

Home Care Connection

Connecting Hospital to Home

Cimarron Medical Services

Stillwater Medical Center Home Health Services



Volunteer Services is a valuable part of Stillwater Medical Center. The presence and assistance they provide enhances the quality of care received by patients and families. Each year our dedicated volunteers provide the health system with over 45,000 hours of service. All volunteers are trained and placed in various Stillwater Medical Center departments.

Cimarron Medical Services currently has volunteers helping with the Lifeline medical response system and is looking to engage volunteers as customer service greeters in their retail store.

Stillwater Medical Home Health Services currently has volunteers helping out nursing staff by providing clerical support and expects to offer more opportunities for volunteers in the near future.

If you are interested in volunteering at SMC stop by the hospital to pick up an application or download the form online at www.stillwatermedical.com

Volunteer Appreciation

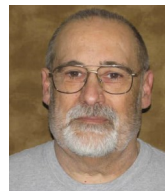
Lifeline Volunteers

Stillwater Lifeline has 4 volunteers – Lee Murlin, George McElhoe, Richard Romshe, and Herb Click. These gentlemen complete all of the Lifeline installations, repairs, and pickups. They have volunteered with Stillwater Lifeline for a total of 16+ years.



Lee has been a Lifeline volunteer for over 10 years. He is retired from the telephone industry after 35+ years. His experience in the telephone industry is extremely helpful when it comes to installing and troubleshooting Lifeline units.

George has been a Lifeline volunteer for 4 years. He is retired faculty from OSU in the Aviation and Space Education Program and a former Air Force Pilot.



Richard is a retired mechanic for United Airlines after 33 years. He has been a volunteer with Stillwater Medical Center overall for about 16 years. In addition to being a Lifeline volunteer, he also volunteers in the ICU and has volunteered with his late wife, Lavonne, in the snack bar.

Herb is our newest Lifeline volunteer. In addition to Lifeline, Herb also volunteers in the ICU waiting room, and is a full-time SMC employee.



All of our volunteers unselfishly offer a great amount of support to the Lifeline program. We are very thankful to have an amazing team of volunteers!

Cimarron Medical Services Weekly Sales

July 5th 10% off Compression Hosiery
 July 11th 10% off CPAP Wipes
 July 18th 10% off Medela Nursing Supplies
 July 25th 15% off Roscoe Fingertip Pulse Oximeters

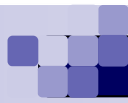
Granola Fruit Squares

- 1 cup old-fashioned oats or quick oats, uncooked
- 1/4 cup almonds
- 1/4 cup walnuts
- 1 Tbsp. flax seeds
- 1/2 cup whole-wheat flour
- 1 tsp. ground cinnamon
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1/4 cup canola oil
- 1/4 cup honey, softened
- 1/4 cup brown sugar
- 1/2 tsp. vanilla
- 2 eggs
- 1/2 cup fresh blueberries
- 1/2 cup dried fruit (raisins, cranberries)

Directions:

1. Preheat oven to 350 degrees.
2. Line 9-inch square baking dish with aluminum foil. Coat foil with cooking spray.
3. In large nonstick skillet over medium heat stir oats, nuts and seeds and toast for 6-8 minutes. Set aside. When cool, in food processor, pulse mixture until coarse. Avoid making the mixture too fine.
4. In mixing bowl combine flour, cinnamon, baking powder and salt. Whisk until blended. Set aside.
5. In another mixing bowl combine oil, honey, sugar, vanilla and eggs and mix well. Stir in flour mixture until just combined. Gently add oat mixture, blueberries and dried fruit.
6. Pour granola batter into dish and spread evenly. Bake until mixture is set, 25 to 28 minutes. Remove from oven and allow to completely cool. Remove granola slab from baking dish. Cut into bars.

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Cimarron Medical Services
Stillwater Medical Center Home Health Services

**Cimarron
 Medical Services**

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Toll free: 1-800-368-1346

www.cimarronmedical.com

**Quality Services
 Provided by:**

**Stillwater
 Medical Center**



824 S. Walnut

Phone: 405-624-6578

www.smchomehealth.com



New Home for Stillwater Medical Center Home Health Services

Stillwater Medical Center Home Health Services is the only local, hospital-based, nonprofit home health agency in Stillwater. Stillwater Medical Center opened Stillwater Medical Center Home Health Services in 1992. Since that time, the home health agency has been located in 6 different office locations in the city of Stillwater. Stillwater Medical Center began developing plans for an offsite location on 12th street for physician office space and ancillary services including Home Health Services. The construction is moving forward and the 12th Street location will be ready for occupants by mid-summer. SMC Home Health Services is anticipating the move to the new location toward end of summer or beginning of fall.

The first floor will house physician offices and outpatient laboratory services. SMC Home Health Services will be joined on the second floor by several other ancillary departments of Stillwater Medical Center. The flow of the home health office is designed to be open and conducive to care coordination by the various disciplines of therapists and nurses who care for the home health patients.

Do you have CPAP questions? We have CPAP answers!

Come in Tues, July 12th

9:00 am – 6:30 pm

and speak with

our Respiratory Therapists:

- Have your CPAP pressure checked
- Look at new products
- Pick up replacement supplies
- Speak with the ResMed Rep
- Sign up for the CPAP supplies replenishment program



**CPAP Mask Wipes will be
 25% off during this event!**

Firework Safety by: Maria Avers, RN, FCN, MSNE

Fireworks are an American tradition, but can be very dangerous. In 2014, over 10,000 people were injured using fireworks.* Injuries included severe burns, losing eyes, hands, or fingers, and even death. There are ways to prevent injuries if you follow these safety measures.

- ★ Do not let children play with or light fireworks, even sparklers can cause severe burns. Some sparklers can reach 1800o F, hot enough to melt gold. Fireworks should be handled by adults only.
- ★ Read and follow all instructions and warnings on packaging.
- ★ Use fireworks on a hard, flat, level surface such as plywood or concrete away from structures, trees, dry grass, or brush.
- ★ Stay clear; the audience should be sitting 50-100 feet away from where fireworks are being lit. Never put your head or other body part over the top of any fireworks. Never hold a lit firework in your hand.
- ★ Keep water close, such as a hose, bucket of water, or even a fire extinguisher.
- ★ Never use fireworks as weapons by aiming, pointing, or throwing them at another person or property.
- ★ Purchase fireworks at reliable, licensed firework dealers. Do not use illegal fireworks or attempt to make your own.

The best way to keep your family safe is not to use any fireworks at home – period. Instead, go to public firework displays and leave the lighting to the professionals. Stay safe so you don't have to spend your holiday in the emergency room! *U.S. Consumer Products Safety Commission statistics



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