

LIVING Better

A Butler VA Quarterly Magazine

Winter 2024

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BUTLER VA HEALTH CARE SYSTEM'S WINTER 24' HIGHLIGHTS



Even during the cold winter months, it's never boring for our Veterans at the Sergeant Joseph Kusick Community Living Center. Staff and Veterans enjoyed inside activities such as "deer hunting," a snowball fight, holiday painting, and much more.



An employee de-stress fest was held in December for all staff to drop-in and focus on their health and wellness during the busy, often stressful holiday season. Just a few of the stations available included mindfulness, chair yoga, and guided imagery.



The Slippery Rock High School Chamber Singers performed at the Butler VA's Music is Medicine in December. Join us at the Abie Abraham VA Health Care Center (1st floor lobby) for the Music is Medicine Hour on the 4th Wednesday each month from 11:30am-12:30pm.



The new Virtual Health Resource Center is officially open! A grand opening event was held on December 7, and the center is now open Tuesdays from 10:00am-12:00pm and Thursdays from 1:00pm-3:00pm. Walk-ins are welcome!



Butler VA staff and volunteers celebrated the birthday of the United States Space Force. Established on December 20, 2019, this is the first new branch of the armed forces since 1947. Military birthday celebrations are just one of several new programs hosted by the Butler VA's Center for Development and Civic Engagement.



The first creative arts workshop in 2024 was a Bob Ross Painting Workshop at our Veteran Community Partner, Steele's Brushes and Ceramics. If you are interested in participating in an upcoming workshop, call 878-271-6484 for more information.



In February, the Butler VA hosted its annual Go Red Event for women Veterans to share important heart health information. The event included an introduction to a new Pilates class, a heart healthy nutrition demo, whole health presentation, lunch, and much more.



As part of American Heart Month, the Butler VA hosted a free educational event for attendees to learn Hands-Only CPR. During a cardiac event, Hands-Only CPR can double or even triple a person's chance of survival! Veterans, families, and the community were invited to attend to learn about this life-saving skill.



The Butler VA celebrated its annual National Salute to Veteran Patients during the week of Valentine's Day with special visitors, treats, and activities for all Veterans. U.S. Navy Veteran Andrew Womeldorf enjoyed his Valentine's Day "date" lunch with Butler VA's Canteen Chief Stormy Wentling as part of the week-long celebration.

Cover Photo

U.S. Marine Corps Veteran Eddie Marx and Butler VA Nurse Manager (CLC) Lisa Cameron enjoyed a lunch "date" for Valentine's Day during this year's National Salute to Veteran Patients Week.



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

I hope you enjoy this issue of "Living Better," and that you are staying warm and healthy this winter.

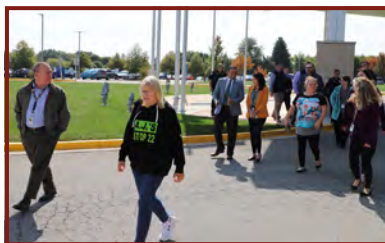
Despite the cold temperatures and snow, we hosted holiday celebrations, healthy living events, and much more these past few months. Participating in the annual Point-in-Time (PIT) for the homeless program, and officially opening the new Virtual Health Resource Center were just two of the many winter highlights you can read about in this issue.

We look forward to seeing and serving you this spring!

Sharon Coyle, Director

C O N T E N T S

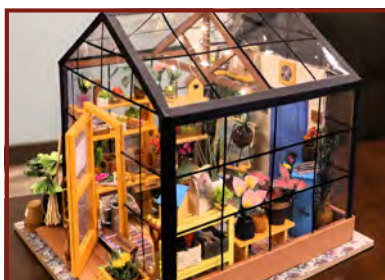
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Housing Over 100 Homeless Veterans

The words "homeless" and "Veteran" should not exist together. The Butler VA Health Care System is committed to ending homelessness among Veterans. As part of VA's nationwide homelessness goals for 2023, the Butler VA permanently housed 101 homeless Veterans.



