

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

# Home Care Connection

*Connecting Hospital to Home*

**SMC Home Health  
Social Worker**



**Pam Murphy, MS**

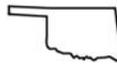
Pamela Murphy is the medical social services worker for SMC Home Health. She has held this position for 12 years. She earned her BS in psychology in 1983 and MS in 1985 in community counseling from OSU.

Pam finds her job challenging and fulfilling. No two patients are alike; they each bring with them a unique history and distinct strengths and weaknesses that she gets to help them explore. She also loves working in the medical field with such a dedicated staff of nurses, therapists and aides.

Pam also teaches psychology courses at the NOC-OSU Gateway program and she loves to travel. She has been married to John Murphy for 25 years and they have 3 children. Jessy and Nicole are OSU students and Jackson is a junior at Stillwater High School.

**March is  
National Social Work Month**

**Oklahoma Advanced Directive  
for Home Care**  
By: Pam Murphy, MS



The Advance Directive for Health Care is a legal document that gives directions to healthcare providers regarding your wishes concerning life-sustaining medical care. The form allows you to state your wishes regarding ventilators, feeding tubes, surgery and drugs to prolong your life, and to name a healthcare proxy who will speak on your behalf. Every adult should complete an Advance Directive.

It is impossible to predict when someone could have an accident or sudden illness and become unable to communicate their own healthcare wishes. The Advance Directive ensures that your wishes are followed if you are incapacitated. The Advance Directive requires signatures of 2 witnesses, but it does not require a notary to be legal. You should make several copies and have one on file with your doctor(s), close family members and easily accessible in the case of emergency. The Advance Directive can be revoked at any time and it should be reviewed every few years to ensure it still reflects your wishes.

**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**

- March 4<sup>th</sup> 10% off shower chairs
- March 11<sup>th</sup> 10% off compression hose
- March 18<sup>th</sup> 10% off walkers and canes
- March 25<sup>th</sup> 10% off Medela nursing supplies

**Mashed Potato Casserole**

**Ingredients**



- 6 medium potatoes, peeled and quartered
- 2 tsp salt
- 1/4 cup butter, melted
- 1 cup sour cream
- 1 cup sharp Cheddar cheese, shredded
- 2 T fresh chives, chopped
- 1/2 cup French fried onions
- 2 tsp cooked bacon pieces

**Directions**

1. Heat the oven to 325 degrees F. Butter a 1 1/2-quart casserole dish.
2. Place potatoes in a 3-quart saucepan; cover with cold water. Add 1 1/2 tablespoon of salt. Bring to a boil. Cover, reduce heat, and cook for 20 minutes or until fork-tender. Drain the potatoes. Put pan back on burner for 1 minute, shaking the pan until the potatoes are dry. Mash the potatoes with potato masher or mixer. Add the butter, sour cream, cheese, chives and remaining 1/2 teaspoon salt. Mash or stir until mixed well.
3. Spoon the mixture into a casserole dish. Bake the potatoes for 20 to 25 minutes or until hot. Remove from oven and sprinkle with onions and cooked bacon pieces. Return the dish to the oven and bake for an additional 5 minutes.

Source: <http://allrecipes.com>

## Cimarron Medical Services

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www.cimarronmedical.com

## Quality Services Provided by: Stillwater Medical Center



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### Improving your Access to the Community

By: Katie Roberts, ATP, CRTS



Cimarron Medical Services has several items that can improve access to the community for someone with a mobility limitation or a disability. In most aspects, sunshine and human contact are just as necessary to a persons health as food and water. Mobility limitations can occur through illness, aging, accidents and injuries and a wide scope of different causes that may happen to anyone, or ill affect us all at some stage in life. Here are a few things that can increase your ability to get outside and enjoy your day.

- **Ramps** - Ramps are available in many different styles for all kinds of homes. Here are a few options– aluminum and wood, permanent and portable, short and long, and hand made and factory made.
- **Mobility Aides** - Canes, walker, wheelchairs, and powered mobility equipment are all examples of equipment that can aide in assisting with access to your community.
- **Car Carriers** - Are available in electric and non-powered models to help you carry your mobility equipment on or in your vehicle. When considering a carrier, the make and model of the car, the mobility equipment being transported, and the carrier should all be discussed with your provider or choice.

There are a lot of organizations in existence with a focus on improving the health and well-being of people with disabilities. The staff at Cimarron Medical Services is happy to help you find the services and products available to you to assist in accessing the Stillwater or surrounding communities.

### TIP OF THE MONTH

Stay active, safe, and independent by using a rollator. A rollator is a four wheel walker with hand brakes that has a seat which allows for a quick and instant break anytime you might need one. The rollator comes standard with 6" wheels, or you might prefer the 8" wheels for better mobility through the yard. Most come with a convenient basket or carry pouch to hold miscellaneous items.



### What Can a Social Worker Do For You?

By: Pamela Murphy, MS



Medical social service workers in home health are professionals with a wide variety of specialties and expertise. They typically hold higher education degrees in social work, psychology or counseling-related fields. They are able to work with a wide range of individuals as patients, but also with families, community agencies, nurses, therapists and doctors all to enhance the care and well-being of the patient. Social workers adhere to strict ethical guidelines that pertain to confidentiality, privacy and respect, and the rights of each and every patient.

The home health social services professional visits with a patient in their own home after a doctor has referred them. They assess the situation and evaluate the need for social service intervention. These interventions include short and long-term planning, limited counseling, community resource information and referrals, application assistance for further care from other agencies, financial assistance, and they act as a resource person to educate a patient and/or family about advance directives and other legal documents for planning their future healthcare.

Medical social services professionals work in conjunction with the inter-disciplinary team of doctors, nurses, therapists, aides and all others that treat a patient. As such, they must practice good communication and be an advocate for their patients' best interests. The social worker should be proactive when identifying, analyzing and implementing strategies to enhance the lives of their patients because in the end, they are involved to help improve the patient's quality of life.

*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)*