

The **Power** of **Prevention**



Veterans' **WELLNESS** 2012

A GUIDE TO HEALTHY LIVING FOR THE VETERANS OF UPSTATE NEW YORK

www.visn2.va.gov ■ ■ ■ ■ ■



VA
HEALTH CARE | Defining
EXCELLENCE
in the 21st Century

Health Is Everything

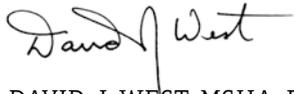
The most important asset any of us has is our health. We also have the power to prevent many of the roadblocks that exist on the road to wellness. With those thoughts in mind, we've designed our *Veterans' Wellness* 2012 calendar to both inform and encourage you. It really is possible to not only live a longer and healthier life, but a happier one as well.

VA's focus is to empower and partner with you, our Veterans, in taking charge of your health. A variety of tools, like the Routine Health Care Monitoring chart, Family Health Tree, and Better Health Checklist, are included in this calendar to help you work with your VA health care providers.

And don't most of us have at least one vice we'd like to change? While altering a behavior may be important, it isn't always easy. The friendly reminders and suggestions featured each month can help you take the necessary steps—even small ones count—toward true change and living healthier.

Here's to a healthy, happy New Year!

Sincerely,



DAVID J. WEST, MSHA, FACHE
Network Director



David J. West
Network Director

*"An ounce of prevention is worth a pound of cure."
— Benjamin Franklin*

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Snap a photo of this icon with your smartphone to get immediate access to our home page. Here you will find information about your health care benefits, VA job opportunities, and the services and programs we have to offer. You can also get a link to our newest mental health video that may help you or a loved one determine if you're having a case of the blues or something more serious, as well as how to address it.



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Self-Treat or See Your VA Patient Aligned Care Team?

In many cases, you can safely treat yourself at home if:

- You're not very sick
- Your symptoms are mild and familiar and haven't been going on for very long
- You ask your pharmacist for advice on which over-the-counter (OTC) medications to take

See your VA Patient Aligned Care Team (PACT) if you have:

- A cold, the flu, or a stomachache that's getting worse
- Unusual symptoms that are chronic or painful
- A sinus infection, a bad sore throat with a fever, or other symptoms you think may require antibiotics
- A temperature of 101 degrees or higher
- Diarrhea or constipation for longer than a week
- Feelings of worthlessness and depression for at least two weeks
- An injury you can't treat yourself but that's not an emergency, such as a sprained ankle

ADDITIONAL GUIDANCE. If you or your spouse is enrolled in VA primary care, you should have received a copy of *Healthwise® for Life: A Self-Care Guide for Veterans* in the mail. This guide provides reliable medical advice, including when to go to the doctor or emergency room for a non-life-threatening condition. If you're still not sure of the medical care you need, contact a member of your VA Patient Aligned Care Team (PACT). If you or your spouse is enrolled, but didn't receive *Healthwise for Life*, please contact a member of your PACT.

Routine Health Care Monitoring

"Life isn't about finding yourself. Life is about creating yourself." – George Bernard Shaw



What It Is	Why You Need It	VA Recommendations	My Vital Statistics
Blood pressure reading	High blood pressure has no symptoms.	Every year after age 18 and at every primary care visit	___/___ mm Hg
Cholesterol profile	Low HDL (good cholesterol), high triglycerides and LDL (bad cholesterol), and high total cholesterol can increase heart disease risk.	Every 3 years if results are acceptable	___mg/dL (total) ___mg/dL (HDL) ___mg/dL (LDL) ___mg/dL (triglycerides)
Influenza immunization	To prevent the flu	Every year for all adults	I got my flu shot: ___/___/___
Pneumonia vaccine	To prevent serious respiratory illness	Once at age 65; sooner for certain medical conditions; single 5-year booster dose recommended if initial vaccine prior to age 65	I got my pneumonia vaccine: ___/___/___
Tetanus and pertussis immunization	To protect against tetanus and whooping cough	CDC recommends Tdap immunization in place of tetanus booster once between ages 19 and 65.	My Tdap was administered: ___/___/___
Breast and cervical cancer screenings	For early detection of precancerous tissue growth and cancer	Annual women's health visit with your provider to determine appropriate mammography and Pap test screenings	I got my mammogram: ___/___/___ I got my Pap test: ___/___/___
Bone density screening	For early detection of osteoporosis	Bone density test routinely after age 65; test at age 60 if increased risk for osteoporotic fracture	I got my bone density test: ___/___/___
Prostate cancer education and screening	For early detection of cancer	Prostate cancer education every year; prostate cancer screening for men older than age 50, if appropriate, until age 75	I received information on prostate cancer: ___/___/___ I got my prostate cancer screening: ___/___/___
Colorectal cancer screening	For early detection of precancerous tissue growth and cancer	Begin screening at age 50 until age 75; may need earlier screening if positive family history.	I got my colorectal cancer screening: ___/___/___
Abdominal aortic aneurysm (AAA) screening	To detect weakened blood vessels	Test once for men ages 65–75 who have ever smoked.	I got my AAA screening: ___/___/___
Hepatitis C screening	Exposure to the hepatitis C virus can harm your liver.	For those with military service during the Vietnam era and those exposed to the virus via sexual contact, tattoos or piercings, blood transfusions prior to 1992, and the sharing of personal items	I got my hepatitis C screening: ___/___/___
Tobacco, alcohol, and depression screenings	Smoking may lead to serious illness; alcohol abuse and depression can spiral out of control.	Every year; your VA primary care staff will identify and treat any psychological issues and help with controlling substance abuse and quitting smoking.	I quit smoking: ___/___/___
Routine eye examinations	To check for glaucoma, cataracts, and other eye diseases	As recommended by your primary care provider based on your medical conditions, family history, or new visual symptoms	I got my eye examination: ___/___/___



Ready, Set, Goal!

Another calendar, another year—and that means a fresh start on achieving the goals that are most important to you. This time around, set yourself up for success with well-thought-out goals and a realistic action plan. Here's how:

- **Look inward.** Set personal goals that truly matter to you. Make changes to please yourself—not someone else.
- **Think small.** Break down large, difficult goals into smaller ones that are easier to keep. For example, if you've been inactive but want to get fit, start by taking a brisk, 10-minute walk three days per week. From there, work up to longer, more frequent walks.
- **Be realistic.** Minor slipups are part of the process. Let's say you resolved to eat a piece of fruit every day at lunch, but skipped Monday and Tuesday. Don't beat yourself up. Just get back on track Wednesday.
- **Make it fun.** To eat healthier, try one nutritious, new-to-you food each week. Try purple potatoes. They're a delicious source of fiber, vitamin C, and phytochemicals that may keep blood vessels healthy. To reduce stress, meet a friend and talk over coffee once a week.
- **Keep track.** Each time you meet a daily goal, circle the date on this calendar. Seeing tangible evidence of your progress is a great motivator.

