

LIVING Better

A Butler VA Quarterly Magazine

winter 2020



what's inside?

new program for
lower back pain

6

choose va

8

prevent lyme disease

12

vet chat

14

health tech, tips & tastes



BUTLER VA HEALTH CARE SYSTEM'S WINTER HIGHLIGHTS



1 Representatives from the Bantam Marine Corp League visited VA Butler's Community Living Center (CLC) with representatives from Berkshire Hathaway to pick up the toys that the CLC Veterans donated to the U. S. Marine Corps Reserve Toys for Tots Program!

4 It was a packed room for the 2019 Veteran X commencement ceremony at the American Legion Post 778. Attendees enjoyed dinner, a keynote speaker and award presentations.

7 The Butler VA celebrated National Salute to Veteran Patients Week, Feb 9 -15, 2020. New for this year, a "Valentine Tree" to celebrate and recognize our many deserving Veterans.

2 The Butler VA held a Holiday Stress Management Event in December where participants took advantage of free gift wrapping, Reiki, aromatherapy, hand massages, virtual reality, coloring books for stress relief, and much more.

5 The Butler VA hosted a guest speaker as part of the Martin Luther King, Jr. Day Celebration on Monday, January 21, 2020. Veterans and VA employees brainstormed and created dialogue consistent with this year's theme "Remember! Celebrate! Act! A Day On...Not a Day Off."

8 In February, the Butler VA held employee town halls, and recognized staff members for their hard work and commitment to Veterans and their families. Keep up the great work!

3 The Slippery Rock High School Chamber Singers were back for the monthly Music is Medicine Hour in December. The Butler VA is looking for volunteers for the monthly Music is Medicine Hour. Please call 878-271-6484 if you would like to share your musical talents with our Veterans and employees.

6 Women Veterans participated in Ladies Night Out in early February. A special thank you to the Butler Branch of Dress for Success Pittsburgh for outfitting our Women Veterans for the I Am Not Invisible - Women Veteran Photography Campaign photo shoot.

9 The Butler VA's personal trainer is helping Veterans get fit in the New Year! She is available weekly in the Wellness Center. For more information and to pre-register (required), please call the Butler VA's health promotion and disease prevention program manager at 878-271-6484.

cover photo

U.S. Air Force Veteran Steve Homison works out weekly in the Butler VA's Wellness Center. Interested in getting fit in the New Year, join him! Call 878-271-6484 to get started.



Dear Veterans, family members, employees, volunteers and friends of the Butler VA,

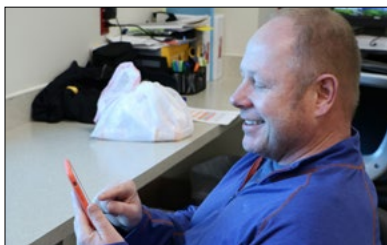
I'm honored to serve as the new interim director for the Butler VA Health Care System. I serve as the deputy director of VA Pittsburgh Healthcare System (VAPHS). As deputy director, I oversee many of VAPHS' operational roles.

The Butler VA continues to provide excellent care to our Veterans, and I can't wait to meet with you in the coming weeks to hear your questions, concerns, etc. Thank you for your service and sacrifice. I look forward to serving and seeing you soon at the Butler VA.

Barbara Forsha,
Interim Director

C O N T E N T S

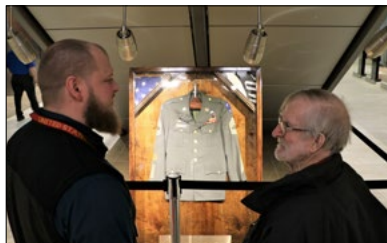
Winter 2020



pages 4-5

New Program to Help Veterans with Lower Back Pain

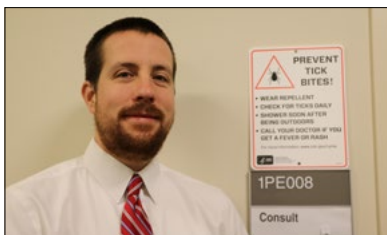
The Butler VA Health Care System developed and is now piloting a protocol in the Annie Mobile Application (Annie) to assist Veterans struggling with lower back pain.



pages 6-7

Choose VA

The Butler VA wants all Veterans to know what choices they have, and the services they have access to when they choose VA. Read what Retired Master Sergeant of the U.S. Marine Corps John Lemro and U.S. Army Veteran Chris Schove have to say.



pages 8-9

Prevent Lyme Disease

The Butler VA is the first VA facility to offer Veterans a pharmacist-run Lyme disease post-exposure prophylaxis clinic. Butler VA Pharmacist David Portman had an article published detailing the process and success of the clinic.



pages 14-15

Health Tech, Tips & Tastes

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

and more...

