

Home Care Connection

Connecting Hospital to Home

Cimarron Medical Services
Stillwater Medical Center Home Health Services

Meet the Staff: Trevor Fieldsend

Trevor came to Stillwater to run track and cross country for OSU from 1982-86. He lives in Stillwater with his wife Joy who works at the OSU Alumni Association, and their Miniature Schnauzer therapy dog Sophie, who is a member of Pete's Pet Posse. Trevor and Joy have two daughters, one who recently married and lives in Oklahoma City, and one who graduated in May from OSU and is moving to Denver to start a new job.

Trevor was a teacher and coach at Stillwater Junior High School for 24 years before starting work for Cimarron Medical Services in December 2015. He enjoys the varied work of being a home medical equipment technician, the friendly staff at CMS and going out and meeting CMS clients.

When Trevor is not at work he enjoys running, refereeing High School and Club soccer, he also enjoys traveling and supporting OSU.



Respiratory Therapy

Respiratory Products Provided by Cimarron Medical Services by: Scott Millstead, CRT

At Cimarron Medical Services we offer a wide variety of respiratory services and products. Our services include:

- ◆ **HomeFill Oxygen System** – allows you to fill your own oxygen tanks at home. This saves you a trip to our store to exchange your tanks, or waiting for your tank delivery.
- ◆ **Continuous Stationary Oxygen Systems** – or oxygen concentrator, makes oxygen at a higher concentration than room air.
- ◆ **Portable Oxygen Systems with Conserving Systems** – a portable tank that can be carried by shoulder bag or backpack.
- ◆ **Nebulizer Compressors** – a table top or portable machine that is used for your respiratory inhalation medications.
- ◆ **Suction Pump Systems** – for removal of excessive secretions from a patient's mouth or trach.
- ◆ **CPAP, BiPAP, and NPPV Systems** – machines that are used to treat sleep apnea.
- ◆ **CPAP and BiPAP Accessories** – nasal pillows, nasal masks, full face masks, and a wide variety of other accessories.
- ◆ **Pulse Oximetry Testing Service** – used for checking the blood oxygen level, usually nocturnal.
- ◆ **Fingertip Pulse Oximeters** – for home use to check oxygen levels anytime you need.

At Cimarron Medical Services we are staffed with two state licensed respiratory therapists to help you with your CPAP and oxygen needs. If you have any questions or concerns, please feel free to contact Scott or Jenna.

Cimarron Medical Services Weekly Sales

- *All Month 50% off In-Stock Mastectomy Products*
- | | |
|-----------|--------------------------------------|
| August 8 | 10% off Wrist, Knee, & Ankle Splints |
| August 15 | 10% off Remedy Lotion |
| August 22 | 10% off Walkers |
| August 29 | 10% off Lift Chairs (Cash & Carry) |

Salmon with Creamy Dill Sauce

Makes: 6
servings
Prep/Total
Time: 30 min.



Ingredients:

- 1 salmon fillet (about 2 pounds)
- 1 to 1-1/2 teaspoons lemon-pepper seasoning
- 1 teaspoon onion salt
- 1 small onion, sliced and separated into rings
- 6 lemon slices
- 1/4 cup butter, cubed

Dill Sauce:

- 1/3 cup sour cream
- 1/3 cup mayonnaise
- 1 tablespoon finely chopped onion
- 1 teaspoon lemon juice
- 1 teaspoon prepared horseradish
- 3/4 teaspoon dill weed
- 1/4 teaspoon garlic salt
- Pepper to taste

Directions:

1. Line a 15-in. x 10-in. x 1-in. baking pan with heavy-duty foil; grease lightly. Place salmon skin side down on foil. Sprinkle with lemon-pepper and onion salt. Top with onion and lemon. Dot with butter. Fold foil around salmon; seal tightly.
2. Bake at 350° for 20 minutes. Open foil carefully, allowing steam to escape. Broil 4-6 in. from the heat for 8-12 minutes or until the fish flakes easily with a fork.
3. Combine the sauce ingredients until smooth. Serve with salmon.

www.tasteofhome.com/recipes
Angela Gamble, MS, RD/LD



Cimarron Medical Services
Stillwater Medical Center Home Health Services

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Medical Services**

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www.cimarronmedical.com

Quality Services
Provided by:

**Stillwater
Medical Center**



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Impact of Sleep on Health by: Angela Gamble, MS, RD/LD

Sleep is as important to our health as eating, drinking, and regular physical activity. It allows our body to repair itself and allows our brains to process new information improving memory. Adequate sleep will not only improve your quality of life during the day, but can prevent or delay the onset of many chronic diseases and conditions. Inadequate sleep can lead to a weakened immune system and over time impair biological functions such as glucose metabolism, weight regulation, and inflammation. Some of the most common diseases effected by insufficient sleep are cardiovascular disease, diabetes, depression, and obesity. Striving to reach your sleep goal is necessary to optimize disease management and delay complications.

How much sleep is enough? Sleep requirements vary from person to person and change as people age. The National Sleep Foundation recommends seven to eight hours of sleep every night for adults and ten to fifteen hours each night for children.

Helpful habits to improve sleep:

◇Try to keep the same sleep schedule on weeknights and weekends. Limit the difference to no more than about an hour.

◇Sleep in a quiet, dark and relaxing environment, which is also a comfortable temperature.

◇Avoid bright lights prior to bedtime.



◇Use the hour before bed for quiet time. Avoid strenuous exercise and large meals before bedtime.

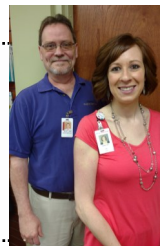
◇The effects of caffeine in coffee, tea, soda, and even chocolate, can last as long as eight hours.

◇Take a hot bath or use relaxation techniques before bed.



In conclusion, sufficient sleep is not a luxury, but a necessity and should be thought of as a vital need for maintaining optimal health.

Cimarron Medical offers the convenience of having two respiratory therapists on staff. Scott Millstead, Certified Respiratory Therapist, has been an RT since 1989 and has been at CMS since November 2011. Jenna Long, Registered Respiratory Therapist, has been an RT since 2012 and has been with CMS since September 2015. Please call or make an appointment if you have any respiratory questions regarding oxygen, sleep apnea, CPAP/BiPAP therapy, nebulizer treatments, etc.



CPAP/BiPAP Supply Replenishment Program at Cimarron Medical Services By: Jenna Long, RRT

Cimarron Medical Services offers a CPAP/BiPAP supply replenishment program to their patients. It is an automated system that calls when patients are eligible through their insurance for new supplies and will mail them out. Most insurances will help pay for supplies every 3-6 months depending on your provider and is subject to your deductible. Why should you replace your supplies (mask, hose, filters)? To ensure you are receiving the best therapy, maintaining good health by preventing bacteria buildup, and acquiring a high quality night's sleep. We recommend supplies to be replaced at least twice a year. The automated call takes about 2-3 minutes. It will ask you for your YEAR of birth to confirm you are the right person being called and then it will ask a few questions about your equipment, supplies, and account. We also have an 800 number that is available 24/7 if you prefer to call in and order your supplies. Please feel free to contact one of our Respiratory Therapists if you are interested in the program or have any questions.

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