

HEALTHY LIVING!

.....
Veterans & Their Families
.....

2017 CALENDAR
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Cover Image: C.W. Bill Young VA Medical Center, St. Petersburg, Florida.
Proudly serving Veterans since 1933.



Defining
EXCELLENCE
in the 21st Century



Set healthy goals for the New Year

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Start with VA's *healtheliving assessment*. Get this from the My HealthVet (MHV) website at www.myhealth.va.gov.

- Find your “health age.” See what health changes you can make now to lower your risk for major diseases.
- Give a copy of the report to your health care team at your next appointment. Or, send it to them using MHV secure messaging.

Plan SMART for success

When planning your goals, follow the SMART method (see page II in the back of the calendar). For example, plan goals that are:

- **Specific:** Get in shape through walking.
- **Measurable:** Walk for 30 minutes, 5 days a week.
- **Action-oriented:** Get up at 6 a.m. to walk.
- **Realistic:** Walk around my block twice.
- **Time-based:** Try my new walking program for a month.

VA tools to help you with your goals



Veterans Health Library

Your source for health information

Visit the Veterans Health Library at www.veteranshealthlibrary.org. Learn about your health conditions, information on living well, and ways to improve your health.



VA Launchpad is a portal to all VA mobile apps. Download the app at mobile.va.gov/appstore. Access your VA personal health information to track progress on reaching your goals.



Prevention Tip:
Tell your family, friends and co-workers about your New Year goals. Ask for their support as you make changes for a healthier lifestyle.

My Healthy Living Goals

- This week, I will fill out the *healtheliving assessment* at the My HealthVet website.
- I will use the SMART Goals method to set one goal each month.

I will make one goal that I can DO! I will talk to my health care team about it, set a start date, and meet it.

My Goal:

January 2017

RECORD minutes exercised, blood pressure & blood sugar and/or log these on My HealthVet at www.myhealth.va.gov

Health Tip: If you don't know, ask!
Your health care team is there to answer any questions you might have about your health.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
New Year's Day 1	New Year's Day Observed Outpatient Clinics Closed 2	3	4	5	6	WEIGHT 7
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15	Martin Luther King Jr. Day Outpatient Clinics Closed 16	17	18	19	20	WEIGHT 21
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29	30	31	<p>C.W. Bill Young VA Medical Center, St. Petersburg, FL Proudly serving Veterans since 1933.</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>Then</p>  </div> <div style="text-align: center;"> <p>Now</p>  </div> </div>			

DECEMBER 2016							FEBRUARY 2017								
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Avoid harmful drug interactions

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- Share an up-to-date list of ALL your prescribed and over-the-counter (OTC) medicines with your health care team. Make sure to include non-VA medicines, herbal supplements, vitamins and minerals.
- Follow warnings on your medicine labels. This is to keep you safe.
- Ask about any foods to avoid and what is the best time of day to take your medicines.
- Dispose or throw away any medicines you are no longer taking or that are out of date.
- Use the Ask a Pharmacist app from mobile.va.gov/apps to learn about VA pharmacies and medicines.

Are dietary supplements harmless?

- Some vitamins, minerals, herbs, protein powders, and botanicals can cause harm when you take too much or mix them with other supplements or medicines.
- Supplements can cause harm for some health conditions (for instance, vitamins C and E could affect some cancer treatments).
- To learn more about dietary supplements and your medicines, look them up in the Veterans Health Library at www.veteranshealthlibrary.org.

Dispose medicines safely

- Do not flush medicines down the toilet. Mix them with used coffee grounds or kitty litter. Put them in a sealable bag and throw this in the trash, not the recycle bin.
- Or, use a community drug take-back program, especially for medicines that have an opioid, such as oxycodone. Call your local health department, law enforcement agency, or the National Drug Enforcement Agency at 1-800-882-9539 to find a collection location near you.
- For more information, talk with your pharmacist.



Prevention Tip:

Clean out your medicine cabinets, throw away old prescriptions and other products at least once a year.

My Healthy Living Goals

- When I see my health care team, I will show a list of the medicines, OTCs and supplements I take.
- This week, I will read the labels on all my medicines to make sure that I am taking them as directed.

I will make one goal that I can DO! I will talk to my health care team about it, set a start date, and meet it.

My Goal:

February 2017

RECORD minutes exercised, blood pressure & blood sugar and/or log these on My HealthVet at www.myhealth.va.gov

Health Tip: Proper disposal of medicines will help keep you, your family, your pets and the environment safe!

