

LIVING Better

A Butler VA Quarterly Magazine

Fall 2023

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BUTLER VA HEALTH CARE SYSTEM'S FALL 23' HIGHLIGHTS



Members of Butler VA's leadership team visited with 4 local Former Prisoners of War on National POW/MIA Recognition Day to personally thank them for their service and to present them with gifts of appreciation—including Korean War Army Cpl. Harold Beerbower



Congratulations to Marine Corps Veteran Lori Ceder who won the People's Choice Award for her beautiful quilt at the 3rd annual Veterans Creative Arts Competition & Festival this fall at the American Legion Post 778. 43 Veterans submitted a total of 85 entries for this year's competition.



The Butler VA held its final Farmers Market of the season in September. A special thank you to Brenckle's Farm & Greenhouse-Butler PA for partnering with us for over 12 years to provide healthy food to our Veterans, families, and staff at these annual events.



The Butler VA kicked off its fall flu clinics in September, hosting a total of 21 flu clinics between September-November at both its VA campuses and community locations. Getting a flu shot protects you, your family, and your community from flu. It's not too late—get your flu shot.



On October 13, Butler VA staff and volunteers celebrated the Navy's 248th birthday. Military birthday celebrations are just one of several new programs and celebrations hosted by the Butler VA's Center for Development and Civic Engagement (CDCE).



Veterans in our Community Living Center celebrated Halloween this year with a haunted Halloween party and both a kids and dog costume parade. U.S. Army Veteran Elmer Allbee dressed up as a pirate for the festivities!



Butler VA Nurses, along with the Butler VA's Outreach Coordinator volunteered at the Remote Area Medical - RAM event in November that took place at the Butler Intermediate High School and included free medical, dental, vision services for anyone. Learn more: www.ramusa.org.



In honor of Veterans Day (November 11) and National Veteran and Military Families month (November), staff, volunteers and Veterans gathered for the annual Wreath Presentation. The wreath symbolizes Butler VA's commitment to providing quality care to all Veterans who served and their families who served with them.



November 10, 2023, marked the 248th birthday of the U.S. Marine Corps. We celebrated at the Butler VA with birthday cake compliments of the Butler VA's Center for Development and Civic Engagement (CDCE) and their volunteers.

Cover Photo

U.S. Army Veteran Doug Hilliard submitted a wood carving, 'American Eagle Holding Flag' for this year's local Creative Arts Competition. It is his first year participating, and his submission won locally, moving on to the national competition!



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 fall...and that you got your flu shot! (It's not too late...you still can).

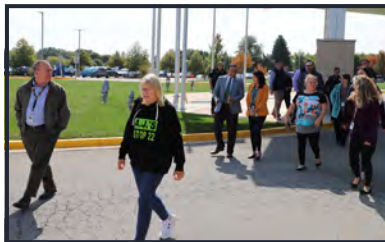
We expanded services this fall, hosted events and flu clinics, and took the time to celebrate and honor our Veterans throughout November for National Veteran and Military Families Month and of course, Veterans Day on November 11. Veterans Day is certainly a special day for those of us in VA. On Veterans Day, and all year long, I extend my thanks to our Nation's Veterans.

Have a healthy winter! We look forward to seeing and serving you soon.

Sharon Coyle, Director

C O N T E N T S

Fall 2023



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Suicide Prevention Support

Veterans are often the first to help others, but it can sometimes be hard for Veterans to accept or ask for help themselves. The Butler VA provides a multitude of resources for Veterans who are struggling. One example, the COMPACT Act now provides free emergency health care for Veterans in acute suicidal crisis.



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Expanding Acupuncture and Chiropractic Care

Chiropractic offerings are now available at the Butler VA's clinics in Cranberry Township and Mercer County with a new chiropractor on board! Also new to the Mercer County VA Clinic (and hopefully Lawrence VA Clinic soon!) is Battlefield Acupuncture (BFA).



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Pen & Pencil

Pen & Pencil is a Veterans Writing Group at the Butler VA initiated by U.S. Army Veterans Rich Riley and Larry Conley in July 2022. All the Veteran members in the Pen & Pencil Writing Group submitted creative writing entries this year for the Butler VA's 3rd annual Veterans Creative Arts Competition.



