



Holiday Calendar

January 2021



1st - New Year's Day - Office closed

1st Tuesday runs on 12-30-20

2nd Tuesday runs 1-5-21

1st Friday runs on 1-8-21

3rd Tuesday runs 1-12-21

2nd Friday runs on 1-15-21

4th Tuesday runs on 1-19-20

3rd Friday runs on 1-22-21

4th Friday runs on 1-29-21

18th Martin Luther King Jr Day



February 2021

14th Valentines Day

15th Presidents' Day -

Office Closed

1st Tuesday runs on 1-26-21

2nd Tuesday runs on 2-2-21

3rd Tuesday runs on 2-9-21

3rd Monday runs on 2-16-21

4th Tuesday run on 2-23-21



March 2021

2nd - Texas Independence Day

14th Daylight Saving Time Begins.

- Remember to move you clocks forward 1 hour.
- Remember to change the batteries in your smoke detectors

17th St. Patrick's Day

29th - National Vietnam War Veterans Day

31st Cesar Chavez Day

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 or 988,

Text: 838255 or

Confidentialchat@VeteransCrisisLine.net

Report Abuse:

Break the silence. Call 1-800-252-5400 if you are being abused, suspect abuse or have witnessed some one being abused.

"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.

Winter arrives in Texas



One thing about Texas you never know what our Winter will be like. One day it is sunny and 70 degrees. They next day it is 27 degrees and snowing or icing. The one thing that is for sure is that you must be careful when you go out. It is important that you use de-icer to help melt icy build up. Wear shoes with good tread. Be sure to allow extra time to get to any place you need to go. Take extra oxygen and extra care. These slick conditions contribute to accidents, wrecks, broken bones, bruises and even deaths all across the United States. Enjoy the weather but use safe practices.



“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

Facebook: Mid-Cities Medical

“Can the VA discontinue me if I do not go for my renewal appointment?”

The short answer is, “Yes”. It is important that if you have a VA Clinic appointment and you can not make, for any reason, that you call the VA. Always speak with the clinic regarding the reason you can not come to the appointment. If you have a concern, ask about a video renewal or rescheduling your renewal appointment for 30 days out. In most cases, you will also get a letter from them about the pending discontinuation and your need to contact them. When patients do not communicate with the VA, the VA Medical Centers can decline to renew your prescription. If discontinued, the State of Texas and the VA Medical Center, require the pick-up of the equipment. Remember to call the VA if you have to miss an appointment for any reason. Do not lose your service because you did not communicate with the hospital.

“My machine is pumping water. Did something break inside?”

No. Condensation is common when the Winter and Spring cold fronts arrive. The Concentrator pumps warm moist air. When a cold front comes through, the tubing is on the cooler floor. Because the floor is cooler, the water vapor condense in the line and create water droplets. Those droplets collect together and make water in the line. Ask your CSR about Water Traps to help



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

The Gingerbread Man Book *armoredpenguin.com (Donated puzzle and may contain spelling errors)

Buttons
 Eyes
 Gingerbread Man
 Old man
 River
 Cow
 Fox
 Mouth
 Pig
 Snap
 Cottage
 Fast
 Horse
 Old Woman
 Run

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



Slow Cooker Chicken Taco Soup

Courtesy of Allrecipes.com

Ingredients:

- 1 onion chopped
- 1 16 oz can chili beans
- 1 15 oz can whole kernel corn, drained
- 1 8 oz can tomato sauce
- 1 12 oz can of beer (optional)
- 2 10 oz cans diced tomatoes with green chilies, undrained
- 1 package taco season
- 3 whole, skinless boneless chicken breasts
- 1 8 oz shredded Cheddar cheese

Directions:

Place the onion, chili beans, black beans, corn, tomato sauce, beer, and diced tomatoes in a slow cooker. Add taco seasoning, and stir to blend. Lay Chicken breasts on top of the mixture, pressing down slightly until just covered by the other ingredients.

Set low cooker for low heat, cover, and cook for 5 hours.

Remove breasts from the soup, and allow to cool long enough to be handled. Shred chicken and put back into soup. Continue to cook for 2 hours..