

Home Care Connection

Connecting Hospital to Home

Cimarron Medical Services

Stillwater Medical Center Home Health Services

Meet the Staff:

Michelle Hoerning, PT



Michelle has 19 years of experience as a physical therapist in a variety of settings. She graduated in 1997 with a bachelor's degree in physical therapy from the University of Wisconsin. She spent 11 of those 19 years in the hospital setting working with a variety of patient populations in acute, rehab, outpatient, and skilled. She has since worked as the Director of Rehab in a skilled nursing facility in Wisconsin, as a PT on 3rd & 5th floors and Total Health at Stillwater Medical Center, and as a therapy educator in home health. In 2015, Michelle went to work for Perry Memorial Hospital to focus on her outpatient and wound care skills, but missed home health and finally returned to SMC in June.

In her spare time, Michelle has 2 boys, age 15 and 12, who keep "Mom's Taxi" quite busy. She enjoys singing and is active in her church choir. On the occasional weekend, you may find her out singing karaoke somewhere. She is also an avid football fan and follows her favorite teams weekly: the Green Bay Packers, Wisconsin Badgers, and Oklahoma State Cowboys.

GoPokes

Staying Healthy This Holiday Season

By: Stephanie Bennett, PT

The Holiday Season is upon us. What is commonly known as a season to eat, drink, and be merry can often also be a season of stress, weight gain, fatigue, and illness. Here are some tips to help you stay healthy during the holiday festivities:

❄️ **Wash your hands frequently and thoroughly** to avoid getting sick and spreading germs. Cover your mouth and nose with a tissue when you cough or sneeze. If a tissue is not available, cough or sneeze into your elbow or upper sleeve.

❄️ **Stay warm and dry.** Dress appropriately for the weather to prevent harm from exposure to cold and/or damp conditions. Dress in layers, so you can stay warm outside but can peel off layers to be comfortable when indoors.

❄️ **Eat healthy foods.** Make an effort to limit foods high in fat, sodium and sugar. Practice portion control. Stay hydrated. Limit alcohol intake.

❄️ **Be active.** Make an effort to plan physical activities into your day. Even if you can't stick to your regular exercise routine, be creative (Turn off the TV and enlist your family and friends in dancing to holiday music, go outside to go for a walk, play games).

❄️ **Get vaccinated.** It is not only the holiday season, but it is the cold and flu season as well. Get your flu shot (and pneumonia shot, too, if appropriate) to avoid letting the "bug" ruin your party.

❄️ **Manage your stress level.** Get adequate sleep. Prioritize activities and avoid over-committing yourself in time and money. Make time to relax and enjoy your favorite parts of the season.

❄️ **Prevent Injuries.** The old adage "an ounce of prevention beats a pound of cure" can really hit home this time of year. Don't take shortcuts when hanging Christmas lights or holiday decorations. Instead, use sturdy step-stools or ladders (plus a helper to make sure it is steady) instead of climbing on furniture to reach those high spots. Keep cords out of walk-ways, rugs secure, and pathways clear. Never leave fireplaces, stoves or candles unattended. Make sure smoke alarms and carbon-monoxide detectors are functioning.

Cimarron Medical Services Weekly Sales

November 7th	10% off CPAP Wipes
November 14th	15% off Roscoe Fingertip Pulse Oximeter
November 21st	10% off Compression Hosiery
November 28th	10% off Rebound TENS Machine

Slow Cooker Pork Chops



Prep time 10 minutes

Cook time 4 hours

Ingredients:

1/4 cup olive oil
1 cup chicken broth
2 cloves garlic, minced
1 Tbsp paprika
1 Tbsp garlic powder
1 Tbsp poultry seasoning
1 tsp dried oregano
1 tsp dried basil
4 thick cut boneless pork chops
salt and pepper to taste

Directions:

1. In a large bowl, whisk together the olive oil, chicken broth, garlic, paprika, garlic powder, poultry seasoning, oregano, and basil. Pour into the slow cooker.
2. Cut small slits in each pork chop with the tip of a knife, and season lightly with salt and pepper.
3. Place pork chops into the slow cooker, cover, and cook on High for 4 hours. Baste periodically with the sauce.

Angela Gamble, MS, RD/LD
www.simplehealthykitchen.com/



Cimarron Medical Services
Stillwater Medical Center Home Health Services

**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**



1201 S Adams

Phone: 405-624-6578

www.smchomehealth.com



The Role of a Registered Dietitian in the Home Setting

By Angela Gamble, MS, RD, LD

Proper nutrition maximizes a person's overall health status. Studies have shown that about 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.

Many of the diseases most common in our Home Health patients can be impacted by making small but crucial changes in eating patterns. Persons with cancer, chronic obstructive pulmonary disease (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.

Expectedly, when people lose their appetite and virtually stop eating, they will most assuredly lose weight rapidly. A Registered Dietitian is able 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 possible given a patient's current functional status.

A registered dietitian working in the home can individualize a meal plan specifically for the patient's needs. SMC Home Health does offer the opportunity to hire a dietitian privately for a home evaluation or to go on a grocery store trip to choose healthy foods with label reading and choices.

Managing Caregiver Stress By: Pam Murphy, MS

As a caregiver, you may at times feel overwhelmed by the emotional strains and physical demands of trying to balance caregiving with work and family. Knowing that your loved one has an illness or disease process that will not improve can be devastating. Neglecting yourself may in fact hurt the person you are trying to help. Research suggests that the well-being of both the caregiver and the person being cared for are deeply intertwined. If you can get help relieving your caregiving burden, you will be able to provide more quality care to your loved one and manage your own emotional and physical health. Helping your loved one improve his or her self-care may in turn help ease some of your physical and emotional stress. John Hopkins has published this list of "Ten Signs of Caregiver Stress":

1. **Denial** about the disease and its impact on the person affected
2. **Anger** toward the person you're caring for
3. **Social withdrawal**, not wanting to stay in touch with friends or participate in activities you once enjoyed
4. **Anxiety** about facing another day and what the future holds
5. **Depression**, feelings of sadness and hopelessness
6. **Exhaustion** and feeling that you barely have the energy to complete daily tasks
7. **Sleeplessness**, trouble falling asleep, waking repeatedly at night, having nightmares and stressful dreams
8. **Irritability** or emotional overreactions, such as getting upset or crying over minor incidents
9. **Lack of concentration**, trouble focusing and completing complex tasks
10. **Health problems**, such as backaches, headaches, high blood pressure, weight loss or weight gain and getting sick more often (colds, flu)

Do you have CPAP questions? We have CPAP answers!

Come in to CMS

Thurs, Nov 10th

9:00 am – 6:30 pm

and speak with

our Respiratory Therapists:

- Have your CPAP pressure checked
- Look at new products
- Pick up replacement supplies
- Speak with the Respironic and Remzzz's Rep
- Sign up for the CPAP supplies replenishment program



**CPAP Mask Wipes will be
 25% off during this event!**

Caregivers must take care of themselves in order to take care of anyone else. Keep this in mind, take frequent breaks from caregiving, and ask for help when you are overwhelmed.

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