



MONTHLY NEWSLETTER

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VA Tests MDMA-Assisted Therapy for Veterans

Newsweek – The U.S. Department of Veterans Affairs has begun a new clinical trial to explore whether MDMA-assisted therapy may benefit veterans experiencing severe mental health issues, such as post-traumatic stress disorder (PTSD) and alcohol use disorder.

Following a bipartisan push across multiple branches of the federal government to research and eventually recognize emerging treatment approaches, legislation has been introduced in both the U.S. House and Senate to speed up approval for broader use in controlled settings.

Unlike daily medications, MDMA is given only a limited number of times during treatment, serving as a catalyst that enhances psychotherapy rather than replacing it.

The approach typically unfolds in three phases:

- **Preparation:** 2-3 sessions with therapists to build trust and emotional safety before dosing.
- **MDMA Sessions:** 2-3 guided sessions, about a month apart, during which patients receive MDMA while therapists provide support as they process and reflect.
- **Integration:** Up to 3 follow-up therapy sessions to help patients apply their insights to everyday life.

How Proper Hand Hygiene Keeps Everyone Safe

National Foundation for Infectious Diseases – Like many medical advances, the modern practice of hand hygiene to prevent infection traces back to battlefield medicine, where it was often expected that two soldiers would die from disease for everyone killed in combat. In many instances, the greatest threat wasn't the enemy, it was illnesses such as dysentery, diarrhea, and typhoid.

Around 80% of infectious diseases are transmitted through contaminated hands, and regular handwashing plays a key role in limiting their spread. Experts estimate that consistent hand hygiene could save up to 1 million lives worldwide each year.

In healthcare settings, the stakes are even higher. Providers may need to clean their hands as many as 100 times during a single shift to protect both patients and themselves from potentially life-threatening infections.

Despite these benefits, handwashing is often inconsistent and driven by convenience, with many people admitting they forget or skip it at important moments. Cleaning your hands regularly, even when they don't appear dirty, can make a significant difference.



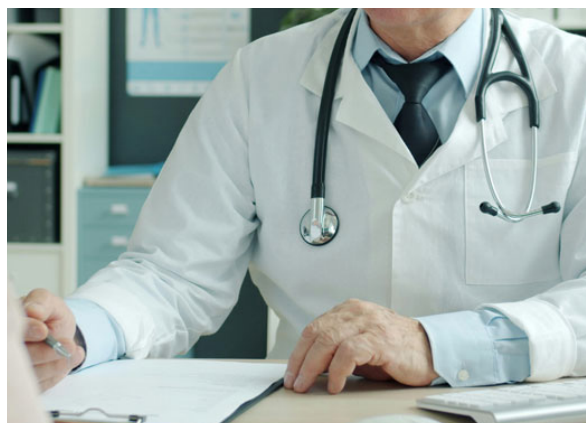
Understanding Stroke Symptoms and Warning Signs

Science Alert – Often described by doctors as a “brain attack,” a stroke occurs when blood flow is suddenly interrupted, cutting off oxygen and nutrients to vital brain tissue. Strokes can affect anyone, at any age, and at any time.

Stroke treatment is time-critical, often summed up by the phrase “time is brain.” The longer the delay, the more brain cells are lost. Early recognition is vital, and the “**FAST**” (Face, Arm, Speech, Time) acronym helps identify symptoms quickly.

“FAST” highlights the most common warning signs of stroke, but not all strokes present in the same way. To help identify more cases, additional symptoms have been included in the expanded “**BE FAST**” acronym:

- **B – Balance:** Sudden dizziness or loss of balance
- **E – Eyes:** Sudden vision problems
- **F – Face:** One-sided drooping
- **A – Arm:** Weakness or numbness on one side
- **S – Speech:** Slurred or hard-to-understand speech
- **T – Time:** Call emergency help right away



Preparing Yourself in case of a Power Outage

An oxygen concentrator can be a convenient option for those receiving oxygen therapy, but it has one key limitation, **it depends on electricity to operate**. During a power outage, this convenience can quickly become a serious safety concern.

Power outages can occur without warning and may last for hours or even days, especially during emergencies. For this reason, **VA Medical Centers require patients to have access to an emergency generator and backup oxygen tanks as part of home oxygen therapy**.



No matter the situation or the type of oxygen equipment used, preparation is essential. Mid-Cities Medical encourages patients to follow safe backup oxygen practices, including:

- Keep your emergency backup tanks clearly marked with red emergency collars.
- Reserve backup tanks for emergencies only, ensuring they remain full and ready when needed.
- Report power outages as soon as they occur. **Do not wait until your oxygen supply is nearly depleted.**
- Monitor your concentrator's battery life and contact us if it no longer holds a full charge or drains quickly.
- Make sure you have a backup oxygen system in place; if not, contact our office immediately rather than waiting for an emergency – **888-450-6676 (TX)** or **833-986-4267 (AZ & CA)**.

Holiday Calendar



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



JULY

- 3rd Independence Day (observed) – **OFFICE CLOSED**
- 4th Independence Day
- 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

**Mercedes only*

1st Monday runs 07-06-26

1st Tuesday runs 07-07-26

**Redlands only*

3rd Wednesday runs 07-15-26

3rd Thursday runs 07-16-26

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

Brownie Cupcakes

These brownie cupcakes are moist, chocolaty, and delicious!

Prep Time: 15 mins

Total Time: 1 hr

Cook Time: 35 mins

Servings: 18 cupcakes

Additional Time: 10 mins



Ingredients

- 1 cup unsalted butter
- 1 cup chocolate chips
- 1 ½ cups white sugar
- 4 large eggs
- 1 cup all-purpose flour
- 1 teaspoon vanilla extract

Directions

- Step 1** – Preheat the oven to 325 degrees F. Line 18 muffin cups with paper liners.
- Step 2** – Melt butter and chocolate chips in a saucepan over low heat, stirring until smooth, 3 to 5 minutes. Remove from the heat and let cool, 10 to 15 minutes.
- Step 3** – Beat sugar and eggs until combined, mix in flour and vanilla. Fold in cooled chocolate until smooth, then fill muffin cups halfway with batter.
- Step 4** – Bake in the preheated oven until a toothpick inserted into the center comes out clean or with a few moist crumbs, about 30 minutes.

Word Search

- | | | | |
|--------|----------|------|----------|
| best | generous | kind | nice |
| caring | grandpa | kiss | papa |
| dad | heart | lawn | special |
| daddy | helping | love | splendid |
| father | hug | man | sweet |
| | | | worker |

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