



MONTHLY NEWSLETTER

IN THIS ISSUE

**What Your PTSD
Self-Screen Results
Means**

**Take the Military
Experiences & Toxic
Exposures Survey**

**This Memorial Day,
Honor Veterans
Who Gave All**

**Important Emergency
Preparation Steps**

Holiday Calendar

**Important Health
Contact Numbers**

Just For Fun



Leave us a review

Mid-CitiesMedical.com



What Your PTSD Self-Screen Results Means

Department of Veteran Affairs – A **Post-Traumatic Stress Disorder (PTSD) self-screen** is a quick way to check how you're coping after trauma. It asks about common reactions and doesn't diagnose PTSD, but can help you decide next steps, like talking to a provider.

If your results suggest PTSD, it doesn't confirm a diagnosis. It means you reported symptoms such as sleep problems, avoidance, feeling on edge, or strong emotions like guilt. **These reactions are common, and support can help.** Consider sharing your results with a provider, and effective treatments are available.

If your results don't suggest PTSD, your experiences still matter. You may still be dealing with stress or anxiety. If things aren't improving or daily life feels harder, reaching out to a provider can help.

Whatever your results, a PTSD self-screen is a helpful first step. Learning more and talking with someone you trust can guide what to do next.

If you're feeling isolated or unable to reach out to family or friends, or if someone is worried about a Veteran's well-being, the Veterans Crisis Line (VCL) is an important source of support, and help is available 24/7:

Veterans Crisis Line: Call 988 and press 1, text 838255, or chat online.

Take the Military Experiences & Toxic Exposures Survey

VA News – The Million Veteran Program (MVP), VA’s largest research effort, aims to improve health for all Veterans, with more than 1 million Veterans having already joined.

Visit [MVP.va.gov](https://mvp.va.gov) to take the **Military Experiences and Toxic Exposures Survey**, and your responses can help improve care for others with similar experiences.

The survey covers:

- Service history and deployments
- Work roles in and out of the military
- Deployment duties and activities
- Exposure to toxins, hazards, and noise
- Combat experiences
- Lifestyle and home environment

Your participation helps researchers better screen, detect, prevent, and treat conditions linked to military service. Each completed survey adds valuable data, bringing us closer to answers that can improve Veteran health.

Your story matters, and sharing it can help you and those you served with.



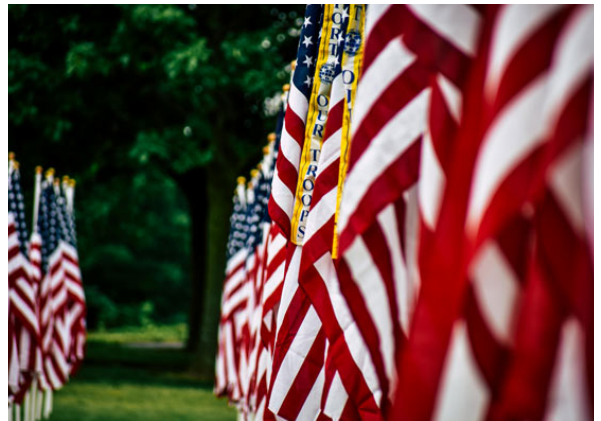
This Memorial Day, Honor Veterans Who Gave All

Parade – **Memorial Day honors those who died in America’s wars**, with people gathering at cemeteries and memorials to remember service members who gave their lives for the nation.

Our greatest acknowledgement comes at 3:00PM, when Americans **observe the National Moment of Remembrance** by pausing to reflect the sacrifices of those who died in U.S. military service.

Some interesting Memorial Day facts:

- Originally called Decoration Day
- Became a federal holiday in 1971
- Flag protocol: full staff at sunrise, half-staff until noon, then full again
- Poppies symbolize the day (from the 1915 poem “In Flanders Fields”)
- Amtrak marks the National Moment of Remembrance with a long whistle
- New York first recognized it as a holiday
- First Indianapolis 500 held on Memorial Day (1911)
- Lincoln Memorial dedicated on Memorial Day (1922)



May you feel proud this Memorial Day, **taking time to honor those who served our country** and reflect with gratitude for the freedoms we share.

Important Emergency Preparation Steps

Emergencies can happen when we least expect them, so **it's important to have a plan in place ahead of time.** Here's how you can stay safe and make sure your oxygen and medical needs are covered:

- 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.

Preparedness empowers you. Taking these steps in advance ensures continuity of your oxygen care and peace of mind during emergencies. If you ever have questions or need help setting up your emergency plan, call Mid-Cities Medical anytime using our toll-free numbers. We're here.



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



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



JUNE

- 6th D-Day
- 14th Flag Day
- 14th U.S. Army's Birthday
- 19th Juneteenth – **OFFICE CLOSED**
- 20th National American Eagle Day
- 21st Summer Solstice
- 21st Father's Day

**Mercedes only*

1st Monday runs 06-01-26

1st Tuesday runs 06-02-26

**Redlands only*

3rd Wednesday runs 06-17-26

3rd Thursday runs 06-18-26

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

Bacon, Cheddar and Spinach Casserole

Prep Time: 20 mins

Cool Time: 45 mins

Total Time: 1 hr 5 mins

Servings: 12

Ingredients

- 1 tbsp bacon grease
- 1 lb day-old bread, cubed
- 12 eggs
- 2 tsp kosher salt
- ½ tsp black pepper
- Pinch of cayenne
- Pinch of nutmeg
- 2-½ cups heavy cream
- 1 lb bacon, sliced
- 1 lb spinach, wilted and squeezed dry
- 12 oz shredded extra-sharp cheddar (divided)

Directions

- Step 1** – Oil bottom and sides of a 9x13-inch baking dish with about a tablespoon of bacon fat.
- Step 2** – Place bread cubes in a large mixing bowl.
- Step 3** – Whisk eggs with salt, pepper, cayenne, nutmeg, and cream.
- Step 4** – Pour the egg and cream mixture over the bread, mix evenly, and let sit for 15 minutes to absorb the liquid.
- Step 5** – Spread half the bread mixture in the pan and press mixture down lightly. Top with half the cheese, then bacon pieces, cooked spinach, and half the remaining cheese. Add the rest of the soaked bread, press down, and finish with remaining cheese. Cover and let sit at room temperature for 1 hour before baking.
- Step 6** – Preheat oven to 350 degrees F.
- Step 7** – Bake in a preheated oven until set, about 45 minutes; optionally broil briefly to brown the top.

Word Search

anthem
ceremony
fallen
flag
flowers
freedom
heroes

holiday
honor
may
memorial
Monday
observance
patriotic

remembrance
sacrifice
salute
soldiers
Veterans
war

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