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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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Suicide Prevention Support

When you need it, no matter where you are



Veterans are often the first to help others, but it can sometimes be hard for Veterans to accept or ask for help themselves. Throughout Suicide Prevention Month this past September, the Butler VA Health Care System offered events and resources to help local Veterans.

In addition to local resources offered, the Department of Veterans Affairs (VA) and the Ad Council released new public service advertisements (PSAs) as a part of the ongoing national campaign: “Don’t Wait. Reach Out.” which first launched in 2021. The new PSAs were informed by extensive research with Veterans and features a diverse range of Veterans reflecting on the difficulties of asking for support. The PSA directs audiences to [VA.gov/REACH](https://www.va.gov/REACH), a comprehensive website designed to help Veterans navigate the wide range of resources available.

“The VA has made great strides in Veteran suicide prevention, but much work remains to be done,” said Sharon Coyle, Director. “Through this campaign, we hope to generate more awareness and that there is hope for those who are struggling. Please don’t wait and reach out today! We are here to help you.”

In September, Veterans, family members and caregivers, servicemembers, and community partners and businesses were invited to attend a special viewing of The Ripple Effect and participate in a “Walk to Remember” to show support by walking to remember those lost to suicide and to promote awareness and hope for others.

Although the Veteran suicide rate meaningfully decreased in both 2019 and 2020, the suicide rate among Veterans in 2020 was 57% higher than non-Veteran adults, according to the most recent available data from the 2022 National Veteran Suicide Prevention Annual Report. Suicide is complex, and stressful life events like life transitions or struggles with housing can be risk



factors. The Butler VA offers resources to support Veterans across a wide range of life challenges, before these problems become overwhelming.

Butler VA's efforts support VA's 10-year strategy to end Veteran suicide through a comprehensive, public health approach. According to VA's 2022 National Suicide Prevention Annual Report:

- In each year from 2001 through 2020, age- and sex-adjusted suicide rates of Veterans exceeded those of non-Veterans.
- Among Veterans between ages 18–44, suicide was the second-leading cause of death.
- 44,298 U.S. adults died in 2020 from suicide. This included 6,146 Veteran suicides.

Everyone can be part of the solution by checking in with the Veterans in their life and encouraging them to reach out if they need help. Visit [VA.gov/REACH](https://www.va.gov/REACH) to get started.

In addition to hosting special events throughout Suicide Prevention Month, the Butler VA offers assistance for Veterans all year long such as individual and evidence-based psychotherapies, group therapy, and whole health. Learn more at www.va.gov/butler-health-care/health-services/suicide-prevention/.

If you or someone you know is having thoughts of suicide, contact the Veterans Crisis Line to receive free, confidential support and crisis intervention available 24 hours a day, 7 days a week, 365 days a year. Dial 988 then Press 1, text 838255 or chat online at VeteransCrisisLine.net/Chat.

COMPACT Act—Free Emergency Suicide Care When You Need It

This fall, the Butler VA held a community event to educate on and answer questions about the COMPACT Act. The COMPACT Act allows Veterans in acute suicidal crisis to go to any VA or non-VA health care facility for emergency health care at no cost. VA wants all Veterans and former service members to know that they can get the free, world-class emergency suicide care they need, when they need it, no matter where they are.

Under section 201 of the Veterans Comprehensive Prevention, Access to Care, and Treatment (COMPACT) Act of 2020, VA is allowed to:

- Provide, pay for, or reimburse for treatment of eligible individuals' emergency suicide care, transportation costs, and follow-up care at a VA or non-VA facility for up to 30 days of inpatient care and 90 days of outpatient care.
- Make appropriate referrals for care following the period of emergency suicide care.
- Determine eligibility for other VA services and benefits.
- Refer eligible individuals for appropriate VA programs and benefits following the period of emergency suicide care

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Expanding Acupuncture and Chiropractic Care



Beginning in October, chiropractic offerings became available at the Butler VA's clinics in Cranberry Township and Mercer County.

New to VA, Dr. Kevin P. Merrow is seeing Veterans interested in chiropractic care at the Michael A. Marzano (Mercer County) VA Clinic on Tuesdays, Wednesdays, and Thursdays. He is seeing Veterans at the Cranberry Township VA Clinic on Mondays and Fridays.

