

VA Wellness Guide: 9 Healthy Living Messages

You can ensure the best health care possibly by understanding and working with your VA Team of Health Care Professionals as an informed patient. The MEDVAMC is dedicated to providing Veteran's with VHA and community resources to address the 9 Healthy Living Messages. **“Control + Click” on the message you would like to learn more about:**



[Be Involved In Your Health Care](#)



[Be Tobacco Free](#)



[Eat Wisely](#)



[Be Physically Active](#)



[Strive for a Healthy Weight](#)



[Limit Alcohol](#)



[Get Recommended Screening Tests and Immunizations](#)



[Manage Stress](#)



[Be Safe](#)

Be Involved In Your Healthcare

Key Message

There are many ways to take an active role. Work with your health care team to improve your health.

Tips On Being Involved

- Give your treatment team accurate and complete information about current and past health problems.
- Write down questions and concerns you want to ask your health care team and bring it to your physician visit.
- Participate in decisions about your health and treatment.
- Ask for written information and instructions to keep or share with family/caregiver.
- Visit [My HealthVet](#) or the VA library to gather information about your health problems or treatment plan.
- Involved your family or caregiver, they can be a great support network!
- [VHA "Be Involved In Your Healthcare Handout"](#)

Resources

"Control + Click" on your location to learn more about resources in your area.

[Beaumont](#) [Conroe](#) [Galveston](#) [Lake Jackson](#) [Lufkin](#)

[MEDVAMC](#) [Richmond](#) [Texas City](#) [National Resources](#)

BEAUMONT

[My HealthVet](#)

[Military Service Record Request](#)

National Mental Health Association- Beaumont Affiliation
409-833-9657

CONROE

[My HealtheVet](#)

[Military Service Record Request](#)

GALVESTON

[My HealtheVet](#)

[Military Service Record Request](#)

LAKE JACKSON

[My HealtheVet](#)

[Military Service Record Request](#)

LUFKIN

[My HealtheVet](#)

[Military Service Record Request](#)

MEDVAMC

[My HealtheVet](#)

[Military Service Record Request](#)

[Crisis Intervention of Houston](#)

713-HOTLINE

713-526-8088 (Español)

[Depression and Bipolar Support Alliance of Greater Houston](#)

Offers [Veteran's Only support groups](#). Veterans or their family members may attend any of the support groups at any location.

Amputee Support Group

Stacy Flynn: 713-794-7819

Rosa Lane-Smith: 713-791-1414, ext 24034

MEDVAMC NU 2A Dining Room (Meets 4th Wednesday of every month at 3 pm)

Breast Cancer Survivors' Support Group

Magdalena S. Ramirez: 713-791-1414, ext. 25289

Gail Menchaca: 713-791-1414, ext. 23936

MEDVAMC Cancer Center Family Room 4C-365 (Meets last Tuesday of every month at noon)

Cancer Support Group

Maria Lozano-Vasquez: 713-791-1414, ext. 25273

MEDVAMC Cancer Center Family Room 4C-345 (Meets 3rd Tuesday of every month at 11am)

Liver Transplant Support Group

Juleena Masters: 713-791-1414, ext. 26286

MEDVAMC Room 5B-166 (Meets every Tuesday at 3 pm)

Lung Cancer Support Group

Maria Lozano-Vasquez: 713-791-1414, ext. 25273

MEDVAMC Cancer Center Family Room 4C-365 (Meets 1st Tuesday of every month at 1:30 pm)

Parkinson's Disease Education & Support Group

Shawna Johnson: 713-794-8410

Prostate Cancer Support Group

Maria Lozano-Vasquez: 713-791-1414, ext. 25273

MEDVAMC Cancer Center Conference Room 4C-345 (Meets 3rd Thursday of every month from 1-2 pm)

Stroke Support Group

Kathryn Kertz: 713-791-1414, ext. 24192

Laura Lawhon: 713-794-7814

MEDVAMC NU 2a Day Room, Room 2B-210 (Meets the 3rd Tuesday of every month at 3 pm)

Vet-to-Vet Support & Education Group

Cristy Gamez-Galka: 713-791-1414, ext. 24378

MEDVAMC Room 6B-118 (Meets every Wednesday at 6 pm)

Room 6B-117 (Meets every Thursday at 9 am)

Room 6C-167 (Meets every Thursday at 11 am)

[National Mental Health Association- Houston Affiliation](#)

713-523-8963

RICHMOND

[My HealtheVet](#)

[Military Service Record Request](#)

TEXAS CITY

[My HealtheVet](#)

[Military Service Record Request](#)

NATIONAL RESOURCES

[Access Patient Education Resources online](#)

[Start Moving Forward: Online Health Coaching Program](#)

[Medicare Information](#)

800-633-42273

[National Mental Health Association](#)

800-969-6642

[National Institute of Health Mental Health and Behavior](#)

[National Suicide Prevention Hotline](#)

800-273-8255 – this hotline is for any veteran, family member, or friend in crisis or helping someone in crisis.

[Vet to Vet Mental Health Information](#)

877-292-5588

Be Tobacco Free

Key Message

Be tobacco free! Don't use tobacco in any form. If you are using tobacco, the VA can help you quit. Avoid second hand smoke. If you are pregnant, both you and your baby will benefit when you quit using tobacco.

How Tobacco Negatively Impacts Your Health

- Smoking harms nearly every organ of the body. Using tobacco causes many diseases and affects your overall health
- All forms of tobacco are harmful. This includes cigars, pipes, snuff, snus, chewing tobacco and electronic or smokeless cigarettes.
- Tobacco use can cause:
 - Cancers
 - Heart disease
 - Stroke
 - Complications of pregnancy
 - Chronic obstructive pulmonary disease (COPD)
- Second hand smoke is association with:
 - Sudden infant death syndrome (SIDS)
 - Acute lung infections and ear problems
 - More frequent and severe asthma attacks in children

Benefits of Being Tobacco Free

- Have more energy and breathe easier,
- Save money to spend on other things,
- Notice that your clothes, care, and home smell better,
- Have less skin damage, such as wrinkles, and less stains on your skin and nails,
- Find that food smells and tastes better,
- Protect your family and friends from secondhand smoke.
- [VHA "Be Tobacco Free" Handout](#)

Resources

“Control + Click” on your location to learn more about resources in your area.

