

Living Healthy *Every Day*



Veterans' Wellness 2015
A guide to healthy living for the Veterans of Upstate New York

Personalized, Proactive, Patient-Centered Care and What It Means For You

Through your service to our country, you have earned the right to high-quality health care. To deliver on that promise, VA Health Care Upstate New York has embarked on an ongoing mission to enhance the way it provides health care to Veterans.

Our quality initiatives are being carried out at a time when attitudes and expectations regarding health care are changing. In VA, it is now a team approach with Veterans as partners in their health care. Your Patient Aligned Care Team (PACT) is at the center of this effort and can help you plan your health goals for the coming year.

I encourage you to further empower yourself by using My HealthVet, which is an amazing online tool that offers a convenient way to learn more about your health care issues and concerns, including test results. It also provides you with 24/7 access to your PACT to address any health care issues you may have. To get started, register at www.myhealth.va.gov.

Wishing you a happy and healthy holiday season and New Year,

Darlene A. DeLancey, M.S.
Interim Network Director



Darlene A. DeLancey, M.S., Interim Network Director

Attention: Greater Rochester Veterans with Low Back Pain

Are you a Veteran 18 to 65 years of age who has been experiencing low back pain? If so, you may be eligible to participate in a study comparing 2 types of shoe inserts at no cost to you. If you qualify, you will be required to make 4 clinic visits over a 6-month period. You will be compensated \$20 per visit for your time and travel, up to \$80 for your participation. This study is taking place at the Rochester VA Outpatient Clinic. If you live in the Rochester area and are interested in this study, please call **585-463-2673** for more information.

TOP 10 REASONS TO GET MOVING



VA's TeleMOVE! Program
can help you manage your weight.
See February to find out how to get started.

VA HEALTH UPSTATE NEW YORK EDITORIAL BOARD Darlene A. DeLancey, M.S., Interim Network Director • Kathleen Hider, Network 2 Public Affairs and Web Content Manager

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Routine Health Care Monitoring

What It Is	Why You Need It	VA Recommendations	Goal Complete
Blood pressure reading	High blood pressure has no symptoms	Every year after age 18 and at every primary care visit	<input type="checkbox"/> Blood pressure reading
Cholesterol profile	Low HDL (good cholesterol), high triglycerides and LDL (bad cholesterol), and high total cholesterol can increase heart disease risk	Every 5 years or more frequently if recommended by your VA primary care provider	<input type="checkbox"/> Cholesterol check
Influenza (flu) vaccine	To prevent the flu	Every year for all adults	<input type="checkbox"/> Flu vaccine
Pneumonia vaccines	To prevent serious respiratory illness	Discuss with your primary care provider which of the 2 vaccines is appropriate for you	<input type="checkbox"/> Pneumonia vaccine
Tetanus and pertussis (Tdap) immunization	To protect against tetanus and whooping cough	CDC recommends Tdap immunization in place of tetanus booster once between ages 19 and 65 and during pregnancy	<input type="checkbox"/> Tdap vaccine
Breast and cervical cancer screenings	For early detection of precancerous tissue growth and cancer	Annual women's health visit with your provider to discuss frequency of mammography and Pap test screenings	<input type="checkbox"/> Mammogram and Pap test
Bone density screening	For early detection of osteoporosis	Bone density test routinely for women after age 65; test at age 60 if increased risk for osteoporotic fracture	<input type="checkbox"/> Bone density test
Colorectal cancer screening	For early detection of precancerous tissue growth and cancer	Begin screening at age 50 until age 75; may need earlier screening based on positive family history or ethnicity	<input type="checkbox"/> Colorectal cancer screening
Abdominal aortic aneurysm (AAA) screening	To detect weakened blood vessels	Test once for men ages 65 to 75 who have ever smoked	<input type="checkbox"/> AAA screening
Hepatitis C screening	Exposure to the hepatitis C virus can harm your liver	For those born between 1945 and 1965; with HIV infection; 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	<input type="checkbox"/> Hepatitis C screening
Tobacco and alcohol use	Smoking and alcohol abuse can lead to serious illness	Every year; your PACT team can help you with controlling alcohol use and quitting smoking	<input type="checkbox"/> Quit smoking <input type="checkbox"/> Use alcohol in moderation or quit
PTSD and depression screening	PTSD and depression can have a negative impact on health and quality of life	Every year and with pregnancy; your PACT team will help identify and treat psychological issues	<input type="checkbox"/> Talked with my doctor about my mental health
Routine eye examinations	To check for glaucoma, cataracts and other eye diseases	As recommended by your VA primary care provider based on your medical conditions, family history or new visual symptoms	<input type="checkbox"/> Eye exam

