



MONTHLY NEWSLETTER

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Just For Fun



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PTSD Self-Test for Veterans

U.S. Department of Veteran Affairs – Post-Traumatic Stress Disorder (PTSD) is a mental health condition that can develop after experiencing or witnessing a traumatic event. Veterans and service members may be at increased risk due to exposure to combat, training accidents, deployments, or military sexual trauma. While not everyone who experiences trauma develops PTSD, those who do may experience symptoms that affect daily life and relationships.

Although PTSD can affect anyone, it is especially common among veterans because of the unique challenges associated with military service. Only a qualified healthcare professional can diagnose PTSD, but **the National Center for PTSD offers a confidential self-screening tool** that can help individuals determine whether their symptoms may be related to the condition.

Support from family, friends, and the community plays an important role in both the prevention and treatment of PTSD. Family-focused therapies and interventions that strengthen communication and relationships can be especially beneficial.

If you believe that you or someone you care about may be experiencing PTSD, consider speaking with a healthcare professional to discuss available treatment options and supportive resources.

How to Spot a Government Imposter

Federal Elder Justice Coordinating Council – The Department of Veterans Affairs (VA) is partnering with the Elder Justice Coordinating Council to raise awareness about government and business imposter scams and help protect Veterans, their families, and loved ones.

Government imposter scams continue to be a major threat. In 2025 alone, the Federal Trade Commission (FTC) received more than 375,000 reports involving scammers posing as government officials from agencies across the federal government, including VA.



These scammers use fear and urgency to steal money, personal information, or access to financial accounts. Keep these important warning signs in mind to spot a government imposter scam:

- Government agencies will never tell you to move your money to keep it safe.
- Government agencies will never threaten to suspend your benefits unless you pay immediately.
- Government agencies will never demand payment through cryptocurrency, wire transfers, payment apps, or gift cards.

If someone claiming to be from the government pressures you to act quickly, pause and speak with someone you trust before taking any action. **VA is committed to protecting Veterans' benefits and financial security.**

VA Safety Plan Helps Veterans in Tough Moments

Veterans Crisis Line – You can make a meaningful difference in a Veteran's life by supporting them in creating and maintaining a suicide prevention safety plan. For Veterans who have experienced suicidal thoughts, a suicide attempt, or other risk factors, a safety plan is a proven tool that outlines personal coping strategies, support contacts, and resources to use during a crisis.

A safety plan is a personalized, practical guide that outlines coping strategies, support contacts, and resources a Veteran can turn to before or during a crisis. While the plan belongs to the Veteran, your encouragement to share their safety plan and any updates with trusted members of their support network and healthcare providers can help.



The Veterans Crisis Line is also a vital resource for any Veteran who needs immediate support or simply someone to talk to. It is available 24 hours a day, 7 days a week, and Veterans do not need to be enrolled in VA health care to use this service. **No matter the reason, help is always available.**

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

4th of July Dump Cake

This recipe makes a quick and tasty dessert for any occasion.

Prep Time: 5 mins

Total Time: 50 mins

Cook Time: 45 mins

Servings: 20

Yield: 1 (9x12-inch) cake



Ingredients

- 1 (21 ounce) can cherry pie filling
- 1 cup fresh blueberries
- 1 (15.25 ounce) package white cake mix
- 1 cup unsalted butter, melted
- 1 cup chopped nuts

Directions

Step 1 – Preheat the oven to 325 degrees F.

Step 2 – Layer cherry pie filling, blueberries, cake mix, melted butter, and nuts in a 9x12-inch baking pan.

Step 3 – Bake in the preheated oven for 45 minutes.

Word Search

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|----------------|------------------|------------|
| America | fire works | sunburn |
| beach | fishing | sunsets |
| beach balls | Independence Day | sunshine |
| butterflys | picnic | swimsuits |
| chicken fights | sand castles | tan |
| Clare Muise | sandy pants | volleyball |
| cute guys | starry skys | |

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