

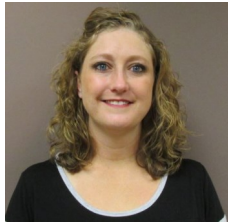
Home Care Connection

Connecting Hospital to Home

Cimarron Medical Services

Stillwater Medical Center Home Health Services

Meet the Staff: Kirbie Howard



Kirbie Howard has worked with Stillwater Medical Center Home Health Services since July of 2016. She helps the business office with process efficiencies, payroll, and scheduling. She also helps coordinate meetings and events for Home Health.

Kirbie is originally from Littlefield, TX but moved to Denton, TX in 2006 to finish her Bachelors of Rehabilitation Services at The University of North Texas. She has been in the healthcare field in various capacities since she was in high school.

She met her husband, Stephen Howard, in Denton and married in 2011. They moved to Stillwater after Stephen accepted a job with Oklahoma State Men's Basketball and having their son Thomas in June of 2015. They also have a beagle named Sophie and a lab-mix named Sandy.

March is Sleep Awareness Month!

Sleep Tips

By Maria Avers, RN, MSNE, FCN

Resting well with a good night of sleep is becoming more and more relevant to achieving a healthy state. To promote better sleep, follow the tips below:

- Go to bed at a consistent time.
- Be cautious of what you eat and drink before bedtime. Ensure that you don't go to bed hungry. Avoid stimulants like nicotine, alcohol, and caffeine. Use a ritual that you follow every night before bedtime to fall asleep.
- Consider meditation and prayer along with music to help settle your mind.
- Be comfortable. Set up a cool, dark and quiet environment. Use earplugs, a fan, and room darkening shades as needed to help promote sleep. Ensure that your pillow and mattress assist in making you more comfortable and provide appropriate support.
- Limit naps during the daytime – especially if you suffer from insomnia. If you have to have a nap, limit it to 10 to 30 minutes to avoid interruption of the sleep cycle.
- Ensure you have exercise in your daily routine.
- Manage your stress- get organized, accept other's help when getting overwhelmed, allow for breaks or downtime; and set priorities.

After trying all of the above tips, if you still are having difficulty getting a good night sleep, then see your primary care practitioner for some assistance. Adequate sleep has been found to improve many chronic physical ailments. Health and wellness are important to maintain as much independence as possible so it is crucial that adequate rest is obtained.

Cimarron Medical Services Weekly Sales

March 6th — 10% off Shower Chairs

March 13th — 10% off VIM&VIGR
Compression Socks

March 20th — 10% off Walkers

March 27th — 10% off CPAP Wipes

Chicken, Quinoa, & Black Bean Chili Verde



Ingredients:

1 tbsp. canola oil
1 large onion, diced
3 garlic cloves, minced
1 tbsp. ground cumin
kosher salt
1 15-oz. can black beans, rinsed
1 rotisserie chicken, shredded
1 16-oz. jar salsa verde
6 c. low-sodium chicken broth
1 c. quinoa
Sour cream, for serving
Fresh cilantro, for serving

Instructions:

1. In a large pot over medium heat, heat oil. Cook onion and garlic until tender, about 6 minutes. Add cumin and season with salt. Add black beans, chicken, and salsa verde and stir until combined.
2. Add 5 cups broth and quinoa and bring to a boil. Reduce heat and let simmer until quinoa is tender, 20 minutes (if quinoa absorbs most of the liquid, add remaining 1 cup broth).
3. Serve chili with sour cream and cilantro

Source: delish.com

Provided by:

Angela Gamble, MS, RD, LD

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CPAP Technology

PAP (Positive Airway Pressure) devices continue to evolve with upgraded technology that is available today. Most of your newer units are now able to be remotely monitored using wireless technology. The respiratory therapist working with you can access your PAP device from their computer, using just your name. Your physician can also look at your PAP device info if they are signed up by your provider. This information is very valuable in letting

your therapist as well as your doctor see how well the PAP device is actually treating your sleep apnea.

On most of the newer equipment, the patient is actually able to obtain this information by looking at the display screen on the PAP device. Most insurance companies will replace PAP devices every five years. If you have any questions, don't hesitate to contact Jenna or myself at Cimarron Medical Services by calling (405) 377-9735.

-D. Scott Millstead, CRT, RCP

Good Nights, Better Days!

Please Join Us for Our CPAP Workshop

Cimarron Medical Services will be having our bi-annual CPAP workshop on Tuesday, March 28 from 9:00am-6:30pm. This "come and go" event will feature representatives from SoClean and ResMed. This is a great opportunity to speak with the reps and see their new products. We will also have our store's new products out for display.



During the event, we will be checking pressure and calibrating CPAP machines, so don't forget to bring your CPAP. We will also check your CPAP filter, and clean your machine, if needed. If you need any replacement supplies for your CPAP, we will be happy to provide those to you during the

event. For your insurance to be billed, we will need a current prescription. Please call your doctor ahead of time and ask them to fax a current prescription for your supplies to Cimarron Medical at (405) 372-3890.

Too busy to come and get your supplies on a regular basis? Sign up for our CPAP supply replenishment program, which will remind you each time you become eligible for replacement supplies, and ship them directly to your home.

Cimarron's respiratory therapists and support staff will be available for the duration of the event to take your questions. See you there!

**-Cimarron Medical Services
Respiratory Therapists & Staff**

SoClean

ResMed

*Thank
You*

The SMC Home Care Team would like to take this opportunity to thank the doctors of Stillwater and the surrounding communities. We are truly blessed to have such caring, compassionate, and intelligent doctors in our area to serve our community. It is not often enough that we stop and say **THANK YOU** to those that have helped us. The Home Care Staff at SMC truly appreciates the dedication of the physicians in Stillwater and the surrounding communities. Thank you from the bottom of our hearts for your commitment to quality healthcare. You are not only a valued member of this community, you're the heart and soul of the medical team. Happy Doctor's Day!

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