



Mid-Cities Home Medical Monthly Newsletter

Thank you for your
service!

Volume 11, Issue 7
April 2017

Holiday Calendar

April 2017

16th Easter
Sunday



17th Patri-
ot's Day

18th Taxes Due

26th Administrative
Professionals Day

28th Arbor Day

May 2017

4th National
Day of Prayer



5th Cinco de Mayo

14th Mother's Day

20th Armed Forces
Day

29th Memorial Day-
Office Closed

June 2017

14th Flag Day



18th Father's Day

21st Summer Solstice

July 2017

4th Independence Day

**1st Tuesday will run
on 6-30-17 and La-
redo will run 7-7-
17, due to the holi-
day closure.**

Humidifiers and trouble shooting them

Water jar, Water cup, the bowl, the bubbler or the Water aerator; no matter what you call your Humidifier it has one purpose to help moisturize the oxygen to help prevent nasal and sinus dryness. While most people do not think about this oxygen accessory; it can be one of the most problematic parts of your oxygen supplies. Here are a

few tips that will help make your experience a little better.

1. Do not over or under fill your humidifier. There are high and low indicator lines on each jar. Patients should fill between the two lines
2. Per the VA, you should change your humidifier every two weeks. If you do not change them out, they can become

STORM SEASON IS HERE BE PREPARED!

1. **Watch** the weather at least once a day.
2. **Focus** on the extended 5-7 day forecasts
3. **Plan** for incoming storms
4. **Check** your back-up oxygen supply. Make sure you have plenty of oxygen in case of power outages.
5. **Fill** all your tanks if you are an UltraFill patient.
6. **Request** back-up if you do not have back-up or your standard oxygen back-up is low. 1-888-450-6676

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


Humidifiers and Trouble Shooting them Continued...





- clogged and stop your oxygen flow.
3. Be careful to screw the lid onto the jar completely straight. If you the lid is cross-threaded, the oxygen will bubble in the water but will leak out at the lid. You will get little to no flow at the
 4. Use distilled water whenever you can. Tap water can contain minerals that can clog the filter and prevent the oxygen from flowing properly through the humidifier and to you.
- Humidifier care is pretty simple. However, these four items can cause great frustration to many patients and their caregivers. Not everyone needs a humidifier. But if you do, following these steps can help you maintain better oxygen service.


May I Help You? **Ask the Office**



1-888-450-6676 

 www.MCHMDS.com

 vaservices@homepoint-dme.com

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"I am getting a red light and alarm on my machine. It's running and the ball is stuck at the top of the meter but I am not getting an air. What is happening?"

Usually this is one of two things. First, you have a blockage in your humidifier. Turn off your concentrator. Change the water bottle. By the time you replace the bottle and turn the unit back on the high pressure alarm should be off and your machine working. If you get the alarm again, you may have a pinched oxygen line. Make sure that your oxygen line is not twisted off or under a chair, wheelchair or bed. If it is under an item pull it free or replace if the line is damaged. The alarm should be gone once you turn on the unit again.

Home Fires and Patient Injuries



The VA puts a lot of emphasis on patient safety and fire training. When asked about fire safety, a lot of patients say 'Oh I don't smoke.' But fire safety is more than smoking, it is also open flames, candles, cooking, grilling, campfires, flag retirement parties and sparking tools. Just remember if it involves a fire, a flame or if it can start a fire than you need to take safety precautions when wearing your oxygen. Maintain you 10 foot safety zone or take off your oxygen and wait 15 minutes before engaging in those activities directly. If you have a fire or are injured because an oxygen fire please contact the VA and/or Mid-Cities Home Medical 1-888-450-6676.



Expiration Dates on UltraFill Tanks

Are you an UltraFill patient? Do you have tanks issued to you in 2015 or 2016? If so, you may have tanks in your home that need their expiration dates read. Our staff has a list of approximately 60 patients who need all their tanks read or have had some of their tanks read.

If you think you may be one of these patient, you may call the office and ask your customer service representative or your Technician at the time of your monthly visit.

