

Mid-Cities Home Medical Delivery Service LLC Monthly Newsletter

**Thank you for your
service!**

Volume 12, Issue 10
July 2018

Holiday Calendar

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

September 2018



3rd - Labor Day

**Office Closed
1st Monday
runs 8-31-18**

11th Patriot Day

18th Air Force Birthday

21st POW/MIA Day

Veteran Suicide - Helping those that served us.

The US Department of Veterans Affairs
Mental Health Department recently put this
article on their website.

"We all can take action to help prevent suicide, but many people don't know what they can do to support the Veteran or Service member in their life who is going through a difficult time. A simple act of kindness can help someone feel less alone. Suicide prevention can start with one simple act of support: Be There. Veterans, Service members, and their loved ones can call **1-800-273-8255** and **Press 1**, send a text message to **838255**, or chat online to receive free, confidential support 24 hours a day, 7 days a week, 365 days a year, even if they are not registered with VA or enrolled in VA health care.

The responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances — from those coping with mental health issues that were never addressed to recent Veterans dealing with relationships or the transition back to civilian life.

Since its launch in 2007, the Veterans Crisis Line has answered nearly 2.8 million calls and initiated the dispatch of emergency services to callers in crisis nearly 74,000 times. The Veterans Crisis Line anonymous online chat service, added in 2009, has engaged in more than 332,000 chats. In November 2011, the Veterans Crisis Line introduced a text-messaging service to provide another way for Veterans to connect with confidential, round-the-clock support, and since then has responded to more than 67,000 texts.

VA is working to make sure that all Veter-

**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 was trying to get some information about traveling with oxygen. I had a friend at the center tell me I shouldn't carry my oxygen tanks with me. I can't go without it. How I am supposed to travel if I can't carry my oxygen?"

There are two different parts to this question. Daily oxygen travel and long term or holiday travel. Let's start with the daily travel. I understand your friend is worried about your safety but here is some things you can tell them. First, oxygen tanks can stand some heat & cold. So just taking a tank and going to the center not an issue. Second, the problem starts when patients do not take the tank(s) into the location or leave additional tanks in the car. The tanks have a safety stem that releases when the tank's temperature reaches 275 degrees F. Your vehicle's glass can act like a magnifier and make internal temperatures very high. So a good rule of thumb is never leave a tank in a vehicle. It can damage your vehicle, fly outside the car or kill someone. Take the tank(s) with you into the house, shop or other location. Third, always use your oxygen the way your doctor prescribed. Your friend does not know all your health issues. You need to take care of your health needs first. Learning how to safely use your oxygen is important. Thank them for their concern but you are going to follow doctor's orders. Finally, holiday travel is handled by the VA and speak to them about your travel options.



In memory of our Veterans who have passed.

Auten, D	Elliott, C	Knopp, C	Oakes, J	Williams, V
Blackwood, J	Finney, H	Kohls, L	Oeltjen, B	Wilton, J
Blankenship, R	Flores, R	Leach, F	Parsons, A	Winton, J
Bosley, R	Goldberg, M	Leonard, M	Radford, W	Zielinski-Waldrup, D
Bullock, S	Gonzales, D	Lopez, R	Saenz, J	
Butler, R	Graf, H	Loring, R	Sanford, E	
Cantu, J	Grisham, T	Mackey, T	Scroggins, J	
Carter, R	Harrison, M	Maldonado, C	Smith, J	
Chandler, J	Hernandez, O	Massiatte, G	Sprinkle, B	
Chavez, J	Hicks, A	McDonald, J	Stone, S	
Conard, M	Holloway, E	McFarland, B	Strunk, M	
Daniel, J	Hutson, B	Mears, W	Taylor, R	
Davis, A	Karl, A	Micalizzi, S	Topping, H	
Dean, J	King, C	Moore, B	Ward, T	
Drebitko, J	Klesper, S	Morrison, G	Welch, P	

ans and their loved ones are aware of the Veterans Crisis Line. To reach as many Veterans as possible, VA is coordinating with communities and partner groups nationwide — including community-based organizations, Veterans Service Organizations, and local health care providers — to let Veterans and their loved ones know that support is available whenever, if ever, they need it.”

