



# MONTHLY NEWSLETTER

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## Honor Veterans and First Responders on 9/11, a National Day of Service

VA News – Taking place at more than 60 national VA cemeteries on September 11, a National Day of Service will honor our nation's service members, police officers, fire fighters and first responders on the 22nd anniversary of the 9/11 attacks.

Of the 2,996 American lives lost during 9/11, 41 Veterans and 6 family members of Veterans were laid to rest in national cemeteries, and we invite you to remember and honor these Veterans on the **National Cemetery Administration** page – <https://tinyurl.com/5a85vep7>

This is a great opportunity for volunteer participation including cleaning headstones and participating in other beautification activities. Visit and register at **Carry the Load's National Day of Service and Remembrance** page – <https://tinyurl.com/ymxzburb>

There is no cost to participate.

# Dry conditions, extreme heat combine to create fire hazards

During the peak fire season of July through September, you should take every precaution to remain safe from the extreme heat and follow any local or state orders, like full or partial burn bans. As a high-pressure system parks over the middle part of the United States, trapping hot air like a lid, a “heat dome” is escalating threats from wildfires.

With the consistent three-digit temperatures we’ve been experiencing, remember these heat safety tips provided by the Center for Disease Control and Prevention:

- Drink fluids, even if you don't feel thirsty.
- Wear loose, lightweight clothing and a hat.
- Replace salt lost from sweating by drinking fruit juice or sports drinks.
- Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 3 p.m.
- Wear sunscreen; sunburn affects the body's ability to cool itself.



## Holiday Calendar



### 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



### OCTOBER

- 5th Yom Kippur (TX)
- 10th Columbus Day & Indigenous People’s Day – **OFFICE CLOSED**
- 13th Navy Birthday
- 15th White Cane Safety Day
- 17th Bosses’ Day
- 31st Halloween

2nd Monday runs 10-16-23

3rd Monday runs 10-23-23

*\*Mercedes only*

1st Monday runs 10-02-23

1st Tuesday runs 10-03-23

4th Monday runs 10-30-23

*\*Redlands only*

3rd Wednesday runs 10-18-23

3rd Thursday runs 10-19-23

4th Thursday runs 10-26-23

4th Friday runs 10-27-23

# Emergency Preparedness – Before, During, and After the Storm

Mid-Cities Medical believes in the importance of patient education and emergency preparedness. It is important to understand where to get local resource assistance, emergency assistance, and what limits may be applied after an emergency event.

**Before an emergency disaster or event occurs, it is important that Oxygen and Ventilator patients take advantage of local resources.** In most areas, dialing 2-1-1 will get you in contact with local resource management. This is where patients and caregivers can get organization names and phone numbers to help with a wide range of issues, including food assistance, power restoration priority rates, emergency evacuation assistance, and much more. Be sure when calling 2-1-1 that you ask about community assistance for Veterans, Veteran Caregivers, and other programs.

**Anytime there is a life-threatening event, dial 9-1-1.** When you are in immediate danger or in need of emergency assistance, dialing 9-1-1 connects you with Emergency Management Services (EMS), Police, Fire, and Ambulance. It is important to remember, in the middle of some major emergency events, these EMS teams can be taxed beyond acceptable limits, be given “stop work” safety orders, or they themselves be trapped by the event. While we always plan for their assistance being available, in a widespread nature event these services may not always be able to help until long after the storm or event has passed.

**Event assistance before, during, and after an event.** Because Mid-Cities Medical is not part of the local EMS response team, we are required to follow the directions of those in charge of the event. This means that if no one is being allowed into an area because it has not been deemed “safe”, we cannot ignore local authorities and proceed anyway. Patients that choose to stay during a hurricane, flood, or other event should be prepared to live independently for three days to several weeks without power or support. Once your area is cleared for non-EMS support, medical staff and others are allowed back into the area to deliver oxygen and provide service.

To safely help everyone involved in your care, prepare before the storm with local resources and call Mid-Cities Medical for oxygen back-up, down equipment, and service needs. After the storm when EMS releases the area, contact Mid-Cities Medical for assistance. For other helpful numbers, see **Important Numbers** on page 4 of this newsletter or visit our website at [www.Mid-CitiesMedical.com](http://www.Mid-CitiesMedical.com).

## What You Need To Know

### TEXAS:

**Excessive Heat warning to persist throughout the month.** Be sure to have a cooling plan should your air conditioner go out. For assistance dial 2-1-1 for local assistance programs.

The VA Medical Centers are continuing home inspections to make sure that patients are compliant with the Home Oxygen and Ventilator program guidelines. Patients needing No Smoking signs please ask for your replacement when the Customer Relations Clerk calls for your order.



### CALIFORNIA:

**Post Hurricane clean up continues throughout the region.** Patient that are experiencing power outages or still in need of emergency back-up support please reach out to us at 833-986-4267. Our local office will help provide for your emergency back-up needs until power is restored to your region. **The VA Medical Center is performing home visits.** The VA staff will be looking at overall program compliance and safety needs. Please be sure that if you need a No Smoking sign or other safety equipment, please let your technician or Customer Representative know when they call.



### ARIZONA:

VA Tucson patients that have not transitioned should be aware that the VA will be sending out final notice letters this month. **Patients that do not respond and do not transition will be removed from the program.** If you are one of these patients, removal from the VA program would require you to pay out of pocket for your future oxygen services. Should you need to be transitioned please call 833-986-4267.



# 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

## Classic Macaroni Salad

This flavorful macaroni salad is easy to make and the perfect crowd-pleasing dish for your next picnic or potluck.

**Prep Time:** 20 mins      **Total Time:** 4 hrs 30 mins  
**Cook Time:** 10 mins      **Servings:** 10  
**Additional Time:** 4 hours

### Ingredients:

- 4 cups uncooked elbow macaroni
- 1 cup mayonnaise
- ¾ cup white sugar
- ¼ cup distilled white vinegar
- 2-½ tablespoons prepared yellow mustard
- 1-½ teaspoons salt
- 1 large onion, chopped
- 2 stalks celery, chopped
- ½ teaspoon ground black pepper
- 1 green bell pepper, seeded and chopped
- ¼ cup grated carrot (Optional)
- 2 tablespoons chopped pimento peppers (Optional)

**Step 1** - Gather all ingredients. Overhead of macaroni ingredients in various bowls and containers.

**Step 2** - Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally, until tender yet firm to the bite, about 8 minutes. Rinse under cold water and drain. Overhead of cooked macaroni resting in a colander.

**Step 3** - Mix mayonnaise, sugar, vinegar, mustard, salt, pepper, and macaroni together in a large bowl. Overhead of macaroni being stirred in with a mayonnaise mixture in a bowl.

**Step 4** - Stir in celery, onion, green pepper, carrot, and pimentos. Overhead of macaroni salad being stirred in a bowl.

**Step 5** - Refrigerate salad for at least 4 hours before serving, but preferably overnight.

## Word Search

August	Family	School
Barbecue	Firefighter	September
Break	Holiday	Summer
Carpenter	Monday	Teacher
Celebrate	Nurse	Vacation
End	Picnic	Weekend
Fall	Police	Workers

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