



MONTHLY NEWSLETTER

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Just for fun!



2023 Veterans Day Regional Sites

VA News – VA encourages communities and organizations to host local Veterans Day observances, ensuring that fitting tributes are paid across the Nation and serve as examples for other communities to follow:

CALIFORNIA

- Palm Springs Veterans Day
- Redondo Beach Veterans Memorial
- Merced Field of Honor
- Merced Sunrise Rotary Club Charity
- Rotary Club of Merced Sunrise
- OneVet One Voice
- Truckee American Legion Post 439
- VFW Post 8070, American Legion Post 180, and the City of Azusa
- The American Legion a U.S. Veterans Association

TEXAS

- Austin Veterans Day Parade Foundation
- Copperas Cove Veterans Day Parade
- Killeen Heights Vet Center
- Central Texas Area Veterans Advisory Committee

Take Control of Your VA Benefits Security

Digital VA – Online scams can take a variety of forms, with scammers constantly devising new ways to trick people into giving them sensitive information to steal money and identities.

Payment Redirection Fraud is one example of this crime, occurring when a bad actor obtains a Veteran’s Personal Identifiable Information (PII), using the information to unlawfully access and gain control of personal information and redirecting the victim’s VA benefits payments to bank accounts under their own control.



You are the front line against threats to your personal information:

- Be alert! Identity theft is not always committed by strangers
- Frequently change and maintain strong passwords and never use PII in the password
- Verify your identity! Obtain a VA Security PIN to secure direct deposit accounts from theft
- Be cautious of companies claiming to contact you on behalf of the Department of Veterans Affairs (VA) or presenting itself as having an affiliation with VA
- Contact VA immediately if you find a payment discrepancy or suspicious direct deposit activity

Holiday Calendar



NOVEMBER

- 1st Native American Heritage Month
- 5th Daylight Saving Time – “Fall Back” One Hour
- 7th Election Day (TX)
- 10th Marine Birthday
- 11th Veterans’ Day – **OFFICE CLOSED 11/10/23**
- 23rd & 24th Thanksgiving – **OFFICE CLOSED**

1st Friday runs 10-31-23
 2nd Friday runs 11-03-23
 3rd Friday runs 11-17-23

**Mercedes only*
 1st Monday runs 11-06-23
 1st Tuesday runs 11-07-23

4th Thursday runs 11-29-23
 4th Friday runs 11-30-23

**Redlands only*
 3rd Wednesday runs 11-15-23
 3rd Thursday runs 11-16-23
 4th Thursday runs 11-29-23
 4th Friday runs 11-30-23



DECEMBER

- 7th Pearl Harbor Remembrance Day
- 13th National Guard Birthday
- 21st Winter Solstice
- 24th Christmas Eve – **OFFICE CLOSED**
- 25th Christmas Day – **OFFICE CLOSED**
- 26th Kwanzaa
- 31st New Year’s Eve – **OFFICE CLOSED**
- Jan. 1st New Year’s Day – **OFFICE CLOSED**

1st Monday runs 12-01-23 2nd Friday runs 12-15-23
 2nd Monday runs 12-04-23 4th Monday runs 12-18-23
 1st Tuesday runs 12-05-23 3rd Friday runs 12-22-23
 1st Friday runs 12-08-23 4th Friday runs 12-29-23
 3rd Monday runs 12-11-23

**Mercedes only*
 1st Monday runs 12-04-23
 1st Tuesday runs 12-05-23

**Redlands only*
 3rd Wednesday runs 12-20-23
 3rd Thursday runs 12-21-23
 4th Thursday runs 12-28-23
 4th Friday runs 12-29-23

What You Need To Know

TEXAS:

VA Fire safety compliance inspections are continuing throughout the State of Texas. Multiple VA Medical Centers are continuing their in-home audits for fire and smoking safety and it appears that patient home audits will continue into 2024. **Known smokers and patients who have experienced a previous fire event will be made a priority for the audit team.** VA inspectors will be performing education, offering stop smoking classes, and other cessation programs for those found to be non-compliant with their fire or smoking safety practices.