Painless Ways to Cut 100 Calories

Substitute a food or drink on the top row for the one below, every day, and you'll cut 100 calories a day. That can help you lose 10 pounds in a year. Double your efforts and drop 20!



AT BREAKFAST

skim milk	small bowl	egg whites	fresh fruit	light syrup	canadian bacon
whole milk	big bowl	whole eggs	fruit juice	regular syrup	regular bacon

AT LUNCH

mustard	low-fat dressing	thin-crust pizza	club soda	chicken soup	vegetable spray
mayo	regular dressing	pan pizza	regular soda	cream-based soup	butter

AT SNACK TIME

raw veggies	granola bar	orange	pretzel sticks	air-popped popcorn	plain yogurt
tortilla chips	fudge nut brownie	candy bar	roasted peanuts	caramel popcorn	custard yogurt

AT DINNER

red sauce	lunch-sized portions	fresh broccoli	roasted chicken	2 meatballs	veggie lasagna
cream sauce	dinner-sized portions	broccoli in cheese sauce	fried chicken	4 meatballs	meat lasagna

Peppery Black Bean Tortilla Casserole



INGREDIENTS

- | | |
|---|---|
| 1 cup chopped bell pepper | Vegetable oil spray |
| 1 cup chopped onion | 8 6-inch corn tortillas |
| 1 can (15- to 16-oz.) no-salt-added black beans, rinsed and drained | 1 cup shredded light Mexican mixed cheese blend or Monterey Jack cheese |
| 1 can (14½-oz.) no-salt-added diced tomatoes, undrained | ⅛ tsp. (heaping) crushed red pepper flakes |
| ½ cup salsa or picante sauce | ¼ cup snipped fresh cilantro |

DIRECTIONS

Preheat the oven to 400 degrees. In a large bowl, stir together the bell pepper, onion, beans, undrained tomatoes and salsa. Spray a 9-inch square pan with vegetable oil spray. Spoon 1 cup bell pepper mixture into the pan. Arrange 4 tortillas in the pan, overlapping as necessary. Spoon half the remaining sauce over the tortillas. Top with ½ cup cheese. Repeat. Lightly spray a sheet of aluminum foil with vegetable oil spray. Cover the pan with foil, lightly sprayed side down, to prevent the cheese from sticking. Bake for 30 minutes. Remove the foil. Bake for 5 minutes more, or until hot and bubbly. Sprinkle with red pepper flakes and cilantro. Cut into 4 squares.

Serving and nutrition information on flip side of card

Savory Vegetarian Stuffed Peppers



INGREDIENTS

- 4 red or green bell peppers
- 2 cups (1 pint) cherry tomatoes
- 1 medium onion
- 1 cup fresh basil leaves
- 3 garlic cloves
- 2 tsp. olive oil
- ¼ tsp. salt
- ¼ tsp. pepper

DIRECTIONS

Preheat oven to 425 degrees. Lightly oil a large shallow baking pan. Cut peppers in half lengthwise and remove seeds. Arrange peppers cut sides up in baking pan and lightly oil cut edges of stems. Halve cherry tomatoes and chop onion and basil. Finely chop garlic. In a bowl, toss tomatoes, onion, basil, garlic, olive oil, salt and pepper to taste. Spoon equal portions of mixture into peppers and roast in upper third of oven until peppers are tender, about 20 minutes.

Serving and nutrition information on flip side of card

Warming Winter Vegetable Stew



INGREDIENTS

- | | |
|--|--|
| 1 cup onions, cut into ½-inch wedges | 1 cup puréed tomato |
| 1 sweet potato | 2 tbsp. lime juice |
| 2 carrots | ¼ tsp. cayenne |
| 1 lb. banana squash | 1 (10-oz.) package frozen peas |
| 1 cup parsnips | ¼ tsp. salt |
| 2 cloves garlic | ⅛ tsp. black pepper |
| 1 red bell pepper | 1 bunch cilantro sprigs, rinsed, or thinly sliced green onions |
| 2 cups low-sodium, low-fat vegetable broth | |

DIRECTIONS

Peel onions and cut into ½-inch-thick wedges. Peel the sweet potato, carrots, squash and parsnips; cut into ¾-inch pieces. Peel and mince or press garlic. Rinse bell pepper; stem, seed and cut into ½-inch strips. Cook onions, sweet potato, carrots, squash, parsnips, garlic and 1 cup of broth in a covered pan for 10 minutes, stirring occasionally. Add a few tablespoons of water if mixture begins sticking to pan. Add 1 more cup of broth, along with the bell pepper, tomato sauce, lime juice and cayenne to taste. Return to a boil, and then reduce heat. Simmer covered until vegetables are tender when pierced, about 12 to 15 minutes. If stew sticks to pan or gets thicker than desired, add more broth as needed. Add peas and stir occasionally until hot, about 2 minutes. Add salt and pepper to taste. Ladle into soup bowls, and garnish with cilantro or sliced green onions.

Serving and nutrition information on flip side of card

Warming Winter Vegetable Stew

NUTRITION FACTS

Serves 6

Amount Per Serving		
Calories 150	Calories from Fat 10	
% Daily Value*		
Total Fat 2 g		2%
Saturated Fat 1 g		3%
Cholesterol 0 mg		0%
Sodium 390 mg		16%
Total Carbohydrate 31 g		10%
Dietary Fiber 7 g		28%
Sugars 8 g		
Protein 7 g		
Vitamin A		250%
Vitamin C		120%
Calcium		6%
Iron		10%

* Percent Daily Values are based on a 2,000-calorie diet.

Savory Vegetarian Stuffed Peppers

NUTRITION FACTS

Serves 8

Amount Per Serving		
Calories 35	Calories from Fat 10	
% Daily Value*		
Total Fat 1.5 g		2%
Saturated Fat 0 g		0%
Cholesterol 0 mg		0%
Sodium 80 mg		3%
Total Carbohydrate 6 g		2%
Dietary Fiber 2 g		7%
Sugars 3 g		
Protein 1 g		
Vitamin A		15%
Vitamin C		90%
Calcium		2%
Iron		2%

* Percent Daily Values are based on a 2,000-calorie diet.

Peppery Black Bean Tortilla Casserole

NUTRITION FACTS

Serves 4

Amount Per Serving		
Calories 360	Calories from Fat 80	
% Daily Value*		
Total Fat 9 g		14%
Saturated Fat 3 g		15%
Trans Fat 0 g		
Cholesterol 20 mg		7%
Sodium 550 mg		23%
Total Carbohydrate 55 g		18%
Dietary Fiber 11 g		45%
Sugars 5 g		
Protein 17 g		
Vitamin A		20%
Vitamin C		35%
Calcium		30%
Iron		10%

* Percent Daily Values are based on a 2,000-calorie diet.

The Perks of Quitting Smoking: An Hour-By-Hour Timeline

After ...

20 minutes

Your blood pressure and heart rate drop to normal.

24 hours

Your risk for sudden heart attack, once higher than average, decreases.

