



MONTHLY NEWSLETTER

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Celebrate Women's History Month

RallyPoint – Women have been a part of our military history from the beginning, wearing the uniform of the United States military with bravery and honor, and are entitled to the same benefits and respect as every other Veteran.

Today, there are more than 1.9 million women Veterans, and more than 600,000 women Veterans receive a wide range of comprehensive health and gender-specific care at VA each year, including fertility services, mental health care, and maternity care. Every single Veteran deserves world-class health care and the support that they have earned.

If you are a woman who served our country, you belong at VA. We see the achievements you made, we value your diversity, and we recognize all you have done for our nation and continue to do for your families and communities. VA has been caring for women Veterans for 100 years and continues to enhance service offerings to ensure you receive the best care anywhere.

Honoring All Who Bravely Served in the Vietnam War

U.S. Department of Defense – By presidential proclamation, on National Vietnam War Veterans Day – March 29th – we honor all those who bravely served in the Vietnam War and who sacrificed, as did their families and caregivers. “The Vietnam War is a story of American patriots who braved the line of fire, who cast themselves into harm’s way to save a friend, who fought hour after hour, day after day to preserve the liberties we hold dear.”

Those Veterans who served in Vietnam came home with both physical and unseen injuries of war, that many of which went undiagnosed or weren’t understood by our medical community as they are now and were left to meet these challenges without the assistance available today.

The names etched in The Wall at the Vietnam Veterans Memorial remind us of our loved ones who gave their all, some of which who never came home, and we pledge to never forget the eternal sacrifice of these brave men and women and what they have sacrificed for America.



Understanding Oxygen Therapy

U.S. Veteran Affairs – If you have a long-term (chronic) health condition that makes your blood oxygen levels too low, your health care provider may prescribe home oxygen therapy or supplemental oxygen to help you breathe more easily.

You need oxygen from the air you breathe for your body’s cells to work well and very low oxygen levels in your blood can make you feel tired and confused. And if your oxygen level is too low for too long, serious problems can occur in many parts of the body.



Oxygen therapy is one of the few therapies in chronic obstructive pulmonary disease (COPD) that have been shown to prolong life in patients that have very low oxygen levels at rest. Low blood oxygen levels often do not produce any symptoms though the following may be associated with such conditions:

- Feeling tired
- Feeling confused
- Being short of breath
- Having blue or gray lips or fingernails

Once oxygen is prescribed, you’ll be referred to a medical equipment company, such as Mid-Cities Medical, to set up the oxygen unit and teach you how to use it.

Text Messages from Mid-Cities Medical

In today's information-rich and distraction-filled world, Mid-Cities Medical wants to ensure its patients can quickly and easily receive crucial (and possibly lifesaving) information. That's where a communication tool like SMS notifications comes into play.

Starting this month, we will begin sending text messages to our patient's mobile phones to share timely and relevant notifications, such as Emergency Alerts, Appointment Reminders, Important Announcements, and Account Updates.

Mid-Cities Medical is confident our patients will appreciate these timely and relevant updates and encourage you to provide current mobile phone details – including Emergency Contact numbers – to one of our team members as soon as possible; or during your next scheduled technician visit.

Let us know if you have any questions concerning this new and exciting way of staying informed and up-to-date, and Mid-Cities Medical will continue to provide “World-Class Customer Service” to our Veteran patients, their Caregivers, and our VA Customers.



Holiday Calendar



MARCH

- 1st Employee Appreciation Day
- 2nd Texas Independence Day
- 8th International Women's Day
- 10th Daylight Saving Begins (Spring Forward)
- 17th St. Patrick's Day
- 19th Start of Spring (Equinox)
- 29th National Vietnam War Veterans Day
- 29th Good Friday
- 31st Easter
- 31st Cesar Chavez Day

**Mercedes only*
1st Monday runs 03-04-24
1st Tuesday runs 03-05-24

**Redlands only*
3rd Wednesday runs 03-20-24
3rd Thursday runs 03-21-24
4th Thursday runs 03-28-24
4th Friday runs 03-29-24



APRIL

- 15th Tax Day
- 21st San Jacinto Day
- 22nd Earth Day
- 23rd Passover (first day)
- 26th Arbor Day
- 30th Last Day of Passover

**Mercedes only*
1st Monday runs 04-01-24
1st Tuesday runs 04-02-24

**Redlands only*
3rd Wednesday runs 4-17-24
3rd Thursday runs 04-18-24
4th Thursday runs 04-25-24
4th Friday runs 04-26-24

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.

Red Velvet Brownies

Prep Time: 30 mins

Cook Time: 40 mins

Cake Ingredients:

- 2 cups white sugar
- 1 ¼ cups vegetable oil
- 4 large eggs
- 2 teaspoons vanilla extract
- 2 cups all-purpose flour
- 2 teaspoons baking soda

Total Time: 1 hr 20 mins

Yield: 9x13" cake

- 2 teaspoons baking powder
- 2 tsp ground cinnamon
- ½ teaspoon salt
- 3 cups grated carrots
- 1 cup chopped pecans

Frosting Ingredients:

- 1/2 cup butter, softened
- 8 ounces cream cheese, softened
- 4 cups confectioners' sugar
- 1 teaspoon vanilla extract
- 1 cup chopped pecans

Step 1 - Preheat oven 350° F. Grease and flour a 9x13" pan.

Step 2 - Beat sugar, oil, eggs, and 2 teaspoons 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 in the preheated oven about 40 minutes, until a toothpick inserted into the center of the cake comes out clean. Let cool in the pan for 10 minutes, then turn out onto a wire rack and cool completely.

Step 4 - To make the frosting: Beat butter, cream cheese, confectioners' sugar, and vanilla together in a large bowl with an electric mixer until smooth and creamy. Stir in chopped pecans. Frost the cooled cake.

Word Search

- | | | |
|----------|---------|-----------|
| basket | candy | chicks |
| duckling | eggs | hop |
| lamb | rabbit | chocolate |
| bunny | carrot | hunt |
| easter | flowers | daffodil |
| lily | spring | jellybean |

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