Winter Highlights

page **2**

Hot Topics

page **10**

Vet Chat

page **12**

Cervical Cancer Knowledge Quiz

page **13**

Who's Who – Anne McKee

page **13**



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New Program to Help with Lower Back Pain

The Butler VA Developed a New Protocol in the Annie App



The Butler VA Health Care System developed and is now piloting a protocol in the Annie Mobile Application (Annie) to assist Veterans struggling with lower back pain. After being tested at the Butler VA, the goal is to introduce the protocol nationwide.

Annie is a Short Message Service (SMS) text messaging capability that promotes self-care for Veterans enrolled in VA health care. Veterans and their VA clinicians work together to establish a personalized care plan. Annie helps Veterans stick to their plan by sending them reminders to track their own health data and engage in the prescribed health activities needed to meet their health goals.

“Our goal for creating a lower back pain protocol with the national Annie development team grew out of a need we saw in physical therapy for Veterans struggling with low back pain,”



James Goodman, U.S. Navy Veteran



Larry Ziegler, U.S. Army Veteran

5

said Sean Karr, a physical therapist at the Butler VA. “If we can help the Veteran increase physical therapy compliance, we are one step closer to helping the Veteran achieve positive results.”

Butler VA’s physical therapy department utilizes system protocols to send automated messages on a specific schedule to enrolled Veterans. Annie protocols prompt Veterans to engage in exercises to assist with their established treatment program.

“We are pleased to be a part of the initial testing of this new Annie protocol and it is our hope that it will remind and inspire Veterans with lower back pain to do their exercises,” added Karr.

“I like the morning reminders to do my exercises. It keeps me focused on my recovery,” said retired U.S. Navy Veteran James Goodman, one of the Veterans enrolled in the pilot

program. “With work and my busy family schedule, the app only takes a second and you’re reminded about your physical therapy. I must admit the app works for me.”

U.S. Army Veteran Larry Ziegler also is utilizing the new protocol in conjunction with aqua therapy at the Abie Abraham VA Clinic. For him, motivation is the most helpful.

“The Annie App motivates me. I get messages early in the morning and it motivates me to do the exercises they want me to do at home,” said Ziegler.

Veterans interested in learning more about Annie can talk to their health care team at the Butler VA or visit <https://mobile.va.gov/app/annie-app-veterans>.

<https://mobile.va.gov/app/annie-app-veterans>

Choose VA

The Butler VA wants all Veterans to know what choices they have, and the full range of services they have access to when they “choose VA.” Retired Master Sergeant of the U.S. Marine Corps John Lemro and U.S. Army Veteran Chris Schove recently chose VA for their health care needs after attending the Operation Heroes Veterans Forum at Saint Barnabas.

John Lemro Chooses VA

Lemro received notifications for several years encouraging him to register because of the Camp Lejeune water contamination health issues. While at a Veteran outreach event, he shared his concerns with the Butler VA’s customer service specialist, Steve Jensen, and ultimately made an appointment at the VA.

6

“I had incorrectly assumed that I would just be doing paperwork to register for the Camp Lejeune water issues. But, when I went to the Butler VA, by the end of the afternoon, I had already registered and gotten a physical. It was pretty amazing. Same day.”

Lemro also had concerns about his hearing, so he set up an appointment for that while at the VA on his first day, and ended up receiving hearing aids soon after.

“I was really surprised, honestly. I had been blowing off the Camp Lejeune notifications for a while. I thought it would be such a hassle and process. And before I knew it, I had VA health care, a physical, and new hearing aids.”

