

ALBANY VAMC WOMEN'S HEALTH PROGRAM

MONTHLY NEWSLETTER

JULY 2025



VA



U.S. Department
of Veterans Affairs
Stratton VA Medical Center



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WOMEN VETERANS COLLABORATION CLUB

JULY 16, 2025

From 10:30 AM - 12:00 PM



WHAT WE WILL DISCUSS:

- Military Benefit Assistance
- One-on-One services to aid both in and outside the VA
- Partner with Homeless Veterans Program to aid with housing
- Available to provide guidance within Whole Health Group
- -Conducting support meetings

GUEST SPEAKER

DEB BARNES, PEER SPECIALIST



WOMEN'S HEALTH
CONFERENCE ROOM D805

TO RESERVE YOUR SPOT

JAMIE.HARRIGAN@VA.GOV

518-626-7274

MENOPAUSE

Menopause is a natural part of life, marking the end of menstrual periods and changes in reproductive hormones. While all women go through this transition, research has shown that women Veterans may experience earlier or more symptoms. Just like other transitions you've faced, you don't have to go through this one alone. VA offers support and care to help you manage these changes with confidence and comfort.

Understanding Menopause Phases

Menopause doesn't happen overnight. It unfolds gradually in three phases: perimenopause, menopause, and post-menopause. Each phase brings different changes and knowing what to expect can help you manage symptoms more effectively.

- **Perimenopause**: Perimenopause is the adjustment period before menopause and often begins in your 40s. During this time, your ovarian function begins to decline. You may notice changes in your menstrual cycle, such as periods that are heavier, lighter, longer, or shorter. Hot flashes, mood changes, night sweats, weight gain, thinning hair, and trouble sleeping can also begin during this phase.
- **Menopause**: Menopause occurs when you have not had a menstrual period for 12 consecutive months. Most women reach this point in their early 50s, though it can happen earlier or later. Hot flashes, mood changes, and other symptoms may continue. At this point, your body adjusts to lower hormone levels, and you may need extra care to manage symptoms.
- **Post-Menopause**: After menopause, your body continues to change. While some symptoms may ease, your risk increases for health conditions like heart disease, osteoporosis, and urinary incontinence. Ongoing care can help you stay healthy and manage these long-term changes.

Menopause as a Veteran

As a woman Veteran, you're more likely to experience earlier or more intense menopause due to a combination of military-related stressors and exposures. Chronic stress, posttraumatic stress disorder, trauma, and higher rates of depression can disrupt hormones and worsen symptoms. Smoking or increased tobacco use is linked to earlier menopause, while exposure to environmental hazards like burn pits and chemicals may impair ovarian function.

Managing Menopause

No other health care system understands your experience as a Veteran better than VA. We recognize your unique needs and tailor our services to you. You may be eligible for services including:

- **Medication**: Medications, including hormonal and non-hormonal options, can reduce symptoms and restore balance.
- **Sleep support**: VA offers tools and treatments to help you sleep better, which supports your overall well-being.
- **Whole Health**: A variety of additional options for managing symptoms are offered through Whole Health, including acupuncture.
- **Mental health support**: VA offers counseling, medication, and peer support to help with mood changes, stress, or emotional shifts.
- **Lifestyle counseling**: VA helps you build healthy habits around diet/weight, exercise, and stress management through various therapies and medications.
- **Bone density testing**: VA monitors bone density to detect early signs of bone loss and personalize plans to prevent or manage osteoporosis.
- **Vaginal therapies**: VA offers therapies for vaginal and urinary symptoms, including topical medications and pelvic floor physical therapy.

In addition to VA care, you can take steps on your own to ease symptoms like hot flashes, mood changes, and irritability: Dress in layers; avoid hot beverages; limit alcohol; practice mindfulness; exercise regularly; and eat a healthy, balanced diet.

