



## Holiday Calendar

### April 2021



4th Easter Sunday

15th Tax Day

21st Administrative Professionals Day



**Memorial Day**  
*Never Forget  
Ever Honor*

### May 2021

5th Cinco de 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

31 Memorial Day—Office Closed

### June 2021



6th D- Day

14th Army Birthday

14th Flag Day

19th Emancipation Day

20th Father's Day

20th American Eagle Day

20th Summer Solstice

## Tank Storage

As an oxygen patient, there are some basic things to remember when it comes to your oxygen tanks.

- 1) Always keep your oxygen tanks stored together. This allows for ease of evacuation, tank exchanges, and EMS identification should they need to come to your home.
- 2) Always keep oxygen away from heat sources like ovens, fireplaces, heaters, water heaters and other hot surfaces.
- 3) Always store tanks in the open so they have plenty of room to breathe. Do not hide them in closets, cover them with clothing, or other items.
- 4) Keep tanks stored in storages racks, carts, stands, or holders. Do not lean tanks against furniture, walls or other items where they could slip and fall. A falling tank could land on its stem and become air-borne or the valve could cut into someone as it falls. Large tanks, like the M or H size, can weigh over 100 pounds. They could break bones, crush small children or weakened patients, and cause death. Keeping tanks in their racks, carts and stands help to secure them and reduce accidental injuries.
- 5) Never hide tanks under furniture. Hidden tanks can cause injuries in a fire. Patients, Caregivers, and EMS are put at risk when the safety valve exposed and they becomes dislodges from under the furniture.

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

**Facebook:** Mid-Cities Medical

### ***“ My route day keeps getting moved. Can you tell me why that is happening?”***

Some patients have seen several changes in their route day the last two quarters. Patients that have been with us a while understand that the holiday season, specifically November through January, are where most routes are rearranged. This assure as many patients as possible are seen. In 2021, Mid-Cities Medical added President’s Day to our required holiday by the VA Hospital. Additionally, there was a statewide Natural Disaster that occurred. Patients found themselves with route day changes because of the holiday and then cancelled because of the Natural Disaster. Many patients found themselves on route dates not associated with their original rescheduled days. It is never Mid-cities Medical’s intent to cause the route day process to be more complex than it has to be. However, we have no control of National Holidays or Emergency events. We pre-plan and publish the Holiday Calendar, on the front of each newsletter and our company website. In most cases this information is published a quarter before the month of the change and allows patients to plan for their visit. When Natural disasters occur, patients are seen according to priority need. When the disaster is over, we attempt to reschedule those patients that were missed so that they can be seen for the month. When your route day is permanently moved, we send you a notification letter. This lets you know this is not a temporary

## JOINT COMMISSION TOPIC OF THE MONTH

Back-up Oxygen is an important part of a Home Oxygen patient's therapy. Some patients feel like they do not need it or it takes up too much room. The truth is, that none of us know when an emergency or accident is going to happen. Car wrecks can knock down power poles, work crews can dig up underground lines, and severe weather is a threat especially this time of year. Summer storms and tropic weather can knock out power for days. We always recommend taking it for these unknown emergencies. We deliver three times the amount of oxygen, as the time that it takes us to get to you. Therefore, if you are an hour away, we will look at your liter flow, your distance, and determine the amount of oxygen needed for at least three hours of back-up. You have the right to refuse your back-up. This is done by signing an Against Medical Advice Form. This form says that you are aware of the dangers refusing your back-up holds and you understand that should an emergency occur, natural or man-made you can call us for assistance. However, if in danger you will be immediately referred to 9-1-1 for assistance and transport. This is why we always recommend patients accept their backup even if they do not think they will

## YOU CAN QUIT SMOKING

Smoking continues to be the leading cause of lung cancer in adults. The importance of quitting is not only to improve your overall health but reduce associated risks. As an oxygen patient that smokes, you open yourself up for additional fire dangers, burns and life-threatening injuries. Wearing your oxygen and smoking become second nature over time. Oxygen patients wear their oxygen so much they can forget that they are using/wearing it. Smokers also develop that same type of passive action habits which allow them to pull and light a cigarette without a second thought. It is when these two habits happen at the same time that the danger really kicks in. Oxygen is an accelerant. That means it poses no risk to you when used alone. However, when combined with a heat source and flammable material it burns twice as hot and fast. Smoking patients that use oxygen are seen by doctors every year for injuries from minor to severe burns and some burn injuries can lead to death. Never smoke and use oxygen together. If you want 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](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**

**Main Toll-Free & Emergency Number: 1-888-450-6676**

acumen	admetos	alcyone
algol	andromeda nebula	apollon
aquila	beehive cluster	butterfly cluster
carina	castor	ceres
chiron	constellation	cupido
declination	delphinus	earth
fornax	hades	juno
jupiter	kronos	lagoon nebula
lupus	markab	mars
mercury	moon	neptune
octans	ophiuchus	orion nebula
pallas	pavo	pholus
pleiades	pluto	poseidon
regulus	saturn	scorpions tail
serpens	spica	sun
triangulum	tucana	uranus
vega	venus	vesta
vulkanis	whirlpool galaxy	zeus

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## Mango Salsa Courtesy of Allrecipes.com

### Ingredients:

- 2 cups diced Roma Tomatoes
- 1 1/2 cups diced mango
- 1/2 cup diced onion
- 1 teaspoon white sugar
- 1/2 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 tablespoon cider vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 cloves garlic, minced



### Directions:

- Stir all prepared items in a bowl together, refrigerate for 1 hour before serving.