

WELCOME TO DEPT. OF TEXAS VFW STATE SURGEON'S

Monthly Healthcare Newsletter

so glad you're here

GREETINGS COMRADES!

Healthcare Highlights

March Focus: Colorectal Cancer Awareness

March is nationally recognized as Colorectal Cancer Awareness Month, making it an important time to emphasize screening and prevention.

Colorectal cancer is one of the most preventable cancers when detected early through routine screening. Veterans aged 45 and older are encouraged to discuss screening options with their primary care provider. Early detection significantly increases treatment success rates.

Screening options may include:

- Colonoscopy
- Stool-based screening tests
- CT colonography

Veterans can reduce their risk by:

- Eating more fiber-rich foods
- Limiting processed meats
- Exercising regularly
- Maintaining a healthy weight
- Avoiding tobacco use



HEART HEALTH FOR VETERANS

CARDIOVASCULAR DISEASE REMAINS ONE OF THE LEADING HEALTH CONCERNS AMONG VETERANS. THE AMERICAN HEART ASSOCIATION EMPHASIZES THAT LIFESTYLE CHOICES PLAY A MAJOR ROLE IN PREVENTION.

RISK FACTORS INCLUDE:

- HIGH BLOOD PRESSURE
- HIGH CHOLESTEROL
- SMOKING
- DIABETES
- SEDENTARY LIFESTYLE

HEALTHY TIP: THE "30-MINUTE RULE"

AIM FOR 30 MINUTES OF MODERATE PHYSICAL ACTIVITY AT LEAST 5 DAYS A WEEK. ACTIVITIES SUCH AS BRISK WALKING, CYCLING, OR SWIMMING CAN SIGNIFICANTLY REDUCE HEART DISEASE RISK.

VETERANS ENROLLED IN VA HEALTH CARE CAN ALSO PARTICIPATE IN WELLNESS PROGRAMS OFFERED THROUGH LOCAL VA FACILITIES.

DIABETES PREVENTION AND MANAGEMENT

TYPE 2 DIABETES AFFECTS A SIGNIFICANT PORTION OF THE VETERAN POPULATION. PREVENTIVE CARE AND LIFESTYLE MODIFICATIONS CAN HELP REDUCE RISK AND IMPROVE OUTCOMES.

KEY PREVENTION STRATEGIES INCLUDE:

- MAINTAINING A BALANCED DIET
- ACHIEVING AND SUSTAINING A HEALTHY WEIGHT
- STAYING PHYSICALLY ACTIVE
- MONITORING BLOOD SUGAR LEVELS REGULARLY

HEALTHY TIP: FOLLOW THE "PLATE METHOD":

- HALF THE PLATE WITH VEGETABLES
- ONE QUARTER WITH LEAN PROTEIN
- ONE QUARTER WITH WHOLE GRAINS

THIS SIMPLE APPROACH CAN HELP REGULATE BLOOD SUGAR LEVELS AND SUPPORT HEALTHY NUTRITION.

SLEEP HEALTH AND RECOVERY

QUALITY SLEEP IS ESSENTIAL FOR PHYSICAL RECOVERY, MENTAL HEALTH, AND IMMUNE FUNCTION. VETERANS MAY EXPERIENCE SLEEP DISTURBANCES RELATED TO STRESS, IRREGULAR SCHEDULES, OR CONDITIONS SUCH AS SLEEP APNEA.

HEALTHY TIP: BUILD A HEALTHY SLEEP ROUTINE

- **AIM FOR 7–8 HOURS OF SLEEP PER NIGHT**
- **AVOID SCREENS 1 HOUR BEFORE BEDTIME**
- **MAINTAIN A CONSISTENT SLEEP SCHEDULE**
- **LIMIT CAFFEINE LATE IN THE DAY**

VETERANS EXPERIENCING PERSISTENT FATIGUE OR SNORING SHOULD CONSULT THEIR PRIMARY CARE PROVIDER FOR POSSIBLE SLEEP EVALUATIONS AND TREATMENT.

