LIVING Better

A Butler VA Quarterly Magazine

Fall 2024

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BUTLER VA HEALTH CARE SYSTEM'S

FALL 24' HIGHLIGHTS



Veteran residents in the Community Living Center celebrated Halloween with a costume parade (including kids and pets). Veterans dressed up too!



Butler VA staff showed their support for a few October observances - wearing Purple (Domestic Violence Awareness Month), Pink (Breast Cancer Awareness Month) and White (Pledging to stop violence against others).



The Butler VA hosted its first Veteran Community Partnerships (VCP) event in September. The event started with an equine presentation by Trails End Conservancy, Fly High with Horses, while the National Anthem was played. If you are interested in partnering with the Butler VA, please contact our VCP Coordinator at 878-271-6484.



Veterans, staff, and volunteers joined together for a "Walk to Remember" in recognition of Suicide Prevention Awareness Month in September. Call the Veterans Crisis Line at 988 and press 1 for free, private help anytime 24/7.



Veterans in the Butler VA's VIST Support Group enjoyed adaptive corn hole outside the Abie Abraham VA Clinic this fall. Adaptive glasses were also provided for staff and family members so they were able to simulate eye diseases the Veterans might be facing.



21 flu shot clinics were held this fall, free for Veterans. Although flu clinics have concluded for the year, all Veterans can still get their flu shot from their VA Provider. We strongly encourage all our Veterans to get their flu shot this year to protect themselves and help keep the flu from spreading to others.



Each month the Butler VA's Center for Development and Civic Engagement hosts a themed Veteran Social, open to all Veterans and visitors for comradery and light refreshments. September's Social was all about apples! Learn more about volunteer events and opportunities by calling 724-477-5010.



The Butler VA hosted a "Sign-up for a New Account" event in November to provide in-person assistance with VA's new secure sign-in changes. Beginning in 2025, there will be 2 secure sign-in account options (Login.gov and ID.me) for all VA websites and apps. Learn more: www.va.gov/initiatives/prepare-for-vas-secure-sign-in-changes/.



VA celebrated National Family Caregivers Month in November. The Caregiver Support Team hosted a Caregiver Carnival complete with carnival treats and games as one way to honor and celebrate our local caregivers. Thank you Caregivers!

Cover Photo

The Veteran's Community Partnerships event started with an equine presentation by Trails End Conservancy, Fly High With Horses, while the National Anthem was played.



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

Each November, we celebrate National Veterans and Military Families Month, Veterans Day, and Thanksgiving. It's an excellent time for those of us at the Butler VA to recommit to honoring America's Veterans. On Veterans Day, and all year long, I extend my gratitude to our Veterans.

As we head into cold and flu season, I hope everyone has a healthy and safe holiday season. Please visit us in-person (or virtually)...we are here for you!

Thank you for your service, and I hope you enjoy this issue of "Living Better."

Sharon Coyle, Director

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Butler VA Chaplains journey with Veterans to empower them to identify and connect with their spirituality and with themselves. From chapel services to virtual care, learn more about the many ways Chaplains are available to support Veterans at the Butler VA.



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48 Veterans Compete in Creative Arts

The Butler VA hosted its 4th annual Veterans Creative Arts Festival in September at the American Legion Post 778. 48 Veterans submitted 64 art, 15 creative writing, and 11 music pieces for this year's competition, and 74 of those submissions advanced to compete in the National 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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Refresh & Renew

Caregiver Support Program



Nancy's Story

Nancy has been her husband's caregiver since his massive stroke in June 2015. Prior to that, he was an able-bodied, full of life man full of many retirement dreams. After his stroke, their lives changed in an instant. He has aphasia, apraxia, cognitive deficits, and no use of his right side. Without Nancy's care, he would be in a nursing home.

A Vietnam-era Navy Veteran, he was approved for VA health benefits in March 2016, and the VA reached out to Nancy shortly after that about the Caregiver Support Program. Nancy has participated in many Caregiver programs, including Caregiver Health and Well-being coaching. The program helped her improve her overall health and well-being by setting goals over time, and ultimately meeting them.

