

Living Life

VETERANS'
WELLNESS
2016

Joseph Fontenot, a Veteran,
plays tennis in upstate New
York to stay active.

Photo by Adam Lyon, Visual Information
Specialist, Bath VA Medical Center

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

2016: Keys to Longevity



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

I hope you enjoy *Living Life*, the 2016 *Veterans' Wellness* calendar from VA Health Care Upstate New York. Every month in this year's calendar, we focus on small lifestyle changes that can improve your chances of living a longer, healthier life.

Enjoying the moment, having meaningful relationships,

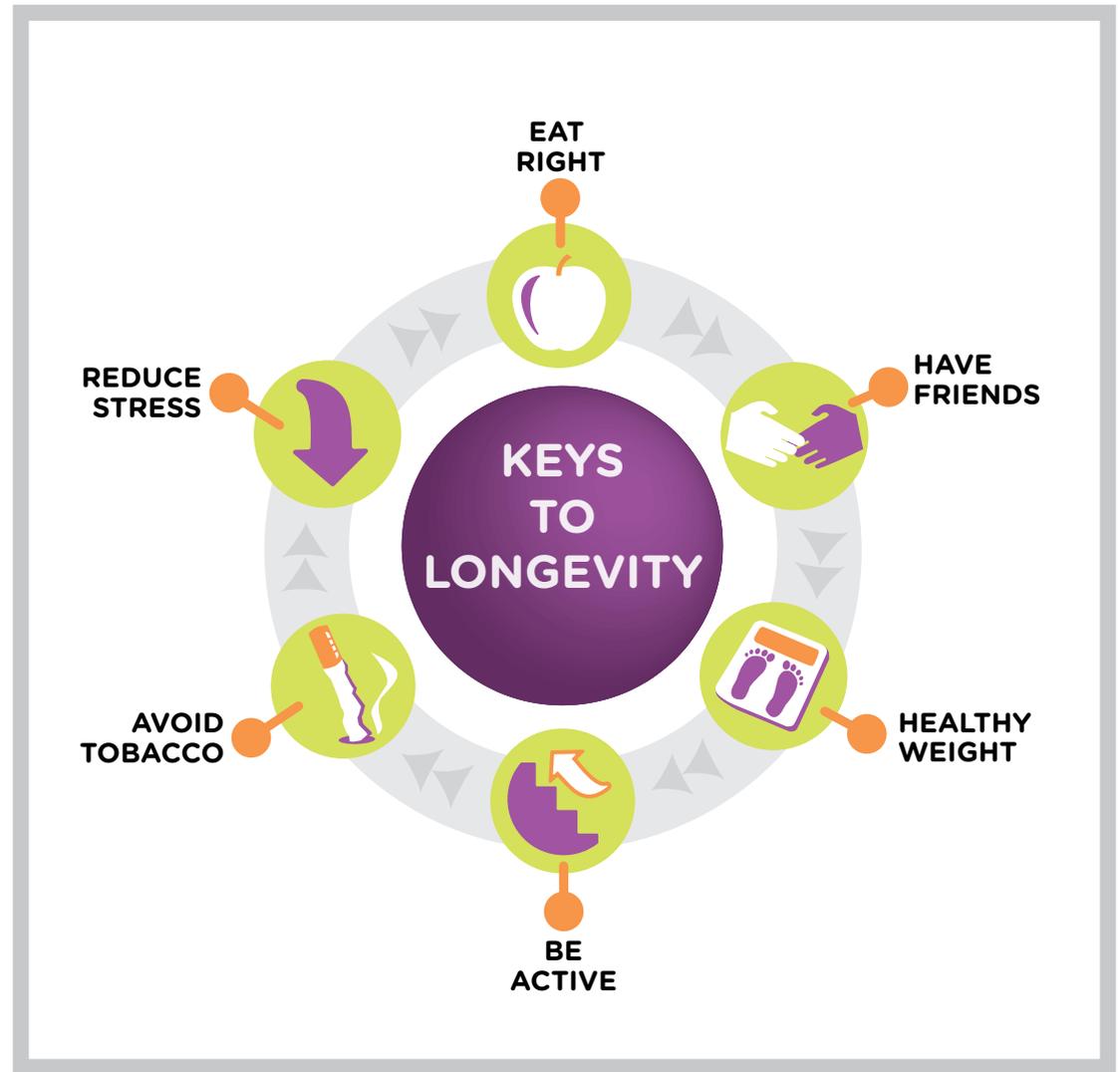
staying active, practicing random acts of kindness and simplifying your life are some of the ways you can increase your chances of longevity and well-being. VA offers many programs and services to help you along the way, and we have highlighted them throughout this calendar.

