

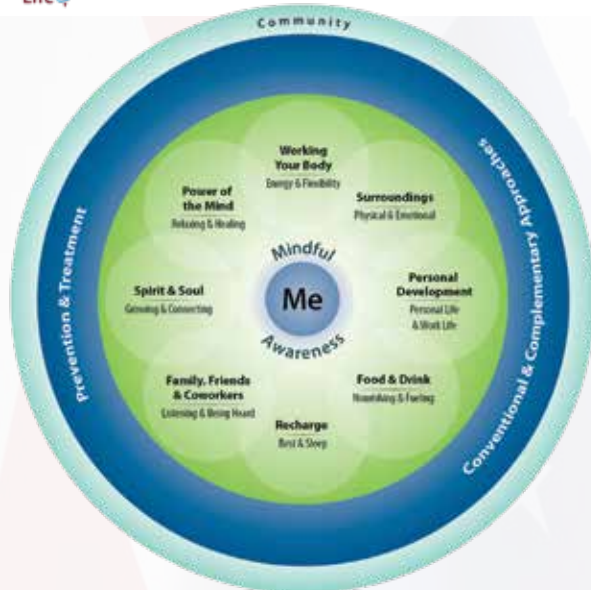


Healthy Living!

Veterans and Their Families

2021 CALENDAR





Circle of Whole Health

VA's Whole Health system of care empowers and equips you to take charge of your health. It's about making your life fuller. All parts of your health and life are connected. When you improve in one area, you benefit in other areas of physical, emotional, and spiritual health and well-being.

- **Me and mindful awareness** – You are at the center. Mindfulness helps you connect with priorities and how you are feeling.
- **Eight areas of self-care** – Working your body, getting quality sleep, and more.
- **Professional care** - Whole Health services and medical care.
- **Community** – People and groups who support you, including fellow Veterans.



Together, VA's Whole Health approach to health care and their Healthy Living Messages are partners in offering options to improve your health. Sometimes these options will overlap, and that's OK! Their common aim is to empower and support you to live your life to the fullest and prevent or reduce future health problems.

Talk to your VA health care team about using resources and programs from both approaches. Find what works best for you in meeting your overall health and well-being goals. Remember, you are a whole and unique person!

To learn more visit va.gov/wholehealth and prevention.va.gov.

Healthy Living Messages

Follow these steps for living a healthier life and reducing risk for serious health problems:

- **Be involved in your care** – Take an active role in working with your health care team.
- **Eat wisely** – Eat veggies, fruits, whole grains, lean proteins, and healthy fats. Also eat less processed foods.
- **Be physically active** – Move your body every day, find activities you enjoy, and sit less often.
- **Strive for a healthy weight** – If recommended, losing just 5 - 10% will help improve your health.
- **Limit alcohol** – If you drink, use moderation and avoid binge drinking.
- **Get recommended screenings and immunizations** – Learn what is recommended for you.
- **Manage stress** – Take steps to reduce stress.
- **Be safe** – Protect yourself from falls, violence, self-harm, and sexually transmitted infections.
- **Be tobacco free** – Quitting is one of the healthiest things you can do.
- **Sleep well** – Get quality sleep to revive your body and brain each day.



SMART Goals for Success

Setting SMART goals that align with your purpose and values will help you live a whole and healthy life. Aim to have a clear idea of *what* you want to achieve, *how* you want to get there, and *when* you plan to complete your goal. Once you reach one goal, set another one to work toward a healthier you, one step at a time. Here's how to make your goals SMART:

SMART

SPECIFIC

Identify your goal clearly and in detail.

MEASURABLE

Use a number to identify how often or how many to track progress.

ACTION-ORIENTED

Describe actions or steps you will take.

REALISTIC & RELEVANT

Make it doable to align with what's important to you.

TIME-BASED

Set a target date to complete your goal.



3 Examples of SMART Goals

- This week, I will download and learn how to use VA's Video Connect mobile app (mobile.va.gov). This app will let me have virtual and secure video appointments with my VA providers.
- For the next 2 weeks, I will make a to-do list for the next day before bedtime. This way I will not worry about tomorrow while falling asleep.
- Every hour that I sit, I will stand up and stretch my neck, arms, legs, and back for one minute. I will set an hourly alarm as a reminder.

5 Ways This Calendar Can Work for You

1. Check out the VA apps and online resources listed to learn more about a health topic.
2. Using your smart device, scan QR (Quick Response) codes to learn more. For newer smart devices, open the camera feature. For older devices, first download the free QR code reader to your device. Once the camera or QR code is open, point the screen to the QR code. A message with a link will pop up on your screen. Tap the link to see the content.
3. Each month identify one SMART goal to work on to help you move toward being healthier.



Online
My Health, My Care: 24/7 Access to VA

4. Keep track of your health numbers. Record minutes exercised, blood pressure, etc. Or log your numbers on My HealthVet at myhealth.va.gov.
5. Try something new! Prepare one or more of the healthy comfort food recipes near the back of the calendar.



Make a Plan

Partner with your VA health care team, including a Whole Health Coach. They will help you identify your life's priorities. Use tools like the Personal Health Inventory (PHI) and Personal Health Plan (PHP) at **va.gov/wholehealth** to help you discover your life's priorities.

Together, your health care team will help you set your SMART goals. They will also let you know about the medical and Whole Health services that would work for you. This might mean using new technology for the first time.

Refocus Your Health

In 2020, most of us faced challenges and changes that we never expected. Many of us used technology (phone, video, secure messaging) for health care services and managing health conditions for the first time. While there are still lots of unknowns, Veterans are strong and resilient. They know what it takes to meet a challenge

head on. This year, let's focus on staying healthy and living life to the fullest. Let's also learn more about using VA's mobile apps (**mobile.va.gov**) and My Health eVet tools. These will help you access and communicate with our VA health care team without having to come in to meet in person.

