



Home Care Connection

Connecting Hospital to Home

Cimarron Medical Services

Stillwater Medical Center Home Health Services

Meet the Staff: Ashley Lutter



Ashley Lutter has been the Staff Assistant for SMC Home Health Services since January of 2017.

Ashley is originally from Dallas, TX but moved to Oklahoma City at a very young age. She moved to Stillwater in 2011 to attend Oklahoma State University, and studied Sociology with a minor in Spanish. Before joining SMC she was a supervisor at Eskimo Joe's Clothes for 3 ½ years.

She enjoys spending time with her boyfriend, Marcus, and their sassy Chihuahua, Lola. In her spare time she enjoys facials, watching Netflix and spending time with her Oklahoma City family.

She loves being a part of the SMC family and really appreciates how welcoming everyone has been since joining in January!

Cimarron Medical Services will be closed from July 13th-19th. We will reopen on July 20th at our new location on 12th Avenue!

We ♥ our volunteers!

SMC Home Care Volunteers

by Paula Yerger

Compassionate, friendly, amazing, cheerful, generous, selfless, caring, helpful, kind, patient, thoughtful, wonderful – just a few of the many words to describe our volunteers at Cimarron Medical Services and Stillwater Medical Center Home Health Services.

Cimarron Medical Services is blessed with 5 amazing people who selflessly give their time and effort to help us to provide the best possible patient care. Lee Murlin, George McElhoe, and Richard Romshe work with our Lifeline service, enabling folks in our community to live independently in their own homes with the personal emergency response system. Sona Mullins graciously offers her support in our store, greeting customers when they walk in the door or answering their phone calls. We are excited to also have a junior volunteer for the summer, Sarah Teeman. Sarah has a bright future in healthcare and we are so glad she's here to help us before going into ninth grade in the fall.

Stillwater Medical Center Home Health Services is fortunate to have 2 dedicated volunteers, Loraine German and Karen Ward. Their service and diligence have saved numerous hours through helping with scanned record management and special projects over the past year. We very much appreciate their efforts.

We work with Stillwater Medical Center to recruit volunteers for our Lifeline program and helping in our store. Volunteering in our community enriches the lives of others and volunteers feel a sense of accomplishment and personal satisfaction. If you would like to discover all the wonderful, amazing benefits of volunteering, download an application from the "About Us" tab of the stillwater-medical.org home page, or contact Lisa Eckels at (405) 742-5680.

Cimarron Medical Services Monthly Sales

10% off Compression Hosiery and Socks

10% off Remedy Lotion

15% off Roscoe Fingertip Pulse Oximeters

Souvlaki

Recipe By: Abby Benner



Ingredients:

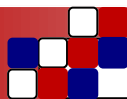
1 lemon, juiced
¼ cup olive oil
¼ cup soy sauce
1 teaspoon dried oregano
3 cloves garlic, crushed

4 pounds pork tenderloin, cut into 1-inch pieces
2 medium yellow onions, cut into 1-inch pieces
2 green bell peppers, cut into 1-inch pieces
skewers

Instructions:

1. In a large glass bowl, mix together lemon juice, olive oil, soy sauce, oregano, and garlic; add pork, onions, and green peppers, and stir to coat. Cover, and refrigerate for 2 to 3 hours.
2. Preheat grill for medium-high heat. Thread pork, peppers, and onions onto skewers.
3. Lightly oil grate. Cook for 10 to 15 minutes, or to desired doneness, turning skewers frequently for even cooking.

Source: allrecipes.com
Provided by:
Katy Edens, RDN/LD



Cimarron Medical Services
Stillwater Medical Center Home Health Services

Cimarron Medical Services

723 Eastgate

Phone: 405-377-9735

Toll free: 1-800-368-1346

www.cimarronmedical.com

Quality Services
Provided by:

**Stillwater
Medical Center**



1201 S Adams

Phone: 405-624-6578

www.smchomehealth.com

Summer Oxygen Safety

By Bob Burrell



As summertime approaches and temperatures start to rise, many of us are drawn out of the house to begin enjoying the warm weather and outside activities. While we look forward to this, there are a few things to remember when using oxygen in the extreme Oklahoma heat.

When full, oxygen cylinders contain gas at high pressures. Exposure of compressed oxygen cylinders to the summer heat can be dangerous. The high temperatures may cause the pop-off valve on the cylinders to release oxygen gas. This can possibly result in propulsion of the cylinder, causing damage to it and objects or people in its path.

By following a few basic rules, these issues can be avoided:

- ☀ Do not store your cylinders in areas that could exceed 130°F or above for extended times.
- ☀ If leaving cylinders in your car, leave the window cracked and cover the cylinders with a towel to keep the direct heat off.
- ☀ Do not store tanks in the trunk of your car at any time. Not only are the cylinders exposed to damage from rolling around, it can also create very high temperatures.

We hope these reminders are helpful and, as always, please contact Cimarron Medical at (405) 377-9735 or toll free 1-800-368-1346 with any questions.

Stay safe and have a great summer!

Tip of the Month

By Amy Lindsey

The mosquitos are here! Have you tried Skeeter Screen? It is a DEET FREE formulation, derived from natural essential oils. Skeeter Screen is safe for pets and the entire family with a pleasant floral scent people like and biting insects hate. Cimarron Medical stocks the Skeeter Screen Personal Spray in a convenient spray pump in 2 oz and 4 oz.



Precautions Against Summertime Heat

By Maria Avers, RN, MSNE, FCN

Summer is here! Amid the plans for vacation and celebrating the warmth of the season, we should take precautions to avoid catastrophes! Remember, whatever your plans are this summer, to be prepared. Drink plenty of water to stay hydrated – 48 ounces per day, at the minimum. Increase that amount if you are in a hotter environment or completing activities that cause you to sweat or work hard while outside. Apply sunscreen at least every two hours to prevent sunburn – more frequently if you are in and out of the water, for example while swimming. Be aware of the symptoms of heat exhaustion and heat stroke. Senior citizens and small children need to remain in cooled environments when the temperature outside is at the extreme to avoid illness and injuries. Many communities have cool zones in places such as public libraries to provide a sheltered place in the event of severe heat. Take these precautions to make the most of your summer! More information can be found at www.weather.gov/heat.



If you would like to be added or removed from our mailing list, added to our monthly e-mailing, or have comments about the newsletter, please contact Amy at 405-377-9735 or by email at alindsey@stillwater-medical.org