



MONTHLY NEWSLETTER

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The Power of Staying Connected

VA Reach – Sometimes, the most meaningful support comes from another Veteran. A simple phone call, text message, or visit can remind a fellow Veteran that they are not alone and that someone cares.

Veterans share experiences that others may not fully understand, which makes Veteran-to-Veteran connections especially valuable. Taking a few minutes to check in with a friend can provide encouragement, strengthen friendships, and support emotional well-being.

You don't need to have all the answers to make a difference. Simply listening and letting another Veteran know you're there can have a positive impact. Regular check-ins also help build stronger connections and a greater sense of community.

- Make a quick phone call
- Send a text message
- Meet for coffee or a meal
- Stop by for a visit
- Reach out to someone you haven't spoken with in a while

Remember, every conversation matters. A small act of kindness today could make a big difference in another Veteran's life.

Make Leftovers Work for You

MOVE! – Eating healthy doesn't have to mean cooking every day. With a little planning, leftovers can become quick, nutritious meals that save time, reduce food waste, and help you stay on track with your health goals.

Cook an extra serving at dinner and save it for later in the week. Leftover chicken, vegetables, soups, chili, beans, and whole grains can easily be transformed into salads, omelets, wraps, grain bowls, or other simple meals.

For balanced nutrition, use the **VA MOVE! Program** plate method by filling half your plate with fruits and vegetables, one-quarter with lean protein, and one-quarter with whole grains or starchy vegetables.

With support from your MOVE! care team, you can:

- Improve your overall health and quality of life
- Lower your risk for health problems
- Prevent or even reverse certain chronic conditions
- Build healthy habits that support long-term wellness

Remember, a few small changes can give last night's meal a fresh new purpose, making healthy eating easier throughout the week.



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

VISN 22 Home Oxygen Safety Tips

Your oxygen therapy helps you breathe easier and stay active. Following a few simple safety steps can help protect you, your loved ones, and your home.

- **Post “No Smoking” signs** at all entrances to your home while using oxygen. These signs remind visitors and emergency responders that oxygen is in use.
- **Use oxygen only at your prescribed flow rate.** Do not change your oxygen setting on your own. If you're unsure of your prescribed setting, contact your health-care provider or oxygen supplier. Using too much oxygen can be harmful. If you feel you need more oxygen, talk with your provider before making any changes and always use oxygen as prescribed.
- **Keep oxygen away from smoking and open flames.** Oxygen can make fires start more easily and burn faster. Avoid other fire risks, including vaping, cooking near oxygen equipment, candles, gas stoves, heat sources, and even static sparks.
- **All oxygen devices must have two FireSafe valves,** per the Veterans Affairs Medical Center and the manufacturer: one at the oxygen source (machine, tank, or portable device) and one on the cannula closest to the patient.
- **Turn off your oxygen when it's not in use.** This helps reduce fire risk and conserve oxygen. Monitor your equipment and store it safely as instructed.



Holiday Calendar



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

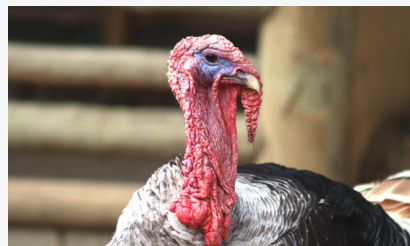
1st Tuesday runs 10-06-26

**Redlands only*

4th Thursday runs 10-15-26

3rd Wednesday runs 10-21-26

3rd Thursday runs 10-22-26



NOVEMBER

- 1st Native American Heritage Month
- 1st Daylight Saving Time – “Fall Back” One Hour
- 3rd Election Day (TX)
- 10th U.S. Marine Corps Birthday
- 11th Veterans Day – **OFFICE CLOSED**
- 26th & 27th Thanksgiving – **OFFICE CLOSED**

1st Monday runs 11-01-26

**Mercedes only*

1st Monday runs 11-02-26

1st Tuesday runs 11-03-26

**Redlands only*

3rd Wednesday runs 11-18-26

3rd Thursday runs 11-19-26

Important Health Contact Numbers

EMERGENCY	DIAL 9-1-1	VETERANS CRISIS LINE	DIAL 9-8-8
EMERGENCY SITUATION	DIAL 7-1-1	Email: ConfidentialChat@VeteransCrisisLine.net	
Use if you have a TTY and cannot obtain emergency services.			
EMERGENCY PREPAREDNESS	DIAL 2-1-1	VA CAREGIVER SUPPORT PROGRAM	
		Phone: (855) 260-3274	
		Website: www.caregiver.va.gov	
NON-EMERGENCY OR DOWN EQUIPMENT		DEPARTMENT OF VETERANS AFFAIRS	
Phone: TEXAS (888) 450-6676		OFFICE OF INSPECTOR GENERAL	
Phone: AZ & CA (833) 986-4267		Website: https://tinyurl.com/52uvkwu9	
YOU CAN QUIT SMOKING		REPORT ABUSE. BREAK THE SILENCE.	
Phone: (800) QUIT-NOW		Phone: (800) 252-5400	
Website: www.SmokeFree.gov			
Website: www.BeTobaccoFree.gov			
HOW TO STAY SAFE WHILE USING OXYGEN IN THE HOME		SPEAK-UP CAMPAIGN	
		Website: https://tinyurl.com/5n68nt29	
		Rights patients have if they feel they are being discriminated	

Pumpkin Cinnamon Rolls

These adorable pumpkin-shaped treats may look impressive, but they're surprisingly simple to make, making them perfect for a fall brunch or Halloween breakfast.

Prep Time: 20 mins	Total Time: 45 mins
Cook Time: 20 mins	Servings: 5
Cool Time: 5 mins	

Ingredients

- 1 (17.5 ounce) can refrigerated cinnamon rolls with icing, such as Pillsbury® Grands!
- 5 tablespoons canned pumpkin, such as Libby's®
- 1/2 teaspoon whole milk, or as needed
- 5 small (about 2 inch) cinnamon sticks

Directions

- Step 1** – Preheat the oven to 350°F and line a baking sheet with parchment paper. Separate the cinnamon rolls, reserving the icing. Unroll each roll, spread 1 tablespoon pumpkin puree over the filling, then roll back into a spiral.
- Step 2** – Place each roll in the center of a long piece of kitchen twine. Wrap the twine evenly around the dough to create pumpkin-shaped sections (careful not to cut into dough), then tie gently and place on the baking sheet.
- Step 3** – Bake for about 18 minutes, until puffed and golden brown. Let cool for 5 minutes, then carefully remove the twine.
- Step 4** – Whisk the reserved icing with 1/2 teaspoon milk until smooth, adding a little more milk if needed. Insert a cinnamon-stick stem into each pumpkin, drizzle with icing, and serve warm.

Word Search

black cat	decorations	jack-o'-lantern	skull
bones	Frankenstein	monster	spider
boo	ghosts	mummy	spiderweb
candy	grave	pumpkin	trick-or-treat
cat	Halloween	scarecrow	vampire
coffin	Happy Halloween	scary	zombie
custom	haunted house	skeleton	

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