



MONTHLY NEWSLETTER

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Just for fun!



Oxygen Safety Valve Fire Education

Oxygen Fire Safety is the most important issue that individuals using oxygen must understand on a day-to-day basis.

While not flammable in and of itself, Oxygen can cause other materials to ignite more easily and burn more rapidly, resulting in a fire that can appear explosive-like.

Designed to extinguish an oxygen delivery tube fire and stop the flow of oxygen if the tube is accidentally ignited, a fire stop valve or fire safety valve is fitted into the oxygen delivery tubing close to the patient, typically around the patient's sternum where the two nasal cannula tubes join and connect to the delivery tubing.

Despite the inherent dangers, most home oxygen fires are caused by patients smoking while using medical oxygen. Other sources of naked flames, such as gas flames and candles, can also pose a risk.

While an oxygen firebreak cannot stop the initial ignition, it can limit the potential for whole house fires, more serious injury and death, buying more time for a patient and other individuals to escape while limiting the material cost of fire damage.

Holiday Fire Safety: Give the gift of life this season

Festive celebrations, flickering lights, and evergreens are all hallmarks of the holiday season. However, they also present fire risks that can quickly turn into devastation. Holiday fire safety is an issue that burns brightest from late November to mid-January, when travel spikes and families gather for delicious meals. Unattended food left cooking is the leading source of home fires and can cause injuries or death. By using the following safety measures, you can protect your home, belongings, and loved ones from the fire inside your home:

- Be alert! If you are sleepy or have consumed alcohol, don't use the stove.
- Stay in the kitchen while you are cooking. If you leave the kitchen for even a short period of time, turn off the stove.
- Keep anything that can catch fire away from your stovetop, E.G., oven mitts, wooden utensils, food packaging, towels, or curtains, etc.
- If you decide to fight a small (grease) cooking fire, smother the flames by sliding a lid over the pan, turning off the burner, and/or turn off the oven heat and keep the door closed.
- If you have any doubt about fighting a small fire, just get out and call 9-1-1 or the local emergency number from outside the home.



Another activity we think of during the holiday season is decorating. More than one-third of home decoration fires are started by candle, and most holiday tree fires are caused by electrical problems and dry trees. Please use precautions to ensure you and your family remain safe while enjoying the fun activities throughout the season..

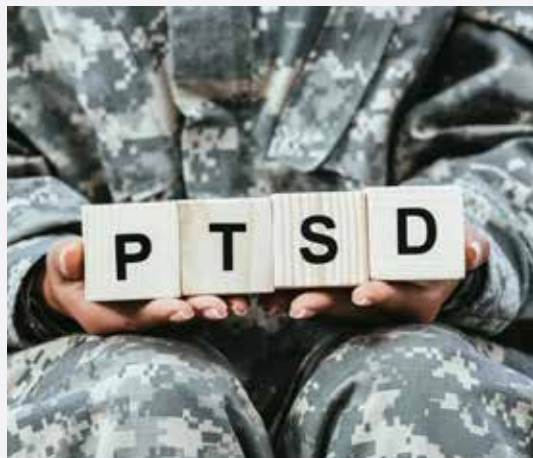
Helping Veterans Cope with PTSD during holidays

The winter holiday season is regarded by many as a wonderful time of the year. However, holiday festivities may be stressful for someone with posttraumatic stress disorder (PTSD).

Veterans and military families tend to remember at the holidays those who did not make it home from war and may not know how to celebrate the holidays knowing those fallen heroes are no longer present. People with PTSD may feel pressure to join family activities when they are not up for it or believe they must act happy when they are not, and these added pressures can worsen those symptoms.

The holiday gathering may also be one of the few times family or friends are able to physically see the Veteran with PTSD, and they may feel it is more appropriate they ask questions in person rather than over the phone or online. In either case, the person with PTSD has the power and right to not answer any questions.

As always, the Veterans Crisis Line (<https://www.veteranscrisisline.net>) will be available throughout the winter holiday season, including Christmas and New Year's, connecting Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Call 1-800-273-8255 and Press 1 or send a text message to 838255 to receive confidential support 24 hours a day, seven days a week, 365 days a year.



Ask the office...



“My technician told me that I can’t use my tanks inside the house. What is that about?”

In the VA Home Oxygen Program, oxygen tanks serve one of two functions.