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5 National Creative Arts Winners

Five local Veterans have been selected as first-place winners in the 2023 National Veterans Creative Arts Competition! Co-presented by VA and the American Legion Auxiliary, the National Veterans Creative Arts Festival is the culmination of VA facility competitions in art, creative writing, dance, drama, and music.



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Health Care at Home

Read about how Richard Cooper, Army Veteran and Charles Powell, Air Force Veteran are benefitting from the Butler VA's home telehealth program. With home telehealth technologies VA providers get the information they need to manage care, while Veterans are in a more comfortable environment.



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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



U.S. Department of Veterans Affairs
Veterans Health Administration
Butler VA Health Care System

Managing Editor
Paula McCarl

Editor
Amanda Kurtz

Photographers
Karen Dunn
Joshua Seybert
Matt Figel

Housing Over 100 Homeless Veterans



The words “homeless” and “Veteran” should not exist together. The Butler VA Health Care System is committed to ending homelessness among Veterans because it is our nation’s duty to ensure all Veterans have a place to call home.

As part of VA’s nationwide homelessness goals for 2023, the Butler VA permanently housed 101 homeless Veterans.

These placements, along with placements provided by other VA health care systems across America, led to VA housing 46,552 Veterans nationwide, meeting and exceeding its national goal by more than 22.5%

“This goal was achieved through the hard work and dedication of our Butler VA homeless team and our valued community partners,” said Sharon Coyle, Butler VA Director. “The progress we’re seeing with Veteran homelessness in our local counties shows that we have the right solutions to end homelessness for all Veterans we care for.”

First up for 2024? The Point-in-Time (PIT) count.

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 one of the tools used to assess progress each year toward VA’s priority goal of ending homelessness among Veterans. The PIT Count is also among the ways VA estimates the homeless population nationwide to help direct resources based on need.

Butler VA staff and local community stakeholders participated in PIT counts throughout January in all five counties the Butler VA Health Care System serves: Butler, Armstrong, Lawrence, Clarion, and Mercer.



“We did not identify any unsheltered Veterans during this year’s PIT counts! Veterans who experience unsheltered homelessness live in places not meant for human habitation, such as cars, parks, sidewalks, abandoned buildings and literally on the street,” shared Linda Beauregard, Healthcare for Homeless Veterans Program Coordinator. “We are grateful for all those who helped with this year’s Point-in-Time count and continue to help us work towards zero homeless Veterans.”

Everyone can help end Veteran homelessness.

The goal of ending homelessness among Veterans is within reach—and in fact is already happening community by community.

Learn more about VA’s homeless programs and get involved. If you know a Veteran who is homeless or at imminent risk of becoming homeless, refer him or her to the Butler VA, or their local VA Medical Center, where homeless coordinators are ready to help.

Veterans and their families can also call the National Call Center for Homeless Veterans at 877-4AID-VET (877-424-3838). Visit the VA Homeless Programs website (www.va.gov/homeless) to learn about housing initiatives and other programs for Veterans exiting homelessness.



5 National Creative Arts Winners



Five local Veterans have been selected as first-place winners in the 2023 National Veterans Creative Arts Competition!

U.S. Army Veteran Krystal Anspach was selected as a first-place winner in the 2023 National Veterans Creative Arts Competition, Art Division. Krystal took first-place for her Diorama, Mini She Shed. She served in the Army as a Combat Medic for 10 years.

“I am so honored and humbled that my project was given this award. I am proud that others see the hours of meticulous work I put into it,” Krystal said “This is my third year entering and my first with this type of project. It’s amazing to see the creativity of the Veterans here in our area but nationally as well.”

U.S. Marine Corps Veteran Lori Ceder was also selected as a first-place winner in the Art Division under two categories. Lori took first-place for her Original Design in Needlework, Illusion of Movement, and for her Leather Kit, Retro Classic.

“Winning 1st place is more exciting than I expected it to be! I am blessed to be able to participate in the many creative outlets that the Butler VA provides,” shared Lori.

Lori also encourages other Veterans to check out the creative outlets the VA offers: “Give art a chance, and don’t be too critical of yourself. Others will see your potential, even when you don’t see it.”

