Now offering Recreational Therapy at the Manchester VA!

Recreation Therapy works towards your identified therapeutic goals, by promoting healthy living and matching your leisure interests with your needs and abilities. Through recreation and leisure participation, Recreation Therapists can help you to reduce barriers to optimal health, and quality of life.

Recently, Outpatient Recreation Therapy offered 2 adaptive golf clinics in August at Windham Country Club and Owl’s Nest Golf Course. Veterans were able to practice their swing, while getting back into the game on the driving range, putting green and a few holes.

Upcoming Recreation Therapy and Adaptive Sport events will include: kayaking, cycling, golf, expressive arts, horticulture, and leisure education.

If you are interested in future participation with Recreation Therapy, please contact your Health Care Team for a referral. 624-4366 x3199
Why Should I get the Flu Vaccine?

The flu (influenza) is caused by a virus that is easily spread. The flu can be more dangerous than you think. A flu vaccine is your best chance to avoid the flu. The vaccine is given in the form of a shot (injection) in the arm, or as a nasal spray (not offered at the VA). It’s best to get vaccinated each fall, before flu season starts. This can be done at your healthcare provider’s office or a health clinic. Drugstores, senior centers, and workplaces often offer flu vaccinations, too. If you have questions about getting vaccinated, ask your healthcare provider.

Flu Symptoms:

Flu symptoms tend to come on quickly. Fever, headache, fatigue, cough, sore throat, runny nose, and muscle aches are symptoms of the flu. Children may have upset stomach or vomiting, but adults usually don’t. Some symptoms, such as fatigue and cough, can last a few weeks.

How a Flu Vaccine Protects You:

There are many strains (types) of flu viruses. Medical experts predict which 3 strains are most likely to make people sick each year. Flu vaccines are made from these three strains. With the shot, inactivated (“killed”) flu viruses are injected into your body. With the nasal spray, live and weakened viruses are sprayed into your nose. The viruses in both vaccines cannot make you sick. But they do prompt the body to make antibodies to fight these flu strains. If you’re exposed to the same strains later in the flu season, the antibodies will help your body fight the virus. Your healthcare provider can tell you which type of flu vaccine is right for you.

Who Should Get the Flu Vaccination?

Almost anyone can (and should) get vaccinated, especially people in the following higher-risk groups:
- Persons 50 and older
- People with chronic health problems (such as diabetes, HIV, chronic lung disease, asthma, or heart failure)
- People receiving certain medical treatments
- People who live in nursing homes or other long-term care facilities
- Pregnant women
- Caregivers and household contacts of babies younger than 6 months
- Healthcare workers

Who Can’t Get a Flu Vaccination?

- People severely allergic to eggs
- People who have had bad reactions to flu vaccination.
- A person who has a high fever with severe illness (the vaccine can be given after the fever goes away).

Flu shots be available in Manchester after September 15th and all Walgreens have them available now.
Autumn Salad
Prep time: 10 minutes
Cook time: 0 minutes

Fruit and nuts make this salad a fun starter or side to most main-dish meals . . . and it can be served year round!

1 Granny Smith apple, rinsed and thinly sliced (with skin)
2 Tbsp. lemon juice
1 bag mixed lettuce greens (or your favorite lettuce) (about 5 C), rinsed
½ C dried cranberries
¼ C walnuts, chopped
¼ C unsalted sunflower seeds
1/3 C low-fat raspberry vinaigrette dressing

1. Sprinkle lemon juice on the apple slices.
2. Mix the lettuce, cranberries, apple, walnuts, and sunflower seeds in a bowl.
3. Toss with raspberry vinaigrette dressing, to lightly cover the salad, and serve.

Manchester VA Medical Center Flu Clinics
Location: 718 Smyth Rd., Manchester, NH

Drive - Thru Clinics:
October 2, 2018 8am to 4pm
October 16, 2018 8am to 4pm

Walk-In Clinic:
October 22, 23, 24, 2018 8am to 4pm daily
Saturday, September 22, 2018 8am to 12pm
Saturday, October 13, 2018 8am to 12 pm
Location: Mountain Entrance

*Please note the Flu Clinics will not be open prior to 8am.

