



Holiday Calendar



15th Passover Eve & Good Friday

17th Easter

21st San Jacinto Day

27th Administrative Professionals Day



1st Asian Pacific Heritage Day 5th

Cinco de Mayo

5th National Day of Prayer

8th Mother's Day

15th Peace Officers Memorial Day

21st Armed Forces Day

22nd National Maritime Day

22nd Harvey Milk Day (CA)

25th National Missing Children's Day

30th Memoria Day - Office Closed

30th Decoration Day (CA)



6th D-Day

14th Army Birthday & Flag Day

18th Father's Day

19th Juneteenth - Office will be closed Monday 20th

1st Monday runs 5-31-22

2nd Monday runs 6-6-22

3rd Monday runs 6-13-22

20th American Eagle Day

21st June Solstice

July 4th Office closed

Routes will run on 6-30-22



VISN 17 TEXAS

After March 1, 2022, UltraFill and Home Fill patients will be seen quarterly. Please be sure that you order enough supplies for the upcoming quarter.

Thank you..

VISN 22 CALIFORNIA

Mid-Cities Medical is approaching the end of the transition period.

Route day schedules will go into effect in May 2022. Please check with your Technician for your route magnet and calendar.

Important Health Numbers

Emergency Dial 911

Non-Emergency or down equipment:

TEXAS

1-888-450-6676 or 972-641-7445

CALIFORNIA

1-833-986-4267

"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.

Report Abuse

Break the silence. Call **1-800-252-5400**

If you are being abused, suspect abuse or have witnessed someone being abused.

Veterans Crisis Line

Don't suffer in silence. Speak with someone that can help you or family member. We care.

1-800-273-8255 or **988**,
Text: **838255** or email **Confidentialchat@VeteransCrisisLine.net**

Emergency preparedness information line Dial 2-1-1

“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:

Texas Toll-free Number: 1 (888) 450-6676 or Local 972-641-7445

California Toll-free Number: 1 (833) 986-4267

Email: CS@Mid-CitiesMedical.com

Facebook: Mid-Cities Medical

Webpage: www.Mid-CitiesMedical.com



Q – “I live in California. When I was changed over to your company, my supplies changed. Can you tell me why?”

A – The Fire Safety requirements are set by the Veterans’ Affairs Department in Washington D.C. for all the VA Medical Center, and the specification of where the Fire Safety Valves are to be installed was updated to comply with the new standards. **They state that one valve is to be installed at the Cannula (nose piece) and the other valve is to be installed at the machine.** Because of this specification, patients are now receiving the following supplies; an individual Cannula, the Fire Safety Valve, a swivel and then extension tubing, and a second Fire Safety Valve. There are informational instructions in your Oxygen Manual or at our website if you have any additional questions concerning these updates.

According to BPR Medical Gas Control November 7, 2021, *“Over 500 fires involving home oxygen, resulting in over 300 deaths including two firefighters, have been reported in the US medical since 2017... There were also reports of over 140 serious injuries, including a further two firefighters, as well as injuries to nearly 200 other people...”* **This increase of oxygen related fires, injuries, and deaths is the reason why these new supply changes were made.** We understand that this updated safety policy is different to what supplies were previously issued, however, it is important that VA patients comply with the manufacturer’s and VA Medical Center safety standards.

Severe weather season has arrived

Severe weather season starts with Spring. Unpredictable weather, thunderstorms, tornadoes, hail, fires, and hurricanes are in the forecast for patients all across the United States. As an oxygen patient it is important that you not only have an Emergency Preparedness plan, but that you prepare for the specific weather in your area.

In this article, we will discuss the basics to help you prepare for an emergency or natural disaster.

1. **Have an evacuation plan for your home.** Identify your exits and assign a meeting place away from the home and out of the way of first responders. Keep your exit paths clear of debris or other items which would slow down your evacuation in an emergency.
2. **Test your smoke detectors monthly** and replace the batteries twice a year, if not hard wired.
3. **Keep your tanks together, close to your evacuation point and in their racks.** By having your tanks together you have a couple of advantages. First, you can quickly grab as many tanks as possible as you are leaving the home. Second, it allows first responders to know where your tanks are during a fire, and they do not have to worry about their safety should seals rupture while fighting a fire.
4. **If you need assistance, contact 2-1-1.** This is the local resource hotline. It helps you register for assistance.
5. **Keep your emergency tanks filled.** Power outages can happen at any time either by an accident or because of a natural disaster event. As an oxygen patient, you should always keep emergency oxygen on-hand, allowing you to wait for power to be restored, during evacuation to a local shelter, or both.

Remember in most widespread natural disasters, first responders are stretched thin. It is important that you have and practice your evacuation plan. It is also important that you also have our contact numbers for refill or evacuation location setup.

Texas **1-888-450-6676**
California **1-833-986-4267**



Travel Season is approaching

It is that time of year. The weather is getting warmer. The days are getting longer. Patients want to travel.

Remember that your local VA Medical Center wants to help you make your travel plans a reality. However, there are some restrictions when traveling through the VA.

- Some VA Medical Centers limit your time away or the number of trips per year, or both. Please check with your local hospital about their travel program.
- Travel arrangements should be made two to four weeks in advance.
- It is important that you have your information together when attempting to schedule your travel with the VA. You will need to have the following information:
 - + Departure Date – Return Date – Location with address and contact person
 - + How are you traveling? Personal vehicle, train, bus, or airline.
 - + How long is the total travel time for your ticket? Some public transportation companies have guidelines for how much oxygen you must have in order to travel on their bus, train, or plane.
 - + Are you going to be making multiple stops along the way? This is important when traveling by personal vehicle while spending time in multiple states during your trip.



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:

TEXAS

1-888-450-6676

CALIFORNIA

1-833-986-4267

Auto Safety Checklist

*armoredpenguin.com Puzzles and may contain spelling errors

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

- | | |
|----------------|--------------------|
| AIR COMPRESSOR | RADIATOR |
| AIR FILTER | RAGS |
| BATTERY | SPARE |
| BLANKETS | TIMIN |
| DUCK TAPE | GBELT |
| EXHAUST | TIRES |
| FIRST AID KIT | TIREWARE |
| GAS | TOOL KIT |
| JUMPER CABLES | TRANSMISSION FLUID |
| LIGHTS | TURN SIGNALS |
| MILAGE | WATER |
| OIL | WINDSHIELD |
| OIL FILTER | WIPER BLADES |
| PRESSURE GAUGE | WIPERFLUID |



In the Kitchen

Air Fryer Sweet and Spicy Roasted Carrots

by Allrecipes.com

Ingredients:

- 1 serving cooking spray
- 1 tablespoon butter, melted
- 1 tablespoon hot honey (such as Mike's Hot Honey®)
- 1 teaspoon grated orange zest
- ½ teaspoon ground cardamom
- ½ pound baby carrots
- 1 tablespoon freshly squeezed orange juice
- 1 pinch salt and ground black pepper to taste

Prep: 5 mins

Cook: 20 mins

Total: 25 mins

Servings: 2

Yield: 2 servings

Directions:

Step 1

Preheat an air fryer to 400 degrees F (200 degrees C). Spray the basket with nonstick cooking spray.

Step 2

Combine butter, honey, orange zest, and cardamom in a bowl. Remove 1 tablespoon of the sauce to a separate bowl and set aside. Add carrots to the remaining sauce and toss until all are well coated. Transfer carrots to the air fryer basket.

Step 3

Air fry until carrots are roasted and fork tender, tossing every 7 minutes, for 15 to 22 minutes. Mix orange juice with reserved honey-butter sauce. Toss with carrots until well combined. Season with salt and pepper.