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19	Presidents' Day Outpatient Clinics Closed	20	21	22	23	WEIGHT 25	
26	27	28	Caribbean VA Healthcare System, San Juan, Puerto Rico Proudly serving Veterans since 1969.			Then 	Now 



Eat wisely while on the go

Be prepared for the times when you need to eat on the go. Store healthy snacks in the refrigerator or pantry that you can just grab as you head out the door:

- Cut-up vegetables and fresh fruit
- Hard-cooked eggs
- Low-fat string cheese, cheese slices or cubes
- Low-fat dairy, soy, coconut, or almond milk drink boxes
- Bottled water (or make your own water bottles)
- Peanut butter, whole-grain crackers and pita bread
- Raw almonds, walnuts, pecans
- Homemade snack mix of dried fruits, nuts and seeds

Make healthier “fast food” choices when out and about:

- Stop at the grocery store or deli. Pick up fresh fruit, a whole-wheat roll, slices of low-sodium meats and/or low fat cheeses.
- If you eat fast food, choose a salad, grilled chicken sandwich, baked potato, or a fruit cup.
- Choose kid sized meals over adult and super-sized options.
- For more information on eating wisely on the go, ask your Dietitian.



Better vending machine choices

Choose this:



Bottled water, coffee, unsweetened tea, low-fat or nonfat milk



Regular soda, sugary drinks, energy drinks



Protein bar, granola bar, sunflower seeds, unsalted nuts, plain popcorn



Candy, cookies, chips, cupcakes, cinnamon roll, caramel corn



Sugar-free fudge pops, 100% fruit juice bars



Ice cream bar



Prevention Tip:

Eat until you are satisfied, not stuffed. Control your serving sizes. Say no to extra helpings. Avoid buffets and “all-you-can-eat” restaurants.

My Healthy Living Goals

- At the start of each week, I will prepare ready-to-go healthy snacks for when eating on the go.
- I will keep 1 or 2 healthy food items that will not spoil in my purse or car.

I will make one goal that I can DO! I will talk to my health care team about it, set a start date, and meet it.

My Goal:

March 2017

RECORD minutes exercised, blood pressure & blood sugar and/or log these on My HealthVet at www.myhealth.va.gov

Health Tip: Sign up for the "Tip of the Day" email at USDA's choosemyplate.gov. Get tips on healthy eating and living.

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Rethink your drink

Read labels for calorie and alcohol content before you choose a drink. Higher alcohol content and more drinks means additional calories.

Drink	% Alcohol	Calories
12-oz. bottle of beer	5%	150
12-oz. craft beer	Up to 12%	Up to 450
48-oz. pitcher of beer	5%	600
12-oz. light beer	5%	55-110
5 oz. wine	Up to 14%	150
Wine spritzers (add 6 oz. of seltzer to 2 oz. of wine)	5%	40
5 oz. strawberry daiquiri	15%	225
6 oz. mojito	13%	140
2.75 oz. cosmopolitan	27%	150
6 oz. margarita	33%	250

Visit www.rethinkingdrinking.niaaa.nih.gov

Virgin Piña Colada recipe

Make this virgin Piña Colada for only 260 calories!
A regular Piña Colada (8 ounces) with alcohol has 640 calories. You save 380 calories!

Blend the following ingredients:

- 2 oz. lite cream of coconut
- ¼ cup fresh pineapple, diced
- 4 oz. unsweetened pineapple juice
- 3-4 ice cubes



Prevention Tip:
Do not mix sedatives and alcohol. Adding alcohol may worsen your symptoms. Mixing the two could threaten your life.

My Healthy Living Goals

- I will learn how many calories are in my favorite drink.
- I will choose beverages with low calorie content.

I will make one goal that I can DO! I will talk to my health care team about it, set a start date, and meet it.

My Goal:

April 2017

RECORD minutes exercised, blood pressure & blood sugar and/or log these on My HealthVet at www.myhealth.va.gov

Health Tip: Drink less to decrease your risks for a fatty liver or cancer.

SUNDAY

MONDAY

TUESDAY

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SATURDAY



Bruce W. Carter VA Medical Center,
Miami, FL
Proudly serving Veterans since 1968.

MARCH 2017

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Plan ahead before walking

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Walking is one of the best exercises around. You get a good cardiovascular workout without putting too much strain on joints and muscles. Before kick-starting your walking program, plan it out using the SMART method (see page II at the back of the calendar). Make sure you have the right tools:

- **Sunscreen** – choose one with an SPF of 30 or higher.
- **Sunglasses** – wear ones with at least 99% UVA and UVB radiation protection.
- **Water** – fill up a water bottle and take small sips.

