



# Mid-Cities Home Medical Monthly Newsletter

**Thank you for your  
service!**

Volume 11, Issue 11  
August 2017

## Holiday Calendar

### August 2017



4th Coast Guard birth-day

7th Purple Heart day


19th National Aviation Day

21st Senior Citizen Day

26th Women's Equality Day

27th LBJ Day

### September 2017

4th - Labor Day— Office Closed 

1st Monday runs Tuesday 8-29-17

11th - Patriots Day

15th - POW/MIA Day

18th - Air Force Birth-day

### October 2017

9th Columbus Day

13th Navy's birthday

15th White Cane Safety Day

31st - Halloween Day

## Fall Prevention & Safety

Have you even thought about how dangerous trips, slips and falls can be? Not really. I never gave them much thought either. However, when you read statistics from the Center for Disease Control and Prevention it makes you look at falls a little differently.

According to the CDC website, "One out of five falls

causes a serious injury such as broken bones or a head injury." When you couple that with statements like, "...more than one out of four older people fall each year, but less than half tell their doctor. Falling once doubles your chances of falling again."

Not all falls are serious. We have all fallen and gotten bruised, scratches or cuts. However, it is important that you tell your doctor. Your fall

**Changing Supplies Schedules...**The VA Home Oxygen program is setup in a way to assure that patients have plenty of supplies during the month. The purpose of having the amounts allowed is to assure that patients Lungs and Respiratory System do not get infections from unchanged supplies.

Cannula/Nose pieces should be changed weekly or 5 per month.

Green tubes, water bottles, water traps and connectors should be changed every two weeks or 3 per month.

Fire Safety adaptors should be changed be changed yearly but 6 months if damaged, cracked or broken.

**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**

## Continued...



or falls could be occurring for various reasons including; vitamin deficiency, medications, vision changes or problem, weakness in your lower body or muscle weakness, leg and foot pain or numbness, bad shoes or something in the home environment. What can you

do to improve your fall risks?

Talk to your doctor, evaluate your physical risks, review your medication and talk about vitamins or supplements.

Do exercises to improve or strengthen your legs and balance .

Have your eyes checked yearly. If you notice a change talk to your doctor.

Make your home safer. Install grab bars and handrails, keeps rooms well lit, Keep items and clutter out of walking areas. Secure or remove rugs. Wear shoes with gripping soles. Protect

### ***"I received a call from the VA saying they were coming out to do a home inspection. What does this mean? Why do they need to come to my home?"***

When the VA calls about a home inspection, they are not coming out to criticize you. They are required for their hospital certifications to check on a certain number of patients per year. They are coming out to check on you the patient, to assure you are well and safe, to look to see that you have your oxygen properly stored, that you have the necessary home safety items; fire alarm and no smoking signs. Are you able to use your equipment? Is your home environment safe or are there fall hazards. It is your time to talk to them about your concerns, give them feedback or share compliments about the VA Home Oxygen program.

**Ask the Office**

1-888-450-6676

[www.MCHMDS.com](http://www.MCHMDS.com)

[vaservices@homepoint-dme.com](mailto:vaservices@homepoint-dme.com)

Find us on [facebook](#). Mid-Cities Home Medical Delivery Service

## 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 Safety in the Summer



As Texans we understand that Summer means long days, high temperatures and heat indexes. One thing that we understand is how miserable and stressed the heat makes us. Just like us, your oxygen tanks can feel stressed. It is not emotional but physically.

Oxygen tanks are metal. Over time that metal casing is dropped, banged around with other tanks, falls over and other daily wear in tear behaviors. You then pump between 2000 and 3000 pounds of pressure into the tank. The last thing that your tank needs is the additional pressure build up from your tank being left in a car, truck or van.

There is a pressure valve in the tank stems that ruptures at 275 degrees F. That may sounds like a lot of heat. However, when you have 100 degree days, with 115 -125 degree heat indexes and then you put them into a sealed car, with metal and glass that magnifies the heat inside the vehicle. Those sealed up temperatures can add an additional 25-100 degrees to the tanks environment. Thereby, stressing the microscopic cracks in the metal casing and the safety seal.

When the tank or safety seal blows tanks can go airborne, fly around the car, damage items inside, injure the driver or passengers, they can go out the glass and damage other property or injures by-standers and in some cases explode causing a fire and up to death.

What can you do? Do not leave tanks in your vehicle at any time. A temperature controlled environment and well ventilated areas are best. If you do leave a tank in the car, crack the windows and cover the tank so it is not in direct sunlight. Don't let Summer heat hurt you.



In memory of our  
Veterans who  
have passed.

Almeida, A	DelaRosa, E	Johnson, D	Schroeder, J
Bailey, C	Duenez, N	Johnson, W	Smith, C
Barr, J	Frederick, D	Johnston, B	Smith, J
Bascom, R	Freedman, J	Langley, C	Sullinger, W
Baumann, M	Fuentes, H	Lee, J	Tanner, J
Bonneville, R	Gantzer, M	Lott, D	Tarrant, H
Clore, T	Garrett, B	Meek, H	Taylor, H
Cokefield, G	Griggs, D	Moorman, J	Whirty, R
Cortez, B	Hood, C	Pittman, D	Williams, E
Crouch, C	Horne, H	Remley, T	Williamson, R
Davis, P	Johnson, D	Rosales, R	



# Fun and Games: Farm Life

Puzzles are donated and may contain spelling errors.



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

APEX	FLOAT	PIER
ANCHOR	FREESTYLE	PIT STOP
BACKSTROKE	GOGGLES	POLE
BAIT	GREEN GLAG	POOL
BOBBER	HEADING	QUALIFY
BOW	HOOK	ROD AND REEL
BUOY	HULL	SINKER
BURNOUT	JIGGING	SPINCAST
BUTTERFLY	LANES	SPLIT TIME
CAMBER	LAUNCH	STARBOARD
CAUTION	LEVER DRAG	STERN
CHECKERS	LIFEGUARD	STRINGER
CURRENT	LIVE BOTTOM	SWIM MEET
DEEP END	LURE	TACKLE BOX
DOCK	MARINA	TIDE
DRAFTING	MINNOWS	TROLLING
FINISHLINE	OVERTAKE	WADERS
FIRESUIT	PACE CAR	WAKE



## Ingredients:

- 2 cup grated zucchini**
- 2 eggs beaten**
- 1/4 chopped onion**
- 1/2 cup all purpose flour**
- 1/2 cup grated Parmesan cheese**
- 1/2 shredded mozzarella**
- Salt to taste**
- 2 Tablespoons vegetable oil**

## Directions:

**In a medium bowl, combine the zucchini, eggs, onions, flour, Parmesan cheese, mozzarella cheese and salt.**

**Stir well enough to distribute the ingredients evenly.**

**In a skillet, heat the oil over medium high heat.**

**Drop zucchini mixture into the skillet by heaping tablespoon full and cook for a few minutes each side until golden broken.**

**You can drain on paper towel or serve directly.**

**In the Kitchen...  
Zucchini Patties  
Allrecipes.com**