Set a SMART Goal

My Plan:

I will make one goal I can DO! I will talk to my health care team about it, set a date, and meet it.

Examples:

- This month, I will complete the PHI at **va.gov/WHOLEHEALTH/phi.asp**.
- Within two weeks, I will learn how to use QR codes using the instructions on the previous page.

MY SMART GOAL:

What is driving my goal? Why do I want to make this change?



VA Video Connect



VA Health Chat



VA Annie App

January 2021

RECORD minutes exercised, blood pressure & blood sugar
and/or log these on My HealtheVet at myhealth.va.gov

Using your smart device, scan
this QR code to learn more
about My HealtheVet.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DECEMBER 2020 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	FEBRUARY 2021 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	 BE FIT Give yourself time to return to pre-holiday exercise levels to avoid injury.	 HEALTH & WELLNESS A Whole Health Coach can help you stay on track with your health goals.		New Year's Day Outpatient Clinics Closed	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	Martin Luther King Jr. Day Outpatient Clinics Closed	19	20	21	22	23
24	25	26	27	28	29	30
31						



Toward a Healthy Weight

Did you know that losing just 5-10% of your weight can make a positive difference in your health? Being overweight or obese is hard on your body. There is a higher risk for health problems, such as:

- Heart disease
- High blood pressure
- Type 2 diabetes
- Sleep apnea
- Cancer

Also, having extra weight makes it tougher to manage most health conditions once you have them.

Making healthier food choices, getting regular physical activity, and avoiding or limiting alcohol, will help tip the health balance in your favor. But losing weight takes hard work. VA is here to help with tools, resources, and programs, such as:

- *MOVE!*® Weight Management Program (www.move.va.gov)
- Working together with members of your primary care (PACT) team
- Using VA's mobile apps, including the *MOVE!*® Coach app



MOVE!® Success Story

Veteran Lyle (Joe) Glover of Daytona Beach, FL reached his goal weight and more. He credits the VA's *MOVE!*® Program, the support of his wife, and his own determination.

With his health declining, Joe knew it was time for a change. His stubbornness in the beginning turned to determination when the weight started coming off. Joe lost 75 pounds and 8 inches from his waist. Now, he says "My life has greatly improved. I feel so much better, look better, and I have more energy. If I can do it anyone can."

Set a SMART Goal

My Plan:

I will make one goal I can DO!
I will talk to my health care team about it, set a date, and meet it.

Examples:

- This week I will read three more success stories at www.move.va.gov/MOVE/SuccessStories.
- I will drink one less soda at least five days a week for the next three months.

MY SMART GOAL:



What is driving my goal?
Why do I want to make this change?

February 2021

RECORD minutes exercised, blood pressure & blood sugar
and/or log these on My HealthVet at myhealth.va.gov

Using your smart device, scan
this QR code to download the
MOVE!® Coach app.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>JANUARY 2021</div> <div>S M T W Th F S</div> <div>1 2</div> <div>3 4 5 6 7 8 9</div> <div>10 11 12 13 14 15 16</div> <div>17 18 19 20 21 22 23</div> <div>24 25 26 27 28 29 30</div> <div>31</div>	1	2	3	4	5	<div><div>lbs.</div></div> 6
7	8	9	10	11	12	<div><div>lbs.</div></div> 13
14	Presidents' Day Outpatient Clinics Closed15	16	17	18	19	<div><div>lbs.</div></div> 20
21	22	23	24	25	26	<div><div>lbs.</div></div> 27
28	<div>MARCH 2021</div> <div>S M T W Th F S</div> <div>1 2 3 4 5 6</div> <div>7 8 9 10 11 12 13</div> <div>14 15 16 17 18 19 20</div> <div>21 22 23 24 25 26 27</div> <div>28 29 30 31</div>				<div><div></div><div>BE FIT</div><div>Make small changes to your exercise routine, one at a time, for long-lasting results.</div></div>	<div><div></div><div>MANAGE STRESS</div><div>Stay connected with family and friends for support and encouragement.</div></div>



Pantry Provisions

Are you spending more time at home? Shopping for groceries less often? Having a well-stocked pantry and kitchen can make preparing healthy meals a lot easier. Keep supplies of basic ingredients, healthy convenience foods, and perishable foods stocked in your pantry and fridge/freezer. Include items such as:

- Reduced sodium canned beans, tomatoes, and pasta sauce
- Whole grains - Whole wheat pasta, quinoa, brown rice, rolled oats, millet, etc.

- Nuts, seeds, and peanut butter
- Canned tuna and salmon
- Canola or olive oil and soft margarine with no trans-fat
- Flavor enhancers - Vinegar, reduced sodium soy sauce, dried herbs, and spices
- Reduced sodium chicken or vegetable broth
- Frozen foods - Veggies, fruit, poultry, fish, tofu, whole grain bread, and tortillas
- Low-fat or non-fat milk, yogurt, and cheese



Healthy Comfort Foods

Let's face it - sometimes we eat certain foods for comfort. For many, that's pasta, stews, soup, bread, chocolate, pizza, and more. Here are some tips for hitting the healthy balance with some common comfort foods:

- Use whole grain pasta and reduced-sodium canned tomatoes.
- Start with a bowl of sliced fruit and top with a little ice cream.
- Go for stews and soups that are plant-based, such as lentil or bean.
- Order veggie pizza instead of meat-lover's pizza.

Set a SMART Goal

My Plan:
I will make one goal I can DO!
I will talk to my health care team about it, set a date, and meet it.