[Women\00027s Health Menopause Video 2025.mp4](#)

YOUR BODY IS CHANGING

So Should Your Health Care



Embrace this new chapter with VA.

If **menopause** symptoms are getting in the way, we offer medication, sleep support, lifestyle counseling, acupuncture, Whole Health, mental health care, and more.

www.womenshealth.va.gov/topics/menopause.asp

1-855-VA-WOMEN
www.womenshealth.va.gov

VA



U.S. Department
of Veterans Affairs

STRENGTH HOME

IS ANGER IMPACTING YOUR RELATIONSHIP?

VA CAN HELP

Strength at Home is a 12 week group for Veterans struggling with anger, aggression and conflict in intimate relationships.

PROGRAM GOALS:

- Develop conflict resolution skills
- Manage anger and stress more effectively
- Improve communication skills
- Understand how trauma impacts relationships

Cohort would be all female Veterans. For more information, please contact IPVAP Coordinator, Emily Siegel, MSSA, LCSW, at 518-626-5151 or email at Emily.siegel@va.gov. Female Cohort Referrals accepted on-going basis.

VA



U.S. Department of Veterans Affairs
Veterans Health Administration

Contact Your VA Coordinator
Intimate Partner Violence Assistance Program
www.socialwork.va.gov/IPV/Coordinators.asp

The National Domestic Violence

HOTLINE

1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)

THE HOT YOGA SPOT

SWEAT WITH VETS

FOR: ACTIVE DUTY MILITARY AND VETERANS
PROGRAM INCLUDES: 2 FREE YOGA CLASSES A WEEK THROUGH 2025

These sessions will be exposing Veterans to the benefits of yoga to improve their physical and mental wellbeing with a small group of like minded Veterans. We all move at our own pace in class so no prior experience is required.

TUESDAYS, 7:15PM
7 JOHNSON ROAD, LATHAM, NY 12110

THURSDAYS 5:45PM
1475 WESTERN AVENUE, ALBANY, NY 12203



SCAN ME

FOR MORE INFORMATION OR TO SIGN UP, SCAN OR VISIT:
[HTTPS://WWW.THEHOTYOGASPOT.COM/SWEAT-WITH-VETS](https://www.thehotyogaspot.com/sweat-with-vets)



Daniel P. McCoy
Albany County Executive

ALBANY COUNTY
Cares about our veterans

Albany County Veteran Service Bureau | 100 Heritage Ln., Rm. 500, Albany, NY 12211 | (518) 447-7710

ALBANY VAMC WOMEN'S HEALTH VETERAN SPOTLIGHT

SSG Michele Johnson, Drill Sergeant US Army 1978-1981 US Army Reserves 1983– 1994, the Co-chair of the Albany VAMC Veterans Mental Health Council, is our first Albany VAMC Women's Health Veteran we are honored to have this opportunity to share her story with all of you.

SSG Johnson was born and raised in Schenectady and graduated from Mt Pleasant High School in 1978. She is the mother of William, Santino, Mekkah and Kali and is "Nana" to her grandchildren, Gellona and Khaliyl.

At the early age of seventeen, she joined the U.S. Army, where she developed her skills as a Unit Supply Specialist and eventually earned the coveted title of Drill Instructor. Michele has earned military awards including ARCOM (Army Commendation Medal,) Good Conduct Medal, Army Reserve Achievement Medal, and Overseas Service Ribbon.

Michele is a Life Member of Disabled American Veterans and a member of The National Association of Black Military Women, Amvets Post #35, Arts4Vets and the Joseph E Zaloga American Legion Post#1520.

While serving in the Army Reserves SSG Johnson pursued a career as a Correctional Officer at Schenectady County Sheriffs Office. After retiring, she realized she still had more work to do in her community. SSG Johnson worked in various fields such as a case manager for people who had disabilities to being a residential supervisor working with at-risk, runaway, homeless, and sexually abused and trafficked youth.