Supporting Caregivers Like Nancy in November... and all year long!

November is a special time for the Caregiver Support Program (CSP) as they celebrate National Family Caregivers Month (NFCM). It's a meaningful opportunity to recognize and honor caregivers like Nancy, who dedicate time and energy to supporting Veterans.

The Butler VA hosted a special "Caregiver Carnival" in November to celebrate and honor its enrolled family caregivers. The event included carnival snacks, games and activities. Respite care was provided onsite for Veterans so Caregivers could enjoy the day and take a break for themselves.

CSP understands the challenges and rewards of caregiving and is here to provide needed support. This year's theme, Caregiving: Refresh & Renew, reflects the program's mission to empower caregivers with resources that nurture physical, emotional, and mental well-being. CSP is dedicated to continually evolving and improving the support offered.

Local Support for Caregivers

The Butler VA Caregiver Support Program offers regular groups for local caregivers. Most of them are available virtually using Webex or by dialing in by phone. A few are also available in person.

Daily

Morning Coffee Corner *(Virtual & In-Person)*
Monday-Friday
9:00AM to 9:30AM

Weekly

Journaling Group *(Virtual)*
Tuesdays
11:00AM to 11:30AM

Afternoon Coffee Corner *(Virtual)*
Tuesdays and Thursday
1:00PM to 1:30PM

Monthly

Mercer VA Clinic Group *(Virtual)*
1st Tuesday of the month
1:00PM to 2:00PM

Dementia Support Group *(Virtual & In-Person)*
1st Wednesday of the month
11:00AM to 12:00PM

Caregiver Health & Wellbeing Coaching (CHWC) Group *(Virtual)*
1st and 3rd Thursday of the month
10:00AM to 11:00AM

Cranberry VA Clinic Group *(Virtual & In-Person)*
3rd Wednesday of the month
1:00PM to 2:00PM

Butler VA Clinic Group *(In-Person Only)*
4th Thursday of the month
10:00AM to 11:00AM

Bi-Annual

Home Maintenance 101 Group *(Virtual)*
Wednesday, September 25
1:00PM to 2:00PM, Spring date TBD.

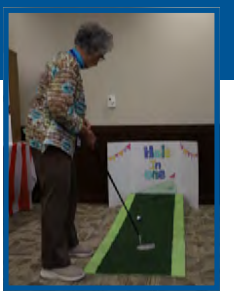
To learn more about these groups, including location information and Webex links, please contact the Butler VA Caregiver Support Program at 878-271-6174. There are also special events, classes, and trainings offered throughout the year. Reach out today to get the support you need: *https://www.va.gov/butler-health-care/health-services/caregiver-program/*.











Strengthening Spirituality

Butler VA's Chaplain Services



Butler VA Chaplains provide compassionate religious care by walking with Veterans, their family members and staff, in accordance with their needs, beliefs, and desires.

Kevin Giles, U.S. Army Veteran first started using the Butler VA's Chaplain services in July 2022 when he started at the Domiciliary. The Butler VA's Domiciliary (Dom) Residential Rehabilitation Treatment Program is a 56-bed care facility for eligible Veterans who deal with a multitude of issues such as homelessness, mental health, substance abuse, and unemployment matters.

"I was homeless, living in the woods in Pittsburgh. I was drinking heavily with high anxiety and low spirituality. Meeting Father Murphy and attending mass in the Community Living Center (CLC) was the best thing that has happened to me," shared Kevin. "I came to truly understand what it means to put my trust in God. I am now working full time in the kitchen at the CLC, where I can spend more time with Veterans. My outlook on things is so different, for the better. My faith has never been stronger."







Kevin encourages other Veterans to give Chaplain services a try. “I was skeptical, but working with Chaplain services, I was able to strengthen my spirituality which in turn improved my mental aspects (anxiety) and physical health (less fatigued).”

For Daryl Lee, U.S. Marine Corps Veteran, faith has always been important to him. Daryl is a resident at Sergeant Joseph George Kusick Community Living Center (CLC). He participates as much as possible in chapel services and appreciates the fellowship at the CLC when gathered as a community.