"I was born and raised here in Western Pennsylvania. For the past 13 years, I've worked as a chiropractor in private practice. Since graduating from chiropractic school, my aspiration has been to become part of the VA. I find immense satisfaction in treating Veterans and am enthusiastic about offering chiropractic care to those who greatly benefit from our services," shared Dr. Merrow.

Veterans interested in making an appointment with Dr. Merrow should reach out to their patient aligned care team (PACT).

Also new to the Mercer County VA Clinic (and hopefully Lawrence VA Clinic soon!) is Battlefield Acupuncture (BFA).

Battlefield Acupuncture is a type of auricular (ear) acupuncture that is based on the "meridian system" from traditional Chinese acupuncture. The idea behind BFA is to help alleviate pain. Health care providers place up to five sterile needles shaped like tiny darts in each ear at specific points. These points are believed to affect the entire body. The needles are meant to stay in the ears for several days. Precisely how the therapy works is



unclear, but the needles may stimulate the central nervous system and reduce the sensation of pain by affecting parts of the brain such as the hypothalamus.

Intermediate Care Technician (ICT) and U.S. Air Force Veteran Randy Snider benefited from BFA himself, so he was excited to be able to bring this therapy to the clinics to help Veterans.

"I am very excited to be able to perform Battlefield Acupuncture at the Mercer clinic. Rarely in medicine do we get to see an immediate improvement in our patients after performing a procedure. I get to see that almost every time. Battlefield Acupuncture days are my favorite days of the week, because I know I'm improving our Veteran's lives."

Chronic (long-lasting) pain affects more than 50 million adults in the U.S., according to the Centers for Disease Control and

Prevention (CDC). And chronic pain is more prevalent and intense among Veterans than among Americans generally. In reducing Veterans' pain while also lessening risk, VA offers Battlefield Acupuncture among other non-medication alternatives.

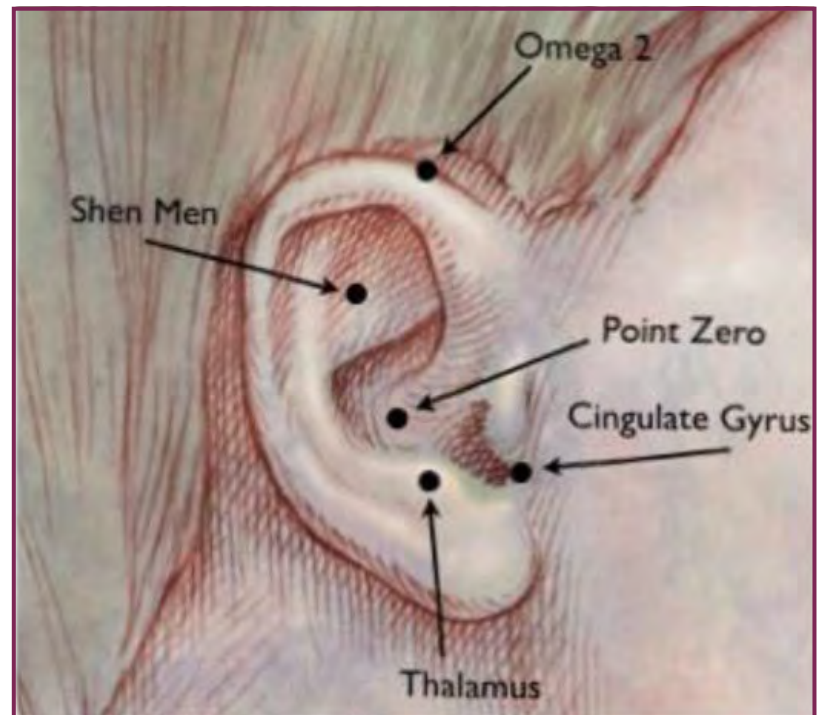
VA researchers studied the therapy and found that a high proportion of patients benefited, with more than 75 percent of them reporting some immediate decrease in pain intensity after the treatment.

"Currently about 40 Veterans have received BFA at the Mercer County VA Clinic, and the majority get pain relief from it. Almost every Veteran states during the sessions that they notice an instant relief in pain. Seeing the immediate change is the best thing about doing this," added Snider.

