



MONTHLY NEWSLETTER

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Just for fun!

Are you prepared for wildfire season?

Every year, devastating wildfires burn across the United States, with more and more people living where wildfires are a real risk. While these fires will continue to happen, there are things you can do to protect your home and neighborhood as well as your family's safety.



By working together, keeping the first 0 to 5 feet around a structure well-maintained and clear of combustible materials, residents can make their own property and their neighborhood much safer from wildfire.

Here is your checklist of things to do BEFORE a wildfire threatens your area:

- Clear leaves and other debris from gutters, eaves, porches and decks.
- Remove dead vegetation and other items from under your deck or porch.
- Screen or box-in areas below patios and decks with wire mesh to prevent debris and combustible materials from accumulating.
- Remove flammable materials (firewood stacks, propane tanks, etc.) within 30 feet of your home's foundation, garages and sheds.
- Prune trees so the lowest branches are 6 to 10 feet from the ground.
- Keep your lawn hydrated and maintained. If it is brown, cut it down to reduce fire intensity. Dry grass and shrubs are fuel for wildfire.
- Dispose of debris and lawn cuttings quickly to reduce fuel for fire.
- Inspect shingles or roof tiles. Replace or repair those that are loose or missing to prevent ember penetration.
- Cover exterior attic vents with metal wire mesh no larger than 1/8-inch to prevent sparks from entering the home.
- Enclose under-eave and soffit vents or screens with metal mesh to prevent ember entry.
- Learn more about how to protect your home at www.ready.gov.

What You Need To Know

TEXAS:

VISN 17 VA Medical Centers continue to focus on Fire Safety, with local VA Medical Centers performing home visits for known smokers or fire injury patients. These visits are to ensure compliance with program requirements, understanding fire safety, and encouraging cessation programs through the VA Medical Center. **You do not have to be a smoker to have a heat or flame related oxygen fire or burn**, and it is important to always practice fire safety whenever working with a heat source, open flame, or sparking items. Heat and oxygen do not mix.



Hurricane Season starts in June. If you live in the Texas Coastline or South Texas regions, now is the time to prepare for hurricane season, including gathering important legal documents, knowing evacuation paths, making sure you have the medications including oxygen, and making the decisions to evacuate early. **Always follow local government officials request to evacuate.** Mid-Cities Medical must follow local authority guidelines and will be allowed access only when the emergency rescue is complete. If you need evacuation assistance, dial 2-1-1 today and speak with a county representative. If you choose not to evacuate, be prepared to survive without power or outside assistance for a week or longer.

CALIFORNIA:

Fire Season is here. The Summer heat and the Santa Anna winds encourage the fire danger throughout California, and patients living in regions where wildfires occur should stay Fire Aware. Wildfires can move quickly, changing directions due to available vegetation, wind direction, and wind speed. **If asked to evacuate by local authorities, please do so.** Always follow EMS personnel's instructions and never wait until the last moment to leave. Evacuation Centers differ from city to city, with some having power and some not, and knowing about your city's local emergency evacuation center will help you prepare oxygen tanks or tanks and equipment. Once you reach your evacuation location, call Mid-Cities Medical and we will provide an evacuation setup appropriate to your center.



ARIZONA:

Transition visits are underway for the VA Tucson Arizona patients. Mid-Cities Medical is moving county by county to ensure as many Arizona patients are transitioned as soon as possible. If you have not heard from our staff and would like to confirm your information, please call us at 1 (833) 986-4267, asking for the Arizona Transition Office Team. After which we will make your transition order, sending it to our Tucson branch where they will arrange your scheduled date. **NOTE:** Ventilator patients are scheduled for July 2023.



Our Respiratory Therapist Team will be performing a pre-transition visit to ensure items needed are available prior to your actual Transition visit.

Travel Requests Notification: For patients wishing to travel or return home from a recent trip, please provide your travel information 2-4 weeks in advance. If not provided with two weeks' notice, the VA Medical Center may deny last-minute requests. Before submitting a travel request, patients should be prepared with travel dates, setup address, phone number, and contact information, including your mode of travel – flying, driving, bus, train, or private car – including estimated total time of the trip. Equipment provisions will very based upon the information given to the VA Medical Center or Mid-Cities Medical staff.

It's hurricane season. Are you ready?

Every year, the National Oceanic and Atmospheric Administration (NOAA) predicts what to expect for the upcoming hurricane season. Whether the prediction is for a mild or active, **the time to be prepared and be ready is now.**

Do not try to prepare for a hurricane or any emergency when it happens or as an afterthought. **Do it now!**

Planning to protect the people and things you love as we enter hurricane season is essential, and there are ways you can prepare and mitigate damage to your home and remain safe during the storm:

- Find out if you live in a hurricane evacuation zone.
- Locate the nearest shelter if you need to leave your home.
- Review/update insurance policies.
- Build or replenish your emergency kit with hurricane supplies.
- Plan to protect your home.
- Create, be familiar and test your family plan.
- Stay informed with the latest local and national information.

Whether we have a mild or active 2023 hurricane season, protect you and your family by staying informed with local forecasts, having a preparedness plan, and heeding guidance from local emergency management officials.



Holiday Calendar



JUNE

- 6th D-Day
- 14th Flag Day & U.S. Army's Birthday
- 18th Father's Day
- 19th Juneteenth – **OFFICE CLOSED**
- 20th National American Eagle Day
- 21st Summer Solstice
- 24th Eid al-Adha (Feast of Sacrifice)

1st Monday runs 05-30-23

2nd Monday runs 06-05-23

1st Tuesday runs 06-06-23

3rd Monday runs 06-12-23

2nd Wednesday runs 06-14-23

4th Monday runs 06-26-23

**Redlands only*

3rd Wednesday runs 06-14-23

3rd Thursday runs 06-15-23

4th Wednesday runs 06-21-23

4th Thursday runs 06-22-23

4th Friday runs 06-23-23

**Mercedes only*

1st Tuesday runs 05-31-23



JULY

- 4th Independence Day – **OFFICE CLOSED**
- 14th Bastille Day (France)
- 18th Islamic New Year
- 27st Tisha B'Av
- 27th Korean War Veterans Armistice Day

**Mercedes only*

1st Monday runs 06-29-23

1st Tuesday runs 06-30-23

**Redlands only*

3rd Wednesday runs 07-19-23

3rd Thursday runs 07-20-23

4th Thursday runs 07-27-23

4th Friday runs 07-28-23

Important Health Contact Numbers

EMERGENCY

DIAL 911

NON-EMERGENCY OR DOWN EQUIPMENT

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

Phone: AZ & CA (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

Macaroni Salad

Prep Time: 15 mins

Total Time: 1 hrs

Cook Time: 15 mins

Servings: 5

Additional Time: 30 mins



Ingredients:

- 3 cups elbow macaroni
- 1 ½ cups mayonnaise
- ½ large onion, minced
- ¼ cup chopped fresh parsley
- 2 tablespoons prepared yellow mustard
- 2 teaspoons rice vinegar
- 1 teaspoon white sugar, or more to taste
- ¾ teaspoon celery seed
- ½ teaspoon salt
- 3 hard-cooked eggs, chopped

Step 1 - Rinse macaroni in cold water until cool; drain.

Step 2 - Stir mayonnaise, onion, parsley, mustard, rice vinegar, sugar, celery seed, and salt together in a bowl. Add macaroni and eggs and stir to coat.

Step 3 - Chill in the refrigerator for 30 minutes before serving.

Word Search

celebration

gardening

summer

family

hiking

sunshine

fathers

outdoors

swimming

flag

picnic

traveling

friends

playing

vacation

walking

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