



Mid-Cities Home Medical Monthly Newsletter

**Thank you for your
service!**

Volume 12, Issue 04
January 2018

Holiday Calendar

January 2018



1st - New Year's
Day **Office Closed**

1st Monday runs on 1-8-18

2nd Monday runs on 1-15-18

3rd Monday runs on 1-22-18

4th Monday runs on 1-29-18

13th Martin Luther King Day

February 2018

1st - National
Freedom Day

Happy
Groundhog Day!



2nd - Ground
Hog Day

14th - Valentines Day

19th - Presidents' Day

March 2018



2nd Texas In-
dependence
Day

11th Daylight
savings begins

17th St. Patrick's Day

30th Good Friday

Water traps



The chill of Winter is setting in and patients are starting to call about their machines "producing water".

- Concentrators do not make water. They are designed to concentrate oxygen from room air.
- What patient are experiencing is water condensation from their humidifier water bottle.
- How is that happening? Well the humidifier is designed to help keep nasal passages moisturized to help prevent dryness and bleeding; especially in the summer months. The air from the concentrator is warm and moist. The condensation occurs when that warm moist air runs along a cold floor or air-conditioned area. The cold air causes air particles to press closer. When they do, the water vapor connects and creates water droplets. The colder the air the more droplets are formed. The can create water in the line.
- What can be done to keep the water production from happening?

(continues on page 3)

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.

Afterhours Answering Service



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Mid-Cities Home Medical is always here to help patients with their care and their emergency needs. While our office is open Monday through Friday during standard business hours. We also have a live operator answering service that takes emergency calls in the evenings and on the weekend.

What if it is not an emergency? 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.

If you are in a life threatening event call 9-1-1.

For Urgent assistance dial

1-888-450-6676



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.

Water traps continued:

- Install a water trap to collect water droplets from the extension lines.
- Remove the water bottle if you are not experience nasal dryness. Some patient use a Saline nasal spray to help with dryness.
- Keep the hose off the floor if possible. Running it along furniture or door handles puts it into a warmer area. However, this may be difficult if you have a lot of people living in your home.
- Use shorter extension lines. The closer you are to the Concentrator means less time the air has to condensate or create water droplets.



In memory of our
Veterans who
have passed.

Alexander, B	Clark, F	Heath, L	Parker, R	Vaughn, C
Ashworth, B	Clonts, K	Heine, L	Robinson, M	Wades, S
Balatoni, J	Conrad, E	Hodge, S	Salas, A	Watkins, I
Barnes, T	Deakin, R	Johnson, C	Salsedo, M	Weinstein, i
Battiest, W	Edwards, L	Johnson, W	Sanchez, D	White, J
Bonds, D	Farrish, R	Lynch, M	Scott, C	Wilburn, T
Brattain, C	Fender, R	Matthews, C	Shaw, M	
Britton, J	French, J	McAnally, B	Smith, J	
Bryant, A	Garcia, H	Mikes, R	St John, P	
Burks, C	Gilliam, M	Mooneyham, H	Starks, O	
Burns, M	Goodrum, W	Mowat, K	Tatsch, M	
Carter, M	Harness, J	Pahl, E	Taylor, E	



Fun and Games: Frigid Winter

Puzzles are donated and may contain spelling errors.