Veterans are encouraged to speak to their patient aligned care team (PACT) who can assist in recommending services and consult the chiropractic or acupuncture services at Butler VA Health Care System.

You can also learn more about the VA Battlefield Acupuncture research here: <https://www.research.va.gov/currents/0821-Battlefield-acupuncture.cfm>

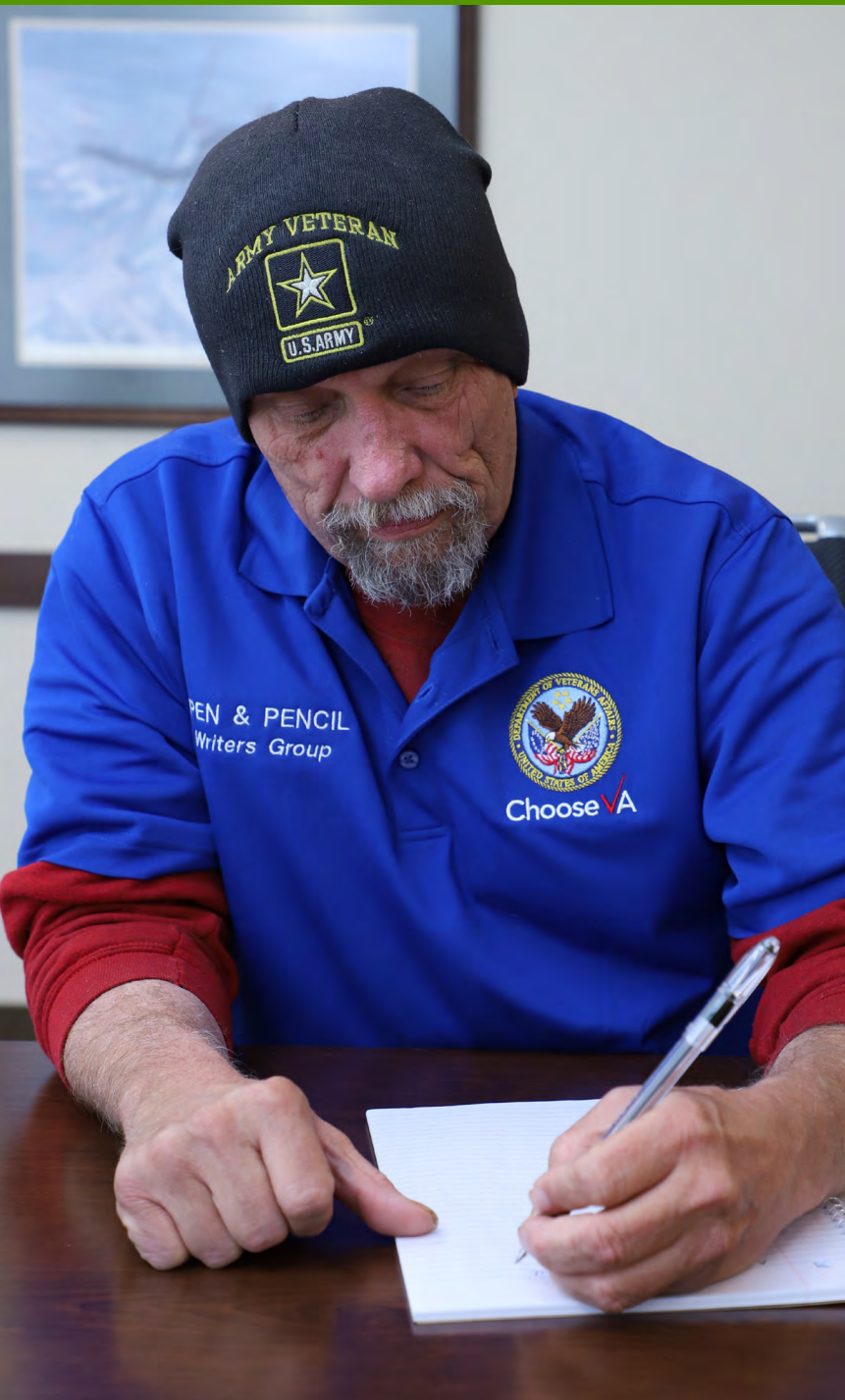
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The five ear points used in battlefield acupuncture.

