



MONTHLY NEWSLETTER

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Just For Fun



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Mid-CitiesMedical.com



Pension Poaching Targets Veterans

Department of Veteran Affairs – The VA Office of Inspector General (OIG) is warning veterans and their families about pension poaching, a growing form of financial fraud. Designed to exploit wartime veterans or their surviving spouses who qualify for VA pension benefits, these scams target unsuspecting victims due to age, disability, and limited income.

Fraudsters use misleading tactics to gain access to veterans' benefits and personal funds. If you or someone you know receives VA pension payments, stay alert and learn how to recognize the warning signs:

- Guarantees of eligibility without reviewing your financial situation
- Non-VA accredited advisors who offer benefit assistance
- Offers to manage your pension payments through a third party
- Pressure to act quickly or sign incomplete or confusing paperwork
- Promises to move assets to "qualify" for pension eligibility
- Requests for personal or financial information from unknown individuals or companies
- Unsolicited offers to help you qualify for VA benefits – for a fee

The VA OIG investigates a wide range of crimes, including financial fraud, threats to VA staff or property, and actions that may harm patients, helping veterans stay informed about new scams and schemes.

If something doesn't seem right, report it to the OIG hotline –

<https://tinyurl.com/52uvkwu9>

Emergency Planning – Be Ready Before You Need to Be

Emergencies can happen when we least expect them, so it's important to have a plan in place ahead of time. Here's how you can stay safe and make sure your oxygen and medical needs are covered:

1. Create a Simple Evacuation Plan

Make sure everyone in your home knows how to get out quickly and safely. Walk through your exits and figure out at least two ways to leave your neighborhood, just in case.

2. Stay Connected

Be sure you have a way to receive emergency alerts, this could be your landline telephone, cellphone (with SMS enabled), a battery-powered or hand-crank radio, television, or even a neighbor. Staying informed gives you time to act.

Program Mid-Cities Medical's toll-free numbers into your cellphone or emergency contact list. In an emergency, you don't want to waste time searching for critical phone numbers.

3. Sign Up for Secure Text Alerts

If you have a cellphone or email and haven't signed up for our secure text alerts, please call us at our toll-free number. We'll add you to our system so you can get timely updates if an emergency happens.

NOTE: You must approve the initial SMS message to activate the service. You can unsubscribe at any time.

4. Prepare Your Oxygen Supplies

Keep all your oxygen and ventilator equipment together in one spot so you can grab it fast if needed.

If you're told to evacuate, GO! Don't wait. Take as much of your oxygen and equipment as you can safely carry. Prioritize your health and safety. You and your family are the most important part of your home.

5. Let Us Know You're Safe

Once you've reached a safe location, we will need to know:

- Where you are (your evacuation address)
- Your oxygen status (how much oxygen and equipment you have with you)
- If you have access to electricity
- The best way to contact you going forward

6. Wait for the All-Clear

Wait for official clearance from local authorities or emergency management teams before returning home.

7. Equipment Pickup

When you're ready, let us know where we can retrieve emergency equipment, whether from your home, a hotel, a friend's house, or an evacuation center. We'll take care of the rest.

Preparedness empowers you. Taking these steps in advance ensures continuity of your oxygen care and peace of mind during emergencies. If you ever have questions or need help setting up your emergency plan, call Mid-Cities Medical anytime using our toll-free numbers. We're here.



Fire Safety Goes Beyond “Just Smoking”

As patients using oxygen, it is crucial to remain aware of potential fire hazards. While oxygen itself is not flammable, it acts as an accelerant. This means that when combined with heat or an open flame and a fuel source such as clothing, skin, or hair, it can lead to a fire. Like gasoline on a woodpile, oxygen increases the risk of combustion, but a fire will not start unless heat, flames, or sparks are introduced.

As you move around your home and community, it's essential to recognize heat sources that could pose a danger to you, your family, and others. Always remember that anything that generates heat, has an open flame, or produces sparks presents a fire risk for you. Stay alert for potential fire hazards such as gas or propane appliances, barbecue grills and fire pits, candles, incense burners, cooking equipment with heating elements, matches, lighters, and various tools.

