



MONTHLY NEWSLETTER

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Just For Fun

Mid-CitiesMedical.com



Virtual Resources for Older Veterans to Remain Active

VA News – Maintaining an active lifestyle is key to staying healthy and independent as we age and the VA wants to encourage physical activity and highlight resources to guide older Veterans on a path to better health, wellness and community connections. The best type of activity is the one you're going to stick with, for example:

- **Gerofit** is a VA clinical program promoting health, wellness and safe exercise for older Veterans, suitable for all ages and functional abilities that can be done anytime, from anywhere.
- The **MOVE! Coach** app helps Veterans set and achieve goals for healthy eating, physical activity and weight management.
- The **My HealthVet Community** shares relevant events, opportunities, VA benefits and ways to manage your health care.
- The **Live Whole Health** app can support Veterans interested in taking a more holistic approach to their well-being.
- **Annie** is a VA text messaging service that empowers Veterans to take an active role in their health care by sending various automated self-care reminders.

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.

Vision and Hearing Health: Vital to Military Readiness

Health.mil – Vision and hearing health are easy to take for granted and preserving these service members are crucial to mission readiness and success, both on and off the battlefield.

The military is an environment where the need to understand spoken commands, identify and localize sounds, and respond to audible signals is not only ubiquitous but often time sensitive. While visual cues influence spatial orientation and provide important information relative to accomplishing a mission. Our eyes tell our brain if we are straight and level in three-dimensional space and we can also gauge speed and motion based on visual input.

Protecting service members vision and hearing should be just as important as dental readiness and other medical requirements. Even though our military population is generally young and healthy, there are service members out there who may not know they have a systemic vision and hearing problems until they come in for an exam.



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

It's hurricane season. Are you ready?

Do not try to prepare for a hurricane or any emergency when it happens or as an afterthought. Whether the prediction is for a mild or active, the time to be prepared and be ready is now.



Planning to protect the people and things you love as we enter hurricane season is essential, and there are ways you can prepare and mitigate damage to your home and remain safe during the storm:

- Find out if you live in a hurricane evacuation zone.
- Locate the nearest shelter if you need to leave your home.
- Review/update insurance policies.
- Plan to protect your home.
- Build or replenish your emergency kit with hurricane supplies.
- Create, be familiar and test your family plan.
- Stay informed with the latest local and national information

Are you prepared for wildfire season?

Every year, devastating wildfires burn across the United States and while these fires will continue to happen, by working together residents can make their own property and their neighborhood much safer from wildfire.



Changes made to a structure and its surroundings can make a big impact and the first 0 to 5 feet around the structure, known as the immediate zone, has the greatest impact on your risk.

Holiday Calendar



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

*Mercedes only

1st Monday runs 06-03-24
1st Tuesday runs 06-04-24

4th Wed. runs 06-26-24

*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



JULY

- 4th Independence Day - **OFFICE CLOSED**
- 7th Islamic New Year
- 14th Bastille Day (France)
- 25th National Hire A Veteran Day
- 27th Korean War Veterans Armistice Day
- 28th National Buffalo Soldiers Day
- 29th Army Chaplain Corps Anniversary

1st Thursday runs 07-11-24
2nd Thursday runs 07-18-24†

*Mercedes only

1st Monday runs 07-01-24
1st Tuesday runs 07-02-24

3rd Thursday runs 07-25-24†
4th Thursday runs 07-29-24

*Redlands only

3rd Wednesday runs 07-17-24
3rd Thursday runs 07-18-24
2nd Thursday runs 07-25-24
4th Thursday runs 07-29-24
4th Friday runs 07-30-24

†except Redlands

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.

Grilled New Potatoes

Prep and Cook Time: 20 mins **Servings:** 4

Ingredients:

- 1 stick (8 tablespoons) unsalted butter, softened
- 1 to 2 tablespoons finely chopped fresh tarragon
- 1 teaspoon finely grated lemon zest
- Kosher salt and freshly ground black pepper
- 2 pounds new potatoes, preferably a mix of colors, cut in half
- 2 tablespoons olive oil

Directions:

Step 1 - Preheat a grill to medium high.

Step 2 - Mix the butter, tarragon, lemon zest, a large pinch of salt and a few grinds of pepper together in a small bowl.

Step 3 - In a resealable plastic bag, toss the new potatoes with the olive oil, 1 teaspoon salt and a few grinds of pepper. Add the potatoes to the grill and cook, turning once or twice, until well-marked and tender, about 10 minutes.

Step 4 - Serve the potatoes hot, topped with a generous spoonful of tarragon butter (remaining butter can be refrigerated up to 1 week).

Word Search

admiral	bootcamp	destroyer	navy
airforce	captain	general	private
antiaircraft	chiefmate	halftrack	sergeant
army	coastguard	marine	submarine
basic	combat	midshipmen	tank

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