Pen & Pencil

Veteran Writing Group



This fall, the Butler VA hosted its 3rd annual Veterans Creative Arts Competition. The annual competition recognizes the progress and recovery made through creative therapies and raises the visibility of the creative achievements of our nation's Veterans. The competition includes five divisions: music, art, drama, dance, and creative writing.

84 entries were received from local Veterans this year, with 14 of those entries being in the creative writing division. All the Veteran members in the Pen & Pencil Writing Group submitted entries this year!

Pen & Pencil is a Veterans Writing Group at the Butler VA initiated by U.S. Army Veterans Rich Riley and Larry Conley in July 2022. The group meets twice a month at the Abie Abraham VA Clinic and all Veterans are invited to join the group.

"As one of the founding members of Pen & Pencil, it's been a great experience. I enjoy sharing my trials and tribulations as a novice writer and, more importantly listening to the writing challenges that our members share with the group," shared Riley. "I've learned a lot from our members. They offer suggestions and, most importantly encouragement. We have a wonderful group of people, which makes it fun and so enjoyable."

Rich and co-founder Larry participated in the Creative Arts Competition for two years now as has U.S. Army Veteran Cheryl Schaefer. Cheryl has been involved with the Pen & Pencil writing group since its inception.

"We share ideas for improving our writing and encourage each other. We share what we have written to get feedback. We would love to have more Veterans join our group! Anyone can come and learn to write stories, poetry, whatever they like," said Schaefer.

For newer Pen & Pencil members, like Army Veterans Dennis Fillhart and Michael Reinhart, this is their first year submitting

entries into the competition, but they are both appreciative of the writing group and hope more Veterans will join.

“More Veterans should get involved in the writing group because it gives one a chance to be creative and express oneself,” shared Reinhart.

“No matter what talents you might have, share them with others. It is amazing what I have learned in life just because someone was willing to share their knowledge or skills. We learn from each other,” added Fillhart.

All Veterans, from new to advanced writers are invited to join this Veteran-led writing group at the Butler VA held the 2nd and 4th Mondays each month from 10am-12pm in Room 1RT004. For any questions, please reach out to the Butler VA's Health Promotion and Disease Prevention Program Manager Karen Dunn, who also serves as the Butler VA's Veterans Creative Arts Festival Coordinator, at 878-271-6484.

“Writing can be fun, helpful, and even therapeutic,” said Dunn. “Utilizing the arts as a therapeutic approach to depression, anxiety, pain, post-traumatic stress disorder, war injuries, etc. is changing the lives of our Veterans.”

Learn more about the many creative arts opportunities at the Butler VA by calling Karen Dunn.

All winners in the Butler VA's local creative arts competition advance to compete in the National Veterans Creative Arts Competition. From there, all 1st place winners in the National competition are invited to the National Veterans Creative Arts Festival the following April (2024). All expenses are paid for the Veteran to attend. With over 4,000 entries in the 2022 competition, winning 1st place is a great achievement. Stay tuned to see if the Butler VA has any winners in this year's national competition! And, learn more: <https://department.va.gov/veteran-sports/national-veterans-creative-arts-festival/>



NEW Voluntary Events for Veterans

The Butler VA's Voluntary Services has a new name—Center for Development and Civic Engagement (CDCE)... new staff, new volunteer opportunities, and new events!

Veterans are invited to join us for new monthly Veteran Socials! Veteran socials are open to all Veterans and visitors for comradery and light refreshments. Join us at the upcoming socials on January 26 and February 26. Military birthday celebrations and a Veteran book club are also new (and growing!). Veterans are encouraged to learn more and participate. The Veteran book club takes place every other Monday at the Abie Abraham VA Clinic Library (2nd Floor). A Butler VA Volunteer reads from a current book selection.

Learn about the new events and volunteer opportunities by calling 724-477-5010.

New Virtual Health Resource Center

Beginning December 7, Veterans, their family members, and caregivers can receive in-person support with virtual care tools and learn which technology options might be right 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 Hours of Operation

Tuesday: 10:00am-12:00pm

Thursday: 1:00pm-3:00pm

Located in Veteran Business Services
(adjacent to the main lobby)

Help a Veteran with the Medical Foster Home Program

The Butler VA Health Care System 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. This type of environment really enhances the lives of the Veterans and the extraordinary caregivers who accept these Veterans into their homes.