To help make the process quicker, have all your UltraFill tanks together. The driver will have a form and write down the date and/or tank number.



In memory of our
Veterans who
have passed.

Allman, G	Guerra, C	Lindsell, S	Perez, E
Arriaga, P	Hildreth, K	Lykins, W	Phillips, D
Bookter, E	Hill, J	McClure, R	Raynie, A
Buffington, E	Humphrey, A	McCreery, H	Smith, J
Casillas, A	Joplin, L	Morris, G	Spivey, B
Casto, R	Jordan, L	Mullins, O	Wallace, S
Conn, W	Kirkpatrick, R	Nefford, W	Weger, C
Conyers, J	Kirkpatrick, W	Negron, J	Welch, L
Davis, E	Kitley, D	Nelson, J	Womack, T
Flack, j	LeCroy, J	Palazzo, V	Yellock, J
Freeman, C			

Oxygen is a Prescription and must be Renewed

A lot of patients know that they have to go see the doctor every year to make sure all their medications renewed. However, most do not think about their oxygen. It is a prescription and must be renewed every year. Make sure that you go to your VA Respiratory appointments. If you do not get your VA oxygen renewed, they may be discontinue your oxygen service. The VA can require Mid-Cities to pick-up your equipment according to the State Health Department until you requalify and are renewed. Always go to your oxygen VA visits.





Fun and Games: April Fool's

Puzzles are donated and may contain spelling errors.



APRIL	JOKES
BAMBOOZLE	LAUGHTER
BEFUDDLE	LEVITY
BEMUSE	MALARKEY
BEWILDER	MISCHIEF
BUSINESS	MONKEY
CAPER	PRANK
DELUDE	PREPOSTEROUS
DUMBFOUND	SHENANIGANS
DUPE	SILLY
FARCE	STUNT
FIRST	SURPRISE
HOAX	TOMFOOLERY
HOODWINK	TRICK
JEST	WACKY

Y	E	K	R	A	L	A	M	O	H	C	P	T	F	S
T	R	K	J	T	L	A	U	G	H	T	E	R	S	M
E	O	E	S	U	M	E	B	D	Y	L	L	I	S	T
U	S	R	L	F	P	H	U	M	E	T	D	C	Y	N
T	I	H	O	O	D	W	I	N	K	L	D	K	T	U
F	P	R	E	P	O	S	T	E	R	O	U	S	I	T
D	A	C	R	N	C	F	L	T	K	C	F	D	V	S
C	U	A	B	H	A	Z	M	I	L	A	E	P	E	S
D	N	P	I	U	O	N	M	O	R	H	B	K	L	O
K	S	E	E	O	S	J	I	C	T	P	O	W	P	M
S	F	R	B	L	W	I	E	G	Y	J	A	A	I	A
D	U	M	B	F	O	U	N	D	A	C	C	O	X	R
S	A	E	T	S	E	R	Y	E	K	N	O	M	L	I
B	E	W	I	L	D	E	R	Y	S	I	S	L	S	P
M	C	E	E	S	I	R	P	R	U	S	E	L	J	I



In the Kitchen...

Passover Chocolate Mandelbrot by Joyce

Ingredients:

- 2 cups white sugar**
- 1 cup of pareve margarine**
- 6 eggs**
- 2 3/4 cups marzo cake meal**
- 3/4 cup potato starch**
- 1/2 teaspoon salt**
- 1 cup chopped walnuts**
- 2 coups of semisweet chocolate chips**
- 2 teaspoons white sugar**
- 1 teaspoon ground cinnamon**

Directions:

Preheat over to 350

Grease a large cookie sheet

In a large bowl, cream together 2 cups sugar and margarine until smooth. Beat in eggs one at a time, mixing well after eat one. Combine the cake meal, potato starch and salt; stir into the creamed mixture. Mix in walnuts and chocolate chips.

The mixture is heavy. Form into 2 long oval loaves. Place on the prepared baking sheet. Sprinkle the to with a mixture of 2 teaspoons sugar and cinnamon.

Bake 50-55 minutes in the preheated over, until a toothpick inserted into center, comes out clean.