[Beaumont](#) [Conroe](#) [Galveston](#) [Lake Jackson](#) [Lufkin](#)

[MEDVAMC](#) [Richmond](#) [Texas City](#) [National Resources](#)

BEAUMONT

[American Cancer Society Guide to Quitting](#)

[Centers for Disease Control and Prevention](#)

800-QUIT-NOW (800-784-8669)

www.ucanquit2.org

CONROE

[American Cancer Society Guide to Quitting](#)

[Centers for Disease Control and Prevention](#)

800-QUIT-NOW (800-784-8669)

www.ucanquit2.org

GALVESTON

[American Cancer Society Guide to Quitting](#)

[Centers for Disease Control and Prevention](#)

800-QUIT-NOW (800-784-8669)

www.ucanquit2.org

LAKE JACKSON

[American Cancer Society Guide to Quitting](#)

[Centers for Disease Control and Prevention](#)

800-QUIT-NOW (800-784-8669)

www.ucanquit2.org

[Brazos Place](#)

1103 North Avenue H
Freeport, TX
(979) 233-3826 ext. 108

LUFKIN

[American Cancer Society Guide to Quitting](#)

[Centers for Disease Control and Prevention](#)

800-QUIT-NOW (800-784-8669)

www.ucanquit2.org

MEDVAMC

VETS KICK BUTTS SMOKING CESSATION PROGRAM

Primary Care – Clinic 4, NASA Clinic

Wednesdays & Thursdays 1-2:30pm, no appointment needed, walk-in!

Veterans receive a workbook, quit card, and nicotine replacement (patches, medication, Gum, etc.) all free of charge

Contact Dr. Daniel DeBrule, Health Behavior Coordinator, at ext. 23911 for more info.

[American Cancer Society Guide to Quitting](#)

[Centers for Disease Control and Prevention](#)

800-QUIT-NOW (800-784-8669)

www.ucanquit2.org

RICHMOND

[Tobacco Free Fort Bend](#) (classes and interventions for residents of Fort Bend County)
rcarter@fortbendcouncil.org or (281) 207-2420

[American Cancer Society Guide to Quitting](#)

[Centers for Disease Control and Prevention](#)

800-QUIT-NOW (800-784-8669)

www.ucanquit2.org

TEXAS CITY

[American Cancer Society Guide to Quitting](#)

[Centers for Disease Control and Prevention](#)

800-QUIT-NOW (800-784-8669)

www.ucanquit2.org

NATIONAL RESOURCES

[New Programs in the VA System](#)

1-855-QUIT-VET – hotline

SmokeFreeVET – text “VET” to 47848



Quit VET A toll free telephone smoking quitline

Speak with a counselor and get:

- Individualized counseling
- Help developing a quit plan
- Strategies to prevent relapse
- Follow-up calls to help you stay quit

1-855-QUIT VET
(1-855-784-8838)
Mon-Fri 8AM-8PM (ET)
Consejería en Español
es disponible

This hotline is in English and Spanish. Providing health care services in a person’s primary language, Spanish for many Veterans, can help to address health disparities. Providing smoking cessation counseling in Spanish can help to engage Hispanic Veterans in a vital component of quitting. VA’s smoking cessation [quitline](#), **1-855-QUIT VET (1-855-784-8838)**, offers counseling to Veterans in Spanish as well as in English.

For extra support when quitting, try using SmokefreeVET, a mobile text messaging service that provides around-the-clock encouragement, advice, and tips to help you quit. You can opt-in to the program by texting the word VET from your phone to 47848 up to two weeks before your quit date. You will receive text messages of support and encouragement for six weeks after your quit date. Veterans without a text messaging plan can just text a keyword, URGE, STRESS, or SMOKED, to 47848 and receive a single message in response.

[**American Cancer Society Guide to Quitting**](#)

800-227-2345

[**Centers for Disease Control and Prevention**](#)

800-QUIT-NOW (800-784-8669)

[**EX Re-learn Life Without Cigarettes**](#)

800-784-8669

[**My Last Dip**](#)

[**Natl. Heart, Lung, and Blood Institute: Quitting Smoking**](#)

301-592-8573

[**Quit For Life Program**](#)

866-784-8454

QUIT LINE

877-YES-QUIT (877-937-7848)

[**Quit Tobacco. Make Everyone Proud**](#)

[**Smoke Free**](#)

[**U.S. Food and Drug Administration**](#)

Eat Wisely

Key Message

East wisely to maximize your health. Eat a variety of foods including vegetables, fruits and whole grains. It is important to include fat-free or low-fat milk and milk products in your diet, and limit total salt, fat, sugar, and alcohol.

General Recommendations

- Eat a variety of foods and beverages, choosing foods high in fiber, low in added salt or sugars, and low in saturated and trans fat, and cholesterol.
- Get the nutrients you need by following a balanced diet. Know how to balance your plate by following the USDA's [MyPlate](#) method.
- Maintain a body weight in a healthy range. For additional information refer to the Health Living Message: "Strive for a Healthy Weight."
- Know your calorie recommendations; specific calorie ranges vary by age, sex, size, and level of physical activity. Intake range from 2000-3000 calories per day for men and 1600-2400 calories per day for women.
- [VHA "Eat Wisely" Handout](#)

Specific Information on Food Groups

Vegetables and Fruits

- Choosing fresh or frozen vegetables and a variety of fruits. Aim for 5-9 servings of this group per day (2.5 cups of vegetables, and 2 cups of fruit per day). Limit canned vegetables and fruit juices.

Whole Grains

- Eat 3 ounces or more of whole-grain products per day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or ½ cup of cooked rice/pasta.
- Just because foods are brown or dark does not mean it is whole-grain. Look at the ingredient list to make sure "whole-grain" is the first on the list.

