



MONTHLY NEWSLETTER

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Just For Fun



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How To Avoid Tax Scams

VA News – Tax filing season has become a key time for scammers to target unsuspecting taxpayers through phone calls, emails, text messages, and social media. The VA remains dedicated to protecting Veterans and their families from tax-related fraud.

As scams grow more advanced, it's important to recognize the difference between legitimate VA communication and fraudulent attempts:

- The VA will never send text messages asking for or confirming personally identifiable information or Social Security numbers related to benefits or federal payments.
- Never share personal banking or credit card details with anyone claiming to represent the VA or any federal agency.
- Do not give your VA National Call Center personal identification number to anyone, including family, friends, or individuals who contact you by phone, text, or email.
- Be cautious of extortion or ransomware threats. Do not respond to messages demanding payment or financial information in exchange for protecting your files or data.

If you encounter a tax scam, report it to the appropriate authorities. To report abusive tax schemes or suspicious tax preparers, visit irs.gov/help/report-fraud. If you believe you've been a victim of fraud, resources are available at vsafe.gov or by calling **833-38V-SAFE**.

Maximize Your VA Clinic Visit with My HealtheVet

VA News – You can now manage your VA health care alongside your other VA benefits and services through the updated My HealtheVet experience on VA.gov. Veterans who are enrolled in VA health care and registered at a VA health facility can conveniently access and manage their health information online.

VA clinics across the country are committed to delivering compassionate, Veteran-focused care. However, the best outcomes happen when Veterans actively participate in their health care. Taking a few simple steps before your appointment can help ensure care that is personalized, efficient, and responsive to your specific needs.

Appointments can go by quickly, and it's common to forget important questions during your visit. Preparing a list of concerns or topics in advance can help ensure you cover everything that matters most to you with your provider.

It's also important to bring accurate information about your medications and any recent treatments. By gathering this information ahead of time, writing down your questions, and arriving prepared, you can make the most of your VA appointment and support better health outcomes.



Dig Into The Benefits of Gardening

VA News – Gardening offers powerful benefits, including helping to reduce key suicide risk factors among Veterans. Research shows it can improve a range of mental health outcomes, such as reducing symptoms of depression and anxiety, lowering stress, enhancing mood, and supporting cognitive function.

Spending time in the garden is beneficial for both physical and mental well-being. Like many forms of physical activity, gardening helps relieve stress, boost mood, and reduce anxiety, while also creating opportunities to connect with others and build stronger social ties.

In addition, gardening helps address an important need by improving access to fresh, nutritious foods that can help prevent and manage chronic disease. For Veterans who miss the sense of purpose, excitement, or connection experienced during active duty or deployment, gardening can provide a meaningful new challenge, offering a chance to grow personally while nurturing something tangible.



Mid-Cities Medical MedChat: Opt in for Better Communication. Better Satisfaction.

Mid-Cities Medical has observed a high number of patients opting out of SMS messaging, including messages that are targeted and essential, such as those related to severe weather alerts, equipment intake and pickup scheduling, and resupply reminders.

These messages are designed to keep our patients informed and supported, helping ensure your care and equipment needs are met without disruption. While we respect your communication preferences, we encourage patients to stay opted in to receive timely and relevant updates that can directly impact your health and safety.



Mid-Cities Medical is committed to communicating with our patients in the way that works best for them. We want to know your preferred method of contact – whether it’s SMS, phone calls, email, or mail – to ensure important messages reach you in the most convenient and comfortable way possible.

Earning and maintaining our patients’ trust is at the heart Mid-Cities Medical’s mission. That’s why we believe it’s essential to give you clear, respectful choices – including the ability to consent to receive text messages. Your preferences matter, and we’re committed to communicating in ways that are helpful, transparent, and aligned with your comfort level.

Holiday Calendar



APRIL

- 1st April Fools’ Day
- 1st Beginning of Passover
- 5th Easter
- 9th End of Passover
- 15th Tax Day
- 21st San Jacinto Day
- 22nd Earth Day
- 24th Arbor Day

**Mercedes only*

1st Monday runs 04-06-26

1st Tuesday runs 04-07-26

**Redlands only*

3rd Wednesday runs 04-15-26

3rd Thursday runs 04-16-26



MAY

- 5th Cinco de Mayo
- 7th National Day of Prayer
- 10th Mother’s Day
- 15th Peace Officers Memorial Day
- 16th Armed Forces Day
- 22nd National Maritime Day
- 22nd Harvey Milk Day (CA)
- 25th Memorial Day – **OFFICE CLOSED**

**Mercedes only*

1st Monday runs 04-29-26

1st Tuesday runs 04-29-26

**Redlands only*

3rd Wednesday runs 05-20-26

3rd Thursday runs 05-21-26

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

Bunny Bait

This bunny bait is sure to be a hit!
It's adorable, simple to make, and fun for everyone – just be careful not to snack on it all before sharing.

Prep Time: 10 mins **Total Time:** 2 hrs 10 mins
Additional Time: 2 hrs **Servings:** 8

Ingredients

- 4 cups Corn Chex® or Rice Chex® cereal squares
- 2 cups toasted oat cereal, such as Cheerios®
- 1 (12 ounce) bag white chocolate chips
- Easter-themed sprinkles
- 1/2 cup pastel candy-coated chocolate pieces, such as Pastel M&Ms®, plus more for topping
- 1/2 cup pastel marshmallow bits, plus more for topping
- 1 cup bunny graham crackers, such as Annie's®, any flavor

Directions

- Step 1** – Line a large baking sheet with parchment paper.
- Step 2** – Combine Chex cereal and Cheerios in a very large bowl.
- Step 3** – Add white chocolate chips to a microwave-safe bowl and microwave in 30 second increments, stirring in between each microwave until fully melted.
- Step 4** – Pour melted chocolate over cereal mixture and quickly toss to coat. Spread the mixture in a single layer on the prepared baking sheet; while the white chocolate is still wet add sprinkles (desired amount), then M&Ms, and marshmallow bits.
- Step 5** – Allow mixture to cool until it hardens, about 20 mins. Break mixture into pieces and add to the mixing bowl with bunny graham crackers. Toss and top with additional marshmallow bits and M&Ms if desired.

Word Search

- | | | | |
|-----------|----------|------------|-------------|
| basket | church | hunt | marshmallow |
| bunny | cross | jellybeans | pink |
| candy | decorate | Jesus | purple |
| celebrate | Easter | lamb | spring |
| chick | eggs | lily | Sunday |
| chocolate | flower | march | sweet |
| | | | Treats |

