

Mid-Cities Home Medical Delivery Service LLC Monthly Newsletter

**Thank you for your
service!**

Volume 12, Issue 09
June 2018

Holiday Calendar

June 2018

6th— D Day

14th—Army
Birthday

17th— Father's Day

20th— American Eagle Day

21st—Summer Solstice

July 2018



**4th - Independ-
ence Day—
Office Closed**

**1st Wednesday runs 6-
29-18**

22nd Parents Day

27th North Korean War Vet-
erans Day

August 2018

4th Coast
Guard Birthday

7th Purple
Heart Day

19th National
Aviation Day

21st Senior Citizen Day



**Office Close 9-3-18 for
Labor Day.**

**8-31-18 - Labor Day
routes will be ran. First
Monday 9-3-18**

**HAPPY
FATHER'S
DAY!**

Finding your Voice

Last year the Joint Commission encouraged it's partners to help educate patient caregivers to understand and become more vocal about their care. The SPEAK UP Campaign is designed to help patients actively be part of their care team, to understand what is being recommended for their care and why. Below is their guide to help you have useful conversations with your medical team.



Speak up...

- If you don't understand something or if something doesn't seem right.
- If you speak another language and would like a translator.
- If you need medical forms explained.
- If you think you're being confused with another patient.
- If you don't recognize a medicine or think you're about to get the wrong medicine.
- If you are not getting your medicine or treatment when you should.
- About your allergies and reactions you've had to medicines.

Pay attention...

- Check identification (ID) badges worn by doctors, nurses and other staff.
- Check the ID badge of anyone who asks

**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 Confiden-
tialchat@VeteransCri-
sisLine.net**

**Don't suffer in si-
lence. 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



"I have been getting some "new" tubing for a while now. I don't like it as much as what I had before. Why did it change and What can I do?"

Products can change for multiple reasons. Sometimes the changes are made by the manufacturer themselves. They make a change to their product, we order the product code we always have and we notice the redesign or color change. This is not something that we did. It is made at the production level.

Other times, products are discontinued by the manufacturer or go on national back order. When either of these two event happen, we have to purchase a replacement product from a different manufacturer. The product is basically the same but may look different to what you had before. We order those supplies until the manufacturer starts making them again or comes up with a replacement product.

Finally, the VA asks us to change their patients of to a specific manufacturer for a reason they deem important, "extra softness", dark color to prevent fall risk or the like. When that happens, all the patients get the new supplies.

What you can do is speak up about the new product. Ask about your options. Is this temporary or a permanent change? Can you go back to the old product with a justified reason; allergy, rash or too hard to see. We can then speak with the VA about your concern and find an alternative or get approval to return you to the old style product. Everyone is different that's why your care has to be individualized.



In memory of our Veterans who have passed.

Araujo, L	Farris, W	Jenkins, D	Reitz, E	Walker, R
Arduengo, A	Francis, J	Kirkpatrick, L	Reynolds, E	Webb, E
Baker, K	Garza, N	Kossey, J	Smart, O	White, J
Blackstock, D	Guajardo, R	Ledford, B	Soderberg, J	Wieckhorst, R
Brown, Q	Hale, M	Luevano, M	Stark, H	Williams, O
Clark, R	Hanson, L	Maier, H	Sumpter, O	
Coffey, W	Heaner, W	Mechura, A	Sykes, T	
Currington, H	Hilburn, R	Murphy, C	Taylor, G	
Dilbeck, G	Holt, J	Newell, K	Taylor, J	
Dunbar, T	Holt, J	Nichols, K	Timmons, J	
Echart, J	Holtfreter, W	Parker, P	Underwood, K	
English, R	Hudgins, R	Pena, A	Walker, P	

to take your newborn baby.

- Don't be afraid to remind doctors and nurses to wash their hands.

Educate yourself...

- So you can make well-informed decisions about your care.
- Ask doctors and nurses about their training and experience treating your condition.
- Ask for written information about your condition.
- Find out how long treatment should last, and how you should feel during treatment.
- Ask for instruction on how to use your medical equipment.

Advocates (family members and friends) can help...

- Give advice and support — but they should respect your decisions about the care you want.
- Ask questions, and write down important information and instructions for you.
- Make sure you get the correct medicines and treatments.
- Go over the consent form, so you all understand it.
- Get instructions for follow-up care, and find out who to call if your condition gets worse.

Know about your new medicine...

- Find out how it will help.
- Ask for information about it, including brand and generic names.
- Ask about side effects.
- Find out if it is safe to take with your other medicines and vitamins.
- Ask for a printed prescription if you can't read the handwriting.
- Read the label on the bag of intravenous (IV) fluid so you know what's in it and that it is for you.
- Ask how long it will take the IV to run out.

Use a quality health care organization that...

- Has experience taking care of people with your condition.
- Your doctor believes has the best care for your condition.
- Is accredited, meaning it meets certain quality standards.
- Has a culture that values safety and quality, and works every day to improve care.

Participate in all decisions about your care...

- Discuss each step of your care with your doctor.
- Don't be afraid to get a second or third opinion.
- Share your up-to-date list of medicines and vitamins with doctors and nurses.
- Share copies of your medical records with your health care team.

The goal of Speak Up™ is to help patients and their advocates become active in their care.

Speak Up™ materials are intended for the public and have been put into a simplified (i.e., easy-to-read) format to reach a wider audience. They are not meant to be comprehensive statements of standards interpretation or other accreditation requirements, nor are they intended to represent evidence-based clinical practices or clinical practice guidelines. Thus, care should be exercised in using the content of Speak Up™ materials. Speak Up™ materials are available to all health care organizations; their use does not indicate that an organization is accredited by The Joint Commission. **4/18**

You should know about your health and treatment. It's your care. Use your voice to be informed and aware.



Fun and Games: Computer Terms

Puzzles are donated and may contain spelling errors.



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

BANDWIDTH	MALWARE
BITS	MODEM
BROADBAND	MONITOR
BROWSER	MOTHERBOARD
BYTES	MOUSE
CAPTCHA	NOTES
COOKIE	PINTEREST
CPU	PRINTER
DISK SPACE	REBOOT
DVD	SCREEN
FACEBOOK	SEARCH
FIREWALL	SOFTWARE
FOLDERS	SPAM
GOOGLE	SPEAKER
HARDWARE	SPYWARE
ICONS	TABLE
INSTAGRAM	USB
INTERNET	VIRUS
KEYBOARD	YOUTUBE
KEYS	



Ingredients:

- 8 cups of broccoli florets
- 3 cooked skinless, boneless chicken breast, halves cubed
- 1 cup chopped walnuts
- 6 green onions chopped
- 1 cup mayonnaise
- 1/4 cup apple cider vinegar
- 1/4 cup white sugar
- 1/4 cup crumbled bacon

Combine broccoli, chick, walnuts and green onions in a large bowl.

Whisk mayonnaise, vinegar, and sugar together in a bowl until well blended.

Pour mayonnaise dressing over broccoli mixture and toss to coat.

Cover and refrigerate until chilled, if desired.

Sprinkle with crumbled back and serve

In the Kitchen... Chicken and Broccoli Salad

Www. Allrecipes.com

Directions: