



Mid-Cities Home Medical Monthly Newsletter

**Thank you for your
service!**

Volume 12, Issue 05
February 2018

Holiday Calendar

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

April 2018

1st Easter

16th Tax Day

25th Administrative Profes-
sionals Day

27th Arbor day



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Supply Changes

Changing your oxygen supplies is one of the easiest ways to prevent malfunctions and reoccurring illness. The VA Medical Center has setup a basic supply changing schedule to help patients and caregivers reduce the risk of bad supplies.

Cannulas/Nose Pieces are the hose that fit around your head, over your ears and into your nose. They can come with or with an extension tube already attached. Because the nasal prong insert into the nasal passages it is recommended that they be changed weekly by the patient or caregiver. If you have been ill, when you have recovered change your cannulas even if it is not time to change it yet. By putting on a fresh nose piece, you can prevent on infecting your again with whatever you just recovered from i.e. flu, pneumonia or other illness.

Extension Tubing are the light green or dark green tubing that comes in seven, fourteen, twenty-five and fifty feet lengths. These lines are colored to help patients see them on the floor. They should be changed every two week.

Humidifiers or water bottles are (continues on page 3) used to help

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



Ask the Office

 **1-888-450-6676**



Find us on:
 **facebook.**

"When my machine alarms, what should I do?"

- 1) Always get on your back-up oxygen first. Having your oxygen taken care of will make the rest easier.
- 2) Call our office 1-888-450-6676 for trouble shooting and general assistance. If life threatening, dial 9-1-1 for emergency medical assistance.
- 3) Be prepared to trouble shoot the equipment. This will mean performing basic task like: checking the plug, checking various connections or supplies and answering questions about flow or alarms.
- 4) Once trouble shot, if your equipment is broken. Remain calm and wait for our staff to arrive. We will be out to replace it.

Route days: What are they and how do I figure out mine?

Mid-Cities Home Medical uses a "Route Day" system when seeing patients. A route day is simply a group of patients assigned to a specific day from the same geographical area. The reason that we use this type of system is so that patients and technicians are not waiting while we go from Mineral Wells to Plano to Burleson. By putting patients in the same area together, we can see more patients in a shorter amount of time and reduce long drives between distant cities. In other words, we put all of Burleson on one day, all of Mineral Wells on a day and then Plano and Garland on one day. We can see 50 patients versus the 12 or so we would have seen in three days.

When you come onto service, you should be given a form and a magnet for your refrigerator with your route day and our phone number. It will say something like First Friday, Third Wednesday or Fourth Monday. This is a specific day on the calendar and not a date.

To find your route day:

Take your assigned route day. For this example we will use Second Thursday.

1. Go to your calendar (wall or on your phone).
2. Look at the calendar.
3. Go over to Thursday.
4. Count down two weeks to the second Thursday.
5. The answer for February 2018 would be: Thursday February 8th

This is the date of your route day visit. Our staff will reach out to you a day or two before to get your order for the month or you can call us.





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.

moisturized nasal and sinus passages. You want to change the water daily and completely change the water bottle out for a new one every two weeks. Because of the mineral content in a lot of water sources, prolonged use of a humidifier can cause the bottle to clog and stop the oxygen flow to the patient. If you are getting airflow from the concentrators but not through the water bottle, double check to make sure it is not cross-threaded. If that does not fix the flow issue, completely change the bottle.

Water traps are the water collection tube that goes between two extension hoses. It is to collect excess water out of the line. It should be emptied any time that it fills up. However, you should replace it every two weeks. Changing these items will help cut down on calls for assistance and help your concentrator run better.



In memory of our
Veterans who
have passed.

Almand	Derossett, M	Lunsford, D	Shelby, C
Andersen	Dial, M	Mathson, W	Shuttlesworth, L
Austin	Evans, L	Matthews, C	Smith, E
Beezley	Gibson, D	McCraw, R	Tate, D
Benjamin	Glenewinkel, E	Mikes, R	Towers, W
Berger, C	Holloway, D	Miller, A	Trundle, J
Boswell, F	Hudack, R	Morrow, J	Vinson, K
Burks, R	Jennings, G	Muncy, B	White, T
Burleson, J	Johnson, C	Panuccio, R	Williams, J
Carter, C	Johnson, W	Pederson, M	
Christensen, G	Kapp, D	Picklesimer, C	
Coy, D	Kindhart, D	Poole, R	
Craig, D	Kuhaneck, L	Pressley, D	
Darr, J	Ligon, J	Rodriguez, F	
Davidson, J	Lipsey, J	Salas, A	



Fun and Games: Be Mine

Puzzles are donated and may contain spelling errors.



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

admirer	cupcake	passion
adulation	darling	pet
affection	dear	prince
amore	dearest	pumpkin
angel	desire	puppy love
apple of my eye	devotion	relish
ardor	fondness	Romeo
baby bear	heartthrob	suitor
beau	hon bun	sweet babboo
beloved	honey	sweetheart
better half	inamorato	sweetie
blossom	Juliet	sweetpea
buttercup	love	tenderness
charming	lovebird	treasure
cherished	loved one	treasure
cherry	mad for	true love
crazy about	my queen	valentine
crush	paramour	worship



Ingredients:

- 1 1/2 cups, whole almonds, unsalted
- 2 cups dried apricot
- 2 teaspoons cinnamon
- 2 teaspoons almond extract
- 1/2 cup sweetened shredded coconut

Directions:

- In a food processor with the knife blade, thoroughly combine first four ingredients until the mixture forms a dough-like ball.
- Using your hands, firmly roll into 1 inch balls.
- Roll in coconut.

In the Kitchen... Coconut—Apricot Truffles