



MONTHLY NEWSLETTER

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Just For Fun

[Mid-CitiesMedical.com](https://www.midcitiesmedical.com)



Improving the Lives of Veterans with PTSD

VA News – PTSD (Post-Traumatic Stress Disorder) is a mental health condition that some people develop after experiencing or witnessing a life-threatening or traumatic event, causing distress, interfering with functioning, and making every day routines seem impossible.

Common PTSD symptoms include flashbacks, nightmares, detachment, avoidance and feeling keyed up or on guard, and the VA is committed to high-quality research that safely promotes the health of our nation's Veterans.

Having PTSD can lead to a sense of isolation and hopelessness but IS a treatable disorder, and VA providers can help by offering a variety of evidence-based therapeutic treatment options.

The VA also offers free, confidential support from trained professionals when you need it. If you find yourself struggling with thoughts about suicide, the **988 (press 1) call line** is there to help, or you can also **text 838255** or **chat online** with the **Veterans Crisis Line** – <https://www.veteranscrisisline.net>.

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.

What is Dabbing and Why Is It Dangerous?

With the surge of legalization and widespread availability, cannabis use is on the rise in the U.S. and as marijuana's popularity increases, so do that of new cannabis products and methods of intake. One of these varieties is called "dabs."

Dabbing is the inhalation of concentrated cannabis extracts containing high amounts of tetrahydrocannabinol (THC) with a vaporization rig similar to a bong, with THC concentrations much stronger than traditional marijuana.

Due to the potency of dabs, this method of getting high can be particularly risky for those vulnerable to substance use disorder, leading to a quicker dependence and more intense withdrawal symptoms.

The Food and Drug Administration (FDA) does not currently approve cannabis for chronic pain treatment and dabbing's potential for physical dependence adds another layer of concern. While more research is needed to accurately assess dabbing effects, it's important to educate yourself on the potential dangers of dabbing and seek help if needed.



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.



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

Holiday Calendar



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 3rd Thursday runs 07-25-24[†]
 2nd Thursday runs 07-18-24[†] 4th Thursday runs 07-29-24

**Mercedes only*

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

**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



AUGUST

- 7th Purple Heart Day
- 14th National Navajo Code Talkers Day
- 19th National Aviation Day
- 21st National Senior Citizens Day
- 26th Women's Equality Day
- 27th Lyndon B. Johnson Day (TX)

1st Monday runs 08-30-24 **except Mercedes*

**Mercedes only*

1st Monday runs 08-05-24
 1st Tuesday runs 08-06-24
 1st Wednesday runs 08-30-24

**Redlands only*

3rd Wednesday runs 8-14-24
 3rd Thursday runs 08-15-24
 2nd Wednesday runs 08-21-24
 4th Thursday runs 08-22-24
 4th Friday runs 08-23-24

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.

Grilled New Potatoes

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

Ingredients:

- 1 pound lean ground beef
- 1 (7.25 ounce) package macaroni and cheese mix
- 1 (14.5 ounce) can diced tomatoes
- 1 cup milk
- 1 cup frozen peas
- 1 cup frozen corn
- 1 teaspoon seasoned salt or to taste
- 1 cup shredded Cheddar cheese, divided

Directions:

Step 1 - Heat a large skillet over medium-high heat. Cook and stir beef in the hot skillet until browned and crumbly, 5 to 7 minutes.

Step 2 - Stir pasta and cheese mixture from macaroni and cheese package into beef. Stir in tomatoes, milk, peas, and corn; bring to a boil, reduce heat to medium-low, cover, and simmer until noodles are tender, about 12 minutes.

Step 3 - Season with seasoned salt. Stir 1/2 of the Cheddar cheese into dish to melt. Top with remaining cheese.

Word Search

Abraham Lincoln	declaration	independence	stars
american flag	fireworks	day	stripes
bill of rights	freedom	land of the free	united
blue	hamburgers	liberty	US Constitution
brave	hot dogs	red	white

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