Examples:

- Using this month's QR code, I will find and make one of VA's healthy meals by the end of this week.
- Within three weeks, I will make a list of pantry items to buy.

MY GOAL:







What is driving my goal?
Why do I want to make this change?

March 2021

RECORD minutes exercised, blood pressure & blood sugar
and/or log these on My HealthVet at myhealth.va.gov

Using your smart device, scan this QR
code for a wide variety of VA's healthy
recipes, including a link to the Virtual
Healthy Teaching Kitchen.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEBRUARY 2021 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	1	2	3	4	5	 6
7	8	9	10	11	12	 13
Daylight Saving Time Begins (Turn clocks ahead one hour.) 14	15	16	17	18	19	 20
21	22	23	24	25	26	 27
28	29	30	31	APRIL 2021 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	 EAT WISELY Eat more plant-based dishes like meatless chili, tofu stir fries, or quinoa salads.	 MANAGE STRESS Hug your loved ones every day if you can.



Sleep Better

Getting quality sleep is vital for overall health and well-being. Good sleep gives your body time to fix and heal itself. It also gives your brain time to grow and learn. A good night's sleep will help you wake up feeling refreshed and ready to start your day.

On the flip side, when you do not get enough quality sleep, you are more likely to develop health problems. Some of these include high blood pressure, heart disease, weaker immune system, slower reactions, and reduced concentration and memory.

VA's Sleep Programs can help:

- **Sleep 101** – Short program to learn about proper sleep, form better sleep habits, and identify behaviors that interfere with getting quality sleep
- **Sleep Check-Up** – Five-minute self-check to help identify your sleep problems
- **Path to Better Sleep®** – Offers Cognitive Behavior Therapy for insomnia to change stressful thoughts that block sleep

These free programs are available at veterantraining.va.gov.



Insomnia Aid

The Insomnia Coach app is designed to help manage chronic insomnia. It is based on Cognitive Behavioral Therapy, a proven therapy for insomnia. You can use it on its own, or with one of VA's sleep programs. Features include:

- Weekly step-by-step guide to help improve sleep
- Interactive sleep diary to track any daily changes
- Sleep coach with tips, weekly plans, and personal feedback
- More tools to help get your sleep back on track

Set a SMART Goal

My Plan:

I will make one goal I can DO!
I will talk to my health care team about it, set a date, and meet it.

Examples:

- I will limit daytime naps to 20 minutes.
- I will avoid caffeine in coffee, tea, soda, and other caffeinated beverages and products after 12 p.m.

MY SMART GOAL:






What is driving my goal?
Why do I want to make this change?

April 2021

RECORD minutes exercised, blood pressure & blood sugar and/or log these on My HealtheVet at myhealth.va.gov

Using your smart device, scan this QR code to download the Insomnia Coach app.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH 2021 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	MAY 2021 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	 MANAGE STRESS Make time to unwind and relax, especially before going to bed.	 HEALTH & WELLNESS Get up at the same time every day to train your brain for better sleep.	1	2	 3
4	5	6	7	8	9	 10
11	12	13	14	15	16	 17
18	19	20	21	22	23	 24
25	26	27	28	29	30	



Body in Motion

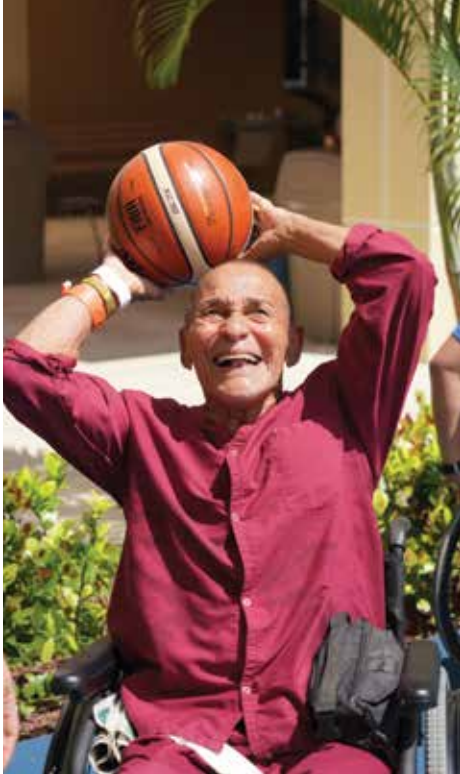
Your body is made to move. When you move you receive health benefits such as:

- Lower risk for chronic diseases
- Improved sleep
- Healthier weight
- Less stress
- Less chronic pain
- Better management of chronic conditions, such as diabetes and hypertension.

But there is no ‘one size fits all’ when it comes to being active.

Find activities you enjoy but don’t be afraid to try new things. Look for different programs in your community, such as the YMCA. Most physical activities can also be adapted no matter what stage of life you call ‘home.’

Many of our VA facilities have programs such as dancing, tai chi, yoga, aerobics, swimming, and horseback riding. Check with your Whole Health, *MOVE!*® Programs, or your health care team for what is available at your site.



Adaptive Sports

Most physical activities can be adapted for Veterans with disabilities. Many community organizations offer adapted sports programs. Some of these are part of the Adaptive Sports Programs for Veterans and Service members.

The goal of these programs is to optimize Veterans’ independence, community involvement, well-being, and quality of life. Check your site about the adaptive sports programs they offer. Some programs in VISN 8 are wheelchair basketball, softball, beach volleyball, running, cycling/hand cycling, rowing, and more.

Set a SMART Goal

My Plan:
I will make one goal I can DO!
I will talk to my health care team about it, set a date, and meet it.

- Examples:**
- I will go for a walk for 20 minutes after dinner, four days a week.
 - I will contact my VA facility to see what exercise programs they offer by the end of this week.