Those interested in becoming a Medical Foster Home Caregiver or learning more about this opportunity should contact the Butler VA's MFH Coordinator at 878-271-6723. Additional information is available at: <https://www.va.gov/butler-health-care/programs/medical-foster-home-program>.

Healthy Living Achievements Celebrated

Congratulations to the 31 local Veterans who were honored at this year's Healthy Living Recognition event in October. Veterans are nominated for recognition by VA employees for their significant and sustained efforts toward making healthy living choices resulting in positive health outcomes.

Learn more about the many health and wellness programs at the Butler VA and the Butler VA's community partners by calling 878-271-6484.



Caregiver Support is Available

Thank You Family Caregivers!

Each November, VA observes National Family Caregivers Month (NFCM) to celebrate family caregivers nationwide. The Butler VA's Caregiver Support Program (CSP) joined this celebration by recognizing our local caregivers of Veterans.

During the month-long celebration, the Butler VA CSP team, Civic Engagement (CDCE) team, and several dedicated volunteers, hosted an Ice Cream/Hot Chocolate Bar Social for all enrolled Caregivers as part of NFCM. The event was dedicated to uplifting Veterans' caregivers and providing them with an opportunity to relax, enjoy a treat and spend some time with other caregivers. To encourage



encourage caregivers to take some time for themselves when they can, each caregiver was provided a "self-care" gift bag to take home with them.



One caregiver in attendance shared her feedback:
"Thank you, so very much for the special few hours of enjoyment. It was so nice to see some of the ladies I see on the computer screen, in person. Thank you for the "Goodie Bag," you outdid yourselves on every level."

Our CSP team also hosted a Caregiver Support Virtual Resource Fair with different caregiver topics presented each hour for anyone interested in learning more about the program.

Every caregiver of a Veteran enrolled in VA health care can participate in CSP. Learn more about local resources available for caregivers of Veterans by visiting <https://www.va.gov/butler-health-care/health-services/caregiver-program/> or contacting the Butler VA CSP team at 878-271-6174.

SHARING
STORIES
AND
NEWS
FROM
VETERANS
TO
VETERANS

Vet Chat

People Care



Whole Health is VA's approach to care that supports your health and well-being. This means your health team will get to know you as a person, before working with you to develop a personalized health plan based on your values, needs, and goals.

U.S. Navy Veteran Kara McDivitt saw displays at the Butler VA to inquire about additional health opportunities, like Whole Health. And she did.

Whole Health at the Butler VA ranges from creative arts and wellness classes (yoga, martial arts, tai chi, etc.) to individualized health coaching and even a group course taught by fellow Veterans. Most services are available in person and virtually via VA Video Connect.

"These programs really benefit your whole person," said Kara. "People care. You aren't alone. Ask if you need help—no issue is stupid."

Start a conversation with your VA health team about Whole Health today or contact the Whole Health Program Manager at 878-271-6717.

Learn more about Whole Health at the Butler VA: <https://www.va.gov/butler-health-care/programs/whole-health/>.

VETERANS SERVING VETERANS



Butler VA Medical Support Assistant & New Veteran Orientation and U.S. Army Veteran –Stephen Gizinski

“ Having needed help from the VA in the past, I find it rewarding to help Veterans on their journey and show them the help that they can receive. ”

Hey Veterans!

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

Seasonal Affective Disorder (SAD) Quiz

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the “winter blues,” some people may have a type of depression called seasonal affective disorder (SAD).

The first step is to determine how much your symptoms interfere with your daily life.

Do you have mild symptoms that have lasted less than 2 weeks?

- Feeling down but still able to take care of yourself and others
- Having some trouble sleeping
- Having less energy than usual but still able to do your job, schoolwork, or housework

These activities can make you feel better

- Doing something you enjoy
- Going outside in the sunlight
- Spending time with family and friends
- Eating healthy and avoiding foods with lots of sugar

If these activities do not help or your symptoms are getting worse, talk to your VA health care provider.

