

Home Care Connection

Connecting Hospital to Home

Cimarron Medical Services

Stillwater Medical Center Home Health Services

Meet the Staff: Romana Minor, RN

Romana was born in the Philippines, came to the USA in 1994, received her nursing degree from NOC and became an American citizen. She has various healthcare experiences, working at Blackwell Regional Hospital, and Perry Green Valley Nursing Home, and has become a strong advocate for the elderly. She had a fruitful experience as a hospice nurse for 14 years, working for Judith Karman Hospice. She is presently employed at SMC Home Health. Romana is a Certified Hospice & Palliative Nurse and a CPR instructor.

She is married to Jack and resides in Stillwater. Her son is in the US Navy and her daughter is attending NOC and hopes to join the healthcare profession. Romana is an excellent cook when time allows and a doting grandmother to her two grandchildren. She plans to obtain an advance degree in nursing which will enable her to teach as her way of giving back to the profession that allowed her to improve the lives of her family in the Philippines.



Breast Cancer Awareness Month

CMS Mastectomy Service

by: Jan McVay

Cimarron Medical Services offers a Certified Mastectomy Fitter to work closely with each client to find the right size and style of post-mastectomy products. These items will help to restore a natural look and a positive body image, as today's mastectomy bras are fashionable and comfortable. Recent advancements in breast forms include lightweight styles for leisure, as well as waterproof forms for swimming.



To allow CMS to file to your insurance for these products, you will need a prescription from your primary care physician, surgeon or oncologist. Most private insurances, as well as Medicare, cover the breast forms and the bras. Each silicone breast form has a two year warranty and with proper care, the elasticity and support of the bra lasts about 6 months.

During your appointment with Jan, Cimarron's Certified Fitter, she will measure you and discuss options that are available to you. The general recommendation for your initial fitting is approximately nine weeks after surgery; however, recovery varies for each individual. It is always best to consult with your physician and get their recommendations. Some physicians may recommend an appointment with Jan prior to your surgery to allow you to see the products and have a better understanding of garments that the surgeon may request for you, such as a Post-Op Bra with drain pouches that may be used immediately following surgery.

To meet with Jan in the private fitting room at Cimarron Medical Services please call 405-377-9735 to schedule an appointment.

Cimarron Medical Services Weekly Sales

October 3	15% off Rebound TENS Unit
October 10	10% off Medela Nursing Supplies
October 17	10% off CPAP Wipes
October 24	10% off Remedy Lotion
October 31	10% off Contour CPAP Pillows

Pistachio Crusted Salmon

Serves: 2 servings

Ingredients

2 salmon fillets (approx. 6 oz. each)

Salt and pepper to taste

½ lemon, juiced

1 Tbsp course grain mustard (or Dijon)

1 Tbsp honey

¼ cup pistachio nuts, shelled

2 Tbsp panko bread crumbs

1 Tbsp canola oil



Instructions

1) Preheat oven to 375F

2) Rinse salmon and pat dry with paper towel. Arrange salmon on a foil (or parchment paper) lined baking sheet, skin side down. Sprinkle salt and pepper to taste.

3) In a small bowl, combine lemon juice, lemon zest, mustard and honey. Spoon mixture and spread evenly over top of each salmon fillet.

4) Coarsely chop pistachios in a food processor and combine with panko and canola oil. Spread pistachio mixture on top of salmon, pressing lightly to adhere.

5) Bake until salmon is cooked through to your liking and pistachios are golden, approx. 15-20 min. Let salmon rest 5 min. (outside of oven) before serving (salmon will continue to cook during this time so keep this in mind when removing salmon from oven).

Angela Gamble, MS, RD/LD
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Quality Services
Provided by:

Stillwater
Medical Center



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www.smhomehealth.com

Remedy Olivamine Skin Repair Cream helps protect and relieve damage related to frequent hand washing such as dryness, cracked, inflamed, reddened and itchy skin. It has a blend of nutrients targeted for skin cells, as well as dimethicone to help prevent e-TEWL (excessive transepidermal water loss which causes skin to lose too much water, becoming dry and cracked). Cimarron Medical has this available in 4 oz. tubes, \$9.99, and in 32 oz. bottles, \$34.89.



Stillwater Medical Center Community Resources for Breast Cancer Survivors

Receiving a diagnosis of breast cancer can be a daunting situation. Support systems within loved ones, as well as the community, are an important part to provide grounding for those in this situation. Stillwater has several community resources that could be beneficial to address concerns during this time.

- a) **The Cancer Center at Stillwater Medical** - Stillwater Medical Center is committed to providing the best of care in cancer treatment in Stillwater. The team of oncologists and oncology certified nurses deliver top notch care that you can expect from big city environments right here at home. More information regarding The Cancer Center at Stillwater Medical can be found at the website <http://www.stillwater-medical.org/> under the Services tab.
- b) **Stillwater Surgical Associates** and other healthcare providers - In addition to the above listed services, the Stillwater community is blessed with multiple providers who are skilled in the diagnosis and treatment of breast cancer. Stillwater Surgical Associates work hard to provide appropriate treatment measures and compassionate care for those who are in need of their services. Stillwater also has multiple primary care and internal medicine providers who are familiar with the diagnosis and make appropriate referrals to needed services. Stillwater Surgical Associates can be contacted at 405-533-1074.
- c) **Cancer Support Group** - Stillwater Medical Center provides meeting space for a Cancer Support Group that meets the fourth Thursday of the month. The group is open to anyone that has had a diagnosis of cancer or their family members. Meetings provide an opportunity for education on various topics as well as time of fellowship

and support for the survivors and caregivers. More information can be obtained by contacting Linda Stewart RN at 405-880-3089

- d) **Bosom Buddies Support Group** - Originally Bosom Buddies started as a breast cancer support group that meets on the fourth Tuesday of the month. Currently the focus of the group is under transition. The hope is to provide opportunities of networking for those who have survived the trials of breast cancer to match with those who are moving through the journey of breast cancer diagnosis and treatment. A social media presence is also being discussed. Individuals wanting more information may email bosombuddies@Stillwater-Medical.org to gain the latest updates to the program.
 - e) **Women First** - Stillwater Medical Center has available 3D mammography that is state of the art technology to enhance identification of breast cancer. To find more information, search mammography at www.stillwater-medical.org or contact Women First at 405-742-5622.
 - f) **Lymphedema Therapy at Total Health** - Tammy Wales, OTR is a trained and certified lymphedema specialist who excels at caring for those who need assistance with management of lymph system drainage and swelling. More information is available by calling 405-624-6592.
 - g) **Cimarron Medical Services** carries a multitude of mastectomy products with a spacious and private fitting room to promote a gentle shopping experience. Contact Jan McVay, certified mastectomy fitter, at Cimarron Medical Services at 405-377-9735 for more information.
- The Stillwater community is fortunate to have these great services within reach of residents in and near Stillwater, Oklahoma.

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