MY SMART GOAL:

What is driving my goal?
Why do I want to make this change?

May 2021

RECORD minutes exercised, blood pressure & blood sugar
and/or log these on My HealtheVet at myhealth.va.gov

Using your smart device, scan
this QR code for ideas on
how to be more active.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
APRIL 2021 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	JUNE 2021 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	 BE FIT Walk the golf course instead of using the cart to add thousands more steps to your day.	 EAT WISELY Stock up on healthy beverages with no added sugars.			 1
2	3	4	5	6	7	 8
9	10	11	12	13	14	 15
16	17	18	19	20	21	 22
23	24	25	26	27	28	 29
30	Memorial Day Outpatient Clinics Closed	31				

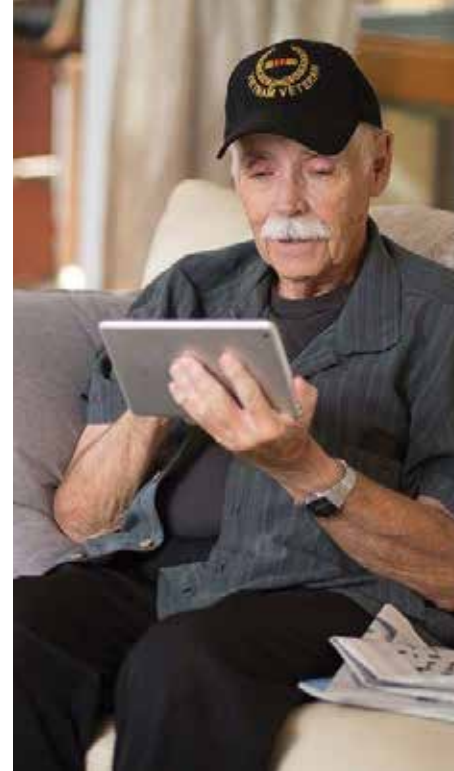


Plan for Hurricane Safety

You want to feel as safe and secure as possible when the risk of hurricanes goes up, June 1 – November 30. Being prepared could make all the difference for you and your family when a hurricane emergency hits.

Hurricane-readiness steps include:

- Locate your home's smallest interior space with no windows, on the lowest level possible.
- Make an emergency family communication plan.
- Identify evacuation routes and locate safe shelters you can go to.
- Put together a three-day hurricane supply kit. Include a first aid kit, battery operated radio, candles and matches or lighter, valuable documents, non-perishable foods, drinking water, and medicines. Also include sanitation and cleaning supplies in case you have to go to a shelter or for clean up afterward.
- Sign up for your community's warning system.
- Save emergency numbers on your cell phone.



Your Medicines During Disasters

A hurricane doesn't stop the need for your daily medicines. Talk to your VA provider on how to plan for your medicines during a hurricane.

- Have a three to seven-day supply of your medicines.
- Store medicines in labeled, child-proof containers in a dry, cool place.
- Include a medicine list, copies of prescriptions, and phone numbers of your VA providers and pharmacy.
- Contact VISN 8 Clinical Contact Center (877-741-3400) if medicines are destroyed during a disaster.

Set a SMART Goal

My Plan:

I will make one goal I can DO!
I will talk to my health care team about it, set a date, and meet it.

Examples:

- I will place copies of current prescriptions with my emergency supply of medicines within two weeks.
- I will declutter the drains and gutters on my house by the end of this month.

MY SMART GOAL:

What is driving my goal?
Why do I want to make this change?

June 2021

RECORD minutes exercised, blood pressure & blood sugar and/or log these on My HealthVet at myhealth.va.gov

Using your smart device, scan this QR code to access the Hurricane Preparedness Guide for Veterans.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY 2021 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	JULY 2021 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	 MANAGE STRESS Get the whole family to practice evacuating your home to be more prepared.	 HEALTH & WELLNESS During disasters, text messages are usually more reliable than phone calls.	



Limit Summertime Drinking

Drinking alcohol and summer activities often go hand in hand - at the beach, on the boat, or at a backyard cookout. This can create a lot of social pressure to drink.

It helps to plan. How will you limit your intake? One way is

to state your intention to a set number of drinks. Or, reflect on wellness goals and practice what to say when offered a drink.

If you are concerned about your drinking, talk to your VA health care team about getting help.

	If you drink alcohol*	Binge drinking is:
Men	Limit to 2 drinks a day	More than 4 drinks on one occasion
Women (and 64+)	Limit to 1 drink a day	More than 3 drinks on one occasion

*Limit alcohol guidelines are from prevention.va.gov.



Fruit Fizzy Water

- 8 raspberries (or 4 sliced strawberries)
- 2 large glasses
- 1 cup crushed ice
- 2-1/2 cups plain sparkling water

Place crushed ice in two glasses along with berries. Use a spoon to ‘smash’ the berries into the ice. Add sparkling water and stir.

Options: Fresh lemon slices, cucumber slices with mint leaves, or peach slices with fresh ginger.

Nutritional Information: Serves 2. Per serving: 16 calories and 4 g carbohydrates.

Set a SMART Goal

My Plan:
 I will make one goal I can DO!
 I will talk to my health care team about it, set a date, and meet it.

- Examples:**
- I will bring a homemade alcohol-free beverage to the next cookout I go to.
 - I will limit myself to one alcohol beverage or less per day, for at least the next six weeks.

MY SMART GOAL:

What is driving my goal?
Why do I want to make this change?

