



Mid-Cities Home Medical Monthly Newsletter

**Thank you for your
service!**

Volume 12, Issue 01
October 2017

Holiday Calendar



October 2017

9th Columbus Day

13th Navy's birthday

15th White Cane Safety Day

31st - Halloween Day

HAPPY November 2017



10th Marine Corp
THANKSGIVING Day

11th Veterans' Day

23rd Thanksgiving Day - **Of-
fice Closed 23rd and 24th**

**4th Thursday runs
Wednesday 29th**

**4th Friday runs Thursday
30th**



December 2017

7th Pearl Harbor
Day

13th Hanukkah

13th National Guard Birth-
day

21st Winter Solstice

25th Christmas Day—**Office
Closed**

**4th Monday will be ran on
Friday 29th.**

26th Kwanza & Boxing Day

31st New Years Eve

Afterhours Answering Service

Mid-Cities Home Medical has an answering service that takes emergency calls. However, patients can also leave messages for the office. Non-emergency calls will be returned the next business day. The number is **1-888-450-6676 or 972-641-7445**. The service is 24 hours and takes messages before and after office hours.

IF YOU ARE IN LIFE THREATENING EVENT CALL 9-1-1.

- 1) Always get on your back-up tank if your equipment is alarming.
- 2) Emergency calls are: Equipment down, alarm sounding, no flow.
- 3) Non-emergency calls will be held for the office the next business day. Non-Emergency Calls are supply order, question about an order, wanting to order additional tanks, when an order will ship or what time will your driver arrive the next day for your delivery.
- 4) On-Call Managers should return your call in 30 minutes of your call or page.
- 5) You must trouble shoot equipment. The VA will not allow us to come out unless we have double checked the equipment and it can not fix it over the phone.

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**



"I want to travel for the holidays. When do I need to call the VA? Who do I need to call first you or the VA?"

Always start with the VA Medical Center for travel plans. We will call you when we have a travel order from them.

30 days prior to your trip. give them: Your travel dates leaving and returning?

How are you traveling? Plane, train, bus, personal vehicle

Are you going to need oxygen at the other end?

The address and contact information for someone at your destination.

Remember that all VA Oxygen Equipment is on loan to you and must be returned. Other patient want to travel and need that equipment.

Moving within the VA Medical System

One of the most confusing part of the VA System is when patients move between two system or hospitals. Most patients think that their oxygen service automatically transfers or the equipment is theirs to take with them. The answer to both of these is No. Here is what you need to know.

- Call ahead to the VA Medical Center where you are moving. Find out if you can pre-enroll for a Primary Care Doctor's appointment.
- Call you current local VA Medical Center. Let them know that you are going to be moving out of the state or area.

Let them know the dates you are going to be moving?

How are you traveling to you new home?

Let them know if you will need oxygen you while you are moving.

Tanks for the drive

Portable Oxygen Concentrator for an airplane

End destination setup so you can have oxygen until your appointment with the new VA hospital system

Let them know your new address.

Give them a contact name and phone number

- Go to the VA Medical Center and get a copy of your prescription from the Information Department.
- Take your prescription with you to your new VA setup appointment.
- Return all loaned equipment to VISN 17 when you are setup with new VA. Call 1-888-450-6676 or the Texas VA Hospital you left for call tags.





The VA Pneumonia and Flu shot clinics are open

It is time for Influenza season. While most of us hate shots and needles, it is important to protect your health. As an oxygen patient, you have a compromised respiratory system, have trouble breathing and/or have a compromised immune system. To help reduce your exposure to the Flu's affects it is important that you get your Flu shot each year and your Pneumonia shot every three years. Check with your local VA for shot clinic times, dates and clinic locations near you.



Circle of patient care

Have you ever wondered about who is in your circle of care or why? Most patients don't. However, it is important to know. You (the patient, your caregiver or advocate), Your doctor, and Mid-Cities Home Medical and other medical companies providing care to you. You discuss your symptoms and health concerns with your doctor, your doctor does tests and writes orders. We fill those orders, explain about the equipment, educate and monitor you. We report back to the VA/doctor to they can talk to you about your care in the future. Improving communication and care.



In memory of our Veterans who have passed.

Anderson, G	Hudson, M	Pritchard, Y	Zottola, R
Barrera, J	Jones, A	Schlueter, D	
Baxter, B	Klecka, J	Smith, M	
Bearden, R	Little, J	Tavarez-Santana, F	
Cardwell, J	McDaniel, E	Walden, T	
Chandler, J	McKeever, C	Williams, D	
Davis, J	Mlasko, J	Williams, K	
Downie, J	Morris, W	Williamson, W	
Fleck, B	Nevatie, E	Woodruff, R	
Goodman, J	Phillips, C	Zegub, G	



Fun and Games: Fruits

Puzzles are donated and may contain spelling errors.



Apple	Mandarine
Apricot	Melon
Blackberry	Mulberry
Cherry	Nectarine
Coconut	Papaya
Date	Peach
Fig	Plum
Grape	Pomelo
Guava	Quince
Jackfruit	Salak
Kiwi	Tamarillo
Lychee	Yuzu

e	j	c	o	c	o	n	u	t	i	i	c	a
b	l	a	c	k	b	e	r	r	y	u	z	u
q	e	i	c	a	k	c	h	e	r	r	y	p
g	u	b	p	k	c	t	l	y	c	h	e	e
u	k	i	w	i	f	a	r	e	e	p	o	a
a	m	a	n	d	a	r	i	n	e	l	g	c
v	f	u	k	c	e	i	u	p	l	u	r	h
a	i	p	c	b	e	n	s	i	e	m	a	o
t	g	m	l	l	e	e	r	a	t	y	p	p
u	p	u	p	a	p	a	y	a	l	d	e	c
o	m	p	p	o	m	e	l	o	n	a	y	k
u	a	r	e	a	p	r	i	c	o	t	k	a
k	i	d	t	c	p	l	r	u	n	e	y	k



**In the Kitchen...
Pumpkin Muffins2
Allrecipes.com**

Ingredients:

- 1 small sugar pumpkin, seed-
ed
- 3 cups all-purpose flour
- 2 cups white sugar
- 2 teaspoons baking soda
- 1/2 teaspoon baking powder
- 2 teaspoons ground cloves
- 2 teaspoons ground cinnamon
- 2 teaspoons ground nutmeg
- 1 teaspoon ground allspice
- 1 teaspoon salt
- 2/3 cups vegetable oil
- 3 eggs.

Directions: Preheat over 350 F

Split pumpkin in half remove seeds and strings, place on baking sheet, cut side down, cover with foil and bake until tender about 90 minutes. Remove pulp and puree in blender. About 2 cups set aside

In large bowl, stir together: flour, sugar, baking soda, baking powder, cloves, cinnamon, nutmeg, allspice and salt. In separate bowl, beat together pumpkin, vegetable oil and eggs. Stir the pumpkin mixture into the flow mixture until smooth. Scoop batter into prepared muffin tin with muffin cups.

Bake in preheated oven for 20-25 minute, until a toothpick inserted into the center of muffin comes out clean.