



Holiday Calendar

March 2020

8th Daylight Savings begins - Spring forward one hour



17th St Patrick's Day



April 2020

1st April Fool's Day

10th Good Friday

12th Easter

22nd Earth Day



May 2020

5th Cinco de Mayo

10th Mother's Day

16th Armed Forces Day

25th Memorial Day

Office will be closed

4th Monday will be run on Fri-



Texans do not have to be told that Spring is the start of Storm season. As the cold fronts start mixing with the air from the Gulf, severe weather is going to occur. As an Oxygen patient, you have to be prepared for these severe weather events. Here are a few helpful hints

- ◆ Watch your local weather at least once a day. The old joke if you don't like Texas weather just wait 5 minutes. Is an exaggeration; but Texas weather can change quickly for the unprepared.
- ◆ If you have a UltraFill System, keep all of your tanks filled. These tanks are your emergency back-up during a power outage or evacuation. Having your tank gives you more oxygen and time for First Responder Assistance to get to you in a large event nature disaster.
- ◆ If you are on the Standard tank and Concentrator Program, maintain your emergency back-up. When your tank is low, ask for a replacement. If you do not have a back-up tank, you can request one be delivered.
- ◆ Register with Texas Emergency by calling 2-1-1. This will give you information about Emergency assistance in your area.
- ◆ Have a Home Evacuation plan with a meeting place away from the home. Make sure family knows where to check in with you in an emergency; family member, Social media or an-

Online Options:

New Patient Survey:

[HTTP://Mid-CitiesMedical.com/survey](http://Mid-CitiesMedical.com/survey)

Feedback, Complaint or Praise:

<https://www.mid->

Important Health Numbers

Emergency Dial 911

Non-Emergency or down equipment: 1-888-450-6676 or 972-641-7445

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

Coming soon 988

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.

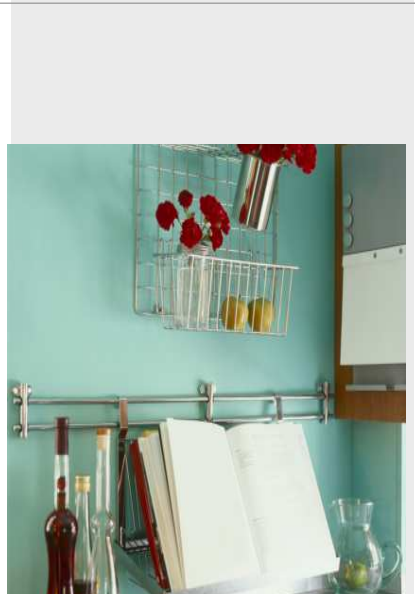


Earth Crusts

*armoredpenguin.com (Donated puzzle and may contain spelling errors)

conduction
 continents
 convection
 convection current
 convergent boundary
 crust
 density
 divergent boundary
 fault
 geology
 heat transfer
 inner core
 lithosphere
 mantle
 outercore
 radiation
 radiation
 rift valley
 seafloor spreading
 tectonic plates
 transform boundary

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



Allrecipes.com

Ingredients:

- 1 1/3 Cups of Rolled Oats
- 1/3 cup coarsely chopped dried fig
- 1/4 coarsely chopped almonds
- 1/4 cup & 1 tablespoon of shelled sunflower seeds
- 1 cup mashed ripe bananas
- 1/3 cup smooth peanut butter
- 2 tablespoons honey
- 2 large egg whites
- 2/3 fresh blueberries
- 1 tablespoon flax seeds

Directions:

Preheat over 350F—Line an 8x8 pan with parchment paper

Mix fig, oats, almonds and 1/4 cup of sunflower seeds into a bowl

Stir banana, peanut butter and honey together in a medium saucepan for about 5 minutes. Remove from heat.

Whisk egg whites together until foamy. Add to oat mixture and mix well. Mix into banana mixture. Stir until mixed well combined.

Fold in blueberries into the batter. Press batter into the prepared pan. Top with flax and remaining sunflower seeds.