July 2021

RECORD minutes exercised, blood pressure & blood sugar and/or log these on My HealtheVet at myhealth.va.gov

Using your smart device, scan this QR code to download the VetChange app to help cut down or quit drinking.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNE 2021 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	AUGUST 2021 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	 BE FIT Go for a walk, hike, or bike ride to enjoy Mother Nature for some stress relief and a healthy distraction.	 HEALTH & WELLNESS Hear stories of recovery from fellow Veterans at maketheconnection.net .	1	2	3
Independence Day Outpatient Clinics Closed 4	Independence Day Observed Outpatient Clinics Closed 5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Flu Shot Season

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Flu viruses spread easily from person to person. They also change almost every year so it is important to get your flu shot every year. It will protect you against the latest flu viruses.

Getting sick with the flu can lead to serious health problems. Those 65 and older, and people with other health problems are at a higher risk than others. These health problems include heart disease, diabetes, asthma, and lung diseases. Caregivers for family members at health risk are also at high risk themselves.

Start planning on getting your flu shot in September. It will provide protection for the whole flu season. Flu season can last well into the spring.

Veterans enrolled in VA health care can get a flu shot at a VA health care facility. They can also receive it for free from a VA-contracted community drug store. Check with your VA facility about upcoming flu clinics or about receiving your shot at a community location.



Slow the Spread

No one wants to pass on an infection to their loved ones. Staying up to date with immunizations helps you stay healthy. But it also helps protect others. For example, when you get your annual flu shot, it helps prevent your family, neighborhood, and VA community from catching the flu from you.

Learn more about the recommended immunizations and health screenings listed near the back of this calendar. Talk to your VA provider about which ones are best for you.

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Set a SMART Goal

My Plan:
I will make one goal I can DO!
I will talk to my health care team about it, set a date, and meet it.

- Examples:**
- I will contact my VA health care team this week about my flu shot.
 - Today, I will make an appointment with my VA provider to talk about the immunizations that I need.

MY SMART GOAL:

What is driving my goal?
Why do I want to make this change?

August 2021

RECORD minutes exercised, blood pressure & blood sugar and/or log these on My HealtheVet at myhealth.va.gov

Using your smart device, scan this QR code to learn more about the flu.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																				
1	2	3	4	5	6	<div><div>lbs.</div></div> 7																																																																																				
8	9	10	11	12	13	<div><div>lbs.</div></div> 14																																																																																				
15	16	17	18	19	20	<div><div>lbs.</div></div> 21																																																																																				
22	23	24	25	26	27	<div><div>lbs.</div></div> 28																																																																																				
29	30	31	<div><div></div><div>EAT WISELY</div><div>Limit foods high in added sugar, like sweets, soda, candy, and coffee drinks.</div></div>	<div><div></div><div>HEALTH & WELLNESS</div><div>An annual flu shot is recommended for those six months and older.</div></div>	<div>JULY 2021</div> <table><tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th></tr><tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr><tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr><tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr><tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr></table>	S	M	T	W	Th	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	<div>SEPTEMBER 2021</div> <table><tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th></tr><tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr><tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr><tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr><tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr></table>	S	M	T	W	Th	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
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Complementary & Conventional

You may know conventional care as being standard medical care. This can include medicines, surgery, health screenings, counselling, and physical therapy.

Complementary care builds on conventional care. It provides you with additional options for your care. Some examples include meditation, battlefield acupuncture, massage therapy, biofeedback, yoga, guided imagery, and other mind-body therapies.

Enrolled Veterans can receive both complementary and conventional care from the VA. Together, these different approaches of care work as partners in treating the “whole” you. Choose from a wide range of therapies to help you live your life to the fullest.

Talk to your VA health care team about using therapies from both conventional and complementary care. Choose the ones that fit best with your overall health goals and with your personal preferences.



Strength at Home

This program helps Veterans who struggle with anger, conflict, and aggression with their intimate partners. It helps those dealing with low level conflicts with their partners. This program is also for those who use more violent forms of aggression.

In the *Strength at Home* program, Veterans will learn practical skills to help manage stress and anger better. Other topics include understanding trauma and abuse, taking responsibility, and reducing conflict before it becomes dangerous. To learn more, contact an Intimate Partner Violence Coordinator at your VA Medical Center.

Set a SMART Goal

My Plan:

I will make one goal I can DO!
I will talk to my health care team about it, set a date, and meet it.

Examples:

- I will practice meditation three times per week, for 10 minutes each time.
- I will discuss my options for non-medication therapies for pain management with my provider.

MY SMART GOAL:

What is driving my goal? Why do I want to make this change?

September 2021

RECORD minutes exercised, blood pressure & blood sugar and/or log these on My HealtheVet at myhealth.va.gov

Using your smart device, scan this QR code to download the Mindfulness Coach App.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUGUST 2021 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	OCTOBER 2021 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		1	2	3	4
5	Labor Day Outpatient Clinics Closed	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
					HEALTH & WELLNESS Veterans of any conflict era can take part in the Strength at Home Program.	MANAGE STRESS Taking a 'time out' to cool down during difficult situations can help reduce conflict.



Caring for Women Veterans

.....

Did you know that more than two million women Veterans have proudly served our country?

VA strives to be a national leader in providing comprehensive health care for women that includes:

- Preconception and pregnancy care and support
- Cancer screenings
- Hormone replacement therapy for menopausal support
- Screening and management for chronic conditions, such as diabetes and heart disease

- Mental health care, including depression, anxiety, PTSD, caregiver stress issues, and Military Sexual Trauma

For more information, call the Women Veterans Program Manager at your VA Medical Center, visit **womenshealth.va.gov**, or contact the Women Veterans Call Center.