January 2012

"Be at war with your vices, at peace with your neighbors,
and let every new year find you a better man."
— Benjamin Franklin

SUN	MON	TUES	WED	THURS	FRI	SAT		
1 New Year's Day		3 Share your goals with friends and ask them for support.	4	5	6 Wear a pedometer to track activity and stay motivated. Aim for 10,000 steps a day.			
8	9	10	11	12	13	14		
15	16 Martin Luther King Day	17		19 Eat breakfast to curb your appetite later in the day. Avoid foods high in sugar.	20	21		
22	23 Chinese New Year	24	25	26	27	28		
29	30	31	November 2011 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		December 2011 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		February 2012 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	



Manage your time better by using a daily to-do list, prepared the night before.



Write down your goals for this year:

The Power of Prevention

How can you live a longer, healthier, and happier life? Make good lifestyle choices today and find ways to prevent problems tomorrow. One way to do both is to have regular exams and screenings that can help you identify potential health issues like diabetes and cancer. Another way is with immunizations, such as the flu shot. An added bonus—this type of preventive care may save you money in the long run.

In addition to the preventive measures on the **Routine Health Care Monitoring** chart (see inside front cover), consider the following:

- **Blood glucose test.** Starting at age 45, have your blood sugar tested every three years to screen for diabetes.
- **Skin cancer exam.** If you're age 20 or older, have periodic exams by your doctor and perform monthly self-exams.
- **Measles, mumps, rubella (MMR) immunization.** If you were born during or after 1957, consider this shot. A second dose is recommended for some at-risk adults, including college students and travelers to foreign countries.



February 2012

"It always seems impossible until it's done."
 — Nelson Mandela

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<p>5</p> 		<p>7</p> <p>Help keep your bones strong; limit your alcohol and sodium intake.</p>	<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p>																																																																																				
<p>12</p> <p>Lincoln's Birthday</p>	<p>13</p>	<p>14</p> <p>Valentine's Day National Donor Day</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>																																																																																				
<p>19</p>  <p>Presidents' Day Washington's Birthday</p>	<p>20</p>	<p>21</p>	<p>22</p> <p>Ash Wednesday</p>		<p>24</p> <p>Guard against skin cancer—apply sunscreen year-round.</p>	<p>25</p>																																																																																				
<p>26</p>  <p>Try fresh or dried fruit on your cereal, instead of sugar.</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>DID YOU KNOW?</p> <p>The Million Veteran Program (MVP) is an important partnership between VA and Veterans. The goal is to improve health care for Veterans by better understanding how genes affect health and illness. Volunteers are needed. To participate, call 1-866-441-6075. Learn more at www.research.va.gov/mvp.</p>																																																																																						
 <p>KNOWING YOUR FAMILY'S HEALTH HISTORY could help you understand and reduce your risk for disease. To get started, fill out the Family Health Tree in the back of this calendar.</p>																																																																																										



Partners in Wellness

Research shows that people who are actively involved in their medical care live longer, healthier lives. One way to be an active patient is to use the time you have with your VA provider wisely.

Write down questions before your appointment. During your visit, ask questions and openly discuss health and lifestyle concerns. Be open about where you live, alcohol and/or tobacco use, your diet, and sleeping habits, as well as family problems and sexual issues. You should also mention any major life changes that have occurred since your last visit, such as a divorce or the loss of a loved one.

Just because you should share this important information, doesn't mean it's always easy. Remember, your provider has likely heard similar concerns from others and is there to help you. Talking openly will help your provider make a diagnosis and create a treatment plan that's right for you.

If you're not sure how to start a conversation, these sample questions may help:

- I'm finding it hard to stop after one or two drinks. What treatments can help me with this?
- I know that this condition (or medicine) may impact my body in many ways. Will it affect my sex life?
- Things have been stressful since I became ill. What can I do to help improve the situation for my family?

March 2012

"Take care of your body. It's the only place you have to live."
— Jim Rohn

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4		6	7	8	9	 <p>Fill prescriptions at one pharmacy so there's a central record of your medications.</p>
11	12	13	14	15	16	17
Daylight saving time begins		Good Samaritan Involvement Day				St. Patrick's Day
18	19	20	21	22	 <p>Ask your VA PACT about QuitSmart—VA's smoking cessation program.</p>	24
25	26	27	28	29	30	31
 <p>Make the most of your VA appointments. Take notes and ask for information about your condition.</p>						



HAVE YOU MET YOUR VA PATIENT ALIGNED CARE TEAM (PACT) YET?
Don't wait—schedule your annual physical. When it's time for your exam, fill out the **Better Health Checklist** in the back of this calendar and take it with you.

Be Mindful of Your Mood

People have a profound effect on each other's happiness. Your happiness may boost the happiness levels of close neighbors, friends, and relatives. Take steps to actively increase your happiness and you might make others happy as well. Here are some things you can do:

- Keep a daily journal of what you're grateful for having.
- Take care of yourself by exercising, eating healthy, and getting enough sleep.
- Interrupt negative self-talk. Don't let your inner voice sabotage your happiness.
- Talk with people—even if you connect only with a select bunch.
- Don't say no to adventure and trying new things.
- Find a passion or creative outlet that gives your life purpose.

Even if you make these activities a part of your routine, it's normal to feel low or down once in a while. If, however, you feel that way for more than two weeks, talk with your VA health care provider about your symptoms. You could be depressed—and there's no reason to suffer or be ashamed. Visit www.visn2.va.gov/bh to learn more about behavioral health programs offered by VA.



April 2012

"Happiness cannot come from without.
It must come from within."