- **Hat** – wear a wide-brimmed hat to protect your face and scalp.
- **Long sleeves** – wearing long, light-colored sleeves made from cotton helps you stay cooler than staying uncovered.
- **Good-fitting shoes** – talk to the store clerk about the best fit for your feet and activity.
- **Night protection** – make sure drivers can see you. Wear light-colored or reflective clothing. Carry a flashlight.

Keep pets safe

Pets are great walking companions, but make sure you keep them safe.

- Choose a leash that is no longer than 6 feet.
- Watch that they do not wander into traffic areas where they could get hit by a motorist.
- If you are planning a long walk, make sure you bring enough water for yourself and your pet. They need hydration just as much as you!



Prevention

Tip: Studies show walking is good for your bones, heart, mind and weight. It also improves your mood and sleep.

My Healthy Living Goals

- I will begin a walking program to reach the recommended 150 minutes per week.
- I will take my pet on a walk each evening.

I will make one goal that I can DO! I will talk to my health care team about it, set a start date, and meet it.

My Goal:

May 2017

RECORD minutes exercised, blood pressure & blood sugar and/or log these on My HealthVet at www.myhealth.va.gov

Health Tip: Track your steps with a pedometer, smart phone app, or wrist-band tracking device.

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Memorial Day
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Hurricane Safety 101

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Hurricane season runs from June 1 to Nov. 30. Use tips from www.visn8.va.gov/VISN8/Hurricane_Tips.asp.

Before the storm: Make a plan.

- Find shelters to go to. Text SHELTER and a ZIP Code to 43362 (4FEMA).
- Protect your house with permanent shutters or marine-grade plywood. Turn off utilities.
- Make an emergency communication plan.
- Keep an emergency kit of important documents, cash, medicines, ID for every family member, nonperishable food, and clean drinking water.

During the storm: If you can't leave your home...

- Stay in the interior of the house away from windows.
- Lie on the floor or under a table or other sturdy object.

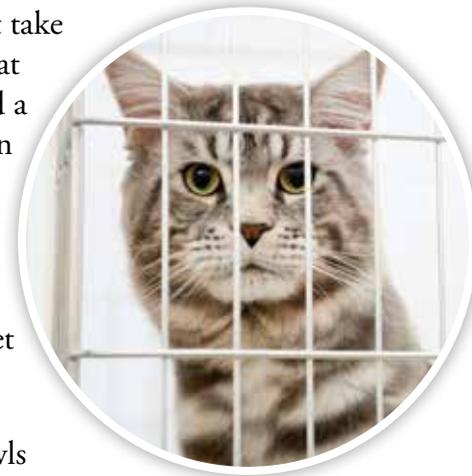
After the storm...

- Wait for the all clear to leave your house or return home.
- Protect your family from downed power lines and standing water.
- Wear protective clothing to assess damage and clear debris.
- DO NOT drink or prepare food with tap water until officials say it is safe.

Protect pets

Many public shelters do not take pets. Make plans for pets that cannot come with you. Find a local pet shelter and make an emergency pet kit:

- ID collar or tag, leash and muzzle
- Pet carrier, bed or blanket
- Cat litter and box
- Food, water, feeding bowls and treats
- Recent photo and details about your pet's species, breed, sex, age, color, distinguishing features, and personality



Prevention Tip:
When the storm hits, make sure you can find your pet in case you get separated. Consider placing a microchip in your pet, or getting them tattooed.

My Healthy Living Goals

- This month, I will discuss hurricane safety with all of my family members.
- I will start looking, now, for shelters near me that I can use if bad weather occurs.

I will make one goal that I can DO! I will talk to my health care team about it, set a start date, and meet it.

My Goal:

June 2017

RECORD minutes exercised, blood pressure & blood sugar and/or log these on My HealthVet at www.myhealth.va.gov

Health Tip: Hurricanes can be predicted within 2 to 5 days. You can check www.nhc.noaa.gov to see the latest location of the storm.

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



Malcom Randall
VA Medical Center,
Gainesville, FL
Proudly serving
Veterans since 1967.

MAY 2017

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Leisure time improves your health

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Research has found that taking part in leisure activities provides health benefits. These can last for hours afterward, and even years down the road. Benefits include:

- Reduced stress levels
- Improved heart rate
- Lowered blood pressure
- Improved moods
- Weight control
- Improved sleep
- More balanced life
- More social interactions
- Improved life satisfaction

Do activities you enjoy and look forward to.

Some fun things to do include:

- Fishing
- Making crafts
- Playing sports
- Playing cards
- Gardening
- Martial arts

Consider taking part in Veterans' national recreation events. These include the Creative Arts Festival, Golden Age Games, Wheelchair Games, the Disabled Winter Sports Clinic, and the Summer Sports Clinic. Ask your VA Voluntary Service for more information.