Salt (sodium and potassium)

- Eat less than 1 teaspoon of salt (about 2,300 mg of sodium) per day.
- Choose foods with “little added salt” and cook with the least amount of salt possible.
- Eat potassium-rich foods, like orange juice, beet greens, white beans, potatoes, tomatoes, tomato paste, and bananas.
- People who are middle-aged or older, have high blood pressure, or who are African American should limit their sodium intake to 1,500 mg of sodium per day and get the recommended potassium (4,700 mg/day) in what they eat and drink.

Dairy

- Consume 3 cups per day of fat-free or low-fat milk or milk products (yogurt or cottage cheese).
- If you can't consume milk, choose lactose-free milk products and/or calcium fortified foods and beverages.

Protein/Meat

- Go lean with protein.
- Choose beef labeled “Choice” or “Select” instead of “Prime.” Prime cuts usually have more fat. Choose extra lean ground beef that say at least “90% lean.”
- Vary your choices. Include fish such as salmon, trout, and herring for good omega-3 fatty acids.
- Choose dry beans or peas in your meal. Consider 2 or more meatless meals in your weekly menu.
- Nuts are a great snack or to use in salads or main dished. They can also replace meat or poultry or even cheese in your salad!

Carbohydrates

- Choose fiber-rich vegetables, fruits, and whole grains.
- Choose and prepare foods and beverages with little added sugar. Instead choose items that use no-calorie sweeteners.

Fats

- The best cooking methods are to bake, broil, braise, roast, steam, sauté, poach, grill, or stir-fry. Drain off any fat that appears during cooking.

- Look for foods low in saturated fats, trans fats, and cholesterol. Products with 5% or less total fat on the Nutrition Facts Label is considered low, where as a Daily Value of 20% or more is high.
- Heart-healthy fats, such as polyunsaturated and monounsaturated fats, can be found in fish, nuts, and most vegetables oils.
- Eat less than 300 mg of cholesterol each day. Cholesterol is found in animal based foods (meats, poultry, egg yolk, and whole milk).

Resources

“Control +Click” on your location to learn more about resources in your area.

[Beaumont](#) [Conroe](#) [Galveston](#) [Lake Jackson](#) [Lufkin](#)
[MEDVAMC](#) [Richmond](#) [Texas City](#) [National Resources](#)

BEAUMONT

WIC Nutrition Classes (open to the public)

409-938-2456

Topics: Effortless Healthy Eating; A Healthy Body Suits Me: Breakfast is for Champions

MOVE® Program and Registered Dietitian

409-981-8550, Shelley Eitel

TeleMOVE® Weight Management

713-791-1414 ext 23327

CONROE

MOVE® Program Weight Management

713-791-1414 ext 23976, 26166, 24295

TeleMOVE® Weight Management

713-791-1414 ext 23327

GALVESTON

Galveston County Health District

9850-A Emmett F. Lowry Expy, Suite A108
Texas City Texas 77591
409-938-7221

MOVE® Program Weight Management
409-986-2900, Alicia McCarthy

TeleMOVE® Weight Management
713-791-1414 ext 23327

LAKE JACKSON

MOVE® Program Weight Management
979-230-4852, Joyce Yamada

TeleMOVE® Weight Management
713-791-1414 ext 23327

LUFKIN

MOVE® Program and Registered Dietitian
936-671-4337, Carey Smith

TeleMOVE® Weight Management
713-791-1414 ext 23327

MEDVAMC

MOVE® Program and Registered Dietitians
713-791-1414 ext 23976, 26166, 24295

TeleMOVE® Weight Management

713-791-1414 ext 23327

[MOVE® Women Veteran Weight Management Information](#)

713-791-1414 ext 23976, 26166, 24295

Diabetes Management Classes (Walk-In)

Every Monday, Tuesday, and Wednesday from 1:00-3:00pm (no appointment necessary)
Room 3C 115 MEDVAMC

Outpatient Nutrition Counseling

713-791-1414 ext 26166, 23976 or 24295

Or Walk in to Clinic #2 (Lonestar) M-F 8am-3pm and ask the clerk to see a dietitian.

RICHMOND

[MOVE® Program](#) Weight Management

713-791-1414 ext 23976, 26166, 24295

[TeleMOVE®](#) Weight Management

713-791-1414 ext 23327

TEXAS CITY

[Galveston County Health District](#)

9850-A Emmett F. Lowry Expy, Suite A108

Texas City Texas 77591

409-938-7221

[MOVE® Program](#) Weight Management

409-986-2900, Alicia McCarthy

[TeleMOVE®](#) Weight Management

713-791-1414 ext 23327

NATIONAL RESOURCES

[VA Nutrition and Food Service](#)

[Academy of Nutrition and Dietetics](#)

[American Diabetes Association](#)

800-342-2383

[Dietary Approaches to Stop Hypertension \(DASH\) Diet](#)

[USDA's MyPlate](#)

[National Heart Blood and Lung Institute](#)

[U.S. Department of Agriculture](#)

888-779-7264

Be Physically Active

Key Message

Avoid inactivity. Some activity is better than none. Aim for at least 2.5 hours of moderate-intensity aerobic activity each week. Every 10 minute session counts. Do strengthening activities at least 2 days per week.

Benefits of Activity

- Studies show that regular physical activity decrease the risk for developing depression, diabetes, heart disease, high blood pressure, obesity, stroke, and some kinds of cancer.
- People of all ages and body types benefit from physical activity. Even if you are out of shape or have not been active in a long time, you can begin activity safely.
- [VHA “Be Physically Active” Handout](#)

Types of Activity

- Physical activity is anything that gets your body moving. Start at a comfortable level. Once that becomes easy, add a little more activity each time.
- Moderate intensity is when you can talk but not sing while working out. This includes walking fast, dancing, and raking leaves.
- Vigorous intensity is when you cannot say more than a few words without pausing for a breath. This includes jogging, jumping rope, swimming laps, or riding a bike uphill.
- Aerobic activity (endurance) is when you move your body’s large muscles in a rhythmic manner for long period of time and your heart beats faster than usual.
 - Aerobic activity should be in episodes of at least 10 minutes, and it is best to spread these out during the week.
- Muscle strengthening causes your body’s muscles to work or hold against a force or weight. This includes resistance training and lifting weights.