Do you have more severe symptoms that have lasted more than 2 weeks?

- Social withdrawal
- Oversleeping
- Gaining weight
- Craving foods with lots of sugar like cakes, candies, and cookies

Seek professional help

- Light therapy
- Psychotherapy (talk therapy)
- Medications
- Vitamin D supplements

The Butler VA offers a comprehensive mental health program for Veterans struggling with a wide range of emotional, readjustment and mental health issues such as depression (including SAD), post-traumatic stress disorder (PTSD), anxiety, mental illness, substance abuse, and more. Call us today at 800-362-8262.

If you are in crisis, dial 988 then press 1, text 838255, or chat online at VeteransCrisisLine.net/Chat. Free, confidential support is available 24/7/365.

Source: National Institute of Mental Health

Who's Who?

RAY RUMBAUGH, RN
and **TERRI ISACCO,**
RN, BSN, CHPN
Whole Health Coaches



Do you have an interest in improving your health or living a better life? Do you need support to set or meet your health goals? Meet with a Butler VA Whole Health Coach. The Butler VA welcomed two new Whole Health Coaches this fall.

A Whole Health Coach will:

- Partner with you to discuss your aspirations.
- Help you create a Personal Health Plan (PHP) based on what matters most to you.
- Recognize YOU as the source of control for how you want to live, and the changes you want to make to achieve your aspirations.
- Link you with VA and community resources to enhance your existing skillset.

Individual Health Coaching appointments are available in-person or virtually.

Contact the VA Butler Whole Health coaches today:

- **Ray Rumbaugh**, RN, Whole Health Coach 878-271-6744
- **Terri Isacco**, RN, BSN, CHPN, Whole Health Coach 878-271-6725
- **Karen Justi**, BSN, RN, NBC-HWC, Whole Health Program Manager, Certified Whole Health Coach 878-271- 6717

HEALTH TECH – MILLION VETERAN PROGRAM (MVP)

Historic One Millionth Veteran Enrolled



On November 15, VA announced that the Million Veteran Program (MVP) welcomed the one millionth Veteran into the program, making it the **first research program in the world** to include extensive health and genetic data for this many participants.

Launched in 2011, MVP allows researchers to better understand Veteran health challenges and conduct groundbreaking, life-saving research. The program

aims to improve the detection, prevention, and treatment of health conditions affecting Veterans and, ultimately, all Americans. To date, MVP data has been used in more than 350 peer-reviewed research publications about a wide range of health conditions – including cancer, diabetes, PTSD, suicide prevention, Alzheimer’s disease, cardiovascular diseases, kidney disease, and more.

Key facts about the Million Veteran Program:

- It reflects the diversity of the Veteran population: More than 250,000 minority Veterans and 100,000 women Veterans have joined the program, and MVP includes more people of African ancestry than any research program in the world. This allows researchers to learn more about – and ultimately treat – populations that have historically been underrepresented in research.
- It’s been used in the largest-ever genetic studies on anxiety, depression, blood pressure, heart disease, non-alcoholic liver disease, and more: These studies have helped increase the understanding of genetic risk factors for these conditions, paving the way for future treatment and research.
- It helped lead to a breakthrough in understanding post-traumatic stress: A study of more than 165,000 MVP participants identified several genes related to reexperiencing traumatic memories, the most distinctive symptom of PTSD. The study shed new light on the biology of PTSD.
- It’s the world’s largest database on nutrition: When Veterans enroll in MVP, they are asked to complete a lifestyle survey that gives VA important information about what foods they eat and at what quantities – which helps researchers make important discoveries for Veterans and all Americans. For example, one recent MVP-driven study found that yogurt of any kind is good for heart health.

Veterans join MVP by voluntarily providing a blood sample, filling out surveys about their health and wellness, and granting researchers secure access to their health records. That data is secured, protected, and anonymized for patient privacy, then used to study the interactions between genes, lifestyle, military experiences, and exposures to learn more about how those factors impact health.



MVP is continuing to enroll Veterans, and any Veteran can enroll in MVP. Veterans can join MVP at 65+ VA facilities across the nation, online at www.mvp.va.gov, or by calling 866-441-6075 for more information.

