



MONTHLY NEWSLETTER

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Helping Veterans that are experiencing moral injuries

VA News – Military service can present challenging situations where it is impossible for us and/or others to do what's right. **Volunteers of America** (VOA) recognizes that Veteran may feel guilt, shame, distress, or self-condemnation for violating his or her moral beliefs in combat by killing someone, witnessing death, or failing to prevent the immoral acts of others.

These "no-win" situations can disrupt our sense of being a good person or being able to trust other and if we keep them inside and leave them unprocessed, these feelings of moral distress can lead to moral injury. These wounds that can be as damaging and life-threatening as physical injuries.

It is important that Veterans find a supportive and safe space where they can build and maintain resilience, as well as relieve stress related to moral distress with peers, and Volunteers of America can help lighten the load of what each of us has been carrying. After all, "we've all been there."

Get ahead of what's ahead

TexasReady.gov – In Texas, natural and man-made disasters can happen anytime and anywhere. While all disasters are unpredictable, you don't have to be unprepared.

Be Informed. Natural disasters can occur randomly. Man-made disasters can be just as unpredictable. No matter where you live in Texas, it's important to learn about the potential hazards near you to get ahead of what's ahead.

Make a Plan. Your family may not be together when a disaster happens. The best way to keep everyone safe is to make an emergency plan ahead of time, keeping a copy in your emergency essentials kit or another safe place where you can access it in the event of a disaster.

Build a Kit. Being prepared for the unexpected brings peace of mind. Build a kit with the essentials your family and pets will need if you must shelter in place or evacuate.



Helping injured Veterans “recalibrate”

VA News – When Staff Sgt. Travis Mills became a quadruple amputee, his personal life's mission changed to supporting Veterans like himself and their families.

The Travis Mills Foundation (TMF) supports recalibrated Veterans and their families through various programs that help Veterans overcome physical and emotional obstacles, strengthen their families, and provide well-deserved rest and relaxation.

Veterans who have been injured on active duty or because of their service receive an all-inclusive, all-expenses-paid, barrier-free experience where they participate in adaptive activities, bond with other Veteran families, and enjoy 1 of 7 programs carefully and thoughtfully developed in response to their needs.



“Never Give Up. Never Quit.”

Ask the office...

“I want a different sized tank, but the technician won’t give it to me. Why not?”

Most VA Medical Centers write tank size and tank amount specific prescriptions. Like medication, we cannot just change one size for another or provide you more than you are prescribed. Therefore, if you want a change to your prescription, reach out to your local VA hospital Pulmonary Respiratory Team. They can listen to why you want the change and have the power to make those changes when approved.



“I am wanting to travel on Spring Break with my family. What do I need to do?”

Travel must be coordinated with your local VA Medical Center. They must make sure that you are qualified to travel. They must write a travel prescription. To help them make sure you meet the requirements always have your travel information together. You will need to know the following:

- Dates of travel – leaving and returning.
- How are you traveling? Personal vehicle, Bus, Train, Ship, or Airplane.
- Will you be stopping or having layovers? If so, how long and how many?
- Contact person, address, hotel information, and phone number where you will be staying – length of stay at each location.
- Ask for a copy of your prescription so that you will have it for security checkpoints at the airport or other ports of call.

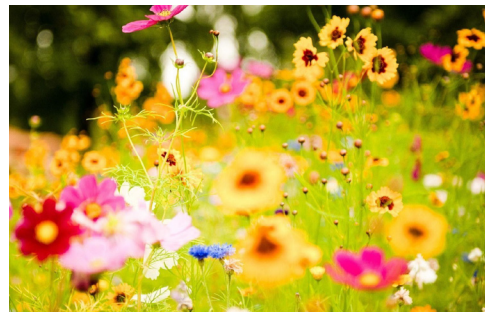
You want to submit your request as quickly as you know you are going on a trip. Patients that fail to book at least 4-6 weeks in advance can be turned down by the VA Medical Center. Reporting your trip early will help the VA approve your trip and send over the prescription before you are scheduled to leave and reduce last minute travel stress.

Holiday Calendar



MARCH

- 2nd Texas Independence Day
- 3rd Employee Appreciation Day
- 8th International Women’s Day
- 12th Daylight Saving Begins
- 17th St. Patrick’s Day
- 20th Start of Spring (Equinox)
- 29th National Vietnam War Veterans Day
- 31st Cesar Chavez Day



APRIL

- 1st April Fool’s Day
- 7th Passover Eve & Good Friday
- 9th Easter
- 18th Tax Day
- 21st San Jacinto Day
- 22nd Earth Day
- 26th Administrative Professionals Day
- 28th Arbor Day

**Mercedes only*
1st Monday runs 03-06-23
1st Tuesday runs 03-07-23

**Redlands only*
3rd Wednesday runs 03-15-23
3rd Thursday runs 03-16-23
4th Thursday runs 03-23-23
4th Friday runs 03-24-23

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

Lemon Meringue Pie

Prep Time: 30 mins

Cook Time: 10 mins

Total Time: 40 mins

Servings: 8 servings

Yield: 1 (9inch) pie

Meringue:

- 4 egg whites
- 6 tablespoons white sugar

Filling:

- 1 cup white sugar
- 2 tablespoons all-purpose flour
- 3 tablespoons cornstarch
- ¼ teaspoon salt
- 1-½ cups water
- 2 tablespoons butter
- 2 lemons, juiced and zested
- 4 egg yolks, beaten
- 1 (9 inch) pie crust, baked

Directions:

Step 1 – Preheat the oven to 350 degrees F.

Step 2 – FILLING: Whisk 1 cup sugar, flour, cornstarch, and salt together in a medium saucepan; stir in water, lemon juice, and lemon zest. Cook over medium-high heat, stirring frequently, until mixture comes to a boil. Stir in butter.

Step 3 – Place egg yolks in a small bowl and gradually whisk in 1/2 cup of hot sugar mixture. Whisk egg yolk mixture back into remaining sugar mixture. Bring to a boil and continue to cook while stirring constantly until thick. Remove from heat; pour filling into baked pastry shell.

Step 4 – MERINGUE: Beat egg whites in a glass, metal, or ceramic bowl until foamy. Gradually add sugar, continuing to beat until stiff peaks form. Spread meringue over pie filling, sealing the edges at the crust.

Step 5 – Bake in preheated oven until meringue is golden brown, about 10 minutes.

Word Search

baseball
blossoms
butterfly
chicks
easter

eggs
flowers
gardening
green
growing

plants
rabbit
rain
rainbow
spring
tulips

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