



Home Care Connection

Connecting Hospital to Home

Cimarron Medical Services
Stillwater Medical Center Home Health Services

Meet the Staff: Bonnie Campis, RN



Bonnie is a registered nurse who grew up in Stillwater. She graduated in 1990 from Cape Fear Community College in Wilmington, North Carolina with an associate degree in nursing. She also attended Oklahoma State University and graduated in 1982 with a bachelor's degree in Business and Information Processing. She has been employed at Stillwater Medical Center since January 1994 and is currently the clinical manager for Stillwater Medical Center Home Health Services.

Bonnie has two children, Gabriel who is 22 and just graduated from OSU with a degree in sports journalism, and Maggie who is 19 and is currently attending Tulsa Community College in the Physical Therapy Assistant program. Bonnie's hobbies include walking, gardening, and traveling. Her favorite part of her job is helping others.

Handwashing: Clean Hands Save Lives When & How to Wash Your Hands



When should you wash your hands?

- ▶ Before, during, and after preparing food
- ▶ Before eating food
- ▶ Before and after caring for someone who is sick
- ▶ Before and after treating a cut or wound
- ▶ After using the toilet
- ▶ After blowing your nose, coughing, or sneezing
- ▶ After touching an animal, animal feed, or animal waste
- ▶ After touching garbage

What is the right way to wash your hands?

Follow the five steps below to wash your hands the right way every time:

- ▶ **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap
- ▶ **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails
- ▶ **Scrub** your hands for at least 20 seconds (long enough to hum the "Happy Birthday" song from beginning to end twice)
- ▶ **Rinse** your hands well under clean, running water
- ▶ **Dry** your hands using a clean towel or air dry them

What should you do if you don't have soap and clean, running water?

Washing hands with soap and water is the best way to reduce the number of germs on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs and might not remove harmful chemicals. *Hand sanitizers are not as effective when hands are visibly dirty or greasy.*

Source: cdc.gov

Zesty Tomato Soup

From The National Heart,
Lung, and Blood Institute



Ingredients:

- 1 14½-ounce can no-salt-added diced tomatoes
- 1 cup jarred or fresh roasted red peppers, drained
- 1 cup fat-free evaporated milk
- 1 teaspoon garlic powder
- ¼ teaspoon ground black pepper
- 2 tablespoons fresh basil, rinsed and chopped (or 2 teaspoons dried)
- 1 slice whole-wheat bread, toasted and diced (for croutons)

Instructions:

Combine tomatoes and red peppers in a blender or food processor. Purée until smooth. Put tomato mixture in a medium saucepan and bring to a boil over medium heat. Add evaporated milk, garlic powder, and pepper. Return to a boil, and gently simmer for 5 minutes. Add basil, and serve. Optional step: Toast and dice one slice whole-wheat bread for the croutons.

Source: nhlbi.nih.gov

Provided by:

Emily Emerson, MS, RDN, LD

Did you know Cimarron Medical offers Post-Mastectomy Services? Please make an appointment for a proper bra and form fitting!
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Cimarron Medical Services Monthly Sales

10% off No-Rinse Personal Cleaning Products

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Hygiene Products at Cimarron Medical

Cimarron Medical Services can help you with a variety of hygiene products to keep you feeling your best. We carry a fabulous line of bath and shower chairs to help with in-tub bathing, too!



McKesson Rinse-Free Shampoo & Body Wash—formulated to thoroughly clean hair and skin without water. No artificial dyes help reduce irritation and make it perfect for fragile skin and everyday use.

Ready Bath Rinse-Free Shampoo & Conditioning Cap – REFRESHING! Ready Bath Fresh Bathing Cloths – each pack contains 8 pre-moistened, rinse-free cloths that leaves skin clean and moisturized. These can be used at room temperature or warmed for the patient's comfort!



McKesson Tearless Shampoo & Body Wash—designed for daily use and specially formulated for cleaning fragile skin, hair and scalp.

Sleep Apnea Wipes – we have a nice selection of wipes to help you keep your mask, cushions, and pillows clean, too! Great for everyday cleaning and effectively removes dirt, grease, oils and other organic residue.



Aloe Vista Body Wash & Shampoo – a mild solution that gently cleanses without irritating or drying skin. It may be used for routine tub and shower bathing or for no-rinse bathing and shampooing.



Article by Paula Yerger



Tip of the Month

Clostridium difficile (C. diff) is a bacterium that causes diarrhea, fever, & nausea. It is spread through the fecal-oral route – not washing hands after using the bathroom and then preparing and eating food. Use soap and water instead of alcohol-based rubs. C. diff spores are NOT killed by alcohol. Disinfect laundry with hot water and bleach and wipe down hard surfaces with a 1:10 bleach solution (one cup of bleach mixed with 9 cups of water).

Flu Shot Season

It's time for flu shots again! Some things to know about this important time of year:

- Flu vaccines have been updated to better match circulating viruses
- For the 2018-2019 season, the nasal spray flu vaccine is again a recommended option if you are non-pregnant and 2 through 49 years of age. Ask your physician if it is appropriate before taking
- You should get the flu vaccine before flu begins spreading in your community if possible
- It takes about 2 weeks after vaccination for antibodies that protect against flu to develop in the body
- The CDC recommends getting a flu vaccine by the end of October but it can still be beneficial to be vaccinated even into January or later
- Recommendation by the CDC is that everyone over the age of 6 months receive a flu vaccine and consider that the most important step in protecting against this serious disease
- Staying away from sick people, staying home if you have the flu, and washing your hands are measures to prevent the spread of the flu

Article by Bonnie Campis, RN

Local Artist Donates Time to Transform Stillwater Man's Wheelchair into Custom Work of Art

Glenn Cornelius of Stillwater loves the Miami Dolphins and, thanks to local artist Kyle Ambrose, he shows his support for the team wherever he goes.

Glenn, who suffered a spinal cord injury years ago, has been an advocate for patients of spinal cord injury, spending time helping them to navigate the difficult life changes that one faces after such an event. Medicare purchased a new power wheelchair for Glenn this summer through Cimarron Medical. The light blue color of the wheelchair's fenders and accessories reminded him of his favorite team, the Miami Dolphins. Kyle Ambrose, mechanical design engineer for Kicker, heard Glenn's story and wanted to give something back. Kyle hand painted Glenn's chair with a Dolphins logo and coordinating orange and teal pin striping, with beautiful results.

Cimarron Medical and SMC Home Health are proud to be a part of a community that gives back to each other in so many ways. Thank you Glenn and Kyle!

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