

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

# **Home Care Connection**

## **Connecting Hospital to Home**

**Occupational Therapy**



**Physical Therapy**



**Speech Therapy**



SMC Home Health Services has a great team of therapists who work to provide the patient with the ability to live as independently & safely in their home as possible.

- Occupational therapy helps to redesign ways for the patient to complete daily living tasks.
- Physical therapy provides a method to return mobility in a variety of ways to the individual client.
- Speech therapy works to improve the ability of the client to communicate and process information, as well as develop techniques to correct swallowing deficits.

SMC Home Health Services are proud of the care provided by our therapy team.

**September is National Rehabilitation Awareness Month**

### **Celebrating 20 years of Home Care**

In 1992, Stillwater Medical Center launched a revolutionary idea creating a division of Home Care. The ability to provide quality care to the citizens of Payne County in their home was a dream come true for the visionary staff that made up the initial Home Care team.

Stillwater Medical Center Home Care Team appreciates the support of Stillwater and the surrounding communities for the past twenty years of service and would like to take this time to say thank you to everyone. Please join us for the celebration and give us the opportunity to thank you in person.



**So far Sallie, BJ,  
and Kenneth are  
winners of the  
weekly prize  
baskets!**



**Celebratory events include:**

**Tuesday September 11** – Customer Appreciation all day at Cimarron Medical Services

**Thursday September 13** – Join us from 11am-1pm for an Open House and Cookout at



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

**Cimarron Medical Services Weekly Sale**

Sept 4<sup>th</sup>  
Sept 10<sup>th</sup>  
Sept 17<sup>th</sup>  
Sept 24<sup>th</sup>

Drawing for 'Wellness' basket  
Drawing for grand prize 32" Vizio TV  
15% off Roscoe fingertip oximeters  
10% off reachers

**Chicken Waldorf Sandwiches**

- 4 boneless skinless chicken breast halves, about 6-ounces each
  - 1 (14 ounce) can fat-free chicken broth, use enough to cover the chicken
  - 1/4 cup fat-free mayonnaise
  - 1/4 cup nonfat sour cream
  - 2 teaspoons orange zest, grated
  - 3 tablespoons fresh orange juice
  - 1 medium granny smith apple, peeled, cored, diced
  - 2 celery ribs, cut into 1/4-inch dice
  - 12 slices whole wheat bread, artisan-style, sliced thin
  - 6 boston lettuce leaves
- Place the chicken breasts in a pan and cover with broth. Bring to a simmer and cook until done, about 8 to 10 minutes. Allow to cool in the broth, then cut into small dice. In a small bowl mix together the mayonnaise, sour cream, orange zest, and juice. Add the dressing to the chicken. Stir in the apple and celery. Place a leaf of lettuce on each of 6 slices of bread.

Top with chicken salad and top with a second piece of bread. Wrap in plastic wrap & place in refrigerator until ready to serve.



Recipe  
Source:  
[Food.com](http://Food.com)

**Cimarron  
Medical Services**

723 Eastgate

Phone: 405-377-9735

Toll free: 1-800-368-1346

[www.cimarronmedical.com](http://www.cimarronmedical.com)

**Quality Services  
Provided by:**

**Stillwater  
Medical Center**



824 S. Walnut

Phone: 405-624-6578

[www.stillwater-medical.org/hh](http://www.stillwater-medical.org/hh)

**Mobility Equipment Available at Cimarron Medical Services**

Cimarron Medical offers trained staff to help with your mobility needs. Katie Roberts, has been the Rehabilitative and Assistive Technologist for Cimarron Medical Services since 2005. Katie has a passion for technology and those in need of assistive technology. She obtained the Assistive Technology Practitioner credential in 2006 and became a Certified Rehabilitation Technology Supplier in 2007. She is one of 5 suppliers in the state of Oklahoma that holds both credentials.

The goal of Cimarron Medical Services is to be able to assist the local physicians, physical therapists, occupational therapists, and the community in finding the most appropriate piece of mobility equipment for each individual. The most rewarding part of finding the patient the right piece of equipment is getting to see the end result. The patient is able to regain their independence through the assistive technology provided by Cimarron Medical Services.

Cimarron Medical offers a variety of different mobility equipment-

- **Cane**– Single tip and quad tip
- **Walker**– Standard aluminum, 2 wheel, 4 wheel with and w/out seat
- **Manual wheelchair**– Transport chair, standard, light weight, and ultra light weight
- **Scooter**– Portable to heavy duty
- **Power wheelchair**– Standard to complex rehab and seating systems



**TIP OF THE MONTH**

Thera-Band's Hand Exercisers are available in variable strengths for resistance training of hands, fingers and forearms. They are provided in a progressive sequence of five colors that help strengthen grip, reduce stress, and can be used for hot or cold therapy.

**Aids to Daily Living to help with Rehabilitation Needs**  
**by Amy Lindsey**

There are currently 50 million Americans with disabilities. Everyone is at risk of disability and statistics show that most Americans will need at least one rehab service sometime during their lives. Rehabilitation is not just about getting someone back on their feet. It can lengthen and improve the quality of life. Cimarron Medical Services provides many different "aids to daily living" to help with your rehabilitation needs. These items will help you adapt to your environment and enable you to be as independent and self-sufficient as possible. Here are a few examples:

- A **transfer bench** can be a big help in the bathtub. The bather sits on the bench outside the tub and then slides their body across the bench into the tub. The bather still must lift their legs over the edge of the tub, but they can do this one leg at a time from the seated position.
- You may want to include **Thera-Band resistant bands or exercise balls** into your next work out. Thera-Band resistance exercise systems are used as tools for rehabilitating, restoring muscle and joint functions, and for improving conditioning, balance and building strength.
- In the bedroom, a **bed assist or bed cane** provides assistance for getting in and out of a home style bed. This allows a person to be more independently mobile.
- While dining, you might want to include **Sure Hand utensils**. They have a soft, non-slip grip with an extra-wide lip on the handle to stabilize grip and stop the hand from slipping forward.

All of these items and more are available at Cimarron Medical Services. Call if you have questions, or come by and see us!

**If you would like to be removed from or added to our mailing list or have comments about the newsletter, please contact Sara at 405-624-6578 or by email at [shixon@stillwater-medical.org](mailto:shixon@stillwater-medical.org)**