C	H	S	Z	G	V	D	T	B	U	H	B	U	D	Z	U	P	E	H	Z	E	P	Z	S	ABSOLUTE ZERO	SKI LIFT
J	T	P	D	R	A	K	Q	U	G	L	L	Y	N	S	K	I	J	U	M	P	D	Z	N	AULD LANG SYNE	SKIING
W	Y	R	C	P	C	X	Z	Y	U	M	C	Y	S	S	L	C	E	I	Z	R	T	A	U	AVALANCHE	SLED
A	Y	H	O	L	I	C	E	S	K	A	T	I	N	G	E	E	T	T	L	Q	J	S	S	BITTER COLD	SLEDDING
H	A	A	W	F	V	H	T	F	I	R	D	W	O	N	S	R	E	R	K	A	H	N	H	BLIZZARD	SLEET
G	D	P	Z	J	W	E	X	B	I	T	W	Z	L	I	E	I	I	T	X	S	O	O	O	BLUSTERY	SNOW ANGEL
D	W	P	E	D	R	O	I	N	W	I	T	H	T	H	E	N	E	W	T	W	W	W	V	BOBSLED	SNOW CHAIN
O	O	Y	R	Y	X	W	N	W	I	N	A	R	T	S	G	K	V	Y	B	Q	A	C	E	CONFETTI	SNOW DAY
R	N	N	A	M	W	O	N	S	E	L	B	A	N	I	M	O	B	A	P	V	E	H	L	FATHER TIME	SNOW DRIFT
E	S	E	U	A	W	E	M	X	N	U	F	Y	N	F	Y	U	L	G	A	P	M	A	B	FREEZING	SNOW FORT
Z	N	W	Q	Z	O	U	T	W	I	T	H	T	H	E	O	L	D	L	G	G	I	I	C	FRIGID	SNOW PLOW
E	O	Y	S	O	N	E	D	B	N	H	H	B	X	C	S	G	A	F	R	E	T	N	S	FROSTY	SNOWBALLS
T	W	E	S	E	S	T	R	O	K	E	O	F	M	I	D	N	I	G	H	T	R	R	L	GLACIAL	SNOWMAN
U	P	A	E	G	G	N	I	N	R	A	O	P	R	C	L	F	U	E	P	E	T	E	E	GLISTENING SNOW	SNOWY
L	L	R	M	T	N	T	J	E	O	K	C	S	R	H	Z	S	A	R	B	M	T	S	D	HAPPY NEW YEAR	SNUSH
O	O	S	I	G	I	A	W	F	I	I	T	T	E	F	N	O	C	L	A	G	N	U	D	HOCKEY	SPARKLERS
S	W	V	T	D	N	Y	L	L	T	N	S	Y	Z	O	M	O	I	E	V	O	I	D	I	ICE FISHING	STREAMERS
B	H	T	A	U	E	I	Y	D	U	G	O	E	W	M	L	Z	R	X	W	W	W	E	N	ICE RINK	TIMES SQUARE
A	D	R	A	A	T	L	I	W	L	J	O	M	M	D	Z	T	L	A	I	C	A	L	G	ICE SKATING	TOAST
L	T	R	R	U	S	G	S	K	O	U	A	W	Z	A	S	C	N	N	L	N	V	S	V	IN WITH THE NEW	TRADITION
S	Y	N	T	F	I	L	I	K	S	N	A	P	R	T	K	G	T	S	A	O	T	B	P	JANUARY	WINTERTIME
S	P	A	R	K	L	E	R	S	E	I	S	D	F	R	E	E	Z	I	N	G	P	O	H	NIPPY	WINTERY
Y	W	E	D	I	G	I	R	F	R	O	S	T	Y	L	R	V	R	H	E	W	T	B	B	NOISEMAKER	ABOMINABLE SNOWMAN
E	P	S	Q	M	V	E	A	Q	M	R	Y	R	Q	Y	E	K	C	O	H	O	M	M	G	OUT WITH THE OLD	MARTIN LUTHER KING JUNIOR
																								POLAR	RING IN THE NEW YEAR
																								RESOLUTION	STROKE OF MIDNIGHT
																								SHOVEL	
																								SKI JUMP	



In the Kitchen... Wild Rice Chicken Soup

Ingredients:

- 1/2 cup butter
- 1 finely chopped onion
- 1/2 cup celery
- 1/2 cup sliced carrots
- 1/2 pound fresh mushrooms
- 3/4 cup all purpose flour
- 6 cups chicken broth
- 2 cups cooked wild rice
- 1 pound boneless, skinless chicken, cooked and cubed
- 1/2 teaspoon salt
- 1/2 teaspoon curry powder

- 1/2 teaspoon mustard powder
- 1/2 teaspoon dried parsley
- 1/2 teaspoon ground black powder
- 1 cup slivered almonds
- 3 tablespoons dry sherry
- 2 cups half-and-half

Directions: In large saucepan on medium heat melt butter, stir in onion, celery & carrots salte 5 minutes. Add mushrooms salte 2 minutes. Add flour and mix well. Gradually pour broth and stir constantly until all has been added. Bring to boil, reduce heat, simmer. Add remaining items warm through add half and half & simmer 1-2 hours