2 weeks to 3 months

Blood flow improves throughout your body. Your wounds heal more quickly. It's also easier to walk and breathe.

1 year

Your risk for heart disease is cut in half.

10 years

Your risks for stroke and lung cancer are similar to those of someone who never smoked.

8 hours

Levels of carbon monoxide in your blood drop, and your blood oxygen level returns to normal.

48 hours

Damaged nerves repair themselves, restoring your sense of taste and smell.

1 to 9 months

You'll have more energy and fewer symptoms, such as coughing, congestion, fatigue and shortness of breath. Tiny hairlike structures in your lungs called cilia resume clearing mucus, reducing your risk for infections.

5 years

Compared to people still smoking a pack a day, you're half as likely to develop cancer in your mouth, throat, bladder or esophagus. Your risk for lung cancer falls by nearly 50 percent.

15 years

You're now no more likely to develop heart disease than if you'd never lit a cigarette.



www.albany.va.gov
www.bath.va.gov
www.buffalo.va.gov
www.canandaigua.va.gov
www.syracuse.va.gov



\$5 Off

any one (1) regular priced

Athletic Apparel or Footwear Purchase

of \$20 or more

Valid only at:



Valid February 2 — April 24, 2015 Only

Limit one coupon per customer. Offer limited to one Athletic Apparel or Footwear originally priced at \$20.00 or higher. Not to be combined with any other offers. Void if transferred, purchased, sold or prohibited by law. No cash value.

VCS Employee register instructions: Ring item as normal, then enter \$5 discount as VCS coupon.

Visit www.visn2.va.gov/bh/smoking.asp to learn more about the programs VA health care offers to help you quit smoking.



Healthy New Year!

Goals for Wellness

- ✓ Discuss health care goals with your PACT
- ✓ Schedule your annual physical
- ✓ Set up a dental appointment and cleaning
- ✓ Get an eye exam
- ✓ Complete the Healthy Living Assessment on MyHealtheVet

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>December 2014</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>February</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>There's Still Time! If you haven't gotten your flu shot yet, it's not too late. It can still protect you throughout the rest of the flu season. Ask your VA provider or check at a local Walgreens, which is partnering with VA to offer vaccinations for Veterans.</p>		<p>1</p> <p>New Year's Day</p>	<p>2</p>	<p>3</p>
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
	Martin Luther King Day					
25	26	27	28	29	30	31



Your Health Care Partners: VA Health Care has put YOU, the Veteran, in the driver's seat when it comes to determining what is important to you about your health and what parts of your health you want to work on. At your next primary care appointment, make sure your Patient Aligned Care Team (PACT) knows what your wellness goals are for 2015.



A smiling couple in winter gear holding hands in the snow. The woman on the left is wearing a red jacket and a pink knit hat, looking up and to the right. The man on the right is wearing an orange jacket and a red knit hat, looking towards the camera. They are both wearing black gloves and are standing in a snowy environment. There are three white stars of varying sizes overlaid on the image: one in the center-left, one in the bottom-right, and one in the bottom-right corner.

Have a Heart-to-Heart

Target Cardiac Health

- ✓ Get at least 30 minutes of exercise on most days of the week
- ✓ Eat 5 servings of fruits and vegetables every day
- ✓ Stress can kill, but you can beat it with deep breathing: Inhale slowly through your nose and then exhale slowly and completely — repeat 5 times, several times a day

FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 National Freedom Day	2 Groundhog Day	3	4	5	6	7
8	9	10	11	12 Lincoln's Birthday	13	14 Valentine's Day National Donor Day
15	16 Presidents' Day	17	18 Ash Wednesday	19 Chinese New Year	20	21
22 Washington's Birthday (actual)	23	24	25	26	27	28

TeleMOVE! Last year, 3 out of every 4 Veterans lost weight by completing VA's TeleMOVE! program. TeleMOVE! connects you with professional weight management support in the comfort of your home. To enroll in TeleMOVE!, first complete the MOVE!11 questionnaire at a VA primary care clinic or online at www.move.va.gov/Move11. Then call **1-877-619-0106** and select Option 1. Don't wait, get MOVE!ing today!



