

Home Care Connection

Connecting Hospital to Home

Cimarron Medical Services
Stillwater Medical Center Home Health Services

Meet the Staff: Linda Stewart, RN



Linda has been an employee of Stillwater Medical Center for 25+ years, off and on, having been at the Cancer Center of Stillwater for twelve years in that interim. Nursing has been her passion and she enjoys helping patients remain in their homes and independent as long as possible.

Linda enjoys being outdoors and mowing a three acre yard. She has been known to scold her husband for getting on her lawn tractor and mowing when this is her way of relaxing. Weedeating?—Maybe not!!

Grandchildren are the highlight of her life. After raising two wonderful sons she realizes she should have had the grandchildren first. Being part of a blended family Linda spends as much time as she can with ten grandchildren and three great grandchildren.

When not playing and mowing, Linda loves to WORK!

**Cimarron Medical
will be closed on
Friday 9/28 for our
annual inventory!**

Emergency Preparedness: How to Prepare

No one wants to think about negative things. In the event of an emergency though, preparedness can be crucial. To prepare for an emergency, the Red Cross suggests three steps that can be done in advance to improve outcomes.

Step 1: Gather supplies. Consider what might be needed to address medical issues and the materials that would be needed to shelter for a few days. Gather the supplies needed for a first aid kit as well as a survivor kit. See the article on the back of this newsletter for more information on how to make your kit.

Step 2: Make a plan. Consider all types of emergencies such as fires and tornados. Determine evacuation routes and places to shelter. Share your plans with family members outside the home. Since a large area might be affected, designate both local and out of state contact individuals and make plans to call to check in with those individuals in the event of an emergency. Practice your plans.

Step 3: Be informed. Understand what type of emergencies occur in the area where you live. If you travel, be knowledgeable of the types of emergencies that occur in the areas you visit. Make sure that someone in your home is educated to perform first aid and CPR in the event of a medical emergency or injury. Ensure everyone in your home is aware of the contact information and has a plan in place to stay safe.

Cimarron Medical Services Monthly Sales

10% off First Aid Kits
 10% off Pill Organizers, Cutters, Crushers
 10% off Compression Hosiery and Socks

Black Bean Quesadillas

From USDA and
The Best of La Cocina Goya



Ingredients:

¾ cup chunky salsa or Pico de Gallo
 1 15.5-ounce can low-sodium black beans, rinsed and drained
 2 cups shredded reduced-fat Colby & Monterey Jack cheese
 2 tablespoons fresh cilantro, finely chopped
 4 flour tortillas
 ½ teaspoon extra virgin olive oil

Instructions:

Using a small-hole strainer, drain liquid from salsa; discard liquid. Transfer leftover tomato mixture to a medium bowl. Mix in black beans, cheese, and cilantro until combined. Divide black bean mixture evenly over half of each tortilla (about ½ cup each). Fold tortillas in half. Heat large skillet over medium-high heat. Brush with oil. Place filled tortilla in skillet. Cook, carefully flipping once, until tortillas are gold brown and crisp, and cheese filling melts, approximately 5 minutes. Cut quesadillas into wedges.

Source: whatscooking.fns.usda.gov
 Provided by:
 Emily Emerson, MS, RDN, LD

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Emergency Preparedness Kits

Building an Emergency Preparedness Kit is relatively simple and so crucial if ever needed. Most of the items are inexpensive and easy to find, and any one of them could potentially save your life.

Before assembling your items, try and visit helpful websites such as <https://www.fema.gov> or <https://www.ready.gov> for advice. Basic items are:

- ▶ Water (1 gallon per person per day for at least 3 days)
- ▶ Food (3 days of non-perishable per person) and a can opener
- ▶ Battery powered radio and flashlight with extra batteries
- ▶ First aid kit
- ▶ Whistle to signal help

- ▶ Dust masks, duct tape and plastic sheeting to shelter-in-place
- ▶ Wipes & garbage bags for personal sanitation, as well as other personal hygiene items
- ▶ Simple tool kit (pliers, hammer, screwdrivers, bailing wire etc.)
- ▶ Maps and cell phone with a charger.
- ▶ Matches
- ▶ Cash
- ▶ Paper and pencil, and other simple non-electronic entertainment (books, games, puzzles, etc.)

Also consider your family's specific needs, like things for pets or seniors, such as medications etc. Your kit should be easily transportable, in a sealable tub or a duffle bag.

Article by Travis Mayfield

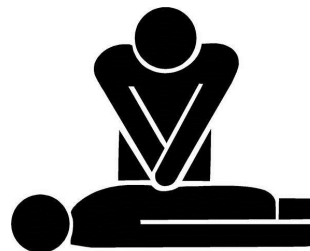
Tip of The Month: Oxygen Backup Systems

It is important for patients that use oxygen to have a backup system in case their home oxygen concentrator unit quits working or the electricity goes out. A backup system consists of an E cylinder tank with a regulator and cart. This will allow the patient to still get the prescribed oxygen they need until their oxygen provider can further assist them.



Responding in an Emergency!!

- ▶ Don't panic - In order to assist others, the responder must remain calm and level-headed.
- ▶ Stay Safe – No assistance can be provided to others, if you become injured.
- ▶ Call 911 to alert for the need of emergency assistance.
- ▶ Remember A-B-C:
AIRWAY: First step is to make sure the person has an open airway.
BREATHING: Then check for breathing.
CIRCULATION: Once airway and breathing are verified, make sure that their circulation is maintained. If no pulse, perform CPR.
- ▶ Check for bleeding. If bleeding profusely, use pressure to stop the bleeding.
- ▶ Do not move an individual who is injured unless they are in a life threatening situation.
- ▶ Loosen clothing if needed and check for any emergency medical identification.
- ▶ Do not give the injured person anything to eat, drink, etc.



Hopefully, you will never find yourself in the position of being required to respond to an emergency event. However, many locations have classes available to instruct on CPR and emergency response. Consider a class to prepare for the unexpected.

Article by Maria Avers, RN, MSNE, FCN

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