



Home Care Connection

Connecting Hospital to Home

Cimarron Medical Services

Stillwater Medical Center Home Health Services

Meet The Staff: Nikki Russell, RN



Nikki Russell has been a nurse for 20 years. She started her career in Kansas where she grew up. She moved to Oklahoma after meeting her husband, who grew up here in Stillwater.

Nikki has worked as a nurse in rehab, skilled nursing, med/surgery infusion and home health. She has been in home health for less than a year, but thinks it is one of the most rewarding jobs she has ever done. She loves taking care of people where they live and meeting their families.

Nikki has two children, Austin (13) and Reese (10) who keep her very busy with dance, baseball, and fishing. The whole family loves to camp and they try to travel often.



Cooking for Senior Citizens by Emily Emerson, MS, RDN, LD

As we age, cooking at home can become more difficult for many reasons. You may have changes in taste or mobility. You may be used to cooking for an army or maybe haven't cooked in years. Regardless, cooking meals at home is something we all do from time to time and it remains a good way to control what you eat if you need to follow a special diet. Here are some tips for cooking as we age:

If your recipe makes too much:

- Cook once, eat twice (or more!); freeze extra portions for later
- Cut the recipe in half
- Invite friends

If food packages are too large and keep going bad:

- Look at expiration dates
- Purchase smaller portions at the deli counter
- Look for individually packaged things (frozen fish filets and frozen vegetables may be individually wrapped within package)

Utilize a toaster oven or microwave:

- These appliances are smaller and often require less bending and lifting than a traditional oven. However, they are usually big enough to cook for a few people.

More at: www.choosemyplate.gov/older-adults

Cimarron Medical Services Monthly Sales

- 10% off Adjustable Beds by Leggett & Platt (NEW!)
- 10% off Contour® Flip Pillows and Pillow Cases
- 10% off Stander™ Bed Assists

Sautéed Cinnamon Apples



Ingredients:

- 1 tablespoon margarine, trans-fat-free
- 2 large Granny Smith apples, peeled and sliced
- ½ teaspoon cinnamon
- 1 tsp. vanilla extract
- 3 tablespoons water
- 1 tablespoon honey (optional)

Instructions:

Heat margarine in a sauté pan over medium-high heat. Add apples and sauté for 3 minutes, stirring frequently. Add remaining ingredients. Reduce heat to low and simmer for 12 minutes, stirring occasionally.

Dietician Tip:

Fruit is a great choice for dessert. Just make sure to work the carbohydrate into your meal plan. For no added sugar, omit the optional honey.

Source: diabetes.org

Provided by:

Emily Emerson, MS, RDN, LD



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Stillwater Medical Center Home Health Services

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When Eating Becomes Difficult By Ciera Whitmore, OTR

As we age, there are multiple diseases that can affect our ability to feed ourselves and eat. Some people will have difficulty eating due to decreased arm and hand strength or movement. This can make it difficult to grasp utensils or bring food from their plate to their mouth. Others may have difficulty with seeing what food is on their plate to know what they are eating. Still others may have difficulty with swallowing, resulting in choking, or even pneumonia due to food getting into the lungs.

Occupational Therapy can help people who have trouble feeding themselves by assessing whether the difficulty is due to physical, visual, or environmental factors. Recommendations can be made on exercises, equipment, or simple modifications to increase feeding ability. Speech Therapy can assist those with difficulty swallowing through exercises and other recommendations to increase safety while swallowing and eating. Talk to your doctor if you have difficulty eating and feel that one of these solutions could help.

Did you know?... The Power of Red™ eating utensils are wonderful tools to use if you are having difficulties eating. The scoop dish's molded sides can accommodate those individuals who have difficulty getting food on utensils, and the non-slip suction cup keeps the bowl in place. The rocker knife, bendable fork, and spoon feature larger handles that are easier to hold. The nose cut out cup is ideal for people who cannot tilt their head back. Studies have shown that using red dinnerware increases eating for individuals with Alzheimer's and Dementia. All are dishwasher and microwave safe and are available at Cimarron Medical Services.



Nutrition While Nursing By Teresa Williams



Studies have shown that most healthy breastfeeding women maintain an abundant milk supply while taking in 1800-2200 (or more) calories per day. An exclusively breastfeeding mother, on the average, needs to take in 300-550 calories per day above what was needed to maintain pre-pregnancy weight.

Counting calories is rarely necessary unless you are having trouble maintaining a healthy weight while breastfeeding. When exclusively nursing, it is very common to feel hungry more often and mothers of older babies may feel even

hungrier as their baby's milk intake increases.

Nursing moms do not need to force fluids but do need to pay attention and stay hydrated. However, it does not increase milk supply. Breastfeeding mothers can utilize water from other sources including vegetables, fruits, soup, fruit and vegetable juices, milk, tea, and other beverages. Your food counts for 20% of total fluid intake.

Studies have shown that there are no differences in milk production or immunologic factors from exercise or daily routines such as tanning.

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