U.S. Air Force Veteran Terrance (Terry) Blair took first-place for the second year in a row with a Figurine Painting Kit entry, Hometown News.

“It still amazes me that I won once, let alone twice. It is a rewarding feeling,” said Terry. “It is also fantastic that the VA has an avenue to display and share our work.”



Rounding out the local first place winners is U.S. Marine Corps Veteran William Howrilla. He took first place in the Art Division for his carving, Special Friends Deserve Special Care.

“I am really honored. I also think all Veterans should enter! A lot of Veterans have creative abilities, and you have to use them and share them,” said William.

Local Veterans were also selected for second-place and third-place recognitions. Veterans Allan Cochenour and Charles Jennings took second place in the Art Division and Veteran Lindsey Anderson took third place in the Music Division.

Co-presented by the Department of Veterans Affairs and the American Legion Auxiliary, the National Veterans Creative Arts Festival is the culmination of VA facility competitions in art, creative writing, dance, drama, and music for Veterans enrolled in the Department of Veterans Affairs national health care system. Veterans exhibit their artwork and original writings or perform musical, dance or dramatic selections in a live stage show

performance. All Veterans invited to participate are selected winners of a creative arts competition in which thousands of Veterans enter from VA medical facilities across the nation.

VA medical facilities incorporate creative arts into their therapy programs to further the rehabilitation goals for both inpatients and outpatients. This annual competition recognizes the progress and recovery made through that therapy and raises the visibility of the creative achievements of our nation's Veterans.

The first-place winners are invited to attend the national festival hosted in Denver, Colorado, May 11-18, 2024. Please join us in congratulating these fine artists for their amazing talents and accomplishments! For more information on the Veterans Creative Arts visit: www.creativeartsfestival.va.gov.

For information on Butler VA Veteran Creative Arts classes and workshops, please contact the Veterans Creative Arts Festival Coordinator, Karen Dunn, 878-271-6484.



Health Care at Home

Make Your Care a Priority



VA Telehealth Services gives Veterans access to the care they need, when and where they need it. One type of telehealth the Butler VA Health Care System provides is called home telehealth. With home telehealth, telehealth technologies can collect and send health data, like vital signs, to a Veteran's care team. Providers get the information they need to manage care, while Veterans are in a more comfortable environment.

Mr. Richard Cooper, U.S. Army Veteran was setup with home telehealth after suffering from his 4th heart attack. Between his own health challenges and being one of the primary caregivers for his wife, home telehealth has allowed him to take time for himself.

"I've been using home telehealth for a year and a half and would highly recommend it. It keeps me on target. It gives me the results I need every day at 9am when I sign on and answer questions—blood pressure, weight, pulse ox," shared Richard. "They watch close too because I made a mistake one day and the nurse called to check up on me."

Now that Richard has been using it daily, it's become second nature to him. "Once you do it for a week and get into a routine, you'll miss it if you turn away. It's like a second arm to me, good or bad. It helps me take an active step in my health, like watching my blood pressure as it charts your progress."

Mr. Charles Powell, U.S. Air Force Veteran also appreciates the routine and daily commitment home telehealth provides. "Home telehealth has really been a tremendous benefit to me in a number of ways, and the primary way it's been a benefit to me is accountability," said Charles.

Charles is active in the home telehealth program, TeleMOVE!. He weighs himself daily and reports his steps. Having daily accountability through home telehealth allows him to check his current status and adjust when needed. He has lost 95lbs so far!



Home telehealth has been a complete lifestyle change for Charles, but it has not just been about the weight loss.

“I’ve changed the way I eat. I have mentally challenged myself to look at why I ate and how I got overweight—emotional eating, boredom eating, eating late at night. I realized if I don’t change those root causes, I will once again be right back where I started,” Charles concluded.

Charles recommends the program to other Veterans, but stresses that it is really about an attitude. “Make self-care a priority— ‘I care enough about myself to do what’s best for myself.’ The program is just a tool, but if I don’t value myself as a person then all of this is going to go by the wayside.”