“I think sometimes there is bad information out there about the VA. I never experienced any of that. Everyone I talked to was helpful, answered all my questions, concerns, etc. I would definitely encourage all Veterans to go in and apply.”

Lemro shares this advice with his fellow Veterans: “If you’re having any type of problem, don’t hide in the background. Apply. Don’t suffer in silence.”

Chris Schove Chooses VA

One of Schove’s friends bugged him for years to go to the VA. Schove ended up attending the same Veteran outreach event as Lemro, and met Jensen who offered to show him around the Butler VA.

“I stopped up and Steve toured me around. I found out I was eligible. Since then I’ve gotten a physical, hearing aids, and physical therapy. I am so impressed with the place. They’ve been great—far better than I ever expected!”

Schove is very happy with his VA experience to date and now volunteers at VA too to help serve fellow Veterans.

“I don’t mean to keep repeating myself, but I have just been so happy with everything. Everybody that I know that is a Veteran, I tell them they’re crazy if they don’t come check it out. Give them a try.”

www.choose.va.gov

Call us - 800-362-8262!

Check us out online – www.butler.va.gov!
Or, stop by for a visit! Visit us at our main facility in Butler, or one of our five VA Outpatient Clinics in Armstrong, Southern Butler County (Cranberry Township), Clarion, Lawrence and Mercer Counties. Already enrolled? Bring a buddy to your next appointment so he or she can learn more and “choose VA.”

Butler VA's Customer Service Specialist, Steve Jensen (right)
with U.S. Army Veteran Chris Schove (left)



Prevent Lyme

Butler VA's Lyme Disease Clinic Gains National Attention

The Butler VA Health Care System is the first VA facility nationwide to offer Veterans a pharmacist-run Lyme disease post-exposure prophylaxis clinic. Butler VA pharmacist David Portman, Pharm.D., BCPS, submitted an article to the "Journal of the American Pharmacists Association" (JAPhA) detailing the process and success of the clinic, and the article was selected for publication.

8 "Over the last decade we worked diligently to make the Butler VA Health Care System a pioneer and leader in outpatient antimicrobial stewardship. I am excited to share some of our results with the rest of the nation," said Portman.

With the clinic, if a Veteran presents with a tick-bite, a VA pharmacist will walk them through the process to evaluate their need to start preventative treatment within 72 hours of tick removal. If needed, medicine may be prescribed to help prevent the onset of Lyme disease.

U.S. Marine Corps Veteran Robert McClain utilized the clinic for the first-time last spring as a walk-in. While at a previously scheduled appointment, he asked about a tick bite from the day before as it was red and sore.

"That same day, they sent me to see a VA pharmacist who was very knowledgeable about tick bites. She got me two pills to take. After taking the medication, everything went away," shared McClain.

"We live in the woods. It's not my first rodeo with ticks," added McClain. "I was surprised the VA has an area to be treated for this separately. It's nice to know it's available!"

There is more tick-borne disease in Pennsylvania than any other state in America according to the Centers for Disease Control and Prevention. The last two years, Butler County had the highest number of Lyme disease cases in all of Pennsylvania.

"A pharmacist-run Lyme disease post-exposure prophylaxis clinic, coupled with academic detailing, has increased access to care and improved the quality of care received," said Portman.

Veterans interested in learning more, may contact their primary care team or the Butler VA's pharmacy department directly.



Tick season will be here soon! What can you do to protect yourself?

You can decrease the chances of being bitten by a tick with a few precautions.

- 1. Avoid tick-infested areas.** This is especially important in May, June, and July. Many local health departments and park or extension services have information on the local distribution of ticks. If you are in tick-infested areas, walk in the center of trails to avoid contact with overgrown grass, brush, and leaf litter at trail edges.
- 2. Use insect repellent.** Spray repellent containing a 20% concentration of DEET on clothes and on exposed skin. Treat clothes (especially pants, socks, and shoes) with permethrin, which kills ticks on contact, or buy clothes that are pre-treated. Permethrin also can be sprayed on tents and some camping gear. Do not use permethrin directly on skin. Always follow the manufacturer's instructions when applying repellent.
- 3. Perform daily tick checks.** Always check for ticks after being outdoors, even in your own yard. Because ticks must usually be attached for at least a day before they can transmit the bacteria that cause Lyme disease, early removal can reduce the risk of infection. Inspect all body surfaces carefully, and remove attached ticks with tweezers. Avoid crushing the tick's body. **DO NOT** use petroleum jelly, a hot match, nail polish, or other products. Grasp the tick firmly and as close to the skin as possible. With a steady motion, pull the tick's body away from the skin. Do not be alarmed if the tick's mouthparts remain in the skin. Cleanse the area with an antiseptic.
- 4. Bathe or shower.** Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you. Ticks can get a ride indoors on your clothes. After being outdoors, tumble dry clothing in a hot dryer for 10 minutes to kill any ticks that are attached to clothing.

