

Home Care Connection

Connecting Hospital to Home

Cimarron Medical Services
Stillwater Medical Center Home Health Services

Occupational Therapy at SMC Home Health

Ciera Whitmore is the Occupational Therapist for Stillwater Medical Center Home Health and has been for 2 years. She has wanted to be an OT since the fourth grade, and graduated from the University of Oklahoma Health Sciences Center in 2014 with her Masters of Occupational Therapy. As a student, she was lucky to have a therapy rotation with Stillwater Medical Center and was excited to be offered a job with SMC after graduation.

Kelly Connelly has 16 years experience as a Certified Occupational Therapy Assistant and has worked in a variety of settings: outpatient, inpatient and home health. Kelly helps patients regain range of motion, strength, endurance and safety to be independent with activities of daily living.



Stress Relief

Stress Relief Products at Cimarron Medical Services

Stress is something we all experience from time to time. If not treated, your stress can be harmful to your health and well-being. Exercise and massage can reduce everyday stress and boost your energy and mood. Cimarron Medical Services has a variety of items that help with stress management.

Exercise: The Folding Exercise Peddler increases your mobility and circulation as well as strengthens your legs and arms. Thera-Band Exercise Balls are inflatable balls used to strengthen muscles to improve posture and help to prevent back pain. Thera-Band resistive exercise bands are available in multiple color-coded levels of resistance for upper and lower body stretching and strengthening.

Massage: The TheraCane and Jacknobber II are self-massagers used to apply pressure to sore muscles. Treat yourself to deep relief from painful, knotted, spasmed muscles.



Visit **Cimarron Medical Services** at 723 Eastgate, just behind John Deere east of Stillwater, to see these products in person.

Cimarron Medical Services Weekly Sales

April 4th 10% off Rebound TENS Machine
April 11th 10% off Wrist, Knee, & Ankle Splints
April 18th 15% off Fingertip Pulse Oximeter
April 25th 10% off Compression Hosiery

No Bake Energy Bites

These delicious little no bake energy bites are the perfect healthy snack!



Prep: 10 mins **Total:** 10 mins

Ingredients:

1 cup (dry) oatmeal (I used old-fashioned oats)
2/3 cup toasted coconut flakes
1/2 cup peanut butter
1/2 cup chocolate chips or cacao nibs (optional)
1/3 cup honey or agave nectar
1 teaspoon vanilla extract

Directions:

1. Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in the refrigerator for half an hour.
2. Once chilled, roll into balls of whatever size you would like. Store in an airtight container and keep refrigerated for up to 1 week.
3. Makes about 20-25 balls.

www.gimmesomeoven.com/no-bake-energy-bites/
Angela Gamble, MS, RD, LD



Cimarron Medical Services

723 Eastgate

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Toll free: 1-800-368-1346

www.cimarronmedical.com

Quality Services
Provided by:

Stillwater
Medical Center



824 S. Walnut

Phone: 405-624-6578

www.smchomehealth.com



Stillwater Medical Center Home Health Services Achieves 5 Star Patient Satisfaction Rating!



Centers for Medicare and Medicaid Services has developed “Patient Survey Star Ratings” that are based on the patient experience. These have been developed from the results of patient satisfaction surveys completed by objective third party vendors using specific questions regarding care delivery and performance. The agency findings are assigned “stars” on a 1 to 5 star rating with 5 being the highest level of care satisfaction provided.

Surveys cover the following areas:

- Care of the Patient • Communication • Specific Care Issues (like pain control) • Overall satisfaction with the agency

Inaugural star ratings were released beginning in January 2016 with Stillwater Medical Center Home Health Services being named in the top 5 star rating. The goal of the rating is to educate the public and allow for the opportunity to have questions answered at the agency level regarding the findings. Data can be utilized by the public to make decisions regarding which care provider to utilize for in home care.

Maria Avers, RN, SMC Director of Home Health Services at Stillwater Medical Center states, “I am so proud of my staff. They truly care for the well-being of the patients, which shows through in the care that they provide. It is an honor to have our patients to rate us at this level.” Stillwater Medical Center Home Health Services brings quality care into your home.

Did you know?... Occupational Therapy (OT) is the assessment and treatment by a health care professional to develop, recover, or maintain the daily living and work skills of people with a physical, mental, or cognitive disorder. Occupational therapists also focus much of their work on identifying and eliminating environmental barriers to independence and participation in daily activities.

Use of Activity to Decrease Stress By: Bonnie Campis, RN

Most of us realize that exercise, when done regularly, makes us feel better. What you may not realize is that virtually any form of exercise can decrease the production of stress hormones.

How does exercise reduce stress?

- It pumps up your endorphins: These are the feel-good neurotransmitters and they make you have what is sometimes called a “runner’s high” but you can do other activities and get the same effect.
- It’s meditation in movement: After a fast-paced game of racquetball or several laps in the pool, you’ll often find that you have forgotten the day’s problems and irritations and have concentrated on your movements. As you begin to regularly shed your daily tensions, you may find that this focus on a single task, and the resulting energy and optimism, can help you remain calm and clear in everything you do.
- It improves your mood: Regular exercise can increase self-confidence and lower the symptoms associated with mild depression and anxiety. This can ease your stress levels and give you a sense of command over your body and your life.



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