Telehealth at home offers services that work with a Veteran’s current care plan, fit their lifestyle and help them stay healthy and independent.

The Butler VA currently provides home telehealth services for the following diagnoses:

- Chronic Obstructive Pulmonary Disease (COPD)
- Congestive Heart Failure (CHF)
- Diabetes Mellitus (DM)
- Hypertension
- Dementia
- Depression
- Anxiety
- Post-traumatic Stress Disorder (PTSD)
- Schizophrenia
- Bipolar Disorder
- Substance Abuse
- Weight Management (TeleMOVE!)

Learn more about home telehealth, and other connected care programs at the Butler VA here: www.va.gov/butler-health-care/programs/connected-care/.

It's Not Too Late—Make Your 2024 Intentions

Well, here we are — another year. Another chance to decide what really matters in your life! This year, instead of resolutions, how about setting intentions? We all know what they say about “good intentions,” but without them, we may end up living out the same patterns year after year.

Intentions work better than resolutions.

Intentions come from the heart and can reconnect you to your true mission, aspiration, and purpose (MAP). Intentions are different from a specific goal or resolution, but they can help us achieve goals. For example, you may consider setting an intention to live a healthier lifestyle versus a resolution to go to the gym every Monday, Wednesday, and Friday.

What matters most to you?

Before setting your intentions for the year, take a few minutes to answer two questions, either by writing them down or just thinking about them in your mind. There are no right or wrong answers for these questions, and the answers to both may be similar:

1. What really matters to you in your life?
2. What brings you a sense of joy and happiness?

It's not too late to set your intentions for 2024! Learn more about Whole Health at the Butler VA today, and how our team can support your new year intentions. Visit www.va.gov/butler-health-care/programs/whole-health/.

Caregiver Support Line Celebrates One Million Calls

1-855-260-3274

The Caregiver Support Program's (CSP) Caregiver Support Line (CSL) has received its one-millionth call! The CSL is a toll-free lifeline, playing a crucial role in connecting caregivers, family members and Veterans with vital VA information. The dedicated CSL team provides information on caregiver support services, counseling, educational services and referrals to local CSP staff at VA facilities. The support line also offers Monthly Telephone Education Group Calls on various topics so caregivers can learn new strategies from the comfort of their own home.

Learn more about the Butler VA's Caregiver Support Program: www.va.gov/butler-health-care/health-services/caregiver-program/.



1 Year for the Comfort Cart!

Have you seen the Butler VA's Comfort Cart? It's been in use for one-year now!

The Butler VA's Patient Advocate Office implemented a patient experience “Comfort Cart” for the facility. The Comfort Cart regularly visits all first floor waiting rooms to provide updated policies and resources for Veterans. The Comfort Cart also provides water and snacks. Veterans may provide their comments, recommendations, and concerns to volunteers during Comfort Cart visits too. Check it out next time you're in for an appointment or visit.

You Can Save a Life

American Heart Month

Women receive bystander CPR less often than men – but women need CPR too! Heart disease is the leading cause of death among women in the U.S., affecting women of all ages.

Hands-Only CPR could save a life, and yet, bystanders are less likely to help a woman experiencing cardiac arrest out of fear of inappropriate touching, causing physical injury, performing CPR incorrectly, or the misconception that women are less likely to have heart problems.

You don't need to be formally trained or certified to perform Hands-Only CPR. It's easier than you might think – and you never know when it may help you save a life!

Be ready. Learn Hands-Only CPR in less than two minutes by watching this training video: www.youtube.com/watch?v=C6bCbFnPu4Y and visiting VA's Women Veterans Heart Health page www.womenshealth.va.gov/WOMENSHEALTH/topics/heart-health.asp to learn more.



Stop Using Smokeless Tobacco

Great American Spit Out

Each February, the Great American Spit Out encourages tobacco users to attempt to stop dipping, chewing or using other smokeless tobacco products. The Butler VA wants Veterans to know that a variety of treatment options and support is available to help Veterans stop using smokeless tobacco with a plan that fits their goals.

