

Home Care Connection

Connecting Hospital to Home

Cimarron Medical Services

Stillwater Medical Center Home Health Services

Meet the Staff: Janaya Blair, RN

Janaya is a Stillwater native, and has been a Registered Nurse for seven years. She started her nursing career at SMC on 3rd floor, before moving to Norman to be closer to her (now husband) Josh. Janaya worked at Norman Regional Hospital on a Med-Surg floor, as well as in the float pool. She started working for SMC Home Health in August, when her family moved back to Stillwater.

Janaya and her husband Josh have two girls, Averi and Madison. In her spare time Janaya enjoys anything involving her children and OSU, especially Cowboy football. Go Pokes!



Total Health

What are you waiting for?

By Joni O'Neil, RN, BSN

Our mission at Total Health is to provide a place for people to find their passion for fitness and provide an environment that promotes health and wellness as a lifestyle. Community members of all ages and backgrounds can find a way to make fitness a positive part of their daily lives.

Here are some of the possibilities at Total Health: • meet friends for a cup of coffee and walk the track, • join in various camaraderie infused boot camp style exercise groups, • enjoy fun, musically driven fitness dance classes, • improve balance and strength through quiet reflective classes like Yoga, Pilates and Tai Chi, • find your competitive streak through friendly games of Pickle Ball, • build physical power and strength through weightlifting, • enjoy the benefits of water exercising at our pool, • focus with one-on-one personal training or pop in earphones and spend time on your favorite bike, elliptical or treadmill machine.

Total Health offers something for everyone. We believe fitness is **not** a destination. It **is** a **way of life!** Come and check us out!

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 January Sale

Jan 5th 10% off Rebound TENS Units
(this TENS Unit does not require a prescription)
Jan 12th 10% off Medela nursing supplies
Jan 19th 10% off compression hose
Jan 26th 10% off CPAP Pillows

Ravioli & Vegetable Soup



- 1 tablespoon extra-virgin olive oil
- 2 cups frozen bell pepper and onion mix, thawed and diced
- 2 cloves garlic, minced
- 1/4 teaspoon crushed red pepper, or to taste (optional)
- 1 28-ounce can crushed tomatoes, preferably fire-roasted
- 1 15-ounce can vegetable broth or reduced-sodium chicken broth
- 1 1/2 cups hot water
- 1 teaspoon dried basil or marjoram
- 1 6- to 9-ounce package fresh or frozen cheese (or meat) ravioli, preferably whole-wheat
- 2 cups diced zucchini, (about 2 medium)
- Freshly ground pepper to taste

Heat oil in a large saucepan or Dutch oven over medium heat. Add pepper-onion mix, garlic and crushed red pepper (if using) and cook, stirring, for 1 minute. Add tomatoes, broth, water and basil (or marjoram); bring to a rolling boil over high heat. Add ravioli and cook for 3 minutes less than the package directions. Add zucchini; return to a boil. Cook until the zucchini is crisp-tender, about 3 minutes. Season with pepper.

www.eatingwell.com

Cimarron Medical Services

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www.cimarronmedical.com

Quality Services
Provided by:

Stillwater
Medical Center



824 S. Walnut

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www.smchomehealth.com

HEALTHPRO

SMC WELLNESS AT WORK

Have you been to the Stillwater Medical Center Cafeteria or Snack Bar lately? We have many new products to meet the expectations of our health conscience customers like you. We have increased our healthy selections of beverages, snacks, salads and sandwiches. We also have "Try It Tuesday" once a month. It's an opportunity to try new healthy recipes in our cafeteria at an affordable price.

Did you know Stillwater Medical Center has pledged to the nation-wide Healthier Healthcare Initiative (HHI) to provide healthy alternatives to traditional hospital food and beverages? We are also members of the Work Healthy Hospitals – joining forces with other Oklahoma hospitals developing a culture of wellness by helping staff increase their physical fitness, encouraging staff to live tobacco free, educate and offer healthy food and beverages more frequently to staff.

We look forward to seeing you all eat healthy, stay active, and live tobacco free, because we care about you and your loved ones!

***Be on the lookout for our healthy logo.



Article written by Michelle Axtell, MS, RD/LD

Tip of the Month

The Exercise Peddler by Drive provides a safe and gentle low impact workout for the legs or arms. Place the peddler on the floor to exercise your legs, or place on a table top to give your arms a workout. The five function display indicates exercise time, revolution count, revolutions per minute (rpm's) and calories burned.



The Role of a Registered Dietitian in the Home Setting

By Angela Gamble, MS, RD, LD

Poorly nourished adults have higher sickness and death rates than those who receive optimal nutrition. Age, disease condition and appetite are all major factors in nutritional intake. Functional status is decreased as a result of poor nutrition. Studies have shown that approximately 40% of older adults are not getting adequate amounts of three or more nutrients. The same people experience an increase in hospital admissions and the length of hospital stays. They also have more disease complications.

Expectedly, when people lose their appetite and virtually stop eating, they will most assuredly lose weight rapidly. When this is the case, it is beneficial for a dietitian to spend time exploring which foods are favorites, which foods are tolerated, and which foods are being avoided. The home setting is a wonderful opportunity to evaluate foods in the diet and consider the preparation techniques available in the patient's current environment. Recommendations are tailored specifically for the patient's needs.

Many of the diseases people have can be impacted by making small but crucial changes in eating patterns. Persons with cancer, COPD, congestive heart failure, constipation, coronary heart disease, dementia, diabetes, hypertension, osteoporosis and pneumonia, can benefit from nutritional counseling. People, who are not eating well, are also probably not drinking enough liquids, thus more likely to suffer from dehydration and the debilitation and complications which come with it.

For those who do not qualify for nutritional counseling through insurance, private pay opportunities are available. In addition to nutritional counseling, a dietitian can provide a supermarket tour and assistance with meal preparation making the meal planning process easier.

A registered dietitian working in the home can individualize a meal plan specifically for the patient's schedule, food budget and food tolerances.

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