

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

# Home Care Connection

## Connecting Hospital to Home

### CMS Home Medical Equipment Technician



#### Lonnie McKinzie

Lonnie joined Cimarron Medical Services in August of 2012. He is a Home Medical Equipment Technician.

Lonnie graduated from C.E. Donart High School and has spent most of his life in Stillwater. Previously, he was employed for 28 years with MerCruiser as a Machinist. He is excited about working with Cimarron Medical Services and exploring this new chapter in his life.

Lonnie has been married for 30 years to Cheryl McKinzie. They have two children and five grand children. He is currently serving on the deacon board at Calvary Assembly of God church and in his spare time he enjoys spoiling his grandchildren and OSU Wrestling.

## February is Cardiac Rehabilitation Month



### Cardiac Rehab

By: Shannon Isom, MS RCEP RN



Cardiac Rehab is physician ordered and a supervised exercise program including risk factor medication as well as peer and professional support. While in the program at Total Health you will be monitored by a skilled team comprised of a physician, registered nurses, exercise physiologists and other skilled staff. The team routinely monitors EKG's, heart rate, blood pressure, manage symptoms as they arise and communicate with your referring physician.

Patients attending Cardiac Rehab after a cardiac event have been shown to have better outcomes long term compared to patients that do not attend a rehab program following an event. If you, a family member, or friend may benefit from the program at Total Health ask your physician if it is appropriate.

Further details on the program may be obtained contacting Total Health at 405-624-6592 or visiting our website at <http://th.stillwater-medical.org/page/main/cardiac-pulmonary/cardiac-rehab>.

**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

Feb 4 <sup>th</sup>	10% off reachers
Feb 11 <sup>th</sup>	10% off wrist, knee, & ankle splints
Feb 18 <sup>th</sup>	10% off exercise peddlers
Feb 25 <sup>th</sup>	10% off lift chairs

### Yummy Crispy Baked Fish

#### Ingredients

- 1 lb tilapia fillets
- 1/4 cup milk
- 1/2 teaspoon vinegar
- 1 tablespoon brown mustard or 1 tablespoon honey mustard
- 1/2 cup cornmeal
- 1 teaspoon salt
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1/2 teaspoon thyme
- 1/2 teaspoon pepper
- 1/2 teaspoon cayenne pepper, adjust to your taste
- lemon wedges

#### Directions

1. Mix milk, vinegar and mustard and let set for 15 minutes. This will make a mustardy, buttermilky dressing to coat the fish.
2. In a separate bowl mix, cornmeal with all the seasonings.
3. Dip fish fillets in the milk mixture and then in the cornbread mixture.
4. Spray broiling pan with cooking spray or brush with a little olive oil.



Source: <http://www.food.com>

## Cimarron Medical Services

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## Quality Services Provided by: Stillwater Medical Center



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### Reduce Cardiac Risk By: Bonnie Campis, RN



Heart disease is the number one cause of death in the U.S. for both men and women. Lifestyle choices have been proven to significantly influence the health of your heart. The more risk factors you have, the greater your chance of having a heart attack or stroke. Include these steps to prevent heart disease in your heart healthy diet:

1. Control portion size. How much you eat is as important as what you eat.
2. Eat more vegetables and fruits. Vegetables and fruits are good sources of vitamins and minerals.
3. Select whole grains. Whole grains are good sources of fiber and other nutrients that help in regulating blood pressure and heart health.
4. Limit unhealthy fats and cholesterol. Choose Olive oil, Canola oil, or margarine with no trans fats; Avoid butter, lard, bacon fat, gravy or cream sauce.
5. Choose low-fat protein sources. Lean meat, poultry, fish, low-fat dairy products, and egg whites or egg substitutes.
6. Reduce the sodium in your food to lower your blood pressure.
7. Plan ahead. Create daily menus so that you will be able to avoid salty high fat foods and get a variety of different nutrients.
8. Allow yourself an occasional treat. The occasional indulgence will make it easier to stay on track and eat healthy the majority of the time.

It is never too late to start on the path to wellness. Regular exercise doing something you enjoy is a good place to start. Whether it is a brisk walk with the dog or zumba at the gym, there are multiple opportunities to improve overall fitness.



### TIP OF THE MONTH

The Omron Blood Pressure Monitor presents blood pressure and pulse readings on a large digital display in seconds. Whether you choose a manual or automatic model, or an upper arm or wrist style – Omron blood pressure monitors feature clinically proven accuracy and compact design. The monitor stores up to 30 readings and allows you to review them at the touch of a button.



### What Normal Blood Pressure Is And What To Monitor

By: Julie Muret, RRT



Blood pressure is the force of blood against the walls of blood vessels. Normal blood pressure for an adult is approximately 120/80 mm Hg. If your blood pressure is in between 120/80 and 139/89, it is called prehypertension. If it is 140/90 or greater, it is considered to be hypertension (high blood pressure).

If you have high blood pressure you should talk with your doctor, so you can work together to control it. Uncontrolled high blood pressure can cause heart failure, heart attacks, strokes, kidney failure, and can potentially cause blindness. Living a healthy lifestyle, regularly monitoring your blood pressure, and taking medications as prescribed by your doctor can help control high blood pressure. A few steps you can take to help lower your blood pressure is eating healthy, which includes eating plenty of fruits and vegetables and low fat dairy products; reducing salt/sodium intake; being physically active; drinking alcohol in moderation; and quitting smoking. Talking with your doctor and setting up a plan is the first step to controlling your blood pressure.

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