

Mid-Cities Home Medical Delivery Service LLC Monthly Newsletter

**Thank you for your
service!**

Volume 13, Issue 2
December 2018

Holiday Calendar

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

February 2019

1st National Wear Red Day
2nd Ground Hog Day
5th Chinese New Year
14th Valentine's Day
18th Presidents' Day

Holiday Safety and how to protect yourself this season.



So many of us love the holiday season; the twinkling lights, the dancing fireplaces, and the flickering candles. It is easy to forget with the holidays comes an increase of fire hazards and the need for more oxygen and fire safety awareness. Here are some quick safety tips to help keep you and yours safe this season.

1. Never smoke or allow anyone else to smoke while you are using your oxygen. Also, wait 15 minutes after taking off your oxygen before you smoke or anyone else smokes around you.
2. When lighting candles or fireplaces, make sure you are not wearing your oxygen and have waited 15 minutes.
3. Space heaters are great. Just make sure you keep all hoses, blankets, rugs, wrapping paper or clothing away from the heat source. Also, make sure it has a "knock over" safety kill switch to prevent accidental fires.
4. Do not use gift wrap to light your fire place. Some gift wraps have plastic in

**Report Abuse—Break the
silence. 1-800-252-5400
If you are being abused,
suspect abuse or have
witnessed some one 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.

“The inspector came by my house with your driver. Why did they come?”

In November, we went through our Joint Commission Inspection. The inspection teams come in and go through a lot of different aspects of our business from how we clean equipment to how we service patients. To help them understand our process, they go on home visits with the drivers. They are looking for a wide variety of things from van equipment separation to hand sanitation to training and paperwork. They are there evaluating us while we take care of you. Yes. They talk to you about your service and ask you questions about your VA Prescription but they are really checking to see if you know your prescription and if the VA and Mid-Cities has properly trained you.

Like us on Facebook.

Mid-Cities Home Medical Delivery Service LLC.

Big Changes coming in 2019.

We plan to start giving live product demonstrations and oxygen training via Facebook.

We hope you will like and join us.



In memory of our Veterans who have passed.





VA's Annual Flu Shot Clinics are Open

It is that time of year. The Texas Department of Health and Human Services is reporting a high number of people being seen for the Flu. Patients wishing to cut their exposure risk may want to take advantage of the VA's Flu Clinic. Please contact your local VA for days and times. Patients can also check to see if they are due for their Pneumonia vaccine. The VA can do both shot during the same visit.

them which can cause a fire in your chimney.

5. Clean and inspect your chimney annually. This will help prevent home fires.
6. Do not leave food items cooking unsupervised. It is really easy to get sidetracked by arriving guests, family, or phone calls from friends. The problem is that dishcloths may be too close to the stove, grease can catch fire, or other food may get burned. This type of seemingly harmless event can not only cause property damage but could also cause physical burns to you or other family members trying to put out the fire.
7. Extension cords are another fire and trip hazard. They to be a great way to take care of the additional lights and decorations. However, It is easy to forget that fuses are intended only let so much current be pulled in a room. When we start adding extension cords and plugging multiple strands of lights and decorations in there, we can cause fuses to blow or sparks to occur when the power strip shorts.
8. Every year Christmas lights and dried Christmas Trees cause home fires. Be sure to turn off your lights every night before going to bed. Also, be sure to check the water in your live Christmas tree every day. By checking your tree regularly, you can add more water when it is low.
9. Plan your escape. Be sure to discuss exit plans with family and friends visiting your home or staying the night. People often panic during a house fire. Have a prearranged meeting place, this will stop people re-entering the home looking for you should a fire occur.
10. Make sure you prepare for a fire. Working smoke detectors act as a first line of defense. A fire extinguisher can also help you suppress flames long enough to get out of the home.
11. Fire Safe Cannula Adaptor This safety device helps to stop the flow of oxygen through the cannula line should your oxygen tubing catch fire from a open flame or other fire source.

Take a few minutes to create a checklist, to assess the dangers and plan how to keep safe and enjoy the season. Prevent burns, property damage, an possible death by looking at your risks. Think twice about your safety this season. **We wish all our patients a very safe and healthy holiday season.**



Fun and Games: Christmas Time

Puzzles are donated and may contain spelling errors.



- BabyJesus
- CandyCanes
- Caroling
- Chestnuts
- ChristmasCards
- ChristmasTree
- Church
- Cookies
- Eggnog
- Elves
- Garland
- Gifts
- Gingerbreadhouse
- HolidayMovies
- HotChocolate
- Iceskating
- Mistletoe
- MotherMary
- NorthPole
- Nutcracker
- Ornaments
- Santa
- SecretSanta
- Snowball
- Snowballfight
- Snowflakes
- Snowman
- Stocking
- TheApostles
- Toys
- Wreath

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



Ingredients:

- 1 8 oz package cream cheese, softened**
- 1/4 cup butter**
- 1/2 cup confectioners' sugar**
- 1 tablespoon lemonade mix**
- 1/4 cup graham cracker crumbs**

Directions:

- In medium bowl mix the cream cheese, butter, confectioners' sugar and lemonade mix.**
- Blend with an electric mixer.**
- Refrigerate for 3 hours.**
- When the mixture is completely chilled, share into a ball and roll in the graham cracker crumbs.**
- Serve with your favorite crackers.**

In the Kitchen...

Lemon Cheeseball
from
Allrecipes.com