Recommended Screenings

Preventative care screenings recommended specifically for women of average risk include:

- Breast cancer
- Cervical cancer
- Sexually transmitted infections, such as chlamydia and gonorrhea
- Osteoporosis
- Tetanus, diphtheria, and pertussis

Learn more about recommended immunizations and the health screenings for women and men listed near the back of this calendar.

.....

Set a SMART Goal

My Plan:
I will make one goal I can DO!
I will talk to my health care team about it, set a date, and meet it.

- Examples:**
- I will schedule my mammogram for breast cancer in the next month.
 - At my next appointment, I will talk to my provider about the health screenings I need.

MY SMART GOAL:






What is driving my goal?
Why do I want to make this change?

October 2021

RECORD minutes exercised, blood pressure & blood sugar and/or log these on My HealtheVet at myhealth.va.gov

Using your smart device, scan this QR code to learn more about women Veterans health care.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEPTEMBER 2021 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	NOVEMBER 2021 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	 BE FIT Include strength-building exercises for bone health.	 HEALTH & WELLNESS For women-specific quit tobacco resources visit women.smokefree.gov .			1  2
3	4	5	6	7	8	 9
10	Columbus Day Outpatient Clinics Closed	11	12	13	14	 16
17	18	19	20	21	22	 23
24	25	26	27	28	29	 30
31						



Quit Tobacco Support

Are you feeling chained to your tobacco habit? Quitting tobacco is one of the best things you can do for your quality of life. You will add years back to your expected life span. Quitting will also greatly lower your risk for lung, mouth, and throat cancer. In fact, tobacco takes a huge toll on nearly every organ in your body.

You are a unique person with unique needs. That's why every person's quit journey is different. Here are some tools available at veterans.smokefree.gov to support yours:

- **Build your quit plan** – Create a six-step quit plan to help stay on track.
- **SmokefreeVET** – Receive text messages with daily tips and support for two months.
- **Smokefree Veterans on Facebook** – Share ideas and support from fellow Veterans.
- **Stay Quit Coach** - VA's mobile app (mobile.va.gov). It has interactive tools, including ways to deal with urges to smoke.



Boredom Busters

When trying to quit tobacco, it helps to add activities or learn new things that are challenging and enjoyable. These may help you feel better, distract you from craving tobacco, and replace some of your tobacco triggers.

This could be a good time to finally take up ballroom dancing, join a walking club, take guitar lessons, or learn how to replace the tube in your bicycle tire. What other activities can you think of that could help you quit smoking or other tobacco products?

Set a SMART Goal

My Plan:

I will make one goal I can DO!
I will talk to my health care team about it, set a date, and meet it.

Examples:

- When I crave a cigarette after dinner, I will go for a 15-minute walk around my neighborhood or local park.
- Within the next week, I will download the Stay Quit Coach app.

MY SMART GOAL:

What is driving my goal? Why do I want to make this change?

November 2021

RECORD minutes exercised, blood pressure & blood sugar
and/or log these on My HealtheVet at myhealth.va.gov

Using your smart device, scan
this QR code to download the
Stay Quit Coach app.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OCTOBER 2021 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1	2	3	4	5	 6
Daylight Saving Time Ends (Turn clocks back one hour.) 7	8	9	10	Veterans Day Outpatient Clinics Closed 11	12	 13
14	15	16	17	18	19	 20
21	22	23	24	Thanksgiving Day Outpatient Clinics Closed 25	26	 27
28	29	30		 MANAGE STRESS Spending more time with happy positive people helps boost your mood.	 HEALTH & WELLNESS When trying to quit, give your house and car a good cleaning, and enjoy the fresh smell!	DECEMBER 2021 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Power of Gratitude

Feeling grateful can improve energy levels and sleep. It can lead to helping you heal faster when sick. Gratitude also can help create more positive events in your life. When you feel this way, you reduce your risk for depression and decrease anxiety levels. Grateful people often feel more happiness, pride, and joy.

One simple way to practice gratitude is to keep a journal. Identify and reflect on items each day that produced a positive

feeling. Before going to sleep each night, write down in a notebook one or two things you are grateful for. They can be big or small, such as:

- I had a nice chat with my friend today.
- I held my granddaughter for the first time today.
- I enjoyed drinking my morning coffee while watching the sun come up.
- I got a new pet today.



Stress Be Gone

Stress is a fact of life. If you feel overly stressed for too long, it can put your health at risk. Over time, stress may lead you to have heart disease, high blood pressure, diabetes, depression, and anxiety.

There are many tools available to help relieve high stress levels. Mind-body exercises like meditation or yoga, physical exercise, connecting with family and friends, and setting priorities are a few examples. Find what works for you.

Set a SMART Goal

My Plan:

I will make one goal I can DO!
I will talk to my health care team about it, set a date, and meet it.

Examples:

- I will get a small notebook and start writing in my 'grateful' journal by the end of the week.
- I will stretch for 15 minutes before bedtime, five days a week.

MY SMART GOAL:

What is driving my goal? Why do I want to make this change?

December 2021

RECORD minutes exercised, blood pressure & blood sugar
and/or log these on My HealtheVet at myhealth.va.gov

Using your smart device, scan this
QR code to download the Moving
Forward app to learn practical skills
for overcoming challenges.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOVEMBER 2021 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	JANUARY 2022 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	 MANAGE STRESS If you are feeling overwhelmed with high stress levels, ask for help from your VA provider.	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	Christmas Day Observed Outpatient Clinics Closed	24
26	27	28	29	30	New Year's Day Observed Outpatient Clinics Closed	31



Caregiving Heroes

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Caregivers play a vital role in the health and well-being of Veterans living at home. It can be a rewarding experience, but also overwhelming. VA offers support to caregivers who take care of Veterans, and to Veteran caregivers who care for their loved ones.

