

Mid-Cities Home Medical Delivery Service LLC  
Monthly Newsletter

Thank you for your  
service!

Volume 13, Issue 1  
November 2018

**Holiday Calendar**

**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 Heri-  
tage 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

**January 2019**

1st New Year's Day

19th Confederate Heroes  
Day

21st Martin Luther King Jr.  
Day



**ATTENTION VA PATIENTS!**

Mid-Cities Home Medical has been notified that there has been some scam artists approaching patients about their oxygen equipment and needs. It is important that you, as a VA patient, are aware of these individuals and how to identify a Mid-Cities Home Medical employee.

Mid-Cities Home Medical Equipment is the only VA approved Home Oxygen Provider for your area. There are home health and hospice companies associated with the VA but the VA will tell you specifically the name of your assigned company assigned to you.

**How to identify scammers:**

1. They want to look at your equipment to see if you need some-

**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](http://www.MCHMDS.com)

 [vaservices@homepoint-dme.com](mailto:vaservices@homepoint-dme.com)



Mid-Cities Home Medical Delivery Service LLC.

**“I have been concerned about the people in Llano. Is there anything that I can do to help?”**

If you would like to see what options there are to assist your fellow Texans and Veterans in Llano country please contact the County Commissioners office. They should be able to refer you to local charities that are helping families in the area.

**“A driver just wrote out of form for my liter flow being too high. What does that mean?”**

As a VA patient, your doctor has prescribed a specific liter flow and set hours of use for you. This means, that if you are supposed to be on 2 liters and your are on 3 liters, you are getting too much oxygen. Patients can actually cause injury to themselves by using too much oxygen. Just like pain medication, 1 pill twice a day and you are taking 2 twice a day, you are overmedicating yourself and it can cause life safety issues. Your driver writing this up serves multiple purposes. 1) Lets us document that it was found and you were instructed on your proper flowrate. 2) Notifies your doctor that you could be getting worse and need to be evaluated. 3) Lets the VA Home Inspectors know what we have seen in past visits and things they way want to check when they are out visiting. 4) Most importantly helping you understand your specific oxygen prescription and how to use it safely.



In memory of our Veterans who have passed.





**Route Day changes are occurring...**We just want to make all our patients aware that with the continual growth of patients in multiple areas throughout the state are making route day changes. Letters have already been sent for the North Texas and South Texas areas. The letters include who your previous driver was and the date you were schedule. It also include who your new route driver is and the new route day. For consistency reasons, we attempted to keep as many patients as possible on their route day and only changed their driver. Should you have a new driver that you do not recognize please fee free to contact our office at 1-888-450-6676. We will gladly confirm their identity. Or, you can compare the letter to their name badge.

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thing newer. Mid-Cities already Home Medical already knows what equipment you have in your home. The equipment you have is authorized by your VA prescription. We do not need to randomly upgrade it. You have the items ordered for you. It will not be changed without equipment failure, it is due for maintenance or a new prescription sent by your specific VA Medical Center.

2. Scammers will not be in our uniforms or have our ID badges. All Mid-Cities Home Medical Staff should be in uniform at all times. Their uniform includes a company shirt and name badge. They can also have a baseball hat or company jacket. All of these items are have our name and logo on them.
3. Scammers will try to gain access to your home without fully and properly identifying themselves. Mid-Cities Home Medical staff will never be concerned about you asking to see their driver's license or you contacting the office at **1-888-450-6676**. All of our staff will gladly wait while you double check their identity. Your comfort with our staff is our utmost importance.
4. Scammers will asking you to sign paperwork without reading it to you. It will not have our logo. They may refused to leave a copy even when asked. Mid-Cities Home Medical staff will gladly explain what each document is, why you are signing it and leave you a copy for your record. Our paperwork will have our name, our logo, our address or all of these items on each and every form. You will know that you are dealing with your VA vendor.
5. Scammers will ask you for a credit card, other type of payment or insurance cards. Mid-Cities Home Medical already has your VA information. None of our staff should asked you for any amount of money, credit card or other insurance cards. There is no need because your benefits are already determined and on file with the office.



# Fun and Games: Roman Words

Puzzles are donated and may contain spelling errors.



- Aqueduct
- Arch
- assassinations
- Augustus
- Aztec
- Bad emperors
- Chinampas
- Day of the Dead
- decline
- emperor
- Empire
- Europe
- Fall of Rome
- Fresco
- Halloween
- Italy
- Latin
- Mexico
- Moctezuma
- Mosaic
- Ofrenda
- Oral History
- Oratory
- Pax Romana
- Rome
- Tenochtitlan
- Virgil

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



## In the Kitchen...

Maple Walnut Cranberry Sauce from Allrecipes.com

### Ingredients:

- 1 12 ounce package of fresh cranberries, rinsed and drained
- 3/4 cup freshly squeezed orange juice
- 1/2 cup dark (grade B) maple syrup
- 1/4 cup white sugar
- 1/4 cup port wine
- 1 tablespoon freshly grated ginger
- 1 tablespoon freshly grated orange zest
- 1 cinnamon stick (3 inch)
- 1 pinch salt
- 1 cup chopped walnuts

### Directions:

- Place cranberries into a large saucepan and stir in orange juice, maple syrup, sugar, port wine, ginger, orange zest, cinnamon stick and salt
- Bring to a simmer. Berries will begin to pop. Cook at a simmer until berries are cooked through and soft about 10 minutes.
- Remove from heat and let cranberry sauce cool for about 5 minutes
- Shake walnuts in a dry skillet over medium heat, cooking until golden brown and fragrant about 5 minutes. Wipe away any skin particles from skillet to prevent bitterness. Stir walnuts in cranberries.