



Home Care Connection

Connecting Hospital to Home

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

Meet the Staff: Teresa Williams



Teresa Williams is the customer service representative and account specialist in the billing department at Cimarron Medical Services. She began working at Cimarron nine years ago and enjoys working with the public and her coworkers. She is always willing to take the time to make sure our patients have clarity on their bills and insurance statements from Cimarron.

Teresa has three beautiful daughters and two grandchildren. Teresa and her husband, Mark, recently celebrated their 30th wedding anniversary. They enjoy spending time with their family and going to the lake.

Cimarron Medical has MOVED

By Katie Roberts, MS, ATP, CRTS

On July 20th, Cimarron Medical Services opened in its new location at 1200 S. Adams Street in Stillwater. They will continue to serve the public with the same compassionate staff, during the same hours, and will provide all of the same services. With their new location being closer to the medical community they are hopeful to be able to serve more patients by adding convenience to their location. The new store will have two private consultation and setup rooms, a larger warehouse for the ability to stock more inventory, and a retail store for your immediate medical equipment and home care needs.

The Cimarron Medical Staff would like to invite you to come by for a cup of coffee and see our new location. Our staff would love to answer any questions about current or future needs for medical equipment to help you or a loved one to continue living safely at home.



Seven Layer Salad



Ingredients:

8 c. shredded romaine lettuce
1 c. frozen peas, thawed
1 yellow bell pepper, diced
1 c. quartered cherry tomatoes
1 c. sliced celery
½ c. sliced scallions
¾ c. nonfat plain yogurt
¾ c. low-fat mayonnaise
2 tsp. cider vinegar
1-2 tsp. sugar
¼ tsp. garlic powder
¼ tsp. salt
¼ tsp. freshly ground pepper
½ c. shredded cheddar cheese
½ c. thinly sliced fresh basil
3 strips cooked bacon, crumbled

Preparation:

1. Place lettuce in a large bowl. Layer peas, bell pepper, tomatoes, celery, and scallions on top.
2. Whisk yogurt, mayonnaise, vinegar, sugar to taste, garlic powder, salt and pepper in a medium bowl until smooth. Spread the dressing evenly over the top of the salad. Sprinkle with cheese, basil, and bacon. Serve room temperature or chilled.

Make ahead tip: Cover and refrigerate up to 1 day. Sprinkle with basil just before serving.

Source: eatingwell.com

THANK YOU
to all of our
patients for 25
wonderful years!

Cimarron Medical Services Monthly Sales

10% off Wrist, Knee, & Ankle Splints
10% off SoClean® CPAP Sanitizers
10% off Rebound® TENS Units



Cimarron Medical Services
Stillwater Medical Center Home Health Services

Cimarron Medical Services

1200 S Adams

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

Pain Management Techniques

By Maria Avers, RN, MSNE, FCN

According to a study published by the Journal of Pain in 2015, over 25 million people experience daily pain. These people are more likely to have poor health status, to need more health care, and to suffer from more disability. To assist with managing pain, consider using one or more of the following methods:

- Learn deep breathing or meditation to help you relax.
- Reduce stress in your life. Stress intensifies chronic pain.
- Boost chronic pain relief with the natural endorphins from exercise.
- Cut back on alcohol as this can worsen sleep problems.
- Join a support group. Meet others living with chronic pain.
- Don't smoke. It can worsen chronic pain.
- Track your pain level and activities every day.
- Learn biofeedback to decrease pain.
- Get a massage for chronic pain relief.
- Eat a healthy diet if you're living with chronic pain.
- Find ways to distract yourself from pain so you enjoy life more.

Source: Nahin, R. L. (2015), *The Journal of Pain*, Vol. 16, Issue 8

Did you know?... Biofreeze products help you manage pain and allow you to take part in the activities you enjoy most. Using Biofreeze before activities can relieve soreness and increase your range of motion, letting you move more easily. Also, using Biofreeze after those same activities can significantly reduce your post-workout or post therapy stiffness and pain. Whether you prefer the gel or the roll-on, you can find it at Cimarron Medical.



Pain Management Products

By Paula Yerger

Cimarron Medical Services offers great alternatives to manage pain. Come out and let our amazing staff help find what works best for you to alleviate pain, soreness and stiffness associated with the activities of daily living. Here are a few of the products available:

- **Therapeutic Clay-Based Pain Relief—Hot or Cold:** Heat brings increased blood circulation to an affected area. This helps to relax tight muscles and restore flexibility in a wide variety of ailments. Cold decreases blood circulation to an affected area. This helps to reduce the swelling and pain caused by inflammation and relieves discomfort. The Pain Relief Wrap uses a flexible clay-based compound that absorbs hot or cold temperatures and then slowly releases hot or cold therapy over an extended period of time.



▲ Clay-Based Pain Relief Wrap

- **Thera-Beads® Moist Heat Pads:** When heated in a microwave oven, TheraBeads® release their retained moisture, providing pain-relieving, therapeutic moist heat relief from stress, tension, aches and pains without chemicals, boiling water, gels or plastics. After treatment, the TheraBeads® recover moisture from ambient air, so they can be used indefinitely.
- **Rebound® TENS Unit:** The Rebound® is a TENS (Transcutaneous Electrical Nerve Stimulator) pain relief device that emits stimulating pulses across the surface of the skin and along the nerve strands. The stimulating pulses help you manage your pain without the use of drugs. It is non-addicting, simple to use, affordable and effective. We are giving 10% off TENS units this month!



▲ A TENS Unit can help to relieve pain in many areas

Sources: reboundpainrelief.com, medline.com, thermipaq.com

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