

**Cimarron Medical Services
Stillwater Medical Center Home Health Services**

Home Care Connection

Connecting Hospital to Home

**CMS Operations
Supervisor**



John Corbell

John joined the Cimarron Medical Home Care Team in 2006. He is our Operations Supervisor. He does the purchasing for Cimarron and supervises our Technicians.

John is from Tulsa where he was a cabinet-maker for 16 years. John and his wife Angela have been married for 6 years and have 2 children, Rebecca and Thomas.

His hobbies are golf, riding his motorcycle, hunting, football, NASCAR and spending time with his friends and family.

He really enjoys working for Cimarron Medical Services and the opportunity to help others every day.

**December is
Winter Readiness Month**

**Cimarron Medical Services
Holiday Specials**



10% off Lift Chairs



Sale Price \$48
(reg. \$59.99)
Pulse Oximeter



\$270 – Breastpump
Pump in Style Advanced
(reg. \$299.99)



10% off Reachers

* Sales tax not yet applied to prices
* Sale not applied to insurance

**Newsletter now available in email version.
If you would like to be added to our monthly e-mailing
list, please send your e-mail address to:
alindsey@stillwater-medical.org.**

Cimarron Medical Services Weekly Sale

**** Entire month	10% off lift chairs	****
Dec 10th	Fingertip pulse oximeters	\$48
Dec 17th	10% off walkers with wheels	
Dec 24th	10% off peddlers	
Dec 31st	10% off shower chairs	

**Low-Fat
Holiday Sugar Cookies**

- 5 tbsp butter, softened
- 3/4 cup sugar
- 1 egg
- 1 tsp vanilla extract
- 1 2/3 cups all-purpose flour
- 1 tsp baking powder
- 1/4 tsp salt

Using a mixer, beat butter and sugar until creamy. Add egg and vanilla, mixing well. In another bowl, whisk together flour, baking powder and salt. Gradually stir flour mixture into butter and sugar until dough forms. Don't worry if the dough seems a little crumbly at first; it will come together. Wrap dough in plastic and chill for two hours in the refrigerator.

Preheat oven to 350 degrees. On a lightly floured surface, roll out dough to a 1/4-inch or 1/8-inch thickness. Use holiday cookie cutters dipped in flour to make cutouts. Gather scraps and re-roll until all the dough is used.

Place cookies 1 inch apart on a parchment-lined cookie sheet. Bake for 9-10 minutes or until the edges are lightly browned. Transfer to wire rack after 1 minute to cool.



Source: <http://lowfatcooking.about.com>

**Cimarron
Medical Services**

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Quality Services

Provided by:

**Stillwater
Medical Center**

**Home
Health
Services**

824 S. Walnut

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Winter Preparedness

By: Teresa Williams

With the upcoming winter months, we all need a plan. If you, or someone you know, lives alone, you should make plans to ensure your needs or theirs are met in case of severe weather or power outage. Stock a home disaster kit with flashlight and extra batteries, a battery operated radio, bottled water, non-perishable foods, medicines, sleeping bags and extra blankets.

Always have someone check on you after a storm or power outage, if possible. Have a list of emergency telephone numbers and your cell phone and charger. If available, have a generator as an alternative source of power. Plan on a warm place to go until your electricity comes back on. Please make sure you call your Home Health agency or DME company if you have to leave your home, as the staff checks on their patients.

If you are planning to get out on the roads, watch for black ice and wear flat shoes with good traction to avoid falls. Remember to dress in layers and have an emergency kit in your vehicle containing, jumper cables, extra clothing, blankets, first aid kit, ice scraper, kitty litter or a sand bag, cell phone and charger and change for pay phone. Keep plenty of gas in your car so you don't run out and get stranded in snow, ice, or cold temperatures.



Featured Item: Light & GO Mobility Light



The Light & GO mobility light is a hands free light for your walker, wheelchair, rollator, or cane! It has a patented motion and light-activated technology with 3 bright, long-life LEDs for enhanced visibility. The Light & GO runs on 2 standard AAA batteries and has an easy-to-use clamp with foam padding for a secure grip.



Coping with Holiday Stress

By: Pamela Murphy, MS



The holidays can be a stressful time for all of us. It is the season of guests, parties, shopping, cleaning, decorating and entertaining. When stress is at its highest, it is hard to calm down. The best idea is to prevent stress from reaching an unmanageable level.

The following is a list of tips from the Mayo Clinic to help manage holiday stress: **1)** Acknowledge your feelings and don't stuff them inside. **2)** Reach out to others if you are feeling lonely or isolated. **3)** Be realistic with your expectations; no holiday is perfect. **4)** Set aside differences and accept family members and friends as they are. **5)** Stick to a budget with food and gift shopping. **6)** Plan ahead and set aside time to shop, decorate, bake, etc. and then learn to say no to others so you don't get overwhelmed. **7)** Don't abandon healthy habits such as eating healthy and exercising, even when you have guests around – include them! **8)** Take time away from the hustle and bustle to be alone and refresh and relax.

If you feel overwhelmed to the point of extreme anxiety or depression, or if you are unable to sleep and feel helpless and hopeless, seek professional help. With a little planning and positive thinking, you can experience a peaceful holiday season.

If you would like to be removed from or added to our mailing list or have comments about the newsletter, please contact Amy at 405-377-9735 or by email at alindsey@stillwater-medical.org