PREVENTIVE CARE: STAY UP TO DATE ON SCREENINGS

ROUTINE PREVENTIVE CARE PLAYS A KEY ROLE IN MAINTAINING HEALTH AND DETECTING CONDITIONS EARLY.

RECOMMENDED PREVENTIVE SERVICES INCLUDE:

- **BLOOD PRESSURE CHECKS**
- **CHOLESTEROL SCREENING**
- **CANCER SCREENINGS**
- **VACCINATIONS**
- **ANNUAL WELLNESS VISITS**
-

VETERANS ARE ENCOURAGED TO SCHEDULE REGULAR APPOINTMENTS WITH THEIR VA PRIMARY CARE TEAM TO STAY CURRENT ON PREVENTIVE HEALTH SERVICES.

STATE OF TEXAS VA ACCESS & INFRASTRUCTURE

TEXAS CONTINUES TO EXPERIENCE SIGNIFICANT EXPANSION IN VA HEALTHCARE ACCESS, DRIVEN BY POPULATION GROWTH, FORCE TRANSITION NEEDS, AND A NATIONAL PUSH TO DECENTRALIZE CARE. ONGOING INVESTMENTS IN OUTPATIENT INFRASTRUCTURE AND SYSTEM MODERNIZATION ARE IMPROVING ACCESS, REDUCING TRAVEL BURDEN, AND ENHANCING CONTINUITY OF CARE FOR VETERANS ACROSS THE STATE.

RECENTLY OPENED CLINICS

- GALVESTON VA OUTPATIENT CLINIC (2026)
 - MODERN REPLACEMENT FACILITY IMPROVING ACCESS FOR COASTAL VETERANS
 - ENHANCED PATIENT FLOW, PARKING, AND CLINICAL CAPACITY

UNDER DEVELOPMENT / FUNDED PROJECTS

- ROUND ROCK VA OUTPATIENT CLINIC (TARGET 2027)
 - FULL-SERVICE OUTPATIENT SITE (PRIMARY CARE, MENTAL HEALTH, REHAB, IMAGING)
 - SUPPORTS RAPID POPULATION GROWTH NORTH OF AUSTIN
- BEAUMONT VA CLINIC EXPANSION
 - SIGNIFICANT SCALE-UP TO INCLUDE SPECIALTY CARE, CT IMAGING, PROSTHETICS, AND REHAB SERVICES
 - TRANSITIONING FROM BASIC CLINIC → REGIONAL CARE HUB
- COPPERAS COVE / KILLEEN VA CLINIC (NEAR FORT CAVAZOS)
 - LARGE-SCALE PROJECT SUPPORTING ONE OF THE HIGHEST VETERAN DENSITY REGIONS IN TEXAS
 - DESIGNED TO IMPROVE ACCESS FOR UP TO ~200,000 VETERANS
- BOERNE / HILL COUNTRY VA CLINIC (PLANNING PHASE)
 - REFLECTS CONTINUED DECENTRALIZATION FROM SAN ANTONIO CORE INTO SURROUNDING COMMUNITIES

DENTAL CARE

THE VA IS EXPANDING COMMUNITY-BASED DENTAL CARE ACCESS, IMPROVING AVAILABILITY OF PREVENTIVE AND SPECIALTY SERVICES.

OPERATIONAL IMPACT:

- INCREASED RELIANCE ON CIVILIAN CARE PARTNERSHIPS
- GREATER FLEXIBILITY FOR REGIONAL MEDICAL LEADERSHIP
- IMPROVED ACCESS TIMELINES FOR SPECIALTY SERVICES

HEALTHY RECIPE OF THE MONTH

HEART-HEALTHY VETERAN POWER BOWL

THIS NUTRITIOUS RECIPE SUPPORTS HEART HEALTH, ENERGY LEVELS, AND WEIGHT MANAGEMENT.