“When I first got here [the CLC], the Chaplains really helped me work on a few things. They are here for you, if you just use them.”

Like Kevin, he also encourages Veterans to reach out and rely on the Butler VA Chaplains. He expressed that each Chaplain has been a source of support and encouragement in this journey called life.

Butler VA Chaplains journey with Veterans to empower them to identify and connect with their spirituality and with themselves. Chaplains provide chapel services, rituals, rites, and religious sacraments. Weekly chapel services are available to residents at the Community Living Center and Domiciliary.

The Chaplains work closely with staff members and other professional health care disciplines to provide holistic care for Veterans. They facilitate groups, both inpatient and outpatient. Chaplain coverage is available 24-hours a day, particularly in urgent situations and emergencies.

Tele-Chaplaincy is also available for any Veterans at the Butler VA. Veterans may request a Chaplain Consult be placed by their VA provider. From those consults, Chaplains talk to Veterans on the phone, in person and via VA Video Connect (VVC).

“VA Chaplaincy is a unique calling and vocation to journey with our Nation’s Veterans through the ups and downs, the muck and mire -the unknowns- that life can present to us. For me it’s an honor and privilege to walk with someone as they encounter the unknowns in life,” shared Katie McCullough, Chief Chaplain for the Butler VA.

"The unknowns may look like end-of-life decisions, mental health struggles, experiences that evoke an array of emotions such as fear, doubt, shame, and guilt, or perhaps even hopelessness and an uncertainty in life. Amidst it all, there is often a space where the spiritual is highlighted, where people are trying to connect with a deeper sense of meaning and purpose – and this is where Chaplains can accompany people to help them flourish.”

The Butler VA Health Care System is committed to caring for each Veteran’s whole health, which includes the mind, body, and spirit. Each Veteran is unique and connects with their spirituality differently and, in their own ways. The Chaplains at the Butler VA, while all from distinct faith backgrounds, provide spiritual care to all Veterans whatever their beliefs may be.

Learn more about VA Chaplaincy today, call 724-477-5009.

48 Veterans Compete in Creative Arts

4th Annual Veterans Creative Arts Festival



The Butler VA Health Care System hosted its 4th annual Veterans Creative Arts Festival in September at the American Legion Post 778 in Butler, Pennsylvania. The competition included five divisions: music, art, creative writing, drama, and dance. 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.

"Creative Arts can help Veterans recover from and cope with physical and emotional disabilities. We provide regular opportunities for Veterans to help manage their depression, stress, anxiety, pain, etc. through the arts," stated Karen Dunn, Butler VA's Veterans Creative Arts Festival Coordinator.

48 Veterans submitted 64 art, 15 creative writing, and 11 music pieces for this year's competition, and 74 of those submissions advanced 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 in April (2025). With over 6,000 entries in the 2023 competition, winning 1st place is a great achievement.

During the local Veterans Creative Arts Festival, Veterans, their families, and the public were invited to view all the creative art submissions from local Veterans competing this year. Veterans performed their music and creative writing submissions live. Veterans and the community were also invited to vote for the "People's Choice Awards" on the creative art submissions.

THE 2024 PEOPLE'S CHOICE WINNERS ARE

Veteran Lori Ceder
ART
Reminiscing My Childhood

Veteran Christina Griffin
MUSIC
Thank You

Veteran Jon Broadnax
CREATIVE WRITING
Un-Tie My Hands







Christina Griffin, U.S. Air Force Veteran won 'People's Choice' for the music division. She is also advancing to the national competition for her submission titled "Thank You."

"I am grateful to have been a part of Guitar 4 Vets, which gave me the ability to express myself musically. Thank you to everyone that voted. I am truly honored," she shared.

The National Veterans Creative Arts Festival was created in 1989 when the Music Festival and VET ARTS merged. These two competitions started in 1981 which means Veterans have been competing for over 40 years. Since 2000, the American Legion Auxiliary has co-presented the National Veterans Creative Arts Festival, alongside the Department of Veterans Affairs. This year, local American Legion Auxiliary Post 778 sponsored the Butler VA's local Veterans Creative Arts Festival.