January							March						
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18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31	29	30	31				

Set the Table for Health

Maximize Your Meals

- ✓ Turn on soft music
- ✓ Use your best china and place settings
- ✓ Invite a friend or family member over for dinner
- ✓ Eat slowly — you will digest better, eat less and live longer

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																													
1	2 Read Across America Day	3	4	5	6	7																																																																													
8 Daylight saving time begins	9	10	11	12	13	14																																																																													
15	16	17 St. Patrick's Day	18	19	20 First day of spring	21																																																																													
22	23	24	25	26	27	28																																																																													
29 Palm Sunday	30	31	MyHealtheVet: Veterans who use My HealtheVet have an added convenience if they upgrade to a premium account. They can send secure messages to their VA providers about their health care issues 24/7. To learn more, go to www.myhealth.va.gov .		<div>February</div> <table> <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>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> </table> <div>April</div> <table> <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></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	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		
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What's on Your Plate? The government's MyPlate program recommends you fill half your plate with fruits and vegetables. Lean protein such as poultry, beef, pork, lamb, eggs, nuts and seeds, or dry beans and peas, should cover slightly less than one-fourth of your plate, and the rest should be whole grains. Pair your plate with a glass of low-fat milk. Find sample menus, recipes and personalized eating plans at www.ChooseMyPlate.gov.





Live in the Moment

Every Day Is a Gift

- ✓ Be grateful for an accomplishment today
- ✓ Worrying has never accomplished anything, so redirect your mental energy
- ✓ Take 15 minutes a day to put aside what has happened and needs to happen next, and focus on the here and now

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>March</div> <div>S M T W T F S</div> <div>1 2 3 4 5 6 7</div> <div>8 9 10 11 12 13 14</div> <div>15 16 17 18 19 20 21</div> <div>22 23 24 25 26 27 28</div> <div>29 30 31</div>	<div>May</div> <div>S M T W T F S</div> <div>1 2</div> <div>3 4 5 6 7 8 9</div> <div>10 11 12 13 14 15 16</div> <div>17 18 19 20 21 22 23</div> <div>24 25 26 27 28 29 30</div> <div>31</div>		<div>1</div> <div>April Fool's Day</div>	<div>2</div>	<div>3</div> <div>Good Friday</div> <div>Passover begins at sundown</div>	<div>4</div>
<div>5</div> <div>Easter</div>	<div>6</div> <div>National Public Health Week® begins</div>	<div>7</div>	<div>8</div>	<div>9</div>	<div>10</div>	<div>11</div>
<div>12</div> <div>Orthodox Easter</div>	<div>13</div>	<div>14</div>	<div>15</div> <div>Tax Day</div>	<div>16</div>	<div>17</div>	<div>18</div>
<div>19</div>	<div>20</div>	<div>21</div>	<div>22</div> <div>Earth Day</div>	<div>23</div>	<div>24</div> <div>Arbor Day</div>	<div>25</div>
<div>26</div>	<div>27</div>	<div>28</div>	<div>29</div>	<div>30</div>	<div>If You're a Caregiver: VA offers an invaluable resource for family caregivers that provides tips on how to take care of the Veteran you love — and yourself. Find out more by visiting www.caregiver.va.gov.</div>	




Help Is Available: Put the Veterans Crisis Line in your phone contacts so it's there if you ever need help. Caring professionals — some are Veterans themselves — are specially trained and experienced in assisting Veterans of all ages and circumstances. Dial **1-800-273-8255** and press **1** to talk to someone immediately. Or text to **838255**.



A smiling woman with short dark hair, wearing a purple V-neck shirt, is in the foreground on a boat. In the background, a man in a blue shirt is also smiling and holding a paddle. They are on a body of water with green trees in the distance.