Caregiver Support Line - This connects caregivers with VA caregiver services and benefits staff. The staff offer counseling and group sessions for caregivers needing extra support. They also are there to just listen when a caregiver is having a bad day.

Caregiver Support Coordinator - Each VA Medical Center has a Caregiver Coordinator to connect you to resources within VA and in your local community.

Peer Support Mentoring - This program invites caregivers to share their experiences, skills, and passion with other caregivers.

VA Services and Benefits - Eligible Veterans with family caregivers may qualify for respite, home health services, a health aide, home-based primary care, and other support services.



Building Better Caregivers™ (BBC)

This free, six-week online workshop is designed to help caregivers of Veterans (or Veterans who are caregivers) who have dementia, memory problems, PTSD, a serious brain injury, or any other serious injury or illness. With BBC, you go at your own pace, and log in at times when it's convenient for you.

In addition to learning skills to take care of your loved one, you will learn skills to take care of yourself. It is important to manage your physical and emotional health. Staying strong helps with the daily challenges and allows you to provide the best care possible. Your self-care matters!

Once you complete the workshop, you can stay connected with other caregivers who also completed the course for continued support. For more information and to see if you are eligible for Building Better Caregivers™ visit va.buildingbettercaregivers.org.



caregiver.va.gov
1-855-260-3274

Health Screenings

Always discuss which health screenings you need with your VA provider based on your personal health risk and medical history.

Screening Test or Exam	Recommendation	Date Done
Abdominal aortic aneurysm	Age 65–75: Talk with your provider.	
Blood cholesterol	Every 5 years: Men age 35 and older. Men ages 19–34 and women age 20 and older: Talk with your provider.	
Colon cancer screening	Age 50–75: Frequency depends on test. Age 76–85: Talk with your provider.	
Depression	Yearly	
High blood pressure	Every 1-2 years	
HIV infection	At least once, and in all pregnant Veterans.	
Overweight & obesity	Every year	
Syphilis	Recommended for some men and women. Talk with your provider.	
Tobacco	Every visit	

FOR MEN	Recommendation	Date Done
Prostate cancer	Age 55-69: Talk with your provider to determine your need to be tested.	

FOR WOMEN	Recommendation	Date Done
Breast cancer for women not at high risk	Age 40-44: May begin annual screening. Age 45-74: Every 1-2 years. Age 75 & older: Talk with your provider.	
Cervical cancer for women not at high risk	Age 21-29: Pap test every 3 years. Age 30-65: Every 3-5 years depending on test chosen.	
Chlamydia & gonorrhea	Age 18-24: Every year. Age 25 and older: Talk with your provider.	
Osteoporosis	Age 18-64: Recommended for some. Age 65 & older: Recommended once.	

Talk with your health care team about screenings for Hepatitis B and C, PTSD, lung cancer, military sexual trauma, and diabetes. Visit www.prevention.va.gov/index.asp for the full recommended list.

Know Your Numbers

< is less than > is greater than

Blood pressure (mm Hg)	Ranges	My Goal	Keep Records
Normal blood pressure	< 120/80		
High blood pressure	> 140/90		

Discuss your target goal with your VA provider.
Prehypertension is between the normal and high blood pressure ranges.

Blood cholesterol (mg/dL)	Ranges	My Goals	Keep Records
Total cholesterol	< 200		
LDL (bad) cholesterol	< 100		
HDL (good) cholesterol	> 40 Men		
	> 50 Women		
Triglycerides	< 150		

Ask your VA provider about using target goals. They may prescribe treatment that can include medication (such as a statin), based on your age, health conditions, and 10-year risk for cardiovascular disease. LDL-cholesterol levels of 100-129 are generally acceptable for those with no health issues.

Body Mass Index (BMI)	Ranges	My Goal	Keep Records
Find your BMI at www.cdc.gov/healthyweight/assessing			
Underweight	Below 18.5		
Healthy weight	18.5-24.9		
Overweight	25.0-29.9		
Obese	30.0+		

Waist Size (inches)	Ranges	My Goal	Keep Records
Men	< 40		
Women	< 35		

Blood Glucose (mg/dL) (fasting)	Ranges	My Goals	Keep Records
Normal blood glucose	80-100		
Pre-diabetes (for diagnosing)	100-125		
Diabetes (for diagnosing)	126+		
A1C (for diagnosing pre-diabetes)	5.7-6.4		
A1C (for diagnosing diabetes)	6.5+		



Slow Cooker Fajitas

Ingredients

1 (16-ounce) can low-sodium diced tomatoes
 2 pounds boneless, skinless chicken breasts
 1 packet low-sodium taco seasoning
 1 (16-ounce) can black beans, low sodium, drained
 1 (14-ounce) bag frozen bell peppers and onion mix
 12 (10-inch) whole wheat soft tortillas
 Optional toppings: Shredded cheese, plain Greek yogurt or light sour cream, and guacamole.

Directions

Add the diced tomatoes to a slow cooker. Then place the chicken breasts on top of the vegetable mixture. Sprinkle the taco seasoning over everything and cover with the lid. Cook on low for 4-6 hours or until chicken breasts are fully cooked, adding the beans and frozen vegetables during the last 60 minutes of the total cooking time. Remove the chicken breasts and shred the chicken using two forks. Then, add the shredded chicken back into the slow cooker, stir, and start building your fajita.

Serves 12. Per serving: 310 calories, 8 g total fat, 1 g saturated fat, 36 g carbohydrates, 7 g fiber, 25 g protein, and 470 mg sodium.



