

Home Care Connection

Connecting Hospital to Home

Cimarron Medical Services

Stillwater Medical Center Home Health Services

Meet the Staff: Pam Wimberley, PT, MS, Cert MDT

Pam joined the SMC Home Health team in June 2015. She brings 16 years of clinical specialty in orthopedics and musculo-skeletal conditions. Pam has her bachelor's and master's degrees from OSU which launched her first career as a recreation therapist. Her Texas career progressed into Director of Inpatient Rehabilitation Services. She returned to school and received her physical therapy degree from the University of Oklahoma Health Sciences Center in 2000. Pam continued her clinical training and is one of only 14 credentialed McKenzie specialists in Oklahoma. Pam enjoys biking and swimming for personal fitness, but mostly enjoys life experiences with her husband, Kirk, and her grandchildren.



Rehabilitation Awareness Month



Aides to Daily Living

by: Amy Lindsey



There are currently 50 million Americans with disabilities. Everyone is at risk of disability and statistics show that most Americans will need at least one rehab service sometime during their lives. Rehabilitation is not just about getting someone back on their feet. It can lengthen and improve the quality of life. Cimarron Medical Services provides many different "aids to daily living" to help with your rehabilitation needs. These items will help you adapt to your environment and enable you to be as independent and self-sufficient as possible.

Here are a few examples:

- **A transfer bench** can be a big help in the bathtub. The bather sits on the bench outside the tub and then slides their body across the bench into the tub. The bather still must lift their legs over the edge of the tub, but they can do this one leg at a time from the seated position.
- You may want to include **Thera-Band resistant bands or exercise balls** into your next work out. Thera-Band resistance exercise systems are used as tools for rehabilitating, restoring muscle and joint functions, and for improving conditioning, balance and building strength.
- In the bedroom, a **bed assist or bed cane** provides assistance for getting in and out of a home-style bed. This allows a person to be more independently mobile.
- While dining, you might want to include **Sure Hand utensils**. They have a soft, non-slip grip with an extra-wide lip on the handle to stabilize grip and stop the hand from slipping forward.

All of these items and more are available at Cimarron Medical Services. Call if you have questions or come by and see us!

Cimarron Medical Services Weekly Sales

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| Entire Month | 50% off In-Stock Mastectomy Products |
| Sept 12 | 10% off compression hose |
| Sept 19 | 15% off Roscoe Fingertip Pulse Oximeters |
| Sept 26 | 10% off New Contour Pillows |

Parmesan Fish Sticks

Ingredients:

- 1 (18-ounce) center-cut salmon fillet, about 9 by 4 inches, skinned
- 1/2 cup all-purpose flour
- 1/2 tsp fine sea salt
- 1/4 tsp ground black pepper
- 3 egg whites
- 1 cup grated Parmesan
- 1 cup seasoned bread crumbs
- Olive oil, for drizzling



Directions:

1. Preheat the oven to 450° F.
2. Rinse the salmon fillet and pat dry with paper towels. Cut the fish in half to make 2 fillets each about 4 by 4 1/2-inches in size. Starting on the longest edge, slice the fillets into 1/2-inch pieces. Lay the widest pieces, from the center, cut side down, and slice in half lengthways so all the pieces are equally about 1/2 by 1/2 by 4 1/2-inches in size.
3. Place the flour in a medium bowl and season with the salt and pepper. Place the egg whites in another bowl and beat until frothy, about 30 seconds. Combine the Parmesan and bread crumbs in a third bowl.
4. Coat the salmon pieces in the seasoned flour and pat to remove any excess flour. Dip the floured salmon in the egg whites and then into the Parmesan mixture, gently pressing the mixture into the fish. Place the breaded salmon pieces on a liberally oiled baking sheet. Drizzle lightly with the olive oil. Bake for 15 to 20 minutes until golden brown.

Angela Gamble, MS, RD/LD
www.cookingchanneltv.com/



Cimarron Medical Services

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**Quality Services
 Provided by:**

**Stillwater
 Medical Center**



824 S. Walnut

Phone: 405-624-6578

www.smchomehealth.com

Rental Equipment: Easing Your Outdoor/Travel Plans

Whether your summer plans include family visiting or a long awaited vacation trip, keep CMS in mind for all your rental equipment needs. These rentals may make your summer plans more enjoyable and less worrisome. When your friends or family stay with you, remember our adjustable hospital bed might provide a more comfortable night for them. Your vacation might go smoother by renting a portable oxygen concentrator versus juggling oxygen tanks. On the right are some items you might consider when making your summer arrangements.

Call us in advance to secure your rental dates. Let Cimarron Medical Services help make your summer plans memorable and stress-free.

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| \$ 6.25/week | \$ 25/month | Walker |
| \$ 10/week | \$ 20/month | Bedside Commode |
| \$ 25/week | \$ 100/month | Hospital Bed |
| \$ 15/week | \$ 60/month | Transport Wheelchair or Standard Wheelchair |
| \$150/week | | Portable Oxygen Concentrator (CMS customer) |
| \$200/week | | Portable Oxygen Concentrator (non CMS customer) |



**\$25/weekend \$75/week \$300/month
 Scooter or Power Wheelchair**

The Rehab Center at Stillwater **Medical Center**

In the blink of an eye, your life can dramatically change. Injury, stroke or illness can impact everything you do every day. Find hope and regain independence at Stillwater Medical Center's Rehab Center. Your journey back to vitality, health and freedom is unique. Trust the excellent clinical care and customized rehabilitation plan that The Rehab Center's team designs especially for your needs. For more information, please call The Rehab Center at 405-742-5798.

Therapy in the Home By: Ciera Whitmore, OTR

Therapy in the home can be helpful for many reasons including increasing strength, balance, and walking; performing all daily activities within the home; and improving speech and swallowing difficulties. There are three different kinds of therapies that take place in your home to help you return to your life before an illness or surgery:

- * **Physical Therapy** will assess balance and walking to determine whether you need a wheelchair, walker, cane, or nothing at all. Physical Therapists make sure you can safely walk around your home, get in and out of a chair or bed, and correctly use a walking device. Physical Therapy may also help to improve leg strength to increase your ability to move around your house on your own.
- * **Occupational Therapy** looks at the activities you do throughout the day from bathing, dressing and toileting, to cooking and cleaning. Occupational Therapy will also look at how to make doing these tasks safer and easier with suggestions for equipment and changes on how you perform a task.
- * **Speech Therapy** can assist with difficulty chewing and swallowing food, memory and speaking. These are all common effects of multiple diseases.

Each person is different and may need just one or all three therapies to assist them with increasing their ability to safely stay in the home and return to their way of life before illness or surgery.

Call SMC Home Health for more information at 405-624-6578.



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