



# MONTHLY NEWSLETTER

## IN THIS ISSUE

---

**Join the Caregiver  
Support Program  
this October**

---

**Protect Yourself and  
Others with Vaccines**

---

**Important Emergency  
Preparation Steps**

---

**Are You Ready for  
Wildfire and  
Hurricane Season?**

---

**Holiday Calendar**

---

**Important Health  
Contact Numbers**

---

**Just For Fun**

---



## Join the Caregiver Support Program this October

*U.S. Department of Veteran Affairs* – Join the VA's Caregiver Support Program (CSP) for October's VA Caregiver Support Line (CSL) **Monthly Educational Calls – Extinguishing the Fire: Managing Anger's Destructive Potential.**

Caregiving has its challenges, and anger can be a helpful warning to take care of yourself, while managing your anger is vital for your well-being. Review and practice the skills below to better care for your angry feelings as a caregiver:

- Tuesday, Oct. 1 at 10 a.m. ET
- Wednesday, Oct. 9 at 7 p.m. ET
- Wednesday, Oct. 16 at 3 p.m. ET
- Tuesday, Oct. 22 at 1 p.m. ET (Presented in Spanish)

To listen to the CSL monthly education calls, dial +1 347-566-4838 Conference ID: 521 546 087#. Caregivers who are unable to listen to the calls can also access presentations on the CSL webpage – <https://tinyurl.com/yc4c7h36>

Every VA facility has a Caregiver Support Team (CST) to provide support and service referrals, as well as valuable information about resources to help you stay informed and supported as you care for your Veteran.

# Protect Yourself and Others with Vaccines

VA News – For Veterans, staying healthy is especially important and many Veterans have underlying health conditions that can make illnesses like the flu, RSV, COVID-19 or bacterial pneumonia far more dangerous. The best way to protect yourself from respiratory illness is with vaccinations, and these vaccines are available free of charge to Veterans receiving care at VA.

By taking the simple step of getting vaccinated, you'll protect yourself and those around you. Most people have either mild or no side effects after getting a vaccine, with some of the most common side effects being arm pain or swelling, headache and fatigue.

Your VA health care provider can help answer questions you have about vaccines, such as:

- What vaccines are recommended for me this season?
- How else can I stay healthy and keep from getting sick?
- Can I receive all recommended vaccines at once, or should they be spaced out?

You can call your local VA to learn when and where you can get vaccines, as well as send a secure message to your provider through **MyHealth.va.gov**. For help with in-network community shots, call 877-881-7618 or your local VA facility – <https://tinyurl.com/5yf8ucf7>



# 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**

# 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.



# 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's plan.
- Stay informed with the latest local and national information

## Holiday Calendar



### OCTOBER

- 2nd Rosh Hashanah
- 11th-12th Yom Kippur
- 13th U.S. Navy Birthday
- 14th Columbus Day & Indigenous People's Day – **OFFICE CLOSED**
- 16th Bosses' Day
- 31st Halloween

2nd Monday runs 10-07-24  
1st Monday runs 10-30-24<sup>†</sup>

\*Mercedes only

1st Tuesday runs 10-03-24  
2nd Monday runs 10-30-24

<sup>†</sup>except Mercedes

1st Thursday runs 10-31-24

\*Redlands only

3rd Wednesday runs 10-16-24  
3rd Thursday runs 10-17-24  
4th Thursday runs 10-24-24  
4th Friday runs 10-25-24



### NOVEMBER

- 1st Native American Heritage Month
- 3rd Daylight Saving Time – “Fall Back” One Hour
- 5th Election Day (TX)
- 10th Marine Birthday
- 11th Veterans' Day – **OFFICE CLOSED**
- 28th & 29th Thanksgiving – **OFFICE CLOSED**

2nd Monday runs 11-04-24<sup>†</sup>  
2nd Thursday runs 11-07-24

\*Mercedes only

1st Monday runs 11-04-24  
1st Tuesday runs 11-05-24

<sup>†</sup>except Mercedes

3rd Thursday runs 11-14-24  
4th Thursday runs 11-21-24

\*Redlands only

3rd Wednesday runs 11-13-24  
3rd Thursday runs 10-14-24  
2nd Wednesday runs 11-20-24  
4th Thursday runs 11-21-24  
4th Friday runs 11-22-24

# 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**

**HOW TO STAY SAFE WHILE USING OXYGEN IN THE HOME**



**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.*

## Cinnamon Sugar Pumpkin Seeds

*Toasted cinnamon pumpkin seeds make a great snack, especially when you can use fresh pumpkin seeds.*

**Prep Time:** 10 mins

**Total Time:** 50 mins

**Cook Time:** 40 mins

**Servings:** 10 (1-1/2 cups)

### Ingredients:

- 1-½ cups rotini pasta
- 1 ½ cups pumpkin seeds
- 3 tablespoons butter, melted
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt
- 2 tablespoons white sugar

### Directions:

**Step 1** - Gather the ingredients. Preheat the oven to 300 degrees F. Line a baking sheet with parchment paper.

**Step 2** - Place pumpkin seeds into a large bowl. Mix butter, cinnamon, and salt together in a small bowl; pour over seeds and toss until evenly coated. Spread seeds in a single layer on the prepared baking sheet.

**Step 3** - Bake in the preheated oven, stirring occasionally, until seeds are light golden brown, about 40 minutes. Remove from the oven; sprinkle sugar over warm seeds and stir until evenly coated.

## Word Search

Bat  
Broom  
Cat  
Cauldron  
Creepy  
Dark  
Ghost

Halloween  
Hat  
Monster  
Moon  
Night  
Spider  
Sweets

Treat  
Trick  
Wand  
Witch  
Wizard  
Zombie

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