— Helen Keller

SUN	MON	TUES	WED	THURS	FRI	SAT																																																																																				
1 April Fool's Day Palm Sunday		3 Get 2.5 hours of moderate exercise weekly. Aim for 30 minutes on most days of the week.	4	5	6 Good Friday Passover begins at sundown	7																																																																																				
8 Easter	9	10	11	12	13	14																																																																																				
15 Orthodox Easter	16	17 Tax Day	18	19 Take time for yourself. Sign up for a class and learn something new, or visit a museum.		21																																																																																				
22 Earth Day		24 Beat an afternoon slump with protein. Try cheese or peanut butter on a whole-wheat bagel or crackers.	25	26	27 Arbor Day	28																																																																																				
29 Vietnam War ended	30				<p>March</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table>	S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	<p>May</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
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	Express yourself through photography, writing, or other creative activities.		<p>YOU'RE NOT ALONE. You can find support through VA Health Care Upstate New York. Watch our video <i>Depression</i> to help determine if it's just the blues or something more serious. To download, go to www.visn2.va.gov. Immediate support is available 24/7 through the Veterans Crisis Line at 1-800-273-TALK (8255), press 1.</p>																																																																																							



Women's Health: The Latest Scoop

Women's health isn't just a woman's issue. Male or female, you have a stake in reducing the toll of heart disease, stroke, and diabetes. Here's the latest health news you need to know, whether for yourself or for your mother, wife, daughter, or sister:

- **Cardiovascular disease** kills more women than the next four causes of death combined—including cancer and stroke. But there's good news, too: About 80 percent of heart attacks can be prevented by eating wisely, exercising regularly, and not smoking.
- **Heart attacks** commonly cause chest pain or discomfort in both sexes. However, women are more likely than men to have symptoms such as shortness of breath, nausea, vomiting, and back or jaw pain.
- **Diabetes** affects about 11 percent of all women 20 and older, and the risk rises with age. After 60, the disease is particularly common in women than men. Yet diabetes can often be prevented or delayed by staying active and maintaining a healthy weight.
- **Gestational diabetes**—the type that starts during pregnancy—affects 7 percent of pregnant women. These women can give birth to healthy babies. But they need to control their blood sugar with diet, exercise, and, if necessary, medication.

May 2012

"It's never too late to be who you might have been."
— George Eliot

SUN	MON	TUES	WED	THURS	FRI	SAT
<p>April</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30</p>	<p>June</p> <p>S M T W T F S</p> <p>1 2</p> <p>3 4 5 6 7 8 9</p> <p>10 11 12 13 14 15 16</p> <p>17 18 19 20 21 22 23</p> <p>24 25 26 27 28 29 30</p>	1	2	3	4	5
	7 Sleep on your back to prevent facial wrinkles from pillows.	 8 Victory in Europe (V-E Day)	9	10 National Day of Prayer	11 Pregnant? Eat beans, peas, spinach, and fortified cereal to up your intake of folate.	 19 Armed Forces Day
13 Mother's Day	14	15	16	17	18	19
20	21	22		24 Take time to maintain friendships. Close ties can help your immune system and relieve stress.	25	26
27 	28 Memorial Day	29	30	31		
	Try managing stress with yoga, meditation, or massage.					

LADIES, ARE YOU TAKING STEPS TO STAY HEALTHY?

Make an appointment at a VA Women's Health Clinic. You can select a female or male provider. During your visit, talk with your provider about the screenings outlined in the **Routine Health Monitoring** chart in this calendar.

Eat Wisely for Health

For healthy meals, you probably already know to feature vegetables and whole grains. Maybe you even switched from full-fat to low-fat or nonfat dairy products. These tactics can also help:

- **Savor the season.** Fruits and veggies picked at their prime are typically less expensive. Search farmers' markets for fresh, reasonably priced produce. Local favorites include apples, corn, pears, pumpkins, and tomatoes.
- **Grow your own.** Spring is the best time to plant seeds or seedlings. Invest a little now to reap rewards later. No space for a garden? Grow lettuce in a window box, cherry tomatoes in a pot, or herbs in indoor containers.
- **Cut to it.** Whole produce often costs much less than precut, so chop your own fruits and veggies. The same is true for meat; buy a whole chicken, rather than packages of legs or breasts. Steer clear of single-serving packs and bagged salads—you'll pay more for the packaging.
- **Lean on legumes.** Kidney, garbanzo, or black—beans pack a powerful protein punch for less money than meat, and without the cholesterol and saturated fat. Buy them dried or canned. **Try the Romaine Salad recipe in the back of this calendar.**



June 2012

"One cannot think well, love well, sleep well, if one has not dined well."

— Virginia Woolf

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3	4	5	6	7	 <p>Buy staples like brown rice, oatmeal, and beans in bulk or when they go on sale.</p>	9																																																																																				
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	Eat mushrooms. Their antioxidants can boost your immune system.			<p>Flag Day U.S. Army Birthday</p> 																																																																																						
17	18	19	20	21	22	23																																																																																				
Father's Day		Juneteenth (the end of slavery in the U.S.)	First day of summer																																																																																							
24	25	26	27	28	29	 <p>Spruce up your salad with fruit. Try adding fresh apple, kiwi, pear, or strawberries.</p>																																																																																				
	Enjoy tomatoes and tomato-based products. They may raise your HDL (good) cholesterol and lower your risk for certain cancers.																																																																																									



IF YOUR GOAL IS TO LOSE WEIGHT, KEEP IT OFF, AND IMPROVE YOUR LIFE, VA's TeleMOVE! program may be able to help you—right in your own home. To start, take the 23-question survey at www.move.va.gov/Move23. Write down the retrieval code that appears when you're finished. Then call 1-877-619-0106 and select **option 1** to talk with a TeleMOVE! coordinator, who will guide you through available services and next steps.

Keep It Fresh

When you smile and laugh, you could be communicating more about yourself than you think. A nice set of pearly whites and fresh breath may signal that you're in good health.

That's because the same steps you take to keep your mouth healthy and attractive may also help protect you from serious conditions. Brushing and flossing regularly, for example, is linked with having a much lower risk for heart disease. To improve your smile and possibly protect your heart:

- Brush at least twice a day, and floss once a day.
- Don't use tobacco in any form.
- Eat a healthy diet, limiting foods high in sugar.
- Visit your dentist for regular checkups and cleanings.