- Ask for the flu shot when attending an appointment in Primary Care, Specialty Care, Urgent Care, or the Community Based Outpatient Clinics
- Walk into your local Walgreens, show your Veterans Identification Card, and receive the flu shot at no charge
Managing Stress

What’s Important to Know?
If you are having difficulty coping with the demands in your life, you are experiencing stress. Everyone has stress. While some challenge is healthy, too much stress creates problems in our lives. If you are overly stressed for too long, it can put your health at risk. If you have too much stress, your body will let you know in different ways, and you may:

- Have difficulty concentrating
- Feel worried and fearful
- Feel “wound up”—sweaty palms, pounding heart, and tense muscles
- Feel irritable toward others
- Feel tired

If you or someone you know is in emotional crisis, you can call the Veterans Crisis Line at 1-800-273-TALK (8255). You can also text 838255 or chat online at: https://www.veteranscrisisline.net/

Drop-in Groups in Manchester:

**Mindfulness Group**
*Wednesdays 3:00pm-4:00pm (open) Solarium*
The purpose of Mindfulness Practice is to achieve a sense of calm and quiet in the face of dealing with the difficulties we encounter in our daily lives. Mindfulness Practice can help with a wide range issues including pain, anxiety, depression, stress, PTSD and life in general.

**Vietnam Veteran’s Group**
*Thursdays 2:00pm-3:30pm (open) T & E Room*
This group will support Vietnam Veterans who are working on attaining better living, working, learning and/or socializing skills and goals.

**Living without Substance**
*Thursdays 9:00am-10:00am (open) Room W546*
Some Veterans have used alcohol and drugs for many years. When their use stops, a new way of living needs to develop. This group will help Veterans to learn skills and deal with the difficulties that can arise in this process.

**Early Recovery**
*Tuesdays 1:00pm-2:00pm (open) Room SW147*
*Fridays 11:00am-12:00pm (open) Room SW147*
Discussion of effective coping skills, identifying triggers, building sober support systems and strategies for relapse prevention. Available to individuals working to establish and maintain recovery from additions.
October is Breast Cancer Awareness Month

The American Cancer Society (ACS) recommends that women with an average risk of breast cancer undergo regular screening mammography starting at age 45 years.

Women have the opportunity to begin annual screening between the ages of 40-44 years. Women aged 45 to 54 years are encouraged to be screened annually.

Women 55 years and older have the choice of transitioning to biennial screening or continuing annual screening.

Women should continue screening mammography as long as their overall health is good and they have a life expectancy of 10 years or longer.

ACS does not recommend clinical breast examination for breast cancer screening among average-risk women at any age.
Autumn

P V G C T F X Z D B J W L E A V E S X M
V P B X M B B R I M B N I N L N D I K Z
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D O S C Y Z N L S B P G E X A U Y O J O
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G L K X W X Y S L W Z P P X D V J T A O

Apple  Cider  Crisp
Football  Gourd  Halloween
Harvest  Hayride  Leaves
Mums  Pumpkin  Rake
Manchester VA Medical Center
Veterans FREE Farmers Market

Wednesday,
September 12, 2018
All Veterans are Welcome
Manchester VA Medical Center
Under the Tents
Starts at 11:00am and continues while supplies last!

The Farmers Market will offer fresh fruits & vegetables along with healthy recipes to enjoy. The goal is to support those who are working to improve their health by including fresh produce in their meal plans.

Honoring America's Veterans by providing exceptional health care that improves their health and well-being.
Contact Debra Krinsky, Voluntary Service Officer, 603-624-4366 x6419 for event information.
Upcoming Events!

September:

September 12th - Free Farmers Market - See insert
September 12th - Veterans Count BBQ, Solarium from 17-1830
September 15th - Rev it up for Vets Car Show
September 18th - Happy 71st Birthday US Air Force!
September 18th - Adaptive Kayaking Registration is required. To register call Manchester VA Recreation Therapy at 603-624-4366 x 6267
September 21st - POW/MIA Missing Man Table and Flag Dedication Ceremony 1100 at the Manchester VA

October:

October 13th - Happy 243rd Birthday US Navy!
October 31st - Breast Cancer Awareness Walk

For more information, please call 603.668.7060

*Trauma creates change you don’t choose. Healing is about creating change you do choose.* — Michele Rosenthal

You Are Not Alone

MEN’S SUPPORT GROUP
Interpersonal violence happens to men too
Come join other survivors who understand and want to support one another
Group forming this fall at:
Manchester Vet Center
1461 Hooksett Rd
Hooksett, NH 03106

*Must meet Vet Center eligibility - must be veteran or care recipient*