



Mid-Cities Home Medical Monthly Newsletter

**Thank you for your
service!**

Volume 11, Issue 9
June 2017

Holiday Calendar

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 Laredo will run 7-7-17, due to the holiday closure.

23rd Parents Day

27th National Korean War Veterans Armistice Day

August 2017



4th Coast Guard birthday

7th Purple Heart day

19th National Aviation Day

21st Senior Citizen Day

26th Women's Equality Day

27th LBJ Day

VA Cracks down on Expired Prescriptions

We have been instructing patients that the VA is tightening up on their patient care guidelines. As part of that focus, they are enforcing expired prescriptions.

According to the Texas Department of Health and Public Safety. Prescriptions are to be reviewed and renewed annually. No longer are doctors able to write

"lifetime" prescriptions for oxygen patients. Every patient and their prescription must be seen, reviewed and renewed yearly.

What does this mean for you? This means once a year you will need to go to your Pulmonary or Respiratory Clinic appointment. This appointment is designed specifically to get your oxygen renewed for another year. Once you go, a renewal prescription can then be

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

Trips and Falls Continued...



written.

What can happen if you do not go to your renewal appointment? While the VA hospitals differ in their approach they are using the following:

- 1) Suspending oxygen service, supplies and machine repairs.

- 2) Not allowing any VA travel services.

- 3) Discontinuation of Home Oxygen Program and all oxygen services.

- 4) Requesting that all oxygen and equipment be picked up .

If for any reason you can not make an ap-

pointment, call the VA and reschedule as soon as possible. Do not wait until your equipment has gone down or you receive a call that we are being requested to pick-up your equipment. Some VA's are scheduling 30 days or longer out. Go to your renewal appointment.

"I was recently at the VA. They told me that we were going to be getting a new type of oxygen hose. What is the difference between the new and old hose?"

The VA Medical Center has requested that we issue Westmed oxygen supplies to their patients. Westmed is a different oxygen supply provider. They carry the exact same oxygen cannulas, humidifiers and extension hoses as other vendors. However, they are currently the only manufacturer that is making the "ultra soft" nasal cannula. According to the VA, this new cannula has less ear and nasal discomfort. It is supposed to be more comfortable for you the patient. All the Westmed products are still latex free. Extension hoses are still going to be colored for trip fall safety compliance. Mid-Cities is currently issuing this new supplier throughout the VA regional area.

Ask the Office

May I Help You?



1-888-450-6676

www.MCHMDS.com

vaservices@homepoint-dme.com

Mid-Cities Home Medical Delivery Service

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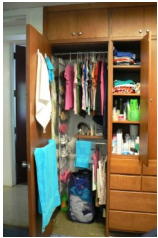
Holiday Vacation & Travel Plans

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.



Tank Storage



One of the easiest safety tips is correct oxygen tank storage. Why? Because it is as simple as "Location is everything".

1. Tanks should be easily seen, stored together in a rack or cart in an air-conditioned or temperature controlled area.
2. They should not be placed next to heat sources or open flames; like space heaters, water heaters, ovens, stove or work areas.
3. They should not be placed under furniture, in closets or behind doors
4. They should not be covered with other items, papers, plastic or clothing
5. They should not be left inside a car or vehicle for long periods of time, when the temperatures are hot or cold or when they are going to be left unattended.



Summer months can cause the safety valve to rupture.

The Winter months can cause the Regulator seal to fail.

Not to mention that tanks can and are "banged" around while driving causing stress on the metal casing.



It is important that patients realize the simple and open placement of their racks and tanks helps them to know where their all their oxygen is at, Emergency Medical Service locate it in an emergency evacuation and others entering your home to know where to take extra precautions.



In memory of our
Veterans who
have passed.

Bacorn, J	Holecek, J	McCullough, R	Schaeffer, L
Bergstrand, F	Homa, G	Mock, C	Sierra Rivera, J
Bumpers, J	Hughes, J	Parish, J	Solis, G
Carter, A	Kezler, B	Prochnow, J	Stewart, A
Cisneros, S	Knowles, L	Pruitt, J	Stover, S
Clarke, j	Lonadier, T	Reeves, L	Taylor, J
Coupland, J	Loyless, R	Rhoades, M	Tolin, D
Davis, A	Martin, C	Romero, R	Walker, L
Escoto, E	Martinez, R	Roney, C	Whittington, M
Grisham, M	McBride, M	Sargent, J	Wilson, J



Fun and Games: Farm Life

Puzzles are donated and may contain spelling errors.



- | | | |
|--------------|------------------|---------------|
| acres | feedlot | producer |
| ag news | fence line | silage |
| agriculture | fence post | soybean |
| alfalfa | fertilizer | squeeze chute |
| animals | fishing | stock trailer |
| antique | Flint Hills | stockers |
| babies | grain | swather |
| barn cat | heifer | syringe |
| barn door | herd | terrace |
| battery | land auction | tractor |
| cattle | lasso | water gap |
| chickens | Longhorn | weeds |
| chores | medicine | wheat pasture |
| conservation | mortgage | yearling |
| cow dog | mountain oysters | |
| cowboy | pasture land | |
| cultivator | pickup | |
| economy | pitchfork | |
| elevator | pond | |
| farmer | post hole digger | |

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



In the Kitchen... Cheesy Ham & Hash brown Casserole

Ingredients:

- 1 32 oz. package of frozen hash brown potatoes**
- 8 oz. diced cooked ham**
- 2 10.75 oz. cans of condensed cream of potato soup**
- 1 16 oz. container of sour cream**
- 2 cups of shredded sharp cheddar cheese**
- 1 1/2 cups grated parmesan cheese**

Directions:

- Preheat oven to 375 degrees F**
- Lightly grease 9X13 baking dish**
- In a large bowl, mix hash browns, ham, cream of potato soup, sour cream and cheddar cheese.**
- Spread evenly into baking dish**
- Sprinkle with parmesan cheese**
- Bake for 1 hour or until bubbly and light brown.**
- Serve immediately**