

Home Care Connection

Connecting Hospital to Home

Cimarron Medical Services
Stillwater Medical Center Home Health Services

June is Alzheimer's and Brain Awareness Month!

Meet the Staff: Kathie Melton



Kathie Melton started at Cimarron Medical Services (CMS) as the Business Office Supervisor in February 2018. Kathie currently lives in Stillwater, but grew up in the small town of Glencoe, where she still has many friends and relatives.

Kathie has more than 20 years of experience as an office manager and bookkeeper; with companies such as Kerns Ready Mixed Concrete and Honda of Tulsa. Her education includes Meridian Technology Center, Tulsa Community College, and the University of Phoenix - Tulsa.

The joys of her life are her children; Nathan (23), Chelsea (22), David (20), and Kris (20); and two grandchildren, Blayne (4) and Emmarie (9 Months).



Katie Roberts, director at CMS, advocates in Washington, DC for patients who need mobility and complex rehab equipment. Visit peopleforqualitycare.org for more information regarding Medicare cuts and how they can affect you.

Caring for a Loved One with Dementia

Dementia is a loss of skills to remember, reason, and think. A change in the person's mood and personality is usually most noticeable. The changes can make it difficult for the person to care for themselves. If you are a caregiver, you can learn skills that make caring for the loved one less stressful.

The person with dementia is often agitated. As a caregiver, you can break down difficult tasks into smaller, simple steps. Allow the loved one to do as much as possible for himself or herself.

Simple daily tasks become difficult. Limit situations that cause agitation in your loved one. If bathing or showering is a battle, shower every other day instead of every day. Schedule difficult activities for a time of day that he or she is less agitated.

Remain calm and collected as the patient's caregiver. Keep the same routines. You will easily transfer frustration that you are feeling to the dementia patient. Provide a calm, comforting environment. Keep the room uncluttered and limit the number of people in the room. Use a snack or an activity as a distraction when agitated.

The dementia patient often has difficulty in controlling bowel and bladder. Be respectful of your loved one's dignity and privacy. If you notice that your loved one is agitated or pulling on clothing, take them to the bathroom and make a schedule to encourage a bathroom break every two hours while they are awake. Make the bathroom the first stop of the morning routine and last stop before going to bed. Use incontinence pads and products as needed.

Paranoia is often present in the dementia patient. Do not argue with your loved one. Tell them you will assist them to look for missing objects. Caregivers must learn favorite hiding places. Keep extra items of regularly misplaced items.

Discuss your loved one's behavior with the physician. Be flexible and creative as you respond to the needs of your loved one.

Article by Nancy Lyles, RN/BSN

Cimarron Medical Services Monthly Sales

10% off Power of Red™ Eating Utensils and Aids
 10% off Cash & Carry Adjustable Beds by Leggett & Platt®
 10% off Cash & Carry Lift Chairs by Golden
Like us on Facebook @cimarronmedicals

Tuna Apple Salad Sandwich From the USDA and Produce for Better Health Foundation



Ingredients:

- 1 apple (such as Fuji or Pink Lady Washington)
- 1 can 12-oz chunk light tuna (drained)
- 2 tablespoons low-fat plain yogurt
- 2 tablespoons reduced-fat mayonnaise
- ½ cup raisins (or chopped figs)
- ¼ cup chopped walnuts
- ⅛ teaspoon ground black pepper
- 2 tablespoons chopped fresh parsley (optional)
- ½ teaspoon curry powder (optional)
- 8 leaves lettuce (Bibb, Romaine, green, or red leaf)
- 8 slices whole-grain bread

Instructions:

Cut apple in quarters; remove core and chop. In a medium size bowl, mix all salad ingredients, except tuna. Gently fold in tuna. Make sandwiches, using lettuce and whole-grain bread (toasted, if desired), and fill with tuna apple salad.

Source: whatscooking.fns.usda.gov
 Provided by:
 Emily Emerson, MS, RDN, LD

Cimarron Medical Services

1200 S Adams

Phone: 405-377-9735

www.cimarronmedical.com



@cimarronmedicalsolutions

Quality Services
Provided by:

Stillwater
Medical Center



1201 S Adams

Phone: 405-624-6578

www.smhomehealth.com

How to Use Colors to Help Persons with Dementia

Often times, as we age we have changes in perception, visual acuity, depth perception, and spatial awareness. As various forms of dementia progress, people can have difficulty interpreting what they see.

There are many simple things you can do to minimize the problems this causes and to help you in caregiving.

THE KEY is color contrasts — highlighting those things you want the patient to see with contrasting colors and “hiding” those things you do not want the patient to notice with similar tones. If there is no contrast, objects cannot easily be seen and differentiated. Contrast is vital in being able to comprehend the environment and function in life with more confidence.

Practical application tips:

- Bright colors, red, blue, green contrast well with black, white or neutral solid colors.
- Simple pictures or short phrases with contrasting colors are easiest to capture attention and interpret. For example, a picture of a toilet on the bathroom door may be easier to interpret than the word “bathroom” or “toilet”.
- Patterned designs tend to confuse dementia patients. For example, patterns on carpet may look like snakes to the dementia patient. A patterned plate may keep the patient from eating. Shiny floor finishes (think tile or highly polished wood) may look like water or ice to the patient. Dull/matte finishes are best.
- A black mat in front of a door may look like a hole to the dementia patient. Many people have placed black mats in front of the doors leading outside and eliminate their loved one’s problems with wandering away!
- Place a traffic stop sign on the inside of exterior doors. Often the color, word or shape — one of the three — will reach the patient’s

mind and keep them from exiting through the door.

- Use a nightlight and place reflector tape from the patient’s bed to the bathroom so the bathroom path will be visible at night.
- Place clothes on a bedspread/sheet of contrasting color to avoid “invisibility” of the colors to maintain independence with dressing.
- Minimize shadows, which can be frightening to dementia patients.
- If the wall behind a white commode and sink is painted a light color, the commode and sink may be “invisible” to the patient. Paint the wall behind that same sink and commode a medium tone and suddenly, the sink and commode become “visible” again, hopefully allowing the patient to retain their independence longer.
- Place light-colored food (mashed potatoes, corn, light colored meats, etc.) on a dark-colored plate, or dark-colored food on a light-colored plate, to avoid invisibility for the patient. This can help a person with dementia to maintain their independence in eating.
- Put water in a colored cup and put plates on placemat, table, or table cloth of contrasting color
- You can also use this “invisibility” to your advantage. If you paint doors and door knobs the same color as the wall, the patient may not perceive that the door is there at all, reducing the risk of wandering. This may not be up to code for public buildings, but you can do anything you wish in your own home.

Article by Pam Wimberley, PT

Sources:

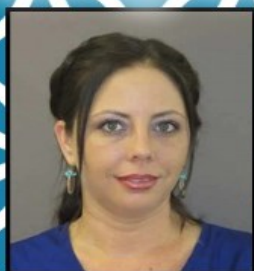
<http://dementiadynamics.com/visual-perception-issues-in-dementia>

<http://dementia.stir.ac.uk/>

<https://webmd.com/alzheimers/news/20040928/colorful-tableware-helps-alzheimers-patients>

<http://alzheimersweekly.com/2014/08/red-plates-for-eating-with-dementia.html>

Congratulations!



Kaycee Stewart, HHA



Jamie Daves, Billing Coordinator



Ciera Whitmore, OTR



Bonnie Campis, RN



Kelly Connelly, COTA



The Oklahoma Association for Home Care has recognized five members of SMC Home Health Services as the top representatives of their respective categories on the state level. Great job!

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