- Strengthening activities should be performed on at least 2 non-consecutive days each week and should target all major muscle groups: legs, hips, back, chest, abdomen, shoulders, and arms.
- Stretching can help increase flexibility, improve joint range of motion, improve circulation, and relieve stress. Stretch at least three times per week if you are not physically active or every time you engage in physical activity.

Resources

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[Beaumont](#) [Conroe](#) [Galveston](#) [Lake Jackson](#) [Lufkin](#)

[MEDVAMC](#) [Richmond](#) [Texas City](#) [National Resources](#)

BEAUMONT

Beaumont Recreation

409-838-3613

Offers various free social programs to stay active in the community

MOVE® Program and Registered Dietitian

409-981-8550, Shelley Eitel

CONROE

Spring Fitness

866-997-9955

Offers 6 month free membership with a one-time processing fee of \$37.89 total at three locations

MOVE® Program and Registered Dietitians

713-791-1414 ext 23976, 26166, 24295

GALVESTON

MOVE® Program Weight Management

409-986-2900, Alicia McCarthy

[College of the Mainland](#)

[Lowry Fitness Center](#)

LAKE JACKSON

[MOVE® Program](#) Weight Management
979-230-4852, Joyce Yamada

LUFKIN

[Lufkin Parks and Recreation](#)

(936) 633-0250

Angelina County Senior Citizens Center-Activity Center

2801 Valley Drive

Lufkin, TX 75092

(936) 634-4179

Offers free daily adult activities

[MOVE® Program and Registered Dietitian](#)

936-671-4337, Carey Smith

MEDVAMC

[Wellness Center on MEDVAMC Campus](#)

713-791-1414 x 26215

Monday - Friday

8am – 4pm

Free for Veterans.

Must have medical release signed by your Provider; bring this to the Wellness Center.

[Yoga for Veterans](#)

[East Side Community Yoga by Expedition Balance](#)

[Yoga is in the neighborhood and you're invited! Expedition Balance & Frenetic Theater welcome military members & Veterans, firefighters, law enforcement officers, first-responders, and residents of the East Side community to our weekly yoga class. No experience necessary, no yoga mat required, just the desire to work your body, relieve stress & feel great. All bodies welcome.](#)

[Where: Frenetic Theater, 5102 Navigation, Houston, Texas](#)

[When: Every Wednesday at 7 PM \(except 10/2\)](#)

Details: Yoga classes will be presented by some of the best teachers from Houston and beyond. A \$10 donation is suggested. If finances are tight, show up and pay what you can afford. All proceeds support the programs of Expedition Balance, a Texas nonprofit serving military Veterans: www.expeditionbalance.org

[Catch a Lift - Free access to gyms throughout the Houston area for veterans](http://www.catchaliftfund.com/)
<http://www.catchaliftfund.com/> - 1-855-496-4838

[Alexander Deussen Community Center](#)

12303 Sonnier Street
Houston, TX 77044
832-395-7000.

[Bayland Community Center](#)

713-541-9951

[Bear Creek Community Center](#)

3055 Bear Creek Drive
Houston, Texas 77084
281-859-1566

[Crosby Community Center](#)

281-462-0543

[El Franco Lee Community Center](#)

9500 Hall Road
Houston, TX 77089
281-464-9708

[Finnigan Community Center](#)

4900 Providence Street
Houston, Texas 77020
713-678-7385

[Group Exercise and Water Aerobics Mary Jo Peckham Community Center](#)

5597 Gardenia
Katy, TX 77493
281-391-4482

[Hardy Community Center](#)

11901 West Hardy
Houston, TX 77076
281-260-6772

Hockley Community Center

28515 Old Washington Rd
Hockley, Texas 77447
936-931-5029

Houston Parks and Recreation Department

832-395-7000

Lincoln Community Center

979 Greshaw Street
Houston, TX 77088
281-445-1617

Tracy Gee Community Center

3599 Westcenter Drive
Houston, Texas 77042
713-266-8193

Trini Mendenhall Sosa Community Center

1414 Wirt Road
Houston, Texas 77055
713-956-0881

MOVE® Program

713-791-1414 ext 3976, 6166, 4295

RICHMOND

MOVE® Program

713-791-1414 ext 3976, 6166, 4295

TEXAS CITY

College of the Mainland

Lowry Fitness Center

[Silver Sneakers Program](#)

Galveston County Adult Day Care

2120 Texas Ave
Texas City, TX 77591
(409) 945-4414

[Galveston County Health District](#)

9850-A Emmett F. Lowry Expy, Suite A108
Texas City Texas 77591
409-938-7221

[Galveston County Senior Citizens Guide](#)

[Texas City Parks & Recreation](#)

(409) 643-5877
Offers free recreational activities

[SilverSneakers Fitness Program](#)

Lowry Center
409-643-5984

[MOVE® Program](#) Weight Management

409-986-2900, Alicia McCarthy

NATIONAL RESOURCES

[Physical Activity Guidelines](#)

[Aerobic and Fitness Foundation](#)

800-233-4886

[Alberta Caregiver College](#)

[American Heart Association](#)

800-242-8721

[Centers for Disease Control and Prevention](#)

[My Life Check-American Heart Association](#)

[National Heart Lung and Blood Institute](#)

[National Institutes of Health](#)

[National Institute on Aging](#)

800-222-2225

[U.S. Department of Health and Human Services](#)

[USDA's Choose MyPlate](#)

Activity Information available

Strive for a Healthy Weight

Key Message

Strive for a healthy weight. If you need to lose weight, losing even a little will help. If you are of normal weight, maintain it. Staying in control of your weight helps you be healthy now and in the future.