The Butler VA urges Veterans to talk with their providers about the many treatment options available to help them stop using smokeless tobacco. Or reach out to Laura Clarke directly at 878-671-6216 to learn more about the many resources we provide right here at the Butler VA.

All VA medical centers and community-based outpatient clinics offer tobacco use treatment options, including:

Counseling: VA offers group and individual counseling to provide support for managing cravings and triggers for using smokeless tobacco products like dip and chew, and to build lifestyle changes that can help Veterans quit. Counseling is available in person or through VA Video Connect, VA's secure videoconferencing app. You can use My HealtheVet, VA's online patient portal, to send your VA provider a secure message to learn more about your options.

Medications: To help reduce nicotine withdrawal symptoms and cravings that come with stopping tobacco use, VA offers prescription medications and nicotine replacement therapy like nicotine gum, patches and lozenges. Your provider can guide you through the available options and help you decide which one, or combination, is likely to work best for you. The My HealtheVet online portal is one way to contact your provider.

Quit VET: Veterans can call 1-855-QUIT-VET (1-855-784-8838) for counseling and help in developing a plan to stop their use of smokeless tobacco. Quit coaches are available Monday through Friday, between 9 a.m. and 9 p.m. Eastern time, to help you prepare for potential challenges. Coaches offer continued support in English or Spanish through follow-up calls and counseling sessions.

SmokefreeVET: For tools and tips to quit using smokeless tobacco, sign up for SmokefreeVET by texting VET to 47848. SmokefreeVET is the first tobacco use treatment text messaging program that can be tailored for individuals who use smokeless tobacco, and it provides regular text messages and extra support for Veterans who text the keywords URGE, STRESS or DIPPED to 47848. Para inscribirse en SmokefreeVET en español, manda el texto VETesp al 47848. Learn more on the SmokefreeVET website, <http://smokefree.gov/VET>.

SHARING
STORIES
AND
NEWS
FROM
VETERANS
TO
VETERANS

Vet Chat

Veteran Input Pool



Each month, approximately 25 Veterans meet as part of the Veteran Input Pool (VIP) Program at the Butler VA Health Care System.

Veteran Input Pool (VIP) is a group of Veterans interested in providing ongoing feedback about the Butler VA. The purpose is to better understand the needs and sensitivities of Veterans when making decisions on improvements to processes and services within the facility.

During a recent VIP meeting, U.S. Marine Corps Veteran and VIP member Lori Ceder gave a handmade quilt to U.S. Navy and Vietnam Veteran Paul Baros. Paul, also a VIP member, is often cold at the meetings and Lori wanted to make something just for him.

"I just wanted to do something nice for a fellow Veteran. Paul also being an original VIP Group member, I wanted to create a lap quilt for him with the Quilt of Valor fabric collection that had been gifted to me," shared Lori.

Lori is a recent 2-time first place winner for the VA's National Creative Arts Competition. She took first-place for her Original Design in Needlework, Illusion of Movement, and for her Leather Kit, Retro Classic.

Any actively enrolled Veteran and/or Healthcare Power of Attorney interested in joining VIP, may contact the Butler VA's Veteran Experience Officer at 878-271-6937.

VETERANS SERVING VETERANS



Butler VA Lead MSA for Primary Care, Centralized Scheduling, and Community Based Outpatient Clinics and U.S. Navy Veteran – Kelly Thompson

“As a Veteran, I choose to work here because I want to make a difference. I enjoy meeting everyone and hearing their stories, all unique in their own ways. Sometimes just listening to a Veteran for a few minutes can make their experience here that much better. I love seeing how the VA grows, and how it has changed so much for the better even since I have started here.”

Hey Veterans!

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

Herb and Spice Quiz

Focusing on healthy eating for 2024? Herbs and spices add flavor to cooking without adding fat or sodium! That's why they're great for healthy cooking. Try out the Herb and Spice Quiz below, and learn more at <https://www.veteranshealthlibrary.va.gov/HealthyLiving/EatWisely/Tools/>.

