



# Mid-Cities Home Medical Monthly Newsletter

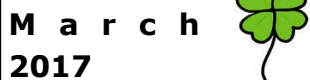
Thank you for your  
service!

Volume 11, Issue 5  
February 2017

## Holiday Calendar



- 2nd Groundhog Day
- 3rd National Wear Red Day
- 14th Valentines Day
- 20th Presidents' Day



- 1st Ash Wednesday
- 2nd Texas Independence Day
- 12th Daylight Saving begins. Move your clock forward one hour.
- 17th St. Patrick's Day



- 16th Easter Sunday
- 17th Patriot's Day
- 18th Taxes Due
- 26th Administrative Professionals Day
- 28th Arbor Day

## Supplies - Changing and why it matters



Did you know that the VA Medical Center wants patients to change their supplies regularly? It's true. They have created a oxygen program where your standard oxygen supplies are to be issued every month. This is to assure that patients have fresh supplies and prevent infections.

"Well I don't want to cost the VA extra money." Some patients say as a justification for not ordering supplies. Actually, the cost of

the supplies are included in the cost of your month machine service. These supplies include your Cannula/ Nose piece, extension tubing, humidifier and connectors.

Why is it important to change these supplies?

None of us like to think about it. But, bacteria and other illnesses can grow in your supplies over time. Not to mention that tubing can become hard and uncomfortable after extended use.

Just take a moment to think about it. You have had the same nose piece on for a month. Have you had allergies, a cold, the flu or pneumonia? Did you know that you can actually infect yourself over and over again by using an old or (Page 2)

Contaminated cannula? If you are ill, you should change your

**Report Abuse—Break the silence. 1-800-252-5400 If you are being abused, suspect abuse or have witnessed some one being abused; please call.**

### Veterans Crisis Line

**1-800-273-8255 Text 838255 or Confidentialchat@VeteransCrisisLine.net**

**Don't suffer in silence. Speak with someone that can help you or a family member. We care.**

**"You Can Quit" If you want to quit smoking, call:**

**1-800-QUIT-NOW or**

**1-800-784-8669  
www.smokefree.gov  
or www.betobaccofree.gov**

**These websites offer help and support to help you live a smoke free life.**

**Texas Emergency Preparedness phone**

**information line. Dial 2-1-1**

Supplies - Changing and why it matters continued...



tubing after treatment begins. This will help break the illness chain. You should change your nose piece weekly to assure allergens and other illness do not compromise your sinuses, lungs and respiratory system.

Did you know that water can also grow bac-

teria and other illnesses? Be sure that you change your water regularly and completely change your water bottle every two weeks.

**Pick a day to change your supplies that is significant for your.** Do you go to the Senior Center, Church/

Synagogue or Temple, volunteer or have another routine activity? If so, use that day as a reminder to change your supplies. If not, set a reminder in your cellphone or mark your calendar.

**Ask the Office**

1-888-450-6676

www.MCHMDS.com

vaservices@homepoint-dme.com

Mid-Cities Home Medical Delivery Service

Find us on facebook.

***"My Tech was here last week and told me that my tanks were not stored properly. Does it really matter how my tanks are stored?"***

Yes. It is actually very important that oxygen tanks and equipment is properly

stored. Improper tank storage can actually cause injury and pose a safety hazard to you, your guests, your family and the community.

- ◆ Oxygen tanks should be stored together in one location.
- ◆ They should be

secured either lying down or upright in a stand or tank rack.

- ◆ They should be stored in a temperature controlled location; so they are not exposed to extreme heat or cold temperatures.

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Tank Storage Racks...

Proper tank storage is important. It serves multiple purposes from keeping all your tanks secure, keeping them all together but most importantly keeping tanks from falling over on you or

other guests in your home. No not leave tanks standing or laying around loose. If you have the large M or H size tank they should have a stand that looks to the white round stand pictured

to the left. If you have the smaller B, D or E tanks they should be stored in a blue rack like the one pictured to the left. Keeping your tanks secure helps keep everyone safer.



## Ask the Office continued...

◆ They should be out in the open. Never in a closet, next to a heat source or covered with a tarp or other coverings.

### Why is this so important?

Tanks that are let standing loose can fall over. The raised met-

al top of the tank stem can cut you or others. In the case of large M or H tanks, their weight can crush, bruise, break bones or possibly kill a child or person. Never leave the large tanks out of H stand.

