



Home Care Connection

Connecting Hospital to Home

**Cimarron Medical Services
Stillwater Medical Center Home Health Services**

November is National Family Caregivers Month!

Meet the Staff: Janet "JT" Tessmann



Janet has been at Cimarron Medical Services as an Account Representative since June 2018. Previously, she spent over 25 years working as a Veterinary Assistant. Wanting a change, she moved into the healthcare field about 5 years ago. She enjoys the interaction with clients and helping to make a difference alongside her coworkers at CMS.

Janet is the mother of 3 grown children: Lindsey, J.D. and Sierra, and five grandchildren: Ashton, A.J., Halli, Lilly, and Adleigh. Any spare time is spent with family.



Cimarron Medical Services and SMC Home Health extend many thanks to all the family caregivers in the Stillwater and surrounding communities. You contribute so much towards our mission to enable individuals of all ages and stages of life to receive care in the comfort and privacy of their own homes.

Caring for the Caregiver

Caregiving for a family member or loved one who is chronically ill or disabled may be the fastest growing unpaid profession in the United States. Not surprisingly, the strain of caregiving takes a heavy toll both physically and emotionally. Many caregivers neglect their own needs to meet the needs of their loved one. Researchers at Yale University School of Medicine found that nearly one-third of caregivers suffer depression when caregiving alone in the home environment. Furthermore, researchers in Great Britain found that one in four family caregivers suffers with chronic anxiety. Clearly, caregivers themselves need attention to their emotional and physical health. Neglecting yourself, as the caregiver, is a disservice to yourself and your loved one. So, how do you take care of the caregiver?

Helpful strategies include:

1. Ask for help. Avoid being the sole caregiver if you can.
2. Let it all out. Talk to someone who will listen and provide support and encouragement.
3. Increase your knowledge. Gather information about your loved ones illness to give you an idea of what to expect.
4. Remember your health needs. Keep all doctors' appointments and take all your own medications as prescribed.
5. Move! Exercise regularly and eat a healthy diet.
6. Engage in a hobby or anything that brings joy apart from your duties as caregiver.
7. Seek professional help if you're not able to cope and if you feel helpless and hopeless.
8. Join a support group. Options in the Stillwater area include the Caregiver Support Group on the third Wednesday of each month at the Life Center. There are also Alzheimer's and Parkinson's Support Groups that meet periodically; Assisted Living Facilities can provide more information about these meetings.

Article by Pam Murphy, MS

Cimarron Medical Services Monthly Sales

- 10% off Sleep Apnea Cleaning Wipes & Spray
- 10% off Contour® Pillows
- 10% off Naked Bee® Products

Apple Bread Pudding

Source: The American Heart Association



Ingredients:

- Cooking spray
- 1 whole egg
- 1 egg white
- 1 cup skim milk
- 2 tablespoons brown sugar blend
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- ½ teaspoon cloves or allspice
- 6 slices light, whole-grain or multigrain bread, cubed
- 3 medium apples, cored and cut into ½-inch cubes
- ½ cup of any one of the following: raisins, dried cranberries, fresh or dried blueberries, chopped walnuts, pecans, or almonds (optional)

Instructions:

Pre-heat oven to 350. Spray 9x9 baking dish with cooking spray. In large bowl, whisk together egg, egg white, milk, sugar blend, vanilla, cinnamon, and cloves. Add bread and apple cubes. Add fruit or nuts if desired. Mix well. Pour mixture in to prepared baking dish and bake in preheated oven for 40-45 minutes.

Source: recipes.heart.org

**Provided by:
Emily Emerson, MS, RDN, LD**

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Quality Services
Provided by:

Stillwater
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Private Pay Services Available at SMC Home Health

Stillwater Medical Center Home Health Services offers private pay based services for tasks that might not be covered by your medical insurance provider such as Medicare or a private insurance company. Services that may be privately paid include nursing staff that come to your home to obtain lab specimens or fill your medication planner for the week on an as needed basis. Nursing visits may not be covered under the Medicare benefit if it is not considered a skilled services or it is a one-time visit needed.

Personal care can be provided by a certified home health aide under the private care benefit even if there is not a need for a nurse or a therapist. This does not require a physician order, but does require a visit by a registered nurse to supervise the aide every sixty days. The aides

can be utilized to provide respite for a caregiver who might need to go to a physician visit or run errands or just needs a break. Many times the aide may provide companionship or just check on the client to alleviate concerns of out of town family members.

Occasionally a client will hire a therapist to come to the home to provide advice on placement of equipment or home modifications or evaluate the safety of the home. If this is not a covered service under insurance, the client can pay privately for those services as well. If you are interested in private pay home care services or would like more information, please contact Stillwater Medical Center Home Health Services at (405) 624-6578.

Article by Maria Avers, RN, MSNE, FCN

Do you have CPAP questions? We have CPAP answers!

Cimarron Medical is holding a **Sleep Apnea Workshop** on **November 8th from 9am-6pm**. Speak with our respiratory therapists, have your machine's pressure checked, pick up replacement supplies, sign up for our Supplies Replenishment Program, and visit with representatives from the SMC Sleep Lab, Respironics, SoClean, and the new lithium battery banks. The event will be held at our store on 12th street. Come and go as you please. We look forward to seeing you there!



The Great American Smokeout

Smoking remains one of the major preventable causes of death and illness in the world and results in more than 480,000 deaths a year. The sooner you quit smoking the quicker your heart rate, blood pressure, carbon monoxide levels in your blood and shortness of breath will decrease. Quitting can be very hard, but the best way is to have a plan and a support system.

Every year there is a day called the Great American Smokeout that smokers all across the country will use as a step towards their smoke-free life. This year,



the GASO will be held on **November 15th**. Take this day for yourself or to help someone you know form a plan to quit smoking, which will result in a healthier life and reduce the risk for cancer. Keep in mind that smoking not

only harms the smoker, but there is also secondhand and thirdhand smoke exposure that can harm others. SMC offers Health Plan Benefits to cover medications/products to help smokers quit. Don't be afraid to ask for help. You can call 1-800-QUIT-NOW, 24/7 for free.

Article by Jenna Long, RRT

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