

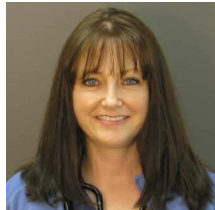


Home Care Connection

Connecting Hospital to Home

Cimarron Medical Services
Stillwater Medical Center Home Health Services

Meet the Staff: Barbara Dodson, RN

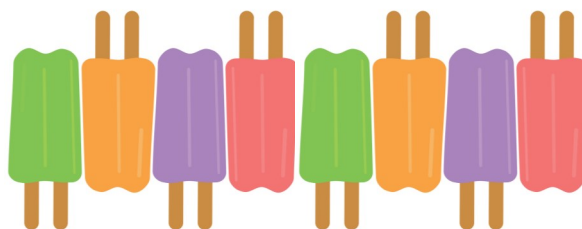


Barbara enjoys sharing with her patients knowledge of their medical conditions and assisting them in the healing process so they can return to optimal health. She finds home health nursing rewarding as she is able to connect with patients and encourage them as they heal.

Barbara enjoys being a wife, mother of 3, and “Nannababana” to her grandson (and looking forward to more in the future). Traveling and attending concerts with family and friends help her to live her life to the fullest. She has never met a stranger and has enjoyed her journey at SMC while gaining knowledge as a surgery nurse, staff nurse and a wound care nurse prior to home care. She is thrilled to be part of the SMC Home Health team that helps the patients work to improve their wellbeing.



Cimarron Medical would like to thank Officer Paul Blankinship for preparing go-bags to be kept at Stillwater Schools in case of emergency. Cimarron donated first aid kits and gauze for the bags.



Stay Safe in the Summer Heat

With rising temperatures, the risk for heat related illnesses increases. Avoid heat related illness by following these safety guidelines:

- Stay out of the extreme heat if possible. Designated cool zones are available in metro areas. In local cities, consider spending time at the library or retail shopping locations. Even two hours can make a difference.
- Wear loose fitting clothing in light colors. Utilize a hat for protection. Ensure that your sunscreen has an SPF that will protect skin.
- Drink water and natural juices frequently. Higher temperatures cause the body to utilize fluids at an increased rate. Avoid intake of alcoholic beverages or sugar-filled beverages.
- Eat small meals frequently that are cool to taste. Large meals increase body workload to digest the food.
- Plan activities at the coolest times (early morning and evenings after the sun goes down) and reduce activities during the heated time of day.
- Do NOT leave children or animals in vehicles as the temperature rises quickly. Protect children for sun exposure with use of appropriate sunscreen.
- Take cool baths or showers. Utilize cool cloths to help decrease body temperature.

Article by Maria Avers, RN, MSNE, FCN

Cimarron Medical Services Monthly Sales

10% off Remedy Lotion
 15% off EZ Fold-N-Go Walkers by Stander™
 15% off Roscoe Fingertip Pulse Oximeters

Baked Cajun Catfish

Recipe from
The American Heart Association



Ingredients:

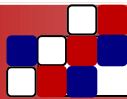
- 1 Tbsp. vegetable oil
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ¼ tsp. pepper
- ½ tsp. cayenne pepper (more or less, depending on desired spiciness)
- 1 ½ tsp. paprika
- 1 tsp. thyme
- 4 fillet catfish (you can substitute any white fish, such as tilapia or trout)
- Non-stick cooking spray

Instructions:

In a shallow bowl, combine oil, garlic powder, onion powder, pepper, cayenne, paprika and thyme. Prepare a 9x13 baking dish with non-stick spray. Coat fish fillets in seasoning mixture and place in baking dish, pour any remaining seasoning mixture over the fish. Bake at 425 degrees for 15 minutes, until fish flakes with a fork. Serve with your choice of vegetable, such as collard greens.

Source:
recipes.heart.gov

Provided by:
Emily Emerson, MS, RDN, LD



Cimarron Medical Services
Stillwater Medical Center Home Health Services

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Quality Services
Provided by:

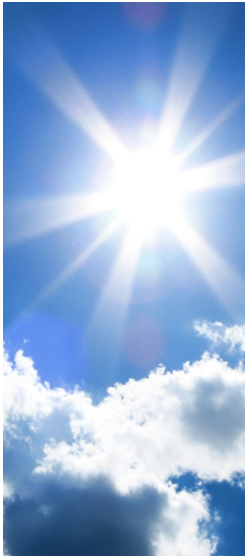
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Summer Oxygen Safety

In order to beat the heat, let's go over the safety precautions of using oxygen during the summer.

☼ Oxygen tanks should never be exposed to extreme temperatures. Extreme hot or cold temperatures could cause your tank not to function properly. It can cause the tank to leak when exposed to extreme cold temperatures.

☼ Having a leak in a tank is the least of your worries in the summer. If the tank is exposed to a temperature exceeding 130°F for any period of time it could cause the pop-off valve to release. If this pop-off valve happens to release, it will do so at a very high velocity, potentially causing harm to anything in its path. The pop-off valve has been reported to break a car window if the tank was stored in the car for a significant period of time.

☼ Here are some helpful hints to keep you and your car safe during the summer months: If at all possible, do not store tanks in your car. If this cannot be avoided, please wrap your tank in a towel so that if the pop off valve does release it will be in a contained environment. And lastly, never store your tanks in the trunk of your car.

☼ On a brighter note, if you are planning a trip this summer, please refer to the tips outlined in the article below and contact Cimarron Medical at (405) 377-9735 with any questions. Thank you and have a safe summer!

Article by Zach Hall

On July 20, 2018, Cimarron Medical Services celebrates ONE YEAR on 12th Street!

We would like to thank all of our patients and customers for the greatest year imaginable in our new location! We love seeing all your faces and hope you enjoy our new retail space, as well as all the new products we have available for you and your loved ones.



Travel Tips for Oxygen Patients

You can still enjoy year-round travel regardless of your dependence on oxygen. Follow these tips to ensure your trip goes as smoothly as possible:

- Talk to your doctor before making plans to be sure they agree that you are healthy enough for travel. This is especially important if you have recently been in the hospital.
- Keep a copy of your oxygen prescription with you at all times while away. You will be expected to show this prescription to travel personnel.
- Adhere to all safety guidelines for the storage and transportation of oxygen tanks and equipment.
- Research oxygen suppliers along your route and keep their contact information in case of emergency. Also keep handy the contact information for your doctor and your oxygen supplier at home.
- Be prepared for the unexpected – bring extra tanks or extra batteries for your portable concentrator, but don't forget that some transportation services may limit the number of tanks allowed.
- If traveling by plane, train, bus, or cruise ship, notify the

company 4 to 6 weeks ahead of time. Each company will have their own policies regarding traveling with oxygen.

- Oxygen tanks are not allowed on an airplane for safety reasons. Be prepared ahead of time to rent a portable oxygen concentrator in place of your tanks.
- Give yourself extra time to get through airport security. Consult with your doctor before your trip to determine if you are able to disconnect from your oxygen for the duration of the security check. This can simplify the process. However, if you cannot disconnect from your oxygen, or are unsure if you are able to do so, leave it on. TSA can still perform a security check, likely using a pat-down procedure.
- Although insurance will only pay for one provider for oxygen, you will want to arrange for a home oxygen concentrator to use after arrival at your destination. This is especially important if you sleep on oxygen. Plan ahead and contact your oxygen provider 4 to 6 weeks ahead of time to help you with these arrangements. Cimarron Medical Services can be reached at (405) 377-9735. We would love to assist with your traveling needs!

Article by Devon Whitaker

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