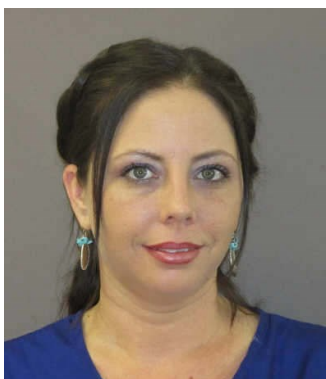


Home Care Connection

Connecting Hospital to Home

Cimarron Medical Services
Stillwater Medical Center Home Health Services

Meet the Staff: Kaycee Stewart, HHA



Kaycee Lynn Stewart started with SMC a little over a year ago as a Certified Nursing Assistant with the Home Health department. She loves all the people she works with as well as her patients.

Kaycee was raised by her grandparents and lives in Cushing, OK. She is married with four children and one dog. She enjoys work and, in her free time, spending time with family and children. She has two girls and two boys who keep her very busy with sport activities that include track, football, cheer and all-star cheer and tumble. She also enjoys gardening, travel and cooking.

Stroke Awareness

Act F.A.S.T.

by: Crystal Franklin, RN

What is a Stroke and what are the symptoms? A stroke occurs when there is a loss of blood supply to an area in the brain. The symptoms are quickly recognizable and it is very important to call for help immediately when recognized. Early recognition can make a world of difference in the treatment and recovery after a stroke. A song has been created to make the initial signs to report easy to remember:

FAST

The letter **F**, it stands for face,
 If one half droops, no time to waste.
 The letter **A** means an arm that's weak,
 The letter **S** means it's hard to speak
 The letter **T** means it's time for 9-1-1,
 Call right away so help will come.

Learn the song to show you care
 And help end stroke each time you share¹

In order to prevent a Stroke, you must know what risk factors you need to avoid or eliminate:

- Reduce or manage cholesterol and blood pressure
- Prevent or control diabetes
- Avoid tobacco and second hand smoke
- Consume alcohol in moderation
- Reduce or maintain weight within normal limits
- Maintain a healthy diet and exercise regularly

¹<http://www.strokeassociation.org/>

Cimarron Medical Services Weekly Sales

Entire Month – Free Installation on Philips Lifeline
 May 2nd 10% off CPAP Pillows
 May 9th 10% off In-Stock Mastectomy Swimsuits
 May 16th 10% off Walkers
 May 23rd 10% off Lift Chairs (Cash & Carry)

Crockpot Spaghetti Squash

Prep time 2 mins

Cook time 4 hours

Serves: 4

INGREDIENTS

1 large spaghetti squash (or 2 small will usually fit in a 6 qt. crockpot)

INSTRUCTIONS

- Wash your spaghetti squash thoroughly with soap and water.
- Pierce 4-5 times with a sharp knife.
- Place in crockpot and cook on HIGH for 3-4 hours or on LOW for 5 hours.
- Be careful when removing your squash from the crockpot, because it will be very soft and flimsy.
- Cut squash down the center and remove seeded center. Then, using a fork, scrape out all of your yummy spaghetti squash!

You can then use it as you would pasta.



www.familyfreshmeals.com/
 Angela Gamble, MS, RD, LD



Cimarron Medical Services
Stillwater Medical Center Home Health Services

**Cimarron
Medical Services**

723 Eastgate

Phone: 405-377-9735

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

Helpful Equipment for Stroke Survivors by: Ann Porterfield

According to the article "Rehabilitation Therapy after a Stroke" by the National Stroke Association at www.stroke.org, "Stroke survivors and their families can find workable solutions to most difficult situations by approaching every problem with patience, ingenuity, perseverance, and creativity." Cimarron Medical Services (CMS) has equipment that may be very beneficial in your loved one's situation. CMS has "aids to daily living", mobility and bathroom equipment, and supplies to help with rehabilitation.

"Aids to daily living" includes items such as easy-to-grasp eating utensils, dressing sticks, and leg lifters. Hospital beds that will raise and lower at the head and foot are available, as well as, transfer boards and patient lifts to assist with making transfers from bed to chair and such.

Mobility options are adjustable canes, manual wheelchairs, and power chairs or scooters. Insurance may help pay for beds, patient lifts, and mobility equipment. Please speak with a CMS representative about those details. Bathroom equipment refers to toilet safety frames, toilet seat risers, transfer tub benches, and shower chairs.

Equipment to aid in rehabilitation depends on what the therapist recommends. CMS carries exercise peddlers which can improve muscle endurance in the legs. It can also be used on a table to exercise the arms. CMS has therapy bands and putty that strengthen muscles by using resistance.

Cimarron Medical Services hopes for the best on your journey with your loved one. Please call or come by CMS if you need any assistance.



When someone is affected by a stroke, they might experience numbness, weakness or paralysis on one side of the body making it difficult to press the Lifeline button if it's worn as a bracelet. If worn as a necklace, the subscriber should be able to press their button with their non-affected hand to call for immediate help. The Lifeline necklace is available on all of the Lifeline products Cimarron Medical has to offer.



Stroke Care Across the Continuum by: July Stanley, RN

Stillwater Medical Center is certified as a Primary Stroke Center and offers stroke care across the healthcare continuum. Upon arrival at Stillwater Medical Center, our Emergency Department team works together to assess the patient and determine if a stroke has occurred. Brain scans are used to identify the type of stroke. Scans aid in determining whether blood flow has been blocked (ischemic stroke) or a blood vessel has ruptured (hemorrhagic stroke). Based on the results of the scan and other factors, the physician may recommend medication such as clot busters, medical care and support, or a procedure.

In addition to SMC's two neurologists on staff, patients have access to advanced care through an arrangement with neurologists at Integris. Some treatments like administration of clot busters can be done locally. When a procedure is necessary, the patient is transferred to Integris or the patient's hospital of choice.

Many stroke patients require additional care following discharge from an acute care hospital. Stillwater Medical Center offers a variety of resources to help meet those needs with inpatient rehabilitation, homecare or outpatient rehabilitation services.

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