"We have had increases in participation and national 1st place winners over the last three years and we can't wait to see how our talented Veterans do this year!" added Dunn.

Save the Date for the 2025 Butler VA Creative Arts Festival—August 12, 2025!

Learn more: *https://department.va.gov/veteran-sports/national-veterans-creative-arts-festival/*.

hot TOPICS

Breast cancer services and resources available at the Butler VA

One in eight women will be diagnosed with breast cancer in their lifetime and over 1,200 Veterans enrolled in VA care receive this diagnosis each year. Regular screenings, like mammograms, can identify cancer in its earliest stages when it is most treatable, allowing for a wider range of treatment options.

VA uses the American Cancer Society's breast cancer screening guidelines and recommends that all women begin getting yearly mammograms by age 45. Women 55 and older can switch to a mammogram every other year or they can choose to continue yearly mammograms.

VA provides comprehensive health services from breast screening mammograms to cancer treatment, supporting women through routine preventative care and recovery. VA offers the following breast cancer support and resources:



The Butler VA's Fire Department supported Breast Cancer Awareness Month throughout October

- *Breast cancer screening (including mammograms, ultrasounds, and MRI).*
- *Breast biopsy and surgery.*
- *Cancer diagnosis and treatment.*
- *Full-service oncology (the study and treatment of tumors).*
- *Connection to clinical trials.*
- *Mental health care.*

Reach out to your Butler VA Provider or the Women's Health Team today to schedule a screening.



Volunteer Drivers Needed!

Thank YOU to the Disabled American Veterans (DAV) for two new vans for our local Veterans.

The Butler VA is currently recruiting volunteer drivers for the counties of Armstrong, Butler, Clarion, Lawrence, and Mercer. Volunteer drivers allow Veterans who have no (or limited) transportation resources get to and from their VA health care appointments.

If interested, call the Butler VA's Center for Development & Civic Engagement (CDCE) at 724-477-5010 for more information and an application.

Mobility device repair services available for Veterans

Do you need repairs for a VA-issued custom wheelchair, manual wheelchair, powerchair, or scooter?

VA has partnered with Scootaround, the nation's leading personal transportation solutions company, to provide a single point of contact for the repair of VA-issued wheelchairs, powerchairs, and scooters. This best-in-class repair service provides Veterans with access to fast and efficient repairs and superior customer service.

Call: 1-888-583-VETS (8387), 8 a.m. to 6 p.m. ET, 7 days a week

No consult or appointment required.

Submit a repair request 24/7 online: *scootaround.com/va*

Once you've submitted your repair request, Scootaround will reach out and arrange a time and location to complete the repair.

Prepare for VA's secure sign-in changes

In 2025, you'll have 2 secure sign-in account options (Login.gov and ID.me) for all VA websites and apps. The My HealtheVet option will be removed after January 31, 2025, and the DS Logon option after September 30, 2025. You'll still be able to use your My HealtheVet health portal—you'll just need to sign in to it with a Login.gov or ID.me account.



How to create a Login.gov account for VA:
https://www.va.gov/resources/how-to-create-a-logingov-account-for-va/

How to create an ID.me account for VA:
https://www.va.gov/resources/how-to-create-an-idme-account-for-va/

Want in-person help? Stop by the Butler VA's Virtual Health Resource Center (VHRC) Monday-Friday from 9am-3pm (walk-in's welcome!). The VHRC is located in Veteran Business Services (adjacent to the main lobby at the Abie Abraham VA Clinic)





Veterans: Practice Your Way to a Smoke-Free Life

Now is the perfect time to try to stop smoking, even if you've tried before.

For many who smoke, it takes multiple attempts to stop smoking permanently. The good news is that every time you try to stop smoking, every time you skip a smoke break, and every day you go without smoking, you practice coping with the cravings and learn what works for you.

In a 2023 VA survey, 77% of Veterans who had ever smoked reported that they had successfully stopped smoking for good. But VA knows it's not easy to stop, so VA has made more tobacco use treatment options available to you than ever before.