Pasta and Chick Peas

Ingredients

2 tablespoons vegetable oil
 3 cloves garlic, minced (about 1½ teaspoons)
 3 tablespoons tomato paste
 1 (15-ounce) can low-sodium garbanzo beans, drained and rinsed
 1 cup diced zucchini
 1 cup uncooked whole wheat short pasta
 1 (14-ounce) can reduced sodium diced tomatoes
 2 cups water

Directions

Heat a large sauté pan or pot over medium heat. Add the oil and heat until shimmering. Add the garlic and cook, stirring frequently, about 1-2 minutes. Stir in the tomato paste, scraping up any browned bits from the bottom. Add the remaining ingredients, increase the heat to high, and bring to a boil. Reduce the heat to simmer and cook for about 15-20 minutes, or until the pasta is tender.

Serves 3. Per serving: 300 calories, 12 g total fat, 2 g saturated fat, 43 g carbohydrates, 10 g dietary fiber, 11 g protein, and 200 mg sodium.



Blueberry Crisp

Ingredients

4 cups blueberries fresh or frozen
 2 tablespoons sugar
 1 tablespoon flour

Topping:

2 tablespoons soft margarine or butter
 2 tablespoons brown sugar
 1/4 cup flour
 3/4 cup oats
 1/2 cup chopped walnuts or almonds
 1/4 teaspoon cinnamon

Directions

In a medium bowl, mix blueberries with sugar and 1 tablespoons of flour. Lightly coat a 2-quart baking dish with cooking spray and pour in the blueberry mixture. Topping: in a medium bowl, combine the ingredients until crumbled. Sprinkle over blueberries. Bake in preheated 375 degree F oven for 40 minutes.

Serves 6. Per serving: 250 calories, 11 g total fat, 2 g saturated fat, 38 g carbohydrates, 5 g dietary fiber, 5 g protein, and 38 mg sodium.

VA Services and Resources – When You Need Them

Veteran Benefits

1-800-827-1000

va.gov

vets.gov

choose.va.gov

ebenefits.va.gov

Health Care Benefits

1-877-222-VETS (8387)

va.gov/health-care

Access and Quality in VA Healthcare

accesstocare.va.gov

Burials & Memorials

1-800-827-1000

va.gov/burials-memorials

Center for Minority Veterans

va.gov/centerforminorityveterans

Community Care (MISSION Act)

1-844-698-2311 (VA 311)

va.gov/communitycare

Devices for the Deaf (TDD)

Dial 711

Education & Training

1-888-442-4551

va.gov/education

Homeless Veterans

1-877-424-3838

va.gov/homeless

Mental Health

mentalhealth.va.gov

Military Exposures

(Agent Orange, Gulf War Illnesses, etc.)

1-877-222-8387

va.gov/health-care/health-needs-conditions

MOVE!® Weight Management

www.move.va.gov

National Center for Patient Safety

patientsafety.va.gov

National Center for Posttraumatic Stress Disorder (PTSD)

Call Your VA or 1-800-273-8255

ptsd.va.gov

SmokeFreeVET

1-855-QuitVET (855-784-8838)

Text VET to 47848

veterans.smokefree.gov

Survivor Benefits

1-800-827-1000

va.gov/survivors

Traveling Veterans Coordinator Program

va.gov/health-care/about-va-health-benefits/where-you-go-for-care

VA 311 (Ask the VA)

1-844-MyVA311 (1-844-698-2311)

VA Caregiver Support Line

1-855-260-3274

caregiver.va.gov

VA Facility Locator

va.gov/find-locations

VHA National Center for Health Promotion and Disease Prevention

prevention.va.gov

Virus Protection

publichealth.va.gov

Whole Health for Life

va.gov/wholehealth

Women Veterans Call Center

1-855-829-6636

womenshealth.va.gov



youtube.com/VeteransHealthAdmin

youtube.com/DeptVetAffairs

Mobile Health

VA Mobile Apps - mobile.va.gov



Video Connect



COVID Coach



PTSD Coach



Ask a Pharmacist



Pain Coach



Mood Coach



MOVE!® Coach



VetChange



Stay Quit Coach



Insomnia Coach



1-877-741-3400

24/7 virtual urgent care



OR text to 838255 • veteranscrisisline.net



Your source for health information

veteranshealthlibrary.va.gov

VA Sunshine Healthcare Network

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visn8.va.gov

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 at all
Medical Centers


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Find a VA hospital or
clinic near you:


va.gov/find-locations

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 **Bruce W. Carter Dept. of VA Medical Center**
1201 NW 16th Street
Miami, FL 33125
305-575-7000 • 888-276-1785
www.miami.va.gov

 **C.W. Bill Young VA Medical Center**
10000 Bay Pines Blvd.
Bay Pines, FL 33744
727-398-6661 • 888-820-0230
www.baypines.va.gov

 **James A. Haley Veterans' Hospital**
13000 Bruce B. Downs Blvd.
Tampa, FL 33612
813-972-2000 • 888-811-0107
www.tampa.va.gov

 **Lake City VA Medical Center**
619 South Marion Avenue
Lake City, FL 32025
386-755-3016 • 800-308-8387
www.northflorida.va.gov

 **Malcom Randall VA Medical Center**
1601 SW Archer Road
Gainesville, FL 32608
352-376-1611 • 800-324-8387
www.northflorida.va.gov

 **Orlando VA Healthcare System**
13800 Veterans Way
Orlando, FL 32827
407-631-1000 • 800-922-7521
www.orlando.va.gov

 **West Palm Beach VA Medical Center**
7305 North Military Trail
West Palm Beach, FL 33410
561-422-8262 • 800-972-8262
www.westpalmbeach.va.gov

 **VA Caribbean Healthcare System**
10 Casia Street
San Juan, Puerto Rico 00921
787-641-7582 • 800-449-8729
www.caribbean.va.gov