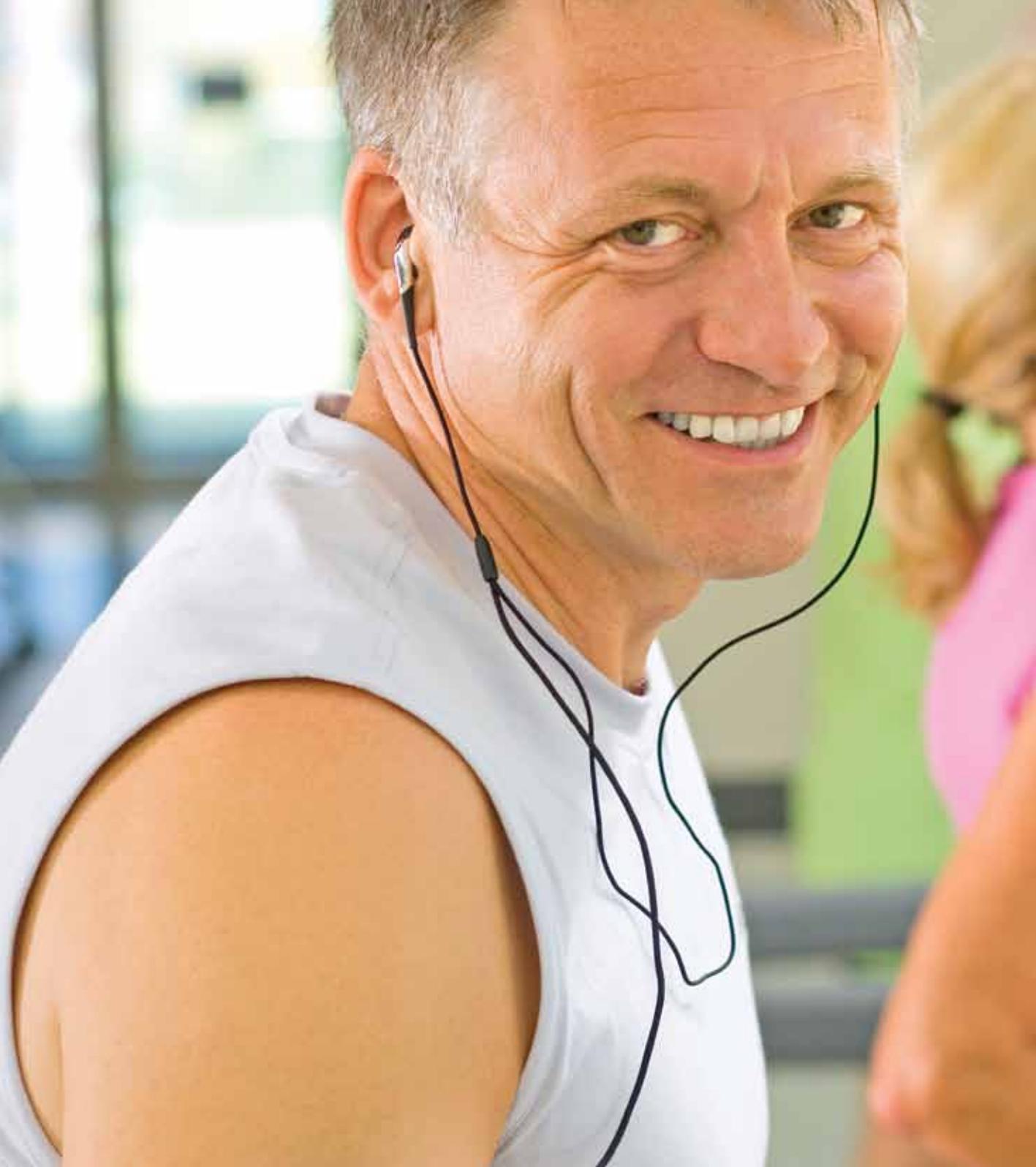
It's also important to be on the lookout for signs of gum disease. Talk with your dentist if you experience tender or bleeding gums, loose teeth, bad breath, or pain when chewing.



July 2012

"For attractive lips, speak words of kindness."
— Sam Levenson

SUN	MON	TUES	WED	THURS	FRI	SAT																																																																																				
1	2	3 	4 Independence Day	5 Use antiseptic mouthwash to reduce plaque and kill bacteria that cause bad breath. 	6	7																																																																																				
8 Chew sugarless gum to help fight cavities and gingivitis. Look for packages with the ADA Seal. 	9	10	11	12	13	14																																																																																				
15	16	17	18	19 Ramadan begins at sundown	20 Clean dentures with denture cleanser, hand soap, or mild dishwashing liquid. 	21																																																																																				
22 Parents' Day	23 Be a quitter! Smoking can increase your risk for gum disease. 	24	25	26	27 Korean War ended	28																																																																																				
29	30 Father-in-Law Day 	31			<p>June</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> </table>	S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	<p>August</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table>	S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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Replace your toothbrush every 3 to 4 months or after you've been sick. 				<p>READY TO SMILE BRIGHTER? SCHEDULE YOUR DENTAL EXAM Mark your appointment using the sticker provided in this calendar. To find out if you're eligible for VA Dental Care, contact your local Veterans Service Center.</p>																																																																																						



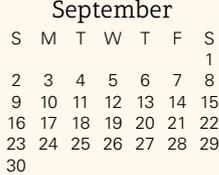
Power Up!

When it comes to a healthy lifestyle, technology gets a bad rap. It's true that spending too many hours glued to a computer or TV screen can lead to weight gain. But used wisely, technology can power up your motivation to make positive changes. Here's how:

- **Portable media players**, such as iPods, can almost double as personal trainers. Your playlist of high-energy tunes is just the start. There are also downloadable programs that talk you through a workout, step by step.
- **Smartphone apps** are available to help with a wide range of health challenges. One notable example: VA's National Center for PTSD has created a free app called PTSD Coach, which helps you learn about and manage the symptoms that often occur after a trauma. Go to www.ptsd.va.gov/public/pages/PTSDCoach.asp to download this app.
- **Text messages** can help you stay on track with healthy changes. In one large study, smokers trying to quit were more likely to succeed when they received automated texts of motivational messages.
- **Online support groups** let you connect with others, anywhere, anytime. Web discussion boards and email lists are great for sharing emotional support. But don't rely on them for medical information.

August 2012

"Any fact facing us is not as important as our attitude toward it, for that determines our success or failure."
 — Norman Vincent Peale

SUN	MON	TUES	WED	THURS	FRI	SAT
 <p>July</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p>	 <p>September</p> <p>S M T W T F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30</p>		<p>1</p> <p>Clean your keyboard and mouse with sanitizing wipes that both clean and disinfect.</p>	<p>2</p>	<p>3</p> 	<p>4</p> <p>U.S. Coast Guard Birthday</p>
<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p>
	<p>13</p> <p>Avoid hearing loss. Turn down your MP3 player to around 60% or less of total volume.</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>
<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p> <p>Sign up for text messages of CDC health tips and alerts at www.cdc.gov/mobile.</p>		<p>25</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	
	<p>Keep up with VA health news—follow @VeteransHealth on Twitter.</p>	 <p>My healthvet www.myhealth.va.gov</p>				

ACCESS FREE ONLINE TOOLS. Log on to My HealthVet at www.myhealth.va.gov for access to health information, a personal health journal, and other resources. Online VA prescription refill and secure messaging are also available to Veterans who have completed the In-Person Authentication Process.