Recover with VA recreation therapy

Recreation therapy can speed up the healing process. Ask your health care team about VA recreation therapy programs you may qualify for. These may include:

- Fly fishing
- Dance
- Community gardens
- Art
- Writing
- Games
- Skiing
- Sports
- Music
- Cooking



Note: Activities vary by facility.



Prevention Tip:

Protect your leisure time from all external distractions. Put your cell phone and other devices away. Enjoy having fun and just being in the moment.

My Healthy Living Goals

- This week, I will find out about community activities I can take part in.
- I will ask my health care team about any recreation therapy programs that can benefit me.

I will make one goal that I can DO! I will talk to my health care team about it, set a start date, and meet it.

My Goal:

July 2017

RECORD minutes exercised, blood pressure & blood sugar and/or log these on My HealthVet at www.myhealth.va.gov

Health Tip: Spending time in nature may improve your brain's memory functions.

SUNDAY

MONDAY

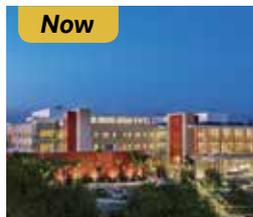
TUESDAY

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James A. Haley Veterans' Hospital & Clinics,
Tampa, FL
Proudly serving Veterans since 1972.

JUNE 2017

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DIET

Fad diet myths and facts

Myth: An all-protein, no-carb diet helps you to lose weight fast and build muscle.

Fact: To build muscle, you need to lift weights, not eat a lot of protein. People on this “type of diet” usually lose water weight early on, but not much fat. Eating too much protein can also put a lot of strain on your liver and kidneys.

Myth: Drink water mixed with lemon and/or maple syrup to cleanse your body and lose weight.

Fact: The best way to cleanse your body is to drink lots of water and eat more fiber. A diet of just water and lemon starves your body of calories and nutrients.

Myth: Avoid eating all “white” foods to lose weight.

Fact: Not all “white” foods are created equal. Some “white” foods, like cauliflower, onions and potatoes, are good sources of nutrients and low in calories. Just don’t fry them or load them with butter, cheese sauce and bacon.

Myth: Eat just grapefruit and cabbage soup to burn fat.

Fact: No food can burn fat. To burn fat, eat fewer calories and be more physically active.

Signs of a fad diet

We’ve all seen them. Diets that promise so much in so little time. Look out for these warning signs:

- It makes miraculous claims and tells stories of success with little effort.
- It promises fast weight loss.
- It has rules that make you avoid certain food groups.
- It has rules that only allow you to eat certain foods.



Prevention Tip:
Get recipes and tips to build a healthy plate from the USDA’s Mixing Bowl website at whatscooking.fns.usda.gov.

My Healthy Living Goals

- To help me reach my weight loss goal, I will eat fewer calories and keep a food log.
- I will be more physically active to help in my weight loss goal.

I will make one goal that I can DO! I will talk to my health care team about it, set a start date, and meet it.

My Goal:

August 2017

RECORD minutes exercised, blood pressure & blood sugar and/or log these on My HealthVet at www.myhealth.va.gov

Health Tip: Join MOVE!® – VA's free weight management program. Visit move.va.gov.

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Better sleep for better health

.....

When you are well rested, you can better manage your weight, stay focused, and keep your immune system healthy. Most people need 7 to 9 hours of sleep each night. If you get more or less than that, you can increase your risk for:

- Heart disease
- Kidney disease
- High blood pressure
- Type 2 diabetes
- Stroke

Sleep problems include:

- Being irritable or forgetful
- Feeling depressed
- Having falls or accidents

Causes of poor sleep

Talk to your health care team if you suffer from any of these issues:

- Anxiety/stress/depression
- Insomnia
- Your legs are restless when you lie down (restless legs syndrome)
- Snoring
- Periods when your breathing stops (sleep apnea)
- Nicotine/alcohol use
- Side effects from prescribed or over-the-counter medicine use

Your health care team may have you do a sleep test. They may suggest strategies or treatment to help you get the sleep you need.

Tips for staying well rested

- Follow a regular sleep schedule. Avoid taking naps.
- Go to bed and wake up at the same time each day.
- Develop a bedtime routine.
- Keep bedroom dark and quiet. Put a night light in the bathroom.
- Drink less at night to avoid bathroom visits at bedtime.
- If you do not fall asleep within 20 minutes, get out of bed. Go back to bed when you are sleepy.
- Use the bedroom for sleep and sex only.



Prevention Tip:
Stop using mobile devices at least 30 minutes before bedtime. Lights and noises from these devices affect sleep quality and performance.