INGREDIENTS

1 CUP COOKED QUINOA

½ CUP GRILLED CHICKEN BREAST (LEAN PROTEIN)

½ AVOCADO (HEALTHY FATS)

½ CUP ROASTED SWEET POTATOES

1 CUP MIXED LEAFY GREENS

1 TABLESPOON OLIVE OIL

FRESH LEMON JUICE

SALT AND PEPPER TO TASTE

INSTRUCTIONS

- 1. PLACE QUINOA IN A BOWL AS THE BASE.**
- 2. ADD GRILLED CHICKEN, SWEET POTATOES, AVOCADO, AND GREENS.**
- 3. DRIZZLE WITH OLIVE OIL AND LEMON JUICE.**
- 4. SEASON LIGHTLY WITH SALT AND PEPPER.**
- 5. HEALTH BENEFITS**
- 6. HIGH FIBER FOR DIGESTIVE HEALTH**
- 7. LEAN PROTEIN FOR MUSCLE RECOVERY**
- 8. HEALTHY FATS THAT SUPPORT HEART HEALTH**
- 9. COMPLEX CARBOHYDRATES FOR SUSTAINED ENERGY**

MARCH VETERAN FITNESS CHALLENGE

"10,000 STEP MISSION"

PHYSICAL ACTIVITY PLAYS A MAJOR ROLE IN PREVENTING CHRONIC DISEASES SUCH AS HEART DISEASE AND TYPE 2 DIABETES.

CHALLENGE GOAL

YOU ARE ENCOURAGED TO COMPLETE 10,000 STEPS PER DAY THROUGHOUT THE MONTH OF MARCH.

HOW TO PARTICIPATE

- **TRACK DAILY STEPS USING A PHONE OR WEARABLE DEVICE.**
- **WALK OUTDOORS, ON A TREADMILL, OR AT A LOCAL PARK.**
- **INVITE FELLOW VETERANS, FRIENDS, OR FAMILY MEMBERS TO JOIN.**

BENEFITS

REGULAR WALKING CAN:

- **IMPROVE CARDIOVASCULAR HEALTH**
- **STRENGTHEN MUSCLES AND JOINTS**
- **REDUCE STRESS AND ANXIETY**
- **IMPROVE SLEEP QUALITY**

EVEN SHORT WALKS THROUGHOUT THE DAY CAN ADD UP TO SIGNIFICANT HEALTH BENEFITS.

JOIN IN AND USE THIS HASHTAG

#STEPPINWITHTXVFW TO SHOWCASE YOUR MOVES!

RESOURCE LIST

MENTAL HEALTH & WELLNESS SERVICES - ENDEAVORS®

WE PROVIDE A RANGE OF TOOLS AND SERVICES AIMED AT ASSISTING VETERANS AND THEIR FAMILIES IN LEADING FULFILLING LIVES. OUR OFFERINGS INCLUDE FREE AND LOW-COST COUNSELING, MENTAL HEALTH SUPPORT, LIFE SKILLS COURSES, FITNESS CLASSES, CASE MANAGEMENT, AND MUCH MORE.



HOME - VMHD

THE VETERANS MENTAL HEALTH DEPARTMENT (VMHD) IS FOCUSED ON ENSURING ACCESS TO COMPETENT MENTAL HEALTH SERVICES FOR SERVICE MEMBERS, VETERANS, AND THEIR FAMILIES.



[HTTPS://WWW.MENTALHEALTH.VA.GOV/](https://www.mentalhealth.va.gov/)

VA HAS A VARIETY OF MENTAL HEALTH RESOURCES, INFORMATION, TREATMENT OPTIONS AND MORE—ALL ACCESSIBLE TO VETERANS, VETERANS' SUPPORTERS AND THE GENERAL PUBLIC.



