

# Mid-Cities Home Medical Delivery Service LLC Monthly Newsletter

**Thank you for your  
service!**

Volume 12, Issue 07  
April 2018

## Holiday Calendar

### April 2018

1st Easter

16th Tax Day

25th Administrative Professionals  
Day

27th Arbor day



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### 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**

### June 2018

6th— D Day

14th—Army Birthday

17th— Father's Day

20th— American Eagle Day

21st—Summer Solstice



## Storm Season

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



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



Mid-Cities Home Medical  
Delivery Service

***"The VA keeps asking me if I have registered with 2-1-1 for the storm season. What is 2-1-1 and why to I need to register with it?"***

2-1-1 is a State of Texas civil service helpline. When you call 2-1-1, you are told about all the different options that Texas offers. One of the options is Emergency Evacuation Assistance Registration. What this means is that if you need help evacuating your home in an emergency situation, you should register with 2-1-1. However, if you are able to freely get around and can move items, like a suitcase or concentrator, you may not need to register. You can dial 2-1-1 and listen to the options to decide what services that you may or may not need.

***"Why does the VA spend so much time asking us about things that do not apply (falls, illness and fires in the home). Don't they think we would report these things in they happen?"***

Unfortunately, it is not a matter of if patients will or won't report these things to them. It is part of the required tracking for their hospital inspection process. As we have discussed multiple times in the newsletter. The reason that they track this is not just because they are required to but it also helps them to know what is going on with their patients.

For example, a patient was walking in his home, passed out and hit his head. While the patient might be "fine" in his eyes, he might have a bigger issue going on medically. Maybe a new prescription is causing light-headedness or maybe dropping his blood pressure too low. Maybe it was just a scrape this time but next time they might hit a coffee table. Once a patient starts falling, it has been statically proven that falls will continue to happen and that each time you fall the chances for severe injury increases. If the fall is bad enough, patients can actually die because of bleeding on the brain or have broken bones which cause an extended hospital stay.

The same is true for fires in the home. A simple forgotten pan on the stove or dishtowel can lead to more fires or bigger fires and each time increase the chances of patient injury and more property damage.

So, while it does seem like the VA is being overly personal about what is happening in your life. They are doing it for a reason. Your overall safety and health.

**Humidifiers**



What is the purpose of a Humidifier? It is to help relieve the dryness from in-home oxygen use. Some patients experience nasal, sinus or throat dryness when using their oxygen. Most of the time this occurs when a high liter flow. However, some patients may suffer this dryness on as little as 2 liters per minute. Most patients are prescribed humidifiers at the time of setup and are allowed up to 3 new humidifiers each month. However, if you are not prescribed them and are experiencing dryness you will need to contact your local VA Pulmonary Team.

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.

Bennington, R	Green, D	McDaniel, W	Parker, J	Williams, H
Blankenship, P	Hubbard, G	McGeough, J	Piquett-Kreth, C	Williams, J
Brenner, W	Inman, B	Moore, j	Rankin, G	Woodcock, D
Bushong, T	Jackson, H	Moore, P	Rios, A	Woods, B
Casarez, D	Jolley, T	Murdock, A	Robertson, M	Young, G
Cessna, G	La Gregor, M	Nelson, C	Rogers, J	
Dietel, R	Laney, J	Oliver, M	Stanley, E	
Emrich, R	Madden, C	Orff, J	Stausing, W	
Frankhouser, R	Malong, E	Ortega, E	Stephens, G	
Graziano, J	Mask, E	Pappas, R	Thomas, J	



# Fun and Games: Soothing Words

Puzzles are donated and may contain spelling errors.



acceptance	moutains
beach	play
compromise	relax
empathy	sand
forest	soothing
kindness	tranquil
love	tree
love	understanding
meditation	whimsical

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



## In the Kitchen... Muffin Cups

### Ingredients:

- 12 links of breakfast sausage
- 3 cups of frozen shredded hash browns, thawed
- 3 Tablespoons of Butter, melted
- 1/8 teaspoon of Salt
- 1/8 teaspoon of pepper
- 6 eggs, lightly beaten
- 2 cups shredder 4 cheese blend
- 1/4 cup chopped red bell pepper
- Chopped chives to garnish

### Directions:

- Prepare sausage according to package directions, cool slightly and cut into pieces, set aside
- In a bowl, combine has browns, butter, salt and pepper.
- Divide evenly into muffin cups and press mixture against the bottom and sides
- Bake in 400 degree over for 12 minutes or until lightly golden brown. Remove from oven. Add sausage pieces.
- In a bowl combine eggs, cheese and bell pepper. Spoon mixture evenly into the cups. Sprinkle with chives/ green onion. Bake 13-15 minutes.