

Mid-Cities Medical Delivery Newsletter

Newsletter July 2019
Volume 13, Issue 8

Holiday Calendar

July 2019

4th - Independence Day—Office closed

4th 1st Thursday runs 11th

11th 2nd Thursday runs 18th

18th 3rd Thursday runs 25th

25th 4th Thursday runs 29th

27th - National Korean War Veterans Armistice Day

28th - Parents Day

August 2019

4th Coast Guard Birthday

7th Purple Heart Day

19th Aviation Day

21st Senior Citizens Day

September 2019

2nd Labor Day

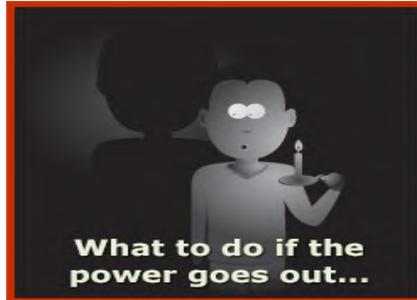
1st Monday runs 9-9-19

2nd Monday runs 9-16-19

3rd Monday run 9-23-19

4th Monday runs 9-30-19

18th Airforce Birthday



Power outages can occur for a lot of different reasons. Through the years we have heard a lot of different stories from a squirrel chewing on transformer wires to bus crashing into poles or Texas weather. Here are some things that you can do to be prepared for those unexpected events.

- ⇒ Have a plan. A good plan helps you to know what to do when the unexpected happens.
- ⇒ Make sure you have emergency back-up oxygen. This can take on multiple forms: A back-up house generator, a pre-filled compressed oxygen tank or a refillable tank that is specifically set aside for an emergency with a red collar.
- ⇒ Get on your back-up oxygen before moving around the house. You do not want to compound the event with injuries from passing out.
- ⇒ Call your power company to report the outage. Then call us to let us know how much oxygen you have in the home and how long they before restoration. 1-888-450-6676

Important Health Numbers

Emergency

Dial 9-1-1

Non-Emergency or down equipment: 1-888-450-6676

Veterans Crisis Line:

Don't suffer in silence. Speak with someone that can help you or a family member. We care.

1-800-273-8255, Text 838255 or Confidential-chat@VeteransCrisisLine.net

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.

“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**



“Freedom isn’t free. We will remember all those that have given their lives for our country. Thank you for your service.”



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**Ask the
Office...**

Do you have a question or idea you would like to ask or share? If so, you can reach us at the following:

Toll free Phone Number:
1-888-450-6676

Webpage:
www.Mid-CitiesMedical.com

Email:
vaservices@homepoint-dme.com

Facebook:
Mid-Cities Home Medical
Delivery Service LLC

“I was trying to keep my VA Portable Concentrator for another trip but they (the VA) told me that if I don’t return it, I could lose all my benefits. Is that true?”

Yes. We have been told that some of the VA’s within the VISN 17 area are taking a hard line about theft of oxygen equipment. We just received confirmation again this month about a patient that took travel equipment out of the state and failed to return it. When they returned, they did not bring the equipment back with them. The VA refused to issue more because he already had equipment from them. They said the same would be the case for any patient not returning Portable Concentrators. Therefore, we recommend that if your travel service or care through the VISN ends, that you return the equipment as quickly as possible to prevent future hold ups or complications.

“I had a doctor tell me that too much oxygen can kill me. Is that true?” This question is open to a lot of different answers as it is missing a lot of details; so we are going to say it depends on the situation. If you are talking about oxygen in the home; no. Oxygen is safe when properly stored away from heat sources and open flames. It is accelerant and makes things burn faster and hotter when in use. Alone it’s safe. If you are talking about using more than your prescribed liter flow, yes. You are over medicating. Your brain and heart sensors think you have plenty of oxygen and stops telling you to breathe. Eventually, you have too much carbon dioxide and pass out; which can cause injury or death. **Always talk to your doctor about your specific oxygen questions, prescription and any changes.**



Don't let your pet risk your care

A lot of us are pet owners. Pets serve a wide variety of uses; companionship, support, love and company. We love our pets and they love us. It is because our pets love us that some feel the need to be overly protective.

What do you need to do, as a patient, if you have a pet that is overprotective?

- Notify our office at 1-888-450-6676.
- Discuss your pet's issue. Are they triggered by males in baseball hats? He doesn't like anyone beside the family. Whatever the issue, help us to understand.
- We can put special notes on your file. "Pet doesn't like hats." or "Call 15 minutes out so dog can be secured. **Dog bites**."
- Prevention is the best course of action. We want to protect your pet as well as our staff. No one wants to be bitten.

What happens if our staff member is bitten?

- You must provide us with the pet's current shot records. You can have your vet fax them to us.
- Some cities and counties have a vicious animal law. If that is the case, we must report the bite.

* This report could require you to pay for an animal control service in-shelter quarantine period.

* It may require a mandatory in home quarantine period and subsequent veterinary follow-up report. That report would then be sent to us and the animal control office.

* Your pet will be on a vicious animal watch list. In some cities, if your pet bites multiple times or if the attack is severe enough, your pet could be confiscated and put down.

- As the owner, you are responsible for all the medical bills, lost wages and pain and suffering of the Technician should they file charges.
- As part of the Rights and Responsibility Agreement with the VA Home Oxygen Program, patients are required to help assure our safety while we are overseeing your care. An attack, could be deemed negligent and cause your service to be terminated.

No one wants your care to be interrupted, your pet taken from you or a Technician injured. With a little bit of preventative action, we can make sure all of the those involved with you and your care are safe for years to come. Let's protect each other.



CHANGES IN THE OFFICE TO BETTER SERVE YOU.

Over the last year, we have done a lot behind the scenes to help improve the care and service of our patients.

- ⇒ We have expanded our staff. We have hired more Technicians to assure we can spend quality time caring for our patients.
- ⇒ We have setup new departments to help assure your specific order is handled correctly from doctor's fax to delivery.
- ⇒ We have reduced the number of patients per route day. To assure safety training and education remain our highest priority.
- ⇒ We have increased employee training meetings to assure staff is fully trained and understand the company's goal for quality patient care and service.
- ⇒ We are adding to our electronic and social media platforms to encourage patient education, information and interactions.



Summer Outside

(Donated puzzle and may contain spelling errors)

animals pistel
 branch plants
 bugs playing
 colors road
 flower rocks
 grass seed
 kids soil
 leaves sports
 mud summer
 outside tree
 wind

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



Red, White and Blue
 Deviled Eggs
 Allrecipes.com

Ingredients:

- 3 drops red gel food coloring*
- 2/3 cup water*
- 2 drops blue gel food coloring*
- Toothpicks*
- 8 hard boiled eggs, peeled*
- 2 1/2 tablespoons mayonnaise*
- 1 tablespoon horseradish*
- 1 teaspoon rice wine vinegar*
- 1/8 teaspoon salt or to taste*
- 1 pinch black pepper*
- 1/4 teaspoon smoked hot paprika*
- 1 teaspoon chives (optional)*

Directions:

Combine red food coloring and 1/2 cup water in small bowl. Do the same with the blue in a separate bowl

Gently insert toothpick 1/4 inch of the egg at the center of egg and balance so one end of the peeled egg is dipped into the dye. Let stand 5-10 minutes depending upon how strong you want the colors. Then change to the other end of the egg in the other color. Repeat. This process for all eggs.

Slice in half, remove yolks and put in bowl. Mix mayonnaise, horseradish, vinegar, salt and pepper. Stir until smooth. Transfer to piping bag.

Pipe filling into egg halves. Sprinkle with paprika and chives. Chill and serve.