits to include the following: health care, compensation, education, home loan guaranty, and additional benefits. More information is available at: <https://news.va.gov/106548/purple-heart-day-and-va-benefits-to-recipients/>.



## Did You Serve in the Military?

Learn how the Butler VA can help you. Veteran and community groups, individuals, supporters of Veterans, and more may request to meet with Joshua Seybert, Butler VA's Outreach Coordinator for information about VA health benefits and the new PACT Act. Josh can meet with your group or attend an event to share valuable VA information. Learn more about enrolling for health care and the many VA programs and services available to you.

### Contact Joshua Seybert, Outreach Coordinator

Call or text 724-290-0142

Call the office at 878-271-6677

Email [Joshua.Seybert@va.gov](mailto:Joshua.Seybert@va.gov)

# Your Health Matters

## LGBTQ+ Services at the Butler VA



Each June, the nation comes together to celebrate Pride Month. VA celebrates Pride by recognizing the contributions of the more than one million LGBTQ+ Veterans in this nation. Throughout June, the Butler VA hosted several events, trainings, and even a Pride Parade to celebrate local LGBTQ+ Veterans and to educate all Veterans, staff, and volunteers on their unique health care needs.

“Every person who has worn the uniform deserves to be treated with dignity and respect. At the Butler VA, we want to provide Veterans—all Veterans, regardless of identity or which community they belong to—with the best possible care and services,” stated Kyla Gray, Butler VA’s LGBTQ+ Veteran Care Coordinator.

The Butler VA’s health care services reflect the unique needs of LGBTQ+ Veterans, recognizing that each individual is different. These services include:

- Mental health services, including psychosocial assessments for hormone therapy and gender confirming surgeries
- Creative arts therapies
- Hormone therapy
- Gender-affirming prosthetics
- HIV and STI testing, counseling, and care, including PEP (post-exposure prophylaxis) and PrEP (pre-exposure prophylaxis) for Veterans at risk for HIV
- Other prevention, screening, wellness, and testing services

The Butler VA also provides two weekly groups for LGBTQ+ Veterans, one for all LGBTQ+ Veterans and another called Transcend, specifically for those Veterans who are transitioning.

VA recognizes the increased health risks and unique challenges faced by LGBTQ+ Veterans and is working to assure that high-quality care is provided in a person-centered, respectful environment.





“Our work toward diversity, equity and inclusion is by no means finished, but we’re proud of the progress we have made. Creating and maintaining a safe and sensitive environment is something we continue to emphasize at Butler,” added Gray.

The Butler VA’s LGBTQ+ Veteran care coordinator Kyla Gray can answer your questions, advocate for your right to quality care, handle complaints or concerns you have about your care, and help you get started with any of our services for LGBTQ+ Veterans. Contact her today at 878-271-6268.



## Your Identity and Medical Records

Your gender identity and sexual orientation should be included in your confidential and protected electronic health record. Your personal health information—including gender identity, sexual orientation, and sexual behavior—is only available to health care personnel authorized to access your records. All medically necessary diagnoses will be included in your medical record. VA policy prohibits discrimination based on gender identity, on sexual orientation, and prohibits attempts to change someone’s sexual orientation.

## What If My Provider Uses the Wrong Terms or Pronouns when Referring to Me or My Spouse/Partner?

Your VA provider wants to make you feel comfortable and using terms that you want is an important first step. Let your providers know which terms you want to be used to describe yourself and your partner(s). Ask providers to make sure your identity terms, pronouns, and chosen name are in your medical record. If they ever make a mistake, please let them know. You can update information such as your chosen name in your profile by logging in at VA.gov. Go to Sign In, click on “go to your profile” and then “personal information” to “update your legal name” and “gender identity.”

## Does VA have Resources to Help Me Find an LGBTQ+ Affirming Provider?

Yes! Every facility has LGBTQ+ Veteran Care Coordinators (VCCs) to assure you have access to appropriate treatment. They can assist you with finding providers, answering questions, and reporting problems if you encounter them. The Butler VA’s LGBTQ+ Veteran Care Coordinator Kyla Gray may be reached at 878-271-6268 or [kyla.gray@va.gov](mailto:kyla.gray@va.gov).

## Award-Winning VA Nurse & Volunteer— Congrats Marcie & Chuck!

### DAISY Award Honoree



**C**ongratulations to (Butler VA) DAISY Award Honoree, Marcie Baker, RN! The award is part of the DAISY Foundation's programs to recognize the super-human efforts nurses perform every day.