True False

- ☐
- ☐
1. I don't need to follow strict rules about combining certain herbs and spices with certain foods.
- ☐
- ☐
2. Herbs and spices enhance the flavor of low-fat foods.
- ☐
- ☐
3. If I reduce the amount of salt I use, I won't be getting an important mineral.
- ☐
- ☐
4. Dried herbs and spices will keep indefinitely on my kitchen shelves.
- ☐
- ☐
5. Herb vinegar is useful for flavoring food.
- ☐
- ☐
6. Food without salt is bland and boring.
- ☐
- ☐
7. People are born with a taste for salt. It's natural to want to use it in our food.
- ☐
- ☐
8. Most sodium in our diet comes from processed foods.

Correct Answers:

1. **TRUE.** The only rule is to trust your taste buds. Go easy at first. Get to know which flavors you like best. And learn which herbs and spices go well together.
2. **TRUE.** When you reduce the amount of fat in recipes, you will want to add more herbs and spices. They will give your food more flavor.
3. **FALSE.** Sodium is an important mineral. But most of us eat more salt than we need.
4. **FALSE.** Herbs and spices do lose their strength over time. For the best flavor, don't keep dried herbs and spices for more than a year.
5. **TRUE.** Herb vinegar can add flavor to many dishes. You can buy ready-made herb vinegars. Or you can make your own.
6. **FALSE.** When you cut back on salt, you rediscover the natural flavor of the foods you eat.
7. **FALSE.** Salt is an acquired taste. Just as we learn the taste for salt, we can unlearn it.
8. **TRUE.** Much of the sodium we eat comes from processed foods. But many reduced-sodium foods are now available.

Source: Veterans Health Library

Who's Who?

ALEXIS GLASGOW

Advanced Telehealth
Clinical Technician



As an Advanced Telehealth Clinical Technician (TCT), Alexis facilitates technical information and provides expert support for the Butler VA Health Care System.

Alexis is also one of several TCTs who works in the new Butler VA Virtual Health Resource Center (VHRC) to offer technical expertise to Veterans, caregivers, and colleagues.

During VHRC operating hours, Butler VA Telehealth staff members like Alexis assist Veterans with setup and troubleshooting on their personal and VA issued devices to ensure successful virtual care visits with each VA provider. Additionally, they educate and support other VA Connected Care applications such as My HealtheVet, Annie App and Home Telehealth.

Stop by (walk-ins welcome!) the new VHRC on Tuesdays from 10am-12pm, or Thursdays from 1-3pm (additional hours coming soon) to get any needed virtual care support from Alexis

HEALTH TECH – VIRTUAL HEALTH RESOURCE CENTER NOW OPEN!

Connected Care at the Butler VA

Veterans, their family members, and caregivers can now receive in-person support with virtual care tools and learn which technology options might be right for their health and lifestyle needs!



In December, the Butler VA hosted a grand opening event for the new Butler VA Virtual Health Resource Center, part of the Connected Care program. Remarks from Butler VA Leadership, an official ribbon-cutting, and cake and light refreshments took place. Virtual care demonstrations and Connected Care services available to Veterans were also featured during the event.

Meet health technology experts in real-time at the Butler VA's Virtual Health Resource Center. 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.

What is Connected Care?

Connected Care brings VA digital technology to Veterans and health care professionals, extending access to care beyond the traditional office visit. Through virtual technology, VA delivers care to patients where and when they need it.



My HealtheVet allows Veterans to refill prescriptions, message their care teams and access their personal health record online.

VA Telehealth Services improves convenience to Veterans by providing access to care from their homes or local communities when they need it.

VA Mobile develops mobile solutions, such as the VA App Store and mobile health apps, that offer safe and secure access to patient data while on-the-go.

Connect with us today: <https://www.va.gov/butler-health-care/programs/connected-care/>.

Butler VA Virtual Health Resource Center Hours of Operation

Tuesday: 10:00am-12:00pm and Thursday: 1:00pm-3:00pm
(walk-ins are welcomed!)

