



Holiday Calendar



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

April 2021



4th Easter Sunday

15th Tax Day

21st Administrative Professionals Day



Memorial Day
Never Forget
Ever Honor

May 2021

5th Cinco de Mayo

Mayo

6th National Nurses Day & National Day of Prayer

7th Military Spouse Day

9th Mother's Day

15th Armed Forces Day

22nd National Maritime Day



Severe Weather Season has begun

With Spring starting, so does the severe weather season. As Texans, we know about all the different weather and dangers that Spring brings. Mother Nature is not short of tricks, strong storms, hail, tornado and flooding are just a few. It is important that everyone be prepared for these events. Here are a few things that can help you to stay prepared:

- Watch your local weather at least once a day.
- Download a weather app
- Activate your phone's Emergency Weather Alerts.
- Keep your back-up tanks filled at all times & have an evacuation plan for you, your home and your oxygen.
- Contact us with your email address. We send out weather email messages or Like us on Facebook at : Facebook – <https://www.facebook.com/>

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.



“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

“I received a call from Mid-Cities after the severe weather. I was distracted by repairmen in my home. The lady said something about alternative shelters. I was not paying attention. Could you tell me more about that call again?”

The storm that ripped through Texas, in a February, put millions of Texans and patients in the dark. It left others with water damage from broken pipes. The purpose of the calls were to:

- Check on our patients and make sure they were okay and if emergency deliveries were needed.
- Verify that patients knew to call 9-1-1 for life-threatening emergencies or to evacuate to the hospital.
- Educate patients about 2-1-1 or 3-1-1. These numbers allow patients to get information about emergency shelters, heating/cooling stations and other local resources. While a large number of patients said that they knew about 2-1-1 or 3-1-1; some stated that this was the first time hearing about these resources. Please keep these numbers in mind for future events.
- Finally, to make sure patients know to call only our MAIN phone number **1-888-450-6676** during an emergency event. Always speak to the office staff or our Answering Service. If you get a busy signal or dead line, call back. In major events, phonelines can become overwhelmed by people seeking assistance. If you do not reach us; call back. When emergencies happen, our staff is taking calls, evaluating response capabilities, and scheduling or referring patient as quickly as we can. Our goal is to safely see as many patients as possible. If we can not, we refer them to other resources like 9-1-1.

NEVER PUT YOUR LIFE AT RISK. Always evacuate to a safe place with your oxygen if you can not reach



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

ACCIDENT	HOSPITAL
ACUTE	INJURY
AILMENT	LIFTING
BACKACHE	NEGLECT
BURNS	PRESSURE
CHECKED	PROTECTION
COLLEAGUE	SAFETY
COMPLACENT	SLIPS
EXTINGUISHER	STRESS
FALLING	SUPERVISION
HEALTH	TRAINING
HEIGHT	TRIPS

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



Irish Soda Bread Courtesy of Allrecipes.com

Ingredients:

- 4 cups all-purpose flour
- 1 cup white sugar
- 1 cup raisins
- 2 tablespoons caraway seeds
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 eggs, beaten
- 1 cup buttermilk
- 3/4 cup milk

Directions:

- Preheat oven to 375 degree F
- Grease and flour a heavy pan
- Mix flour, sugar, raisins, caraway seeds, baking powder, baking soda, and salt in a large bowl
- Add eggs, buttermilk, and milk to the flour mixture and stir until evenly incorporated.
- Transfer dough to the prepared pan
- Bake in pre-heated oven until when the bread is tapped on top and it sounds hollow. Roughly 75 minutes.