Another reason is that when the tanks fall over the stem could

hit something and be knocked loose or off the tank. Because the contents inside the tank is between 2000 and 3000 psi of pressure tanks could go airborne damaging the home or endangering others in an outside location.

Keeping all your

tanks together helps first responders and EMS locate your oxygen and evacuate it or keep it cooled until everyone is out of the residence. If tanks are randomly about the home, then it is dangerous because the safety valve ruptures when temperature are over 200 degrees F.



In memory of our  
Veterans who  
have passed.

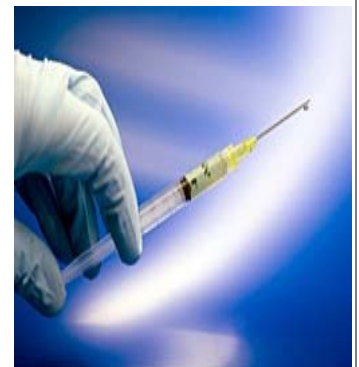
Braswell, W	Kummer, T
Braudaway, M	Matthews, C
Brown, R	Morris, P
Dorr, G	Nelson, J
Gale, R	Robbins, J
Grossman, F	Seekamp, J
Hagan, F	Simpson, T
Harty, G	Sumruld, R
Hodges, T	

## Shot Clinic

It is cold, flu and pneumonia season. The local VA Medical Centers and Hospital are still holding shot clinics to make sure that patients are cur-

rent and up to date on their shot. Please have your doctor double check your standard vaccines. Reports of mumps, measles and shingles are also on the rise throughout Texas. Help protect

your health and make sure all your vaccinations are up to date. Please do not wait until you are sick to think about getting your flu or pneumonia shot.





# Fun and Games: M's

Puzzles are donated and may contain spelling errors.



Macaroni	Maze	Mom	y t m i t t e n t h q z k y r n a j o r
Mad	Meadow	Money	k o a a x m a p c q n q e l w x g t k b
Maid	Meal	Monkey	m o r e r e p r y i y c y y w o z i o r
Mail	Mean	Moon	v o k c m k a b l i m k y c d f n z e v
Mall	Meat	Moose	v y e n o m e l o n r e z k p j l u h l
Man	Melon	Mop	m q r y u e x t a m l l m a m c y c g j
Mango	Mess	Moral	m i n e n s k m s r w o l w z q l a u h
Map	Meteor	More	v g d k t s t l i p o m i d r t x a e p
March	Midnight	Morning	x u e n a s r o g n a m p l v p o b z a
Marker	Milk	Moth	m m z o i w y n x s l s w d e w a n u n
Market	Mime	Mountain	l i a m n g i m t m v c q o v p o b e n
Marry	Mine	Mouse	t l m r o n h e y h s r a m w z q l p s
Marsh	Miss	Mouth	m k p e r t r t s t o d j d g f i m e i
Mask	Mist	Mud	z y w o a y h e m u s i c w a o k x e y
Master	Mitten	Mug	y k m m c d m o t o o a g n k s c c g t
Mat	Moat	Music	s q w m a y o r a m a m x f n d n o b l
Math	Mob	Mystery	l b l m m s a w v a g t w z q i u z x e
Mayor	Mole	Myth	t z i l e s k z s c r p d p w s s l g w
			x t z z a i p a h l z x v t w u a p t i
			r l l i l m c q z a i u m q q l k p m b



## In the Kitchen...

### Ingredients:

- 1 Cup cooked salad size shrimp
- 2 tablespoon chopped fresh chives
- 1/3 cup mayonnaise
- 1 tablespoon Worcestershire sauce
- 2 tablespoons chili sauce
- Salt to taste
- 2 avocado, halved lengthwise and pitted.
- 1 tablespoon lemon
- Bibb Lettuce leaves
- 1 teaspoon paprika

### Directions:

- In a bowl, mix shrimp, chives, mayonnaise, Worcestershire sauce and chili sauce.
- Season with salt.
- Mound the shrimp mixture into the avocado halves and sprinkle with lemon juice.
- Place the avocado halves on a Bibb lettuce leaf that has been dusted with paprika.
- Serving alternative:  
Use a ring mold and layer the chopped items in layers, Avocado, Shrimp mixture, chopped Bibb lettuce and shrimp mixture.