

This week's article is good medicine for you, please read it!

Fargo VA Pharmacy—unless you're in need of a **new** prescription, they recommend **re-fills** be done by telephone or the mail. Save yourself a trip?

Refills can be requested by either calling the Touch-Tone refill service, using the MyHealthVet Website to request refills on-line, or by mailing in your re-fill slips. If you want, you can still pick them up at the VA pharmacy window, but they want you to order them before you get there, if you can. **The key is to plan ahead.** Request your next supply of medication as soon as you receive the current fill or **at least a minimum of 2 weeks before** you will need it.

The touch-tone phone service is available 24 hours a day, 7 days a week at **1-800-661-0827** (I tried this number, pushed the buttons, as a test, and the mail order system actually works!). The best times to call are early morning, evenings and weekends.

The MyHealthVet website (www.myhealth.va.gov) is available 24 hours a day, 7 days a week for **refillable** prescriptions.

Refills may also be ordered by mailing your refill request slip into the pharmacy. **When ordering by any method, please allow ample time for mailing.**

As long as we're on the subject of medicines, a word to the wise: The VA is warning veterans not to give credit card numbers over the phone to callers claiming to update VA prescription information. It appears that some unscrupulous scammers have targeted America's veterans, especially older veterans. This scam, currently centered in the Midwest, comes from callers who identify themselves as working for the "Patient Care Group."

These callers say the VA recently changed procedures for dispensing prescriptions and then they ask for the veteran's credit card number. **Don't fall for this!** The VA **does not** call veterans and ask them to disclose personal financial information over the phone. If you receive a call similar to the one described above, please call the VA at 1-800-827-1000. Let's nail these scammers!

Get your flu shots here!! The Fargo VA Medical Center has scheduled walk-in flu clinics for all eligible, enrolled veterans at the locations listed below. Immunization is encouraged for those 65 years of age or older and those who have lung, heart, metabolic, and weakened immune systems. So, if you're over that way doing some

shopping, visiting relatives, or getting your venison processed, you might want to take them up on this offer.

Fargo VA Medical Center

Nov 10, 2005, 8:00 a.m. to 12:00 noon, Third Floor
Nov 15, 2005, 12:00 noon to 3:00 p.m., Third Floor
Nov 17, 2005, 8:00 a.m. to 1:00 p.m., Third Floor
Nov 30, 2005, 8:00 a.m. to 1:00 p.m., Third Floor

]Grafton VA Clinic

Nov 3 through Nov 23, 8:00 a.m. to 4:00 p.m.
(**NOTE:** Clinic is closed Nov 10, 11, and 18).

Fergus Falls VA Clinic

Nov 3 through Nov 23 from 2:00 p.m. to 4:00 p.m.
Clinic is closed on Nov 11.

Veterans Day is approaching. Eleventh month, 11th day, 11th hour. Stop what you're doing on this day, whenever you can, and say a quiet thank you to those who have worn the nation's uniform. And the rest of the year, remember why you thanked them.

Here's a list of some local Veterans Day events, might want to circle these times/dates on your calendar. I hope you don't go just for the food, that you will attend the programs as well:

8 Nov, 1:00 PM, Warroad Veterans Day program, Warroad High School gym.

11 Nov, 2:30 PM, Roseau Veterans Day program, Roseau School Theater.

11 Nov, 6:00 PM, Badger Veterans Day program and supper, Badger VFW.

11 Nov, 7:00 PM, Warroad Veterans Day Supper (includes Roosevelt Legion and area Veterans), at the Warroad Legion.

11 Nov, 5:30 PM, (social hour), Roseau Veterans Day Supper at the Legion.

18 Nov, 7:00 PM, Greenbush Veterans Day Program/Supper at the Legion.

The question was: True or false, you should never ignore a letter from the VA. Answer: True! Winners are: Warroad—Adeline Olson, Roseau—Diane Roseen. No calls from other towns. Prizes? Hmm... I've got to get on that, might take a while, but trust me, you'll get them.

Over and Out!