



**VA Opens Flu Shot Clinic** 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 immunization you need or if you need both Flu and Pneumonia booster shots. If you need more information call your local VA Medical Center.

### Holiday Calendar

#### 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 runs 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

#### December 2020

7th Pearl Harbor Remembrance 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

## 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](http://www.smokefree.gov) or

[www.betobaccofree.gov](http://www.betobaccofree.gov)

These websites offer help and support to help you live a smoke free life.

**Texas Emergency Preparedness phone information line.**



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



### **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](mailto:CS@Mid-CitiesMedical.com) **Facebook:** Mid-Cities Medical

### ***I am wanting to travel for the holidays. What do I need to do? Do I just need to tell you?***

The VA hospital has a travel program designed for their Home Oxygen Program. No. You do not need to call us. All travel requests should go through the VA Medical Center. Here is what you need to know before you call to make your request.

- Have an idea of your dates of travel; departing and returning.
- Know how you are traveling; personal vehicle, train, plane or bus.
- The address and contact information for the family member or hotel location you will be staying at during your trip. If you are going to be visiting multiple locations, you must include the dates you are staying at each location along with there address and contact number.

VA Travel must be pre-approved by the VA Medical Center. When they approve your trip, they send us a Travel prescription with the information you provided to them above. Travel is dependent upon equipment availability and the number of times that you have traveled throughout the year. The VA decides which travel requests are approved and which are denied. Always notify

**New No Smoking “Oxygen in Use” Signs & 2021 Calendars** The VA Medical Centers have a newly designed Oxygen in Use sign. This sign is to be delivered over the next four months. Mid-Cities will also be delivering the 2021 calendar magnet. The two items have been designed so that you can keep our emergency contact information and the new sign can be posted on your refrigera-

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

ALLSPICE	HAYSTACK	X	W	K	U	Y	Q	N	H	J	M	J	T	S	N	E	M	T	B	E
ANCESTORS	HONEY HAM	D	P	L	Z	C	M	C	S	K	H	K	M	U	D	S	L	T	O	Q
APPLE CIDER	HOODIE	V	P	S	N	A	E	B	N	E	E	R	G	O	E	N	S	N	N	D
BONFIRE	MASHED POTATOES	Y	Y	P	S	R	O	B	H	G	I	E	N	H	I	S	E	E	F	N
BRUSSELS SPROUTS	NEIGHBORS	G	A	T	J	R	P	F	L	C	J	D	G	F	P	O	O	I	I	Q
CARROTS	NUTMEG	L	S	L	L	O	R	R	A	M	J	I	L	A	N	H	T	A	R	I
CORN MAZE	PECAN PIE	L	K	X	Q	T	C	O	R	N	U	C	O	P	I	A	A	V	E	F
CORNUCOPIA	PLYMOUTH ROCK	A	N	C	E	S	T	O	R	S	A	E	A	O	K	L	T	U	H	R
FOLIAGE	PUMPKIN	B	X	O	O	B	R	U	S	S	E	L	S	S	P	R	O	U	T	S
FOOTBALL	PUMPKIN PIE	T	V	L	U	R	V	E	G	N	L	P	L	H	M	R	P	F	A	R
FRIENDS	ROLLS	O	V	Y	F	N	H	Q	H	S	C	P	B	O	U	U	D	J	E	D
GRAVY	SWEATER WEATHER	O	H	S	W	E	E	T	P	O	T	A	T	O	P	I	E	C	W	G
GREEN BEANS	SWEET POTATO PIE	F	U	O	Z	I	D	I	U	Y	I	T	B	D	G	J	H	Z	R	T
HAYRIDE	TURKEY	E	W	X	N	K	C	I	P	O	V	J	Y	I	L	D	S	A	E	G
		B	H	V	U	E	C	O	R	N	M	A	Z	E	T	Q	A	X	T	V
		K	C	A	T	S	Y	A	H	Y	A	Y	R	K	K	H	M	Y	A	M
		P	S	O	M	A	B	H	H	B	A	C	L	G	J	R	T	A	E	C
		X	X	B	E	J	I	M	A	M	L	H	E	P	U	P	U	S	W	Q
		J	J	P	G	N	I	K	P	M	U	P	E	P	T	W	E	T	S	I

**Easy Lime Shredded Brussel Sprouts**



**Ingredients:**

- 1/4 cup butter
- 1 pound of Brussel Sprouts, halved and shredded
- 1 lime, juiced or more to taste
- 1 pinch salt and ground black pepper to

**Directions:**

- Heat butter in a skillet over medium heat.
- Cook and stir Brussel Sprouts until butter is melted and until tender, 6-8 minutes.
- Squeeze lime juice over sprouts and season with salt and pepper.



## **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](mailto:CS@Mid-citiesMedical.com)**

**Want to place an order? [Orders@Mid-citiesMedical.com](mailto: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**