



MONTHLY NEWSLETTER

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Just For Fun



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Mid-CitiesMedical.com



Pension Poaching Targets Veterans

Digital VA – The VA Office of Inspector General (OIG) warns Veterans and their families about pension poaching, a rising form of financial fraud. These scams target wartime Veterans and surviving spouses who qualify for VA pension benefits, exploiting age, disability, and limited income or resources.

Fraudsters use deceptive tactics to access Veterans' benefits and personal funds. If you or someone you know receives VA pension payments, stay vigilant and watch for warning signs, including:

- Advisors claiming to help with benefits without VA accreditation
- Guarantees of eligibility without reviewing your full financial situation
- Offers to manage your pension payments through a third party
- Pressure to act quickly or sign incomplete/confusing paperwork
- Promises to move assets to “qualify” for pension benefits
- Requests for personal or financial info from unknown sources
- Unsolicited offers to assist with VA benefits for a fee

The VA OIG investigates crimes such as financial fraud, threats to VA staff or property, and actions that could harm patients, keeping Veterans informed about scams. If something seems suspicious, report it to the OIG hotline.

Let's work together to protect those who served.

Keep Your Information Private

Digital VA – In today's digital world, protecting your online presence is crucial. Simple steps can make a big difference in safeguarding your data and privacy, as hackers and scammers often target personal information across social media, gaming platforms, and the internet.

The Department of Veterans Affairs (VA) reminds you to protect your personal information with guidance from VA cybersecurity and privacy experts, along with tips from the Federal Trade Commission (FTC):

- **Fraud reporting** – Visit www.vsafe.gov or call (833) 387-7233 to report suspected fraud.
- **Privacy concerns** – Contact your local VA Privacy Officer for complaints/questions about Veteran data.
- **Stay informed** – Bookmark the VA Cybersecurity Spot for online safety updates.
- **Identity Theft** – Call VA at 1-855-578-5492 if you suspect you're a victim.
- **FTC complaints** – File a report directly with the Federal Trade Commission.



Resources for Older Veterans

VA News – As you grow older or encounter health challenges that impact daily life, the VA is here to support you. With a variety of services and community partnerships, the VA helps aging and disabled Veterans stay independent and maintain control over their lives while managing the effects of illness, disability, or aging. The VA offers programs to help older Veterans stay independent and supported:

- **Veteran Decision Aid** – Checklist to choose VA resources and create a personalized health plan.
- **Palliative Care** – Manage symptoms to improve daily life and overall well-being.
- **Veteran Directed Care** – Work with your caregiver to design a care and spending plan that supports independent living.
- **Adult Day Health Care** – Get help with personal care, socialize, and stay active in your community.

VA also offers community resources online, by phone, and in person to support your specific needs:

- **Benefits Checkup** – Free service to identify programs and care you qualify for.
- **National Aging and Disability Transportation Center** – Offers transportation options for older adults and caregivers.

It's never too late to access the VA health care you've earned. Talk to your primary care provider to see if you qualify for geriatric and extended care services.



Advanced Travel Notice Requirements

As more patients are missing the required two-week travel notice, we want to stress the importance of timely communication. This policy helps ensure smooth coordination and prevents service disruptions.

If at least 14 days' notice is not given, the VAMC may refuse to cover transportation costs. In that case, patients will be responsible for:

- Arranging and paying for their own oxygen services
- Handling any required services at their destination
- Covering all travel costs until VAMC coordination resumes



NOTE: To guarantee availability and proper coordination, please submit your request at least 14 days in advance – 30 days is preferred.

This policy covers both outbound and return travel. Patients returning to the area should contact us 14-30 days in advance to document their request, complete necessary paperwork, and be added to the appropriate branch's route.