They go on to say that we can help just by learning the signs. “Many Veterans may not show any signs of intent to harm themselves before doing so, but some actions can be a sign that a Veteran needs help. Veterans in crisis may show behaviors that indicate a risk of harming themselves.

Veterans who are considering suicide often show signs of depression, anxiety, low self-esteem, and/or hopelessness, such as: Appearing sad or depressed most of the time, Clinical depression: deep sadness, loss of interest, trouble sleeping and eating—that doesn’t go away or continues to get worse, Feeling anxious, agitated, or unable to sleep, Neglecting personal welfare, deteriorating physical appearance, Withdrawing from friends, family, and society, or sleeping all the time, Losing interest in hobbies, work, school, or other things one used to care about, Frequent and dramatic mood changes, Expressing feelings of excessive guilt or shame, Feelings of failure or decreased performance, Feeling that life is not worth living, having no sense of purpose in life, Talk about feeling trapped—like there is no way out of a situation, Having feelings of desperation, and saying that there’s no solution to their problems/

Their behavior may be dramatically different from their normal behavior, or they may appear to be actively contemplating or preparing for a suicidal act through behaviors such as: Performing poorly at work or school, Acting recklessly or engaging in risky activities—seemingly without thinking, Showing violent behavior such as punching holes in walls, getting into fights or self-destructive violence; feeling rage or uncontrolled anger or seeking revenge, Looking as though one has a “death wish,” tempting fate by taking risks that could lead to death, such as driving fast or running red lights, Giving away prized possessions, Putting affairs in order, tying up loose ends, and/or making out a will, Seeking access to firearms, pills, or other means of harming oneself.”

Are you thinking about hurting yourself or others? Do you exhibit one or more of the behaviors or attitudes listed about? If so, reach out and ask for help.

“Act Now:

Dial **1-800-273-8255** and **Press 1** to talk to someone
Start a confidential online chat session at www.VeteransCrisisLine.net/chat

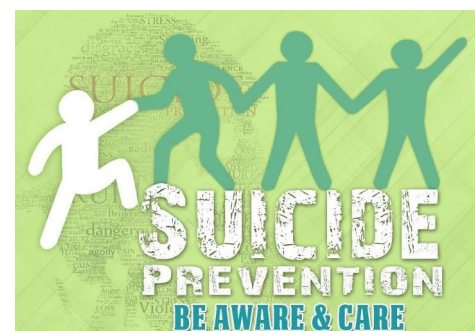
Send a text message to **838255** to connect to a VA responder

Take a self-check quiz at www.VeteransCrisisLine.net/quiz

If you or a Veteran you know is in crisis, find a facility near you

Visit www.MilitaryCrisisLine.net if you are Active Duty, Reserve, or Guard

Connect through chat, text, or TTY if you are deaf or hard of hearing”



One Veteran suicide is one too many. Get help. Get healing. Finding your voice and saying “help me” is the first step to a better tomorrow. Every Veteran life is worth fighting for. You fought for your country now it’s time to fight for yourself. Please reach out for help or assistance.

If you have a Veteran family member that is showing signs of suicide, please reach out for help. You do not have to help them alone. There is assistance for your loved one and yourself.



Fun and Games: New York Aquarium

Puzzles are donated and may contain spelling



- Aquatheater
- Black-footed Penguin
- California Sea Lion
- Conservation Hall
- Cownose Ray
- Green Moray Eel
- Harbor Seal
- Rays & Turtles
- Sand Tiger Shark
- Sea Cliffs
- Sea Otter
- Sharks

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



Ingredients:

- 10 slices of bacon
- 1 head fresh broccoli, cut into bit size pieces
- 1/4 cup red onion, chopped
- 1/2 cup raisins
- 3 tablespoons white wine vinegar
- 2 tablespoons white sugar
- 1 cup mayonnaise
- 1 cup shelled sunflower seeds

Place bacon in large deep skillet, cook over medium heat until evenly brown.

Drain grease, crumble bacon and set aside.

In medium bowl, combine the broccoli, onion and raisins.

In a small bowl, whisk together the vinegar, sugar and mayonnaise.

Pour over broccoli mixture and toss until well mixed.

Refrigerate 2 hours

Before serving add crumbled bacon and sunflower seeds and toss.

In the Kitchen...

Alyson's Broccoli Salad
Www. Allrecipes.com

Directions: