



# Home Care Connection

*Connecting Hospital to Home*

**Cimarron Medical Services**

**Stillwater Medical Center Home Health Services**

## Meet the Staff:

### Kristen Keeton, OTR/L



Kristen grew up in a small town in Northwestern Oklahoma. She graduated from Occupational Therapy school at OUHSC in May of last year, and moved to Stillwater in July. She also started work with Stillwater Medical Center in July. Kristen splits her time between Home Health and Total Health, providing training on adaptive equipment as well as educating patients on environmental modifications that increase safety in the home and during activities of daily living.

In her spare time, Kristen likes to spend time with her family, friends, and dog. She also enjoys reading and traveling.

## April is Garden Month!

### Stillwater Community Action Team & The Vial of Life

By Joanna Phillips, RN

The SCAT (Stillwater Community Action Team) was formed about 3 years ago, and consists of the hospital case management department, area nursing homes, home health providers, hospice providers, EMS, assisted living, durable medical equipment providers, and other entities that are involved with transition of patient care to make it as safe as possible. The members of the team work together to provide patient needs, and to reduce patient readmissions.

The Vial of Life was created as a resource the patient could have on hand, at home, which could be easily transported from one level of care to the other. It contains valuable patient history, medication list, and other pertinent information. The vial includes a patient information form, a refrigerator magnet to notify EMS and family that the vial is readily available, and a label on the vial. These vials are available to providers in the Case Management Office of Stillwater Medical Center. Contact Joanna Phillips, RN, Manager of Case Management at (405) 742-5363 for any information.

### **Cimarron Medical Services Monthly Sales**

10% Off Rebound TENS Machines

10% Off Wrist, Knee, and Ankle Splints

15% Off Roscoe Fingertip Pulse Oximeters

## Garden Egg Salad

Courtesy of Food Network Kitchen



### Ingredients:

6 large eggs  
 ½ cup low-fat mayonnaise  
 2 tablespoons whole-grain mustard  
 Kosher salt and freshly ground black pepper  
 2 scallions (white and green), thinly sliced  
 1 rib celery, minced, scant ½ cup  
 2 radishes, grated on the large holes of a box grater  
 8 romaine lettuce leaves  
 1 cup pea or other sprouts

### Instructions:

1. Put the eggs in a saucepan with enough cold water to cover. Bring to a boil, cover, and remove from the heat. Set aside for 12 minutes. Drain the eggs and roll them between your palm and the counter to crack the shell, then peel under cool running water.
2. Dice the eggs. Combine the eggs with mayonnaise, mustard and season with the salt and pepper. Stir in the scallions, celery, and radish.
3. Divide the egg salad among the lettuce leaves, top with the sprouts and roll up. Serve 2 rolls per serving.

**Source: foodnetwork.com**

**Provided by:**

**Katy Edens, RDN, LD**



## Cimarron Medical Services

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[www.cimarronmedical.com](http://www.cimarronmedical.com)

Quality Services  
Provided by:

Stillwater  
Medical Center



1201 S Adams

Phone: 405-624-6578

[www.smchomehealth.com](http://www.smchomehealth.com)

### Lifeline Service

By Paula Yerger



PHILIPS  
Lifeline

Cimarron Medical Services offers Philips Lifeline personal emergency response system. The GoSafe System is the medical alert system that gives you the freedom to go where you want, when you want. Get access to live help 24/7 at home and on the go. A lightweight, waterproof help button allows two-way voice communication with a Lifeline Response Associate.

For those who like to stay close to home, we have the HomeSafe System that is an affordable way to maintain your independence while being prepared in the event of an emergency. You have access to the help you need 24/7 at the push of a button. To learn more about how Lifeline may give you or your loved one peace of mind and a renewed sense of independence, please call Paula Yerger at Cimarron Medical Services, (405) 377-9735.

Source: [philips.lifeline.com](http://philips.lifeline.com)

#### Cimarron Medical Services is Moving!

Construction is underway for the new Cimarron Medical Services location. Our new building is on the corner of 12th Avenue and Adams Street, conveniently located near SMC's main campus. We are excited for the opportunity to use the added space to provide more retail items for health and wellness. Look for us to be moved in by the end of Summer 2017.



### Oklahoma Advance Directive for Home Care

The Advance Directive for Health Care, also known as a "Living Will", is a legal document that gives directions to healthcare providers regarding your wishes concerning life-sustaining medical care. The form allows you to state your wishes regarding ventilators, feeding tubes, surgery and drugs to prolong your life, and to name a healthcare proxy who will speak on your behalf. Every adult should complete an Advance Directive.

It is impossible to predict when someone could have an accident or sudden illness and become unable to communicate their own healthcare wishes. The Advance Directive ensures that your wishes are followed if you are incapacitated. The Advance Directive requires signatures of two witnesses, but it does not require a notary to be legal. You should make several copies and have one on file with your doctor(s) and close family members; it should be easily accessible in the case of emergency. The Advance Directive can be revoked at any time and should be reviewed every few years to ensure it still reflects your wishes.

For more information about Advance Directives or to download the form, go to <http://www.okhs.org>.

Reviewed by Pam Murphy, MS

*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](mailto:alindsey@stillwater-medical.org)*