The truth is, stopping smoking isn't easy. Nicotine withdrawal can start within a few hours of smoking your last cigarette. But VA provides many types of treatment and support to help you manage withdrawal and overcome other obstacles. These include:

- Counseling. VA offers group and individual counseling to talk about everyday tobacco use, triggers for smoking, and lifestyle changes that can help you 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 health care provider a secure message to learn more about your options.
- Medications. To help relieve nicotine withdrawal symptoms and cravings, VA offers medications approved by the U.S. Food and Drug Administration. These include prescription medications and nicotine replacement therapy, like nicotine patches, gum, and lozenges, to help you quit. Your VA health care provider can help you decide which one, or combination, is likely to work best for you.
- Quit VET. You can call 1-855-QUIT-VET (1-855-784-8838) for counseling and help with developing a plan to stop smoking. Quit VET coaches offer counseling in English or Spanish and offer continued support through follow-up calls.
- SmokefreeVET. For tools and tips to stop smoking, sign up for SmokefreeVET by texting VET to 47848. SmokefreeVET provides regular text messages and extra support when you have cravings.

The Butler VA is extending our celebration of the Great American Smokeout. Visit us in the Abie Abraham Clinic, Main Lobby from 10am-2pm on December 9, 2024 or January 15, 2025! Or contact a Tobacco Cessation Clinician directly: 878-271-6216.

SHARING STORIES AND NEWS FROM VETERANS TO VETERANS

Vet Chat

Thank You Veterans



Each November, the Butler VA Health Care System joins the nation in celebrating National Veterans and Military Families Month, and Veterans Day every November 11.

To kick off the month, the Butler VA held its annual wreath ceremony. The wreath symbolizes Butler VA's ongoing respect and undying gratitude to all Veterans and Service Members and their families who stand stoically by their side.

Presiding over this year's event was Chief of Staff Dr. Aref Rahman and Associate Director of Patient Care Services Melissa Achtziger. The wreath was presented by Jim and Mary Ann Valentine. Jim served in the U.S. Army and is a Vietnam Veteran. Both have been volunteering at the Butler VA for over two years.

On Veterans Day, Butler VA staff and families participated in the annual Butler County Veterans Day Parade in downtown Butler.

"This Veterans Day, we recommit to honoring America's Veterans and renewing our obligation to fulfill President Lincoln's charge to care for those "who shall have borne the battle" and their families, caregivers and survivors. On Veterans Day, and all year long, I extend my thanks to our Nation's Veterans," shared Sharon Coyle, Butler VA Director.

During November and all year long, the Butler VA honors all Veterans and extends our gratitude for their service. Thank you Veterans!



VETERANS SERVING VETERANS



Butler VA's Health Benefits Assistant and U.S. Air Force Veteran Jeffrey McCullough

"I am so blessed to work here because I get to assist Veterans in utilizing their benefits. I experienced firsthand the major disconnect between the military and any of the benefits that come with it. I am able to connect Veterans with resources that assist with healthcare, education, and monetary needs."

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

Q&A What You Should Know About a Safe A1C Goal

November is National Diabetes Month! Take steps to manage diabetes and prevent diabetes health problems with support from the Butler VA.

Q. ***I thought my A1C goal should be less than 7%. Why are you changing that advice?***

A. Healthcare providers want to be sure you have the best possible healthcare. Current studies suggest that your A1C goal should match your lifestyle and what is important to you.

Q. ***I feel fine even though my A1C is less than 7%. Why might that be a bad thing?***

A. It is best to always be able to feel low blood sugar. If you are not feeling low blood sugar, this could lead to low blood sugar levels that are unsafe. Always tell your healthcare provider about low readings, so they can discuss a change in your plan with you.

Q. ***Am I taking my diabetes medications at the right time? Should they be taken with or without a meal?***

A. Some diabetes pills can cause low blood sugar if taken at the wrong time. Take them when your medicine label says to and discuss any concerns with your healthcare team.

Q. ***How does it help me to have higher A1C?***

A. Higher A1C levels will reduce the risk of low blood sugars during the day and in the middle of the night. Low blood sugar (hypoglycemia) may cause falls, accidents, and serious problems during your sleep. Higher A1C levels will also lower stress on your heart.

