

Home Care Connection

Connecting Hospital to Home

Cimarron Medical Services

Stillwater Medical Center Home Health Services

Meet the Staff:

Jenna Long, RRT

Jenna started at Cimarron Medical Services in September of 2015 as a Registered Respiratory Therapist. She graduated from Newman University with an ASHS focusing on Respiratory Care in 2012. Jenna worked in the Respiratory Department at Via Christi Hospital in Wichita, KS for about two years, then transferred to Via Christi Home Medical and worked there for about a year and a half before coming to CMS.

Jenna and her husband, Trent, moved to Stillwater a year ago when he got a job with OG&E. They are expecting their first baby mid-March, and can't wait to meet their little boy, Corbin!

Jenna enjoys working on the homecare side of respiratory instead of in the hospital setting. Her goal is to help provide patients with the supplies they need in their home to help keep them out of the hospital. She is very happy to have the opportunity to work for Cimarron Medical Services.



Heart and Vision Month

Reduce Cardiac Risk

by: Bonnie Campis, RN

Heart disease is the number one cause of death in the U.S. for both men and women. Lifestyle choices have been proven to significantly influence the health of your heart. The more risk factors you have, the greater your chance of having a heart attack or stroke. Include these steps to prevent heart disease in your heart healthy diet:

1. **Control portion size.** How much you eat is as important as what you eat.
2. **Eat more vegetables and fruits.** Vegetables and fruits are good sources of vitamins and minerals.
3. **Select whole grains.** Whole grains are good sources of fiber and other nutrients that help in regulating blood pressure and heart health.
4. **Limit unhealthy fats and cholesterol.** Choose Olive oil, Canola oil, or margarine with no trans fats. Avoid butter, lard, bacon fat, gravy or cream sauce.
5. **Choose low-fat protein sources.** Lean meat, poultry, fish, low-fat dairy products, and egg whites or egg substitutes.
6. **Reduce the sodium** in your food to lower your blood pressure.
7. **Plan ahead.** Create daily menus so that you will be able to avoid salty high fat foods and get a variety of different nutrients.
8. **Allow yourself an occasional treat.** The occasional indulgence will make it easier to stay on track and eat healthy the majority of the time.

It is never too late to start on the path to wellness. Regular exercise doing something you enjoy is a good place to start. Whether it is a brisk walk with the dog or Zumba at the gym, there are multiple opportunities to improve overall fitness.

Cimarron Medical Services Weekly Sales

Entire Month - 10% off Fingertip Pulse Oximeter

- Feb 8th 10% off Remedy Lotion
- Feb 15th 10% off Wrist, Knee, & Ankle Splints
- Feb 22nd 10% off Exercise Peddlers
- Feb 29th 10% off Lift Chairs (Cash & Carry)

Butternut Squash Soup

- 1 tablespoon butter
- 3 1/2 cups cubed peeled butternut squash (about 1-1/2 pounds)
- 3/4 cup chopped carrots
- 1/2 cup chopped sweet onion
- 2 1/2 cups fat-free, less-sodium chicken broth
- 1/4 cup half-and-half
- 1/8 teaspoon salt

Preparation:

1. To prepare soup, melt butter in a large saucepan over medium-high heat. Add squash, carrots, and onion; sauté for 12 minutes. Add chicken broth, and bring to a boil. Cover, reduce heat, and simmer for 30 minutes. Remove from heat; stir in half-and-half and salt.
2. Place squash mixture in a blender. Remove center piece of blender lid (to allow steam to escape), and secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.



Provided by: myrecipes.com
Sarah Walker, MS, RD/LD

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Strategies to Help You Aid Overall Memory

The following article is shared with permission from the *Scientific American Health after 50*. Memory impairment is common as we age and usually is not a sign of a serious neurological disorder, however, it can be frustrating and socially embarrassing. Although minor memory lapses that occur with age-associated memory impairment can't be eliminated completely, there are a number of strategies that can improve overall memory at any age.

Place commonly lost items in a designated spot. If you're prone to losing certain items, such as keys or eyeglasses, pick a spot and always put the items there when you are not using them.

Write things down. If you have trouble remembering phone numbers or appointments, write them down and place the list in a conspicuous spot. Making a daily "to do" list will remind you of important tasks and obligations.

Say words out loud. Saying "I've turned off the stove" after doing so will give you an extra verbal reminder when you later try to recall whether the stove is still on.

Use memory aids. Use a pocket notepad, cell phone, wristwatch alarm, voice recorder or other aids to help remember what you need to do or to keep track of information.

Use visual images. When learning new information, such as a person's name, create a visual image in your mind to make the information more vivid and, therefore, more memorable.

Group items using mnemonics. A mnemonic is any technique used to help you remember. For example, when memorizing lists, names, addresses and so on, try alphabetizing them or grouping them as an acronym -- a word made from the first letters of a series of words (for example, NATO stands for North Atlantic Treaty Organization).

Concentrate and relax. To remember something, concentrate on the items to be remembered. Pay close attention to new information and try to avoid or block out distractions. It is also beneficial to relax.

Get plenty of sleep. During sleep the brain consolidates and firms up newly acquired information. Studies indicate that people are better at remembering recently learned information the next day if they have had a good night's sleep.

TIP OF THE MONTH

The Omron Blood Pressure Monitor presents blood pressure and pulse readings on a large digital display in seconds. Whether you choose a manual or automatic model, or an upper arm or wrist style – Omron blood pressure monitors feature clinically proven accuracy and compact design.

The monitor stores up to 30 readings and allows you to review them at the touch of a button.



Vision Awareness by: Ciera Whitmore, OTR/L



As we age, our vision often changes. Common changes in eyesight are often due to cataracts, macular degeneration, or the normal aging process of our eyes.

As vision decreases, it becomes more important to keep walkways around your house clear because smaller items maybe hard to see. This may also include rugs, especially those that tend to curl up on the edges causing a raised area in the rug. It is also important to have all walkways well lit even at night by turning on a switch or placing a night light along your normal path to the bathroom.

Finally, with some decrease in vision comes decrease in depth perception making it harder for you to tell where there may be a slight change in floor height or a step. While you might have lived in the same house for multiple years and know all of the changes in floor height in your house, it might not be a bad idea to place neon duck tape to remind you of floor height changes in order to prevent tripping or falls.

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