Stand Up to Falling Down

Everyone takes a spill here and there. We simply pick ourselves up and move on. But falls can lead to injury, especially as we age. In fact, falls are the most common cause of injuries among adults age 65 or older. Taking precautions can help you reduce your likelihood of falling.

Work with your VA health care providers. If you're an older adult, discuss your risk factors at every visit: Inform your provider if you've fallen in the past year and review all of your medications—some may cause dizziness or confusion. Ask about an exercise program that will improve your balance and coordination. You should also have your vision checked by an eye doctor at least once a year.

Make your home safer. Clear the floor of clutter, improve the lighting around stairs and other hazardous spots, and install grab bars in the bathroom. Wear proper fitting, nonskid shoes or slippers when walking. When getting out of bed, sit on the side for a few minutes to avoid getting dizzy and don't lean on your bedside table for support.



September 2012

"Courage is the most important of all the virtues because without courage, you can't practice any other virtue consistently."
— Maya Angelou

SUN	MON	TUES	WED	THURS	FRI	SAT
<p>August</p> <p>S M T W T F S</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	<p>October</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30 31</p>	 <p>KEEP IT UP! Where do you stand with your goals?</p> <hr/> <hr/>				<p>1</p> <p>Install smoke alarms on every floor of your home. Test them monthly.</p>
 <p>2</p> <p>Victory over Japan (V-J Day)</p>	<p>3</p> <p>Labor Day</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>
<p>9</p> <p>Grandparents Day</p>	<p>10</p>	<p>11</p> <p>Patriot Day</p>	<p>12</p> <p>Deter burglars by placing select lights on timers that turn them on and off at irregular intervals.</p>		<p>14</p>	<p>15</p>
<p>16</p> <p>Rosh Hashanah begins at sundown</p>	<p>17</p> <p>Constitution Day</p>	 <p>18</p> <p>U.S. Air Force Birthday</p>	<p>19</p>	<p>20</p>	 <p>21</p> <p>National POW/MIA Recognition Day</p>	<p>22</p> <p>First day of autumn</p>
<p>23</p> 	<p>24</p>	<p>25</p> <p>Yom Kippur begins at sundown</p>	<p>26</p>	<p>27</p>	<p>28</p> <p>Get help caring for the Veteran you love. Visit www.caregiver.va.gov to learn about VA services and support.</p>	
<p>Prevent mold. Keep indoor humidity below 60 percent.</p>		 <p>CLEAN OUT YOUR MEDICINE CABINET. Check expiration dates. Replace expired over-the-counter and prescription drugs—some could be less effective or potentially unsafe. Learn how to safely dispose of unused drugs at www.fda.gov. Simply search "drug disposal."</p>				



Start Moving— And Have Fun

OK, so you're sold on the benefits of exercise; it can help protect you against many illnesses, give you energy, put you in a better mood, relax you, and help you control your weight. But how do you get started—and make exercise a regular feature of your life?

Get out of your chair. If you're inactive, one of the first things you can do is to simply start moving more. Turn off the TV or computer, and walk the dog or wash your car. Make a point to take the stairs or play with the kids more. If you embrace exercise and make it enjoyable, you're more likely to stay active.

Run for your life! If you're a walker who's pressed for time or looking for a change of pace, try running. It burns more calories a minute—and is better for preventing osteoporosis. Ease your transition by mixing walking with running. Enjoy competition or socializing? Sign up for a race to meet, and maybe even beat, like-minded people from your community. Start with a 5K “fun run” in your area.



Attitude of Gratitude: Giving Thanks

The holiday season is a great time to think about all your blessings. When you focus on the good things, your upbeat attitude helps fight stress and depression. Research shows that practicing gratitude may also improve your social life and enhance your physical health. Send your life into an upward spiral with these tips:

- Write a list of several things for which you're grateful. In studies, when people made such lists on a regular basis, they tended to feel happier. Some were also less bothered by illness symptoms.
- Think thankful thoughts at bedtime. Research suggests that this may help you doze off faster and sleep better and longer.
- Pass along the kindness—volunteer. Benefits include higher self-esteem and a greater sense of well-being. Older adults also report higher levels of physical functioning, and lower levels of depression.
- Appreciate the bounty on your table. Slow down and savor every bite, and you'll be less likely to overeat.
- Express your gratitude to others and mind your manners. Say "please" and "thank you." Take a moment to hold the door for the person behind you.

November 2012

"You are today where your thoughts have brought you.
You will be tomorrow where your thoughts take you."
— James Allen

SUN	MON	TUES	WED	THURS	FRI	SAT
<p>October</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30 31</p>	<p>December</p> <p>S M T W T F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30 31</p>		<p>Volunteer at your local VA Medical Center. See the back of this calendar for a directory of VA locations.</p>	<p>1</p>	<p>2</p> <p>Help others. Donate gently used clothes and toys.</p>	
<p>4</p> <p>Daylight saving time ends</p>	<p>5</p>	<p>6</p> <p>Election Day</p>	<p>7</p>	<p>8</p>	<p>9</p>  <p>Marine Corps Birthday</p>	<p>10</p>
<p>11</p>  <p>Veterans Day (observed)</p>	<p>12</p>	<p>13</p>		<p>15</p> <p>What are you thankful for today?</p>	<p>16</p>	<p>17</p> <p>Great American Smokeout</p>
<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p> <p>Thanksgiving</p>	<p>23</p> <p>Native American Heritage Day</p>	<p>24</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	



See your glass as half full. Optimists have fewer colds and recover quicker from illnesses.



HELP IS AVAILABLE. Being the Family Caregiver of the Veteran you love is a demanding job. You don't have to do it alone. Learn more about the support and services offered by VA Caregiver Program at www.caregiver.va.gov or call 1-855-260-3274. Ask about our new services for eligible post-9/11 Veterans.

