

OUT ON A LIMB

February 2026

Heart Awareness



ALL HEARTS ON DECK
Pump It Up Event

Come and join us for an interactive educational experience focused on heart health and nutrition. This event is designed to provide valuable information and hands-on demonstrations to help you lead a heart-healthy lifestyle.

FEBRUARY 11, 2026
10 a.m. to 2 p.m.

North Las Vegas VA Medical Center
— Auditorium —

RAFFLE
POPCORN AND REFRESHMENTS
EDUCATIONAL SESSIONS
HANDS-ON DEMONSTRATIONS
MEET AND GREET WITH PROVIDERS

VA U.S. Department of Veterans Affairs

WHEEL THE WORLD

Wheel the World is a website that assists in providing information that makes travel accessible. From hotels to activities, this website offers information on accessibility on a range of things such as utilizing a wheelchair or informing of stairs.

Website: https://wheeltheworld.com/?srltid=AfmBOopn32BHPWK_Oxc1gkvpltMGWCAKtFnAaUctCRmld37CHExN5Syj

PEER GROUP!!

Room Updates

As someone very special always said: COME TO GROUP!

****NO Group February 4****

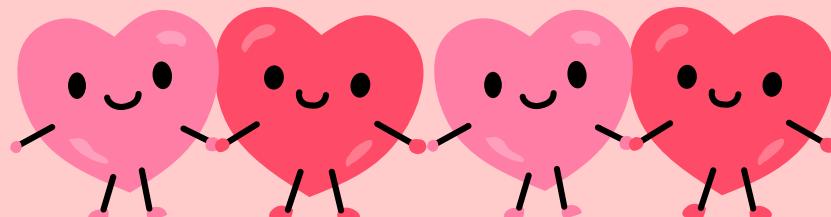
February 11: 2B294
(conference room by primary care)

February 18: 1C150/1C151
(normal room)

February 25: 1C150/1C151
(Guest speaker)

GUEST SPEAKER

February 25 at 1100 we have guest speaker, **Ms. Kiki Wallace**, coming to speak to us about a new addition to the Las Vegas VA, the **Survivors Assistance and Memorial Support (SAMS) program**. SAMS provides a single point of contact for compassionate assistance including pre-planning resources, survivor benefit guidance and grief support. This is a great opportunity to meet the coordinator and ask any questions you have or where to find her in case you need her in the future!



MY HEALTHE VET AT SE AND SW CLINIC

Get live support for VA's sign-in changes



Virtual Health Resource Center

Join us to receive live help to create your new account for **LOGIN.GOV** or **ID.me**

Friday, February 13 10 a.m. to 2 p.m.
Southeast Las Vegas VA Clinic
1020 South Boulder Highway

Thursday, February 19 10 a.m. to 2 p.m.
Southwest Las Vegas VA Clinic
7235 South Buffalo Drive

Here's what to bring:

- Mobile phone or tablet
- Social Security number
- ID (driver's license, state-issued ID, or passport)
- Other ID documents you may need (VA ID card, DD214, utility bill with your name)

Learn more about these changes at www.va.gov/sign-in-changes

VA U.S. Department of Veterans Affairs
Veterans Health Administration
Southern Nevada Healthcare System

Annual appointment

The VA requires us to ensure you have received the prosthetic limb we ordered and that you are happy with it. We request that after you receive your completed prosthesis from your community provider that you call 702-791-9000 x 15985 to schedule a phone, VVC or in person appointment.

Remember to schedule your annual visit as well! See everyone in 2026!

