



# MONTHLY NEWSLETTER

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**Just for fun!**



## Always Speak Up™ For Your Rights

Reaching more than 70 countries, the Joint Commission's **Speak Up™ campaigns** provide sets of materials that enable patients and families to engage in making their health care experiences as safe as possible.

Since launching in March 2002, the goal of the Speak Up™ patient safety program has been to help Veterans become more informed and involved in their health care, regardless of age or reading ability, with easy-to-read infographics and animated videos.

As an example, a disabled Veteran trapped in his apartment was recently rewarded by "speaking up." Due to elevators in the apartment complex being out-of-order for over a month, the wheelchair-bound patient contacted his local fire department for assistance in escaping the 8th floor confinement, requiring a team of nearly a dozen firefighters to help carry him down the fire escape.

"It was a bumpy ride, but man, these [firefighters] are tough. My hats off to them, every one of them. Just a bunch of fantastic people, in my opinion," the Veteran said.

# Stay Prepared During Hurricane Season

Texas Standard – Running from June 1 to November 30, including the Gulf of Mexico, it is officially hurricane season. Between the unfavorable El Niño developing in the Pacific, favorable warm water in the Gulf, and global warming, hospitable hurricane conditions are in our immediate and future forecasts.

However, it is important to “be real” about hurricane conditions and not over hype the weather, and there are steps everyone can take to prepare for the season.

If you live on the Texas coast and are in an evacuation zone, have a plan to get out, know where you’re going, and know what you need to take with you. For those who live inland, be aware of flooding risks because flooding risks can be a concern. Everyone should have a few weeks of supplies stocked up in case of power outages and pay attention to forecasts during hurricane season, regardless of location.

Be aware, be safe, and be prepared.



## Holiday Calendar



### 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)



### SEPTEMBER

- 4th Labor Day – **OFFICE CLOSED**
- 9th California Admission Day (CA)
- 11th Patriot Day
- 15th National POW/MIA Recognition Day
- 18th Air Force Birthday
- 22nd Native American Day (CA)
- 24th Gold Star Mother’s Day
- 29th Texas American Indian Heritage Day (TX)

1st Monday runs 08-31-23

\*Mercedes only

1st Wednesday runs 08-31-23

1st Tuesday runs 09-05-23

1st Monday runs 09-06-23

4th Friday runs 09-22-23

\*Redlands only

3rd Wednesday runs 09-20-23

3rd Thursday runs 09-21-23

4th Thursday runs 09-28-23

4th Friday runs 09-29-23

# Knowing About Your Equipment – Regulators

A regulator is a device that is either permanently affixed to an oxygen cylinder or is removable, its purpose being to control the amount of air being released from the tank. The regulator also has a contents gauge that shows the amount of oxygen in the cylinder. Regulators come with a dial which meters out the air from 0.1 to 15 liters per minute, depending upon if the patient is a premature baby or high-need adult.

There are two types of regulators for oxygen, the first being the **Continuous Flow Regulator**. This regulator releases a continual flow of oxygen from the cylinder and is used for high flow needs, headaches, and patients that cannot trigger a conservation regulator. And just like turning on a water tap, it is either fully ON or fully OFF. If the tank is turned ON, it will continue to release oxygen even if you are not wearing the cannula.

The second regulator is called a **Conservation Regulator** but is also sometimes called a Pulse Dose Regulator, an Intermittent Regulators, a Conservation Device Regulator, and/or a Conserving Regulator. While manufacturers and hospitals clinicians may call this type of regulator by different names, its operation is the same. A Conservation Regulator has the same liter flow dial but unlike the Continuous Flow Regulator, pulsing only when the patient breathes in/inhales, at which time it “puffs” a metered dose of oxygen. This regulator is most used for active patients, outside the home, working, and with strong lung function. If you cannot trigger a Conservation Regulator, then you will be prescribed the Continuous Flow Regulator.

## What You Need To Know

### TEXAS:

The VA Medical Centers are continuing to perform home audits on their patients, with those patients that have a history of smoking or are non compliant with their prescription being more likely to be seen. The VA staff wants to make sure that patients understand the hazards of smoking and open flames, as well as oxygen safety rules and guidelines, and are performing educational training and reinforcing safe oxygen practices as a result.



**Hurricane season is still underway.** Even though the Gulf of Mexico has been quiet, patients need to stay weather aware as hurricane season runs through October. Be sure to watch your local extended forecast at least twice a week to stay on top of the developing systems.

### CALIFORNIA:

The VA Medical Centers are performing home audits for their patients and do not appear to be focusing on any group, but VA staff are finding fire safety issues in a few patients' homes. Missing or unposted No Smoking signs, unchecked smoke detectors, and tank storage/not in rack seem to be the most reported findings. It is important that when a patient is on the VA program, they maintain proper fire safety precautions for themselves, their family, and their neighborhood.



**Fire Season is currently active in California,** so be sure that you stay alert for smoke and fires in your area. A simple fire can quickly grow in hot dry conditions and while this year's fire season appears to be cooler and wetter than those previous, staying aware of local fire conditions is important. Be sure to watch your local news and check CalFire to remain aware of potential wildfire conditions.

### ARIZONA:

**Mid-Cities Medical is wrapping up the patient transitions for the VA Tucson.** If you have not been transitioned, please contact us immediately to arrange your transition date.



Please be aware that VA Medical is helping contact patients who have not responded to previous attempts by Mid-Cities Medical to ensure that all active VA patients have transition over to their new provider. We are also currently working on route days for active patients and once they are established, Mid-Cities Medical will contact patients with their standardized route day schedules. This process will help patients get into a routine for their service date as well as the scheduling of home oxygen services.

# 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](http://www.SmokeFree.gov)  
[www.BeTobaccoFree.gov](http://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](mailto:ConfidentialChat@VeteransCrisisLine.net)

Speak with someone that can help you or family member.

## EMERGENCY PREPAREDNESS

DIAL 211

## Marinated Cucumber, Onion, and Tomato Salad



Prep Time: 15 mins  
Cook Time: 2 hours

Total Time: 2 hrs 15 mins  
Servings: 6

### Ingredients:

- 1 cup water
- ½ cup distilled white vinegar
- ¼ cup vegetable oil
- ¼ cup sugar
- 1 teaspoon salt, or to taste
- 1 teaspoon freshly ground black pepper, or to taste
- 3 cucumbers, peeled and sliced ¼-inch thick
- 3 tomatoes, cut into wedges
- 1 onion, sliced and separated into rings

**Step 1** - Gather all ingredients.

**Step 2** - Whisk water, vinegar, oil, sugar, salt, and pepper together in a large bowl until smooth.

**Step 3** - Add cucumbers, tomatoes, and onion and stir to coat.

**Step 4** - Cover bowl with plastic wrap; refrigerate for at least 2 hours.

**Step 5** - Enjoy!

## Word Search

- |            |         |            |
|------------|---------|------------|
| August     | Fishing | School     |
| Barbecue   | Friends | Smores     |
| Beach      | Heat    | Summer     |
| Boat       | Hot     | Sunflowers |
| Camping    | Month   | Swimming   |
| Ice Cream  | Picnic  | Vacation   |
| Excitement | Reading |            |

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