We wish you a happy holiday season, and a healthy and fulfilling New Year.

Sincerely,

Darlene A. DeLancey, M.S.

Interim Network Director



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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

SIT LESS, LIVE LONGER!

THERE ARE ABOUT

640

MUSCLES IN THE HUMAN BODY

THE HUMAN BODY'S
640 muscles suggest it was made to move. But many people spend up to 8 or 9 hours a day sedentary.



BEING SEDENTARY adds extra pounds and also may contribute to clogged arteries. When the large muscles of your legs are immobile, your body can't clear harmful fats from your bloodstream.



SITTING TOO MUCH CAN

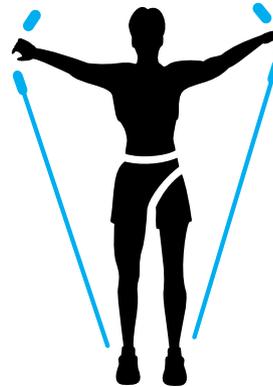
DOUBLE
your risk of developing diabetes

INCREASE
your risk for heart disease, obesity and cancer

DECREASE
your life expectancy by 2 years



PARKED AT A DESK ALL DAY?
Try setting a phone or computer alarm each hour. When it goes off, take a 3-minute walk down the hall or a staircase.



WHILE WATCHING YOUR FAVORITE TV SHOW, lift dumbbells, use stretching resistance bands, or pace around the room during commercials.



TRY KEEPING A LOG OF TV TIME.
You might be shocked to add up how many hours you lose in front of the tube. For the average American, it's more than 150 each month.

Get support and get moving with VA's **TeleMOVE! Program.** See the April spread to learn more.

Beef and Bean Chili



INGREDIENTS

1 lb. lean beef stew meat, trimmed of fat, cut in 1-inch cubes	1 lb. tomatoes, chopped
4½ tsp. vegetable oil	1 cup canned no-salt-added kidney beans
1 cup water	½ green bell pepper, chopped
½ large onion, finely chopped	1½ tsp. oregano
1 tsp. garlic, minced	1 tsp. chili powder
½ tbsp. wheat flour	½ tsp. cumin

DIRECTIONS

Brown meat in a large skillet with half of the oil. Add water. Simmer covered for 1 hour until meat is tender.

Heat remaining oil in a second skillet. Add onion and garlic, and cook over low heat until onion is softened. Add flour and cook for 2 minutes.

Add onion-garlic-flour mixture to cooked meat. Then add remaining ingredients to meat mixture. Simmer for 30 minutes.

Serving and nutrition information on flip side of card

Cranberry Salsa



INGREDIENTS

4 oz. 100% cranberry juice blend
1½ cups diced tomatoes
1 cup fresh cranberries, sliced thin*
¼ cup ripe medium avocado, diced
½ cup diced pineapple
½ cup thinly sliced scallions (including green tops)
2 tbsp. lemon juice
¼ cup finely chopped jalapeño peppers
2 cloves crushed garlic (about 1 tsp.)

DIRECTIONS

Place juice into a saucepan. Boil for about 5 minutes until reduced to about 1 tablespoon of syrup. Place the reduced juice and all remaining ingredients into a medium bowl and stir until incorporated. Chill and serve immediately with favorite chips and vegetables.