MILITARY COUNSELING FOR STRESS | MILITARY ONESOURCE

MILITARY ONESOURCE IS YOUR FREE 24/7 GATEWAY TO INFORMATION, ANSWERS AND SUPPORT. AS A DEPARTMENT OF DEFENSE-FUNDED PROGRAM, WE PUT EXPERT CONFIDENTIAL HELP TO WORK FOR SERVICE MEMBERS, IMMEDIATE FAMILY AND SURVIVORS WHO NEED A LITTLE EXTRA GUIDANCE FOR ALL THINGS MILLIFE.



VETERAN MENTAL HEALTH SERVICES

THROUGH OUR INTERACTIVE PROGRAMS, MENTAL HEALTH WORKSHOPS, AND A BROAD OFFERING OF PROFESSIONAL SERVICES, VETERANS CAN BUILD RESILIENCE TO HELP OVERCOME MENTAL HEALTH CONDITIONS, INCLUDING PTSD, MILITARY SEXUAL TRAUMA (MST), TRAUMATIC BRAIN INJURY (TBI), AND MORE.



FREE COUNSELING FOR VETERANS | INDIVIDUAL AND GROUP TREATMENT OPTIONS

U.S.VETS OFFERS FREE COUNSELING AND TREATMENT SERVICES DESIGNED TO ADDRESS THE UNIQUE NEEDS OF EACH CLIENT IN A SAFE AND CONFIDENTIAL ENVIRONMENT. PLEASE CONTACT US IF YOU NEED MENTAL HEALTH AND WELLNESS SERVICES.



THE HEADSTRONG PROJECT - 501C3 NONPROFIT FOR VETERAN MENTAL HEALTH

THE HEADSTRONG PROJECT IS A NON-PROFIT MENTAL HEALTH ORGANIZATION PROVIDING CONFIDENTIAL, BARRIER-FREE, AND STIGMA-FREE PTSD TREATMENT TO OUR VETERANS, SERVICE MEMBERS, AND FAMILY CONNECTED TO THEIR CARE.



MENTAL HEALTH SERVICES FOR SERVICE MEMBERS, VETERANS & FAMILY

ENTERSTONE'S MILITARY SERVICES EXISTS TO BREAK DOWN BARRIERS TO CARE OFTEN EXPERIENCED BY OUR NATION'S SERVICE MEMBERS AND THEIR FAMILIES. WE ARE COMMITTED TO PROVIDING MENTAL HEALTH SERVICES FOR OUR HEROES—INCLUDING ACTIVE DUTY SERVICE MEMBERS, MEMBERS OF THE NATIONAL GUARD OR RESERVES, VETERANS, AND MILITARY FAMILY MEMBERS.



MENTAL HEALTH CARE FOR MILITARY AND FAMILIES - GIVE AN HOUR

GIVE AN HOUR IS POISED TO STEP IN AND PROVIDE CONFIDENTIAL, NO-COST MENTAL HEALTH CARE SERVICES TO ACTIVE-DUTY MILITARY, RESERVISTS, GUARD, VETERANS, AND, IN CERTAIN CASES, SPOUSES AND CAREGIVERS.



Highlights

#TEXASVFWSTRONG

- VFW POST 4709 POST SURGEON, TIFFANY PEREZ ABLE TO SECURE AND GIVEAWAY A 1 YEAR FREE GYM MEMBERSHIP AT CRUNCH FITNESS IN CONROE FOR A FELLOW VETERAN!
- VFW POST 4709 ALONG WITH OPERATION ZERO HOSTED A SUICIDE PREVENTION CLASS AND RESOURCE DAY.
- STATE SURGEON HOSTED A SURGEON SEMINAR FEATURING MEDICARE SPECIALIST FROM ADVOCATE HEALTH.
- VFW POST 4709 HELD THIER MONTHLY CHAIR YOGA.
- VAVS REP MIGUEL VALVERDE OUT OF WACO, TX ALONG WITH VFW/AUX MEMBERS HOSTED A MONTHLY COFFEE BAR/POPCORN GIVEAWAY AT THE DORRIS MILLER VA HOSPITAL IN WACO, TX.