9

[www.butler.va.gov/
services/Pharmacy.asp](http://www.butler.va.gov/services/Pharmacy.asp)

Butler VA Welcomes New Staff

New Women Veterans Program Manager

Summer Drummond, MSN/ED RN, CCRC, CCRP, is the Butler VA's new Women Veterans Program Manager (WVPM). Drummond began her nursing career on a neuro/trauma unit, then worked in the operating room of a trauma level-one hospital where she assisted all surgical specialties. Next, she worked as a clinical research coordinator, was promoted to clinical research supervisor, and later accepted the role of program manager for clinical research services at the University of Pittsburgh Medical Center (UPMC). As a technical advisor for the Centers for Disease Control and Prevention (CDC), Drummond contributed to research management as well as quality and safety assurance for multiple programs.

She also worked for the past eight years as an adjunct college professor at the Community College of Allegheny County (CCAC). Drummond is a licensed registered nurse and is recognized nationally as a certified clinical research coordinator (CCRC) and certified clinical research professional (CCRP). Drummond holds a bachelor's degree in nursing with a minor in biology and a master's degree in nursing education. She hopes to finish her Doctor of Nursing Practice (DNP) degree in December of 2020.

Contact Summer: Summer.Drummond@va.gov or 878-271-6989.

New Psychology Program Manager

Dr. Lisa Diefenbach, Psy.D, MA, CPRP, is the Butler VA's new Psychology Program Manager for Behavioral Health. Dr. Diefenbach began her VA career in 2010 as the Health Behavior Coordinator and a psychologist working with the PACT teams at the Butler VA. She received her doctoral degree in psychology from Indiana University of Pennsylvania (IUP), and earned two master's degrees in psychology from Marywood University and IUP. She displays commitment to mental health recovery, as evidenced by her attainment of certification in psychiatric rehabilitation.

Dr. Diefenbach has served in multiple positions here at Butler VA over the course of her VA career including most recently as the local recovery coordinator, evidence based practice coordinator, measurement based care champion, mental health suite champion, and clinical supervisor for peer specialists. Her professional goals include improving the experience of mental health care for our Veterans while supporting her colleagues in reaching their professional goals.

Contact Dr. Diefenbach: Lisa.Diefenbach@va.gov or (724) 285-2768.

Harmonicas for Health

The Butler VA Health Care System is now offering Harmonicas for Health, a program created by the COPD (Chronic Obstructive Pulmonary Disease) Foundation and PEP (Pulmonary Empowerment Program) especially for individuals with COPD and other chronic lung diseases.

The main goal of Harmonicas for Health is to encourage Veterans to practice the pursed lip breathing (PLB) technique and to exercise their breathing muscles. When PLB is done regularly, it helps remove carbon dioxide from the lungs. It also helps create more space in the lungs for bigger, fuller breaths.

Harmonicas for Health participants report decreased shortness of breath, increased sputum mobilization, and increased quality of life. Participants do not have to have musical experience to benefit from playing the harmonica.

For additional information and program details, please contact Karen Dunn, the Butler VA's health promotion & disease prevention program manager, at 878-271-6484.