My Healthy Living Goals

- This week, I will start keeping a sleep diary to track my sleep time and/or problems.
- This month, I will let my health care team know if I have any concerns about my sleep.

I will make one goal that I can DO! I will talk to my health care team about it, set a start date, and meet it.

My Goal:

September ²⁰¹⁷

RECORD minutes exercised, blood pressure & blood sugar and/or log these on My HealthVet at www.myhealth.va.gov

Health Tip: Before bedtime, do a relaxing activity like reading a book or taking a bath.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Then



Now

Lake City VA Medical Center
Proudly serving Veterans
since 1924.

AUGUST 2017

S	M	T	W	Th	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 2017

S	M	T	W	Th	F	S
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

1

WEIGHT

2

3

Labor Day
Outpatient
Clinics Closed

4

5

6

7

8

WEIGHT

9

10

11

12

13

14

15

WEIGHT

16

17

18

19

20

21

22

WEIGHT

23

24

25

26

27

28

29

WEIGHT

30



Vaccines are for us all

Vaccines	How often	I need it this year
Influenza (Flu)	Every year – The sooner you get this, the sooner you will be protected.	<input type="checkbox"/> Yes <input type="checkbox"/> No
Tdap (Tetanus, diphtheria, pertussis)	One dose if you have not had this in the past (or if you are pregnant). Td (tetanus) booster every 10 years.	<input type="checkbox"/> Yes <input type="checkbox"/> No
MMR (Measles, mumps, rubella)	Recommended for some people 18 and older. Ask your health care team.	<input type="checkbox"/> Yes <input type="checkbox"/> No
Zoster (Shingles)	Once at age 60 or older	<input type="checkbox"/> Yes <input type="checkbox"/> No
Pneumonia	Age 65 or older – One dose PCV13 and one dose PPSV23*	<input type="checkbox"/> Yes <input type="checkbox"/> No

*You may need PPSV23 before age 65 if you smoke or have certain chronic diseases.

- Talk with your health care team about these and other vaccines you may need this year. Ask if you need vaccines for hepatitis A, hepatitis B, HPV, and/or chickenpox (Varicella).
- For a complete vaccine schedule, go to www.prevention.va.gov/index.asp.

Get your recommended screenings

Screenings help find problems early, when treatment might be more successful.

- What you need each year depends on your age, gender, health status, and family history.
- Talk with your health care team to discuss your needs.
- Common screenings for women are cervical cancer, osteoporosis and breast cancer; common screenings for men are prostate cancer and abdominal aortic aneurysm.
- For a full list of health screenings, see the chart on page IV at the back of this calendar.
- Record the vaccines and screenings you get on this calendar and on your Health Record in My Health e Vet.
- The Wellness Reminders on My Health e Vet can help you stay on top of screenings.



Prevention Tip:
Newborn infants have a high risk for getting pertussis (whooping cough). They cannot get the vaccine until 2 months old. Those around them should get the Tdap vaccine.

My Healthy Living Goals

- I will get my flu shot this month to protect myself and those around me from the flu.
- I will notify my health care team if I get my flu shot outside the VA, to put it in my medical record.

I will make one goal that I can DO! I will talk to my health care team about it, set a start date, and meet it.

My Goal:

October 2017

RECORD minutes exercised, blood pressure & blood sugar and/or log these on My HealthVet at www.myhealth.va.gov

Health Tip: To help avoid the flu, wash your hands often. Cough and sneeze into your elbow.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7 WEIGHT
8	9 <i>Columbus Day Outpatient Clinics Closed</i>	10	11	12	13	14 WEIGHT
15	16	17	18	19	20	21 WEIGHT
22	23	24	25	26	27	28 WEIGHT
29	30	31				



West Palm Beach VA Medical Center
Proudly serving Veterans since 1995.

SEPTEMBER 2017							NOVEMBER 2017						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
					1	2				1	2	3	4
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10	11	12	13	14	15	16	12	13	14	15	16	17	18
17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30		



Snuff out secondhand smoke

.....

The CDC says there is no safe level of tobacco smoke. Secondhand smoke may cause:

For infants and children

- Asthma and more frequent and severe asthma attacks
- Ear and respiratory infections
- Sudden infant death syndrome (SIDS)

In adults

- Heart disease
- Lung disease
- Cancer

In pets

- Cancers in dogs and cats
- Allergies in dogs
- Eye and skin diseases
- Respiratory problems in birds



Quitting is the best way to protect your family from secondhand smoke. Get the Stay Quit Coach App on your smartphone or tablet. Learn how to control cravings. Get reminder messages and support links. Download it from mobile.va.gov.