SSG Johnson's dedication to serving her country and community has been unwavering throughout her life. She has always been committed to helping those around her and ensuring that everyone has access to the resources they need to succeed.

Through her work with community organizations and nonprofits, SSG Johnson continues making a positive impact on the world around her. She is a true inspiration to those who know her, and her legacy of service and compassion will continue to live on for generations to come.

In her current role as a mentor for Veterans and 1st Responders, SSG Johnson uses her own experience to support others on their journey of self-discovery and healing. She believes that everyone has the power to overcome their past and create a brighter future for themselves and their loved ones.

SSG Johnson has academic accomplishments, including associate degrees in human services and criminal justice, as well as a bachelor's degree in Community Human Services, with a focus on Criminal Justice.

All of us here at the Women's Wellness Center of the Albany VAMC, thank SSG Johnson for sharing her story. If you are interested in sharing your story, experience, etc. please reach out to Jamie Harrigan, Women's Health PSA at

Jamie.Harrigan@va.gov



CHIEFT YEOMAN (F) LORETTA PERFECTUS WALSH

Loretta Perfectus Walsh (April 22, 1896 – August 6, 1925) was the first American woman to officially serve in the United States Armed Forces in a non-nursing capacity. She joined the United States Naval Reserve on March 17, 1917, and subsequently became the first female petty officer in the Naval Reserve when she was sworn in as Chief Yeoman on March 21, 1917.

War events quickly led up to Walsh's decision to enlist in the United States Navy. World War I was in its fourth year when, on January 31, 1917, the Germans announced they would resume unrestricted submarine warfare on all ships, including those sailing under the United States flag. On February 23, 1917, American opinion further was angered when America learned of Berlin's proposal to Mexico to join the war as Germany's ally against the U.S. Over the next few weeks, four American ships fell victim to German U-boats, causing the death of fifteen Americans. On March 12, 1917, all American merchant ships were ordered to be armed in war zones. On March 13, 1917, these armed merchant ships were authorized to take action against German U-boats. It was in the face of this adversity challenging the United States that Walsh made her decision to enlist in the United States military.

At age 20, on March 17, 1917, Walsh engaged in a four-year enlistment in the U.S. Navy, becoming the first active-duty Navy woman, the first woman to enlist in the Navy, and the first woman to serve in any of the armed forces in a non-nurse occupation. On March 19, 1917, the Navy Department authorized enrollment of women in Naval Reserve with ratings of yeoman, radio electrician, or other essential ratings, becoming the first branch of the United States armed forces to allow enlistment by women in a non-nursing capacity. Walsh subsequently became the first woman Navy petty officer when she was sworn in as Chief Yeoman on March 21, 1917.

12 days after Walsh was sworn in as Chief Yeoman, President Woodrow Wilson went before the U.S. Congress late on April 2 to ask for a declaration of war, which Congress did on April 6, 1917. The war ended on November 11, 1918. Walsh and other female yeomen, all of whom held enlisted ranks, continued in service during the first months after the November 1918 Armistice was signed. However, as a result of the post-World War I Naval reductions, the number of Yeomen (F) declined steadily, reaching just under four thousand by the end of July 1919, when Walsh and the remaining Yeomen (F) were all released from active duty. Walsh continued on inactive reserve status, receiving modest retainer pay, until the end of her four-year enlistment on March 17, 1921.

Walsh fell victim to influenza in the fall of 1918, later contracting tuberculosis.^[9] She died on August 6, 1925, at the age of 29 in Olyphant, Pennsylvania.^[8] She was buried in Olyphant's St. Patrick's Cemetery, under a monument that reads:

Loretta Perfectus Walsh
April 22, 1896–August 6, 1925
Woman and Patriot
First of those enrolled in the United States Naval Service
World War 1917–1919
Her comrades dedicate this monument
to keep alive forever
memories of the sacrifice and devotion of womanhood

In 2021, one of the USS *Constitution*'s 24-pound long guns was named "Perfectus" in honor of Walsh's service.



