

Home Care Connection

Connecting Hospital to Home

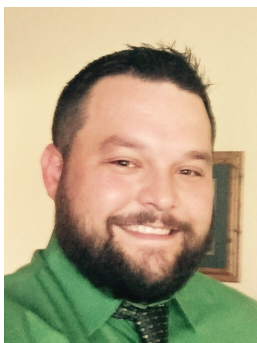
Cimarron Medical Services

Stillwater Medical Center Home Health Services

Meet the Staff: Zachary Hall, MBA

Zach has been at Cimarron Medical since August of 2008. He has had a variety of different positions throughout the years. He is currently the Business Office Supervisor and has enjoyed that role since March of this year. Previously, he was the Operations Supervisor for a little over two years, and prior to that he was a Service Technician. He has a passion for learning and helping others, and attributes that to his parents.

Zach says that he went to school for way too long. He holds a Master's Degree in Business Administration, and a few other undergraduate degrees. In his free time, he likes to cheer on his Oklahoma State Cowboys and play as much golf as possible.



Holiday Gift Ideas at Cimarron Medical Services

Flip Pillow (\$33.00) is a versatile bed and lounge pillow; use in multiple positions for great comfort.



Hurricane (\$39.95) is an all-terrain cane that gives dignity to human mobility with patented, pivoting head providing 3 points of contact for superior balance and stability.



Remedy Olivamine Skin Repair Cream (\$9.99) helps protect and relieve damage related to frequent hand washing.



Cozy Hottie (\$14.99) are warming aromatherapy friends that help soothe and calm.



Theracane (\$41.99) is a therapeutic massager that applies pressure to treat muscle dysfunction.



Drive Exercise Peddler with digital display (\$44.19) provides a safe and gentle form of low-impact exercise.



Cimarron Medical Services December Sales

10% off CPAP Pillows
10% off Lift Chairs (Cash & Carry)
\$25 off Transport Chairs
20% off Fingertip Pulse Oximeter

And
Many
More!



Healthier Brown Sugar Meatloaf

Ingredients

3 Tbsp packed brown sugar
1/2 cup ketchup
1 1/2 lbs lean ground beef
3/4 cup low-fat (1%) milk
2 eggs
1 1/2 tsp salt
1/4 tsp ground black pepper
1 small onion, chopped
1/4 tsp ground ginger
3/4 cup whole wheat bread crumbs or old fashioned oats
1/4 cup chopped parsley

Directions

1. Preheat oven to 350° F (175° C). Lightly grease a 9x5-inch loaf pan.
2. Press brown sugar in the bottom of prepared loaf pan and spread ketchup over sugar.
3. Mix ground beef, milk, eggs, salt, ground pepper, onion, ginger, bread crumbs or old fashioned oats, and parsley thoroughly in a mixing bowl. Shape into a loaf and place on top of ketchup.
4. Bake in preheated oven until no longer pink in the center, about 1 hour. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).

Angela Gamble, MS, RD/LD
<http://allrecipes.com/>



Cimarron Medical Services
Stillwater Medical Center Home Health Services

Cimarron Medical Services

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Quality Services
Provided by:

Stillwater
Medical Center



1201 S Adams

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Healthy Eating Tips for the Holiday Season

By: Bonnie Campis, RN



According to the National Institutes of Health, pounds packed on during the holidays account for half of all weight gained annually. Check out these lighter options and enjoy without going overboard.

- Apple Cider Beats Eggnog – Six fluid ounces of eggnog without alcohol has 258 calories and 14 grams of fat, while the same amount of apple cider has only 90 calories and no fat.
- Veggies and Hummus Top Chips and Dip – Veggies and hummus are lower in fat and calories than your typical chip-and-dip. Plus, they're full of fiber, which helps stave off hunger and keeps you satisfied.
- Shrimp Cocktail Is a Winner – Whenever you have to choose between deep-fried anything and simple, cold fish, the latter is almost always healthier. Three ounces of shrimp has just 90 calories, but if they are fried, the same amount packs more than 200 calories.
- Turkey Breast Is Your Best Bet – In addition to being an excellent source of protein, turkey offers the least amount of fat per serving if you pass on the skin. Four ounces of turkey breast without skin is just 152 calories and almost no fat compared to 236 calories and 12 grams of fat in a skin-on-drumstick.

Cimarron Medical Services and SMC Home Health would like to thank you for the pleasure of working with you over the past year. We wish you a wonderful holiday season and a New Year full of happiness, good health and prosperity.

Holiday Spirit When Grieving

By: Maria Avers, RN, MSNE, FCN

Redefine the holiday season; create new experiences - Celebrating the holidays like you always have may not work— recognize that the holidays will never be the same but eventually joy of the season will return. Some may feel comfort with past tradition; others will find it too painful. Grieving also means that you don't cancel the holidays; finding a new way to celebrate will help the grieving process.



- Consider helping others – maybe volunteer at a community dinner or dinner for the homeless.
- Consider taking a trip or vacation during the holidays.
- Consider changing the event itself – i.e. eat lunch instead of dinner; order food catered versus preparing a traditional meal; change the location of the event.
- Consider incorporating a memorial – perhaps a Christmas ornament in memory, a donation to a homeless shelter, inviting someone to your home that would otherwise be alone.

Most of all, talk with your loved ones. Determine together how you will share the season and set realistic expectations. Whatever you choose to do, remember and share the memories of past holiday seasons. Tears should be allowed; there should be no guilt for sharing laughter either. Sharing those memories keeps the spirit of the person alive and allows healing to occur.

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