The nomination submitted read in part, "I was at the Butler VA getting my prescriptions filled and wasn't feeling well...I walked past Marcie and she noticed." She pulled the Veteran into her clinic and took care of him. There have been times he has been at the Butler VA with flare-ups from his illness, and she takes control of the situation. She always goes above and beyond. Her actions caught him off guard. The Veteran stated, "Few people come along in life that resonate with you. She is the ONLY nurse who has always made me feel like I am the most important person in her world. I really cannot say enough about her and think she is the most deserving person for this award! She is one of a kind!"

Want to thank your nurse? Visit [daisynomination.org](https://daisynomination.org) to nominate a Butler VA nurse for a DAISY Award today.

### 2023 Hospital Volunteer of the Year

**C**ongratulations to Butler VA Volunteer and U.S. Navy Veteran Chuck Jennings! Chuck was selected as the 2023 Hospital Volunteer of the Year by the American Legion.

Chuck volunteers in the Audiology Clinic at the Butler VA, although he is always ready to help in any capacity. With over 13,000 hours of Volunteer Service since 2004, Chuck is a model Volunteer and provides exemplary Red Coat Ambassador services. He helps train new Volunteers and offers encouragement to younger folks as they navigate the system. The Veteran History Project is one of his favorite projects to work on with his fellow Veterans. He has completed 153 stories that have been submitted to the Library of Congress.

Interested in volunteering? The Butler VA Voluntary Services program has many opportunities available for you to positively impact the lives of Veterans. To volunteer or for more information, please contact the Voluntary Services office at 724-477-5010 or visit [www.va.gov/butler-health-care/work-with-us/volunteer-or-donate/](https://www.va.gov/butler-health-care/work-with-us/volunteer-or-donate/).

## VA's Million Veteran Program

The Million Veteran Program (MVP) is building a health research program of 1,000,000+ Veterans to understand health conditions better than ever before among those who served. The goal is to one day give Veterans specialized care based on their genes, lifestyle, military experiences, and exposures.

With over 970,000 Veterans enrolled, we're inching closer and closer to our goal of 1M+ participants in MVP. When we reach this historic milestone, we'll be the first research program in the world with 1,000,000 people, greatly advancing our ability to make groundbreaking health discoveries for Veterans and, ultimately, all people.



To reach this goal, we need your help. Join today:  
[www.mvp.va.gov](https://www.mvp.va.gov)





## Caregiver Support

The Butler VA hosted an “Introduction to the VA Caregiver Support Program” event this July to share information about the Butler VA’s Caregiver Support Program (CSP) and answer any questions.



The VA Caregiver Support Program’s mission is to promote the health and well-being of family caregivers who care for our Nation’s Veterans, through education, resources, support, and services.

CSP carries out its mission through two programs:

1. **Program of General Caregiver Support Services (PGCSS)**  
PGCSS is the core of VA’s Caregiver Support Program. The program provides peer support, mentoring, skills training, coaching, telephone support, online programs, and resource referrals to caregivers of Veterans. The Veteran must be enrolled in VA health care and receiving assistance from a caregiver for the caregiver to participate.
2. **Program of Comprehensive Assistance for Family Caregivers (PCAFC)**  
PCAFC offers enhanced clinical support and services for caregivers of eligible Veterans who have a serious injury (or illness) and require in-person personal care services among other requirements.

The Butler VA offers several services to support Caregivers. Our local caregiver support team can help you find what you need, whether it's in-home assistance, someone to listen, or anything in between. Visit [www.va.gov/butler-health-care/health-services/caregiver-program/](http://www.va.gov/butler-health-care/health-services/caregiver-program/) to learn more.

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## New Creative Arts Classes for Veterans



### *Through the Veteran’s Lens*

The Butler VA now offers free, in-person photography classes for Veterans every Wednesday from 4-5pm in Room 1MH005 at the Abie Abraham VA Clinic.

Did you know photography can be therapeutic? Some benefits of photography are self-expression, creativity, improved focus, enhanced self-worth, reduced cortisol (stress hormone), etc. Photography can also provide an escape and give you a sense of purpose.

Veterans may use their own camera or cell phone. For those who do not own one, cameras will be available for use while in class.



### *Turn It Around*

The Butler VA now offers free woodturning classes for Veterans at the Butler Art Center (344 S. Main St., Butler PA) on Mondays from 6-9pm. Woodturning is the craft of using a wood lathe with hand-held tools to cut a shape that is symmetrical

around the axis of rotation. Like the potter’s wheel, the wood lathe is a simple mechanism that can generate a variety of forms. Participating Veterans will learn to create many items.

Woodturning can be therapeutic too! Creating art can help with the management of stress, depression, and post-traumatic stress disorder.