Quick Facts

- Maintaining a healthy weight means **balancing the number of calories you eat with the calories your body uses or burns.**
- A simple way to know if you are at a healthy weight is to know your body mass index (BMI). [BMI table](#)
- **BMI Guidelines**
 - Underweight= BMI <18.5
 - Normal Weight= BMI 18.5-24.9
 - Overweight = BMI of 25-29.9
 - Obesity= BMI of 30 or greater
- Being a healthy, normal weight will **help prevent and control many diseases and conditions.** Being overweight or obese will increase your risk for diabetes, high blood pressure, cholesterol problems, heart disease, gallbladder disease, female health disorders, arthritis, some types of cancer, and sleep apnea.
- **Eat wisely.**
- Be as **physically active** as possible.
- Losing as little as 5-10% of your current body weight can lower your risks for many diseases.
- A **reasonable and safe weight loss is 1-2 lbs per week.**
- [VHA “Strive for a Healthy Weight” Handout](#)

Resources

“Control + Click” on your location to learn more about resources in your area.

[Beaumont](#) [Conroe](#) [Galveston](#) [Lake Jackson](#) [Lufkin](#)

[MEDVAMC](#) [Richmond](#) [Texas City](#) [National Resources](#)

BEAUMONT

Beaumont Recreation

409-838-3613

MOVE® Program and Registered Dietitian

409-981-8550, Shelley Eitel

TeleMOVE®

713-791-1414 ext 3327

CONROE

MOVE® Program

713-791-1414 ext 3976, 6166, 4295

TeleMOVE®

713-791-1414 ext 3327

GALVESTON

College of the Mainland

<http://www.com.edu/recreation/>

Lowry Fitness Center

Galveston County Department of Parks and Senior Services

(409)-934-8100

MOVE® Program Weight Management

409-986-2900, Alicia McCarthy

TeleMOVE®

713-791-1414 ext 3327

LAKE JACKSON

MOVE® Program Weight Management

979-230-4852, Joyce Yamada

[TeleMOVE®](#)

713-791-1414 ext 23327

LUFKIN

[MOVE® Program and Registered Dietitian](#)

936-671-4337, Carey Smith

[TeleMOVE®](#)

713-791-1414 ext 23327

MEDVAMC

Wellness Center on MEDVAMC Campus

713-791-1414 x 6215

Monday - Friday

8am – 4pm

Free for Veterans.

Must have medical release signed by your Provider; bring this to the Wellness Center.

[MOVE® Program](#)

713-791-1414 ext 23976, 26166, 24295

[TeleMOVE®](#)

713-791-1414 ext 23327

[MOVE® Women Veteran Weight Management Information](#)

713-791-1414 ext 23976, 26166, 24295

RICHMOND

[MOVE® Program](#)

713-791-1414 ext 23976, 26166, 24295

[TeleMOVE®](#)

713-791-1414 ext 23327

TEXAS CITY

[College of the Mainland](#)

[Lowry Fitness Center](#)

[Silver Sneakers Program](#)

[Galveston County Health District](#)

9850-A Emmett F. Lowry Expy, Suite A108
Texas City, Texas 77591
(409)-938-7221

[MOVE® Program](#) Weight Management
409-986-2900, Alicia McCarthy

NATIONAL RESOURCES

[U.S. Department of Agriculture](#)

Choose-My-Plate
1-(888)-779-7264

[Weight Control Information Network](#)

1-(877)-946-4627

[American Heart Association](#)

1-800-242-8721

www.Nutrition.gov

<http://www.nutrition.gov/weight-management>

[U.S. Department of Agriculture](#)

[Centers for Disease Control and Prevention](#)

Limit Alcohol

Key Message

If you choose to drink alcohol, drink in moderation (women no more than 1 drink a day; men no more than 2 drinks a day). Avoid “binge drinking”. If you are concerned about your drinking, talk to your VA health care team about getting help.

Limiting Alcohol

- **One drink** is:
 - 12 oz. regular beer OR
 - 8-9 oz. malt liquor OR
 - 5 oz. table wine OR
 - 1.5oz. 80-proof hard liquor
- **Binge drinking** is having:
 - More than 3 drinks on one occasion for women and adults over the age of 65
 - More than 4 drinks on one occasion for men
- **Alcohol Consumption** should **NOT exceed**:
 - More than **1 drink per day** (7 drinks per week) for **women**
 - More than **2 drinks per day** (14 drinks per week) for **men**.
- For many adults, drinking small amounts of alcohol does not cause serious health problems. However, drinking too much alcohol or binge drinking can lead to higher risk of health problems, such as **liver damage or injuries**.
- The following people should **NOT drink alcohol at all**:
 - Children & teenagers
 - Women who are pregnant or plan to become pregnant
 - People who plan to drive, operate machines, or take part in other activities that require attention, skill, and coordination.
 - People with certain medical conditions or those taking medications that may interact with alcohol.
 - Those recovering from alcohol dependence (alcoholism).
- **Alcohol Dependence can be treated!** No matter your location in the VA, ask your Provider for help.
- [VHA “Limit Alcohol” Handout](#)

Resources

“Control + Click” on your location to learn more about resources in your area. No matter your location, you can always ask your VA Provider for help as well.

[Beaumont](#) [Conroe](#) [Galveston](#) [Lake Jackson](#) [Lufkin](#)

[MEDVAMC](#) [Richmond](#) [Texas City](#) [National Resources](#)

BEAUMONT

QUIT LINE

1-877-YES-QUIT (877-937-7848)

CONROE

QUIT LINE

1-877-YES-QUIT (877-937-7848)

GALVESTON

Alcoholics Anonymous

1823 33rd St
(409) 763-9276

Alcohol & Drug Service

602 6th St N
(409) 643-8216

Gulf Coast Center

(281) 388-1006

Texas City Alcohol and Drug Counseling

(409) 643-8216

LAKE JACKSON

Brazos Place

1103 North Avenue H, Freeport, TX
(979) 233-3826x108

LUFKIN

Alcohol and Drug Abuse

304 N. Raguet
(936) 634-5753

Alcoholics Anonymous

1602 Diana
(936) 634-6316

Alcohol and Drug 24-Hour Helpline

1-(800) 888-9383

MEDVAMC

Al-Anon Family Group Service

713-683-7227
9800 Northwest Freeway, Suite 201
Houston, TX 77092

Alcoholics Anonymous Intergroup Association-Houston

713-686-6300
4140 Directors Row # D
Houston, TX 77092

RICHMOND

Alcoholics Anonymous

1-(800)-234-1253

Alcohol and Drug Treatment Referrals

1-(800)-262-4357

[Betty Ford Center](#)

