



**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



Mid-Cities Home Medical Delivery Service LLC Monthly Newsletter

**Thank you for your
service!**

Volume 13, Issue 1
October 2018

Holiday Calendar

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

December 2018

3rd Hanukkah
7th Pearl Harbor Day
13th National Guard Day
21st Winter Solstice
25th Christmas Day—Office
Closed
28th Kwanzaa
31st New Year's Eve



Holiday Travel...

It is hard to believe that it is almost time for the holiday season. Patients will begin to think about traveling to spend time with family or spending time at that special vacation spot. The important thing is to properly plan your travel.

As an oxygen patient, you have to plan for your trip and your oxygen needs. This article will help you to request your oxygen, collect the information needed and help your trip go smoother at least oxygen wise.

- 1) Where are you traveling? Know the address and final destination is important.
- 2) How long are you planning on being gone? This is important because it helps the VA to know if you just need tanks for a weekend or an end destination setup because you are staying for a month.
- 3) How are you traveling? How you travel is important because traveling by RV or personal vehicle one type of oxygen can be used while traveling by plane, train or commercial bus have different requirements. For ex-

**Report Abuse—Break the
silence. 1-800-252-5400**
If you are being abused,
suspect abuse or have
witnessed someone be-
ing abused; please call.

Veterans Crisis Line

**1-800-273-8255, Text
838255 or Confiden-
tialchat@VeteransCrisis
Line.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



Mid-Cities Home Medical Delivery Service LLC.

Would you be interested in having more feedback to the office? Let us know what types of things you would like to see on our new website. To vote go to our Facebook pages and take part in the poll.

Like us on Facebook at: Mid-Cities Home Medical Delivery Service LLC.

“I asked my driver for a second regulator. He told me that he could not just give it to me. I don’t understand. Why not?”

Oxygen is a control substance/drug. Just like pain killers and blood pressure medication, oxygen and its component pieces have to be prescribed by a doctor. As a VA patient, your prescriptions have to come from your VA doctor. We are like a pharmacy. We are not allowed to change your doctor’s orders or add anything without their approval. That is why your driver told you that he could not give you another regulator for your tanks. That is why we have to pick-up broken regulators when we ship out replacements. The equipment in your home requires a prescription and it must be maintained to the prescribed level. As a side note, additional regulators are most often given to high flow patients to can not go without oxygen long enough to change over tanks. Should you have any questions please contact your local VA Pulmonary Department.



In memory of our Veterans who have passed.

Barrera, P	Malone, W	Spearman, R
Bluffington, B	Mills, P	Stewart, E
Brothers, J	Millsap, B	Wiest, J
Chavez, L	Morales-Droz, J	Wiggins, C
Colclasure, R	Pappas, R	
Edmundson, H	Pringle, J	
Heilman, C	Rhymes, J	



Water Traps and How they work

Now that Fall is here, we want to remind everyone so are the temperature changes. Every year, Spring and Fall, patients call about the sudden appearance of water in their lines. Most patients assume that this sudden appearance of water means that their equipment is broken or malfunctioning. That is not the case at all. What it does mean is due to the cooler temperatures the water vapor from your Humidifier bottle is now condensing in your tubing.

What you can do to prevent this from happening: First, try to limit the amount of tubing lying on the floor. The shorter the lengths the less time the moisturized oxygen has to cool off and condensate. Second, keep long tubing off the floor as much as possible. Even though it doesn't feel like it cold air sinks so it is colder on the floor then in the sitting level of the room . Thirdly, install a water trap to catch the droplets. Finally, remove your humidifier. Most patients 2 LPM or below to not require a humidifier. So, you can always remove it to help prevent the excess moisture in your line. You can use a Saline nasal spray to help with dryness. These tips can help keep you using your oxygen in the Fall & Winter.



ample, if you are traveling by plane you must have one and a half (1 1/2) times worth of oxygen with you to include your layovers. This means if your flight is 3 hours including a layover; you must have 4 1/2 hours worth of oxygen and batteries. Trains and buses on the other hand limit the amount of tanks you can carry with you when traveling.

- 4) Are you going to be staying with family or at a hotel/resort? If you are staying with family or friends, oxygen can be delivered a day or two before you arrival. However, some hotels and resorts will not accept oxygen deliveries until you check in. Always check with your hotel to make sure if they will accept a delivery for you the day of your check-in.

How do I book my oxygen through the VA?

First, collect all the information above. Have it ready to refer to.

Second, about one month before travel, call you VA Pulmonary Team at your local VA Medical Center.

Three, give them this information. They will then decide the appropriate travel oxygen program for you and your specific travel needs. The VA will send us a prescription based on their decision.

Fourth, We will deliver the travel equipment or arrange your end destination travel approximately one week before you travel. Reminder: This equipment is for every Veteran to use. Please do not keep equipment longer then your requested travel time. It can prevent your fellow veterans from taking their trips. Finally, enjoy your holiday trip or vacation.



Fun and Games: Music Vocabulary

Puzzles are donated and may contain spelling errors.



- APPLES
- BALLOON POP
- CAMPING
- CANDY
- CANIVALS
- CIDER
- COLOR
- CONTESTS
- COOLER
- COSTUMES
- CRISP
- FAMILY
- FESTIVALS
- FUN
- GAMES
- HARVEST
- HAY
- HIKING
- HYBERNATION
- LAUGHTER
- LEAVES
- MAZE
- MEMORIES
- MIGRATION
- MUMS
- OCTOBER FEST
- PIES
- PUMKIN
- RAIN
- RAKING
- RIDES
- SACK RACE
- SCARECROW
- STATE FAIR
- SWEATER
- TRICK OR TREAT

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



In the Kitchen...

Russian Mushroom and Potato Soup from Allrecipes.com

Ingredients:

- 5 tablespoons of butter, divided
- 2 leeks, chopped
- 2 large carrots, sliced
- 6 cups chicken broth
- 2 teaspoons dried dill weed
- 2 teaspoons salt
- 1/8 teaspoon ground black pepper
- 1 bay leaf
- 2 pounds potatoes, peeled and diced
- 1 pound mushrooms, sliced
- 1 cup half and half
- 1/4 cup all-purpose flour
- Fresh dill to garnish

Directions:

Melt 3 tablespoons butter in a large saucepan over medium heat. Mix in leeks and carrots, cook 5 minutes. Pour in broth. Season with dill, salt, pepper and bay leaf. Mix in potatoes, cover and cook for 20 minutes or until tender but firm. Remove and discard bay leaf.

Melt the remaining butter in a skillet over medium heat and sauté the mushrooms 5 minutes until lightly browned. Stir into soup

In a small bowl, mix the half and half and flour until smooth. Stir into the soup to thicken.

When served, garnish each bowl with fresh dill if desired.