The woodturning classes are made possible through community partnerships with The Art Center & the Butler Area Woodturners.

**Veterans interested in participating in the photography, woodturning, or any other Butler VA creative art class, please call 878-271-6484 for more information.**

SHARING  
STORIES  
AND  
NEWS  
FROM  
VETERANS  
TO  
VETERANS

Vet Chat

## Wheelchair Games Champion



U.S. Navy Veteran John Kellner participated in The National Veterans Wheelchair Games this summer in Portland, Oregon and brought home 7 medals. Congrats John!

"I enjoy the competition at the games. I enjoy being with other Veterans in wheelchairs – it's like a wheelchair family."

John has participated in 10 games out of the last 12 years. He even developed a weight bench to help him prep for the games. It fits over a regular bench but is higher and wider to accommodate an individual in a wheelchair. John donated the weight bench to the Kittanning YMCA. He is also on Butler's Veterans Affairs Voluntary Service (VAVS) committee for the Paralyzed Veterans of America (PVA).

The National Veterans Wheelchair Games is the world's largest annual wheelchair sports and rehabilitation event solely for military Veterans. It is open to all U.S. Veterans with spinal cord injuries, amputations, multiple sclerosis, or other central neurological conditions who require a wheelchair for athletic competition. Every year, hundreds of American heroes from World War II, the Korean War, the Vietnam War, the Gulf War, and the post-9/11 era compete in this celebration of sport, courage and camaraderie.

Now, it's time to start getting ready for next year's competition! **Save the date for the 2024 National Veterans Wheelchair Games** in New Orleans, LA July 25-30, 2024. And learn more at: <https://wheelchairgames.org/>.



## VETERANS SERVING VETERANS

Butler VA Radiologic Technologist and U.S. Army Paratrooper – Robert Marquette



“ I've been in health care for only 12 years, but have always wanted to work at the VA. I initially wanted to work at the VA because not only is it a very good place to work, it's nice to help Veterans. Some of the stories we are privileged to hear are amazing. I really had no idea of the lengths the VA goes to in order to help our Veterans. We sometimes get a bum rap, but we know we do good for the Veterans. ”

### Hey Veterans!

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



# Healthy Muscles Matter Quiz

Being physically active will improve your health immediately and over time. Aim for at least 2.5 hours of moderate-intensity or 1.5 hours of vigorous-intensity aerobic activity each week, or a combination of both. Do strength activities at least twice each week using muscles from all parts of your body—the legs, hips, back, chest, abdomen, shoulders, and arms. Muscles help you move, lift things, pump blood through your body, and help you breathe.

True False

- ☐ ☐ 1. There are over 1,000 muscles in your body.
- ☐ ☐ 2. Skeletal, or voluntary, muscles are the muscles you can control.
- ☐ ☐ 3. Ligaments connect muscles to bones.
- ☐ ☐ 4. Your heart is a muscle.
- ☐ ☐ 5. A muscle gets strained when it is stretched too much.
- ☐ ☐ 6. A sprain happens when a tendon is stretched too much.
- ☐ ☐ 7. Muscles that are not used can get smaller and weaker.
- ☐ ☐ 8. You don't need more than 30 minutes of physical activity every day.
- ☐ ☐ 9. If something hurts when playing sports, you should play through the pain and it will go away.

Multiple Choice

- 10. A balanced diet:
  - a. Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat dairy products like milk, cheese, and yogurt.
  - b. Includes protein from lean meats, poultry, seafood, beans, eggs, and nuts.
  - c. Is low in solid fats, saturated fats, cholesterol, salt (sodium), added sugars, and refined grains.
  - d. All of the above

## Correct Answers:

- |          |          |          |         |                          |
|----------|----------|----------|---------|--------------------------|
| 1) False | 3) False | 5) True  | 7) True | 9) False                 |
| 2) True  | 4) True  | 6) False | 8) True | 10) D, all of the above. |

To learn more about being active, or making a healthy living change, talk with your VA health care team or reach out to the Butler VA's free personal trainer. She is available for Veterans in our Wellness Center (gym) twice a week. If you would like more information about our Personal Trainer or any of our other health and wellness options, please call 878-271-6484.

Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)

## Who's Who?

**INGER JENSEN**  
MSW, LCSW

Medical Foster Home Coordinator



### Want to Make a Difference in the Life of a Veteran?

The Butler VA is seeking caregiver applicants for its Medical Foster Home (MFH) Program. Medical Foster Homes are private homes in which a trained caregiver provides services to one to three individuals. MFH provides a choice for Veterans who are unable to live independently and prefer a family setting. Caregivers work in their own home and earn an income by providing a home and family for Veterans with health care needs.

