



Home Care Connection

Connecting Hospital to Home

Cimarron Medical Services

Stillwater Medical Center Home Health Services

Meet the Staff: Bonnie Green, RN



Bonnie Green has been a home health nurse for 12 years and with SMC Home Health for 10 months. The greatest part of becoming a nurse for her is getting to meet some really great people and having the satisfaction of contributing to help them stay at home through education.

Her hobbies outside of work include reading, watching her grandkids play sports, and flower gardening. She has been married to her husband, Paul, for 32 years. She has eight grandkids and one great granddaughter. She has lived in Red Rock most of her life with the exception of a few years living in Ponca City. She has one dog and numerous cats.

Bonnie's favorite type of food is Mexican food and she loves to listen to country or rock music, depending on her mood. One of her favorite singers is Rod Stewart.

CONGRATULATIONS!
Katie Roberts, director at Cimarron Medical, has been honored as one of the Top 12 Emerging Leaders by the Young Professionals of Stillwater. Great job Katie! Thanks for all you do.



Holiday Gift Ideas at Cimarron Medical Services



Lift Chairs from Golden Technologies provide the smoothest, quietest and securest lifting system and are made here in the USA. We offer 10% off cash and carry purchases, any time of year!

Need a lightweight and portable walker that makes travelling easy? The EZ Fold N Go walker weighs only 7 lbs. and supports up to 400 lbs.!



It comes in blue, pink, or black.



Make life easier with daily living aids from Stander™. We carry a variety of innovative products that offer support for getting in and out of bed and chairs, as well as car aids that offer support and easier seating.

The Naked Bee™ products are all natural, good-for-you products, with no artificial or bad-for-you ingredients. Plus, they feel and smell amazing!



The Contour® Flip pillow gives 10 different uses from one pillow! This pillow incorporates a unique flip design to accommodate every positioning need.

Aromatherapy meets elegant décor with Aiomé Ultrasonic Essential Oil Diffusers. Add water and up to five drops of oil to create a natural, spa like experience in your home.



Please come in or see our ad in Stillwater News Press for Cimarron's December Sales!

Sweet Party Mix

Source: Diabetic Living Magazine



Ingredients:

Nonstick cooking spray
4 c. crispy corn cereal squares
3 c. crispy rice cereal squares
2 c. pretzel knots
¾ c. sliced almonds
½ c. packed brown sugar
¼ c. butter
2 tbsp. light colored corn syrup
⅛ tsp. baking soda
¾ c. dried cranberries, cherries, or blueberries

Instructions:

1. Lightly coat a large piece of foil with cooking spray; set aside. In a large roasting pan toss together corn cereal, rice cereal, pretzels, and almonds; set aside.
2. In a medium saucepan combine brown sugar, butter, and corn syrup. Cook and stir over medium heat until mixture just begins to bubble. Continue cooking at a moderate, steady rate, without stirring, for 5 minutes more. Remove saucepan from heat; stir in baking soda. Pour over cereal mixture; stir gently to coat.
3. Bake in a 300°F oven for 15 minutes; stir cereal mixture and bake 5 minutes more. Remove from oven; stir in dried fruit. Spread on prepared foil to cool. Store in an airtight container. Makes 36 (⅓-cup) servings.

Cimarron Medical Services

1200 S Adams

Phone: 405-377-9735

Toll free: 1-800-368-1346

www.cimarronmedical.com

Quality Services
Provided by:

**Stillwater
Medical Center**



1201 S Adams

Phone: 405-624-6578

www.smchomehealth.com

Winter Oxygen Safety

By Bob Burrell

As fall has arrived and the trees outside are losing their leaves, we see the signs that colder temperatures are just around the corner. This gives us the opportunity to enjoy cozy evenings inside with the fireplace roaring and a hot cup of cocoa in hand. While we look forward to this, there are a few things to remember when using oxygen in the winter months.

By following a few basic rules, oxygen accidents can be avoided:

❄️ Keep all oxygen concentrators, cylinders and supplies at least 5 feet away from any open flames. Examples include fireplaces, open flame stoves, and small bathroom heaters.

❄️ As the cold air creeps in, the air becomes drier and the possibility for static electricity becomes a factor inside the house. Clothing such as wool, nylon and especially polyester will create more static electricity, and therefore a

higher risk of a fire hazard. Using a humidifier in your home can help decrease the likelihood of static electricity due to heaters decreasing the moisture in the air. Also be aware of these hazards when fueling your car; be sure and touch something metal before fueling to reduce the possibility of spark.

❄️ Do not store or leave your portable cylinders in the cold with the conserver attached, as this will damage the conserver and it will stop working properly.

❄️ Always be sure that you have adequate oxygen supplies and backup portable cylinders on hand. You will want to be prepared before bad weather hits in case of any power outages during a winter storm.

We hope these reminders are helpful and as always if you have questions please contact CMS at (405)377-9735 or toll free 1-800-368-1346.

Merry Christmas and Happy Holidays! May good cheer fill your home with warmth and your heart with happiness this holiday season and throughout the coming year. -- SMC Home Health and Cimarron Medical Services

Dealing With Loss During the Holidays

By Melody Crotts, LCSW

The holidays are approaching! The holidays are approaching! These words bring both joy and terror to the heart. In a perfect world, during the holidays we would build wonderful memories, always smile and laugh, reunite with family and friends, have enough money to make everyone's wishes come true, and eat all we want without gaining a pound. Sadly, we do not live in a perfect world. The holidays do bring the above wonderful things to people. However, all of this wonderful can bring sadness, overspending, weight gain, etc. If someone has lost a loved one to death, divorce, or a breakup, the holidays can become unbearable. There are so many expectations, traditions, and myths regarding celebrating the holidays that contribute to making the "Firsts" so hard for people.

Michelle Hix, LPC, and I work for Karman Legacy Hospice (KLH). We firmly believe that there is no right or wrong way to celebrate that first Thanksgiving, that first Christmas, that first Kwanzaa, that first Hanukkah after the death or other type of loss of a loved one. We strive to encourage people to be gentle with themselves and take care of themselves especially during the "Firsts." We encourage people to focus on just this year's holiday and do what feels right to make it through. Maybe this year you just put out a few decorations or none at all. It is whatever feels right to you. Michelle and I would be happy to talk to anyone that is struggling with the holidays. We have numerous pamphlets that address loss and the holidays. Please call (405) 377-8012 with any questions and/or if you would like written information.

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