Take the interactive diabetes tool on the Veterans Health Library

https://veteranshealthlibrary.va.gov/DiabetesDecisionAidTools/

Think about exploring the decision aid tool on managing your A1C. This tool can help you:

- Learn more about what an A1C target range is managing diabetes
- Explore different strategies for managing your diabetes
- Identify your healthcare goals and what's important to you in setting your A1C target range.

Source: Veterans Health Library

Who's Who?

JOHNNA CONROY & TINA DAVIS

WOMEN'S HEALTH



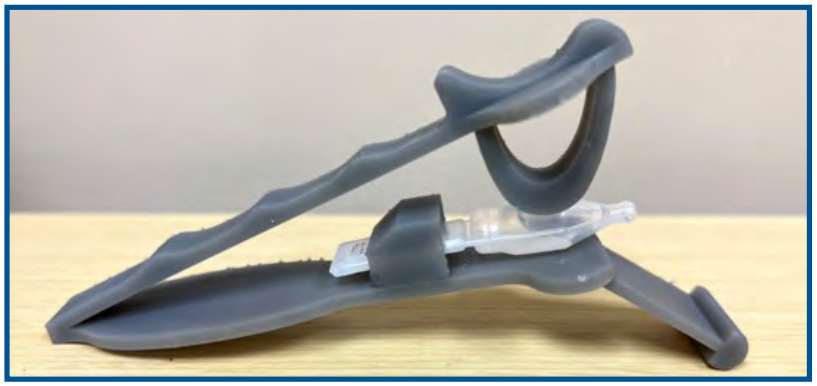
The Butler VA recently welcomed two new members to the Women's Health team— Johnna Conroy and Tina Davis.

Johnna Conroy serves as the Women Veteran Education and Outreach Coordinator. She is responsible for providing competent, evidence-based Women Veteran and LGBTQ+ education, outreach and Women's Health nursing support for patients seeking complex gynecology care.

Tina Davis serves as the Women Veteran Program Support Assistant. She supports the unique needs of Women Veterans by coordinating care, managing appointments, and assisting with program-specific initiatives. Additionally, she works as the liaison with Veterans, staff, healthcare providers, and community partners to ensure timely access to gender-specific resources and services.

If you would like more information about women's health at the Butler VA, reach out to Tina or Johnna, or learn more at: *www.va.gov/butler-health-care/health-services/women-veteran-care/.*

HEALTH TECH – NEW TOOL FOR EYE DROPS



Dr. Julie Schallhorn, an ophthalmologist at the San Francisco VA, saw a common struggle amongst her patients, particularly those with less strength and dexterity in their hands: administering eye drops was a pain.

Administering eye drops can be a common yet frustrating challenge, especially for those using preservative-free formulations in single-dose vials. Achieving precise positioning over the eye while squeezing out a small drop is often difficult, with near misses causing the drop to run down the cheek and wasting medication. For individuals with disabilities like Parkinson's, these challenges are even more pronounced, often leading to early discontinuation of treatment, which can result in long-term health complications.

"It is difficult to see patients who are suffering and are not served by the current options," explained Shallhorn. "This was the major motivation for me!"

So Schallhorn used her bioengineering training to invent a device that makes administering eye drops much easier. Her prototype was made from a single piece of plastic that used a hammer-shaped handle to squeeze out a single drop of fluid while a stabilizing bar rests on the patient's cheekbone. The cheekbone is always a uniform distance from the eye, regardless of gender or race, so Shallhorn knew her device would work for any adult.

All she needed was a vehicle to get her prototype to market -- to be exact, the Veterans Engineering Health Innovations Center, Louis Stokes Cleveland VA Medical Center (VEHICLE). As part of the Technology Transfer Assistance Program (TTAP), VEHICLE focuses on the clinical needs of Veterans with disabilities. There, Schallhorn teamed up with program manager Stephanie Nogan Bailey. Bailey's expertise is in executing clinical research protocols and device development. She also has an appreciation for the daily challenges faced by Veterans with movement disorders.