The MFH Coordinator screens and interviews all prospective caregivers and ensures that criminal background checks and health screenings are completed. The VA inspects and approves the homes annually or as needed. Homes must meet VA regulations, including fire and safety.

Medical Foster Homes are just one of the ways we are working to better support aging Veterans. The program also provides a unique way for individuals to serve Veterans who have served us. Additional information is available at: [www.va.gov/butler-health-care/programs/medical-foster-home-program](http://www.va.gov/butler-health-care/programs/medical-foster-home-program).

Reach out to Inger Jensen, Medical Foster Home Coordinator, by calling 878-271-6723 or emailing [jensen@va.gov](mailto:jensen@va.gov) if you are interested in becoming a MFH Caregiver.

## HEALTH TECH – VIRTUAL HEALTH RESOURCE CENTER

*Offering Virtual Care Tools Support*



VA's Virtual Health Resource Centers (VHRCs) offer support to Veterans, their family members and caregivers, and VA staff looking to take advantage of virtual care tools. Each VHRC has health technology experts located at its associated VA facility. They provide guidance, hands-on support, training, help troubleshooting, and other information regarding virtual care tools, such as VA Video Connect, My HealtheVet, health apps, and devices.

As an example, Veterans can speak with an expert to determine which virtual care options might be right for their health and lifestyle needs. The experts are also available to help Veterans get started with VA apps or set up VA-loaned devices.

VA staff members can turn to the VHRCs for support with incorporating virtual care tools into their daily workflow or clinical practice. The VHRC experts hold regular trainings for staff to stay up to date on virtual care tools and technologies. VHRCs serve as a resource that VA staff can refer Veterans to when they have questions or need technical support beyond the VA staff member's expertise.

VHRCs are open for phone, video, and in-person consultations with their health technology experts.

### *Coming to the Butler VA on November 1, 2023!*

Beginning November 1, at the Butler VA, Veterans, their family members, and caregivers will be able to receive in-person support with virtual care tools and learn which technology options are best for their health and lifestyle needs.

Meet health technology experts in real-time at the **Butler VA's Virtual Health Resource Center**. Walk-ins are welcomed!

## Virtual Health Resource Center

**Virtual Health Resource Center Hours of Operation**  
Monday-Friday, 8:00am-3:30pm  
Located in Veteran Business Services  
(adjacent to the main lobby)

Connect with us today:

<https://www.va.gov/butler-health-care/programs/connected-care/>

and join us on November 1 for a grand opening of our Virtual Health Resource Center.

Source: <https://connectedcare.va.gov/virtual-health-resource-centers>



## HEALTH TASTES

### Zucchini Muffins



#### Ingredients

- Nonstick cooking spray or muffin liners
- 1/3 cup canola oil
- 1/2 cup sugar
- 2 eggs
- 1/4 cup lowfat (1%) milk
- 2 teaspoons vanilla extract
- 1/4 teaspoon salt
- 1 1/2 cups white whole wheat flour (or other flour)
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 1/2 cups grated zucchini (gently squeeze out moisture)

#### Directions

Preheat oven to 350°F. Spray muffin tins with nonstick cooking spray or use muffin liners. In a large bowl combine the oil, sugar, eggs, vanilla and milk. Whisk to combine. In a medium bowl, combine salt, flour, baking soda and cinnamon. Stir to combine. Add the dry to the wet ingredients and mix until combined. Fold in the grated zucchini. Pour batter into muffin pan filling each well ~3/4 full. Bake in preheated oven for 22-24 minutes or until toothpick inserted in the center of the muffin comes out clean.

**Serving Size:** 1 muffin

**Servings:** 12

Calories: 160 ★ Fat: 7g ★ Carbohydrates: 21g ★ Protein: 3g ★ Saturated Fat: 0.8g

Source: VA Nutrition

## Crossword

#### Across

- Sea between Greece and Turkey (6)
- City in Arizona (6)
- Largest island in the West Indies (4)
- Ocean between Europe and Africa (8)
- Balkan country (7)
- Capital of Bulgaria (5)
- Japanese city (5)
- Capital of Venezuela (7)
- US state (8)
- English county (4)
- Ottawa is the capital (6)
- Continent (6)