**Fresh cranberries may be stored in your freezer for up to 1 year.*

Serving and nutrition information on flip side of card

Quick Apple Crisp



INGREDIENTS

⅓ cup graham cracker crumbs
⅓ cup quick oats
2 tbsp. brown sugar
2 lb. apples (about 6, medium-sized)
½ cup water
1 tsp. cinnamon
1 tbsp. butter

DIRECTIONS

Preheat oven to 375 degrees. In a small bowl, mix graham cracker crumbs, oats and brown sugar. Wash and peel apples. Quarter them; cut out core and seeds. Slice apple quarters. Spread apples in a 12-by-8-inch baking pan. Add ½ cup of water to the pan.

Sprinkle cinnamon and topping mixture over apples and dot with butter. Bake for about 45 minutes or until apples are soft and topping is browned.

Serving and nutrition information on flip side of card

Beef and Bean Chili

NUTRITION FACTS

Serves 4

Amount Per Serving	
Calories 280	Calories from Fat 90
% Daily Value*	
Total Fat 10 g	15%
Saturated Fat 2.5 g	13%
Trans Fat 0 g	0%
Cholesterol 75 mg	25%
Sodium 125 mg	5%
Total Carbohydrate 19 g	6%
Dietary Fiber 6 g	24%
Sugars 4 g	
Protein 30 g	
Vitamin A	20%
Vitamin C	46%
Calcium	8%
Iron	19%

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

Cranberry Salsa

NUTRITION FACTS

Serves 8

Amount Per Serving	
Calories 35	Calories from Fat 9
% Daily Value*	
Total Fat 1 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 5 mg	0%
Total Carbohydrate 8 g	3%
Dietary Fiber 2 g	8%
Sugars 4 g	
Protein 1 g	
Vitamin A	8%
Vitamin C	39%
Calcium	1%
Iron	1%

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

Quick Apple Crisp

NUTRITION FACTS

Serves 6

Amount Per Serving	
Calories 140	Calories from Fat 24
% Daily Value*	
Total Fat 3 g	5%
Saturated Fat 1 g	5%
Trans Fat 0 g	0%
Cholesterol 5 mg	2%
Sodium 40 mg	2%
Total Carbohydrate 30 g	10%
Dietary Fiber 3 g	1%
Sugars 20 g	
Protein 1 g	
Vitamin A	2%
Vitamin C	10%
Calcium	1%
Iron	3%

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

Are You At Risk for Colorectal Cancer?

Your risk for colorectal cancer is based on your genetics and lifestyle. So when it comes to prevention, you can't control your DNA but you can change the way you live. Take note of your risk factors so you can make changes for a healthy life.

RISKS YOU CAN'T CHANGE



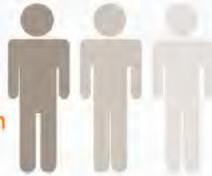
Age 50 or older

History of colorectal cancer, polyps, ulcerative colitis or Crohn's disease



Family history of colorectal cancer

Race or ethnic background (primarily African-American or Ashkenazi)



Type 2 Diabetes

Genetic syndromes such as familial adenomatous polyposis (FAP) or hereditary nonpolyposis colorectal cancer (Lynch syndrome)



RISKS YOU CAN CHANGE



Diet. Eat fewer red meats and processed meats.



Food preparation. Cooking meats at very high heat can create chemicals that might increase risk.



Exercise levels. Regular exercise decreases risk.

Weight. Being overweight or obese increases risk.



Smoking habits. Quit smoking.

Alcohol consumption. Drink alcohol in moderation.



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



50¢ OFF

Any (1)

Naked Juice

Valid only at: **VCS PatriotStore**

Limit one coupon per customer. Offer only valid with ANY Naked Juice purchase within VCS PatriotStore. Not to be combined with any other offers. Void if transferred, purchased, sold or prohibited by law. No cash value.

Expires April 29, 2016

VCS Employee register instructions:
 • Ring item as normal, then enter sell price for 50¢ discount as VCS coupon.

A close-up photograph of a man with short dark hair, wearing a light blue crew-neck sweater, looking down and writing in a small notebook with a silver pen. The background is a bright, out-of-focus indoor setting.