1-(800)-434-7365

[National Clearinghouse for Alcohol and Drug Information](#)

1-(877)-SAMHSA-7

TEXAS CITY

Alcoholics Anonymous

518 6th Ave N

(409) 948-1591

Alcoholics Anonymous

1823 33rd St

(409) 763-9276

Alcohol & Drug Service

602 6th St N

(409) 643-8216

Gulf Coast Center

(281) 388-1006

Texas City Alcohol and Drug Counseling

(409) 643-8216

NATIONAL RESOURCES

[Alcoholics Anonymous](#)

1-(800)-234-1253

Alcohol and Drug Treatment Referrals

1-(800)-262-4357

[Betty Ford Center](#)

1-(800)-434-7365

[National Clearinghouse for Alcohol and Drug Information](#)

1-(877)-SAMHSA-7

[Get Recommended Screening Tests & Immunizations](#)

Key Message

Get recommended preventive services including screening tests and immunizations. Recommendations for preventive services depend on your age, gender, health status, and family history. Find out which screening tests and immunizations are recommended for you!

Quick Facts

- **Every person is different.**
- Most Veterans **should be screened for** alcohol abuse, depression, high blood pressure, HIV, military sexual trauma, obesity, PTSD, and tobacco use.
- Most Veterans should receive a **flu shot** every year and a **tetanus shot** every 10 years.
- **If you are a woman** who is considering pregnancy, it is important to check with your healthcare team to be sure you are up-to-date with immunizations.
- All preventative services have pros and cons. Depending on your preferences, you may wish to receive additional, fewer, or different services from those that are recommended.
- [VHA “Get Recommended Screening Tests & Immunizations” Handout](#)

Resources

“Control + Click” on your location to learn more about resources in your area. No matter your location, you can always ask your VA Provider for screenings and recommendations as well.

[Beaumont](#) [Conroe](#) [Galveston](#) [Lake Jackson](#) [Lufkin](#)
[MEDVAMC](#) [Richmond](#) [Texas City](#) [National Resources](#)

BEAUMONT

[Screening Exams](#)

Exam information

CONROE

[Screening Exams](#)

Exam information

GALVESTON

[Galveston County Health District](#)

9850-A Emmett F. Lowry Expy, Suite A108

Texas City, TX 77591

(409)-938-7221

LAKE JACKSON

[Screening Exams](#)

Exam information

LUFKIN

[The Angelina County and Cities Health District](#)

503 Hill Street

(936) 632-1139

VA Outpatient Clinic

1301 West Frank

(936) 637-1243

MEDVAMC

[Screening Exams](#)

Exam information

RICHMOND

[Screening Exams](#)

Exam information

TEXAS CITY

Texas City VA Outpatient Clinic

9300 Emmett F. Lowry Expressway, Suite 206

Texas City, TX 77591

(409)-986-2900

[Galveston County Health District](#)

9850-A Emmett F. Lowry Expy, Suite A108

Texas City, TX 77591

(409)-938-7221

NATIONAL RESOURCES

[Illinois Department of Public Health](#)

[CDC Vaccine Information Statements](#)

Manage Stress

Key Message

Pay attention to stress. Tools are available to help you manage and reduce your stress

What is stress?

Stress is what we refer to when you are having difficulty coping with life's demands. A little stress can help us learn to overcome challenges, but too much stress creates problems. When you have too much stress you might experience difficulty concentrating, feel worried often, have tense muscles, or be constantly exhausted. Built up stress over a long period of time can put your health at risk.

If you or someone you know is in an emotional crisis call The Veterans' Hotline at 1-800-273-TALK and press 1 for Veterans.

Stress Management Tips

- Physical Activity—Take a brisk walk or engage in other physically demanding activities. This may reduce your stress. Regular physical activity is best.
- Relaxation Training—Learn relaxation and mindfulness skills. These skills can assist you to manage the arousal that is associated with stress, and there is some evidence that daily relaxation may protect you from at least some of the physical responses to stress.
- Time Management—List what needs to get done, make plans for addressing issues, and stick to the plan. There are several self-help books on time management at libraries and book stores.
- Positive Thinking—Stress is often associated with negative, self-critical thinking. Focus your attention on positive thoughts about yourself, favorite songs, poems, favorite prayers, or hobbies.
- [VHA “Manage Stress” Handout](#)

Resources

“Control + Click” on your location to learn more about resources in your area. **If you are a Veteran in crisis, call 1-800-273-TALK.** You can also talk to your provider about mental health available in Prime Care, or a referral to Mental Health services.

[Beaumont](#) [Conroe](#) [Galveston](#) [Lake Jackson](#) [Lufkin](#)
[MEDVAMC](#) [Richmond](#) [Texas City](#) [National Resources](#)