Patients and caregivers often emphasize “Smoking” when considering oxygen safety, but it's important to think beyond cigarettes and vape pens. Instead, focus on identifying heat sources by asking, “What's hot?” “What's dangerous?” and “What could ignite my oxygen?” Always prioritize oxygen safety by turning off your oxygen, staying at least 25 feet away from your equipment, and waiting 15 minutes before engaging with any source of fire, heat, or open flame. **Your life, health, and safety should always be your top priority.**



Holiday Calendar



JULY

- 4th Independence Day – **OFFICE CLOSED**
- 14th Bastille Day (France)
- 25th National Hire A Veteran Day
- 27th Korean War Veterans Armistice Day
- 28th National Buffalo Soldiers Day
- 29th Army Chaplain Corps Anniversary

1st Tuesday runs 07-01-25

**Mercedes only*

2nd Tuesday runs 07-01-25

1st Monday runs 07-07-25

1st Tuesday runs 07-08-25

**Redlands only*

3rd Wednesday runs 07-16-25

3rd Thursday runs 07-17-25

4th Thursday runs 07-24-25

4th Friday runs 07-25-25



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)

1st Tuesday runs 08-29-25

**Mercedes only*

1st Monday runs 08-04-25

1st Tuesday runs 08-05-25

1st Wednesday runs 08-29-25

**Redlands only*

3rd Wednesday runs 08-20-25

3rd Thursday runs 08-21-25

4th Thursday AND 4th Friday runs 08-28-25

Important Health Contact Numbers

EMERGENCY **DIAL 9-1-1**

EMERGENCY SITUATION **DIAL 7-1-1**

Use if you have a TTY and cannot obtain emergency services.

EMERGENCY PREPAREDNESS **DIAL 2-1-1**

NON-EMERGENCY OR DOWN EQUIPMENT

Phone: **TEXAS (888) 450-6676**

Phone: **AZ & CA (833) 986-4267**

YOU CAN QUIT SMOKING

Phone: **(800) QUIT-NOW**

Website: **www.SmokeFree.gov**

www.BeTobaccoFree.gov

**HOW TO STAY SAFE WHILE
USING OXYGEN IN THE HOME**



VETERANS CRISIS LINE **DIAL 9-8-8**

Email: **ConfidentialChat@VeteransCrisisLine.net**

VA CAREGIVER SUPPORT PROGRAM

Phone: **(855) 260-3274**

Website: **www.caregiver.va.gov**

**DEPARTMENT OF VETERANS AFFAIRS
OFFICE OF INSPECTOR GENERAL**

Website: **https://tinyurl.com/52uvkwu9**

REPORT ABUSE. BREAK THE SILENCE.

Phone: **(800) 252-5400**

SPEAK-UP CAMPAIGN

Website: **https://tinyurl.com/5n68nt29**

Rights patients have if they feel they are being discriminated

Southern Potato Salad

Combining warm chunks of tender potato with hard-boiled eggs, celery, mustard, and relish, this salad is an old-fashioned classic.

Prep Time: 30 mins

Cook Time: 30 mins

Total Time: 1 hour

Servings: 4



- 4 medium potatoes
- 4 large eggs
- ½ cup mayonnaise
- ½ stalk celery, chopped
- ¼ cup sweet relish
- 1 clove garlic, minced
- 2 tablespoons prepared mustard
- salt and pepper to taste

Step 1 – Gather all ingredients.

Step 2 – Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes; drain and chop.

Step 3 – At the same time, place eggs in a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water; peel and chop.

Step 4 – Combine cooked and chopped potatoes and eggs with mayonnaise, celery, relish, garlic, mustard, salt, and pepper in a large bowl.

Step 5 – Gently mix and serve warm.

Word Search

Air Force
America
Army
band
barbeque
bomb pops
Coast Guard
concerts

corn on the cob
fireworks
flag
freedom
fun in the sun
hot dogs
ice cream
independence

lemonade
liberty bell
Marines
Navy
parades
patriotic
picnic
reunion

revolution
rockets red glare
stars and stripes
Statue of liberty
United states
watermelon