Make More Memories ... and Less To-Do Lists

This year, try something different for the holidays. Simplify. Step back from elaborate decorations, long shopping lines, and labor-intensive meals. Instead, enjoy more time with family and friends, make special memories to last a lifetime, and reflect on the true meaning of your special holiday. Try a few of these ideas:

Pare Down

- Display only your most treasured decorations.
- Use a few special serving pieces, rather than entire settings. Avoid those that must be hand-washed.
- Only attend the events that mean the most to you, like those held by close friends and family.

Rethink Gift Giving

- Give thoughtful gifts and homemade treats. They're often the most memorable and cherished. **Try the easy-to-make Cherry Nut Bark recipe in the back of this calendar.**
- Don't overlook practical gifts. Someone on a limited budget may appreciate a gift of stamps, notepads, envelopes, and computer paper. Fill a gift bag of drawing supplies for a creative teen.
- Share memories. Create a scrapbook with photos and mementos; assemble a cookbook of family recipes and tell the story behind them.



December 2012

"The highest reward for a person's toil is not what they get for it, but what they become for it."

— John Ruskin

SUN	MON	TUES	WED	THURS	FRI	SAT
<p>November</p> <p>S M T W T F S</p> <p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30</p>	<p>January 2013</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31</p>	 <p>HOW DID YOU DO? Where do you stand with your goals?</p> <p>_____</p> <p>_____</p>			<p>Eat refrigerated leftovers within 5 days. Only reheat them once.</p>	<p>1</p> <p>World AIDS Day</p>
2		<p>4</p> <p>Take advantage of free gift-wrapping to save time and money.</p>	5	6	7	8
9	10	11	12	13	14	15
			 <p>National Guard Birthday</p>			
	<p>17</p> <p>Keep toys with button batteries away from small children. They can be deadly if swallowed.</p>	18	19	20	21	22
23	24	25	26	27		29
	<p>Christmas Eve</p>	<p>Christmas</p>	<p>First day of Kwanzaa</p>			<p>Avoid dry winter skin. Use a mild soap or nonsoap cleanser. Keep lotion handy.</p>
30	31	 <p>STILL LOOKING FOR HOLIDAY GIFTS? Make homemade goodies that are sure to please everyone on your list. Start with the Cherry Nut Bark recipe featured in the back of this calendar. It's simple to make and delicious!</p>				
	<p>New Year's Eve</p>					

Your Family Health Tree

Grandmother

name _____
year of birth _____
age at death _____
military branch _____
conditions and age of onset _____

cause of death _____

Grandfather

name _____
year of birth _____
age at death _____
military branch _____
conditions and age of onset _____

cause of death _____

Grandmother

name _____
year of birth _____
age at death _____
military branch _____
conditions and age of onset _____

cause of death _____

Grandfather

name _____
year of birth _____
age at death _____
military branch _____
conditions and age of onset _____

cause of death _____

Aunt or Uncle

name _____
year of birth _____
age at death _____
military branch _____
conditions and age of onset _____

cause of death _____

Aunt or Uncle

name _____
year of birth _____
age at death _____
military branch _____
conditions and age of onset _____

cause of death _____

Mother

name _____
year of birth _____
age at death _____
military branch _____
conditions and age of onset _____

cause of death _____

Father

name _____
year of birth _____
age at death _____
military branch _____
conditions and age of onset _____

cause of death _____

Aunt or Uncle

name _____
year of birth _____
age at death _____
military branch _____
conditions and age of onset _____

cause of death _____

Aunt or Uncle

name _____
year of birth _____
age at death _____
military branch _____
conditions and age of onset _____

cause of death _____

Brother or Sister

name _____
year of birth _____
age at death _____
military branch _____
conditions and age of onset _____

cause of death _____

Brother or Sister

name _____
year of birth _____
age at death _____
military branch _____
conditions and age of onset _____

cause of death _____

Me

name _____
year of birth _____
military branch _____
conditions and age of onset _____

cause of death _____

Brother or Sister

name _____
year of birth _____
age at death _____
military branch _____
conditions and age of onset _____

cause of death _____

Brother or Sister

name _____
year of birth _____
age at death _____
military branch _____
conditions and age of onset _____

cause of death _____

A Tool for Staying Well

Use this chart to track information about your family's health history. Your VA health care provider can use this important information to map your own health risks and develop plans to keep you healthy. This may include receiving regular screening tests or making lifestyle changes. If you have children, share this information with their doctors, too.

Helpful Phone Numbers and Websites

DEPARTMENT OF VETERANS AFFAIRS

www.va.gov

ANGEL FLIGHT FOR VETERANS

Provides low- or no-cost travel for Veteran patients and their families

www.angelflightveterans.org

DISEASES AND CONDITIONS

Find reliable health information online at www.visn2.va.gov/VISN2/vet/diseases

eBENEFITS

Your one-stop shop for online VA benefits-related tools and information

www.ebenefits.va.gov

GI BILL BENEFITS

Apply for VA educational and training benefits www.gibill.va.gov

MOVE!

Weight-management program for Veterans www.move.va.gov

- **TeleMOVE!** is a weight-management program that Veterans can do from home **1-877-619-0106, select option 1**

MY HEALTHeVET

www.myhealth.va.gov

My HealtheVet is the gateway to Veteran health benefits and services. It provides access to:

- Trusted health information
- Links to Federal and VA benefits and resources
- A personal health journal
- Online VA prescription refill



VA HEALTH CARE UPSTATE NEW YORK

www.visn2.va.gov

NATIONAL CALL CENTER FOR HOMELESS VETERANS

Provides Veterans who are homeless or at risk of becoming homeless with free, 24/7 access to trained counselors

1-877-4AID-VET (1-877-424-3838)

www.va.gov/homeless

TRICARE

TRICARE is the health care program serving uniformed Service Members, retirees, and their families worldwide

www.tricare.mil

VA CAREGIVER SUPPORT

Provides support and services to family members who care for Veterans

1-855-260-3274, www.caregiver.va.gov

Read about new services for eligible

Family Caregivers of post-9/11 Veterans at

www.caregiver.va.gov/support_benefits.asp

VA ENROLLMENT INFORMATION

Need help enrolling? Call the VA Enrollment Service Center, Monday through Friday, 8 a.m. to 8 p.m. (Eastern time) at **1-877-222-VETS**

(8387). To enroll in VA:

- Visit in person at any VA Medical Center or Clinic
- Call the Veterans Service Center at **1-888-823-9656**
- Mail or fax the completed Form 10-10EZ to the VA Medical Center or Clinic of your choice. Find it at **www.1010ez.med.va.gov**

VETERANS CRISIS LINE

A confidential, toll-free hotline assisting Veterans and their families 24 hours a day, seven days a week

1-800-273-TALK (8255), press 1

Shop at the VA Canteen

For your convenience, you can shop at VA Canteen 24 hours a day, seven days a week by going online to **www.vacanteen.va.gov**. Check out VA Veterans Canteen Service's Exchange Online Mall featuring discounts from dozens of popular retailers.



