



Holiday Calendar



July 2021

4th - Independence Day. **Office will be closed on July 5th.**

1st Monday will run 6-30-21

25th Parents' Day

27th National Korean War Veterans Armistice Day

August 2021

4th Coast Guard Birthday

7th Purple Heart Day

19th National Aviation Day

21st Senior Citizens Day



September 2021

6th Labor Day - **Office will be closed on September 6th.**

1st Monday will run 8-30-21



October 2021

11th Columbus Day - **Office closed**

1st Monday will run 9-30-21

2nd Monday will run 10-4-21

13th Navy's birthday

15th White Cane Safety Day & Boss's Day

31st Halloween

Traveling with Tanks

Every Summer we receive calls about patients wanting to travel and if it is safe to store tanks in their vehicles. The Texas heat, oxygen, and your automobile can be an explosive combination. Your vehicle's glass windows act as a magnifier. It can focus and intensify temperatures in your car well above those outside.

In June 2017, [Jason Samenow](#), of the Washington Post, wrote about the hundreds of babies killed by hot cars every year. In that article, he published a temperature chart; shown on page 4 of this newsletter. In that chart, Samenow shows the extreme temperatures that vehicles can reach during those 100 plus degree Texas days. While his article focused on heat stroke, we are going to talk about tank stress and storage safety.

Oxygen cylinders have a safety valve that when first installed can withstand temperatures of 275 degrees before rupturing. As tanks are used, wear and tear can effect their ability to perform at their peak condition. That is why cylinders and their stems must be recertified every five years. If a tank is suffering from wear and tear use, it may look fine but can have micro fissures which can lead to tank failure. This includes the Heat Activated Safety Valve. When temperatures get too hot, the valve can rupture, releasing its contents, and possibly posing a threat to those inside the vehicle. These injuries may include but are

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 someone 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 saw on the news that there was a recall on Trilogy Ventilators. I have one. What am I supposed to do with it? How does that work with the recall?”

First, the VA Medical Centers are aware of the recall. They are meeting frequently with the manufacturer about coordinating the entire National Ventilator Program, not just our area. Because of these meetings, we do not have a lot of information to relay to patients right now. As we get more information from the VA Medical Centers we will be passing it on to you.

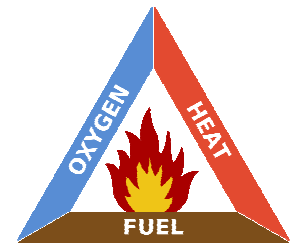
Second, because the ventilators are the property of the VA Medical Centers, they are responsible for coordinating replacements, exchanges, and alternate stock.

Third, should you have any questions about your Ventilator or the recall please reach out directly to your local VA Home Ventilator or Sleep Study Clinic. They are the ones who control your prescriptions and manage your care.

Mid-Cities Medical has already reached out to the VISN 17 VA Medical Center Management Team. They are aware that we are here to assist them when they are ready to enact their plan. We do know that once they get all the serial numbers from the manufacturer, they will begin sending out recall notices. For now, that is all the information we have. Should you have any additional questions call your local VA Ventilator and Sleep clinics. Thank you.

JOINT COMMISSION TOPIC OF THE MONTH

Fire Safety and Smoking Safety are topics that go well together. Remember, for a fire to burn it has to have all three elements: Oxygen, Fuel, and Heat. Without all three components, you can not have a fire. The thing that most Oxygen patients have is two of the three contents with them already, Oxygen and Fuel (clothing, hair, home or vehicle environments) that allow oxygen to sit and collect upon them. Smoking patients and patients working with an open flame, heat element, or some sort of sparking item bring their component to the mixture. When that happens, serious injuries, burns, and even death can occur. Here are a few things to remember:



- Always practice Fire Safety when wearing your oxygen. Do not smoke, use an open flame, work with a heat source like appliances or cooking surfaces, and do not use sparking items around your oxygen.
- If you must work with one of these fire hazards, practice the 10 x 15 rule. Turn off and take off your oxygen, wait ten minutes, and then work with the fire hazard 15 or more feet away from your oxygen equipment, tanks, and supplies.
- Be aware of everyday heat sources. Most patients are really quick to point out the smoking patient and say, “I don’t smoke,” but were you aware that those air fryers, convection ovens, candles, fire places, space heaters, and saunas are just as dangerous? While smoking on oxygen is the leader in oxygen related patient injuries, these other items are just as dangerous.
- It is good to have a Home Risk Assessment at least once a year. Take a good look at hour home. Are exit paths free of debris and clutter? Have you checked your smoke alarms? Did you replace the batteries? Do you have a fire extinguisher and know how to use it? And, do you have an exit plan with a meeting place?



PATIENT ABUSE

As a patient, you have the right to be treated with dignity and respect. Family, Caregivers, or Medical Care staff do not have the right to hurt, abuse, or take advantage of you. Adult Protective Services (APS) protect those patients 65+ or 18 to 65 with disabilities. There are resources available to assist both you and your caregivers. If you are being abused, speak up, and tell your doctor, your nursing team, the police, or **APS at 1-800-252-5400**. Their 24 hour service will listen to your complaint, assign an investigator, and dependent upon the severity of the complaint you could see them at your home in 24 hours to two weeks. Remember, you have the right to food and other basic needs. You have the right not to be physically or emotionally abused. You have the right to have your financial wealth properly managed and maintained appropriately. Thieves and abusers are always looking for ways to take advantage of the disabled and elderly. They use all kinds of scams to get your information and money; Home Equity Fraud, Telemarketing Fraud, Mail Fraud, Health Fraud, Money Related Fraud, Credit card and ATM Fraud, and Email Fraud. Have a trusted, licensed, and bonded attorney look over all legal documents before you sign them. Do not give our your banking, social security, or other

TRAVELING WITH TANKS CONTINUED

The biggest threat comes when a tank explodes. They become air-born. They can damage the inside of your vehicle, cause injury, create fires, or goes through the car's window, and pose a general public safety threat.

Remember, never leave your tanks in your car no matter the temperature. Make sure they are checked and recertified regularly. Always protect your tanks from direct sun and heat when traveling. Tank safety is

Outside Air Temperature(F)

Elapsed Time	70	75	80	85	90	95	100*	105*	110*
0 minutes	70	75	80	85	90	95	100	105	110
10 minutes	89	94	99	104	109	114	119	124	129
20 minutes	99	104	109	114	119	124	129	134	139
30 minutes	104	109	114	119	124	129	134	139	144
40 minutes	108	113	118	123	128	133	138	143	148
50 minutes	111	116	121	126	131	136	141	146	151
60 minutes	113	118	123	128	133	138	143	148	153
> 1 Hours	115	120	125	130	135	140	145	150	155

*unpublished, anecdotal data



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

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

July 4th Summer

*armoredpenguin.com Puzzles and may contain spelling errors

E	E	O	F	I	E	N	N	N	A	T	I	O	N	O	L	E	N	B	K	J	B	D
B	S	S	E	I	N	O	L	O	C	A	P	I	T	O	L	N	S	U	U	S	R	C
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Words to Find:

adams	festival	lemonade
america	fifty states	liberty
american	firecrackers	nation
apple pie	fireworks	parade
ball park	flag	patriotic
barbecue	flag	picnic basket
baseball	fourth	red
beautiful	freedom	red checkered tablecloth
betsy ross	fried chicken	revolution
blue	george washington	sparklers
buns	god bless america	star spangled banner
capitol	grilled	stars
carnivals	holiday	stripes
celebrations	hot dogs	taxes
citizenship	independence	under god
colonies	jefferson	united states
congress	july	washington d.c.
declaration	justice	white