Enjoy Wide Open Spaces

Indulge Your Spring Fever

- ✓ **Make a list of outdoor activities (work or fun) that will help you stay active**
 - ✓ **Spring clean your home to avoid asthma indoors so you breathe better as you go outdoors**
 - ✓ **Get some sunlight, which provides vitamin D that can help fight osteoporosis, depression and cancer**
- 
- Three white stars of varying sizes are positioned in the lower right area of the image, overlapping the background scene.

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>April</div> <div>S M T W T F S</div> <div>1 2 3 4</div> <div>5 6 7 8 9 10 11</div> <div>12 13 14 15 16 17 18</div> <div>19 20 21 22 23 24 25</div> <div>26 27 28 29 30</div>	<div>June</div> <div>S M T W T F S</div> <div>1 2 3 4 5 6</div> <div>7 8 9 10 11 12 13</div> <div>14 15 16 17 18 19 20</div> <div>21 22 23 24 25 26 27</div> <div>28 29 30</div>	Get Education and Training: You served with honor, and you're ready to further your education and skills. Apply for VA education and training benefits at a Vet Center or online at www.benefits.va.gov/gibill . Or request an application by calling 1-888-GIBILL-1.			1	2
3	4	5	6	7	8	9
		Cinco de Mayo		Vietnam War ended National Day of Prayer	Victory in Europe (V-E Day)	
10	11	12	13	14	15	16
Mother's Day						Armed Forces Day
17	18	19	20	21	22	23
24	25	26	27	28	29	30
	Memorial Day		National Senior Health & Fitness Day®			
31	Seeing the Light: When heading into the great outdoors, be vigilant against skin cancer by covering all exposed skin with a liberal amount of water-resistant sunscreen. Check the label for an SPF of at least 30 and a broad-spectrum formula that guards against both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply about every 2 hours, even if it's cloudy.					



C'mon Men!

Take Charge of Your Health

- ✓ **Don't ignore a strange pain — schedule an appointment with your VA health care provider**
- ✓ **Feeling sad, anxious or tense? Talk to your PACT behavioral health specialist**
- ✓ **Get screened for high cholesterol, hypertension, colorectal cancer, prostate cancer and skin cancer**

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
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14 Flag Day U.S. Army Birthday	15	16	17 Ramadan begins at sundown	18	19 Juneteenth (the end of slavery in the U.S.)	20																																																																																											
21 Father's Day First day of summer	22	23	24	25	26	27																																																																																											
28	29	30	Get Screened: Taking advantage of health screenings could save your life. Check out the Routine Health Care Monitoring chart in the front of this calendar to find out what tests you may need this year.		<div><div>May</div><table><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></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><tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table></div> <div><div>July</div><table><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></div>		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							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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Help for You: VA offers a wide range of services to help Veterans readjust to civilian life and cope with the mental and emotional impact of their military experiences. You can find screening tools and more resources at www.mentalhealth.va.gov.



A close-up, low-angle shot of a woman with brown hair, smiling broadly and wearing gold-rimmed aviator sunglasses. She is holding a small American flag on a wooden stick. The background is a bright, sunny outdoor setting with a blurred cityscape.

Eye Care for Life

Protect Your Vision

- ✓ Wear sunglasses that block at least 99 percent of UV radiation and 75 percent of visible light
- ✓ Take regular breaks from electronic screens to avoid eye strain and dry eyes
- ✓ Get a dilated eye exam to catch eye diseases like glaucoma when they can best be treated

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
VA Dental Benefits: Returning Service-members may qualify for a FREE dental exam and treatment. Ask your Vet Center representative if you are eligible. Also, see if the VA Dental Insurance Program is right for you at www.va.gov/healthbenefits/vadip .		June 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	1	2	3	4
5	6	7	8	9	10	Independence Day
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	August 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
Parents' Day	Korean War ended			Father-in-Law Day		

Online Resource: The Veterans Health Library is a one-stop source for health information specific to Veterans, including how to protect your vision. Visit www.veteranshealthlibrary.org and search "eye care."





