

# Home Care Connection

## *Connecting Hospital to Home*

**Cimarron Medical Services**

**Stillwater Medical Center Home Health Services**



### **SMC Provides Home Care to the Stillwater community for Over 25 Years**

**By Katie Roberts**

In 1992, Stillwater Medical Center launched a revolutionary idea creating a division of Home Care with home health services and home medical equipment. The ability to provide quality care to the citizens of Payne County in their home was a dream come true for the visionary staff that made up the initial Home Care Team.

Stillwater Medical Center Home Care Team appreciates the support of Stillwater and the surrounding communities for the past twenty-five years of service and would like to take this time to say thank you to everyone. Please join us for the celebration and give us the opportunity to thank you in person on October 10th for our anniversary celebration.

### **Meet Our Directors:**

**Maria Avers, RN, MSNE, FCN**

**&**

**Katie Roberts, MS, ATP, CRTS**



Maria Avers RN, MSNE has been employed at Stillwater Medical Center since 1989. She began her career in home health as a field nurse when the agency opened in October of 1992. She also serves as a clinical faculty adjunct at Langston University and as a faith community nurse at Our Lady of Sorrows Catholic Church in Chandler, Oklahoma.

Among her greatest supporters is her husband Tracy Avers, her three adult children and six exuberant grandchildren. As a nurse, Maria endeavors to help individuals stay in the safest environment at the most independent level possible. As the director of Stillwater Medical Center Home Health Services, her goal is to assist the home health staff in providing quality care with a high level of patient satisfaction.



Katie Roberts, MS, ATP, CRTS has worked at Stillwater Medical Center since 2005 for their home medical equipment company, Cimarron Medical Services. As director at CMS, Katie oversees all business operations, and also works with patients who have custom wheelchair and assistive technology needs. She is passionate about helping community members find the best technology, product, and/or medical equipment to facilitate independent living within their homes.

Katie and her husband, Garry, have 2 happy and active daughters. They are supporters of the OSU Cowboy football and wrestling teams, and also enjoy spending time outdoors with family.

#### **Cimarron Medical Services Monthly Sales**

20% off In-Stock Mastectomy Bras (Private Pay Only)

15% off Roscoe Fingertip Pulse Oximeter

10% off Pillows

### **Slow Cooker Chili**

**By Angela Gamble, MS, RD, LD**



#### **Ingredients:**

- 1½ lb. 96% lean ground beef
- 1 tsp oil
- 1 medium onion, minced
- 1 medium green and 1 medium yellow bell pepper, diced
- 1 garlic clove, minced
- 1-10oz can diced tomatoes
- 1-8oz small can plain tomato sauce
- 1-15oz can white kidney beans
- 1-15oz can black beans
- ¼ c. low sodium chicken broth
- 1 tsp cumin
- ½ tsp chili powder
- ½ tsp paprika
- ½ tsp kosher salt

#### **Instructions:**

1. Heat beef in skillet over medium heat, season with salt and cook until brown. Place into the slow cooker.
2. Add the oil to the skillet and sauté the onion, garlic and bell pepper over medium heat for about 4 to 5 minutes. Spoon over the meat in the slow cooker and stir in all other ingredients.
3. Cover and cook on HIGH 4 hours or LOW 6 hours. Serve with low-fat cheese, sliced avocado, and whole grain crackers.

## **Cimarron Medical Services**

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[www.cimarronmedical.com](http://www.cimarronmedical.com)

Quality Services  
Provided by:

**Stillwater  
Medical Center**



1201 S Adams

Phone: 405-624-6578

[www.smchomehealth.com](http://www.smchomehealth.com)

### **Stillwater Medical Center Home Health Services**

**By Maria Avers, RN, MSNE, FCN**

Stillwater Medical Center Home Health Services (SMCHH) obtained licensure with the state of Oklahoma in October of 1992, with five patients under the guidance of the late Pat Riley, RN and the late Mary Jo Sohrwide, RN. SMCHH quickly grew from those five patients to a robust home health agency that now employs 35 staff members. A full complement of services is offered including nursing, aide, social services, dietitian services, physical therapy, occupational therapy, and speech therapy. With more than 400 combined years of nursing and therapy experience, the staff at SMCHH stays abreast at how to best serve our patients.

SMCHH provides care across the fifty mile radius around Stillwater and serves over 31 communities and their surrounding rural areas. Over 1000 visits by trained clinicians are provided to the residents in this area every month. From infant care provided through the WISHH (Women's, Infant Skilled Home Health) program, to the

care of senior citizens to promote as much independence as is safely possible, SMCHH provides services across the spectrum. They provide post-acute care to patients with conditions such as CHF, COPD, and diabetes to assist with prevention of returning to the hospital. SMCHH employs skilled individuals and modern technology to ensure the highest possible level of quality. New technology such as vein view finders can be utilized in the home setting to assist nursing staff in venipuncture while decreasing the discomfort of the patient.

SMCHH has received awards for quality care and five stars for patient satisfaction most recently. SMCHH employs the March of Dimes Community Nurse of the Year (Jeanne Campbell, RN, IBCLC) and the Oklahoma Association of Home Care & Hospice Therapist of the Year (Pam Wimberley, PT). Our greatest accomplishment is the honor of caring for those who choose the services of our agency.

### **Cimarron Medical Services thanks you for your patience during the move to our new 12th Street location!**

*"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."*

—William Arthur Ward

### **Cimarron Medical Services**

**By Janet Coakley**

In 1992, Stillwater Medical Center began their endeavor to providing compassionate home care by purchasing medical equipment services from Calvin Anthony and Tiger Drug. After renaming to Cimarron Medical Supply, located at 9<sup>th</sup> and Walnut, and with five employees, we expanded our services to the surrounding community and also to nursing homes and doctor's offices throughout the state.

CMS moved our retail store to the Eastgate warehouse location in 1997. At this time, our name was changed to Cimarron Medical Services as we continued to expand our medical equipment services, and decided to concentrate on providing quality care to our patients at home.

In July 2017, CMS moved again to our new location on 12<sup>th</sup> street, next door to the SMC Plaza, six blocks from the hospital. This move has given us the ability to

better support the hospital, doctors, and community members of Stillwater by expanding our retail store and knowledgeable staff at a convenient location.

CMS employs 17 staff members ranging from respiratory therapists, certified mastectomy fitter, custom mobility specialist, customer service representatives, technicians, billing and account specialists, managers and retail staff. It has been our privilege serving Stillwater and the surrounding communities for over 25 years to help guide patients and their families as they navigate caring for a loved one, recover from a medical event, or just updating your home to accommodate aging at home. Our staff can answer questions, do product demonstrations, and help troubleshoot possible problems to make life easier and safer.

*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](mailto:alindsey@stillwater-medical.org)*