



# Mid-Cities Home Medical Monthly Newsletter

**Thank you for your  
service!**

Volume 11, Issue 12  
September 2017

## Holiday Calendar

### September 2017

**LABOR DAY**  
 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 Safe-  
ty Day

31st - Halloween Day

### November 2017

10th Marine Corp Day

11th Veterans' Day

23rd Thanksgiving  
**HAPPY Day - Office Closed**

  
**23rd and 24th**

**4th Thursday runs  
Wednesday 29th**

**4th Friday runs  
Thursday 30th**

## Emergency Preparedness

Many of us went through one of the worst hurricanes to hit Texas in 50 years last month. The devastation and flood was horrible.

However, the one thing that helped many patients and caregivers was just being prepared.

- Watching the news and weather to

know what is going on

- Making a plan to evacuate
- Taking as much oxygen as possible
- Contacting Mid-Cities as soon as they arrived at new location
- Using state provided evacuation assistance. The State used over 200 buses to

## Electrical Company Form

One of the things that many patients found out this last month was they did not have the proper medical emergency form filed with their electrical company. These forms are to help the electrical company prioritize areas where they have patients in medical need. In other words, if you are a ventilator or oxygen dependent patient, you should contact your electric company and get the required form. This will help them to know you are in urgent need of electrical restoration when you power goes out. Please be aware that these forms most often must be signed by your medical doctor. Be sure that you complete them correctly.

**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...



help evacuate people out of the hurricane area prior to the storm.

Those that chose to weather in place must make additional plans for their safety:

Are you in a low ly-

ing area that floods? Are you able to stay out of flooding areas?

Are you going to have enough oxygen in the home for days until flood waters go down?

Is your home strong enough to withstand

the storms? If not, where will you go? How will you get there?

No one likes to think about the worst case scenarios. However, as an oxygen patient you must think about your safety and Oxygen needs.

### ***"I keep getting water in my line. What can I do if my machine is working but I do not want to use the water bottle any more?"***

The answer is by-pass the humidifier bottle. This is done by using the following steps:

- Disconnecting the humidifier adaptor from the concentrator, usually a clear line. This line connects directly to the concentrator.
- Take the green hose from the front of the humidifier, that comes out the side of the bottle.
- Plug that line directly to the metal spike coming out of the concentrator.

Those steps will stop excess water and give you oxygen directly.

## 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 you 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.

**Ask the Office**

May I Help You?



1-888-450-6676

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

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

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### Concentrator down... What do I do next?

1. Most importantly, do not panic.
2. Get on your emergency back-up.
3. Figure out how much back-up you have in your home. Is it one small tank or two large filled tanks? How much oxygen you have in the home makes a huge difference on what you need to do next.
4. If you have plenty of oxygen, you may chose to wait until morning to notify staff that your concentrator is down. If you do not have much as all, you know that you need to call the office immediate. Do not ever call Technicians for assistance. Always call the office at 1-888-450-6676 or 972-641-7445.
5. Is your concentrator working but you have no flow? Then try to by-pass the humidifier. See page 2 for instruction on how to do that.
6. Try to stay as relaxed as possible after calling the office. They will dispatch a Technician after speaking with you, going over your oxygen in home and creating the needed paper-work for the equipment exchange.
7. Call the office should you have any questions about delivery times or if you are running low on oxygen and you have not been contacted by your service Technician yet.
8. Just remember monthly maintenance checks are important. However, concentrators are machines and can break down without working. Always keep back-up on hand.



In memory of our  
Veterans who  
have passed.

- |             |             |              |            |
|-------------|-------------|--------------|------------|
| Ackles, E   | Dobkins, C  | Ortiz, R     | Turner, J  |
| Allison, F  | Eakins, S   | Parks, J     | Zottola, R |
| Almeida, A  | Grayson, D  | Perez, G     |            |
| Benton, C   | Hildreth, K | Perryman, R  |            |
| Beran, J    | Kemp, H     | Ragsdale, B  |            |
| Brinkman, B | Knusta, D   | Raynie, A    |            |
| Butler, C   | Lockler, J  | Rodriguez, H |            |
| Chatman, A  | Mackey, C   | Scott, W     |            |
| Crowell, j  | McCoy, J    | Serna, I     |            |
| Decker, R   | Miller, L   | Smith, C     |            |



# Fun and Games: Farm Life

Puzzles are donated and may contain spelling errors.



APPLES	FORAGING	SCARE-CROW	f e z a m s p r o b l r d h s t e m s
ACORNS	GEESE	SCHOOL	n l u g a d k o y z o c r l u a s o e
BONFIRE	GEESE	SEPTEMBER	r h a r v e s t s l s u e g o l d e n
BOUNTIFUL	GOLDEN	SMOKEY	n a i n n e i g a c o r n s u a e e v
		SNEEZE-WEED	e w p g n w r p n l r i e t d r d b i
BRISK	GOURD	SQUIRRELS	e n o p c e b o e i l e q u i n o x v
CANDY	GRAIN	TRACTOR	w g c r l z l a u t g m m f c f p o i
CHILLY	HALLOWEEN	VIBRANT	o f u h c e v q s u r a n h e k u z d
CHRYSANTHEMUM	HARVEST	VIVID	l c n a a e s u o t y o r o d l m l s
CIDER	HAYRIDE	YAM	l w r y s n r c n l b y t o e e p y b
CINNAMON	JACKET		a c o r n s t a l k s l i c f t k a a
COLORFUL	LABOR DAY		h i c i e o r i c a e r l s a a i c m
CORNSTALKS	LEAVES		k n i d b b h o n s b l m n t r n r c
CORNUCOPIA	MAPLE		p n n e i c m t e g a o g c e g t u a
COZY	MAZE		u a r v u g h e g b k o r i k i d n n
CRISP	MIGRATE		l m e s e e g o t e s h a d c m c c d
CRUNCH	OCTOBER		m o w r m r u o y p o c i e a r t h y
DECIDUOUS	OWL		v n l u f r o l o c e s n r j y m r r
EARTHY	PIE		r d m w d f a p c r i s p r a k e m l
ENCHANTING	PUMPKIN		
EQUINOX	RAKE		
FLANNEL	REAP		
FOOTBALL	RUSTLING		



## Ingredients:

- 4 cups of fresh sliced peaches**
- 1/2 cup all purpose flour**
- 1/2 cup brown sugar**
- 1/2 cold butter**
- 1 teaspoon ground cinnamon**
- 1/4 teaspoon salt**
- 1 cup rolled oats**

## Directions:

- Preheat oven to 350 F**
- Arrange peaches in 8x8 inch baking dish**
- Mix flour, brown sugar, butter, cinnamon and salt using a pastry cutter until evenly crumbled.**
- Fold in oats**
- Sprinkle mixture over peaches**
- Press into peaches**
- Bake for 30 minutes**

**In the Kitchen...  
Allrecipes.com**