

# Mid-Cities Home Medical Delivery Service LLC Monthly Newsletter

**Thank you for your  
service!**

Volume 12, Issue 11  
August 2018

## Holiday Calendar

### 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



### October 2018

8th Columbus day

13th Navy's  
Birthday

15th White  
Cane Safety Day

16th Boss's Day

31st Halloween



## Holiday Travel Season

It is hard to believe that we are in the last half of the year already. Before you know it, the holiday season will be here. Patients will want to travel to be with family or take those special holiday trips. As an oxygen patient, you do not only have to plan your trip but your oxygen service.

### How do you plan for your VA Oxygen?

First, think about how your are traveling. Are you going by car, bus, train, airplane? Are you going to have multiple stops or are you able to go straight through?

Secondly, what are the dates you are wanting to travel? In most cases the VA would like 30 days or more notice.

Third, gather all the information that the VA needs.

- ◆ How are going you going to be traveling to your destination?
- ◆ Where are you staying?
- ◆ What is the address and contact phone number?
- ◆ If driving, are you making multiple stops
- ◆ Are layovers required? How long is your total trip including layovers?

### How will you know if the VA approved your request?

In most cases, the VA Medical Center Pulmonary Team will tell you while you are on the phone with them if they can complete your request or not. If they (Page 3) do they will also send us a Travel Prescription. We will contact you to verify the

**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



***"In the summer, I tend to suffer from nasal dryness. I am using a humidifier bottle but I need more. Is there anything that I can use to help with dryness?"***

As an oxygen patient, always read the label before buying a using any products. You should always read the label. Oxygen and petroleum based products do not mix. They can actually burn you and should there be a fire increase your chances of injury and death. If you can not see package fine print, check with the store pharmacist or speak with your doctor for recommendations.

In the past, the VA hospital and manufacturer sales representatives have advised products like these for skin and nasal dryness. Always follow package direction and do not used in any way not recommended by the manufacturer.

Use products like: KY Jelly™, Burt's Bee's wax™, Natural Goats Milk Products, Nasal Ease.™ and other plant based products

Avoid petroleum based creams such as: Hair Cream, Hair Tonics, Vaseline™, Some lotions, oils and creams

There may be newer or better products to use. If you have any questions about your options, speak with your doctor or local pharmacist. New products are be developed all the time and they might work better than the ones listed above.



In memory of our Veterans who have passed.

|             |              |              |               |
|-------------|--------------|--------------|---------------|
| Belknap, D  | Gary, D      | Longoria, P  | Ramos, M      |
| Cearley, B  | Grucella, A  | Marin, F     | Richards, R   |
| Clark, C    | Hilliard, C  | McClung, J   | Roubadeaux, D |
| Cohen, C    | Hitchcock, J | Medlen, B    | Rowland, W    |
| Colucci, M  | Houston, C   | Miller, R    | Ryle, T       |
| Cox, M      | Jennings, J  | Morrison, J  | Shields, W    |
| Diaz, J     | Joel, A      | Murphy, R    | Spruill, R    |
| Fields, D   | Klasinski, P | Nickerson, j | Webster, T    |
| Franklin, L | Leal, D      | Nordfelt, R  | Williams, R   |
| Garrett, E  | Locke, L     | Peterson, C  | Wilson, N     |

## Summer Dangers and Fire Safety

Every Summer wild fire start all over the State of Texas. The excessive heat and high rain means that the littlest thing can have huge consequences. Something as simple as an unsecured chain on a trailer, can cause sparks, those sparks can cause a grass fire and that grass fire can burn down woods and homes.



Do you have an evacuation plan? You don't? The VA and Mid-Cities strongly encourage every oxygen patient to have multiple evacuation routes from your home. Keep all your important papers, medication and an evacuation pack. For help with preparations, you can get help from the State of Texas website at [https://dshs.texas.gov/preparedness/e-prep\\_public.shtm](https://dshs.texas.gov/preparedness/e-prep_public.shtm) This page has lots of information to help Texas prepare for all types of emergencies. There is even a preparation guide to help you or your family focus on those items that you may need in an emergency.

