

Cimarron Medical Services
Stillwater Medical Center Home Health Services

Home Care Connection

Connecting Hospital to Home

Meet the Staff:

Connie Lightfoot

Connie Lightfoot is a Home Health Aide with SMC Home Health. She has worked as a Home Health Aide since 1991 and has worked for SMC Home Health for almost six years. Connie says her favorite part about being a Home Health Aide is getting to know many different people not only on a professional level but also on a more personal level.

Although Connie is originally from Oklahoma City, she just recently moved into a house just outside of Perkins. She has two daughters who she is extremely proud of, Paige who is eighteen and attending OSU and Carolyn who is a sophomore in high school.

In her free time, Connie likes to work with horses, and she also participates in a bowling league. She also thinks that someday she would like to further her education and work as a physical therapist.



In Gratitude To Our Home Health Aides: Nurses Aide Week, June 12-19 By DeAnne Fortenberry

You are the ones who do the most. You see each one of your clients at their best and at their worst. You treat each patient as you would your own family, providing much more than you have to. Sometimes you provide more than you should. To you, it is not a job, but a calling.

May your eyes see the needs of others, your ears be ever willing to listen, your heart be compassionate, your mind be full of wisdom, and your hands full of skill and tenderness as you care for those in need. And in doing so, may you be ever blessed.



From left: Virginia Mitchell, Charman Stucks, and Connie Lightfoot

Wheelchair Cushions

By: Katie Roberts, ATP, RRTS™

Did you know that if you or someone you know has a wheelchair through Medicare, that they also qualify for a general use seat cushion and/or general use back cushion? Medicare has put this benefit into place to help prevent pressure sores and promote proper positioning in patients who use wheelchairs. Patients are able to access this benefit by getting a prescription from their doctor and providing it to their medical equipment provider.

Medicare and other insurances also cover a wide range of other cushions for patients using a wheelchair with more specific patient needs. Such as:

- **Skin Protection Cushion-** Patient must have past/present skin ulcer in contact with seat surface OR absent/impaired sensation in contact w/seat surface OR inability to perform functional weight shift.
- **Positioning Cushion-** Patient must have significant postural asymmetries that are due to a diagnosis such as monoplegia of lower limb, hemiplegia, TBI or Muscular Dystrophy.
- **Skin Protection and Positioning Cushion-** Patient must meet both criteria listed about for skin protection cushion and positioning cushion.

For questions or more information in regard to seating and positioning of someone in a wheelchair, please feel free to call Cimarron Medical Services at 405-377-9735.

Healthy Recipes

Southwest Flank Steak

1 & 1/2 lbs. flank steak
1 onion, chopped
3 cloves garlic, minced
16 oz. jar chunky salsa
1/2 tsp. dried oregano leaves
2 tsp. chili powder
1/2 tsp. salt
1/4 tsp. pepper
15 oz. can black beans, drained and rinsed
1 red bell pepper, sliced
1 yellow bell pepper, sliced
3 cups hot cooked rice

Trim excess fat from steak. Place onions and garlic in bottom of 3-4 quart slow cooker and top with steak. Mix salsa, oregano, chili powder, salt, and pepper in small bowl and pour over meat. Top with drained black beans. Cover slow cooker and cook on low for 7-9 hours until meat is tender. Remove meat from slow cooker and slice into thin strips against the grain. Turn heat to high and return beef to slow cooker along with sliced peppers. Cover and cook on high for 30 minutes, until peppers are tender. Serve with rice. 6 servings

Cimarron Medical Services

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Summer Tips for Traveling with Oxygen



By Marvin Smotone

With the arrival of spring and soon to be hot weather, it is time to think about vacations and traveling. With that in mind, it is a good time to go over some of the rules for traveling with oxygen, especially oxygen cylinders.

1. **“Do Not”** transport oxygen cylinders in the trunk of a vehicle.
2. **“Do”** lay cylinders flat in the back seat or on the floor boards of the vehicle.
3. **“Do”** secure tanks properly to keep them from moving about or tipping over.
4. **“Do Not”** store cylinders in direct sunlight. They should be covered with a towel or something to protect them from direct sunlight and the heat of the sun.
5. **“Do Not”** leave cylinders in vehicles during extreme heat. Extreme heat of 130 degrees or above can cause the pop off valve on cylinders to release causing a small piece of the pop off valve to be propelled in the vehicle which could cause harm to someone in its path. Escaping oxygen can also propel the cylinder itself causing serious damage to anything or anyone in its path. If you do have to leave your cylinders for a short period of time be sure to leave your windows slightly open.
6. If using oxygen while driving **“Do”** leave a window open slightly for ventilation so oxygen will not accumulate in the vehicle.
7. **“Do Not”** smoke while using and/or transporting oxygen cylinders in your vehicle.
8. If you are transporting an oxygen machine (concentrator) in your vehicle **“Do”** secure it with a seat belt just like you would a person.

If you are traveling away from your home and do not want to travel with oxygen, Cimarron Medical Services can provide assistance in arranging oxygen services to be available through another healthcare company at your destination, however Insurance will not pay for oxygen services for clients who travel.

Tip of the Month: Lifeline

Philips Lifeline allows subscribers living alone to call for help at the press of a button. When an incident occurs within the home, a subscriber simply presses their waterproof Personal Help Button, worn around the wrist or as a pendant. They are quickly connected to a trained Philips Lifeline Response Associate who can speak to them via a wireless communicator, assess the situation, and dispatch help. Call Stillwater Medical Center Lifeline at 405-742-5762 if we can help you or your family with peace of mind.

Use of Activity to Decrease Stress

By Bonnie D. Campis, RN

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Motivation to keep moving:

Starting an exercise program is the first step. Here are some tips to stick to a new routine or invigorate a tired workout:

- Set some goals: It's always a good idea to set a goal for your workout routine. If the primary goal is to reduce stress in your life and recharge your batteries, your specific goals might include committing to walking during your lunch hour three times a week, or, if needed, finding a baby sitter to watch your children so you can attend a yoga class.
- Find a friend: Knowing that someone is counting on you to show up for a class or walk can be a powerful incentive. Working out with a friend, co-worker or family member often brings a new level of motivation to your workout especially if you are worried about their fitness.
- Change up your routine: If you've always been a competitive runner, take a look at other less competitive options that may help with stress reduction, such as Pilates classes or yoga. As an added bonus, these kinder, gentler workouts may enhance your running while also decreasing your stress.

If you would like to be removed from or added to our mailing list, please contact Ramey at 405-624-6578 or by email at rhart@stillwater-medical.org