Brain Power!

To Stay Sharp, Start Now

- ✓ **Listen to music you enjoy — it arouses and strengthens many parts of the brain**
- ✓ **Pick up a stimulating hobby like cards, travel or photography to help protect against dementia later in life**
- ✓ **Vary your usual travel routes to exercise your brain's problem-solving abilities**

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Join the Registry: If you served in Operations Desert Shield or Desert Storm, or the Southwest Asia theater of operations on or after August 2, 1990, or in Operation Enduring Freedom/Operation Iraqi Freedom/Operation New Dawn, or Djibouti, Africa, on or after September 11, 2001, learn more about the Burn Pit and Airborne Hazards Registry at https://veteran.mobilehealth.va.gov/AHBurnPitRegistry or call 1-877-470-5947.				July 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	September 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	1
2	3	4 U.S. Coast Guard Birthday	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27 New York State Fair in Syracuse begins	28	29
30	31	Partner with Your VA Pharmacist: Keep a list of all your medications (prescription, over-the-counter and vitamins/supplements) from VA providers and any providers you see outside of VA. Share it with your VA health care team at every visit. This ensures safe use of your medications and helps stop problems before they occur.				

A smiling woman and man are performing a stretching exercise in a gym. The woman, in the foreground, is wearing a teal jacket over a grey shirt and has her right arm raised. The man, in the background, is wearing a white long-sleeved shirt and has his left arm raised. They are both looking upwards and smiling.

Smooth Moves for Joints

Stay Flexible and Active

- ✓ **Keep moving** — inactivity weakens muscles around your joints, leading to joint damage
- ✓ **Eat fish high in omega-3 fatty acids** like salmon and tuna to help reduce inflammation
- ✓ **If you have back pain, see your PACT** for guidance on physical therapy exercises or VA chiropractic care

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 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	October 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	1	2 Victory Over Japan (V-J Day)	3	4	5
6	7 Labor Day	8	9	10	11 Patriot Day	12
13 Grandparents Day Rosh Hashanah begins at sundown	14	15	16	17 Constitution Day	18 U.S. Air Force Birthday National POW/MIA Recognition Day	19
20	21	22 Yom Kippur begins at sundown	23 First day of fall	24	25	26
27	28	29	30	Shot at Better Health: A yearly flu shot helps protect you from the flu. Ask your VA provider if you should add an extra level of defense by getting a pneumonia shot, too.		



A Lasting Tribute: Bath National Cemetery's mission is to honor Veterans and their families with a final resting place that commemorates their service and sacrifice. If you are a Veteran or know a Veteran who might be eligible, visit www.cem.va.gov or call the Bath National Cemetery at **607-664-4853**, the Woodlawn National Cemetery at **607-732-5411** or Gerald B. H. Solomon Saratoga National Cemetery at **518-581-9128**.





Nutrition for Two

Eat Right for You and Your Baby

- ✓ **If you are planning on becoming pregnant, begin planning 6 months in advance to make sure you are getting enough calcium, zinc, vitamins A and C and folic acid in your diet**
- ✓ **Limit caffeine to 3 cups of coffee if you are pregnant or trying to conceive**
- ✓ **When baby comes, continue to eat nutritious foods — it will help you lose weight you put on during pregnancy and give you more energy**
- ✓ **If you are breast-feeding, you need an extra 500 calories per day and plenty of water**

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Schedule a Mammogram Today: The American Cancer Society recommends that women ages 40 and older get a yearly mammogram. Be sure to talk with your VA provider about the mammogram schedule that's best for you.		September 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	November 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	1	2	3
4	5	6	7	8	9	10
11	12 Columbus Day	13 U.S. Navy Birthday	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Halloween
Mother-in-Law Day						

More than Baby Blues: About 13 percent of new mothers experience depression in the months after childbirth — known as postpartum depression. If you have symptoms of depression for more than 2 weeks, tell your VA primary care provider, who can refer you for immediate assistance at the time of your appointment. Treatment can help you take better care of your family and live the happy, fulfilling life you deserve.