**A New Year is a perfect
time to make changes in
your life and your health.**

A New Beginning

Keeping
New Year's
resolutions is easier
if you focus on
how good habits
enhance daily
life.

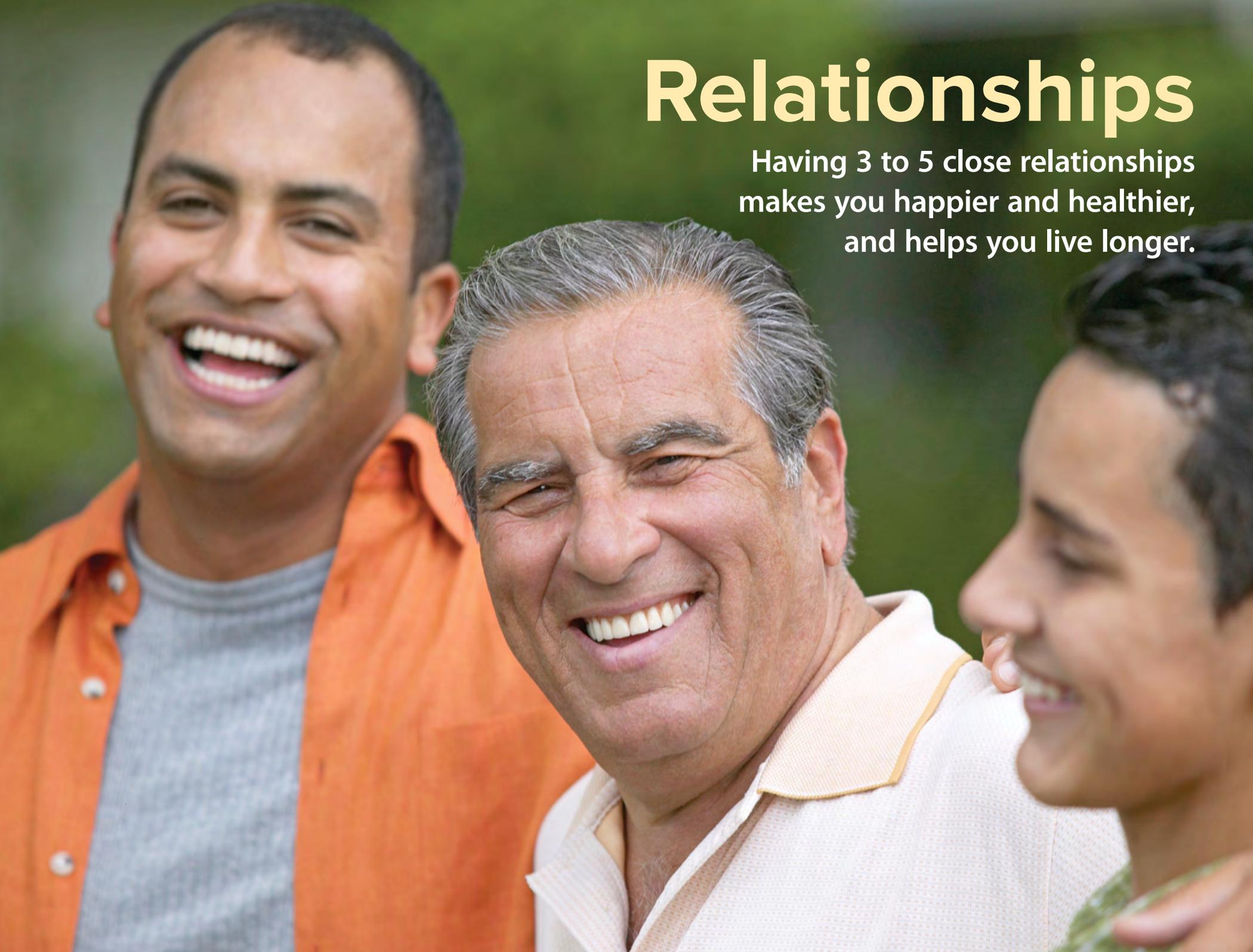
January

LivingLife

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>DECEMBER</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>FEBRUARY</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</p>	 <p>ADVANCE YOURSELF: An education can help transform your career and your life. To see if you are eligible for GI Bill education benefits, visit www.ebenefits.va.gov.</p>			<p>1</p> <p>New Year's Day</p>	<p>2</p>
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
	Martin Luther King Jr. Day					
24	25	26	27	28	29	30
31						



Take Care of Yourself: Make an appointment to see your VA primary care provider to make sure you are up-to-date on your preventive health screenings. See the chart at the front of this calendar.

