

# Mid-Cities Home Medical Delivery Service LLC Monthly Newsletter

**Thank you for your  
service!**

Volume 12, Issue 08  
May2018

## Holiday Calendar

### 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



### July 2018

### 4th - Independence Day—Office Closed

- 1st Wednesday runs 6-29-18**
- 22nd Parents Day
- 27th North Korean War Veterans Day



## Regulators Types and how they work

Most people do not put much thought into the gauges that go on their tanks. They don't know what they do. They just know that they put them on the tank. Most only care when the regulator doesn't work. However, there is a big difference between a Continual Flow and a Pulse Dose on Demand Conservation Regulators.

### The first type of regulator is the



**Continual Flow Regulator.** This regulator is designed to release oxygen whenever the tank and the regulator are both on. Much like turning on the water tap in your sink, the water will continue to flow (go to page 3) until you turn the tap off. That is what this type of regulator does. It will continue to flow oxygen until

**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)



***"I was recently at a VA doctor's appointment. They asked me if I had my Fire Safety Valve installed. I told them yes. However, I am not really sure they are so worried about it. Can you explain that to me?"***

Absolutely. We have addressed how important patient safety is to the VA Medical Centers and us. The Fire Safety Valve was added to the VA program in 2014 after there was a rash of patient injuries due to fires in the home. These fires were caused by a lot of different reasons; including cooking, smoking on oxygen and electrical spark from patients walking in their sock feet. To help prevent patient injuries the VA began using Fire Safety Valves. These valves are to be placed at the Concentrator and near the patient. They are installed at two different areas to maximize patient safety. Should a patient smoke or blow out a candle and the fire starts at the patient, the valve closest to the patient stops the flow of oxygen when the flame reaches that device. Should the machine catch on fire, a hose is melted by a heater or a static spark ignites the hose from the lower section of the hose, the device at the machine will stop the flow of oxygen up the hose. The fire safety valves are bi-directional so it does not matter from which side the fire hits the device. We track the device and replace them annually. If you break one, call our office to get replacements mailed or brought out on your next route day.



In memory of our Veterans who have passed.

Bennett, E	Gonzales, D	Lopez, E	Solitaire, P
Colonel, R	Guerra, J	McMilian, W	Stanford, C
Cummings, R	Horton, M	McNeill, J	Steele, E
Eckert, R	Hyde, M	Mohler, C	Williams, D
Ersch, L	Johnson, W	Nnaji, O	Williams, J
Fulton, S	Jones, J	Oestreich, J	Yankaway, G
Gamble, R	Kimbrough, C	Recker, C	
Garza, E	Kimbrough, C	Riney, L	
Gielbunt, A	Lacey, J	Rodriguez, J	
Godfrey, G	Long, F	Skipper, V	

the tank and/or regulator is turned off. The purpose of this type of regulator is to allow oxygen service for those patient needing more than an intermittent oxygen output. However, because it is a continuous flow patients tend to go through their oxygen tanks more quickly than those patients using a conservation type regulator. Some VA facilities will prescribed patients Oxymizers. They are a type of conserving cannulas that allow patients to use their oxygen at a lower flow rate and breath in double. In other words, if a patient is prescribed 4 LPM an E tank would last 2 hours. However, when patient are using an Oxymizer on 2 LPM that same E tank would last 4 hours. This device allows continual flow patients more time outside the home because their tanks are lasting longer. Oxymizers have to be prescribed by your doctor. They are not to be used with Pulse Dose Conservation Regulators. See your VA doctor should you have any questions about your prescription.

**The next type of regulator is the Pulse Dose Conservation Regulator.** This regulator "puffs" bursts of oxygen when patients breath in on their cannula. The intermittent bursts of oxygen allow oxygen tanks last longer than continual flow regulator.



This regulator is better used on patients that do not need a continual flow, can trigger the sensor and can maintain adequate oxygen levels. These type of regulators must be prescribed by your VA Pulmonary Doctor. You may be required to undergo a walking test at the VA before they will prescribe this type of unit to assure you can both trigger the unit and that your oxygen levels stay in a safe range when using it. This device is not good for patients that "mouth breath". These regulators require that patients breath in and out their nose. If you tend to mouth breath when walking or can not trigger the conserver, your VA may chose to leave you on a continual flow regulator.

### Issues with Regulators:

- 1) Regulators are sensitive. If you drop them, bang them against walls or other items or throw them into your vehicle, you can cause your regulator to stop working properly. This could be as simple as the gauge failing to read the proper amount of oxygen in the tank to leaking out oxygen due to a broken internal seal.
- 2) They get stuck on tanks. In most cases they are not stuck. They have not had the tank pressure bled off. This will cause the handle to not want to turn when attempting to remove it from the tank's stem. To make sure you have bled off your tank 1) turn off your tank at the stem with the oxygen wrench. 2) turn your regulator to a continual flow setting or if you have a pulse dose regulator take several breaths on the tank's cannula. 3) Check to make sure the pressure gauge is reading zero. 4) If it is down on zero, attempt to loosen the handle again. If it still won't release from the tank, contact the office at 1-888-450-6676.
- 3) If a washer is worn or missing the tank will hiss. Replace washer regularly.



# Fun and Games: Insects & Birds

Puzzles are donated and may contain spelling errors.



ADMIRAL BUTTERFLY	MOSQUITOES
APHIDS	NIGHTINGALE
ARACHNIDS	PELICAN
BROWN RECLUSE	PRAYING MANTIS
BUMBLEBEE	ROADRUNNER
CARDINAL	SANDPIPER
COCKATIEL	SCORPION
CRICKET	SNOWY OWL
DADDY LONG LEGS	SONGBIRD
GOLDEN EAGLE	SPARROW
GRASSHOPPER	STINK BUGS
HORSEFLY	SWALLOW
HUMMINGBIRD	TANAGER
KATYDID	TARANTULA
LADYBUG	WILDLIFE
LOCUSTS	WOLF SPIDER
MEADOWLARK	WOODPECKER
MOCKINGBIRD	YELLOWJACKET

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



## Ingredients:

- 1/2 cup natural peanut butter
- 1/4 cup nonfat dry milk powder
- 1/4 cup unsweetened flaked coconut
- 1/3 cup rolled oats
- 1/2 teaspoon ground cinnamon
- 1/4 cup wheat germ
- 1/4 cup unsweetened apple juice concentrate, thawed

Combine peanut butter, milk powder and coconut in large mixing bowl.

Stir in oats, cinnamon, wheat germ and apple concentrate until thoroughly combined.

Shape into 1" balls

Chill thoroughly before serving. About 1 hour.

You can store the remaining nuggets in the refrigerator

## In the Kitchen... No Bake Bumpy Peanut Butter Nuggets

Www. Allrecipes.com

## Directions: