



Holiday Calendar



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

November 2021

10th Marine Corp Birthday

11th Veterans Day—Office closed

1st Thursday runs Friday, Oct 29

2nd Thursday runs Thursday, Nov 4

3rd Thursday runs Thursday, Nov 11

25th Thanksgiving

25th & 26th—Office Closed.

4th Thursday runs Monday, Nov 29



Friday runs Tuesday, Nov 30

29th Hanukkah

December 2021

7th Pearl Harbor Remembrance Day

13th National Guard Birthday

21st Winter Solstice

24th Christmas Eve - Office close to observe Christmas Day

25th Christmas Day - Office Closed



4th Friday Routes will run 12-29-21

26th Kwanzaa

31st New Year's Eve - Office Closed

January 2022

1st - New Year's Day - Office Closed

18th Martin Luther King Jr. 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.



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



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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

“The holidays are coming. Is my route day going to change?”

A list of the holidays and proposed route day changes are listed on the front of every newsletter each month. This month, we have reached the Fall holiday season. To help patients plan for the holiday season. We try to publish these holiday closings and route day changes early to help everyone to be well informed. This year, as in previous years, the Thanksgiving holiday has the most changes to the routes. Please review the front of the newsletter be make sure if your route day is effected by the Thanksgiving closing. All other holidays, we were able to make minimal adjustments to assure that as many patients as possible stay on their normal route.

As always, our staff will be reaching out to patients 24-48 hours in advance to help them be aware of the holiday scheduled visit and to get their monthly or quarterly orders. Patients that are going to be out of town on that assigned day, may asked to be rescheduled for another date or once they return home from their trip. All rescheduled visits will be arranged by the branch office once your initial order and information has been taken and created by the Customer Service Department.

JOINT COMMISSION FIRE SAFETY CHANGES

It is important to keep up with the latest National Fire and Home Safety standard. The newest change has to do with the distance between oxygen, oxygen equipment, and tubing and a heat source. Like we have covered in the past, heat sources are not only open flames but also smoking and items that produce heat or sparks. This includes items like: candles, cigar/cigarettes, vaping products, heaters, fireplaces, barbecue, kitchen appliances large and small, saunas, tools that emit sparks, heat or flames, and so many other items. In the past, the National Fire Safety recommendation was used by the VA Medical Center to help protect its patients from burns, injury, and death. Just recently, they have changed their distance recommendation from 15 feet away from oxygen to 25 feet. The additional 10 feet is to help prevent accidental ignition of the oxygen. Thereby, preventing oxygen and tubing from catching fire and burning patients. At this time, there has not been any change to the time rule. If it still wait 10 minutes after oxygen use to work with or use an open flame or heat source. The 10 minute wait time is to allow oxygen to evaporate and dissipate from the patient's hair, skin, and clothing prior to using items that could cause it to ignite. Therefore, you should practice the new 25 x 10 rule.

HOLIDAY TRAVEL SEASON IS COMING

It is hard to believe that we are in the last half of 2021. Before you know it, these 100 degree days will give way to milder temperatures and falling leaves. Many patients like to travel during the Fall and the Holiday season. Because this is such a busy travel time, it is important that if you are planning to travel over the holidays, you need to request your travel service early. You will need to have your travel dates, your end destination, mode of travel (personal vehicle, train, plane or bus) and total trip time for the VA Medical Center when you call. Because of Covid, patients should be aware that travel may be restricted or cancelled depending upon the guidelines setup by various states, the CDC, and VA Medical Centers. Calling your travel in early does not necessarily mean that it will be approved. We truly hope all of our patients can travel and share special time and moments with friends and family this holiday season.



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

Animals of Amazon

*armoredpenguin.com Puzzles and may contain spelling errors

Words to Find:

- | | |
|---------------------------|--------------------------|
| anaconda | manatee |
| anteater | ocelot |
| barred leaf frog | poison arrow frog |
| black caiman | pygmy owl |
| bushmaster | red bellied pira-
nha |
| green iguana | scarlet macaw |
| howler monkey | sloth |
| jaguar | spider monkey |
| kinkajou | tapir |
| longwing butter-
flies | tent making bat |
| | toucan |

r	a	p	s	t	i	p	r	n	i	r	w	e	a	n	o	l	a	l
t	h	y	a	c	o	o	f	a	g	r	h	t	t	l	m	g	m	d
a	n	g	n	n	e	u	m	k	a	c	a	t	o	e	c	a	a	l
n	a	m	i	a	c	k	c	a	l	b	n	r	p	f	d	d	p	d
g	r	y	e	j	t	e	j	a	g	u	a	r	t	n	n	s	o	n
c	i	o	w	a	t	y	f	n	n	a	u	l	a	o	t	p	i	y
b	p	w	a	e	n	e	i	m	o	i	g	y	c	a	k	i	s	s
u	d	l	c	a	e	k	n	n	i	r	i	a	o	s	t	d	o	h
s	e	a	a	m	a	n	a	t	e	e	n	c	e	a	g	e	n	o
h	i	j	m	m	g	o	r	f	f	a	e	l	d	e	r	r	a	b
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r	o	e	e	e	e	o	r	s	w	c	n	t	n	r	p	n	g	g
w	n	o	h	e	s	w	g	c	y	t	n	a	e	o	u	w	i	a



Zucchini Pumpkin Bread by Allrecipes.com

- | | |
|-----------------------------|-----------------------------------|
| 3 cups of all-purpose flour | 1 ½ tablespoons pumpkin pie spice |
| 1 teaspoon salt | 1 teaspoon baking soda |
| 1 teaspoon baking powder | 3 eggs |
| 2 ¼ cups white sugar | ½ cup vegetable oil |
| ½ cup canned pumpkin | 1 tablespoon vanilla extract |
| 2 ½ cups grated zucchini | 1 cup chopped walnuts (Optional) |

Directions:

- Preheat oven to 325 degrees F (165 degrees C). Grease and flour 2 8x8-inch baking dishes.
- Sift flour, pumpkin pie spice, salt, baking soda, and baking powder together in a large bowl.
- Beat eggs, sugar, vegetable oil, pumpkin, and vanilla extract together in a second bowl until mixture is smooth and creamy. Stir wet ingredients into flour mixture until combined; gently fold in zucchini and walnuts. Divide batter into the prepared baking dishes.
- Bake in the preheated oven until cakes are lightly browned and a toothpick inserted into the center comes out clean, 40 to 60 minutes. Allow to cool on rack for 20 minutes before removing from pans to finish cooling.