

Home Care Connection

Connecting Hospital to Home

Cimarron Medical Services

Stillwater Medical Center Home Health Services

Meet the Staff: Arcadia Ruff, HHA

Arcadia Ruff is a Home Health Aide for the Stillwater Medical Center Home Health Department.

She was born in Angleton, TX and moved to Stillwater when she was seven.

She completed several certifications at Meridian Technology Center while in high school, including Medication Administration Technician, Certified Nursing Assistant, Healthcare Technician, and Home Health Aide.

She will be graduating NOC this year with two Associate Degrees; one in Arts & Sciences and the other degree in Health Services Technology.

Working in the home health field and growing closer to her patients is something she enjoys while learning something new every day.



Summer Travel Safety

by: Trey Ratzlaff, PTA

Spring and summer usually mean increased travel for most of us. The best thing to remember is drive with caution and be alert to joggers, bicyclists, children at play, and even animals that get loose. Nice weather brings more people outside which increases both auto and pedestrian traffic. As we know here in Oklahoma, spring and summer also bring storms and rain, which can also cause their own problems.

Driving Tips for Rainy Weather:

Even the best drivers can get a little nervous about driving in rain, but it can be a bigger challenge for older adults or people with disabilities, who may have slower reflexes and vision limitations. Being prepared and taking it slow can help you feel more secure on the road. Start by following these driving tips from the editors at Edmunds.com; they will help you get to your destination safely—and with your nerves intact.

Before You Go:

- Allow more travel time.
- Do not try to cross running water.
- Look out for pedestrians.
- Always keep an emergency kit in the car.
- Turn on your headlights - whenever you use your wipers.
- Remember that wet roads are more slippery, so leave extra space between you and other cars.
- If possible, stay in the middle lane. According to the Edmunds.com editors, most American roads are higher in the middle, so there's a greater chance of water runoff and standing water in the side lanes.
- Make sure your car is in good condition, including the tires and windshield wipers.
- Consider safety features such as stability control, traction control, and all-wheel drive.
- Try to avoid pools of standing water; they could be hiding holes in the pavement.
- After driving through a puddle, tap your brake pedal to help dry your brake rotors.



These are just a few driving tips to increase your safety and security while driving in rainy weather.

Cimarron Medical Services Weekly Sales

May 31st	10% off CPAP Pillows
All of June	10% off Lift Chairs (Cash & Carry)
June 13th	10% off Medela Nursing Supplies
June 20th	10% off In-Stock Mastectomy Swimsuits
June 27th	10% off Rebound TENS Machines

Fresh Guacamole

Ingredients:

- 4-6 avocados, mashed
- ½ - 1 red onion, chopped
- 1-2 tsp lime juice
- 4-5 Roma tomatoes, diced
- Salt and pepper to taste
- 4-5 Tbsp fresh cilantro
- 1/8 tsp cumin
- 1-2 cloves fresh garlic



Directions:

1. Place avocados in a bowl and mash with a fork.
2. Immediately mix in remaining ingredients
3. Use with baked chips as a side dish or on top of salad or meat dishes.



Angela Gamble, MS, RD, LD



Cimarron Medical Services
Stillwater Medical Center Home Health Services

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Medical Services**

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Quality Services
Provided by:

**Stillwater
Medical Center**



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Summer Oxygen Safety by: Zachary Hall



In order to beat the heat, let's go over the safety precautions of using oxygen during the summer.



Oxygen tanks should never be exposed to extreme temperatures. Extreme hot or cold temperatures could cause your tank to not function properly. It can cause the tank to leak when exposed to extreme cold temperatures.

Having a leak in a tank is the least of your worries in the summer. If the tank is exposed to a temperature exceeding 130°F for any period of time, it could cause the pop-off valve to release. If this pop-off valve happens to release, it will do so at a very high velocity, potentially causing harm to anything in its path. The pop-off valve has been reported to break a car window if the tank was stored in the car for a significant period of time. Here are some helpful hints to keep you and your car safe during the summer months: **If at all possible, do not store tanks in your car.** If this cannot be avoided, please wrap your tank in a towel so that if the pop off valve does release, it will be in a contained environment. And lastly, never store your tanks in the trunk of your car.

On a brighter note, if you are planning a trip this summer, please remember to have a copy of your oxygen prescription. Although insurance will only pay for one provider of oxygen, your prescription will help you get what you need in case of an emergency through a provider in that area. The staff at Cimarron Medical will be glad to help with any of your other travel questions and can be reached at (405) 377-9735 or (800) 368-1346. Thank you and have a safe summer!

Preventing Dehydration

You should drink plenty of fluids to avoid becoming dehydrated. Most of the time, you can prevent dehydration by drinking water regularly throughout the day. Be guided by your thirst, but be aware that in hot weather, when exercising and during illness, you should drink more.



Beat the Heat by: Karlie Brasher, RN

With the hot summer months approaching, here are some tips to keep yourself and your home cool.

☀️ Take advantage of early morning or late evening to do outside chores when the temps are cooler. ☀️ Avoid strenuous exercise. ☀️ Wear loose fitting clothing, preferably cotton. ☀️ Wear hats and sunglasses when going outdoors. ☀️ Always apply sunscreen at least one hour prior to leaving home. ☀️ If you do not have air conditioning, take advantage of public libraries, shopping centers and restaurants. ☀️ Use fans in your home. Fans circulate air and make you feel cooler even in an air conditioned home. ☀️ Clean or replace air filters in your home about once a month during the summer. ☀️ Avoid caffeine such as coffee, tea and caffeinated sodas as they promote dehydration.

Elderly are especially at risk for heat related illnesses such as dehydration, heat exhaustion and heat stroke. Family members and friends of the elderly should do frequent checks with the elderly to make sure they are staying cool and remind them to stay hydrated. One of the most important things to remember is the elderly should drink plenty of fluids to make up for the fluids lost due to sweat. As persons age, their sense of thirst decreases and by the time an elderly person feels thirsty, they may already be dehydrated. Signs of dehydration include confusion, fatigue, cracked lips, dry tongue and poor skin elasticity. The best form of hydration is drinking water. Check with your physician to make sure that an increase in fluids is not medically contraindicated. The average adult should intake eight 8 oz glasses of water each day. Stay cool and enjoy your summer!

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