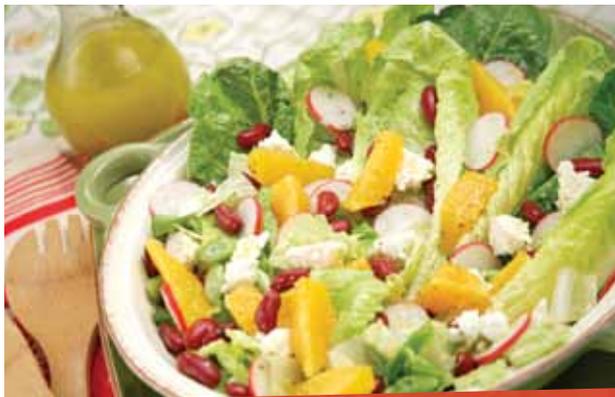
Puzzle Fun

Hitori – The objective is to eliminate numbers by blacking out squares so that remaining squares don't contain numbers that appear more than once in a row or column.

8	5	8	3	2	1	4	2
7	1	1	5	2	3	3	2
3	9	1	6	2	5	8	4
3	6	1	8	3	8	9	2
4	2	7	3	9	8	5	3
1	3	2	9	8	7	7	7
2	9	9	9	6	7	5	5
4	9	5	4	6	2	1	6

Blacked-out squares can't be horizontally or vertically adjacent; they can be diagonally adjacent. The remaining unfilled squares must form a single unit connected horizontally and vertically.

Solution is located on the inside of the back cover.



Romaine Salad with Orange, Feta, and Beans

Dressing Ingredients

- ⅓ teaspoon orange zest
- ⅓ cup fresh-squeezed orange juice
- 1 tablespoon cider vinegar
- ¼ teaspoon extra-virgin olive oil
- ½ teaspoon fresh oregano, chopped, or
¼ teaspoon dried
- ¼ teaspoon Dijon mustard
- ⅓ teaspoon salt
- ⅓ teaspoon freshly ground pepper

Salad Ingredients

- 6 cups romaine lettuce, chopped
- 1 cup radishes, sliced
- 1 cup canned kidney beans, rinsed
- 1 orange, segmented
- 1 scallion, sliced
- ¼ cup low-fat feta cheese, crumbled

Directions

Place all dressing ingredients in a jar; cover and shake to combine. Combine lettuce, radishes, beans, orange, scallion, feta, and dressing in a large bowl. Toss in dressing to coat. Makes two servings.

Nutrition Facts

Each serving contains about 242 calories, 5 grams fat, 621 milligrams sodium, and 38 grams carbohydrates.



Cherry Nut Bark

Ingredients

- 4 ounces bittersweet chocolate
- ¼ cup dried cherries, chopped
- ¼ cup chopped pecans

Directions

Put a piece of waxed paper on a 6-inch plate. Chop chocolate and place in a microwavable dish. Microwave on high for about a minute. Chocolate might not look melted, but it will be. Stir. Spread chocolate on waxed paper. Top with cherries and pecans and press in. Refrigerate. When cool, cut into six pieces.

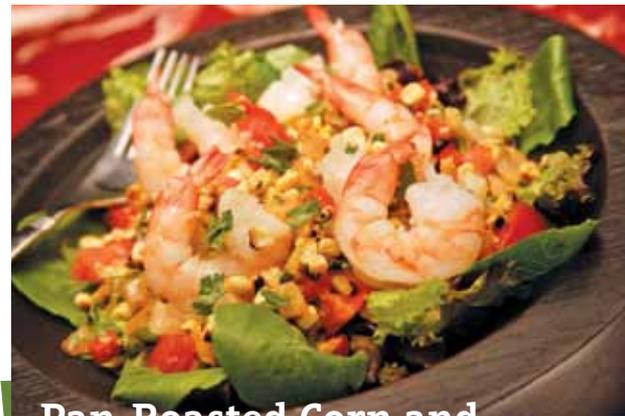
Nutrition Facts

One piece contains about 148 calories, 10 grams fat, 15 grams carbohydrates, and 2 grams protein.

Fast Fact



Some studies suggest that chocolate has a stress-busting effect in humans. Others have looked at the positive effect of cocoa and chocolate on heart and circulatory health.



Pan-Roasted Corn and Shrimp Salad

Ingredients

- Kernels from 6 ears fresh corn (about 4.5 cups)
- 1 red or green bell pepper, diced
- 1 onion, diced
- 2 tablespoons olive oil
- 2 tablespoons sherry vinegar
- 2 tablespoons fresh cilantro, chopped
- 1 tablespoon fresh mint, chopped
- Salt and freshly ground pepper to taste
- 1¼ pounds shrimp, shelled and deveined
- 8 to 12 cups fresh salad greens
- 2 tomatoes, diced

Directions

Heat a large skillet over high heat. Add corn, bell pepper, and onion and roast until browned, about 20 minutes, stirring and scraping the pan occasionally. Turn off heat and add oil, vinegar, cilantro, mint, and salt and pepper. Scrape up browned bits from the pan and stir into corn. Transfer mixture to a bowl and return the skillet to the stove.

Heat the skillet over high heat. Add shrimp and sauté until cooked through, four to five minutes.

To serve, arrange the greens on individual salad plates. Spoon the corn mixture over greens. Spoon the tomatoes around the corn. Top with the shrimp and serve. Serves four.

Nutrition Facts

One serving contains about 254 calories, 10 grams fat, 272 milligrams sodium, and 59 grams carbohydrates.

Better Health Checklist



Every visit to your VA health care provider is an opportunity to improve your health. To make the most of it, be prepared to provide important information and to address your concerns. This checklist can help.