The first and most common use is as your primary source of oxygen outside the home. This means that when you are outside working in your yard, shopping, going to doctor’s appointments, or seeing friends and family, have can have oxygen whenever you are away from your home concentrator.

The second is to serve as an emergency back-up. Emergency back-up is when there is an emergency in the home requiring evacuation due to power loss or disaster event. Oxygen tanks used for emergencies allow patients to leave their home, seek out local shelters, or remain in-home when the power is out. **Daily use of oxygen tanks in your home is against Home Oxygen Program guidelines**, and the VA Medical Center provides an Oxygen Concentrator for in-home use only.

Designed to run 24-hours a day, your concentrator pulls oxygen from the atmosphere inside your home, sends it through purification and separation beds, then pumps the oxygen through the tubing to you. Patients can use oxygen tubing up to fifty (50) feet to help them get around their homes. When patients use oxygen tanks at home for convenience reasons, the VA Medical Center requires us to report that use to them. The VA wants to make sure that their patients are following the designated Home Oxygen Program, complying with the process, and following their prescriptions.

Concentrator checks provide the VA with important information, such as purity levels, hours of use, and how much each patient is compliant with the VA Home Oxygen Program. Properly using the program’s concentrator and tanks help to create the best picture of your prescription compliance.

Holiday Calendar



DECEMBER

- 7th - Pearl Harbor Day
- 13th - National Guard Birthday
- 25th & 26th - Christmas Day (OFFICE CLOSED)

4th Friday runs 12-23-22



JANUARY 2023

- 1st & 2nd - New Year’s Day (OFFICE CLOSED)
- 16th - Martin Luther King Jr Day
- 19th - Confederate Memorial Day
- 22nd - Luna New Year

1st Tuesday runs 01-03-23

**Mercedes runs 01-10-23*

1st Monday runs 01-09-23

2nd Tuesday runs 01-03-23

**Mercedes only*

2nd Monday runs 01-16-23

3rd Monday runs 01-23-23

4th Monday runs 01-30-23

Important Health Contact Numbers

EMERGENCY

DIAL 911

NON-EMERGENCY OR DOWN EQUIPMENT

Phone: TEXAS (888) 450-6676
(972) 641-7445

Phone: CALIFORNIA (833) 986-4267

YOU CAN QUIT SMOKING

Phone: (800) QUIT-NOW
Website: www.SmokeFree.gov
www.BeTobaccoFree.gov

Get the help and support you need to live a smoke-free life.

REPORT ABUSE. BREAK THE SILENCE.

Phone: (800) 252-5400

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

VETERANS CRISIS LINE

DIAL 988

Phone: (800) 273-8255

Text Message: 838255

Email: ConfidentialChat@VeteransCrisisLine.net

Speak with someone that can help you or family member.

EMERGENCY PREPAREDNESS

DIAL 211

Big Soft Ginger Cookies

Ingredients:

- 2 tablespoons white sugar
- 2 ¼ cups all-purpose flour
- 2 teaspoons ground ginger
- 1 teaspoon baking soda
- ¾ teaspoon ground cinnamon
- ½ teaspoon ground cloves
- ¼ teaspoon salt
- ¾ cup margarine, softened
- 1 cup white sugar
- 1 large egg
- ¼ cup molasses
- 1 tablespoon water

Directions:

- Step 1** – Preheat the oven to 350 degrees F. Set two (2) tablespoons sugar in a small bowl; set aside.
- Step 2** – Sift together flour, ginger, baking soda, cinnamon, cloves, and salt in a bowl.
- Step 3** – Cream margarine and remaining 1 cup sugar in a large bowl until light and fluffy. Beat in egg, then stir in molasses and water. Gradually stir the sifted ingredients into the molasses mixture until well combined.
- Step 4** – Use floured hands to shape dough into 24 walnut-sized balls. Roll each ball in the reserved sugar until coated. Place cookies 2 inches apart onto ungreased cookie sheets and flatten slightly with the bottom of a glass.
- Step 5** – Bake in the preheated oven for 8 to 10 minutes, switching racks halfway through.
- Step 6** – Remove from the oven and allow cookies to cool on the baking sheets for 5 minutes, then transfer to a wire rack to cool completely.

Word Search

- bells
- card
- celebration
- chimney
- cider
- elves
- gingerbread
- christmas
- mistletoe
- peace
- presents
- snowman
- star
- tradition
- yule

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