WALK-IN INTERVIEWS:



WWAARC, a Chapter of The Arc New York

Albany County

334 Krumkill Road, Slingerlands, NY 12159

- ❖ **7/2/2025 Wednesday 9 am – 11 am**
- ❖ **7/24/2025 Thursday 1pm – 3 pm**
- ❖ **7/29/2025 Tuesday 2pm – 4pm**

Warren/Washington Counties

436 Quaker Road, Queensbury, NY 12804

- ❖ **6/26/2025 Thursday 11 am – 1 pm**
- ❖ **7/9/2025 Wednesday 1 pm – 3 pm**
- ❖ **7/24/2025 Thursday 12 pm – 2 pm**
- ❖ **7/30/2025 Wednesday 1 pm – 3 pm**

Join us for



Weekly Exercise & Dance Class to Greek Music

Next class: Wed. June. 25th @ 6:30pm

\$7 PER WEEK - NO RSVP NEEDED

St Sophia Church Hall - 440 Whitehall Road, Albany, NY

50% of proceeds donated to:

**Albany Therapeutic
Riding Center**



VA



**U.S. Department
of Veterans Affairs
Stratton VA Medical Center**

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DOG DAYS OF SUMMER

The term “**Dog Days**” traditionally refers to a period of particularly hot and humid weather occurring during the summer months of July and August in the Northern Hemisphere.

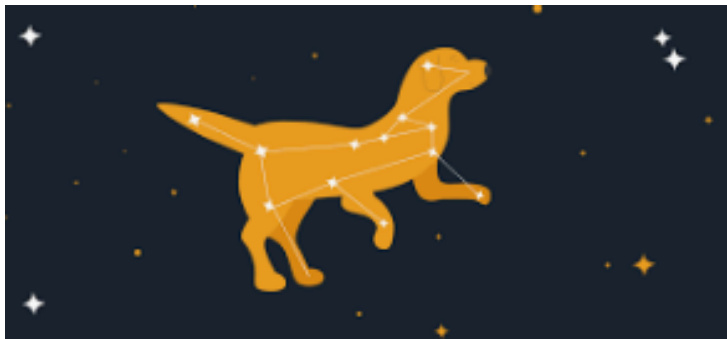
In ancient Greece and Rome, the Dog Days were believed to be a time of drought, bad luck, and unrest, when dogs and men alike would be driven mad by the extreme heat! Today, the phrase doesn’t conjure up such bad imagery. Instead, the Dog Days are associated purely with the time of summer’s peak temperatures and humidity.

This period of sweltering weather coincides with the year’s heliacal (meaning “at sunrise”) rising of Sirius, the Dog Star. Sirius is part of the constellation Canis Majoris—the “Greater Dog”—which is where Sirius gets its canine nickname, as well as its official name, Alpha Canis Majoris. Sirius is the brightest star in the sky, not including our own Sun.

In ancient Greece, Egypt, and Rome, it was believed that Sirius’s dawn rising in mid-to-late summer contributed to the extreme weather of the season. In other words, the “combined heat” of super-bright Sirius and our Sun was thought to be the cause of summer’s sweltering temperatures. The name “Sirius” even stems from the Ancient Greek *seírios*, meaning “scorching.”

For the ancient Egyptians, Sirius’s dawn rising (known to them as Sothis) also coincided with the Nile River’s flood season. They used the star as a “watchdog” for that event.

Of course, the appearance of Sirius does not actually affect seasonal weather here on Earth, but its appearance during the hottest part of summer ensures that the lore surrounding the star lives on today!



Did you know.....it wasn't until 1938 that the 4th of July was declared a federal holiday?

SHE WEARS THE BOOTS

We get it... menopause can be uncomfortable. Your body is changing, and so should your health care. VA offers personalized support to help you manage your symptoms, including:

- Medication
- Sleep support
- Lifestyle counseling
- Acupuncture
- Whole Health
- Mental health care and more

If symptoms are getting in the way, speak with your VA health care provider and get some relief. Listen to this She Wears the Boots episode to learn more.