The two worked together to create a second prototype with an ambidextrous, contoured grip and a wider area where the device stabilizes on the cheekbone. They also created a more secure, easier-load receptacle for the vial that loaded from the front, rather than the side, and made the whole device out of a non-slip material. When placed against the patient's face, this dispenser ensures steady and safe delivery of the eye drops.

Meanwhile, ORD's Technology Transfer Program (TTP) began working on patenting and marketing. They developed a marketing plan that explored the potential customer base for the device and what is currently available on the market. Specifically, they explored how the device would help the expanding numbers of people with Parkinson's disease and the ever-growing aging population.

The market research from TTP and design help from VEHICLE allowed Schallhorn to submit a patent for the device. TTP then developed a licensing and intellectual property agreement, which led to the device being licensed to RAIN Eye Drops, an online company selling preservative -free eye drops. The dispenser device will be included with each new RAIN Eye Drops subscription.

Source: VA Research Currents

HEALTH TASTES



Ingredients

- ½ cup lowfat (1%) milk
- ½ medium apple, cut into ¼- to ½-inch chunks (about ½ cup)
- ⅓ cup uncooked old fashioned (rolled) oats
- 1 large egg
- 1 teaspoon sweetener (e.g. honey, maple syrup, brown sugar)
- ¼ teaspoon ground cinnamon

Directions

Add the milk, apple, oats, egg, selected sweetener, and cinnamon to a microwave-safe bowl or large mug. Stir with a fork to combine. Microwave on high (default power) for two minutes, then stir with the fork. Continue cooking until creamy, about 30-60 seconds. Serve warm.

Serving Size: 1 batch
Servings: 1

Source: *VA Nutrition*

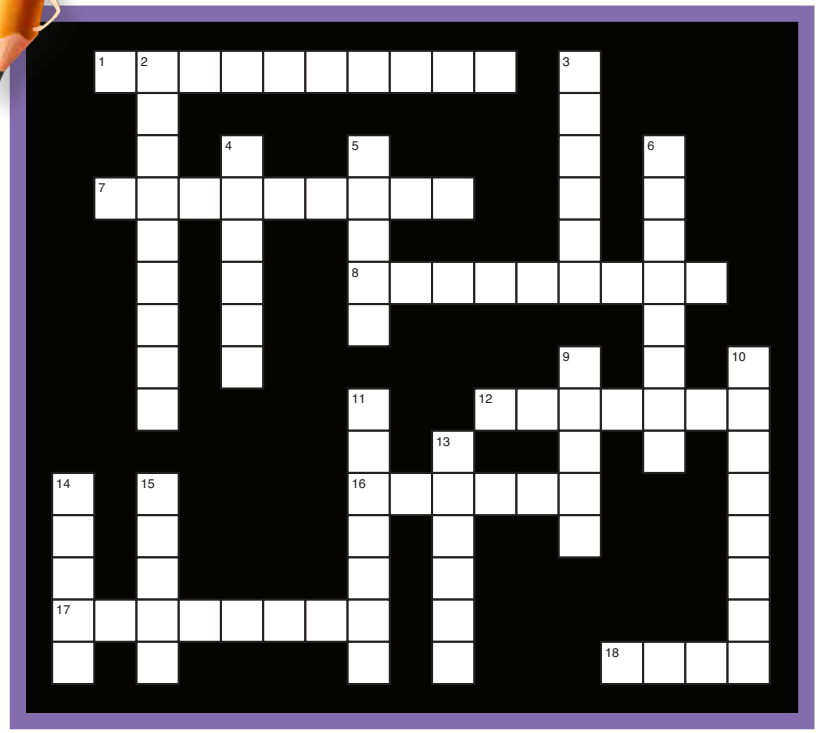
Calories: 235 ★ Fat: 6.5g ★ Fiber: 4.5g ★ Protein: 11.5g

Crossword



Improve your memory

There can be both physical and mental health benefits of doing crossword puzzles, especially for older adults! For instance, memory and thinking skills may improve with regular crossword practice. Give it a try!



