



MONTHLY NEWSLETTER

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Better satisfaction.

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Mid-CitiesMedical.com



Insights Into Stomach Bug Outbreaks

News in Health – Norovirus, sometimes called the “stomach bug,” is a highly contagious virus that can spread quickly, especially in crowded places like nursing homes, cruise ships and other group settings.

People of any age can get norovirus, which spreads through close contact with someone who is infected or by touching contaminated food, water, or surfaces. **Young children and older adults are more likely to become seriously ill.**

Symptoms usually appear 12 to 48 hours after exposure and can include diarrhea, vomiting, nausea, and stomach pain, along with headache, fever, or body aches. Most healthy adults recover within a few days, but people with weakened immune systems may experience longer or more serious illness.

There is no specific treatment for norovirus and nearly half a million people visit the emergency department each year because of it. Doctors typically focus on relieving symptoms, replacing lost fluids and prescribing medicines to prevent the virus from spreading.

If you have norovirus symptoms, it's important to stay home for at least 48 hours after your symptoms stop. Staying home helps protect family members, coworkers, and the community from getting sick.

Better communication. Better satisfaction.

Mid-Cities Medical has observed a high number of patients opting out of SMS messaging, including messages that are **targeted and essential**, such as those related to severe weather alerts, equipment intake and pickup scheduling, and resupply reminders.

These messages are designed to keep our patients informed and supported, helping ensure your care and equipment needs are met without disruption. While we respect your communication preferences, we encourage patients to stay opted in to receive timely and relevant updates that can directly impact your health and safety.

Mid-Cities Medical is committed to communicating with our patients in the way that works best for them. We want to know your preferred method of contact – **whether it's SMS, phone calls, email, or mail** – to ensure important messages reach you in the most convenient and comfortable way possible.

Earning and maintaining our patients' trust is at the heart Mid-Cities Medical's mission. That's why we believe it's essential to give you clear, respectful choices – **including the ability to consent to receive text messages.** Your preferences matter, and we're committed to communicating in ways that are helpful, transparent, and aligned with your comfort level.



Join the Million Veteran Program

VA News – The VA's Million Veteran Program (MVP) wants to learn how military experiences and exposures affect health. MVP studies important health issues like mental health, heart disease, cancer, and tinnitus.



All Veterans are invited to join MVP and take the survey to help researchers learn more about how to find, prevent, and treat health issues related to military experiences and exposures – mvp.va.gov/pwa

What the Military Experiences and Toxic Exposures Survey asks about:

- Your military service and deployments
- Jobs you've had in the military and after
- Exposure to harmful chemicals or other hazards while deployed
- Tasks and activities during your military service
- Exposure to loud noises
- Combat experiences
- Lifestyle and home environmental exposures

Join the Million Veteran Program to improve health care by sharing how your genes, lifestyle, and military experiences affect health. **Over 1 million Veterans are already helping!**

Important Emergency Preparation Steps

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:

- Review all available safety components.
- Create and have an evacuation plan for your residence.
- Take as much oxygen and ventilation equipment with you, should you need to evacuate.

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.



If you have any oxygen or ventilation preparation questions during these ongoing events, or need emergency assistance, please contact our offices:

VISN 17 – Texas, 1 (888) 450-6676

VISN 22 – Arizona, 1 (833) 986-4267

VISN 22 – Southern California, 1 (833) 986-4267

CalOx Inc. – 1 (866) 519-2414

Holiday Calendar



FEBRUARY

- 1st National Freedom Day
- 2nd Groundhog Day
- 4th Rosa Parks Day
- 8th Super Bowl
- 14th Valentine's Day
- 15th Susan B. Anthony's Birthday
- 16th President's Day – **OFFICE CLOSED**

**Mercedes only*

1st Monday runs 02-02-26

1st Tuesday runs 02-03-26

**Redlands only*

3rd Wednesday runs 02-18-26

3rd Thursday runs 02-19-26

4th Thursday runs 02-26-26

4th Friday runs 02-27-26



MARCH

- 2nd Texas Independence Day
- 6th Employee Appreciation Day
- 8th International Women's Day
- 8th Daylight Saving Begins (Spring Forward)
- 17th St. Patrick's Day
- 20th Start of Spring (Equinox)
- 29th National Vietnam War Veterans Day
- 31st Cesar Chavez Day

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

Shortbread Cookies

Prep Time: 20 mins

Cook Time: 15 mins

Servings: 25

Additional Time: 1 hr 30 mins

Total Time: 2 hrs 5 mins

Ingredients

- 1 cup unsalted butter
- 1/2 cup white sugar
- 1/4 cup firmly packed light brown sugar
- 1/2 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 1 large egg yolk
- 2 teaspoons vanilla extract
- 1/4 teaspoon almond extract
- 2 cups all-purpose flour
- 2 tablespoons cornstarch
- 1 large egg white
- 1 teaspoon water
- 1/2 cup assorted colors sanding sugar

Directions

Step 1 – Beat butter, sugars, salt, and nutmeg until light and fluffy (2-3 minutes). Beat in egg yolk, vanilla, and almond extract. Mix in 1 cup flour and cornstarch just until combined, then mix in remaining flour.

Step 2 – Press dough into a ball, then roll on parchment into an 11-inch log about 1½ inches wide. Wrap and refrigerate until firm, about 1 hour.

Step 3 – Whisk egg white and water in a small bowl.

Step 4 – Spread sanding sugar in a line on plastic wrap.

Step 5 – Brush dough log with egg wash, then roll in sanding sugar, pressing gently to adhere. Wrap and chill 30 minutes.

Step 6 – Preheat oven to 350°F and line baking sheets with parchment.

Step 7 – Slice dough into slightly under ½-inch rounds and place 1 inch apart on baking sheets.

Step 8 – Bake one pan at a time until set, 15-20 minutes. Cool 5 minutes on pan, then transfer to a wire rack. Store in an airtight container.

Word Search

- | | | | |
|-------------|-----------|------------|------------------|
| amor | chocolate | flowers | red |
| amore | couples | happiness | romance |
| amour | cupid | honey | Romeo and Juliet |
| beloved | darling | kisses | roses |
| candlelight | date | lovers | sweetheart |
| cards | dinner | Lupercalia | Valentine |
| champagne | February | passion | |

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