BEAUMONT

Rape and Suicide Crisis of Southeast Texas

Assistance w/ Suicide and Sexual Assault; general crisis

Available: 24/7

Free of charge

(409) 835-3355 OR 1-800-7-WE-CARE

National Mental Health Association- Beaumont Affiliation

409-833-9657

CONROE

Tamina Community Center

Provides meal program and clothing for senior citizens

(281) 465-4646

18955 Main Street

Conroe, Texas 77385

Crisis Hotline

Available 24/7 free of charge

1-800-659-6994

GALVESTON

Parks and Recreation

(409) 621-3177

LAKE JACKSON

Parks & Recreation

Jennifer Jones (979) 297-4533
jjones@lakejacksontx.gov

Senior Citizen Commission

Heather Melass
hmelass@lakejacksontx.gov

Lake Jackson Library-Book Club

250 Circle Way
Lake Jackson, TX 77566
(979) 415-2590
lakejackson@bcls.lib.tx.us

LUFKIN

Parks and Recreation, Hiking trails, Art, and Entertainment

Samaritan Counseling Center of East Texas

512 Klin Avenue
(936) 639-6512

The Mosaic Center-Free GED courses for Women

601 North First
(936) 639-5068

Lufkin Adult Learning Center-Free GED courses

107 E. Lufkin Avenue
(936) 639-3059

Burke Center Crisis Line

(800) 392-8343

Goodwill Industries

Erica Richey Cook, Director of Mission Services
301 Hill Street
(936) 632-8838

Offer Financial Stability Classes and Free Tax Preparation, Jobs Skills & Computer Training and Job Placement Program

Disabled American Veterans

3001 North Medford

(936) 637-6310

MEDVAMC

Meditation Class

Every Friday from 12-12:30 pm in 2nd floor chapel

Primary Care Mental Health Integration Clinic

MEDVAMC Primecare Clinic

Ask your Provider for a Referral

OEF/OIF Support Team

Contact information:

(713) 794-7034/8825/7928

email: vhahouOEFOIF@va.gov

Crisis Intervention of Houston

713-HOTLINE

713-526-8088 (Español)

Depression and Bipolar Support Alliance of Greater Houston

Offers [Veteran's Only support groups](#). Veterans or their family members may attend any of the support groups at any location.

Amputee Support Group

Stacy Flynn: 713-794-7819

Rosa Lane-Smith: 713-791-1414, ext 24034

MEDVAMC NU 2A Dining Room (Meets 4th Wednesday of every month at 3 pm)

Breast Cancer Survivors' Support Group

Magdalena S. Ramirez: 713-791-1414, ext. 25289

Gail Menchaca: 713-791-1414, ext. 3936

MEDVAMC Cancer Center Family Room 4C-365 (Meets last Tuesday of every month at noon)

Cancer Support Group

Maria Lozano-Vasquez: 713-791-1414, ext. 25273

MEDVAMC Cancer Center Family Room 4C-345 (Meets 3rd Tuesday of every month at 11am)

Liver Transplant Support Group

Juleena Masters: 713-791-1414, ext. 26286

MEDVAMC Room 5B-166 (Meets every Tuesday at 3 pm)

Lung Cancer Support Group

Maria Lozano-Vasquez: 713-791-1414, ext. 25273

MEDVAMC Cancer Center Family Room 4C-365 (Meets 1st Tuesday of every month at 1:30 pm)

Parkinson's Disease Education & Support Group

Shawna Johnson: 713-794-8410

Prostate Cancer Support Group

Maria Lozano-Vasquez: 713-791-1414, ext. 25273

MEDVAMC Cancer Center Conference Room 4C-345 (Meets 3rd Thursday of every month from 1-2 pm)

Stroke Support Group

Kathryn Kertz: 713-791-1414, ext. 24192

Laura Lawhon: 713-794-7814

MEDVAMC NU 2a Day Room, Room 2B-210 (Meets the 3rd Tuesday of every month at 3 pm)

Vet-to-Vet Support & Education Group

Cristy Gamez-Galka: 713-791-1414, ext. 24378

MEDVAMC Room 6B-118 (Meets every Wednesday at 6 pm)

Room 6B-117 (Meets every Thursday at 9 am)

Room 6C-167 (Meets every Thursday at 11 am)

[National Mental Health Association- Houston Affiliation](#)

713-523-8963

RICHMOND

City of Richmond Parks Department

(281) 342-0559

George Memorial Library-Book Club

1001 Golfview Drive
Richmond, TX 77469
(281) 342-4455

Senior Citizen Program

Wharton County Junior College
911 Boling Highway
Wharton, Texas 77488
1-800-561-WCJC (9252)
979-532-4560

TEXAS CITY**[Social Services and Community Resources Handout \(Texas City\)](#)****Senior Citizens Program**

Nessler Center (Texas City)
2010 5th Avenue
Texas City, TX 77590
409-643-5877

Moore Memorial Public Library

1701 9th Ave North
Texas City, TX 77590
(409) 643-5979

NATIONAL RESOURCES**Crisis Hotline for Veterans**

1-800-273-TALK (1-800-273-8255)

Hotline for Homeless Veterans

1-877-4AID VET

[Start Moving Forward: Online Health Coaching Program](#)**[WebMD Manage Stress](#)****[U.S. Department of Health and Human Services](#)**

[American Heart Assoc. Stress Management](#)

[10 minute Guided Stress Reducing Audio Clip](#)

[National Mental Health Association](#)

800-969-6642

[National Institute of Health Mental Health and Behavior](#)

[National Suicide Prevention Hotline](#)

800-273-8255

[Vet to Vet Mental Health Information](#)

877-292-5588

Be Safe

Key Message

There are actions you can take to protect yourself and those you love from harm. Common safety issues are sexually transmitted infections, falls, and motor vehicle crashes.

Prevent Sexually Transmitted Infections

- The **best way to fully protect yourself** from STIs is to **abstain** from sex.
- STIs can be passed to another person during sex; therefore, **use a latex condom** every time you have sex (vaginal, anal, or oral).
- **Decreasing the number of your sexual partners** may reduce the risk of developing STIs.
- Being in a **mutually monogamous relationship** with an uninfected partner (you and your partner only have sex with each other) can reduce your risk of developing STIs.
- STIs can also be passed from a pregnant woman to her baby before or during the baby's birth. If you are pregnant, **get tested for STIs and seek appropriate treatment** to avoid passing the infection to the baby.
- Many STIs do not have **symptoms**. You can have an STI without knowing it.
- Some STIs can be cured with antibiotics if they are treated early. Untreated STIs can cause serious health problems, such as infertility.
- If you are treated for an STI, your sex partner(s) should also be treated.

