



Home Care Connection

Connecting Hospital to Home

Cimarron Medical Services
Stillwater Medical Center Home Health Services

Meet the Staff: **Amy Lindsey & Jan McVay— The Faces of Cimarron Medical**



More than likely when you come to Cimarron Medical Services, you will be greeted by Amy Lindsey, Retail Supervisor, or Jan McVay, Retail Sales Assistant and Certified Mastectomy Fitter. Amy and Jan are here to assist you with compression socks and hosiery, lift chairs, mobility aids, bathroom safety equipment, Medela breast pump & supplies and aids to daily living. These products are readily available to meet your needs at our retail store. If for any reason you do not find what you may need in our store, we are more than happy to search through our many catalogs to help find the right product.

We are located at 1200 S. Adams, west of the Stillwater Medical Plaza on 12th. Our retail store hours are Monday through Friday from 9am to 6pm and Saturday from 9am to 1pm.

Fall Prevention

Falls are the leading cause of injuries for adults over the age of 65. Falls can result in major injuries, such as hip fractures, broken bones and head injuries. Even falls that do not result in major injury can disrupt a person's sense of independence and ability to remain active due to fear or depression.

Identifying potential fall hazards and implementing early intervention or safety measures is important to prevent falls and reduce harm. Common factors leading to falls in older adults are impaired vision, environmental hazards, impaired balance, medications, and chronic conditions that reduce flexibility, sensation and/or strength (such as arthritis, diabetes, stroke, etc).

Some measures to reduce the fall risk are:

- ▶ Regular vision exams to correctly identify and correct visual issues. Tint-changing lenses and bi-focals can be problematic for some people.
- ▶ A medication review is helpful to identify any medicines that may affect balance or alertness.
- ▶ Regular physical examinations to identify any musculoskeletal, pain, or sensory issues that may affect balance or increase fall risk. May benefit from physical therapy to improve balance and strength, reduce pain, and/or assess the need for walking aide.
- ▶ Assess home safety. Look for obstacles that may cause trips/falls, adequate lighting, secure railings on stairs, and need for grab bars or assistive devices like a shower chair or raised toilet seat in the bathroom.

Article By Stephanie Bennett, PT

Cimarron Medical Services Monthly Sales

- 10% off Stander™ Bed Assists
- 10% off Shower Safety Chairs
- 10% off Medela Nursing Supplies

Spicy Asian Salad Cups

**From the American
 Heart Association**



Ingredients:

- ½ cup light mayonnaise
- 1½ tsp. Dijon mustard
- 1 tsp. Chinese chili sauce
- 2.5 oz. canned, salt-free, white meat chicken (packed in water, drained)
- 8 oz. canned water chestnuts (drained, chopped)
- 4 chopped green onions
- 2 Tbsp. unsalted, unroiled, chopped nuts (cashews, almonds, or walnuts)
- ¼ tsp. black pepper
- 2 tsp. lime juice or juice from 1 fresh lime
- 12 lettuce leaves (iceberg, green leaf, bib, etc.)

Instructions:

1. In a medium mixing bowl, combine mayonnaise, mustard, and chili sauce.
2. Stir in chicken, chestnuts, onions, nuts, pepper, and lime juice.
3. Spoon equally into lettuce leaf "cups" and serve.

Source: recipes.heart.org

Provided by:
 Emily Emerson, MS, RDN, LD



Cimarron Medical Services

1200 S Adams

Phone: 405-377-9735

www.cimarronmedical.com



@cimarronmedicalservices

Quality Services
Provided by:

Stillwater
Medical Center



1201 S Adams

Phone: 405-624-6578

www.smhomehealth.com

Facts About Mobility and Walking

Mobility is the ability to move or be moved freely and easily. As we age, we should try to walk more often in order to help maintain mobility. Walking is easy and offers many benefits to people, even those with arthritis.



- ▶ Walking is free.
- ▶ Walking is easy to do.
- ▶ Walking is easy on the joints.
- ▶ Walking is an aerobic exercise.
- ▶ Walking lowers the risk of blood clots.

▶ Walking improves circulation – which may help ward off heart disease, raises the heart rate, lowers blood pressure and strengthens the heart.

▶ Walking lightens our mood. The more we walk the more we improve our mood. Walking releases natural pain-killing endorphins in the body making it a wonderful emotional benefit of exercise.

▶ Walking can help with weight loss. A brisk 30-minute

walk can burn up to 200 calories!

▶ Walking strengthens our muscles. It tones our legs and abdominal muscles and even our arm muscles if we pump them as we walk.

▶ Walking helps us sleep better. An hour walk in the morning can help relieve insomnia.

▶ Walking helps our joints by improving the amount of joint fluid that is circulated as we move.

▶ Walking improves our breathing. When we walk, our breathing rate increases causing oxygen to travel faster through our bloodstream helping to eliminate waste products and improves our energy level and the ability to heal.

▶ Walking helps us do more, longer. Aerobic walking and resistance exercise may reduce the incidence of disability in the activities of daily living.

Article by Paula Yerger
Source: arthritis.org

Did you know?... Cimarron Medical Services offers rental for some of their mobility equipment! If you have a special event to attend and need a little help to go the extra mile, or are even recovering from an injury, consider renting a walker, wheelchair, knee “rollabout”, or scooter from Cimarron Medical. We have weekend, weekly, or monthly rates. Give us a call at (405) 377-9735 for pricing.



Mobility Assistance from Cimarron Medical Services

Cimarron Medical offers trained staff to help with your mobility needs. Katie Roberts, MS, ATP, CRTS has been the Rehabilitative and Assistive Technologist for Cimarron Medical Services since 2005. Katie has a passion for her work with patients and those in need of assistive technology. She obtained the Assistive Technology Practitioner credential in 2006 and became a Certified Rehabilitation Technology Supplier in 2007. She is one of 4 suppliers in the state of Oklahoma that holds both credentials.

The goal of Cimarron Medical Services is to be able to assist the local physicians, physical therapists, occupational therapists, and the end user by assisting them to find the most appropriate piece of mobility equipment. Since all patients' mobility needs are different, Cimarron offers a wide variety of products in their retail store for patients to come in and try. When the end user is able to find the right piece of equipment, to solve their mobility needs, often they are able to regain their independence and live their daily lives safely.

Cimarron Medical offers a variety of different mobility equipment:



- ▶ Cane—Single tip and quad tip
- ▶ Walker—Standard aluminum, 2-wheel, 4-wheel, with or without seat
- ▶ Manual wheelchair—Transport chair, standard, lightweight & ultra-lightweight, and heavy duty
- ▶ Scooter—Portable to heavy duty
- ▶ Power Wheelchair—Standard to complex rehab and seating systems

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