A photograph of three people laughing joyfully outdoors. On the left, a man with short dark hair, wearing an orange button-down shirt over a grey sweater, is laughing heartily. In the center, an older man with grey hair, wearing a light-colored polo shirt, is also laughing broadly. On the right, a woman with dark hair is partially visible, smiling and laughing. The background is a soft, out-of-focus green, suggesting a park or garden setting.

Relationships

Having 3 to 5 close relationships makes you happier and healthier, and helps you live longer.

February

LivingLife

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>JANUARY</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> <p>31</p>	1 National Freedom Day	2 Groundhog Day	3	4	5	6
7	8 Chinese New Year	9	10 Ash Wednesday	11	12 Lincoln's Birthday	13
14 Valentine's Day National Donor Day	15 Presidents' Day	16	17	18	19	20
21	22 Washington's Birthday	23	24	25	26	27
28	29	 <p>NEW TO CAREGIVING? Learn more about how to care for a Veteran by using VA's Caregiver Toolbox at www.caregiver.va.gov/toolbox or call 1-855-260-3274.</p>				<p>MARCH</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>



Respite Care: Are you a caregiver who needs a break? Take advantage of VA's respite program, which offers up to 30 days of respite care per year. Talk to your local VA medical center about how you can get help.

Enjoy the Moment

Focus on the here and now,
not on yesterday or tomorrow.



March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>FEBRUARY</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</p>	<p>APRIL</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
6	7	8	9	10	11	12
13	14	15	16	17	18	19
Daylight saving time begins				St. Patrick's Day		
20	21	22	23	24	25	26
First day of spring Palm Sunday					Good Friday	
27	28	29	30	31	<p>EASE YOUR MIND: Don't let old grudges or mistakes haunt you. Talk with a VA mental health provider and visit www.veterantraining.va.gov to take an anger management course.</p>	
Easter						



Reconnect With Your Kids: Improve your parenting skills with VA's online course at www.veterantraining.va.gov. You can also ask about seeing a behavioral health specialist at your next primary care visit or talk with a VA chaplain.



Stay Active

Walking is one of the simplest ways you can start down a path toward better health.

For every hour you walk briskly, your life expectancy can increase by 2 hours.

April

LivingLife

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>MARCH</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>MAY</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>TELEMOVE! coaches Veterans on weight management in their own homes. Fill out the questionnaire at www.move.va.gov, write down your retrieval code, then call 1-877-619-0106, option 1.</p>			<p>1</p> <p>April Fool's Day</p>	<p>2</p>
<p>3</p>	<p>4</p> <p>National Public Health Week® begins</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>
<p>10</p>	<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p> <p>Tax Day</p>	<p>16</p>
<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p> <p>Earth Day Passover begins at sundown</p>	<p>23</p>
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p> <p>Arbor Day</p>	<p>30</p>



TeleQuit: Quitting smoking is easier than ever! Try VA's TeleQuit Program, available right from home. Eighty percent of Veterans who joined have quit or decreased their smoking! Call **1-877-619-0106, option 3.**

A close-up photograph of a woman with blonde hair hugging another woman from behind. The woman being hugged has long, wavy blonde hair and is wearing a grey sweater. The woman hugging her has her eyes closed and a gentle smile, wearing a dark grey sweater. The background is softly blurred, showing a window with greenery outside.

Believe

A sense of spiritual well-being
can help you live a longer, happier life.
Start with an attitude of forgiveness.

