

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

Home Care Connection

Connecting Hospital to Home

Great Gift Ideas for Under \$20 at CMS

Remedy Skin Repair Cream
\$5.05



Sinus Mask
\$17.99



Jacknobber II Massager
\$11.99



Light & Go Mobility Light
\$14.89

clips onto walker or cane

Holiday Helpers By: Alana Woodliff

The holiday hustle and bustle is upon us! If you or a loved one has difficulty getting prepared for the holidays, we may be able to help. Stillwater Medical Center Home Health Services is now expanding its Private Pay Services to include companionship, meal preparations and light housekeeping. As well as, holiday preparations from gift wrapping to decorating living spaces for those physically or medically unable to perform such tasks themselves. This is a new private pay option offered by SMC Home Health Services based on staff availability with a cost of \$20 per hour. We also assist with pet and houseplant care.

If you would like more information regarding our Companion Services, please call Stillwater Medical Center Home Health Services at (405) 624-6578.



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 December Sale

- 10% off Lift Chairs - Cash & Carry
- 10% off Walkers or Rollators
- 10% off Exercise Peddlers
- 20% off Fingertip Pulse Oximeters
- *****plus many more items*****

Veggie Macaroni & Cheese

- 1-1/2 cups uncooked elbow macaroni
- 3 cups fresh broccoli florets
- 2 cups fresh cauliflowerets
- 3 large carrots, halved and thinly sliced
- 2 celery ribs, sliced
- 1 medium onion, chopped
- 1 tablespoon butter
- 1/4 cup all-purpose flour
- 1 cup 2% milk
- 1 cup chicken broth
- 3 cups (12 ounces) shredded sharp cheddar cheese
- 1 tablespoon Dijon mustard
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 teaspoon paprika

Directions:

1. Cook macaroni according to package directions, adding the broccoli, cauliflowerets, carrots and celery during the last 6 minutes. Drain; transfer to a greased 13-in. x 9-in. baking dish.
2. Meanwhile, in a Dutch oven, saute onion in butter until tender. Sprinkle with flour; stir until blended. Gradually stir in milk and broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in the cheese, mustard, salt and pepper.
3. Pour over macaroni mixture; stir to coat. Sprinkle with paprika.

Source: www.tasteofhome.com

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Quality Services
Provided by:

Stillwater
Medical Center

**Home
Health
Services**

824 S. Walnut

Phone: 405-624-6578

www.smchomehealth.com



Healthy Eating Tips for the Holidays By: Angela Gamble, MS, RD/LD



Eating lighter foods doesn't mean taking the joy out of celebrating. It only means being selective with your choices and/or learning to modify some traditional recipes. Choosing to implement even one new behavior can start you on the path to a healthier new you.

1. Modify your traditional recipes by decreasing saturated fats and sugar. Use skim milk instead of whole milk in your mashed potatoes or make desserts with a third less sugar -they're still delicious. Replace one third dressing with vegetables when making stuffing. Make pumpkin pie filling with evaporated skim milk and one third less sugar.
2. Avoid grazing while you cook. Little nibbles can really add up! When it's time to eat, sit down and savor it!
3. Beware of liquid calories- eggnog, beer, soda, wine, fruit punch. They go down easy and often do not add much nutritional value.
4. If you're bringing a dish to share, make it healthful and delicious. Magazines are full of reduced calorie and reduced fat holiday recipes.
5. Forget the all-or-nothing mentality. Depriving yourself of special holiday foods or feeling guilty when you do enjoy them is not a healthful eating strategy. Don't deny yourself favorite foods, but eat in moderation.
6. Be physically active every day!!! Physical activity can help relieve holiday stress, regulate appetite, and burn up those extra calories from holiday eating.

Enjoy good friends and family! Food can be important, but it doesn't have to be the focus. Concentrate on the pleasures of being with family and friends. The key is balance and moderation. It's OK to eat too much once in a while. So relax, and enjoy the holidays!

Celebrate a "Win" with Stillwater Medical Center Home Health

Stillwater Medical Center Home Health Services has been named in the top 500 agencies in the country by the National Resource Corporation and Decision Health as part of the Home Care Elite! To make the list, agencies were evaluated on quality of care, quality improvement, patient experience, process measure implementation, and financial management. Way to go SMC Home Health!



Coping with Holiday Grief By: Pam Murphy, MS

When a loved one has died, the holidays will bring a flood of emotions and fresh memories that may cause you to re-experience the pain of your loss. It is possible for you to enjoy the holidays if you are prepared.

First, make a plan for the approaching holiday that is right for you. Be prepared to tell your family and friends what you want to do this holiday season. Some people find it helpful to be with their family and friends and carry on traditions, while others want to change everything and avoid old traditions that will feel differently now that a loved one is no longer here. Recognize this, the holidays will not be the same, but they can still be special for you in a new way.

Take quiet time for yourself, but be careful not to isolate yourself. Talk to someone when you are feeling especially sad missing your loved one. Give yourself permission to express your feelings and cry.

Remember that the anticipation of the holidays without your family member is often harder than the actual holiday itself. If you are feeling overwhelmed, take a break and rest and be sure to talk to someone about your feelings.



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