

# VETS QUARTERLY

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VSO Quarterly Newsletter

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## A WORD FROM THE VETERANS

SEERVICES OFFICER

WESLEY TUCKER

Memorial Day is a significant day of remembrance for the brave men and women who have made the ultimate sacrifice in service to our country. It is a time to honor and pay tribute to those who have given their lives to protect our freedoms and way of life. In Shasta County, like many other communities across the nation, Memorial Day holds a special place in the hearts of residents as they come together to remember and honor the fallen service members.

There are various ways in which the people of Shasta County can honor and remember the fallen service members on Memorial Day. One of the most common ways is by attending memorial services and ceremonies held throughout the county. These events provide an opportunity for the community to come together, reflect on the sacrifices made by the fallen heroes, and show their support for their families. Also, speak with your families and children about the sacrifices of our fallen service members and how we get to enjoy freedoms at home because of their sacrifices abroad.

Furthermore, individuals can also participate in activities such as volunteering at veterans' organizations, donating to charities that support veterans and their families, or simply taking a moment of silence to reflect and remember the sacrifices made by the fallen service members. It is important to keep the memory of these brave individuals alive and to ensure that their legacy is never forgotten. By honoring and remembering the fallen service members on Memorial Day, the people of Shasta County continue to demonstrate their appreciation and gratitude for the sacrifices made by those who have served our country. Do not let our fallen heroes be forgotten.



# Choose VA

## VA Health Care Eligibility *Myth Busters*

**MYTH:** I didn't serve in combat and I wasn't injured during my military service, so I won't be eligible for VA health care.

**FACT:** You don't have to be a combat Veteran, or have been injured during your military service, to be eligible for VA health care. This is why we encourage all Veterans to apply for VA health care.



**MYTH:** I already have my own health insurance and a community provider, so there's no reason for me to apply for VA health care.

**FACT:** You don't have to give up your health insurance or current providers when you apply for VA health care. VA and community providers frequently work together to ensure a Veteran's health and wellbeing. This is called Co-Managed Care. VA health care can also provide an important safety net later in life. Why not apply now, so you don't have to worry about it later?

*If you have questions, you would like answered- please feel free to submit them to the VSO email. We will email you back and, if possible, post in our next newsletter for other to see.*



**MYTH:** I'm a woman, and the VA is for men. They won't "get" me.

**FACT:** Many women who have served don't self-identify as a Veteran. If you served, you are a Veteran. And the VA is here to serve you, with a Women Veterans Health Program designed to meet your unique needs, from primary care to specialized care for chronic conditions or reproductive health.

**MYTH:** I don't need VA health care—I'm healthy and I feel fine.

**FACT:** You don't have to be sick, been injured during military service or have a chronic condition to apply for VA health care. In addition to providing a full range of health care services, the VA specializes in providing the primary care that is important for any age. **In the future, should you have an accident, develop a condition or suffer something debilitating, like a stroke, you and your family will have peace of mind knowing that you are already enrolled for VA health care.**

**MYTH:** There are other Veterans out there who need help more than I do. I should leave my spot open for them.

**FACT:** You can actually benefit your fellow Veterans by using VA health care. An increase in the number of Veterans served will result in increased funding for important VA programs and services that benefit all Veterans.





# U.S. Department of Veterans Affairs

## Healthy Teaching Kitchen Program

Making healthy food choices is the #1 thing you can do for your health. Learning how to cook can be a key step towards getting healthier foods on your plate. The Healthy Teaching Kitchen (HTK) program provides Veterans with nutrition knowledge, cooking skills, and guided practice to build confidence in cooking at home with healthy, minimally processed foods.

VA facilities across the country offer Healthy Teaching Kitchen (HTK) programs which teach Veterans and their support persons about food, nutrition and how to prepare and store balanced, healthy dishes. Classes are open to VA-enrolled Veterans and a “plus one” if desired— this can be a partner, family member, caretaker or anyone involved in helping you purchase an prepare food. HTK classes are taught in-person at your local VA, or online via the VA Video Connect (VVC) platform and range from demonstration-style, to hands-on and cook-along participation. Classes include nutrition education and discussion on different nutrients, meal balancing, grocery shopping, meal planning, cooking skills, and more. The classes also provide simple, quick and tasty recipes to support your health journey. Many HTKs also include disease-specific options, such as carbohydrate-controlled cooking for diabetes, support for heart health, and anti-inflammatory cooking. To find out if your facility has an HTK program, contact your PACT dietitian/nutritionist today!”

