



MONTHLY NEWSLETTER

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Just for fun!

Mid-Cities Medical welcomes our VA Southern Arizona Patients

We have begun the transition of VA Southern Arizona patients to our service and starting April 1st through July 31st, Mid-Cities Medical will be contacting you to arrange your transition date.

Our team is working diligently to make this transition as seamless as possible, and we thank you in advance for your flexibility and availability.

In the interim, please continue to use your current provider and if you have any questions, please call us at (833) 986-4267.



Expanded disability benefits for Vietnam Veterans

VA News – If you are a Vietnam Veteran who served in a these “presumptive locations,” you may qualify for disability compensation due to certain medical conditions. “Presumptive locations” means that if you served in any of these places during the specified time periods, you do not have to prove that you were exposed to toxins, such as Agent Orange. VA automatically assumes you were.

Vietnam Veterans may be eligible for expanded VA disability compensation under the PACT Act, a law passed in 2022 which increases access to VA benefits and health care for Veterans exposed to toxic substances during their military service.

You can learn more about PACT Act benefits for Vietnam Veterans and how to file a claim for disability compensation by visiting va.gov/pact or calling 1-800-698-2411.

Learn how you can age without injury

CDC.gov – Over 10,000 people in the United States turn 65 every day and the number of injuries, and healthcare costs associated with these injuries, will increase as the population of older adults grows. But getting older doesn't have to mean giving up the activities you enjoy.

Unintentional injuries from falls are more common as we age and can have devastating effects, result in most traumatic brain injury-related hospitalizations and deaths among older adults. But these injuries can be prevented so you can stay healthy and independent longer.

- Speak up. Tell your doctor if you have fallen, if you feel unsteady when standing or walking, or if you are afraid you might fall.
- Stay active. Do exercises that make your legs stronger and improve your balance.
- Make your home safer. Get rid of trip hazards like throw rugs and keep floors clutter free.

The CDC's "Still Going Strong" campaign speaks directly to older adults, age 65 and older, to raise awareness about preventable injuries among older adults and has two goals:

1. Educate about common risk factors for falls, as well as traumatic brain injuries that happen from falls.
2. Empower older adults and their caregivers to take simple steps that will help them maintain their independence and age without injury.



Home safety for loved ones living alone

VeteransHomeCare.com – Roughly one quarter of older Americans live alone, and many express the desire to maintain independence and age in place. When it comes to home safety for loved ones, concerns about fire are usually at the top of the list and preventing fire is an important step towards home safety for Veterans.

Some basic home safety steps are to check cords often for signs of wear and tear, discourage use of space heaters and candles, and check the batteries in smoke detectors at least twice per year. Also, don't underestimate the benefits of professional home care to improve quality of life, create health benefits, and increase home safety for loved ones living alone.

Older adults living alone are at an increased risk not just of injuries, but of injuries with long-term effects, and it's important to consider home safety for your loved ones as they age.



Veterans share how they quit smoking

VA News – The VA understands it’s hard to quit smoking, and the VA New England Healthcare System can help Veterans access the resources and one-on-one support needed to start the journey toward a smoke-free life.

“There are a lot of options to help you quit,” said Jonathan Lee, a psychologist with Edith Nourse Rogers Memorial Veterans Hospital. “Combining medication and counseling can triple your chances for success compared to going it alone. You are not alone. We are here to help you every step of the way.”

The research is clear – you have your best chance at quitting tobacco when you get behavioral counseling and use cessation medication. Counseling helps you make long-term changes to your behavior so that you can remove tobacco from your life, and medication helps with the physical cravings caused by nicotine addiction.

Veterans can ask their primary care team or any treatment provider for a referral for tobacco cessation or go online to VA’s “How to Quit” page to get all the resources he or she needs to quit.

<https://www.mentalhealth.va.gov/quit-tobacco/how-to-quit.asp>



Holiday Calendar



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 04-03-23

1st Tuesday runs 04-04-23

**Redlands only*

3rd Wednesday runs 04-19-23

3rd Thursday runs 04-20-23

4th Thursday runs 04-27-23

4th Friday runs 04-28-23



MAY

- 5th Cinco de Mayo
- 5th National Day of Prayer
- 8th Mother’s Day
- 15th Peace Officers Memorial Day
- 21st Armed Forces Day
- 22nd National Maritime Day
- 22nd Harvey Milk Day (CA)
- 30th Memorial Day – OFFICE CLOSED

**Mercedes only*

1st Monday runs 05-01-23

1st Tuesday runs 05-02-23

**Redlands only*

3rd Wednesday runs 05-17-23

3rd Thursday runs 05-18-23

4th Thursday runs 05-25-23

4th Friday runs 05-26-23

Important Health Contact Numbers

EMERGENCY

DIAL 911

NON-EMERGENCY OR DOWN EQUIPMENT

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

Phone: AZ & CA (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

Carrot Cake

Prep Time: 30 mins

Total Time: 1 hrs 20 mins

Cook Time: 40 mins

Servings: 18

Additional Time: 10 mins

Yield: 9x13 cake

Cake:

- 2 cups white sugar
- 1 ¼ cups vegetable oil
- 4 eggs
- 2 teaspoons vanilla extract
- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- ½ teaspoon salt
- 3 cups grated carrots
- 1 cup chopped pecans

Frosting:

- ½ cup butter, softened
- 8 ounces cream cheese, softened
- 4 cups confectioners' sugar
- 1 teaspoon vanilla extract
- 1 cup chopped pecans

Directions:

Step 1 - Preheat the oven to 350 degrees F. Grease and flour a 9x13 inch pan.

Step 2 - Beat sugar, oil, eggs, and 2 tsp vanilla together in a large bowl with an electric mixer until well combined. Mix in flour, baking soda, baking powder, cinnamon, and salt. Stir in carrots. Fold in pecans. Pour into the prepared pan.

Step 3 - Bake about 40 minutes. Let cool in the pan for 10 minutes, then turn out onto a wire rack and cool completely.

Step 4 - Beat butter, cream cheese, confectioners' sugar, & 1 tsp vanilla together until smooth and creamy. Stir in chopped pecans. Frost the cooled cake.

Word Search

April	flowers	March
bees	garden	May
blossom	grass	mud
buds	Green	picnic
bugs	growth	rainy
bulbs	iris	robin
crocus	June	showers
daffodil	ladybug	tulip

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