May

LivingLife

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Orthodox Easter	2	3	4	5 National Day of Prayer Cinco de Mayo	6	7 Vietnam War ended
8 Victory in Europe (V-E) Day Mother's Day	9	10	11	12	13	14
15	16	17	18	19	20	21 Armed Forces Day
22	23	24	25 National Senior Health & Fitness Day®	26	27	28
29 Memorial Day	30	31	HAVING HARD TIMES? Don't dwell in silence. Find the number of your local VA medical center on the back of this calendar, and ask to be connected to a VA chaplain.		APRIL 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	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



Please visit your nearest VA National Cemetery on Memorial Day. To learn more, call the Bath (607-664-4853), Elmira (607-732-0151) or Schuylerville (518-581-9128) National Cemetery locations.



Kindness Goes a Long Way

Practice random acts of kindness — it will brighten your day and someone else's.

June

LivingLife

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>MAY</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>JULY</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> <p>31</p>		1	2	3	4
5	6 Ramadan begins at sundown D-Day Anniversary	7	8	9	10	11
12	13	14 U.S. Army Birthday Flag Day	15	16	17	18
19 Father's Day Juneteenth (the end of slavery in the U.S.)	20 First day of summer	21	22	23	24	25
26	27	28	29	30	HOUSE VISITS: VA offers home-based primary care for Veterans who cannot visit an outpatient clinic. Ask your Patient Aligned Care Team if you might be a candidate.	



Telehealth: Technology makes it easier for Veterans to get care quicker and more conveniently, including specialty care and disease management. Ask your VA provider about available telehealth services.



Eat fresh and in season — it packs the most flavor and nutrition.

Eat Well, Be Well

July

LivingLife

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>JUNE</p> <p>S M T W T F S</p> <p>1 2 3 4</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</p>	<p>AUGUST</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>EAT WELL TO PREVENT CANCER: Broccoli, cauliflower, collard greens and other members of the cruciferous veggie family are linked to a lower risk for colon, lung and other cancers. Tomatoes and other red fruits and vegetables also may protect against some cancers. Add some to your plate.</p>				1	2
3	4	5	6	7	8	9	
	Independence Day						
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
Parents' Day							
31			Korean War ended			Father-in-Law Day	



MOVE! provides coaching and peer support to Veterans who want to make lifestyle changes to manage their weight. Call your PACT team to connect with MOVE! today or visit www.move.va.gov for more information.

A smiling man with glasses, wearing a light-colored suit jacket over a blue shirt, is shaking hands with another person whose hand is visible in the foreground. The background is a blurred office or meeting room with warm lighting.

The Power of Positivity

Remember, when
one door closes
another one opens.

Optimism
is linked to
a lower risk for
heart problems
and stroke.

August

*Living*Life

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	5	6
7	8	9	10	11 U.S. Coast Guard Birthday	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	New York State Fair in Syracuse begins VA VOCATIONAL REHABILITATION AND EMPLOYMENT BENEFITS can help Veterans with job training, resumes, finding employment, starting a business and more. Visit www.benefits.va.gov/vocrehab .		



Home Sweet Home: VA helps Veterans become homeowners. Find out how at www.benefits.va.gov/homeloans.

Simplify Your Life

Make room for what
truly matters in your life.



September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																	
<p>REGISTER FOR My HealthVet, an online service that makes it easier and more convenient to use secure messaging to communicate with your VA health care team, refill and track prescriptions, view medical appointments and much more. Visit www.myhealth.va.gov.</p>			<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>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></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				<p>1</p>	<p>2</p> <p>Victory Over Japan (V-J) Day</p>	<p>3</p>							
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	1	2	3	4	5	6																																																	
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<p>4</p>	<p>5</p> <p>Labor Day</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>																																																	
<p>11</p> <p>Patriot Day Grandparents Day</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p> <p>National POW/MIA Recognition Day</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>22</p> <p>First day of fall</p>	<p>23</p>	<p>24</p>																																																	
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>OCTOBER</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></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></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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Medication Safety: Make a list of the prescription and over-the-counter medications and vitamins/supplements you are taking and bring it to every VA primary care visit.

