



MONTHLY NEWSLETTER

IN THIS ISSUE

Support for Caregiver
Parents of Veterans

Access Your VA Records
Quickly and Easily

Why Walkable
Communities Matter

New How-To Videos
Now Available for Patients

Holiday Calendar

Important Health
Contact Numbers

Just For Fun



Leave us a review

Mid-CitiesMedical.com



Support for Caregiver Parents of Veterans

Building Better Caregivers – Caring for a Veteran loved one can be rewarding, but it can also bring unique challenges. The **Building Better Caregivers® online workshop** is designed to help parent caregivers build confidence, develop practical caregiving skills, and prioritize their own well-being.

Participants join a supportive community of caregivers who understand the realities of caring for a Veteran family member. Guided by trained facilitators, you'll learn strategies for managing stress, communicating effectively, and navigating caregiving responsibilities with greater ease.

Eligible caregivers enrolled in the Program of General Caregiver Support Services (PGCSS) or approved for the Program of Comprehensive Assistance for Family Caregivers (PCAFC) can access valuable tools, resources, and support to help manage caregiving challenges.

Best of all, the program is entirely online with no set meeting times, allowing you to participate whenever it fits your schedule. Join today and discover how much a supportive caregiver community can make a difference.

Access Your VA Records Quickly and Easily

VA News – Getting VA records is now easier than ever. VA has redesigned its records request webpage to help Veterans quickly find the information and forms they need.

Whether you're requesting a DD214, medical records, or a benefits letter, the updated page uses clear, easy-to-navigate categories to guide you through the process. Instead of sorting through legal terms or determining which VA office handles your request, simply select the option that matches the records you need.

The streamlined design saves time and makes accessing important VA records faster and more convenient. The redesigned records request page includes easy-to-navigate categories for:

- Veterans Benefits Administration (VBA) records
- Veterans Health Administration (VHA) records
- Military service and next-of-kin records
- DD214 requests
- National Cemetery Administration records
- Employment verification
- CHAMPVA claims and records
- Public records and disclosures



Why Walkable Communities Matter

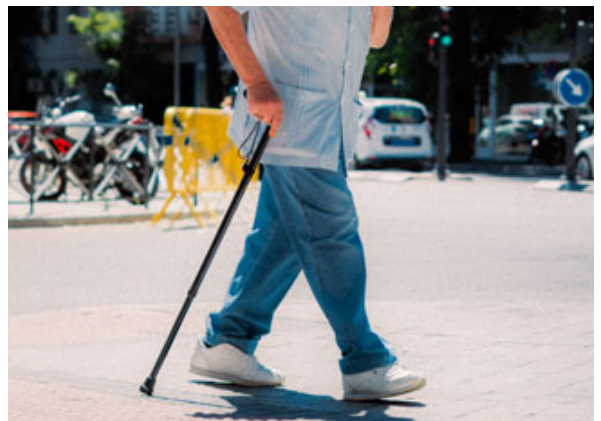
News in Health – Physical activity is essential for good health, and the design of your neighborhood can play a significant role in how active you are each day.

Walkability refers to how easy it is to walk, bike, or use a wheelchair to reach everyday destinations. Features like connected streets, sidewalks, and nearby amenities make it easier for people to incorporate physical activity into their daily routines.

Research shows that communities with greater walkability encourage higher levels of physical activity and support healthier lifestyles. These benefits extend across all ages and fitness levels, helping residents stay active, improve overall well-being, and enjoy a better quality of life.

But you don't have to wait for your neighborhood to change to add more steps to your day:

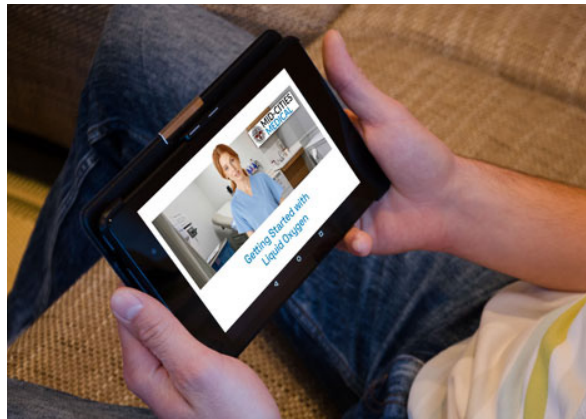
- Walk more by parking farther away, taking the stairs, or walking to nearby destinations.
- Make walking part of your routine by walking with friends, family, or your dog.
- Take advantage of local parks, trails, and walking paths near home or work.
- Fit in extra activity during the day with walking breaks, walking meetings, or indoor walks during bad weather.



New How-To Videos Now Available for Patients

We're excited to announce a new series of **How-To videos** designed to help patients navigate services and resources with greater ease. These short, easy-to-follow videos provide step-by-step guidance on **using your Oxygen or Ventilator system**, making it simpler to access the information and support you need.

Visit the **Mid-Cities Medical website** to explore the video library and learn more.



Oxygen Videos

- Getting Started with Liquid Oxygen
- Getting Started with O2 in Metal Tanks
- HomeFill® (Self-Fill) System by Invacare
- iFill® Personal Oxygen System by DeVilbiss
- Millennium M10 Home Oxygen System
- UltraFill Home Oxygen System

Ventilator Videos

- ResMed Astral™ Ventilator
- Trilogy Evo Ventilator

Holiday Calendar

Photo Credit: U.S. Army



SEPTEMBER

- 7th Labor Day – **OFFICE CLOSED**
- 9th California Admission Day (CA)
- 11th Patriot Day
- 18th Air Force Birthday
- 19th National POW/MIA Recognition Day
- 25th American Indian Heritage Day (TX)
- 27th Gold Star Mother's Day

1st Monday runs 08-31-26

**Mercedes only*

1st Monday runs 08-31-26

**Redlands only*

3rd Wednesday runs 09-16-26

3rd Thursday runs 09-17-26



OCTOBER

- 12th Columbus Day & Indigenous People's Day – **OFFICE CLOSED**
- 13th U.S. Navy Birthday
- 16th Boss's Day
- 24th United Nations Day
- 31st Halloween

1st Monday runs 09-29-26

**Mercedes only*

2nd Monday runs 09-29-26

1st Monday runs 10-05-26

1st Tuesday runs 10-06-26

**Redlands only*

4th Thursday runs 10-15-26

3rd Wednesday runs 10-21-26

3rd Thursday runs 10-22-26

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

Perfect Deviled Eggs

A simple, delicious appetizer perfect for any occasion.

Prep Time: 10 mins

Cook Time: 5 mins

Additional Time: 45 mins

Total Time: 1 hr

Servings: 16

Ingredients

- 8 large eggs
- ½ cup mayonnaise
- 2 tablespoons Worcestershire sauce
- 2 tablespoons cream-style horseradish sauce
- 1 drop hot pepper sauce, or to taste
- salt and pepper to taste
- 1 teaspoon dried parsley flakes, for garnish
- 1 teaspoon paprika, for garnish



Directions

Step 1 – Boil eggs in a single layer, covered by 1 inch of water. Bring to a boil, remove from heat, and let stand covered for 15 minutes. Drain and cool under cold running water.

Step 2 – Peel and halve the eggs lengthwise. Remove yolks and mash until smooth, then mix with the remaining ingredients. Pipe or spoon the filling into the egg whites, chill for 30 minutes, and garnish with parsley and paprika before serving.

Word Search

AFL

day off

employment

end of summer

fall

firefighter

Knights of Labor

labor

Monday

no school

parade

police officer

September

steel workers

strikes

teacher

three day weekend

unemployment

Union

