

Home Care Connection

Connecting Hospital to Home

Cimarron Medical Services
Stillwater Medical Center Home Health Services

Meet the Staff: Cody Smith, ATP

Cody is from northwest Arkansas and has been employed at Cimarron Medical Services since May 2015. He has been in the durable medical equipment industry since 1998, he started as a home infusion medications, delivery driver and equipment technician. He has been an Assistive Technology Professional since 2008. Cody assists patients with equipment for home use as well as seating and positioning needs. He has experience with home access and workplace modifications for wheelchairs and equipment. Cody enjoys working with patients, families, therapists and physicians to meet equipment needs for safety and continued mobility.

Cody is married and has 2 daughters and 1 son. He enjoys outside activities as well as several hobbies including woodworking and furniture repair.

Cody is always available to assist with questions and information about medical equipment for the community.



Smoking Cessation By Blake Weichbrodt, PT/DPT



Stillwater Medical Center has always been very forward thinking as it relates to employee and community wellness. SMC created a no tobacco policy in 1998 which restricted smoking within the hospital but allowed smoking outside of our building. In 2006 we updated the policy to restrict smoking and the use of smokeless tobacco anywhere on the campus of Stillwater Medical Center and on the campus of any facility owned or leased by Stillwater Medical Center.

To assist in this transition SMC identified a Quit Day and offered tobacco users partially subsidized smoking cessation products including nicotine replacement therapy and provided information for support groups, counseling, and marketing of the Oklahoma Tobacco Helpline. We were asked to speak on the transition to a smoke-free campus by multiple businesses in and around Stillwater and our tobacco policy was adopted by those businesses.

SMC provides incentives to employees who are tobacco free and our most recent work includes fully subsidizing all approved nicotine replacement medication for hospital employees. Within the next year the hospital plans to introduce a smoking cessation specialist to assist employees with quitting tobacco use. SMC also plans to partner with other Stillwater businesses and promote the Great American Smokeout on November 19th of this year.

Cimarron Medical Services Weekly Sales

Nov. 2nd	10% off Compression Hosiery
Nov. 9th	10% off Exercise Peddlers
Nov. 16th	10% off Walkers
Nov. 23rd	10% off CPAP Wipes
Nov. 30th	10% off Rebound TENS Machine

Healthier Green Bean Casserole



Ingredients:

4 cans French cut green beans
1 can reduced fat cream of mushroom soup
1/2 cup skim milk
1/2 cup fried onions

Topping:

1/4 cup fried onions

Directions:

Drain all four cans of green beans. Mix in large bowl with mushroom soup and milk. Crush the 1/2 cup fried onions and mix in. Bake at 350 for 30 minutes. Take 1/4 cup fried onions and crush, add to the top and bake another 5 minutes.

“I made this at Thanksgiving, didn't tell anyone I changed how I was making it, and no one noticed! In fact, I got more compliments on it! Yummy!!!”

<https://recipes.sparkpeople.com/recipe-detail.asp?recipe=871258>

Cimarron Medical Services

723 Eastgate

Phone: 405-377-9735

Toll free: 1-800-368-1346

www.cimarronmedical.com

Quality Services
Provided by:

Stillwater
Medical Center



824 S. Walnut

Phone: 405-624-6578

www.smhomehealth.com

Benefits of Quitting Smoking by Scott Millstead, CRT



Over 42 million people smoke tobacco products in America. Approximately 70 percent of them would like to quit. The benefits of stopping smoking start almost as soon as you stop. Blood pressure and heart rate decrease and the temperature in your feet and hands increase within 20 minutes. Eight hours after you quit, the levels of carbon monoxide and oxygen in your blood return to normal. Within 48 hours, your chance of a heart attack decreases and your sense of taste and smell improve dramatically. Within a few weeks your circulation and lung function has improved. Within a year, insulin absorption has improved, shortness of breath and cough are gone, and the risk of heart attack, stroke and heart disease are reduced by half. Long term benefits include the decreased risk in all cancers, Alzheimer's disease, macular degeneration, lupus, arthritis, impotence, acid reflux, thyroid disease, SIDS and colic in newborns, and many more.

Improved health is just one benefit you get when you stop smoking. The financial benefits of saving money are astounding. The average cost of a pack of cigarettes is \$7.00 including all taxes. If you smoke one pack a day that is approximately \$2500 a year. Plus, you save on insurance premiums. Other benefits are healthier looking skin (less wrinkles!), better sleep (smoking can cause snoring), and no more discoloration of teeth, fingers, and hair. Talk to your doctor about the many resources you have to quit smoking.

Don't Smoke Anywhere Near Oxygen - Contrary to popular belief, oxygen, is a safe, nonflammable gas. It does, however, support combustion, meaning that materials burn more readily in its presence, including cigarettes. The CDC reports that 89% of deaths related to fire and home oxygen use are caused by smoking. It is important to absolutely NEVER SMOKE, or allow anyone else to smoke in the home or in the car while oxygen is in use. If you must smoke, discuss removing your oxygen and smoking completely away from your oxygen source - preferably outside - with your doctor. www.copd.about.com



Respiratory Infection Prevention

The CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. While there are many different flu viruses, a flu vaccine protects against the viruses that research suggests will be most common. Flu vaccination can reduce flu illnesses, doctors' visits, and prevent flu-related hospitalizations. Vaccination of high risk persons is especially important to decrease their risk of severe flu illness. Check with your doctor if you should receive the flu vaccine. It's not too late to receive the flu vaccine, even in November. Here are some tips to stop the spread of germs...

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

Information found at www.cdc.gov/flu/consumer/prevention.htm



If you would like to be added or removed from our mailing list, added to our monthly e-mailing, or have comments about the newsletter, please contact Amy at 405-377-9735 or by email at alindsey@stillwater-medical.org