Source: VA Office of Research & Development

HEALTH TASTES

Sweet Vanilla Acorn Squash



Ingredients

- 1 acorn squash
- 1 tablespoon olive oil
- 1 teaspoon vanilla extract
- 1 tablespoon brown sugar
- ¼ teaspoon salt
- Pinch ground black pepper

Directions

Preheat the oven to 425°F. Slice the acorn squash in half lengthwise and scoop out the seeds. Lay the squash flat-side-down and slice into half-moon shaped pieces, about ½-inch in thickness. In a large bowl, whisk together

the olive oil and vanilla extract. Place the sliced squash in the bowl and toss to coat. Sprinkle the squash with the brown sugar, salt, and black pepper. Toss to combine. Spread the squash on a baking sheet in a single layer. Roast until tender, about 30 minutes, flipping the squash pieces over after 15 minutes. Remove and discard the skin. Serve warm.

Serving Size: ½ squash

Servings: 2

Calories: 170 ★ Fat: 7g ★ Carbohydrates: 27g ★ Protein: 2g

Source: VA Nutrition

Crossword

Across

1. Sweet course
5. Not hogging
6. Devout petition
7. Stranger in a strange land
9. Apple beverage
12. Most appreciative
14. Fall
16. You can dish it out
17. Festive time

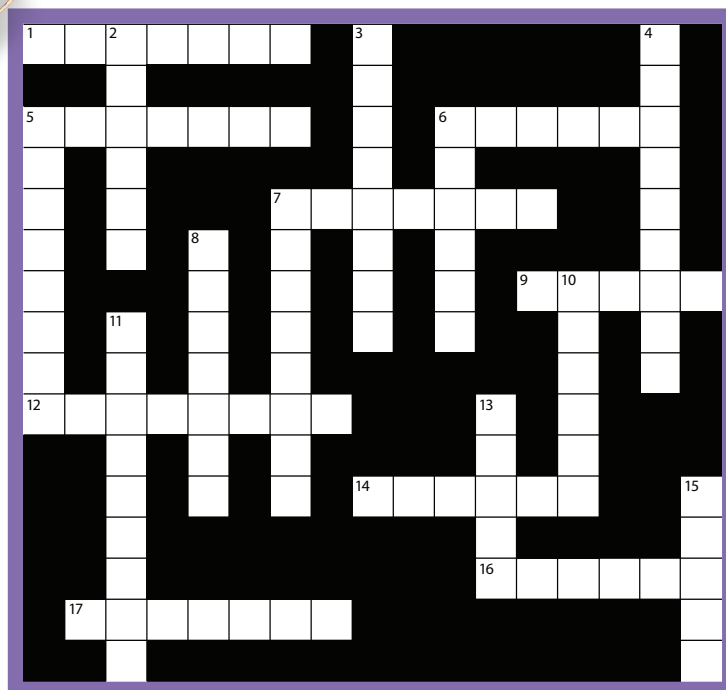
Down

2. Three-month period
3. Early residents
4. Jonnycake
5. Thanksgiving staple
6. Traffic stopper
7. Site of first Thanksgiving
8. Gather crops
10. Native American
11. It's handed down
13. Pumpkin kin
15. Gobbling fowl



Keep Your Brain Healthy

Give yourself a challenge – like a crossword puzzle – and support your brain health. Anything that helps give you a cognitive challenge or is a learning experience can be great for your brain health. Find something you enjoy to stay entertained and healthy.



HEALTH tip



HEALTH TIP JOIN A BOOK CLUB

Those who engage their mind most often through intellectual activities such as playing games or reading are less likely to develop dementia according to a study published in JAMA Psychiatry. And good news, the Butler VA now offers a free Veteran Book Club every other Monday! Learn more by calling 724-477-5010.



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



facebook.com/vabutlerpa



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 been attending 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

**NOT TOO LATE TO
VACCINATE**

GET YOUR FLU SHOT TODAY!

SCAN THIS QR CODE TO VISIT
[WWW.PUBLICHEALTH.VA.GOV/
FLU/VACCINATION](http://WWW.PUBLICHEALTH.VA.GOV/FLU/VACCINATION)

VA U.S. Department of Veterans Affairs
Veterans Health Administration
Office of Public Health

Injection:
Don't Pass It On