Health: Your Greatest Possession

Preventive health screenings
help you live longer and better.

A young woman with short black hair, wearing a pink tank top, is smiling and flexing her biceps in a gym setting. The background shows various exercise machines and a bright, airy environment.

Mammograms
can find breast
cancer early, when
it's more likely to
be curable.

October

LivingLife

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>TIME TO GET YOUR FLU SHOT! Visit your VA provider or Walgreens, which partners with VA to offer vaccinations. Also ask your VA provider if you could benefit from a pneumonia or shingles vaccine.</p>				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 Rosh Hashanah begins at sundown	3	4	5	6	7	8
9	10 Columbus Day	11 Yom Kippur begins at sundown	12	13 U.S. Navy Birthday	14	15
16	17	18	19	20	21	22
23 Mother-in-Law Day	24	25	26	27	28	29
30 Halloween	31					



Women Are the Fastest-Growing Group of Veterans: For a list of VA services and programs for women, check out www.visn2.va.gov and search "women Veterans."



Be Thankful

America is the land of opportunity —
be grateful for all you have.

November

*Living*Life

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>OCTOBER</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>DECEMBER</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 31</p>	1	2	3	4	5
6	7	8	9	10	11	12
Daylight saving time ends		Election Day		Marine Corps Birthday	Veterans Day	
13	14	15	16	17	18	19
				Great American Smokeout		
20	21	22	23	24	25	26
				Thanksgiving	Native American Heritage Day	
27	28	29	30	<p>GIVE BACK: Volunteer at your local VA medical center. Opportunities range from driving Veterans to appointments to sharing skills like gardening. Visit www.visn2.va.gov and click on "Volunteer or Donate."</p>		



Donate: VA Voluntary Service accepts monetary gifts and donations, such as coffee, clothing, gift cards and personal hygiene items. Contact the Voluntary Service at your local VA medical center for a Wish List.



Practice smiling —
it's been shown to
relieve stress and make
you more attractive.

Joy and Happiness

December

*Living*Life

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>VA wishes you a happy, healthy and safe holiday season. Take time to reflect on the steps you took this year to live a longer, healthier life. We look forward to serving you in 2017.</p>		<p>NOVEMBER</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</p>	<p>JANUARY</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>1</p> <p>World AIDS Day</p>	<p>2</p>	<p>3</p>
<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p> <p>Pearl Harbor Remembrance Day</p>	<p>8</p>	<p>9</p>	<p>10</p>
<p>11</p>	<p>12</p>	<p>13</p> <p>National Guard Birthday</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>First day of winter</p>	<p>22</p>	<p>23</p>	<p>24</p> <p>First night of Hanukkah Christmas Eve</p>
<p>25</p> <p>Christmas</p>	<p>26</p> <p>First day of Kwanzaa</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p> <p>New Year's Eve</p>



Remember, We Are Always Available to Assist You: If the holidays become overwhelming for you or a Veteran you know, call the Veterans Crisis Line at **1-800-273-8255**.

Network 2 Communications
VA at Clinton Crossings
919 Westfall Road
Bldg. B, Room 115
Rochester, NY 14618

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
 - Cattskill**
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**
607-664-4670
 - 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**
324 Plaza Road
Kingston, NY 12401
845-331-8322
 - Lackawanna**
1234 Abbott Road
Lackawanna, NY 14218
716-821-7815
 - Lockport**
5883 Snyder Drive
Lockport, NY 14094
716-438-3890
 - Massena**
6100 St. Lawrence Centre
Massena, NY 13662
315-705-6666
 - 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 Sharon Ave.
Plattsburgh, NY 12901
518-561-6247
- Rochester**
465 Westfall Road
Rochester, NY 14620
585-463-2600
- Rome**
125 Brookley Road
Griffis 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
- Wellsboro**
1835 Shurway Hill Road
Wellsboro, PA 16901
607-664-4680
- 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
- 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**
144 Eastern Blvd.
Watertown, NY 13601
315-221-7026



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- 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