Go online and check out the many recipes and other helpful links!

<https://www.nutrition.va.gov/Recipes.asp>

## Nutrition and Food Services

### ▼ Nutrition and Food Services

NFS Home

Get Help from a Dietitian

Diabetes Self-Management Education and Support

Food Security

Healthy Teaching Kitchen Program

► Nutrition and Health Topics

▼ Recipes & Cooking Videos

Recipes & Cooking Videos Home Page

### Recipes, Cookbooks, and Cooking Videos

The VA Nutrition and Food Services Healthy Teaching Kitchen Program has put together over 200 healthy recipes that can be found in our [Recipe Library](#), [Cookbooks](#), and [Cooking Videos](#). New recipes are always being added so check back often.

### Recipe Library

Recipes are organized by category



Main Dish Recipes



Side Dish Recipes



Beverage Recipes



Breakfast Recipes



# Chicken Couscous Paella

Prep: 20 minutes | Cook: 30 minutes | Total: 50 minutes

Yield: 4 servings | Serving Size:  $\frac{1}{4}$ <sup>th</sup> of the recipe

## Ingredients

- 1 small onion, diced
- 3 cloves garlic, minced (about 1½ teaspoons)
- ½ cup peas, frozen
- ½ cup diced celery
- ½ cup diced bell pepper
- ½ teaspoon dried thyme
- ½ teaspoon fennel seed or dill
- ½ teaspoon ground black pepper
- ¼ teaspoon turmeric
- ½ teaspoon paprika
- 2 large tomatoes, diced
- ¾ cup (6 ounces) chicken broth
- ½ cups whole-wheat couscous
- ½ pound cooked chicken breast, cubed

## Directions

1. Heat a skillet or sauté pan over medium-low heat.
2. Coat the pan with cooking spray.
3. Add the onion and cook until soft, about 4-5 minutes.
4. Add the garlic, peas, celery, bell pepper, thyme, fennel seed, black pepper, turmeric, and paprika.
5. Cook, stirring frequently, until fragrant.
6. Stir in the tomatoes and broth.
7. Bring to a simmer over medium heat.
8. Add the couscous.
9. Cover the pan with a lid and remove from heat. Let stand for about 5 minutes.
10. Stir in the chicken and cook until heated through.
11. Fluff with a fork, then serve warm.

## Recipe Notes

- For seafood paella, substitute 4 ounces shrimp and 4 ounces scallops for the chicken breast.

**Nutrition Facts Per Serving:** Calories: 205 | Total Fat: 2 g | Saturated Fat: 0 g  
Sodium: 185 mg | Total Carbohydrate: 27.5 g | Dietary Fiber: 4.5 g | Protein: 18 g

Submitted by Sean Walsh RD, CSC, Ioannis A. Lougaris VAMC  
For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



**VA** | U.S. Department  
of Veterans Affairs

# Calendar Days to Remember

## April

### Month of the Military Child

An opportunity to recognize military children and youth for their heroism, character, courage, sacrifices and continued resilience.

### **April 5, 2024** - Gold Star Spouses Day

A day set aside to recognize the sacrifices of Gold Star spouses.

## May

### National Military Appreciation Month

A month to recognize and show appreciation to the Armed Forces of the United States of America.

### **May 1, 2024** - Loyalty Day

A day set aside for American citizens to reaffirm their loyalty to the United States and to recognize the heritage of American freedom. Learn more...

### **May 1, 2024** - Silver Star Service Banner Day

A day set aside to honor our wounded, ill, and dying military personnel by participating in flying a Silver Star Banner.

### **May 2, 2024** - National Day of Prayer

The National Day of Prayer is an annual observance held on the first Thursday of May, inviting people of all faiths to pray for the nation.