Summer Drummond, MSN/ED RN, CCRC, CCRP



Dr. Lisa Diefenbach, Psy.D, MA, CPRP

Blue Water Navy Vietnam Veterans Act of 2019

Did you serve in the offshore waters of the Republic of Vietnam between Jan. 9, 1962, and May 7, 1975? If so, then you're considered a Blue Water Navy (BWN) Veteran. On Jan. 1, 2020, the Blue Water Navy Act of 2019 went into effect. This act was signed into law on June 25, and extends the presumption of herbicide exposure, such as Agent Orange, to BWN Veterans who served as far as 12 nautical miles from the shore of Vietnam and who have since developed one of 14 conditions related to exposure. Some of these conditions include Type 2 diabetes, Parkinson's disease, and many forms of cancer. You may now be eligible for disability compensation and other benefits. In addition, if you're a Veteran who served in the Korean Demilitarized Zone (DMZ) between Sept. 1, 1967, and Aug. 31, 1971, you also may qualify for compensation and benefits for yourself and your family members.

How do I know if I'm eligible?

The best way to find out if you are eligible is to work with an accredited claims representative or Veterans Affairs (VA) regional office to understand eligibility requirements before filing a claim. You don't need to prove contact with herbicides to be eligible.

More information and resources on the Blue Water Navy Act, eligibility, how to file a claim, and changes to the VA Home Loan Program can be found online:

<https://benefits.va.gov/benefits/blue-water-navy.asp>



Fight the Flu (and other germs)!

The best way to prevent seasonal flu is to get vaccinated, but good health habits can help too. This flu season, fight flu and stay healthy by:

- **Avoiding close contact with people who are sick.**
Protect yourself from getting sick too by keeping your distance from people who are sick.
- **Staying home if you are sick.**
To avoid the spread of flu to others, if possible, stay home from work, school, and errands when you are sick.
- **Covering your coughs and sneezes.**
When coughing or sneezing, cover your mouth and nose with a tissue to help prevent the spread of germs.
- **Cleaning your hands often.**
Clean hands help keep germs away. Use an alcohol hand rub or soap and water.
- **Maintaining a healthy lifestyle.**
Getting enough sleep and exercise, eating a balanced diet, and drinking plenty of fluids are other ways that you can protect yourself from getting sick.

Make sure you and your loved ones are protected against flu by getting the flu shot. Veterans enrolled in VA health care can get a free flu shot by visiting their health care team at the Butler VA.

SHARING
STORIES
AND NEWS
FROM
VETERANS
TO
VETERANS

12
Vet Chat



Taking Charge of My Life and Health

Congratulations to the Veterans that recently completed the Taking Charge of My Life and Health (TCMLH) course! TCMLH is part of the Whole Health Program at the Butler VA.

Veterans participated in the class weekly for eight weeks. They worked on the components of health and well-being, set smart goals, completed a personal health inventory, and much more during the eight weeks. The class is facilitated by the following Veteran Whole Health Peer Facilitators: Eric Walker, Bill Barger, Max Wilson, and Chaplain Ed Rogland.

"The class was eye opening. I never looked at my health this way before. It enabled me to look at everything in my life and health. It was a very good class." – U.S. Army Veteran Rich Riley

"I found the class to be beneficial for my whole body and mind. The approach surprised me. The class was very helpful...like a reboot to stay on top of everything." U.S. Navy Veteran Tom Moone

"This course creates community (camaraderie). The title of the course, Taking Charge of My Life and Health, says it all...it means we have to do it for ourselves." U.S. Army Veteran Larry Conley

"I don't like going to classes normally, but I made good friends. It was a great class." U.S. Marine Corps Veteran Jimmy Hughes

If you are interested in participating in the next Taking Charge of My Life and Health course, please contact Eric Walker at 878-271-6168.



Veterans Serving Veterans

VA operates one of the largest health care systems in the U.S. VA employs highly trained professionals who are dedicated to providing quality health care to Veterans, and many are Veterans themselves! Currently, more than 30% of VA Butler Healthcare's employees are Veterans.

"As Veterans, we develop a camaraderie, regardless of what branch of service we are in. I choose to work for the VA to preserve and continue that camaraderie. I enjoy working with and for other Veterans, and I feel a sense of empathy that I think only another Veteran can understand. It brings me great joy to be among both Veterans and civilians working together to achieve a common goal.**"**

**Advanced Medical Support Specialist and
U.S. Army Veteran Max Wilson**

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

Cervical Cancer

How Much Do You Know?

