



Mid-Cities Home Medical Monthly Newsletter

Thank you for your
service!

Volume 11, Issue 8
May 2017

Holiday Calendar

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.**

23rd Parents Day

27th National Korean
War Veterans Armi-
stice Day

Trips and Falls

If you want to stay in your home as long as possible, it is very important that patients protect their health. One of the most important part of protecting your health is preventing trips and falls. What a lot of patients do not understand that a single fall can cause additional falls, broken bones, head trauma and even death. This is so important

that the Department of Health has setup a government page to assist elderly patients with tips and care. Patients can use this reference page to search multiple topics and search for assistance.

www.eldercare.gov

Is your home as safe as it could be? This article will touch on various areas around your home to check and how to make your home safer for 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.

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

Texas Emergency Preparedness phone information line.
Dial 2-1-1

Trips and Falls Continued...



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self, family or guests.

Stairways: Make sure handrails are securely installed and not broken. Both sides of the stairs have rails.

Floors and Rug: Make sure rugs have a non-skid backing, pad or double sided tape. Use non-skid floor wax on tile or wood floors.

Bathroom: Mount adjustable shower heads, scrub soap build up regularly, non-slip strips or mat inside the bath/shower, mount grab bars at the toilet, bath and shower walls. Make sure they are secured tightly to the wall,

Lighting: Place night-lights in bathrooms,

hallway, bedroom and stairways. Place lamp and phone by your bed. Keep lighting uniform throughout the home to prevent dark areas.

All areas: Clear hallways. Move newspapers, boxes, electrical cords out of walkways.

 **Ask the Office**

 1-888-450-6676

 www.MCHMDS.com

 vaservices@homepoint-dme.com

 Find us on **facebook** Mid-Cities Home Medical Delivery Service

"I used to be able to call my oxygen driver directly. My new driver said I have to call the toll free office. Is he doing the correct thing or does he just not want to help me?"

It is important that any time patients need assistance that they call the Home Office **1-888-450-6676 or 972-641-7445**. The reason for this is to assure that emergency calls are handled and dispatched quickly and correctly. 1) It allows us to track your phone call. That way we have the time and date you called. 2) It allows you to speak with the VA CSR team or page an On-Call Manager. 3) It allows us to trouble shoot any issues. 4) It allows us to create your time stamped ordered and print it to the Branch Manager. 5) The Manager can then dispatch the closest team member to help you because your driver may not be near you and unable to assist you quickly.

Holiday Vacation & Travel Plans



Are you planning a trip this Summer? Have you planned for your oxygen needs yet? No? You will need to. Remember any time that you travel that you need to book your oxygen service with the VA Medical Center. Just like you book your plane, train or bus tickets, you need to book your end destination setup or Portable Oxygen Concentrator. Here is the information that you will need to provide your VA Pulmonary Team.

Dates of travel start and end dates. How are your traveling? Plane, Car, Bus, RV, Train. Total flight time. Are you making multiple stops along the way? Address and phone number for the hotel or home you are staying in.

Types of Oxygen Regulators



What is a Regulator? It is a gauge that read the pressure within an oxygen tank.

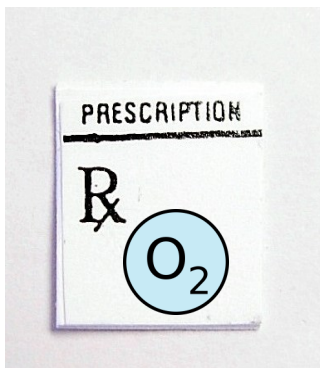


Are there more than one type of regulator? Yes. There are two basic types. 1) The continuous flow regulator. This type of regulator provides a continual flow of oxygen from the tank while both the tank and the regulator are turned on. 2) Pulse dose or Conservation Regulator aka Converter regulator only releases "puffs" of oxygen to the patient when the tank and regulator are turned on. Patients that use this type of regulator receive a "puff" of air when they breathe in. Converters come in two type pneumatic or battery supported. The difference is triggering sensitivity.



In memory of our
Veterans who
have passed.

Alphs, P	Garza, A	Mitchell, O	Walden, T
Alvarez, F	Giarrusso, A	Neff, M	Walker, T
Austin, G	Harrison, W	Pender, G	Ward, F
Barton, L	Hollins, T	Perry, A	Williams, J
Case, G	Howard, J	Reagan, M	Willmann, G
Cook, C	Hubbard, J	Reynolds, J	Wilson, T
Craddock, J	Lambert, R	Richter, R	Wolters, j
Crawford, L	Martin, C	Santoya, J	Womack, B
Depew, J	Martin, L	Sawyer, M	
Dooley, G	McColley, C	Sexton, J	
Duty, L	McGrew, M	Simacek, D	
Dwinells, J	McQuarry, S	Sparks, W	



Expired Oxygen Prescriptions may delay service.

As an oxygen patient it is important that you understand your oxygen prescription has to be renewed annually like your other medications. Oxygen is a prescription, It must be reviewed and renewed annually. If you do not get your VA oxygen renewed, the VA can discontinue or suspend your oxygen service. The VA can require Mid-Cities to pick-up your equipment according to the Texas State Health Department until you requalify and are renewed. Always go to your oxygen VA Pulmonary oxygen visits.



Fun and Games: Trees & Flowers

Puzzles are donated and may contain spelling errors.



ASH	LEAVES
BAOBOB	LILY
BEAN	LOCUST
BIENNIAL	MOSS
CAMELLIA	NODE
CANNA	OLIVE
CLEFTLEAF	ORCHID
CORM	PAPERBIRCH
DICOT	PEAR
DOGWOOD	PERSIMMON
ENTIRE	PHLOX
FILBERT	QUINCE
FLORET	REDWOOD
FLOWER	RINGS
FRUIT	SAGEBRUSH
GOLDENROD	SASSAFRAS
GRAIN	SHAMROCK
GRASS	SYCAMORE
GROW	TAPROOT
HARDY	THORN
HAW	TRUNK
HOLLYHOCK	VEIN
IRIS	VIOLET
JESSAMINE	WEED
KELP	WHITEOAK
KUKUINUT	YELLOWWOOD
LAUREL	YEWBERRY

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



In the Kitchen...

Health Nut Blueberry Muffins by Zopooh

Ingredients:

- 3/4 cups all purpose flour
- 3/4 cup whole wheat flour
- 3/4 cups white sugar
- 1/4 cup oat bran
- 1/4 cup quick cook oats
- 1/4 cup wheat germ
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup blueberries
- 1/2 cup chopped walnuts
- 1 banana, mashed

1 cup buttermilk

1 tablespoon vegetable oil

1 teaspoon vanilla extract

Directions:

Preheat oven to 350 degrees F & grease a 12 cup muffin pan or line with paper muffin cups.

In a large bowl, stir together, all purpose and wheat flours, sugar, oat bran, quick oats, wheat germ, baking powder, baking soda and salt. Gently stir in the blueberries and walnuts. In a separate bowl, mix together the mashed banana, buttermilk, egg, oil and vanilla. Then pour the wet ingredients into the dry and mix until just blended. Spoon into pan. Bake 15 minutes