Living a Joyous Life

Be a Volunteer

- ✓ Help a neighbor with home repair or everyday household tasks
- ✓ It takes a neighborhood to raise a child — be a role model and offer moral support to kids who need it
- ✓ Donate food to your local food bank

VOLUNTEER

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight saving time ends	2	3	4	5	6	7
8	9	10 Marine Corps Birthday	11 Veterans Day	12	13	14
15	16	17	18	19 Great American Smokeout	20	21
22	23	24	25	26 Thanksgiving	27 Native American Heritage Day	28
29	30	Put Smoking Down and Out: Join in the Great American Smokeout on November 19. VA is here to help you kick the smoking habit. Call Telequit at 1-877-619-0106 and select Option 3.			October 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	December 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

Get Involved! Volunteers provide a wide range of support and financial assistance to programs for Upstate New York Veterans throughout the year. To learn more about how you or your organization can help Veteran patients, visit **www.visn2.va.gov** and click on "Volunteer."



A man with a friendly smile, wearing a tan fedora-style hat with a dark band, a brown jacket, and a brown scarf. He is holding a wooden shovel with both hands, wearing tan work gloves. He is standing in a snowy environment with snowflakes falling around him.

Attitude of Gratitude

Appreciate Life's Delights

- ✓ **Think thankful thoughts at bedtime — you'll doze off faster, and sleep better and longer**
- ✓ **Write down a list of things for which you're grateful regularly to optimize your outlook**
- ✓ **Do random acts of kindness: Treat your friend to coffee or shovel an older neighbor's sidewalk**
- ✓ **Visualize a happy future for yourself — you'll get that much closer to achieving it**

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 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	January 2016 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	1 World AIDS Day	2	3	4	5
6 First night of Hanukkah	7 Pearl Harbor Remembrance Day	8	9	10	11	12
13 National Guard Birthday	14	15	16	17	18	19
20	21	22	23	24	25	26
		First day of winter		Christmas Eve	Christmas	First day of Kwanzaa
27	28	29	30	31 New Year's Eve	Telehealth Services: You don't have to wait for specialty care or a second opinion. Ask your PACT about telehealth or visit www.telehealth.va.gov .	



Let's End Veteran Homelessness: No one who has served our country should ever go without a place to call home. To learn about VA's programs for Veterans and find out what you, your neighbors and your community can do to help Veterans who are homeless or are at risk for becoming homeless, visit www.va.gov/homeless.

Help for Homeless Veterans
877-4AID-VET
va.gov/homeless | (877) 424-3838

Reaching us is easy



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

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

1234 Abbott Road
Lackawanna, NY 14218
1-877-332-0887

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
716-862-8580

Olean

465 N. Union St.
Olean, NY 14760
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

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

15 Commerce Drive
Springville, NY 14141
1-877-332-0887

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

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)

Westport/ Elizabethtown

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

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. Winton Road
Bldg. 5, Suite 201
Rochester, NY 14620
585-232-5040

Syracuse

109 Pine St.
Syracuse, NY 13210
315-478-7127

Watertown

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

Caregiver Support

1-855-260-3274

For help with caring for
Veterans with disabilities
www.caregiver.va.gov

National Call Center for Homeless Veterans Hotline

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

E-donate

www.visn2.va.gov

You can make a donation
online to the Veteran
program of your choice

**Reliable Health
Information on the Web**
www.myhealth.va.gov

Veterans Crisis Line

1-800-273-8255, Press 1

Chat online at www.VeteransCrisisLine.net/Chat or text to
838255 anytime for free and
confidential support

Veterans Service Contact Center

1-888-823-9656

For information on eligibility,
VA health care benefits and
enrollment, or questions on
your billing statement

TelCare

1-888-838-7890

24-hour, toll-free medical
advice for enrolled Veterans