



September 2020

Volume 13, Issue 12

Holiday Calendar

September 2020

7th - Labor Day
Office Closed



1st Monday runs 8-31-20

11th Patriot Day

13th Grand Parents Day

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



26th Thanksgiving Day

Office Closed

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 Remembrance
Day

25th Christmas Day

Office Closed

4th Friday runs 12-29-20

31st New Year's Eve

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 wit-
nessed 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.



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



Open Flames & Heat Sources can still cause patient burns and other severe injuries.

Some patients forget after going through Fire Safety Training that everyday items can pose a threat to them. Every day items such as lamps, candles, heaters, stoves/ovens and even hair dryers can potentially cause a fire and patient injury. **Remember that a fire needs three things to burn; material to consume, oxygen and heat.** Oxygen patients always have two of the three ingredients with them. Items like facial hair,

hair and clothing provide the material to be burned. You are wearing the oxygen which means there is an abundance of oxygen to feed a fire. The only thing missing is a heat source. Most patients say, “I don’t smoke. I have nothing to worry about.” That’s not true. The simple act of cooking with oxygen, getting your tubing too close to a space heater or blowing out a candle can cause your oxygen to catch fire. Before you say that can not happen. It can. All three of those events have occurred to patients within the last two years. Every day activities that took a common day and turned it into a medical emergency. Next time you are wearing your oxygen, think twice about what you are about to do. Is it a fire hazard or have a heat source? If so, can it wait while I practice fire safety prevention and remove my oxygen? If it can not, ask for assistance to reduce your injury risks.



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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

“I have heard from some of my friends, that the VA is going to video patient visits. Is that true? Are they doing that just because of Covid? Is it going to stay that way?”

Yes. Some VA Medical Centers are going to video based home visits and follow-up prescription visit. These video calls will be pre-arranged with the patient by the VA facility. These video calls and renewals are happening because of Covid. However, in some hospitals and clinics they were occurring before the pandemic occurred. At this time, it is not clear when some hospitals will start these video calls, how long they will continue to use the video clinic visit or when they plan on discontinuing that practice. As with all new technology based programs, it is important that you protect yourself and your private information. Do not take part in uncoordinated video meetings. If anyone contacts you, without a prearranged call from the hospital do not give them any information. If you do not recognize the VA representative, do not give them any information or ask to speak with your Home Oxygen Coordinator or doctor.



Hurricane Season in Texas is here

Texas has seen its fair share of severe weather, tropical storms and Hurricanes over the years. August and September are the peak time for Hurricane Season. It is important that no one misjudge a storm. Even “lesser” tropical storms can cause flooding, power outages and loss of life. A storm does not have to be a category 5 hurricane to consider evacuation. Here are some things to remember:

- ⇒ Watch your local news at least once a day to make sure you know about current and future weather forecasts.
- ⇒ Plan for an emergency. Have an evacuation plan for your home. Have all your oxygen together in one place. Keep important documents in water proof containers in case of flooding or roof damage.
- ⇒ Make a decision early. If you are concerned about the storm, take your oxygen and evacuate to a safer area or designated shelter. If you need assistance, Dial 2-1-1 and get on the evacuation assistance list.
- ⇒ If you are going to stay, have plenty of back-up. Fill all your tanks in advance. If you are a standard tank patient make sure your M/H tank is full or call for a refill well before the storm arrives. Do not wait until the storm is here to ask for assistance.

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

aphrodite hebe
 apollo helios
 are hephaestus
 artemis hera
 asclepius hermes
 athena hestia
 cronus iris
 demeter nemesis
 dionysus pan
 eos persephone
 eris poseidon
 eros thanatos
 gaea zeus
 hades

R	A	T	H	E	N	A	S	I	I	O	E	G
E	D	H	I	N	O	A	E	A	G	I	H	E
N	S	I	O	R	D	R	I	R	S	E	O	A
O	H	M	M	A	I	E	S	T	I	S	P	R
H	E	P	H	A	E	S	T	U	S	S	S	E
P	R	S	S	P	S	E	E	U	E	E	O	T
E	A	U	M	O	O	C	S	H	M	Z	H	E
S	N	N	R	L	P	Y	L	R	E	A	A	M
R	S	E	I	L	N	C	E	E	N	B	D	E
E	T	I	D	O	R	H	P	A	P	E	E	D
P	D	H	I	O	A	R	T	E	M	I	S	E
S	E	D	S	C	R	O	N	U	S	E	U	L
R	S	E	S	I	S	O	I	L	E	H	E	S

In the Kitchen...

Amish Tomato Pie

- 1 9 inch pie crust
- 2 pound Heirloom tomatoes
- 1 pound Roma tomatoes
- 1 cup diced raw bacon
- 1/2 cup leek
- 2 cups grated white cheddar cheese
- 1/2 cup grated fontina cheese
- 1/2 cup mayonnaise
- 1/2 cup fresh basil, torn into small pieces
- 1 egg
- 1 tablespoon Dijon mustard

- 1) Chill pie dough 1 hour.
Preheat over 425 degrees F, bake on lower oven rack.



- 2) Slice all tomatoes into 1/2 inch rounds. Remove seeds with fingers. Place on paper towels
- 3) Line deep dish 9" baking dish with dough, place 2 layers of aluminum foil over entire surface and fill with pie weights or beans. Blind bake the crust on bottom rack, Place the wire rack of tomatoes (without towel) on the upper rack. Bake about 15 minutes.
- 4) Carefully remove foil and weights, poke the bottom on pie crust with fork to prevent rising. Return to the oven rack for 8 minutes. Pull and let cool.
- 5) Render bacon, add leaks, cook until crisp. Place mixture in bowl with remaining items and combine. To finish mix 1/3 mixture, layer of roasted tomato and



We want to know!

Do you love your Customer Service Representation or 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 then 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:

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