<https://www.spreaker.com/episode/menopause--44061772>



REMEMBERING AMELIA EARHART 88 YEARS LATER

When 10-year-old Amelia Mary Earhart saw her first plane at a state fair, she was not impressed. "It was a thing of rusty wire and wood and looked not at all interesting," she dismissively said. It wasn't until she attended a stunt-flying exhibition, almost a decade later, that she became seriously interested in aviation. A pilot spotted Earhart and her friend, who were watching from an isolated clearing, and dove at them. "I am sure he said to himself, 'Watch me make them scamper,'" she exclaimed. Earhart, who felt a mixture of fear and pleasure, stood her ground. As the plane swooped by, something inside her awakened. "I did not understand it at the time," she admitted, "but I believe that little red airplane said something to me as it swished by." On December 28, 1920, pilot Frank Hawks gave her a ride that would forever change her life. "By the time I had got two or three hundred feet off the ground, I knew I had to fly."

After graduating from Hyde Park High School in 1915, Earhart attended Ogontz, a girl's finishing school in the suburbs of Philadelphia. She left in the middle of her second year to work as a nurse's aide in a military hospital in Canada during WWI, attended college, and later became a social worker at Denison House, a settlement house in Boston. Earhart took her first flying lesson on January 3, 1921 and, in six months, managed to save enough money to buy her first plane. The second-hand Kinner Airster was a two-seater biplane painted bright yellow—Earhart named her newest obsession, "The Canary," and used it to set her first women's record by rising to an altitude of 14,000 feet.

In April 1928, Earhart received a phone call which she thought to be a prank. After the caller supplied excellent references she realized the man was serious. She was asked to be the first woman to fly the Atlantic, to which Earhart promptly accepted. After an interview in New York with the project coordinators, including book publisher and publicist George P. Putnam, she was asked to join pilot Wilmer "Bill" Stultz and co-pilot/mechanic Louis E. "Slim" Gordon. The team left Trepassy Harbor, Newfoundland, in a Fokker F7 named Friendship (on June 17, 1928), and arrived at Burry Port, Wales approximately 21 hours later. Their landmark flight made headlines worldwide because three pilots had died within the year trying to be that first women to fly across the Atlantic. When the crew returned to the United States, they were greeted with a ticker-tape parade in New York and a reception held by President Calvin Coolidge at the White House. Earhart and Putnam were married in February 1931.

Earhart and Putnam worked on secret plans for her to become the first woman and the second person to fly the Atlantic solo. On May 20th, 1932, five years to the day after Lindbergh, she took off from Harbor Grace, Newfoundland, to Paris. Strong north winds, icy conditions, and mechanical problems plagued the flight and forced her to land in a pasture near Londonderry, Ireland. As word of her flight spread, the media surrounded her, both overseas and in the United States. President Herbert Hoover presented Earhart with a gold medal from the National Geographic Society. Congress awarded her the Distinguished Flying Cross—the first ever given to a woman. At the ceremony, Vice President Charles Curtis praised her courage, saying she displayed "heroic courage and skill as a navigator at the risk of her life." Earhart felt the flight proved that men and women were equal in "jobs requiring intelligence, coordination, speed, coolness, and willpower."

In 1937, as Earhart neared her 40th birthday, she was ready for a monumental, and final, challenge: she wanted to be the first woman to fly around the world. On June 1st, Earhart and her navigator, Fred Noonan, departed from Miami and began the 29,000-mile journey. By June 29th, when they landed in Lae, New Guinea, all but 7,000 miles had been completed. Their next stop was by far the most challenging - to Howland Island. Howland Island was located 2,556 miles from Lae in the mid-Pacific and is only a mile and a half long and a half-mile wide. Every unessential item was removed from the plane to make room for additional fuel, which gave Earhart approximately 274 extra miles. The U.S. Coast Guard cutter ITASCA, their radio contact, was stationed just offshore of Howland Island. Two other U.S. ships, ordered to burn every light on board, were positioned along the flight route as markers.

On July 2nd, At 10 a.m. local time, zero Greenwich time, the pair took off. Despite ideal weather reports, they flew into overcast skies and intermittent rain showers. As dawn neared, Earhart called the ITASCA, reporting "cloudy weather, cloudy." In later transmissions, Earhart asked the ITASCA to take bearings on her. The ITASCA sent her a steady stream of transmissions, but she could not hear them. Her radio transmissions, irregular through most of the flight, were faint or interrupted with static. At 7:42 a.m., the Itasca picked up the message, "We must be on you, but we cannot see you. Fuel is running low. Been unable to reach you by radio. We are flying at 1,000 feet." The ship tried to reply, but the plane seemed not to hear. At 8:45 a.m., Earhart reported, "We are running north and south." Nothing further was heard from her. A rescue attempt immediately commenced and became the most extensive air and sea search in naval history. On July 19th, after spending \$4 million and scouring 250,000 square miles of ocean, the United States government reluctantly called off the operation.

Despite many theories, though, no proof of Earhart's fate exists. There is no doubt, however, that the world will always remember Amelia Earhart for her courage, vision, and groundbreaking achievements, both in aviation and for women. In a letter to her husband, written in case a dangerous flight proved to be her last, her brave spirit was clear. "Please know I am quite aware of the hazards," she said. "I want to do it because I want to do it. Women must try to do things as men have tried. When they fail, their failure must be but a challenge to others."



FIRST MOON LANDING

Apollo 11 was a spaceflight conducted from July 16 to 24, 1969, by the United States and launched by NASA. It marked the first time that humans landed on the Moon. Commander Neil Armstrong and Lunar Module pilot Buzz Aldrin landed the Lunar Module *Eagle* on July 20, 1969, at 20:17 UTC, and Armstrong became the first person to step onto the Moon's surface six hours and 39 minutes later, on July 21 at 02:56 UTC. Aldrin joined him 19 minutes later, and they spent about two and a quarter hours together exploring the site they had named Tranquility Base upon landing. Armstrong and Aldrin collected 47.5 pounds (21.5 kg) of lunar material to bring back to Earth as pilot Michael Collins flew the Command Module *Columbia* in lunar orbit, and were on the Moon's surface for 21 hours, 36 minutes, before lifting off to rejoin *Columbia*.

Armstrong's first step onto the lunar surface was broadcast on live TV to a worldwide audience. He described the event as "one small step for [a] man, one giant leap for mankind." Apollo 11 effectively proved U.S. victory in the Space Race to demonstrate spaceflight superiority, by fulfilling a national goal proposed in 1961 by President John F. Kennedy, "before this decade is out, of landing a man on the Moon and returning him safely to the Earth."



Did you know....Massachusetts was the 1st state to recognize July 4th as an official holiday in 1781?

HISTORY OF INDEPENDENCE DAY

The Continental Congress had voted in favor of independence from Great Britain on July 2 but did not actually complete the process of revising the Declaration of Independence—originally drafted by Thomas Jefferson in consultation with fellow committee members John Adams, Benjamin Franklin, Roger Sherman, and William Livingston—until two days later. The celebration of the declaration's completion was initially modeled on that of the British king's birthday, which had been marked annually by bell ringing, bonfires, solemn processions, and oratory. Such festivals had long played a significant role in the Anglo-American political tradition. Especially in the 17th and 18th centuries, when dynastic and religious controversies racked the British Empire (and much of the rest of Europe), the choice of which anniversaries of historic events were celebrated and which were lamented had clear political meanings. The ritual of toasting the king and other patriot-heroes—or of criticizing them—became an informal kind of political speech. This was formalized in the mid-18th century, when the toasts given at taverns and banquets began to be printed in newspapers.