E-cigarette dangers

- May have more nicotine than what is in cigarettes.
- Could lead to nicotine or other drug use/dependence by youth, nontobacco users, or former tobacco users.
- Exposes nonusers to secondhand aerosol.
- Can be poisonous, or fatal, if liquid nicotine is inhaled, ingested or absorbed through the skin.
- Some have harmful carcinogens (cancer-causing), toxic chemicals and heavy metals.
- Research is on-going to determine health effects.



Prevention Tip:
Smokers can put themselves and others at risk if they smoke while using an oxygen tank or have oxygen tanks in the home.

My Healthy Living Goals

- I will not allow anyone to smoke cigarettes, cigars, pipes or e-cigarettes in my house or car.
- I will talk to my children and grandchildren about the risks of smoking or using e-cigarettes.

I will make one goal that I can DO! I will talk to my health care team about it, set a start date, and meet it.

My Goal:

November 2017

RECORD minutes exercised, blood pressure & blood sugar and/or log these on My HealthVet at www.myhealth.va.gov

Health Tip: Talk to your health care team about tobacco-free programs at your VA facility.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
	OCTOBER 2017 S M T W Th 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 2017 S M T W Th 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	3	4 WEIGHT			
Daylight Saving Time Ends (Turn clocks back one hour.)	5	6	7	8	9	Veterans Day Observed Outpatient Clinics Closed	10	11	WEIGHT Veterans Day Outpatient Clinics Closed
12	13	14	15	16	17	18	17	18	WEIGHT
19	20	21	22	23	24	25	24	25	WEIGHT
26	27	28	29	30	Thanksgiving Day Outpatient Clinics Closed				



Stress less

.....

Your body can handle a certain amount of stress. But too much stress can lead to problems. These include:

- Tension headaches
- Back pain
- Weakened immune system
- Longer healing times
- Increased breathing rate
- Increased heart rate
- Higher blood pressure
- Increased blood cholesterol
- Increased blood sugar

When you add on other symptoms, such as anxiety, weight gain, problems sleeping, feeling on edge, and so on, managing stress is very important.

Everyday ways to deal with stress:

Deep breathing is one of the fastest ways to regain control over stress.

Other ways include:

- Exercise
- Smile and laugh
- Get support from family and friends
- Meditate
- Take a break from things that cause you stress

Manage stress with this VA tool

The VA *Manage Stress Workbook* helps you identify and manage the things that stress you out. Get tips for dealing with your stress. Control your stress, rather than letting it control you.



Download the workbook at www.prevention.va.gov/MPT/2013/docs/ManageStressWorkbook_Dec2013.pdf.



Prevention Tip:
Talk to your health care team about mental health programs offered at your local VA facility.

My Healthy Living Goals

- Today, I will start using one of the stress management apps from mobile.va.gov/appstore.
- I will talk with my health care team about how to deal with my stress triggers.

I will make one goal that I can DO! I will talk to my health care team about it, set a start date, and meet it.

My Goal:

December 2017

RECORD minutes exercised, blood pressure & blood sugar and/or log these on My HealthVet at www.myhealth.va.gov

Health Tip: When life gets tough, brighten your mood by counting all the things you are thankful for.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Orlando VA Medical Center.
Proudly serving Veterans since 2006.

NOVEMBER 2017

S	M	T	W	Th	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

JANUARY 2018

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28	29	30	31			

1 2

3 4 5 6 7 8 9

10 11 12 13 14 15 16

17 18 19 20 21 22 23

24 *Christmas Day Outpatient Clinics Closed* 25 26 27 28 29 30

31



Looking for balance? Give mindfulness a try

.....

What is mindfulness?

Mindfulness means you are fully aware of all that you sense in the present moment. Observe yourself not dwelling on past events or what the future may hold. You can practice mindfulness while you listen to music, walk, garden, or with any activity. This will help keep your life in balance.

How can it help me?

- Manage stress, anxiety, depression
- Improve your emotional balance
- Manage PTSD
- Reduce pain

- Develop eating habits for good nutrition

Mindfulness exercise

- Set aside 5 or more minutes. Find a place with no distractions. Get comfortable.
- Focus on your breathing or anything in the present, such as the sounds you hear or an object in your sight.
- As thoughts pop up in your mind, let them go without judging them.
- Return your focus on what you see, hear or feel in the moment.

VA Mindfulness Coach App



Mindfulness Coach will help you practice mindfulness meditation.

Features include:

- Exercises, tools and information to help you practice mindfulness in your daily life
- Strategies to help overcome challenges to mindfulness practice
- Logs to track your mindfulness exercises and your progress
- Reminders to support your mindfulness practice

Get it at mobile.va.gov/apps, or talk to your health care team.

