



MONTHLY NEWSLETTER

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Just for fun!



VA Southern Arizona Patient Requirements

As we continue to transition VA Southern Arizona patient services to Mid-Cities Medical, there is important portable oxygen concentrator information to be aware of, including:

Travel Notifications – VA Southern Arizona patients are required to provide a 2-week notification if you plan on traveling within the United States; coverage does not include travel outside the U.S. Short-notice travel requests will be reviewed on a case-by-case basis; E.G. family emergencies, unexpected events, health complications, etc. NOTE: Business trips, weddings, holiday parties, and other planned events would not be considered an emergency.

Non-VA Hospital Visits – Patients admitted to non-VA community hospitals are required to arrange their own travel/portable oxygen needs, unless the visit is an emergency. If it is an emergency, the patient is required to coordinate with a family member or caregiver to have a portable oxygen solution supplied.

We want to thank our new VA Southern Arizona patients for their flexibility and understanding, and if you have any questions, please call us at (833) 986-4267.

Become a Smokefree Veteran

SmokeFree.gov – You're thinking of quitting smoking but do you know the reasons you want to quit? Do you want to be healthier? Save money? Keep your family safe? Reduce your stress and anxiety? All of those reasons?

Quitting smoking is difficult but you're not in this alone. Making a list of all the reasons you want to become smokefree is a good starting point, keeping it in a place where you will see if when you "feel the urge," like your car, easy chair, night stand, etc. When you feel the urge to smoke, take a look at the list to remind yourself why you want to quit.

Medications can also help reduce withdrawal symptoms and cravings for tobacco, doubling or even tripling your chances of quitting smoking for good. Talk to your healthcare provider about using a combination of quit medications and counseling that can help you stay quit!

Offered through a collaboration between the Department of Veterans Affairs (VA) and the National Cancer Institute's *Smokefree.gov*, **SmokefreeVET** is a program made for Veterans who are enrolled in VA health care and ready to quit tobacco. Take control of your health today by quitting and staying smokefree.



Learn How Your Family Can Prevent Home Fires

American Red Cross – A fire disaster or emergency can happen at any time, sometimes without warning. Did you know that if a fire starts in your home you may have as little as two minutes to escape? Thankfully, there are things you can do to be prepared, respond safely and help speed your recovery. Learn what else to do to keep your loved ones safe!

Know What to Do Before, During, and After a Fire

- Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas.
- Test smoke alarms every month. If they're not working, change the batteries.
- Talk with all family members about a fire escape plan and practice the plan twice a year.
 - Everyone in your household should know two ways to escape from each room in your home.
 - Smoke is dangerous. Get low and go!
 - Decide where to meet once you get outside.
- If a fire occurs in your home, **GET OUT, STAY OUT** and **CALL FOR HELP**. Never go back inside for anything or anyone.



Comprehensive Room-by-Room Home Safety Guide

The Zebra – A growing number of older Americans are choosing to age in place, preferring to live independently in their own residence rather than an assisted care facility. If you currently have or are considering in-home care as an option, you may need to make some modifications to your home to make it as safe as possible.



- Seating should be the appropriate height, meaning that your feet should be able to touch the floor, making getting up easier.
- Lighting throughout the house, but especially in the bedroom, should be bright without being harsh, keeping visibility high while you go about your daily activities.
- Older adults lose body heat faster than when we are young, and windows should be well insulated to keep heat out in the summer and heat in during the winter.
- Reduce the risk of a falling with non-slip flooring options that are easily installed, esp. on wood or tile flooring. It's important to have flooring that is safe to walk on and easy to maintain.
- Keep all medication organized and within reach, and consider keeping medications in a daily pill organizer.

Holiday Calendar



MAY

- 5th Cinco de Mayo
- 5th National Day of Prayer
- 14th Mother's Day
- 15th Peace Officers Memorial Day
- 21st Armed Forces Day
- 22nd National Maritime Day
- 22nd Harvey Milk Day (CA)
- 29th 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



JUNE

- 6th D-Day
- 14th Flag Day & U.S. Army's Birthday
- 18th Father's Day
- 19th Juneteenth – OFFICE CLOSED
- 20th National American Eagle Day
- 21st Summer Solstice
- 24th Eid al-Adha (Feast of Sacrifice)

1st Monday runs 05-30-23

2nd Monday runs 06-05-23

1st Tuesday runs 06-06-23

3rd Monday runs 06-12-23

2nd Wednesday runs 06-14-23

4th Monday runs 06-26-23

**Redlands only*

3rd Wednesday runs 06-14-23

3rd Thursday runs 06-15-23

4th Wednesday runs 06-21-23

4th Thursday runs 06-22-23

4th Friday runs 06-23-23

**Mercedes only*

1st Tuesday runs 05-31-23

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: 10 mins

Total Time: 1 hrs 20 mins

Cook Time: 1 hrs

Servings: 10

Additional Time: 10 mins

Yield: 9x15-inch loaf



Ingredients:

- 1 cup white sugar
- 1 teaspoon baking soda
- ½ cup butter, melted
- ½ teaspoon salt
- 2 eggs
- ½ cup sour cream
- 1 teaspoon vanilla extract
- ½ cup chopped walnuts
- 1-½ cups all-purpose flour
- 2 medium bananas, sliced

Step 1 – Preheat the oven to 350 degrees F.
Grease a 9x5-inch loaf pan.

Step 2 – Stir sugar and melted butter together in a large bowl. Add eggs and vanilla; mix well. Combine flour, baking soda, and salt; stir into butter mixture until smooth. Fold in banana slices, sour cream, and walnuts; transfer into the prepared pan.

Step 3 – Bake in the preheated oven until a toothpick inserted into the center of the loaf comes out clean, about 1 hour. Cool loaf in the pan for 10 minutes before inverting onto a wire rack to cool completely.

Word Search

basket	gardening	spring
blossom	ladybug	springtime
bouquet	may	sunshine
butterfly	plants	umbrella
caterpillar	puddle	warm
flowers	rainbow	worms
frogs	raincoat	

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