Mid-Cities Medical strives to accommodate all patients but cannot guarantee service for last-minute or short-notice requests. **Early planning ensures smooth coordination and uninterrupted care.**

Holiday Calendar



OCTOBER

- 1st–2nd Yom Kippur
- 13th U.S. Navy Birthday
- 13th Columbus Day & Indigenous People's Day – **OFFICE CLOSED**
- 16th Bosses' Day
- 24th United Nations Day
- 31st Halloween

2nd Monday runs 10-06-25
1st Tuesday runs 10-29-25

**Mercedes only*

1st Monday runs 10-06-25
1st Tuesday runs 10-07-25

1st Thursday runs 10-30-25
1st Friday runs 10-31-25

**Redlands only*

3rd Wednesday runs 10-15-25
3rd Thursday runs 10-16-25
4th Thursday runs 10-23-25
4th Friday runs 10-24-25



NOVEMBER

- 1st Native American Heritage Month
- 2nd Daylight Saving Time – “Fall Back” One Hour
- 4th Election Day (TX)
- 10th Marine Birthday
- 11th Veterans' Day – **OFFICE CLOSED**
- 27th & 28th Thanksgiving – **OFFICE CLOSED**

2nd Tuesday runs 11-04-25

1st Wednesday runs 11-05-25

2nd Thursday runs 11-06-25

2nd Friday runs 11-07-25

2nd Wednesday runs 11-12-25

3rd Thursday runs 11-13-25

**Mercedes only*

1st Monday runs 11-03-25

2nd Tuesday runs 11-04-25

3rd Friday runs 11-14-25

3rd Tuesday runs 11-18-25

3rd Wednesday runs 11-19-25

4th Thursday runs 11-20-25

4th Friday runs 11-21-25

4th Tuesday runs 11-25-25

**Redlands only*

3rd Wednesday runs 11-12-25

3rd Thursday runs 11-13-25

2nd Wednesday runs 11-19-25

4th Thursday runs 11-20-20

4th Friday runs 11-24-25

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

Email: ConfidentialChat@VeteransCrisisLine.net

VA CAREGIVER SUPPORT PROGRAM

Phone: (855) 260-3274

Website: www.caregiver.va.gov

DEPARTMENT OF VETERANS AFFAIRS

OFFICE OF INSPECTOR GENERAL

Website: https://tinyurl.com/52uvkwu9

REPORT ABUSE. BREAK THE SILENCE.

Phone: (800) 252-5400

SPEAK-UP CAMPAIGN

Website: https://tinyurl.com/5n68nt29

Rights patients have if they feel they are being discriminated

Pumpkin Bread

This homemade copycat Starbucks pumpkin bread is delicious and a perfect companion for your morning cup of joe.

Prep Time: 15 mins

Cook Time: 1 hr 10 mins

Additional Time: 30 mins

Total Time: 1 hr 55 mins

Servings: 8

- 1 ½ cups all-purpose flour
 - 1 teaspoon baking soda
 - 1 teaspoon ground nutmeg
 - 1 teaspoon ground cinnamon
 - 1 teaspoon ground cloves
 - ½ teaspoon baking powder
 - ½ teaspoon salt
- 4 large eggs
 - 1 cup white sugar
 - ¼ cup light brown sugar
 - ½ teaspoon vanilla extract
 - ¾ cup canned pumpkin
 - ¾ cup vegetable oil

- Step 1

Gather the ingredients. Preheat the oven to 350 degrees F. Grease an 8½ x 4½-inch loaf pan.
- Step 2

Combine flour, baking soda, nutmeg, cinnamon, cloves, baking powder, and salt in a large bowl; mix well and set aside. Beat eggs, sugars, and vanilla together in another large bowl with an electric mixer on high speed until combined, about 30 seconds. Beat in pumpkin and oil. Add flour mixture; mix until batter is blended and smooth.
- Step 3

Pour batter into the prepared loaf pan.
- Step 4

Bake in the preheated oven until the top is dark brown and a toothpick inserted into the center of loaf comes out clean, about 70 minutes.
- Step 5

Let cool in the pan for about 30 minutes, then invert loaf onto a wire rack to cool completely. Cut into 1-inch- thick slices.

Word Search

- bat

black

children

costumes
- creepy

decorations

ghost

halloween
- night

october

orange

pumpkin
- purple

scary

sweets

trick or treat

witch

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