



MONTHLY NEWSLETTER

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Just For Fun



MHS GENESIS Enters New Phase After Final Go-Live

Health.mil – The Department of Defense’s federal electronic health records system, MHS (Military Health System) GENESIS, completed its final site deployment, marking the end of the DOD’s seven-year deployment. The joint electronic health records system demonstrates the power of technology to improve health care delivery, and the launch will help the DOD and the VA deliver on the promise made to those who serve our country to provide seamless care from their first day of active service to the transition to veteran status.

The VA Federal Electronic Health Record (EHR) will enhance care for all beneficiaries who walk through our doors, whether they are veterans, U.S Navy recruits, students, active-duty service members, their dependents, or retirees, and the deployment of MHS GENESIS enables a continuum of care that will enhance operations to optimize health outcomes for those the VA serves.

With approximately 194,000 active users, MHS GENESIS is now live at 100% of DOD garrison facilities, deployed to 138 parent military hospitals and clinics, and used at more than 3,600 DOD locations worldwide.

VA Expands Health Care Coverage to Veteran Family Members and Caregivers Through CHAMPVA

VA News – Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA) is a health care program for spouses, children, and primary family caregivers of eligible Veterans. Through CHAMPVA, VA shares the cost of medically necessary health care services and supplies with eligible beneficiaries, including mental health services, inpatient and outpatient services, prescription medications, transplants, ambulatory surgery, family planning and maternity care, and more.



Here's what this means for CHAMPVA beneficiaries:

- **Access to audio-only telehealth.** With audio-only telehealth coverage, beneficiaries will have expanded access to care, which is particularly important for rural beneficiaries.
- **Elimination of caps on visits for mental health and substance use visits.** Beneficiaries will no longer be limited in the number of visits for mental health and substance abuse services.
- **Eliminating deductibles and cost sharing for certain necessary contraceptive services.** VA is also eliminating deductibles and cost sharing for contraceptive services or contraceptive products.

Important Emergency Preparation Steps

- Review all available safety components.
- Create and have an evacuation plan for your residence.
- Take as much oxygen and ventilation equipment with you, should you need to evacuate.
- Contact Mid-Cities Medical for emergency assistance and setup. **You will need to provide us with your evacuation address and contact details.**
 - Texas – 1 (888) 450-6676
 - CA & AZ – 1 (833) 986-4267



If you have any oxygen or ventilation preparation questions during these ongoing events, or need emergency assistance, please contact our offices:

VISN 17 – Texas, 1 (888) 450-6676

VISN 22 – Arizona, 1 (833) 986-4267

VISN 22 – Southern California, 1 (833) 986-4267

CalOx Inc. – 1 (866) 519-2414

What You Need To Know

In all areas, VA staff are continuing home inspections. **All VA Medical Centers are focusing on smoking patients and fire safety issues** and are visiting patients to ensure that each patient's fire safety valve is in-place, installed properly, and are compliant with fire safety guidelines.



TEXAS – Flooding is occurring across the state. **Please make sure that you have your tanks stored together and in their racks.** Should you have to evacuate due to flooding, this will allow you to take as many tanks as possible as quickly as possible.



CALIFORNIA – Fire season is on its way. **Be sure that you have an evacuation plan for your home and your oxygen,** making sure you have designated multiple exit paths from your home and neighborhood.



ARIZONA – The VA transition phase as officially finished and final notice letters have been sent to those patients who have not transitioned within the allotted period. **Refused or unresponsive patients may find themselves discontinued from the VAMC Home Oxygen Program.** If you have not been transitioned from your former vendor to Mid-Cities Medical, contact us immediately at 1 (833) 986-4267 to schedule an appointment. Once the VA discontinues your service, you may have to go back through the entire qualification process again.

Changes to visitation schedule – Just a friendly reminder that the VA has changed their scheduling from quarterly to semi-annually, and 6-month inspections will begin in June 2024.

Holiday Calendar



MAY

- 2nd National Day of Prayer
- 5th Cinco de Mayo
- 12th Mother's Day
- 15th Peace Officers Memorial Day
- 18th Armed Forces Day
- 22nd National Maritime Day
- 22nd Harvey Milk Day (CA)
- 27th Memorial Day – OFFICE CLOSED

**Mercedes only*

1st Monday runs 05-01-24

1st Tuesday runs 05-02-24

**Redlands only*

3rd Wednesday runs 05-17-24

3rd Thursday runs 05-18-24

4th Thursday runs 05-25-24

4th Friday runs 05-26-24



JUNE

- 6th D-Day
- 14th Flag Day & U.S. Army's Birthday
- 16th Father's Day
- 17th Eid al-Adha (Feast of Sacrifice)
- 19th Juneteenth – OFFICE CLOSED
- 20th National American Eagle Day
- 20th Summer Solstice

2nd Wed. runs 06-05-24

3rd Wed. runs 06-12-24

4th Wed. runs 06-26-24

**Mercedes only*

1st Monday runs 06-03-24

1st Tuesday runs 06-04-24

**Redlands only*

3rd Wednesday runs 06-12-24

3rd Thursday runs 06-13-24

2nd Thursday runs 06-20-24

4th Thursday runs 06-27-24

4th Friday runs 06-28-24

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.

Boston Baked Beans

Prep Time: 10 mins **Cook Time:** 4 hrs **Servings:** 6

Ingredients:

- 2 cups dry navy beans, soaked overnight
- 1/2 pound uncooked bacon strips
- 1 medium onion, diced
- 1/2 cup ketchup
- 3 tablespoons molasses
- 1/4 cup brown sugar
- 1 tablespoon Worcestershire sauce
- 2 teaspoons salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon dry mustard

Step 1 - Transfer soaked navy beans & water to a saucepan. Bring to a boil. Reduce heat and simmer until nearly tender, approx. 1-2 hours. Drain & reserve the cooking liquid.

Step 3 - Preheat the oven to 325 degrees F.

Step 4 - Arrange 1/2 of the beans in the bottom of a 2-quart casserole dish. Place 1/2 of the bacon strips over the beans and sprinkle 1/2 of the onions over top. Repeat layers once more.

Step 5 - Combine ketchup, molasses, brown sugar, salt, pepper, Worcestershire sauce, and dry mustard in a large saucepan over medium heat; bring to a boil.

Step 6 - Pour sauce over the beans. Pour in just enough reserved cooking liquid to cover the beans. Cover the casserole dish with a lid or aluminum foil.

Step 7 - Bake in the preheated oven for 1 1/2 hours. Remove the lid and continue to cook, checking every 1/2 hour or so and adding more cooking liquid as necessary until beans are soft and tender, 1 1/2 to 2 1/2 more hours.

Word Search

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|---------|-----------|---------|
| courage | memorial | tribute |
| flag | patriot | veteran |
| freedom | remember | |
| honor | sacrifice | |
| liberty | service | |

C	H	O	N	O	R	A	T	E	R	D	H
H	K	L	E	G	A	R	U	O	C	B	A
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