CALIFORNIA:

California patients, the VA Medical Centers are currently performing home inspections and educational visits. Over the next several months, Customer Relations Representatives will soon be visiting homes and performing education sessions. Education topics will include tank safety, fire safety, VA Program compliance, or general subjects. It is important that patients chosen for these inspections are home and available to complete their visit.



Supply Orders – Patients needing supplies should order them during their semi-annual service visit. When a Customer Relations Clerk schedules your service visit, please be sure you order all necessary supplies for the next six months. Customer Relations Clerks should ask about your supply order but you can inform them that you would like to add supplies to the service ticket.

ARIZONA:

Tucson patients, it's time for the six-month check-up route visits to start! Mid-Cities Medical is continuing to refine route day assignments and a Customer Relations staff member will soon be reaching out as your six-month machine visit becomes due. **Patients that need tanks between visits should call the toll-free number 1-833-986-4267.** To help you get all the oxygen you need for your semi-annual visit, be sure to ask for enough supplies to get you through to the next inspection. Patients are being assigned specific route day visits based on geographical locations. If you have a question about your six-month route day, please ask your Customer Relations Representative when they call you.



Advanced Technology to Improve Patient Care

Health.mil – Senior leaders from the Defense Health Agency and Veterans Health Administration recently discussed the value of collaboration between the two agencies to improve the health care experience for their patients, agreeing that innovation requires the alignment of human capital from each agency to drive performance and outcomes.

U.S. Army Lt. Gen. Telita Crosland says that leveraging advanced technology brings value quickly and at scale. “We’re changing the culture in medicine,” said Crosland. “To do that, we’ve got to change the narrative.”

“Technology isn’t always the answer,” Carolyn Clancy, VHA’s Assistant, said. “It can be an amazing accelerator and enabler, but sometimes I think we get a tiny bit distracted. It’s often about the idea. It’s all about what problem are you trying to solve.”



Important Health Contact Numbers

EMERGENCY **DIAL 9-1-1**

EMERGENCY SITUATION **DIAL 7-1-1**

Use if you have a TTY and cannot obtain emergency services.

EMERGENCY PREPAREDNESS **DIAL 2-1-1**

NON-EMERGENCY OR DOWN EQUIPMENT

Phone: **TEXAS (888) 450-6676**

Phone: **AZ & CA (833) 986-4267**

YOU CAN QUIT SMOKING

Phone: **(800) QUIT-NOW**

Website: **www.SmokeFree.gov**

www.BeTobaccoFree.gov

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 9-8-8**

Phone: **(800) 273-8255**

Text Message: **838255**

Email: **ConfidentialChat@VeteransCrisisLine.net**

Speak with someone that can help you or family member.

SPEAK-UP CAMPAIGN

Website: **https://tinyurl.com/5n68nt29**

The Joint Commission's Speak Up campaign focuses on what rights patients have & what they can do if they feel they are being discriminated against & receiving substandard care.

Perfect Pumpkin Pie

Eagle Brand makes this traditional dessert the perfect ending to a Thanksgiving feast.

Prep Time: 10 mins

Cook Time: 50 mins

Total Time: 1 hr

Servings: 8

Yield: 1 (9-inch) pie



Ingredients:

- 1 (15 ounce) can pumpkin puree
- 1 (14 ounce) can Eagle Brand Sweetened Condensed Milk
- 2 large eggs
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon ground nutmeg
- ½ teaspoon salt
- 1 (9 inch) unbaked pie crust1 (15 ounce) can Southwestern-style beans, undrained

Step 1 - Gather all ingredients.

Step 2 - Preheat the oven to 425 degrees F.

Step 3 - Whisk pumpkin puree, condensed milk, eggs, cinnamon, ginger, nutmeg, and salt together in a medium bowl until smooth.

Step 4 - Pour into crust.

Step 5 - Bake in the preheated oven for 15 minutes.

Step 6 - Reduce oven temperature to 350 degrees F and continue baking until a knife inserted 1 inch from the crust comes out clean, 35 to 40 minutes.

Step 7 - Let cool before serving.

Word Search

Autumn

Buns

Corn

Cranberry

Dinner

Family

Gathering

Gratitude

Gravy

Harvest

Mayflower

Plymouth

Pumpkin

Thankful

Thursday

Tradition

Turkey

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