Talk to your health care team

Ask about mindfulness programs at your VA or talk with your health care team about other ways to include mindfulness in your everyday life.





SMART Goals

For the most effective goal-setting, make sure your goal is SMART:

S = Specific

Be specific – what is your goal?
Not specific: To eat better. *Specific:* To eat more vegetables each day.

M = Measurable

Progress is able to be tracked by numbers/other units. *Not measurable:* To eat enough vegetables. *Measurable:* To eat at least 5 servings of vegetables each day.

A = Action-oriented

Related to behaviors you will DO, not the outcome. *Not Action-Oriented:* I will add more vegetables to my diet. *Action-Oriented:* At each meal, I will eat 2 servings of vegetables.

R = Realistic

Doable in terms of time, energy, and mental and physical health.
Not realistic: Today, I will triple how many vegetables I eat. *Realistic:* I will eat one additional vegetable each day until I reach 5 servings a day.

T = Timetable to complete

When will you accomplish this goal? *Not time-based:* I will eat more vegetables until I feel healthier. *Time-based:* I will eat at least 5 servings of vegetables a day by the end of this month.

Once this goal is met, it is time to set another!

My Health Choices *Circle your choice below:*



Be Involved in Your Health Care



Be Physically Active



Eat Wisely



Strive for a Healthy Weight



Get recommended screenings & immunizations



Limit Alcohol



Be Tobacco Free



Manage Stress



Be Safe



Your Choice

My goal for the next week: (Example: I will take a 15-minute walk, at least 3 times this week, after I get home from work.)

Things that might get in my way: (Examples: bad weather, pain, work overtime.)

What I can do to overcome these things: (Examples: walk indoors or at an inside mall, listen to soothing music while I walk.)

I believe that I can reach my goal: (Circle how confident you feel.)

1	2	3	4	5	6	7	8	9	10
Not At All Sure			Somewhat Sure				Very Sure		



Lift properly to avoid injury

.....

Do's for proper lifting

- Wear good shoes with low heels.
- Stand close to the thing you want to lift. Plant your feet squarely, shoulder width apart.
- Bend at the knees, not at the waist. Keep your knees bent as you lift.
- Hold objects close to your body.
- Lift slowly. Let your legs carry the weight.
- Get help or use a four-wheel cart, dolly, etc. to move something that is too big or heavy.
- Wear the proper gear for your type of job.

Do not's for proper lifting

- Do not lift if your back hurts. If you have a history of back problems, ask your health care team for advice on lifting limits.
- Do not lift anything too heavy.
- Do not lift anything heavy if you are not steady on your feet.
- Do not bend at the waist to pick something up.
- Do not arch your back when you lift or carry.
- Do not lift too fast or with a jerk.
- Do not twist your back when you are holding something.

Be safe at work and home

Not lifting properly can lead to serious injury. Remember these simple tips the next time you lift.

Don't lift objects that block your view or are too heavy.



Use a four-wheeled cart for heavy objects.



Don't arch or twist your back.



Keep your back straight.



Don't bend at the waist to pick something up.



Bend at the knees and keep your knees bent as you lift.



Health Screenings

Discuss health screenings you need with your health care team.

Screening Test or Exam	New Recommendation	Date Given
Blood cholesterol: LDL (bad) – cholesterol HDL (good) – cholesterol Triglycerides	Every 5 years: Men age 35 and older. Men ages 20–34 at increased risk for heart disease. Women age 20 and older at increased risk for heart disease.	
Colon cancer screening	Age 50–75. How often tests are done will be decided by your provider.	
Depression	Yearly	
High blood pressure	Every 2 years	
HIV infection	Once	
Overweight and obesity	Every year	
Tobacco	Every visit if 18 & older & using tobacco. Yearly if 18 & older & not a tobacco user.	
FOR MEN		
Prostate cancer	Talk with your provider to determine your need to be tested.	
Abdominal aortic aneurysm	One time, age 65–75 if ever smoked.	
Syphilis	Talk with your provider to determine your need to be tested.	
FOR WOMEN		
Cervical cancer for women not at high risk	Pap test — Every 3 years (age 21–65). Pap Test & Papillomavirus (HPV) test – Every 5 years (age 30–65).	
Chlamydia & gonorrhea	All sexually active age 24 & younger. All sexually active age 25 and older who are at increased risk.	
Osteoporosis	One time, age 65 and older.	
Breast cancer for women not at high risk	Every 2 years age 50–74. Ages 40–49 discuss with your provider to determine your need to be tested.	