Last Exam Date: _____

Important Events Since Last Exam: _____

Medicines & Supplements: _____

Symptoms: _____

Questions: _____

Notes: _____

My Readings

Date	
Total Cholesterol	
LDL (Bad) Cholesterol	
HDL (Good) Cholesterol	
Triglycerides	
Blood Pressure	
Fasting Glucose	
Height (feet/inches)	
Weight (pounds)	
Body Mass Index (BMI)	
Waist (inches)	

Goal Levels

Total Cholesterol	Less than 200 mg/dL
LDL (Bad) Cholesterol	Less than 100 mg/dL
HDL (Good) Cholesterol	40 mg/dL or higher (men) 50 mg/dL or higher (women)
Triglycerides	Less than 150 mg/dL
Blood Pressure	Less than 120 mm Hg systolic Less than 80 mm Hg diastolic (Less than 130/80 mm Hg if you have diabetes or kidney disease)
Fasting Glucose	Less than 100 mg/dL
Weight (pounds)	Talk with your doctor about the desirable weight range for your height and body type.
Body Mass Index (BMI)	Between 18.5 and 24.9

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Puzzle solution

From the resources page

	5	8	3		1	4	2
7	1		5	2		3	
3		1	6		5	8	4
	6		8	3		9	
4	2	7		9	8	5	3
1	3	2	9	8		7	
2		9		6	7		5
	9	5	4		2	1	6

Value for Vets

Redeem this coupon for **any one of the FREE items** listed below at the Veterans Canteen Service food court at the Albany Stratton, Batavia, Bath, Buffalo, Canandaigua, and Syracuse VA Medical Centers. Enjoy a 12 oz. coffee, 16 oz. soda, bottle of water, bag of chips, hash browns, sausage biscuit, egg biscuit, baked potato, hot dog, or grilled cheese sandwich. One coupon per enrolled Veteran. Compliments of Veterans Canteen Service.

Expires 1/31/2012

10411M

Reaching us is easy

Our Locations



www.visn2.va.gov

VA Medical Centers

Albany Stratton

113 Holland Ave.
Albany, NY 12208
518-626-5000
1-800-223-4810

Batavia

222 Richmond Ave.
Batavia, NY 14020
585-297-1000

Bath

76 Veterans Ave.
Bath, NY 14810
607-664-4000
1-877-845-3247

Buffalo

3495 Bailey Ave.
Buffalo, NY 14215
716-834-9200
1-800-532-8387

Canandaigua

400 Fort Hill Ave.
Canandaigua, NY 14424
585-394-2000
1-800-204-9917

Syracuse

800 Irving Ave.
Syracuse, NY 13210
315-425-4400
1-800-221-2883

Community-Based Outpatient Clinics

Auburn

17 Lansing St.
Auburn, NY 13021
315-255-7002

Bainbridge

109 N. Main St.
Bainbridge, NY 13733
607-967-8590

Binghamton

425 Robinson St.
Binghamton, NY 13901
607-772-9100

Catskill

Greene Medical Bldg.
159 Jefferson Heights
Catskill, NY 12414
518-943-7515

Clifton Park

1673 Route 9
Clifton Park, NY 12065
518-626-5205

Coudersport Satellite Clinic of Wellsville

24 Maple View Lane,
Suite 2
Coudersport, PA 16915
814-260-9342

Dunkirk

Valor Health Center
166 E. Fourth St.
Dunkirk, NY 14048
1-800-310-5001

Elizabethtown

7426 NYS Route 9N
Westport, NY 12993
518-626-5236

Elmira

Health Services Bldg.
200 Madison Ave.,
Suite 2E
Elmira, NY 14901
1-877-845-3247,
ext. 44640

Fonda

Camp Mohawk Plaza
2623 State Highway 30A
Fonda, NY 12068
518-853-1247

Glens Falls

84 Broad St.
Glens Falls, NY 12801
518-798-6066

Jamestown

608 W. Third St.
Jamestown, NY 14701
716-338-1511

Kingston

63 Hurley Ave.
Kingston, NY 12401
845-331-8322

Lackawanna

Our Lady of Victory
Family Care Center
227 Ridge Road
Lackawanna, NY 14218
716-822-5944

Lockport

5883 Snyder Drive
Lockport, NY 14094
716-438-3890

Malone

3372 State Route 11
Main Street
Malone, NY 12953
518-483-1529

Mansfield Satellite Clinic of Elmira

63 Third St., Suite 104
Mansfield, PA 16901
570-662-0507

Massena

1 Hospital Drive
Massena, NY 13662
315-769-4253

Niagara Falls

2201 Pine Ave.
Niagara Falls, NY
14301-2300
716-862-8580

Olean

465 N. Union St.
Olean, NY 14760-2658
716-373-7709

Oswego

437 State Route 104E
Oswego, NY 13126
315-207-0120

Plattsburgh

80 Sharron Ave.
Plattsburgh, NY 12901
518-561-6247

Rochester

465 Westfall Road
Rochester, NY 14620
585-463-2600

Rome

125 Brookley Road
Griffiss Park
Rome, NY 13441
315-334-7100

NEW! Saranac Lake Satellite Clinic of Elizabethtown

33 Depot St.
Saranac Lake, NY 12983
518-626-5237

Schenectady

1322 Gerling St.
Sheridan Plaza
Schenectady, NY 12308
518-346-3334

Springville Satellite Clinic of Lackawanna

Springville Primary Care
27 Franklin St.
Springville, NY 14141
716-592-7400

Tompkins/Cortland County

1451 Dryden Road
Freeville, NY 13068
607-347-4101

Troy

Troy Primary Care
Practice
295 River St.
Troy, NY 12180
518-274-7707

Warsaw

Wyoming County
Community Hospital
400 N. Main St.
Warsaw, NY 14569
585-786-2233

Watertown

19472 U.S. Route 11
Watertown, NY 13601
315-221-7026

Wellsville

3458 Riverside Drive
Route 19
Wellsville, NY 14895
607-664-4660
1-877-845-3247 (Bath)

Vet Centers

Albany

17 Computer Drive W.
Albany, NY 12205
518-626-5130

Binghamton

53 Chenango St.
Binghamton, NY 13901
607-722-2393

Buffalo

2372 Sweet Home
Road, Suite 1
Buffalo, NY 14228
716-862-7350

Rochester

2000 S. Winston Road
Bldg. 5, Suite 201
Rochester, NY 14620
585-232-5040

Syracuse

716 E. Washington St.,
Suite 101
Syracuse, NY 13210
315-478-7127

Watertown

210 Court St., Suite 20
Watertown, NY 13601
315-782-5479



VA HEALTH CARE | Defining EXCELLENCE in the 21st Century

- For enrollment information, call **1-888-823-9656**.
- For medical care and clinic appointments, call your local primary doctor or your local VA Medical Center.
- For reliable health information on the Web, visit www.myhealth.va.gov.