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

HEALTH TASTES

No-Bake Gingerbread Energy Bites



Ingredients

- 1 cup old fashioned (rolled) oats
- ½ cup almond meal or almond flour
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- ⅛ teaspoon ground nutmeg
- ⅛ teaspoon ground cloves
- 1½ cups roughly chopped pitted dates, packed
- 2 tablespoons honey
- 2 teaspoons vanilla extract

Calories: 130 ★ Fat: 1.5g ★ Carbohydrates: 30g ★ Protein: 2g

Directions

Add the oats, almond meal, cinnamon, ginger, nutmeg, and clove to a food processor. Pulse until the mixture is a fine texture like flour. Add the dates, honey, and vanilla. Pulse until the mixture comes together. Use a small scoop or spoon (about a tablespoon) to portion the mixture out, then roll the mixture into balls. Serve right away, or chill before serving.

Store in an airtight container in the refrigerator for up to 2 weeks or freeze for up to 1 year.

Serving Size: 2 energy bites

Servings: 10

Source: VA Nutrition

Crossword

Across

2. Frozen spike
7. Winter sculpture
8. Present day?
14. Winter coasting
15. Hearth
16. Rudolph and teammates
17. Winter _____ Games

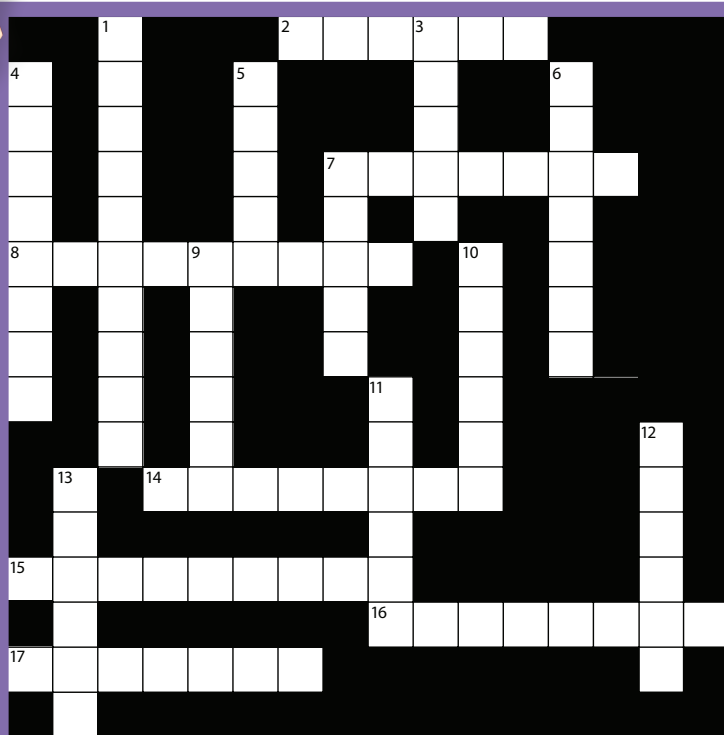
Down

1. White Rabbit's milieu
3. Hot chocolate
4. Winter outerwear
5. Icy coating
6. Rink dancing
7. Neck wrap
9. Snow remover
10. Aspen activity
11. Small shake
12. Stanley Cup sport
13. Uncomfortably cool



A Brain Boost

Could doing crossword puzzles improve your brain health? Maybe. Research has long suggested brain games to boost brain function at an older age. It's worth a try!



HEALTH tip



HEALTH TIP DON'T LET ANGER GET IN YOUR WAY

VA's AIMS (Anger & Irritability Management Skills) app is free and anonymous. It offers tools and techniques to help manage your anger. It takes time, but you can teach your mind to respond differently. Get started today: <https://mobile.va.gov/app/aims-anger-management>



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.



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

**YOU CAN
SAVE A LIFE**
WITH HANDS-ONLY CPR

**YOU DO NOT NEED
TO BE CERTIFIED**



Call 911 Put your phone on speaker and start compressions



Push hard and fast in the center of the chest 100-120 compressions per minute



Continue CPR until professional help arrives or an automated external defibrillator (AED) is available