



MONTHLY NEWSLETTER

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Just for fun!



Million Veteran Program (MVP) Brings Veterans Personalized Health Care

Imagine walking into your VA medical center and receiving screenings and treatments designed just for you, or your mental health care provider knows that your particular genetic makeup means you'll be more responsive to one drug than another to treat depression.

Committed to understanding the relationship between genes and health, this is what Million Veteran Program (MVP) researchers hope to one day achieve for Veterans.

Because of the participation of more than 900,000 Veterans, scientists have made discoveries around a range of health conditions, transforming health now and for future generations. Veterans who partner with MVP contribute to improving the lives of fellow Veterans and ultimately, everyone.

New Policy Benefits Noise-Exposed Service Members

According to the Defense Health Agency Hearing Center of Excellence, Department of Defense policy will soon require hearing protector fit testing for DOD personnel who are exposed to certain noise levels.

Hearing protector fit testing measures the amount of noise reduction, or attenuation, a hearing protector provides while it is being worn, referred to as a Personal Attenuation Rating, or PAR.

Fit testing will also be required in the following situations:

- A service member tests positive for a significant threshold shift, otherwise known as hearing loss, in a periodic audiogram.
- Physical changes to a person's ear canal cause a poor fit of their assigned hearing protection devices.
- The primary type of fitted hearing protection device is no longer available to the employee.
- An "early warning" hearing loss occurs, when a person's hearing worsens by 15 decibels at any of the following frequencies: 1000, 2000, 3000, or 4000 hertz.



Ask the office...

"I live in California. I also order oxygen tanks. Recently, I have been asked how many I have empty instead of how many I want. Did the VA change something?"

The answer is both no AND yes. No, because you have always had a specific prescription. You can get only a specific number and size of tanks per month. Yes, because the VA program is for service every six months, and oxygen tank patients cannot go six months between visits.

According to the Nation Fire Safety standards, the VA and Mid-Cities Medical can allow only so much oxygen in the home at one time. To help patients get the most in-home oxygen, a minimum order criterion was created. Patients ordering oxygen tanks are now being asked how many EMPTY tanks they have to ensure that safe tank levels are maintained in the home.

There are two things to remember, your monthly route day and when we are in your area each month. For example, do you need more than seven tanks to make it to your route day? If your answer is "Yes," then call and place your order. However, if you have seven empty tanks but your route day is NEXT Tuesday, you can let us know that you will have ten empties for your monthly route day. The idea is to help balance your oxygen needs while minimizing delivery wait time. By ordering higher tank counts once or twice a month, you spend less time waiting for deliveries and more time enjoying your life.

"I am wanting to travel for New Year. When do I need to call?"

A good rule of thumb is three or four weeks in advance of the trip. Please let your VA Home Oxygen Coordinator know when you are traveling (leaving and returning dates), how you are traveling (car, train, bus, or plane*), the address and phone number for where you will be staying, and if you will be traveling to multiple locations. With any holiday trip, it is important that you provide the VA Medical Center and Mid-Cities Medical staff plenty of notice so that your needs are fully arranged prior to leaving.

*If flying, please provide your TOTAL flight time, including layovers.



Suicide Prevention Resources That Can Help

Through a variety of resources available to all service members, veterans, and families, Veterans can help themselves, loved ones, and others in the military family who may be at risk of suicide.

Service members may experience frequent relocations, overseas deployments, and stressful experiences related to combat as well as significant time away from families or loved ones, which may lead to behavioral health concerns including suicidal ideation.

But you are not alone. We are all in this together.

While the Military Health System provides clinical counseling and therapy, it and other DOD entities offer an array of nonclinical programs that are free and confidential, including:

- Specialized coaching and assistance
- Facilitating connection to a new behavioral health care provider
- Sharing information of Department of Defense, Department of Veterans Affairs, and community health care resources



Holiday Calendar



NOVEMBER

- 1st - Native American Heritage Month
- 6th - Daylight Saving Time
- 8th - Election Day (TX)
- 10th - Marine Birthday
- 11th - Veterans' Day (OFFICE CLOSED)
- 24th & 25th - Thanksgiving (OFFICE CLOSED)

1st Monday runs 10-31-22
2nd Friday runs 11-07-22
2nd Monday runs 11-14-22
3rd Monday runs 11-21-22
4th Monday runs 11-28-22
4th Thursday runs 11-29-22
4th Friday runs 11-30-22



DECEMBER

- 7th - Pearl Harbor Day
- 13th - National Guard Birthday
- 25th & 26th - Christmas Day (OFFICE CLOSED)
- 1st & 2nd - New Year's Day (OFFICE CLOSED)

4th Friday runs 12-23-22

Important Health Contact Numbers

EMERGENCY

DIAL 911

NON-EMERGENCY OR DOWN EQUIPMENT

Phone: TEXAS (888) 450-6676
(972) 641-7445

Phone: CALIFORNIA (833) 986-4267

YOU CAN QUIT SMOKING

Phone: (800) QUIT-NOW
Website: www.SmokeFree.gov
www.BeTobaccoFree.gov

Get the help and support you need to live a smoke-free life.

REPORT ABUSE. BREAK THE SILENCE.

Phone: (800) 252-5400

If you are being abused, suspect abuse or have witnessed someone being abused, call today.

VETERANS CRISIS LINE

DIAL 988

Phone: (800) 273-8255

Text Message: 838255

Email: ConfidentialChat@VeteransCrisisLine.net

Speak with someone that can help you or family member.

EMERGENCY PREPAREDNESS

DIAL 211

Butterscotch Brownies

Ingredients:

- 1 cup butter, melted
- 2 cups packed light brown sugar
- 3 eggs
- 2 teaspoons vanilla extract
- 2 cups all-purpose flour
- ½ teaspoon salt
- 1 ½ teaspoons baking powder
- 1 cup chopped walnuts

Prep: 15 mins
Cook Time: 30 mins
Additional Time: 1 hrs
Total: 1 hrs 45 mins
Servings: 18
Yield: 3 dozen



Directions:

- Step 1** – Preheat oven to 350 degrees F (180 degrees C). Grease an 11x7x2-inch pan.
- Step 2** – Melt 1 cup butter in a large saucepan. Add 2 cups light brown sugar and beat well to mix. Cool the mixture slightly, then beat in eggs and vanilla.
- Step 3** – Sift together all-purpose flour, salt and baking powder. Stir it into the wet ingredients, then add the walnuts or pecans (see Cook's Note). Mix well.
- Step 4** – Spread batter into prepared pan and bake for 30-35 minutes or until a light gold. Cool in the pan for 10 minutes, then turn out of pan and let brownies finish cooling on a rack.
- Step 5** – To Make Frosting: Dissolve coffee in the water. Cream 1/2 cup butter with confectioner's sugar. Beat it until light. Blend the coffee into sugar mixture and spread frosting over the brownies. When frosting has set, cut brownies into squares.

Word Search

- | | |
|------------|--------------|
| appreciate | happiness |
| blessings | holiday |
| cornucopia | kindness |
| dinner | november |
| fall | share |
| gather | thanksgiving |
| giving | together |
| gratitude | traditions |