Talk with your health care team about screenings for Hepatitis B and C, PTSD, military sexual trauma and diabetes. Visit www.prevention.va.gov/index.asp for the full screening schedule.

Know Your Numbers

< is less than > is greater than

Blood pressure (mm Hg)	Ranges	My Goal	Keep Records
Normal blood pressure	< 120/80		
High blood pressure	> 140/90		

Ask your doctor what your target goal is.

Blood cholesterol (mg/dL)*	Ranges	My Goals	Keep Records
Total cholesterol	< 200		
LDL (bad) cholesterol	< 130		
HDL (good) cholesterol	> 40 Men		
	> 50 Women		
Triglycerides	< 150		

*Ask your doctor about using target lipid goals. He or she may prescribe treatment that can include medication (such as a statin), based on your age, health conditions, and 10-year risk for cardiovascular disease.

Body Mass Index (BMI)	Ranges	My Goal	Keep Records
Below 18.5	Underweight		
18.5-24.9	Normal weight		
25.0-29.9	Overweight		
30.0+	Obese		

Find your BMI at www.bmi-calculator.net

Blood Glucose (mg/dL) (fasting)	Ranges	My Goals	Keep Records
Normal blood glucose	< 60-100		
Pre-diabetes	100-125		
Diabetes	126+		
A1C (if you have pre-diabetes)	5.7-6.4		
A1C (if you have diabetes)	< 6.5-7%		

Waist Size (inches)	Ranges	My Goal	Keep Records
Desirable for men	< 40		
Desirable for women	< 35		

Health Contacts & Phone Numbers

EMERGENCY CONTACT NUMBERS

Emergency Medical Service: 911 or _____

Ambulance Service: _____

Fire: _____

Police: _____

Poison Control Center: 1-800-222-1222



January 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	New Year's Day Outpatient Clinics Closed 1	2	3	4	5	6
7	8	9	10	11	12	13
14	Martin Luther King Jr. Day Outpatient Clinics Closed 15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

HEALTH CARE TEAM MEMBERS & OTHER HEALTH CARE PROVIDERS

My VA Facility: _____

Name: _____

Phone #: _____

Name: _____

Phone #: _____

My Provider: _____

My Nurse: _____

My Nurse: _____

My Pharmacist: _____

Pharmacy Refill: _____

VISN 8 Telcare: 1-877-741-3400

Make an Appointment Phone #: _____

Cancel an Appointment Phone #: _____

Patient Representative (Advocate): _____

Transportation Service: _____

VA Resources	Phone Number	Website
Veteran Benefits	1-800-827-1000	www.va.gov and www.ebenefits.va.gov
Health Care Benefits	1-877-222-8387	www.va.gov/healthbenefits
VA Facility Locator	1-877-222-8387	www.va.gov/health
Burial & Memorials	1-800-827-1000	www.cem.va.gov
Center for Minority Veterans	Call Your VA	www.va.gov/centerforminorityveterans
Devices for the Deaf (TDD)	Dial 711	
Education & Training	1-888-442-4551	www.benefits.va.gov/gibill
Homeless Veterans	1-877-424-3838	www.va.gov/homeless
Life Insurance	1-800-669-8477	www.insurance.va.gov
Mental Health	Call Your VA	www.mentalhealth.va.gov
Military Exposures (Agent Orange, Gulf War Illnesses, etc.)	1-800-749-8387	www.publichealth.va.gov/exposures/index.asp
MOVE! [®] Program	Call Your VA	www.move.va.gov
My Health eVet	1-877-327-0022	www.myhealth.va.gov
National Center for Posttraumatic Stress Disorder	Call Your VA or 1-802-296-6300	www.ptsd.va.gov
Survivor Benefits	1-800-827-1000	www.va.gov/survivors
Traveling Veterans Coordinator Program	Call Your VA	www.va.gov/healthbenefits/access/seamless_care.asp
VA Caregiver Support Line	1-855-260-3274	www.caregiver.va.gov
VA Mobile Health		https://mobile.va.gov
VA National Center for Health Promotion and Disease Prevention		www.prevention.va.gov
VA National Center for Patient Safety		www.patientsafety.va.gov
Veterans Choice Program	1-866-606-8198	www.va.gov/opa/choiceact
Veterans Crisis Line 	1-800-273-8255 Press "1" OR text to 838255	www.veteranscrisisline.net
Women Veterans Call Center	1-855-829-6636	www.womenshealth.va.gov

VA Sunshine Healthcare Network

www.visn8.va.gov

 at all
Medical Centers

Find a VA hospital or
clinic near you:

www.va.gov/health/FindCare.asp