Across

1. Sky-at-night observer
7. Observatory instrument
8. Planet beyond Sol's grasp
12. Attractive force
16. Mars or Neptune, e.g.
17. All there is
18. Space Race goal

Down

2. Exploding star
3. Solar halo
4. Falling star
5. Halley's ____
6. Body in a belt
9. Terra firma
10. Lightest element
11. Largest of the planets
13. Milky Way, e.g.
14. Evening star
15. Planet's path

HEALTH tip



HEALTH TIP
PAY ATTENTION TO YOUR SURROUNDINGS

Safe, stable, and comfortable surroundings have a positive effect on your health. Surroundings include where we live, work, learn, play, and worship — both indoors and out. People who pay attention to their surroundings have a better chance at being healthier and happier.

VA | 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
x.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.

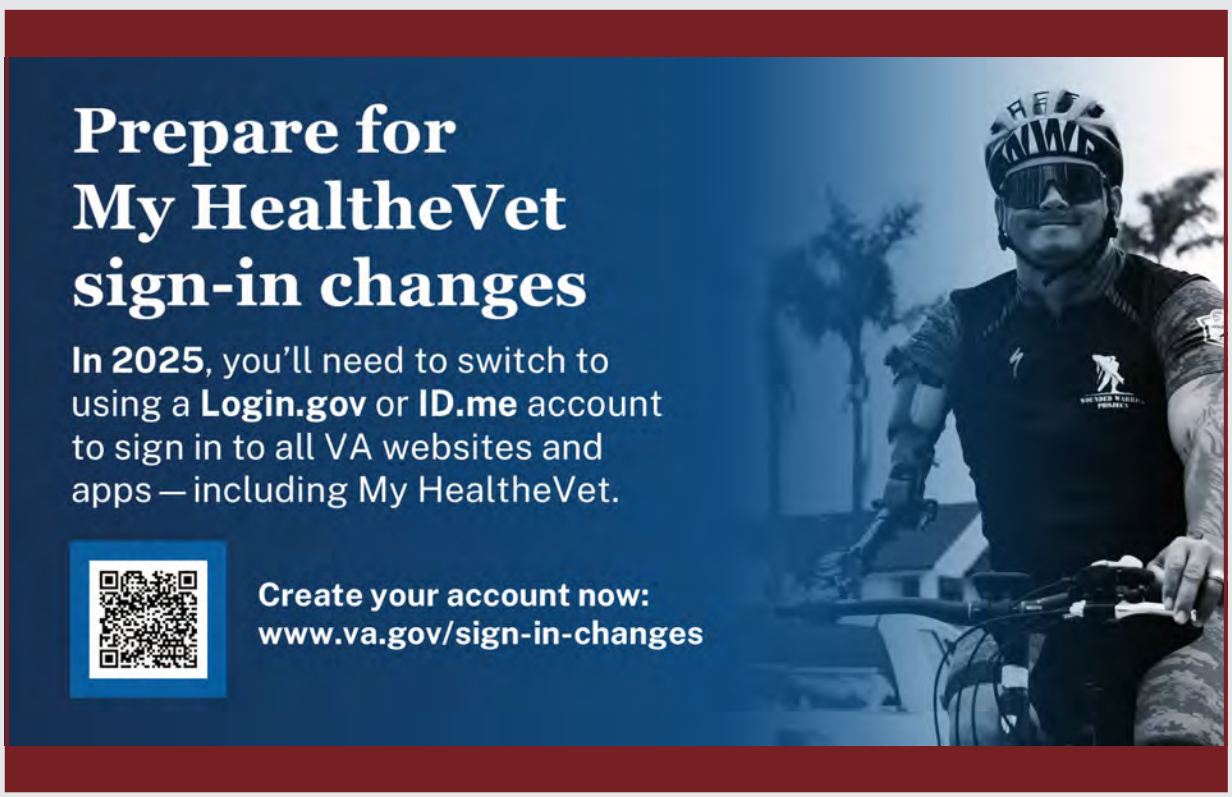
Refer a Buddy

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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 ChooseVA.

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Living Better Magazine is published quarterly for Veterans, employees, volunteers, and friends of Butler VA Health Care System. For content questions, contact Amanda Kurtz at amanda.kurtz2@va.gov.
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