Remember when you are planning your home evacuation plans to allow for multiple points of exit. You can prevent falls by keeping walkways and exit paths clear of rugs, trash, cords and other items that can cause you to fall or cause walkers and wheelchairs to hang on them during the exit.

Keep your oxygen tank together. You need to be able to quickly grab your tanks and exit the home. If you can not grab your tanks, it allows emergency responders to locate them and remove them should they need to assist you. Remember that planning ahead can save time and live later.

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information given to us by the VA Medical Center.

### What is a Travel Prescription?

A Travel Prescription is just like your regular oxygen prescription but it is written specifically for travel. It lets us know that they have approved your request and how the VA would like your oxygen service handled. In other words, do they want you to have a Portable Oxygen Concentrator (POC), tanks for ground travel or an end destination. An "End Destination" order means another company would handle your oxygen service while you are in another state or area.

### Can I keep the POC for future trips?

No. The VA only purchases a certain number of units. That amount of units is supposed to service their entire patient census. That is why it is important that you return the POC when you return. It will allow us to recover the POC unit when we come out. There are other Veterans, like yourself, depending on those units and their availability. If you delay your trip or refuse to give it back as soon as you return, you could cause another patient's trip to be messed up or cancelled.

### Can I reorder the POC for another date?

Yes. You just need to contact your local VA Medical Center and put in another travel request. They will write another order based on equipment availability and your travel dates.



# Fun and Games: Fruit

Puzzles are donated and may contain spelling errors.



|              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|--------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| APRICOT      | D | Z | J | O | Y | R | R | E | B | E | N | I | P | Y | O |
| BOYSENBERRY  | X | Q | A | P | R | I | C | O | T | G | Y | A | E | I | G |
| CANTALOUPE   | L | Y | C | H | E | E | E | A | G | R | K | V | R | N | N |
| CLEMENTINE   | T | W | K | B | P | C | N | L | R | E | U | A | S | F | A |
| COCONUT      | V | Y | F | D | N | G | S | E | P | D | M | U | I | T | M |
| DATE         | E | A | R | I | E | G | B | U | R | P | Q | G | M | A | L |
| FIG          | T | I | U | R | F | N | O | I | S | S | A | P | M | M | K |
| GOJI BERRY   | A | Q | I | P | E | L | I | J | H | N | T | E | O | A | W |
| GUAVA        | D | N | T | S | A | B | D | T | I | A | D | B | N | R | Q |
| GUAVA        | E | D | Y | T | B | P | E | R | N | B | V | C | J | I | A |
| HONEYDEW     | Q | O | N | J | Y | H | A | L | R | E | E | A | G | N | P |
| HUCKLEBERRY  | B | A | P | G | B | D | N | Y | K | H | M | R | U | D | S |
| JACKFRUIT    | C | O | C | O | N | U | T | L | A | C | M | E | R | G | K |
| KUMQAT       | O | M | B | A | Y | R | R | E | B | L | U | M | L | Y | C |
| LYCHEE       | W | L | M | Y | W | E | D | Y | E | N | O | H | B | C | Q |
| MANDARIN     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| MANGO        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| MULBERRY     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| PAPAYA       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| PASSIONFRUIT |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| PERSIMMON    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| PINEAPPLE    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| PINEBERRY    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| QUINCE       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| TAMARIND     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| TANGERINE    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |



## Ingredients:

1 20 ounce can pineapple chunks in juice, drained and juice reserved

3 Tablespoons white milk plain Greek yogurt

1 teaspoon honey or to taste

1/4 teaspoon grated lime zest

1 cup fresh blueberries

juice, Greek yogurt, honey and lime zest in a medium bowl

Fold in the pineapple chunks and blueberries until they are coated with the yogurt mixture

Serve immediately

Makes 4 servings

## In the Kitchen...

## Directions:

Whisk 1 tablespoon pineapple