In the early stages of the revolutionary movement in the colonies, during the 1760s and early '70s, patriots used such celebrations to proclaim their resistance to the British Parliament's legislation while lauding King George III as the real defender of British liberties. However, in many American towns the marking of the first days of independence during the summer of 1776 took the form of a mock funeral for the king, whose "death" symbolized the end of monarchy and tyranny and the rebirth of liberty.

During the early years of the republic, Independence Day was commemorated with parades, oratory, and toasting in ceremonies that celebrated the existence of the new country. These rites played an equally important role in the evolving federal political system. With the rise of informal political parties, they provided venues for leaders and constituents to tie local and national contests to independence and the issues facing the national polity.



HERBY CHICKEN MEATBALL PITAS WITH JALAPENO TZATZIKI

INGREDIENTS:

For tzatziki sauce:

- 1 cup plain Greek yogurt
- 2 tsp extra virgin olive oil, plus more for drizzling
- 1 tbsp lemon juice
- 1 garlic clove, grated
- 1/2 cup finely grated/shredded cucumber (from 1 small cucumber)
- 1/4 tsp kosher salt
- Freshly ground black pepper to taste
- 1 jalapeno finely diced (remove seed if you are heat sensitive)

For the meatballs:

- 1 lb. lean ground chicken (around 93% lean is best)
- 1 egg
- 1/2 cup panko breadcrumbs
- 1/4 cup finely diced red onion
- 3 cloves garlic minced (or sub 1/2 tsp garlic powder)
- 1 jalapeno, finely diced (remove seeds if heat sensitive)
- 3 tbsp chopped fresh parsley
- 2 tbsp chopped fresh mint
- 1 tbsp chopped fresh dill (or 1/2 tsp dried)
- 1 tsp dried oregano
- 1 tsp lemon zest
- 1 tsp kosher salt
- Freshly ground black pepper
- 2 tbsp olive oil

For assembly:

- 4 to 8 pieces of pita bread
- 4 mini Persian cucumbers, sliced
- 2 roma tomatoes, sliced
- 1/2 red onion, thinly sliced
- Crumbled feta cheese
- Extra fresh dill, if desired



DIRECTIONS:

1. Make jalapeno tzatziki sauce by combining ingredients in medium bowl. Cover & place in the refrigerator until ready to serve. This can also be made 1 to 2 days in ahead of time.
2. In a large bowl, add the ground chicken, egg, panko, red onion, garlic, jalapeno, parsley, mint, dill oregano, lemon zest, salt & black pepper. Mix until well combined; avoiding overmixing as meatballs will become tough. Form 16 golf ball sized meatballs. TIP: dipping hands in water between each meatball can prevent sticking.
3. In large deep nonstick skillet, warm 1 tbsp of olive oil over medium heat. Once the oil is hot, add the meatballs, leaving about 1/2 inch between each (may need to do this step in batches), depending on how many meatballs you can fit in your skillet. Brown on all sides (a meat thermometer should register 165 degrees F), 10 to 12 minutes. Transfer meatballs to plate and repeat as necessary.
4. Assemble & serve: You can either slice you pita bread in half and open it to stuff them, or you can use a whole pita bread, treating it like a taco. Either way, dollop jalapeno tzatziki sauce, then add 2 to 3 meatballs, layer of tomatoes, cucumbers, & red onion, feta & dill. Top with more jalapeno tzatziki sauce if desired.

NUTRITIONAL INFORMATION:

SERVING: 1PITA (WITH 1 PIECE OF PITA BREAD, FULLY ASSEMBLED) CALORIES: 535 CAL
CARBOHYDRATES: 47.5G PROTEIN: 38G FAT: 21.2G SATURATED FAT: 5.5G FIBER: 2.7G
SUGAR: 5.9G