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Congratulations!

TO OUR NEW VAVS REPS

MIGUEL VALVERDE
FROM WACO, TX
& KATIE BAILLIO
FROM DFW!



Coming Up

STAY TUNED FOR SPECIAL TRAINING SESSION VIA WEBINAR WITH CHAMPVA SPECIALISTS!



Free Resources

WOMAN VETERANS RESOURCE GUIDE

A comprehensive resource guide
for woman Veterans
encompassing a plethora of
topics from healthcare to
employment and more.

[INSTANT DOWNLOAD](#)

VA 2026 HEALTHCARE

[INSTANT ACCESS](#)

VA NEW LOGIN
INSTRUCTIONS

[CLICK HERE FOR LINK!](#)

NOTES FOR POST & DISTRICT SURGEONS

- SUBMIT MONTHLY POST SURGEON ACTIVITY REPORTS
- DISTRIBUTE VA HEALTHCARE ENROLLMENT INFORMATION
- SHARE LOCAL CLINIC HOLIDAY SCHEDULES AND CLOSURES
- PROMOTE MENTAL HEALTH CHECK-INS AND SUPPORT GROUPS
- ENCOURAGE MEMBERS TO UPDATE THEIR VA MEDICAL RECORDS & CONTACT INFORMATION

CLOSING MESSAGE

Small daily health choices—such as staying active, eating balanced meals, and prioritizing mental wellness—can make a lasting impact on overall health and readiness. Preventive care and healthy habits are essential to ensuring veterans continue to live healthy and fulfilling lives after service.

In Comradeship,

*VFW Department of Texas - State Surgeon
Andrea Ortiz*

VAVS PROGRAM

VETERAN AFFAIRS VOLUNTARY SERVICE OR BETTER KNOWN AS VAVS, IS THE FEDERAL GOVERNMENT'S LARGEST VOLUNTEER PROGRAM AND VFW HAS BEEN INVOLVED IN THE PROGRAM SINCE ITS INCEPTION IN 1946.

AS A DEPARTMENT, WE ARE IN DIRE NEED OF VFW VAVS DEPUTY REPRESENTATIVES ACROSS THE STATE.

IF YOU ARE NOT ALREADY SIGNED UP AS A VAVS LEAD/DEPUTY REPRESENTATIVE, AND YOU ARE SERVING IN THE CAPACITY OF A POST SURGEON/DISTRICT SURGEON, PLEASE REACH OUT TO ME TO DISCUSS HOW WE CAN GET YOU INVOLVED.

IF YOU ARE INTERESTED IN SUPPORTING AND VOLUNTEERING AT THE VA, I ENCOURAGE YOU TO ALSO REACH OUT TO SEE HOW WE CAN BEST GET YOU INVOLVED.

- QUARTERLY FACILITY MEETINGS
- ANNUAL JOINT REVIEW (NOV)
- MANY OPPORTUNITIES TO SERVE
- STAYING UP TO DATE ON YOUR VA'S UPDATES
- ADVOCACY FOR CHANGE



VA VOLUNTEER PROGRAMS



VFW is seeking volunteers for VA Volunteer Service Programs

(VFW Membership not required)

Volunteer Opportunities

(In-person or Online) Compassionate

Contact Corps
Corporate Volunteerism
Physician Ambassador Program
Student Volunteer Program /
James H. Parke Memorial Scholarship
Volunteer Transportation Network
Voter Assistance

Join a Legacy of Service

Volunteer once, occasionally, or regularly – your assistance and time are priceless to the VFW, Department of Veterans Affairs (VA), and our Nations Veterans.

No Computer? No Problem.
Call 1-800-VFW-1899 for assistance today!

Important Contacts

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Stay Connected!



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[LET'S CHAT!](#)