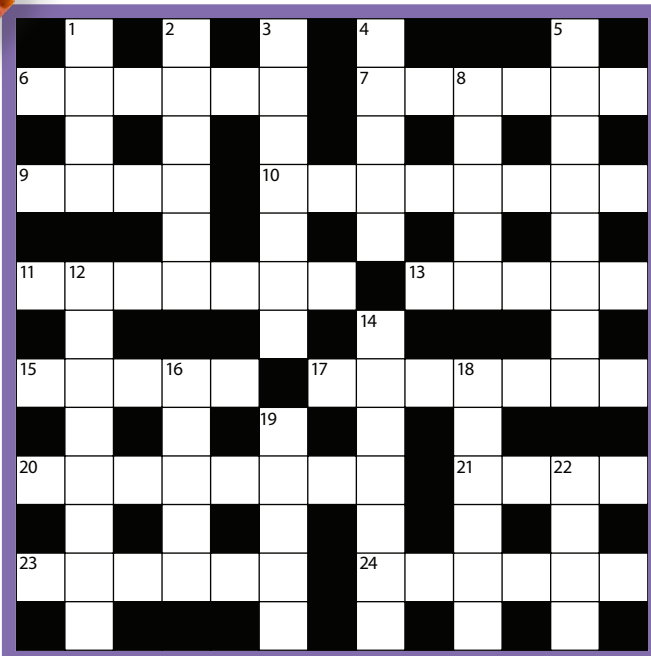
#### Down

- Lima is the capital (4)
- 12 down is in this state (6)
- Canadian province (7)
- European country (5)
- Part of the Windward Islands (8)
- African river (5)
- US gambling city (3,5)
- Nassau is the capital (7)
- Asian peninsula with North and South (5)
- Capital of Turkey (6)
- Egyptian dam (5)
- Resort on the French Riviera (4)



## Help Fight Disease

Cognitive activities such as crossword puzzles may help slow a person's mental decline and lower their risk for diseases like Alzheimer's and dementia. In fact, there are many possible benefits of crossword puzzles, like improving one's mood, memory, and mental health. Give it a try today!



# HEALTH tip



## HEALTH TIP IMPROVE YOUR RELATION- SHIPS

To better your health, improve your relationships! Here's how to assess your relationships, strengthen positive ones, and forge new connections: [www.va.gov/WHOLEHEALTH/veteran-handouts/docs/IntroFamFriendsCoworkers-508Final-08-29-2018.pdf](http://www.va.gov/WHOLEHEALTH/veteran-handouts/docs/IntroFamFriendsCoworkers-508Final-08-29-2018.pdf)



## U.S. Department of Veterans Affairs

Veterans Health Administration  
Butler VA Health Care System

353 North Duffy Road  
Butler, PA 16001  
800-362-8262  
724-287-4781



[www.va.gov/butler-health-care](http://www.va.gov/butler-health-care)



[facebook.com/vabutlerpa](https://facebook.com/vabutlerpa)



[twitter.com/vabutlerpa](https://twitter.com/vabutlerpa)

**ARMSTRONG COUNTY VA  
OUTPATIENT CLINIC**  
11 Hilltop Plaza  
Kittanning, PA 16201  
724-545-8420

**CLARION COUNTY VA  
OUTPATIENT CLINIC**  
56 Clarion Plaza, Suite 115  
Monroe Township, PA 16214  
814-226-3900

**CRANBERRY TOWNSHIP VA  
OUTPATIENT CLINIC**  
900 Commonwealth Drive, Suite 100  
Cranberry Township, PA 16066  
724-742-3500 or 724-741-3131

**LAWRENCE COUNTY VA  
OUTPATIENT CLINIC**  
Ridgewood Professional Centre  
1750 New Butler Road  
New Castle, PA 16101  
724-598-6080

**MICHAEL A. MARZANO VA  
OUTPATIENT CLINIC**  
295 North Kerrwood Drive, Suite 110  
Hermitage, PA 16148  
724-346-1569

The Butler VA Health Care System, located in Butler County, Pennsylvania has attended to Veteran's total care since 1947. We are the health care choice for over 22,000 Veterans throughout Western Pennsylvania and parts of Ohio and are a member of VA Healthcare VISN 4 under the U.S. Department of Veterans Affairs. The Butler VA provides comprehensive Veteran care including primary, specialty and mental health care – as well as management of chronic conditions and social support services for our nation's finest, America's Veterans.

## Refer a Buddy

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



**Choose VA**

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

[www.choose.va.gov](http://www.choose.va.gov)

## Become a Medical Foster Home Caregiver.

You can help **Veterans.**

*"[The MFH caregiver] has provided my brother with a loving, caring, safe environment and have given him the best care possible. This is the best home for him."*

*-Veteran Family Member*

**VA**



U.S. Department  
of Veterans Affairs