Cervical cancer was once the number one cause of cancer-related death in women. Due to increased screening, the number of cervical cancer deaths in the United States has dropped by more than 50% since the 1970s, according to the American Cancer Society. Cervical cancer is one of the most treatable cancers if found early. VA encourages you to talk to your primary care provider about cervical cancer testing because early detection can help save your life.

- Cervical cancer is almost always caused by a virus.**
a. True b. False
- Cervical cancer can be prevented.**
a. True b. False
- When should women start getting Pap tests?**
a. At 18 years old b. At 21 years old c. At 30 years old d. When they have sex for the first time
- Women should get a Pap test every year.**
a. True b. False
- Symptoms for cervical cancer include—**
a. Pelvic pain or pressure b. Abnormal vaginal bleeding or discharge c. Abdominal or back pain
d. All of the above e. None of the above
- It is normal to have some vaginal bleeding or spotting after you've gone through menopause.**
a. True b. False
- Cervical cancer can be cured.**
a. True b. False
- The Pap test screens for several different kinds of gynecologic cancers.**
a. True b. False
- Which gynecologic cancer is the most common?**
a. Cervical b. Ovarian c. Uterine d. None of the above

Correct Answers:

1) A 2) A 3) B 4) B 5) B 6) B 7) A 8) B 9) C Source: Centers for Disease Control and Prevention

Who's Who?

ANNE MCKEE
Veteran Experience Officer



Service Level Advocates Are Here to Help!

The Butler VA wants to make sure you get the best care possible. If you have a compliment, suggestion or concern regarding your care, consider talking to a Service Level Advocate (SLA).

SLAs are designated within each department to resolve concerns at the point-of-care (at the lowest level possible). Think “chain of command” for issue resolution. SLAs are the subject matter experts for each department and are dedicated to helping Veterans and their families resolve the issue or concern that is identified, at the point of service.

We want to be sure you have someone to go to with your concerns in a timely manner and to help you receive care. If you need further help getting care or getting your problems resolved, contact the Veteran Experience Office.

Anne McKee is the Butler VA Veteran Experience Officer. Contact Anne at 878-271-6577.



health
tech
tips
tastes

TELEHEALTH QIGONG

Butler VA Health Care System's chiropractor, Dr. Zachary Cupler provided a Qigong demonstration delivered via telehealth to Veterans and members of the Pittsburgh Pirates organization in January.

Qigong, a traditional wellness practice, has been practiced for centuries and predates a similar movement practice called tai chi. Qigong was developed with practical application to enhance health in the context of body focus (posture and movement), breath focus, and mind focus (meditation). Qigong is a

widely practiced form of exercise with numerous health benefits.

Dr. Cupler has been delivering a group Qigong class by telehealth technology to Veterans at the Altoona VA Medical Center on a weekly basis. Thanks to telehealth, Veterans approximately 100 miles away can learn to practice traditional Qigong with Dr. Cupler's expertise.

Qigong can include sitting or standing meditation postures, as well as either gentle or vigorous body shaking. The intent is to enhance

body regulation and through a series of slow, gentle, low-impact movements that incorporate the breath, the mind, and physical activity to achieve greater awareness and a sense of inner peace and well-being.

The benefits of Qigong may include improvement in balance, endurance, and or range of motion, in addition to the promotion of cardiovascular health, joint and muscle health, mental health, and stress reduction.

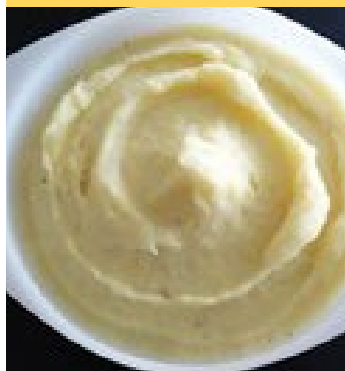
Qigong, along with tai chi are two complementary integrative health (CIH) options for Veterans at VA. They are offered as a complement to medical and specialty care. At the Butler VA, CIH programs are a part of Whole Health, a system-wide transformation of VA health care that places the Veteran at the center of their care, and their health and wellness. At the core of Whole Health, VA strives to empower every Veteran to take control of his or her own health by identifying "what matters most to me." Start a conversation with your health team today about your needs and priorities!

