



MONTHLY NEWSLETTER

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Protect those who matter most with Veterans Affairs Life Insurance (VALife)

VA's newest life insurance program, **Veterans Affairs Life Insurance (VALife)**, increases access to life insurance for more service-connected Veterans than ever before.

VALife is a guaranteed acceptance whole life insurance product for Veterans age 80 or under with any level of service-connected disability. Veterans age 81 or over may also qualify if they meet certain conditions.

VALife costs the same across all genders and backgrounds, and **once enrolled, rates will never go up for the life of the policy** and do not change based on medical conditions. Premiums are based on a Veteran's age upon enrollment and the coverage amount selected, and in most cases, rates are competitive with or better than similar private sector guaranteed acceptance programs.

VALife has a two-year waiting period for the full-face coverage to take effect, a common feature of guaranteed acceptance whole life insurance programs. Veterans must pay monthly or annual premiums during this two-year waiting period and if the insured's death occurs during these first two years, all premiums paid plus interest will be disbursed to the designated beneficiary. If the insured's death occurs more than two years after enrollment, the full-face amount of the policy will be paid.

You can learn more about VALife by visiting
<https://www.va.gov/life-insurance/options-eligibility/valife>

Discover how to spot pension poaching scammers

If you are a Veteran, you and your family should be aware of the potential threat of scams, such as pension poaching, even if you're not currently receiving a pension. Financial scammers often target Veterans, especially those who may be isolated, physically or mentally disabled, unfamiliar with handling their finances, or have recently lost a spouse. They may try to exploit you or your family to steal money, property, or personal information.

Scammers will often send fake emails, calls or texts claiming to be from VA, a military charity or even a financial adviser who can help you receive benefits, such as pension payments. It's important to recognize fraud so you can protect yourself, if necessary, being on the lookout for the following warning signs:

- Charging money for free records and services
- Advertising exclusive deals for Veterans
- Using high-pressure requests
- Providing investment advice
- Using poor spelling and grammar
- Requiring upfront payment
- Suspicious-looking email addresses
- Requests for personally identifiable information (i.e., Social Security Number, date of birth, bank account number, etc.)

Have scammers tried to take advantage of you or a loved one?

If you do receive a suspicious email, call, or text, contact the VA's National Call Center at 1-800-827-1000 or visit <https://va.gov/oig/hotline>



Donate Blood: It's Mission Critical

The Armed Services Blood Program (ASBP) is the official military provider of blood products to U.S. armed forces. As a joint operation among the military services, the ASBP:

- Provides quality blood products for service members, veterans and their families in both peace and war
- Collects, processes, stores, distributes, and transfuses blood worldwide
- Work closely with our civilian counterparts in times of need

Service members often believe that a civilian collection agency provides blood products to the military community. **That is not true,** and the ASBP is one of only four organizations that ensure our Veterans have a safe, potent blood supply.

Used for patients of all ages for many reasons – from cancer patients to those with battlefield injuries, military members and their families depend on blood donors every day – your blood and blood products donation can save:

- A service member injured in action
- A child with cancer
- A family member in need of heart surgery

It's easy to save lives! By committing to give blood at least once a season, you help ensure that blood is available when it is needed most. **Donate Blood: It's Mission Critical!**



Ask the office...



“The last few times I called in for tank service, I am asked how many tanks I have empty and full. I am confused why there is a change.”

VISN 22 changed their service guidelines in March of 2022. The VA changed patient service from monthly to every six months. Due to tank counts on prescriptions, some patients are not able to wait six months. The VA set these limits, due to National Fire Safety Guideline, for oxygen in the home. This limit is based upon tank sizes and counts.

We used patients' prescriptions to setup delivery schedules to bi-weekly, monthly, and quarterly. If a patient requests a visit before their monthly route day, they need to have seven (7) or more of their tanks empty to receive service. This maximizes both the number of tanks to patients for the month and the delivery.

You should be aware when ordering tanks prior to your monthly visit, your prescription limits the size and number of tanks on your prescription. When you reach your maximum prescribed tank count for a size you cannot order more of that size until the next month. Staff will advise patients; we will deliver only what is left on their prescription and to use their alternate tank sizes the remainder of the month. It is important that you understand your prescription and the ordering limits set by your VA Medical Center.

Holiday Calendar



JANUARY 2023

- 1st & 2nd - New Year's Day (OFFICE CLOSED)
- 16th - Martin Luther King Jr Day
- 19th - Confederate Memorial Day
- 22nd - Luna New Year

1st Tuesday runs 01-03-23

**Mercedes runs 01-10-23*

1st Monday runs 01-09-23

2nd Tuesday runs 01-03-23

**Mercedes only*

2nd Monday runs 01-16-23

3rd Monday runs 01-23-23

4th Monday runs 01-30-23



FEBRUARY 2023

- 1st National Freedom Day
- 2nd Groundhog Day
- 4th Rosa Parks Day
- 14th Valentine's Day
- 15th Susan B. Anthony's Birthday
- 20th Presidents' Day (OFFICE CLOSED)
- 22nd Chinese New Year
- 22nd Ash Wednesday (First Day of Lent)

Second Monday Routes runs 02-06-23

Third Monday Routes runs 02-13-23

Fourth Monday Routes runs 02-27-23

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

Three Ingredient Peanut Butter Cookies

How to Make Peanut Butter Cookies

Mix all the ingredients until smooth. Form the dough into balls and flatten with a fork. Bake in the preheated oven until the cookies are golden brown on the bottoms.

Ingredients:

- 1 cup peanut butter
- 1 cup white sugar
- 1 egg

Prep Time: 20 mins

Cook Time: 10 mins

Total Time: 30 mins

Servings: 12

Yield: 1 dozen

Directions:

Step 1 - Preheat the oven to 350 degrees Fahrenheit. Line baking sheets with parchment paper.

Step 2 - Mix peanut butter, white sugar, and egg in a medium bowl until smooth. Roll mixture into 1-inch balls and place 1 inch apart on an ungreased baking sheet; flatten each with a fork, making a criss-cross pattern.

Step 3 - Bake in the preheated oven until cookies are just barely brown on the bottoms, about 6 to 8 minutes. Cool on the baking sheets briefly before removing to a wire rack to cool completely.

How to Store Easy Peanut Butter Cookies

Allow the peanut butter cookies to cool completely, then transfer them to an airtight container or cookie jar. Store at room temperature for up to five days.

Word Search

ANTIFREEZE	FROST	POLAR
ARCTIC	FROSTED	PRECIPITATION
ASTRONOMIC	GALE	SALT
BEARS	GLOVES	SCARF
BECOME	HAT	SEASON
CHATTERING	HORSE	SHIVER
CHILLY	ICE	SKATE
CHRISTMAS	ICICLE	SKI
COLD	ICINESS	SLEIGH
DECEMBER	IGLOO	SNOW
FIRE	JANUARY	STEW
FREEZE	MISTLETOE	TEETH
		WIND

H	G	I	E	L	S	E	S	R	O	H	A	Y	C	C
H	S	C	A	R	F	Z	H	A	T	S	O	L	R	D
T	A	G	L	O	V	E	S	I	N	N	G	L	T	O
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