



Holiday Calendar



October 2020

**12th Columbus Day
Office Closed.**

1st Monday runs 9-30-20

2nd Monday runs 10-5-20

16th Boss's Day

17th Sweetest Day

31st Halloween



November 2020

**1st Daylight Savings
ends - Move clock
back 1 hour**

3rd Election Day –VOTE

**11th Veterans Day Office
Closed.**

2nd Wednesday runs 11-18-20

3rd Wednesday runs 11-25-20

4th Wednesday runs 11-30-20

**26th Thanksgiving Day & 27th
Office Closed**

1st Thursday run 10-29-20

1st Friday runs 10-30-20

2nd Thursday runs 11-5-20

2nd Friday runs 11-6-20

3rd Thursday runs 11-12-20

3rd Friday runs 11-13-20

4th Thursday runs 11-19-20

4th Friday runs 11-20-20



December 2020

7th Pearl Harbor Remem-
brance Day

25th Christmas Day

Office Closed



4th Friday runs 12-29-20

31st New Year's Eve



January 2021

1st - New Year's Day

- Office closed

1st Friday runs on 1-8-21

2nd Friday runs on 1-15-21

3rd Friday runs on 1-22-21

4th Friday runs on 1-29-21

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.

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.”



Fire Hazards in the Kitchen

When patients are in their homes, they do not see all the potential Fire Hazards around them. These hazards are more than smoking products and open flames. They are also stoves, ovens, toasters, small appliances, grills, barbecue systems, air-fryers, rotisseries and other appliances that have heat sources inside them. Even if you do not see a heating element, if the temperature is raised and it produces heat, it is a fire safety hazard or risk.

It is important to remember that a fire needs three things to burn; combustible materials, oxygen and a heat source. Oxygen patients naturally have two of the three items whenever they are using their oxygen. The oxygen itself and their clothing, facial hair or hair. All it takes is opening an appliance door, oven or other heat source and you could have a “flash fire”. A “flash fire” can happen at any time if all three components are in place at that moment and even if it has never happened before.

No matter how often you have cooked with your oxygen on in the past there is no guarantee that it will not happen at some point. Practicing fire safety is the best way to prevent patient burns, injuries and property damage. Whenever possible, allow your Caregiver or Family to do the cooking. If that is not possible, do not use your oxygen while you are actively cooking with the heat source. Take off your oxygen, wait for the oxygen to dissipate and then proceed with cooking. Some patients have told us that they leave the oxygen at a chair or table away from the cooking area. They go back and forth to get oxygen as they need it. Your health and safety are very important. Protect yourself from heat source flash fires by keeping oxygen out of an actively cooking area.



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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 or 972-641-7445

Email: CS@Mid-CitiesMedical.com **Facebook:** Mid-Cities Medical

Webpage: www.Mid-CitiesMedical.com

“I have started getting water in my line the last few days? Is my machine broken? Is it pumping water from inside the machine?”

Water condensation can happen throughout the year. It most commonly occurs in the Spring and in the Fall as cold and warm fronts move through Texas. This change in temperature is what causes water vapor from the air or humidifier to condensate. As the water vapor become droplets and those droplets merge; you end up with water in your oxygen tubing.

Your Concentrator is not broken just because you have water condensation. No. Your oxygen machine is not pumping the water from inside the machine. The change of temperatures from warm to cold is what causes the water to appear.

What can you do to stop the water in your line?

If you do not need a humidifier do not use one. Patients with low flow rates, usually 3 and under, can go without using their water bottle. If you have a high flow rate, it is not advised to take off the humidifier as it can cause nasal and sinus dryness and bleeding.

Next, install a Water Trap; pictured to the right. The water trap is designed to go between two pieces of tubing and close to the patient. It is the job of the device to allow the water and oxygen to come through one side, the water drop into the cylinder and the oxygen to continue through the tubing. It is designed to “trap” the water. That is how it got its name; Water Trap.



VA Opens Flu Shot Clinic

It is time for Veteran patients to go get their annual Influenza shot. The VA hospitals throughout VISN 17 are open and taking patients. Some hospitals are doing Drive-Through Flu Shot Clinics so that patients can stay in their vehicles. Other VA hospitals are doing patient walk up clinics and are practicing social distancing in the waiting lines. Patients should contact their local VA Hospital and/or Clinic to see which type of Flu Shot Clinic is open to them. The VA staff will review your immunization records to make sure you are current with both your Flu and Pneumonia shots. If you need more information you can go to www.VA.gov or call your local VA Medical Center.



Halloween Fun

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

apples	fun	pitchfork
bats	games	potions
bones	ghost	pumpkin
candles	goblins	rats
candy	gremlins	scarecrow
cat	halloween	scary
cobwebs	harvest	skeletons
cornstalks	haunted house	smoke
costume	hayride	spiders
creative	headless horseman	spooky
dark	magic	tombstones
fall	mask	treats
flames	monsters	tricks
fog	mums	witch
friends	party	

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



In the Kitchen... Huge Scary Spiders

Courtesy of Allrecipes.com

Ingredients:

2 each 1 oz squares unsweetened chocolate

1 1/4 cups all-purpose flour

1 1/2 teaspoon baking powder

1/4 teaspoon salt

1/4 cup butter

1 cup white sugar

1 egg

1 teaspoon vanilla extract

40 each cinnamon red hot candies

Directions: Preheat oven to 375 degrees F & Lightly grease baking sheet

In a saucepan melt chocolate over low heat and let cool

In a small bowl mix flour, baking powder and salt.

In a medium bowl beat butter on low speed until smooth. Add sugar and beat until creamy. Stir in egg, vanilla and chocolate. Add flour mixture and mix well, forming a stiff dough

To make spider, shape a 2 inch flat oval for the body. Make the spider's head by flattening a circle about 1/2 in wide. Shape dough for legs each about 2 inches long and less than 1/4 inch wide.

Attach the head and legs to body. Put two red candies into the head for eyes. Bake 5-8 minutes. Let spiders cool on baking sheet to avoid breaking when moving.



We want to know!

Do you love your Customer Service Representative or Driver -Technician?

Do you think an employee could be coached on a product or job duty?

Did an interaction with a team member “Wow” you or was just “Less than wonderful”?



The Good



The Bad



The Okay



The Amazing

Write us an email at: CS@Mid-citiesMedical.com

Want to place an order? Orders@Mid-citiesMedical.com

Via our Website:

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

Feedback, Complaint or Praise: <https://www.mid-citiesmedical.com/contact>

Social Media:

- Website – <http://www.mid-citiesmedical.com>
- Facebook – <https://www.facebook.com/midcitiesmedical>
- Twitter – <https://twitter.com/midcitiesmed>
- LinkedIn – <https://www.linkedin.com/company/mid-citiesmedical>

For product videos check us out on: YouTube – <http://tinyurl.com/y6spr9oe>

Business Response Address:

Mid-Cities Medical, 3017 Red Hawk Drive, Grand Prairie, TX 75052