Interested in learning more about Qigong or tai chi? Talk to your health care team today. Additionally, ask about telehealth! We offer many programs and services via telehealth technology.



www.va.gov/wholehealth

Health Tastes - Mashed Cauli-Potatoes



Ingredients

- 1 large potato, diced
- 1 head of cauliflower, chopped
- 4 Tbsp plain yogurt
- 2 tsp unsalted butter
- garlic powder (if desired)
- black pepper

Directions

Put potatoes and cauliflower into a saucepan. Add water until covered. Bring to boil, reduce heat and simmer, covered for 15-20 minutes, or until done when a fork can easily be poked through them. Drain water. Add yogurt and butter. Use potato masher to mash potatoes and cauliflower. Use a strong spoon to beat further, adding more yogurt as needed to achieve the consistency you desire. Season to taste.

*Serving size = ½ cup,
makes 10 servings*

Source: VA Nutrition Services

Fat: 7g ★ Calories: 51 ★ Protein: 2g ★ Sodium: 21mg

Crossword



Boost Your IQ

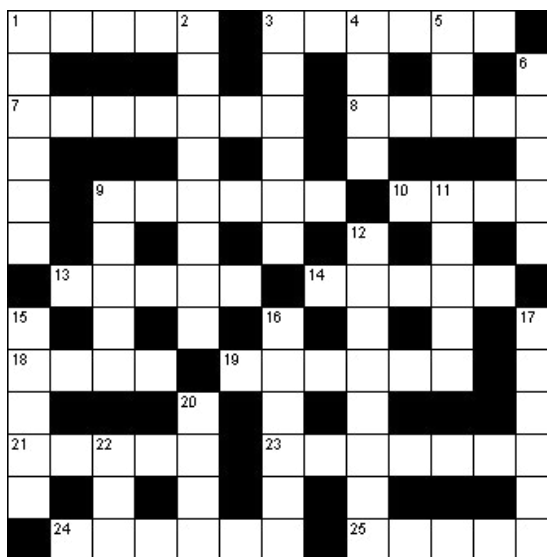
Puzzles can provide improvements to our vocabulary, memory, and overall reasoning. One of the other benefits: They may help raise our IQ! One researcher found that adults could boost their IQ by four points after spending 25 minutes a day playing puzzle games.

ACROSS

1. Rodent (5)
3. European flatfish (6)
7. Arctic whale with spiral tusk (7)
8. Type of duck (5)
9. Carnivorous burrowing mammal (6)
10. Breed of dog (4)
13. Showy parrot (5)
14. Venomous snake (5)
18. Elephant ivory (4)
19. Billfish (6)
21. Small bird (5)
23. Sparrow hawk (7)
24. Musteline mammal (6)
25. Reptile (5)

DOWN

1. Long-tailed primate (6)
2. Spiny anteaters (8)
3. Young hen (6)
4. Simians (4)
5. North Atlantic food fish (3)
6. Corvines (5)
9. Large plantigrade mammals (5)
11. Bird with long legs, neck and bill (5)
12. Shellfish (8)
15. Large wading bird (5)
16. Nocturnal canine mammal (6)
17. Sheepdog (6)
20. Colony insects (4)
22. Drone (3)



HEALTH

tip



HEALTH TIP— SIT LESS

Have fun getting physical in the comfort of your warm home. Don't want to miss your favorite show? Try jogging or skipping on the spot or even just stretching while you watch.

15



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



butler.va.gov



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twitter.com/vabutlerpa



www.butler.va.gov/news/MediaCenter.asp



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 25,000 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.

Bring a Buddy

Know a fellow Veteran not enrolled in VA health care? Bring them with you to your next VA appointment or event. They will need to bring their DD-214 and check in with someone at the reception desk or tell a staff person at an event that your buddy is interested in enrolling for VA health care.

We will take it from there to start the enrollment process.

Meet with a VBA Representative Close to Home

Visit www.benefits.va.gov/pittsburgh/ to learn about upcoming opportunities to meet with VBA representatives in your local community.



DISCOVER
WHAT MATTERS
TO YOU

Live Whole Health.



U.S. Department
of Veterans Affairs

va.gov/wholehealth