



MONTHLY NEWSLETTER

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Just for fun!



Caring For Caregivers – Caregiver Support Program

VA News – Caregivers are our unsung heroes, dedicating their time, energy, and compassion to care for our Veterans, and the VA Caregiver Support Program (CSP) offers clinical services to caregivers of eligible and covered Veterans enrolled in the VA health care system.

Promoting the health and well-being of those who care for our Nation's Veterans is the CSP program's mission. Through the Program of General Caregiver Support Services (PGCSS), caregivers have access to skills training, peer support mentoring, individual or group coaching, mental health counseling and more, including:

- Your local CSP Team is available to help you find the right support and to enroll in caregiver programs and services.
- Respite care is a program that pays for short-term care when family caregivers need a break, need to run errands, or need to go out of town for a few days.
- If you're caring for a Veteran in crisis or concerned about one, contact the Veterans Crisis Line to receive 24/7 confidential support. You don't have to be enrolled in VA benefits or health care to connect. To reach responders, Dial 988 then Press 1, chat online at VeteransCrisisLine.net/Chat, or text 838255.

Give the Gift of Life: Donate Blood

Health.mil – For many, there is one special gift that means the during the holidays – giving the gift by donating blood. The Armed Services Blood Program invites you to participate in this lifesaving cause and your donation supports our Veterans and their families in their hours of need, ensuring a consistent supply of blood products across the globe.

Historically, the holiday and winter seasons show a decline in blood donations and this priceless gift makes an immediate impact for our military community in need, extending your support to the military community.

Since 1962, the Armed Services Blood Program’s mission has been to provide quality blood products and support to military health care operations worldwide; from the battlefield to the local hospital, whenever and wherever needed. As the official blood program of the United States military, the ASBP collects, processes, stores, transports, and distributes blood products to service members, their families, retirees and veterans in peace and war.



Holiday Calendar



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**

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

<i>*Mercedes only</i>	<i>*Redlands only</i>
<i>1st Monday runs 12-04-23</i>	<i>3rd Wednesday runs 12-20-23</i>
<i>1st Tuesday runs 12-05-23</i>	<i>3rd Thursday runs 12-21-23</i>
	<i>4th Thursday runs 12-28-23</i>
	<i>4th Friday runs 12-29-23</i>



JANUARY

- 1st New Year’s Day – **OFFICE CLOSED**
- 15th Martin Luther King Jr. Day
- 19th Confederate Heroes’ Day (TX)

<i>1st Monday runs 01-08-24</i>	<i>1st Tuesday runs 01-02-24</i>
<i>2nd Monday runs 01-15-24</i>	
<i>3rd Monday runs 01-22-24</i>	

<i>*Mercedes only</i>	<i>*Redlands only</i>
<i>1st Monday runs 01-08-24</i>	<i>3rd Wednesday runs 01-17-24</i>
<i>1st Tuesday runs 01-09-24</i>	<i>3rd Thursday runs 01-18-24</i>
<i>2nd Tuesday runs 01-02-24</i>	<i>4th Thursday runs 01-25-24</i>
	<i>4th Friday runs 01-26-24</i>

What You Need To Know

Happy holidays from the entire Mid-Cities Medical Veteran Family. The holidays can be a magical time for many but very hard for others, with the winter months also being some of the most dangerous for our Home Oxygen Patients. The increase in activity, holiday festivities, and heating the home increasing the dangers of fire.

Here are a few safety tips to help get you through this holiday season:



- 1. Never leave cooking food unattended.** Grease fires, dish cloths, and other flammable materials only take a moment to catch fire and cause kitchen damage, injuries, or death. Small appliances, air fryers, and other items with heating elements also pose a threat to oxygen vapors on patients wearing their oxygen while cooking.
- 2. Christmas trees and lights** – Natural trees smell so good but can also become dry quickly if not properly watered or trimmed. Make sure that you check you live tree's water daily, topping off the water container. Christmas tree lights should always be turned off at night to prevent the drying limbs from catching fire.
- 3. Do not burn wrapping paper in your fireplace.** Some wrapping papers have plastic or plastic insets in the print, both of which not only admit toxic chemicals into the air when burned but also leave plastic residues in your fireplace which can increase the chances of fireplace fires.
- 4. Older homes or homes in cold weather regions may not heat properly.** If you must use a support heater in your home, make certain you follow these important safety instructions:
 - Never have your oxygen tubing, equipment, or tanks on or near an open flame or heating element.
 - All oxygen should be kept at least 25 feet from an open flame or heat source. Candles, fireplaces, sparking items or toys, active stove tops/ranges, or heater/furnaces are just a few of these heating element hazard items.
 - When you interact with an open flame or heated or sparking item, take off your oxygen, turn off the flow, wait 20 minutes, and then as quickly as possible engage with the fire hazard. If you are unable to be off your oxygen for the time needed for oxygen to dissipate and complete this safety task, please ask your caregiver for assistance.
- 5. Mental Health and the Holidays** – There are a lot of reasons that patients can become depressed during the holidays; loss of family or friends, loss of their health, past memories, abuses, the increased hours of darkness, or bad weather forcing them to stay inside. Whatever the issue, the VA Medical Centers and Mid-Cities Medical understand that sometimes things are just tough, stressful, or depressing. **There is no harm in admitting you need help** and the VA has set up a 24/7 Mental Healthline to help, just call **800-273-8255** or visit www.veteranscrisisline.net.

We at Mid-Cities Medical want to wish all of you a very happy and safe holiday season!

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

VETERANS CRISIS LINE **DIAL 9-8-8**

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

Email: **ConfidentialChat@VeteransCrisisLine.net**

VA CAREGIVER SUPPORT PROGRAM

Phone: **(855) 260-3274**

Website: **www.caregiver.va.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.

SPEAK-UP CAMPAIGN

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

Rights patients have & what they can do if they feel they are being discriminated against & receiving substandard care.

Slow Cooker Apple Cobbler

Fall in love with apple cobbler with this easy slow cooker recipe.

Apple Filling:

- 5 medium Gala apples, peeled, cored, and thinly sliced
- 1 cup firmly packed brown sugar
- 1/4 cup all-purpose baking mix (e.g. Bisquick®)
- 1 teaspoon ground cinnamon

Prep Time: 15 mins

Cook Time: 3 hrs

Servings: 10

Oatmeal Cobbler Topping:

- 1 cup all-purpose baking mix (e.g. Bisquick®)
- 1/2 cup quick cooking oats
- 1/2 cup firmly packed brown sugar
- 1/3 cup granulated sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/2 cup (1 stick) cold butter, cut into pieces

Sweet Vanilla Bean Whipped Cream:

- Beat 1 cup heavy cream and 1/4 cup confectioners' sugar in medium bowl with electric mixer on high speed until stiff peaks form.

Step 1 – Spray inside of slow cooker with non-stick cooking spray. For the apple filling, toss apple slices, brown sugar, baking mix and cinnamon in large bowl. Place in slow cooker and cook on HIGH for 3 hours.

Step 2 – For the cobbler topping, mix all ingredients, except butter, in medium bowl. Cut in butter with fork until crumbly. Sprinkle over apple filling. Cover.

Step 3 – Serve warm apple cobbler topped with whipped cream! Cover and refrigerate until ready to serve.

Word Search

card
christmas
coal
december
family
fireplace
gift
hanukkah

holly
music
peace
shovel
snow
tree
winter
wreath

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