

# Mid-Cities Home Medical Delivery Service LLC Monthly Newsletter

**Thank you for your  
service!**

Volume 12, Issue 12  
September 2018

## Holiday Calendar

### 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

### November 2018

4th Daylight Savings Ends—  
Fall back 1 hour

6th Election day

10th Marine Birthday

11th Veteran's Day

22nd Thanksgiving - Office  
Close & 23rd Office Closed

23rd American Indian Herit-  
age Day

## The Lessons from Hurricane Harvey



In August, Texans took a moment to remember the anniversary of Hurricane Harvey and the destruction it did to the State of Texas. Looking back we need to remember those lives lost, celebrate the way we came together as a state and talk about what we learned about being better prepared for these storms in the future.

As oxygen patients, it is important that you have a plan, prepare and practice and make adjustments as needed to your Emergency Plan. This article will cover some of the things that you can do to help you prepare for emergencies.

- Sign up for 2-1-1. This is a free service provided by the State of Texas to help those needing assistance in emergencies.
- Create an emergency kit. Things you want to have in or near your emergency/evacuation kit.
  - ⇒ Medical paperwork
  - ⇒ Have a first aid kit
  - ⇒ Legal documents
  - ⇒ A change of clothing including rugged footwear.

**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



***"I recently was visited by both your driver and the VA Home team. During both visits, I was told that I had to keep one of my large tanks marked with a back-up collar. Why do they keep saying that?"***

As a VA patient, you are required to have a specific amount of emergency back-up in your home at all times. This back-up tank is to be marked with a red circle collar. This back-up tank is only to be used when equipment fails, power is out, or to evacuate from the home in an emergency. It is not intended for everyday use; that is why it is supposed to be marked and set aside from your other tanks. This emergency back-up is to give you oxygen while emergency assistance is arranged. Should you use all your tanks or not have your back-up filled; you will be told to call 9-1-1 for emergency hospital transport. If you need an emergency collar, be sure to tell the Customer Service Representative or ask your Technician while in the home for a replacement.

***"The driver just brought me two (FireSafe) valves. He said I'm supposed to keep them installed on my oxygen line. Is that true?"***

Yes. The VA has set a National Standard for two Fire Safety Valves per Continual Flow device. You should have two on your concentrator and any continual flow regulators. You do not need Fire Safety Valves on any Pulse Dose regulators or Portable Concentrators.



In memory of our Veterans who have passed.

Anderson, M	Day, L	Longoria, P	Roush, E	Wills, R
Anderson, W	Edmundson, H	Lopez, R	Rowland, W	Wilson, G
Brothers, J	Goldberg, M	Mahsetky, T	Tedesco, A	
Burns, E	Hernandez, O	Malone, W	Way, J	
Cantu, J	Houston, C	Maxwell, T	Webster, T	
Cohen, C	Jones, J	McClagherty, S	Weiser, R	
Collins, D	Lackey, D	Medlen, B	Whitworth, L	
Czesnowski, R	Legault, J	Perry, R	Williams, G	

## Tank Storage - Why does it matter?

Tank storage is one of the easiest things to do and most often the one item most commonly ignored. Some patients treat their tanks like they would a pulse or briefcase. They carry it with them but drop it wherever when they come back home. They do not think about the dangers having tanks unsecured can pose to themselves, others in the home and community. 1) Loose tanks can fall over or roll off counters, tabletops and other flat surfaces. These tanks can cause scratches, cuts and serious injury. If the stem were to break off the tank due to a fall, the tank could go airborne, causing property damage and possible death. 2) By keeping tanks together and in their rack, you make it quicker for emergency evacuation and help your local first responders in case of a fire. **Reminder:** All oxygen tanks have an emergency temperature release valve. These valves blow at 275F. Meaning that each tank in your home potentially could become a miniature rocket if it got hot enough. 3) Keep your tanks in a well ventilated and temperature controlled environment. Tanks are not designed to be stored outside, in vehicles or in garages. When the weather gets too hot or too cold your tanks can experience mechanical failure. Like previously discussed, the safety stem could rupture or the stem could freeze closed. 4) Always keep your tanks in a Stand, Rack or Cart when not in use. These items are specifically designed to keep your tanks upright and secure.



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- ⇒ Emergency food or water that does not require power to prepare and a manual can opener.
  - ⇒ Maps - Streets and other identifying markers can change in a storm. By having a map, you can count off streets to other locations to help you find your way around.
  - ⇒ Have a hand written list of important phone number for friends and family. That way if your phone is dead or the cell towers are down, you can still call your family to let them know you are okay and evacuated. Include our number on your list, 1-888-450-6676. We will need to know where you are at and how much oxygen you left.
  - ⇒ Make sure you listen to evacuation orders. If recommended by authorities to leave, do not wait to see how bad it is going to get. Always take as much tanks and equipment with you as possible. This serves two purposes, it allows you to setup in a shelter or family's home and it allows us time to get to you when you have relocated.
  - Have an evacuation plan for your home. It is important to not only have a plan but to have multiple escape plans incase there is a fire, other issue or damage blocking your primary exit.
  - Have smoke detectors. Test them monthly . If they detectors are battery supported, change the batteries twice a year. It is recommended when the time changes to help with a reminder.

Having a plan can make a huge difference in an emergency. Be prepared.



# Fun and Games: Music Vocabulary

Puzzles are donated and may contain spelling errors.



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

- |               |             |                |
|---------------|-------------|----------------|
| a cappella    | forte       | posture        |
| accompaniment | half step   | rest           |
| alto          | harmony     | scale          |
| articulation  | intonation  | sharp          |
| bass          | key         | slur           |
| Bass Clef     | ledger line | solfege        |
| beat          | major       | soprano        |
| chord         | measure     | staff          |
| coda          | melody      | stem           |
| composer      | minor       | tempo          |
| conductor     | musician    | tenor          |
| crescendo     | notation    | theme          |
| diaphragm     | note        | time signature |
| diction       | octave      | Treble Clef    |
| dynamics      | performance | vibrato        |
| fermata       | piano       | whole step     |
| flat          | pitch       |                |



## Ingredients:

- 1/2 cup butter
- 1 1/2 cup all purpose flour
- 1/2 cup packed brown sugar
- 1/4 cup white sugar
- 1 egg
- 3/4 cup apple butter
- 1/2 teaspoon baking soda
- 1/2 teaspoons apple pie spice
- 1 cup raisins
- 1 cup confectioners' sugar
- 1/4 teaspoon vanilla extract
- 2 tablespoons milk

## In the Kitchen...

Apple Butter Bars from Allrecipes.com

## Directions:

Preheat oven to 350 degrees F & Grease a 12x9x2 baking sheet

Beat butter until creamy. Add half of the flour to the brown sugar, white sugar, egg, apple butter, baking soda and apple pie spice. Beat until well blended. Beat in the remaining flour and stir in the raisins. Spread in prepared pan.

Bake 20-25 minutes or until toothpick in center comes out clean. Cool in pan or on wire rack. Drizzle with icing and cut into bars.

To make icing: mix confectioners' sugar, vanilla extract and milk.



**Mid-Cities Home Medical  
2018-2019**



**Holiday Calendar & Route Day Changes**

**November 2018**

Thanksgiving 22nd & Office closed 23rd  
4th Thursday will run Thursday 29th  
4th Friday will run Friday 30th

**December 2018**

Christmas Day 25th  
4th Tuesday will run on 31st - All other branches and Technicians

Mercedes Branch Driver 1

4th Friday will run on Monday 24th

Corpus Christi Area:

4th Tuesday will run on Wednesday 26th

4th Wednesday will run on Thursday 27th

4th Thursday will run on Friday 28th

**January 2019**

New Year's Day 1st

First Tuesday will run 1-8-19

Second Tuesday will run 1-15-19

Third Tuesday will run 1-22-19

Fourth Tuesday will run 1-29-18

