



MONTHLY NEWSLETTER

IN THIS ISSUE

**Honoring our
Veterans on
Independence Day**

**Only You Can
Prevent Wildfires**

Holiday Calendar

What You Need To Know

**Important Health
Contact Numbers**

Just for fun!

Honoring our Veterans on Independence Day

On July 4, 1776, the 13 colonies claimed their independence from England, leading to the formation of the United States. Americans celebrate this historic event each year on the fourth of July, also known as Independence Day.



Finding time to properly acknowledge the sacrifices of our Veterans can sometimes be a challenge, and here are some quick ways to honor Veterans on Independence Day and throughout the year.

- **Take a moment to reflect and say thank you.** As you share time with friends and family, cooking on the grill and watching fireworks, take a moment to reflect on those who have helped us achieve our peaceful life... our Veterans. These moments of gratitude help us keep perspective on what's important as we move through our busy lives.
- **Visit or call the Veterans in your family.** Our aging relatives can sometimes feel forgotten, and the July 4th holiday is a good chance to invite them over for a meal, or simply call and say "hello." Let the Veterans in your life know what's on your mind, and make sure they know you care about them.
- **Help a Veteran tell their story.** Learn more about your family member's story firsthand, documenting it for future generations to enjoy in the years to come. Try writing a few sentences about what the Veteran(s) in your life means to you, sharing with friends and family, and you might be pleasantly surprised by the responses you get.
- **Share your thoughts on social media.** Letting people know how you feel about Independence Day and how important the Veteran(s) in your life are can open one up to new conversations, possibly discovering you have more in common with your friends and family than you realized!

Only You Can Prevent Wildfires

Nearly 9 out of 10 wildfires in the United States are caused by humans, threatening lives, property, and other natural resources. Whether you're home or business owner or visiting a public campground, you play a valuable role in preventing wildfires.

Prevention is an important part of preparation because the "safest" wildfire is the one that never starts. These are some tips on how you, too, can help prevent wildfires:

- **Check weather and drought conditions**, avoiding activities that involve fire or sparks when it's hot, dry, and windy. Remember, weather conditions should guide your decision for any fire-related activity such as building a campfire, using fireworks, off-roading on dry grass, or burning debris.
- **Check wind conditions and forecasts before burning debris**, making certain you have water nearby (such as a garden hose), it's allowed by your municipality, only in a 50-gallon drum or fire pit, and NEVER unattended. And once your burn is completed, make certain the fire is completely doused with water and smothered with dirt, "mopping" the ashes. Wildfires often start from holdover debris piles that were not properly extinguished, days or even weeks after they were burned.
- **Check conditions and regulations before you use fireworks**, which start over 19,000 fires and send over 9,000 people to the ER each year. A little bit of research could save you the cost of fighting a wildfire, so check your local state and city regulations before using fireworks, considering safe alternatives like glow sticks or silly string.



Holiday Calendar



JULY

- 4th Independence Day – **OFFICE CLOSED**
- 14th Bastille Day (France)
- 18th Islamic New Year
- 27th 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



AUGUST

- 7th Purple Heart Day
- 14th National Navajo Code Talkers Day
- 19th National Aviation Day
- 21st National Senior Citizens Day
- 26th Women's Equality Day
- 27th Lyndon B. Johnson Day (TX)

What You Need To Know

Excessive Heat Warning for ALL Mid-Cities Medical Patients

Excessive Heat Warnings and Advisories are expected across much of California into the Desert Southwest, as well as a good portion of Texas. **Mid-Cities Medical wants to remind our oxygen dependent patients to protect their health in the event of a power outage.** Depending on the severity of your respiratory problem, it's best to be prepared.

Patients should take a moment to review their emergency back-up tank, making certain that you have all tanks charged and ready for use. Patients should use their home unit while they have electricity and in the unlikely event of a power outage, use their back-up tank(s) or battery supported system.

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 be based upon the information given to the VA Medical Center or Mid-Cities Medical staff.

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

4th of July Cupcakes

Ingredients:

- 2 ¼ cups all-purpose flour
- 1 cup milk
- 1 ½ cups white sugar
- 1 (1 ounce) package instant sugar-free vanilla pudding
- 1 ½ teaspoons baking powder
- 2 cups skim milk
- ½ teaspoon salt
- 1 (7 ounce) container light whipped cream
- ½ cup vegetable shortening
- 12 thinly sliced strawberries, or as needed
- 3 egg whites
- 24 fresh blueberries
- 2 teaspoons vanilla extract

Step 1 - Preheat oven to 350 degrees F. Line 24 cupcake cups with paper liners. Whisk together the flour, sugar, baking powder, and salt in a mixing bowl.

Step 2 - Chop the shortening into the dry ingredients until the mixture becomes crumbly, then beat in the egg whites, vanilla extract, and milk to make a smooth batter. Spoon batter into the paper-lined cupcake cups, filling them about 2/3 full.

Step 3 - Bake until a toothpick inserted into the center of a cupcake comes out clean, 22 to 26 minutes. Allow cupcakes to cool completely.

Step 4 - In a bowl, beat together the pudding mix and 2 cups of skim milk until the pudding is thickened, about 2 minutes. Allow to stand for 5 minutes to finish thickening. Spoon the pudding into a pastry bag with a medium tip.

Step 5 - Cut a small hole, about 1/2 inch in diameter, into the top of a cupcake, removing the core. Fill the hole with pudding, frosting the tops of the filled cupcakes with light whipped cream.

Step 6 - Place a blueberry in the center of each cupcake, arranging 5 slices of strawberry to make a star shape. Store in refrigerator.

Word Search

America	Freedom	Red
Britain	Holiday	White
Celebrate	Independence	Blue
Declaration	July	Sparklers
Fireworks	Liberty	Stars
Flag	Parade	Stripes
Fourth	Picnic	Summer
		United

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