



# Home Care Connection

## *Connecting Hospital to Home*

Cimarron Medical Services  
Stillwater Medical Center Home Health Services

### Meet the Staff:

Emily Emerson, MS, RDN, LD



Emily grew up just outside Oklahoma City. She attended OSU for her bachelor's degree and UCO for her master's degree and dietetic internship. Then, she spent 3 years teaching in the Department of Food, Nutrition, Dietetics, and Health at Kansas State University before moving back to Stillwater last summer.

Now, Emily provides nutrition education for SMC Home Health, Total Health's Cardiac Rehab program, and fills in at the hospital as needed. In her spare time, she likes walking, hiking, traveling and learning about history.



Cimarron's director, Katie Roberts, met with Representative Tom Cole on April 4th at Norman Regional Home Medical Equipment. Medical equipment providers from around the state gathered to express their concerns with Medicare cuts and how they affect the Medicare beneficiaries. For more information on these cuts, and how they might affect you, go to [www.peopleforqualitycare.org](http://www.peopleforqualitycare.org).

### May is Arthritis Awareness Month!

#### Managing Arthritis



When it comes to arthritis, there is good news and bad news: Arthritis is not a disease that can be cured, but it *can* be managed.

For Occupational Therapy practitioners, the main goal of arthritis management is to preserve or increase mobility and function of the joint to allow full participation in activities in the home, work, and community.

Decreasing pain and inflammation in the joints is the main focus of treatment, and strategies depend on where in the body the arthritis is present.

Applying heat to an area affected by arthritis will usually reduce pain and decrease stiffness. Ice can reduce inflammation and can be beneficial when swelling is present, though increased stiffness is possible. For shoulders affected by arthritis, correct posture can increase function and range of motion. Splints/braces can also decrease symptoms of arthritis in the hand and increase function by setting joints in better positions and providing support to reduce stresses during use.

Article by Kristen Keeton, OTR/L

#### Cimarron Medical Services Monthly Sales

10% off Biofreeze  
10% off Hot/Cold Therapy Packs  
10% off Arthritis Gloves

Like us on Facebook @cimarronmedicalsolutions

### Turkey & Bean Burritos

From Diabetic Living



#### Ingredients:

8 whole wheat flour tortillas, 8"  
12 ounces uncooked ground turkey breast  
1 cup chopped onion (1 large)  
2 cloves garlic, minced  
1 15-ounce can no-salt-added black beans or pinto beans, rinsed and drained  
½ cup bottled salsa  
2 teaspoons chili powder  
½ cup shredded reduced-fat cheddar cheese (2 ounces)  
½ cup shredded lettuce  
½ cup light sour cream  
1 tablespoon snipped fresh cilantro

#### Instructions:

Preheat oven to 350 degrees F. Stack tortillas; wrap in foil. Heat in the oven for 10 minutes to soften. Meanwhile, for filling, in a large nonstick skillet cook turkey, onion, and garlic over medium heat until meat is brown and onion is tender, stirring to break up turkey as it cooks. Drain off fat. Stir in beans, salsa, and chili powder. Heat through. Spoon about ½ cup of the filling onto each tortilla and top each with 1 tablespoon cheese and 1 tablespoon lettuce. Fold bottom edge up and over filling, just until covered. Fold in opposite sides. Roll up, tucking in sides. In a small bowl stir together sour cream and cilantro. Serve sour cream mixture with burritos.

Source: [diabeticlivingonline.com](http://diabeticlivingonline.com)

Provided by:  
Emily Emerson, MS, RDN, LD

## Cimarron Medical Services

1200 S Adams

Phone: 405-377-9735

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



@cimarronmedicalsolutions

Quality Services  
Provided by:

Stillwater  
Medical Center



1201 S Adams

Phone: 405-624-6578

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

### Products to Help Alleviate Arthritis Pain

Arthritis is painful inflammation & stiffness of the joints. Common symptoms include swelling, pain, stiffness and decreased range of motion. Visit Cimarron Medical Services at 1200 S. Adams and let our fabulous sales team show you these great products to help you or your loved one with arthritic symptoms!



**BioFreeze** – A topical pain reliever that provides temporary relief from minor aches and pain associated with arthritis.



#### Door Pulley Exercise Set, Exercise Peddler, Walking Aids –

Exercise helps alleviate arthritis pain by increasing range of motion, strength, and flexibility. Walking aids help take some pressure off achy joints. Walking aids include standard walker for minor mobility issues, rollator walker to decrease walking pain, and walking canes to alleviate knee pressure.



**Arthritis Gloves** – Helps alleviate finger and hand pain typical of arthritis. Keep hands warm helping to provide long-lasting pain relief.



**Button Aid & Zipper Pull and Dressing Stick** – Ideal for those with limited dexterity due to arthritis. These simple dressing tools assist in button and zipping clothing, removing jackets, shirts, and retrieving hard-to-reach items.



**Adjustable Beds** – Sleep can be a natural pain reliever for arthritis. Adjustable beds can provide temporary relief to joint pain by distributing body weight evenly while improving blood flow.



#### TheraBeads Hand Pain Relief Mitt

– When heated in the microwave, this mitt can help relieve pain and stiffness in your hands.

**Article by Paula Yerger**

**Tip  
of the  
Month**



**Need a lift?... Cimarron Medical carries Golden Technology lift chairs, which are the smoothest, quietest and most secure lifting system. They are hand crafted in Pennsylvania, backed by the industry's best warranty, and feature patented positioning that you won't find anywhere else. Come by and select a new lift chair for Mom for Mother's Day! Lift chairs are always 10% off when you pick them up.**

### Oklahoma Advance Directive for Home Care

The Advance Directive for Health Care, also known as a “Living Will”, is a legal document that gives directions to healthcare providers regarding your wishes concerning life-sustaining medical care. The form allows you to state your wishes regarding ventilators, feeding tubes, surgery and drugs to prolong your life, and to name a healthcare proxy who will speak on your behalf. Every adult should complete an Advance Directive.

It is impossible to predict when someone could have an accident or sudden illness and become unable to communicate their own healthcare wishes. The Advance Directive ensures that your wishes are followed if you are incapacitated. The Advance Directive requires signatures of two witnesses, but it does not require a notary to be legal. You should make several copies and have one on file with your doctor(s) and close family members; it should be easily accessible in the case of emergency. The Advance Directive can be revoked at any time and should be reviewed every few years to ensure it still reflects your wishes.

For more information about Advance Directives or to download the form, go to <http://www.okdhs.org>.

**Article by Pam Murphy, MS**

*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)*