Prevent Falls

- Among older adults, **falls are the leading cause of injury deaths**. They are also the most common cause of nonfatal injuries and hospital admissions for trauma.
- About half of all falls **happen at home**.
- **Home Safety Tips:**
 - **Remove small throw rugs** or use double-sided tape to keep the rugs from slipping.
 - Have **grab bars** put in next to your toilet and in the tub or shower.

- **Improve the lighting** in your home. Hang light-weight curtains or shades to reduce glare.
- **Wear shoes** both inside and outside the house. Avoid going barefoot or wearing slippers.
- **Remove things you can trip over** (such as papers, books, clothes, shoes) from stairs and places where you walk.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- **Use non-slip mats** in the bathtub and on the shower floors.
- Have handrails and lights put in all staircases.
- **Engaging in regular physical activity**, especially strengthening exercises may reduce your risk of falling by increasing strength and balance.

Prevent Motor Vehicle Crashes and Injury:

- **Impaired driving** is dangerous and causes more than half of all motor vehicle crashes. Motor vehicle crashes are the **leading cause of death** in Veterans in the early years after returning from deployment. Don't drive under the influence of alcohol or drugs or ride with somebody who is.
- You can **reduce your chance** and your loved one's chances of dying from a motor vehicle-related injury by correctly using seat belts and car seats. **Wear seat belts** in cars and helmets on motorcycles and bicycles.
- **Don't** text message or talk on a cell phone while driving.
- [VHA "Be Safe" Handout](#)

Resources

"Control +Click" on your location to learn more about resources in your area. You can also ask your VA Provider for testing for sexually transmitted diseases, and advice on how to reduce your risk or get treatment. There are also community resources listed here, if you have friends or family who need testing.

[Beaumont](#) [Conroe](#) [Galveston](#) [Lake Jackson](#) [Lufkin](#)

[MEDVAMC](#) [Richmond](#) [Texas City](#) [National Resources](#)

BEAUMONT

Triangle AIDS Network

(409)-832-8338

1495 N. 7th St

Beaumont, TX 77702

Testing for HIV, and syphilis; Monday-Thursday 9:00 a.m.-11:00 a.m. (walk-in).

Please call for appointment for all other times- No Fee necessary

Project AIDS Land Manor (PALM)

(409)-832-0710

355 North 18th Street, Suite 110

Beaumont, TX 77707

Testing for HIV, hepatitis C and syphilis

Monday-Friday 8:00 a.m.-12:00 p.m. and 1:00 p.m.-4:00 p.m.

Nutrition and Services For Seniors

4590 Concord Rd

Beaumont, TX 77703-1806

Meals on Wheels and Medical Transportation

Narcotics Anonymous

(855)-627-3826

CONROE

St. Hope Foundation

(713) 778-1300

1414 S. Frazier Street

Conroe, TX 77301

Free Blood testing for HIV and Syphilis

Takes approximately 2 weeks to obtain results (rapid results will require a fee)

GALVESTON

Alcohol & Drug Service

602 6th St N

(409) 643-8216

Gulf Coast Center

(281) 388-1006

Texas City Alcohol and Drug Counseling

(409) 643-8216

Suicide Hotline

1-(800)-273-8255

Galveston County Department of Parks and Senior Services

(409) 770-6251

LAKE JACKSON

Veteran Crisis Hotline

1-(800)-273-TALK/8255

LUFKIN

Godtel Ministries

323 Moody Street

(936) 637-2520

Burke Center Crisis Line

1-(800)-392-8343

Goodwill Industries

301 Hill Street

(936)-632-8838

Financial Stability Classes, Free Tax Preparation, Jobs Skills & Computer Training, Job Placement Program

MEDVAMC

[Precinct2gether Veterans Bus Schedule](#)

(281)-452-6071

3701 Kirby Drive, Suite 540

Houston, TX 77098

[Legacy Community Health Services Clinic](#)

(713)-830-3000

Several Houston Locations. Please visit website for more information.

RICHMOND

Police Department

(281)-342-2849

[Texas Department of Public Safety](#)

TEXAS CITY

ACCT AIDS Coalition of Coastal Texas

(409)-763-2437

Galveston County Department of Parks and Senior Services

(409) 770-6251

Gulf Coast Center

1-(800)-266-2320

Transportation to Houston Medical Center Free of charge

Alcohol & Drug Service

602 6th St N

(409)-643-8216

Gulf Coast Center

(281)-388-1006

Texas City Alcohol and Drug Counseling

(409)-643-821

NATIONAL RESOURCES

[Auto Safety, US Department of Transportation](#)

1-(800)-424-9393

[CDC Sexually Transmitted Diseases](#)

1-(800)-227-8922

[CDC: Home and Recreational Safety](#): Consumer Product Safety Commission

1-(800)-638-CPSC



What is MOVE!?

MOVE!® is VA's national weight management program for veterans. MOVE!® can help you lose weight, keep it off and improve your health. Did you know if you have a [BMI](#) of 25 or higher, your health could [benefit greatly](#) from as little as a 5-10% loss of your body weight? Let your Houston MOVE! team help you!

Goals of MOVE!

- Improve Quality of Life
- Improve Health Status
- Decrease weight-related chronic diseases
- Empower Veterans to improve overall health

Features of MOVE!

- Emphasizing health and well-being, not appearance
- Setting achievable goals
- Approaching weight management as multifaceted, with nutrition, behavior and physical activity components
- Focusing on making lifestyle changes, rather than dieting
- Allowing the Veteran to determine the intensity of *their* program

How to Enroll in MOVE!

- Attend a **MOVE! 101** Class – just Walk In! No appointment necessary. Call 713-791-1414 ext 23976 or 26166 for current class times and locations.
- Decide on a MOVE! Program option
- Commit to a healthier you!
 - Call the MOVE! Dietitians if you have questions, comments, concerns at 713-791-1414 ext 23976 or 26166

If you are a patient of Beaumont, Texas City, Conroe, Lake Jackson or Lufkin, please contact your CBOC for more information about the MOVE! program held at your primary care facility.

ABOVE CHART BASED ON http://www.stlouis.va.gov/MOVE/MOVE_Services.asp