### **May 8, 2024** - VE (Victory in Europe) Day

(Celebrated May 7 in commonwealth countries)  
A day which marks the anniversary of the Allies' victory in Europe during World War II

### **May 10, 2024** - Military Spouse Appreciation Day

A day set aside to acknowledge the contributions and sacrifices of the spouses of the U.S. Armed Forces.

### **May 12, 2024** - Mother's Day

### **May 13, 2024** - Children of Fallen Patriots Day

A day to honor the families our Fallen Heroes have left behind – especially their children. It's a reminder to the community that we have an obligation to support the families of our Fallen Patriots.

### **May 18, 2024** - Armed Forces Day

A day set aside to pay tribute to men and women who serve in the United States' Armed Forces.

### **May 27, 2024** - Memorial Day (Decoration Day)

A day set aside to commemorate all who have died in military service for the United States. Typically recognized by parades, visiting memorials and cemeteries.

### **April 14, 2024** - Air Force Reserve Birthday

### **April 17, 2024** - Purple Up! Day

During the Month of the Military Child, Purple Up! Day recognizes some of the military's most unsung heroes – their children. The day encourages everyone to wear purple representing all branches of the military and showing unity with each other.

### **April 23, 2024** - Army Reserve Birthday

### **April 25, 2024** - ANZAC Day (Australia and New Zealand)

A day of remembrance to honor those who served and died in military service for their countries.

### **April 30, 2024** - National Military Brats Day

A day set aside to honor the children of military personnel



## June

**June 6, 2024** - Anniversary of the World War II Allied invasion in Normandy, France, known as D-Day (1944)

**June 12, 2024** - Women Veterans Day

**June 14, 2024** - Flag Day

A day to commemorate the adoption of the United States flag.

**June 14, 2024** - Army Birthday

**June 16, 2024** - Father's Day

June 23, 2024 - Coast Guard Auxiliary Birthday

**June 25, 2024** - Anniversary of the start of the Korean War (1950)

**June 27, 2024** - National PTSD Awareness Day  
A day set aside to raise public awareness about issues related to PTSD.



## DID YOU KNOW.....

Anzac Day on April 25 is one of Australia and New Zealand's most important and revered national occasions.

In Australia and New Zealand, April 25 is the national day of commemorating victims of war and honoring the role of the armed forces. The day marks and remembers the first massive military participation by Australian and New Zealand forces during the First World War.

'Anzac' stands for Australian and New Zealand Army Corps. In history, April 25, 1915, was the day that Anzac troops landed at Gallipoli, Turkey. After the invasion of Belgium in 1914, war was declared against Germany by Great Britain. As part of the British Empire, Australia and New Zealand were obligated to participate in the war.

On April 25, 1915, soldiers of the Allies started to land at Gallipoli at dawn. The mission was to reach Istanbul, eliminate Turkey from the war, and also provide supplies for Russia against Germany. There were a total of 70,000 soldiers, out of which approximately 20,000 were Australian and New Zealand soldiers. As bold as this entire mission was, it reached a deadlock and the troops failed at their objective. The mission was drawn out for eight months and eventually, they withdrew by the end of 1915.

In 1915, October 13 was the first day to be referred to as Anzac Day. This observance was to take the place of the Eight-Hour Day holiday and occurred in Adelaide. The first 'Anzac Day' was more of a patriotic holiday that aimed to raise awareness of the soldiers' efforts and to raise funds, rather than the serious commemoration it became.

The Allied Forces retreated after there were severe casualties on both sides. Reportedly, 2,700 New Zealanders and 8,700 Australians were killed. A year later, the first anniversary of the event was observed by England, Australia, and New Zealand, as well as the troops in Egypt. In the same year, April 25 was officially declared as 'Anzac Day' by George Pearce, the acting Australian Prime Minister. By the mid-1920s, Anzac Day had become a national public holiday.



Please feel free to email questions or concerns to us at  
[vso@co.shasta.ca.us](mailto:vso@co.shasta.ca.us)

# Shasta County Veteran Services Office



Phone: 530-225-5616 Option #1

[www.shastacounty.gov/veterans](http://www.shastacounty.gov/veterans)

**Monday – Friday**  
**8:30am -11:30 am & 1:00pm – 4:00pm**