



Mid-Cities Home Medical Monthly Newsletter

**Thank you for your
service!**

Volume 12, Issue 06
March 2018

Holiday Calendar

March 2018

2nd Texas Independence Day

11th Daylight savings begins

17th St. Patrick's Day

30th Good Friday

April 2018

1st Easter

16th Tax Day

25th Administrative Professionals Day

27th Arbor day

May 2018

3rd - National Day of Prayer

5th - Cinco de Mayo

11th - Military Spouse Appreciation Day

13th Mother's Day

15th - Peace Officers Memorial Day

19th Armed Forces Day

22nd - Maritime Day

28th Memorial Day—Office Closed

1st Monday runs 4-30-18

2nd Monday runs 5-7-18

3rd Monday runs 5-14-18

4th Monday runs 5-21-18



Storm Season Begins

As Winter fades and the first signs of Spring pop forward from the cold ground, Texans know that means one thing. Storm season is coming. That's right. Severe weather.

Spring rain, Summer storms and Hurricane season are all rapidly approaching. Every year, we provide an Emergency Preparedness form from the State of Texas. This form is design to help Texans prepare for emergency and focus what items they need to have ready incase of an emergency.

What can you as an oxygen patient do to prepare for the Texas Storm Season?

⇒ Register with 2-1-1 This is the Texas information hotline. That include help with Food, Benefits, Fraud of State benefits or evacuation assistance. You can select the correct prompt for information or assistance.

⇒ Watch the local weather

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...

Do you have a question or an idea you would like to ask or share? If so, you can reach us at the following:



1-888-450-6676



www.MCHMDS.com



vaservices@homepoint-dme.com



Mid-Cities Home Medical
Delivery Service

"Last month, my Tech told me that I was not properly cleaning my (Concentrator) machine. He told me what to do. But, why is that so important?"

Basic unit maintenance is important for several reasons. First, properly changing supplies helps to prevent clogs, kinks and dirty nose pieces. This helps to assure that you are getting clean and free flowing oxygen from your tanks and concentrator. It can reduce infections from contaminated supplies.

Secondly, wiping down the cabinet front, back and sides helps to remove dirt, dust, lint and other debris from the unit. Taking a couple moments every other week to maintain the cleanliness of the cabinet and the intake vents on the back or side of unit allow that concentrator to freely take in room air. This ability to take in room air is important.

- It allow plenty of air coming into the machine and to be concentrated into oxygen for you the patient.
- It helps the machine to run normally and not work harder to take in room air through a blocked vent.
- It prevents overheating
- It allows the air being pulled into the machine not to be contaminated by pet hair, dust, carpet fibers, and other items blocking the intake vents. Thus, giving you a better oxygen air product coming out of the system.

To clean the unit:

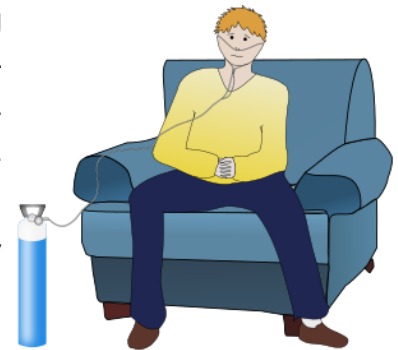
- Wipe the unit with downward strokes using a water damped cloth. If water is dripping off the cloth, it is still too wet, ring it out before using it on the machine.
- DO NOT use chemicals or cleaners on your concentrator.
- DO NOT soak/saturate the cabinet as excessive amounts of water could cause damage to the unit or cause an electrical shock.
- Focus on the intake vent areas to assure all lint, dust and other debris is removed from the vent. You may also use a dry duster on the vents if the machine is turned off to help remove dust and lint from the vents.
- Never open or pour fluids (water, cleaners or other liquids) into the machine. This could cause damage to the unit and cause injury, death or damage to the patient and/or surrounding environment.

Properly and regularly maintaining the cleanliness of your concentrator is beneficial both to you the patient and the machine. You depend on each other. You on the machine to provide oxygen and the machine on you to make sure you give it plenty of clean. If you have any questions about how to maintain your concentrator ask your Technician while he is in your home.



No Smoke Signs and Safety

As an oxygen patient you have the right to protect yourself and your family from dangers. No smoking signs are the first line of defense and warning to those entering your home that oxygen is in use inside and no smoking is allowed. If you notice that your signs are faded or missing, please ask for more. No one plans for accidents that's why information and prevention is so important.



forecast. We strongly encourage our patients and caregivers to watch the extended forecast whenever possible. This will not only alert you to weather in your area but what might be happening later in the week. Knowing that severe weather could happen later in the week gives patients and caregivers time to check their back, fill their tanks or call for an emergency tank delivery if you are on the standard oxygen tank program.

- ⇒ Get a weather app for your cellphone. This will give you real time weather watches and warnings so you stay informed.
- ⇒ Have a safe place and an evacuation plan for your home. Know where your "safe place" is located away from glass and outside walls. Have a evacuation plan for post storm evacuations and a meet up place so family knows how to contact or find you.
- ⇒ Use the emergency planning guide to help you know what you need for your evacuation.



In memory of our
Veterans who
have passed.

Almand, R	Daniel, D	Hullett, C	Smith, E
Anderson, A	Deibert, C	Jackson, A	Sorrells, P
Anderson, F	Derossett, M	Jennings, G	Soto, J
Andrews, R	Diggs, D	Johnson, J	Stone, A
Arcand, D	Flanders, G	Laster, C	Strother,
Ashworth, B	Flowers, K	Lewis, I	Taylor, D
Bailey, F	Garza, D	Mathews, J	Thomlinson, B
Beadle, J	Gilbreath, W	Meadows, J	Torres, P
Beard, R	Glenewinkel, E	Mumaw, K	Utley, E
Bonner, R	Gonzales, R	Perez, J	Welch, D
Carter, C	Gutzman, G	Ramey, C	Wendt, G
Chaney, J	Hargrove, W	Rendon, H	Woolsey, R
Cockrell, D	Harris, B	Reyes, L	Zepeda, S
Collvins, J	Holloway, D	Robinson, M	
Craig, D	Hoover, B	Rosner, E	



Fun and Games: School Days

Puzzles are donated and may contain spelling errors.



Are	Educación	Loan	Roommate
Art	English	Love	Russia
Baseball	Face	Marker	Science
Basketball	Football	Math	Sleep
Biology	French	Name	Soccer
Bye	German	Notebook	Spanish
Cafeteria	Golf	Notes	Students
Class	Grant	Odessa	Tenis
Close	Hello	Ok	Test
Computer	Hey	Open	Volleyball
Credits	House	Parking	What
Doing	Lab	Phone	You
Door	Laptop	Physical	
Eat	Last name	Physical	

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



In the Kitchen... Quick and Easy Mexican Chicken

Ingredients:

4 skinless, boneless chicken breasts

Cooking spray

1 clove garlic, minced

1 pinch salt

1 pinch black pepper

1 pinch ground cumin

1 cup salsa

1 cup shredded Cheddar cheese

Directions:

Preheat oven to 375 F/190 C

Heat a greases skillet o medium

Rub Chicken pieces with garlic, salt, pepper and cumin to taste; place in hot skillet.

Cook until brown on both sides and no longer pink; about 10 to 15 minutes.

Transfer chicken to 9x13 baking dish or casserole dish, top with salsa and cheese.

Bake in the preheated over until cheese is bubble and starting to brown; about 15-20 minutes