

Cimarron Medical Services
Stillwater Medical Center Home Health Services

Home Care Connection

Connecting Hospital to Home

Meet the Staff: Melody Crotts

Melody has a “brain divided,” she graduated from OSU in 2000 & from OU in 2002 with a Masters of Social Work degree.

However, she very much bleeds ORANGE!! She is a Licensed Clinical Social Worker. She worked for RehabCare at SMC as the Social Worker for the Rehab and Skilled Nursing Floor for 3 ½ years. Currently she is the PRN Social Worker for SMCHH and the full time Social Worker for Judith Karman Hospice.

Melody’s favorite part of being a Social Worker is helping people help themselves. Many people just need guidance as to what is available in resources and confidence to go after those resources. Melody is ready and willing to help find those resources and hopefully help the person’s confidence grow.

Melody and her daughter, Elizabeth, returned to Stillwater in 2003. Elizabeth attends college in Ark City.



Benefits of a Social Worker To a Home Health Patient

By Pamela Murphy MS

The medical social worker is a member of the interdisciplinary team that works with home health patients as determined by the patient’s doctor. Medical social services provides a vital link between the patient, family, medical personnel and community resources. They work with patients and their families in need of psychosocial help. The medical social worker makes an assessment of various psychological and psychosocial issues and intervenes or makes referrals to the appropriate agencies or services that are necessary. This may include connecting patients to community resources, providing short-term therapy, grief counseling, or assisting the patient to improve their network of social supports.

The mission behind social work in the home is to help people improve their quality of life. The medical social worker is trained to help people cope with problems in their everyday lives such as family and communication issues, financial issues, and assistance with a wide array of community resources. The medical social worker can provide psychological counseling to the patient and family as well as provide information and referrals to other services and community programs.

Basic Diabetes Information Problem Solving

A person with diabetes must keep their problem-solving skills sharp because on any given day, a high or low blood glucose episode or a sick day will require them to make rapid, informed decisions about food, activity and medications. This skill is continuously put to use because even after decades of living with the disease, stability is never fully attained: the disease is progressive, chronic complications emerge, life situations change and the patient is aging.

Collaboratively, diabetes educators and patients address barriers, such as physical, emotional, cognitive, and financial obstacles and develop coping strategies.

Healthy Recipe

Salmon Fillets with Mustard Glaze

- 1 tablespoon olive oil
- 4 salmon fillets, 3/4-inch thick each
- black pepper
- 1 cup Swanson® Chicken Broth (regular, Natural Goodness™ or Certified Organic)
- 2 tablespoons balsamic vinegar
- 1 tablespoon country-style Dijon mustard
- 2 teaspoons packed brown sugar

Heat oil in medium skillet over medium-high heat. Add salmon, skin-side up, and cook for about 5 minutes or until browned. Turn salmon and season with black pepper. Add 1/2 cup broth. Heat to a boil. Cover and cook over low heat 5 minutes or until fish flakes easily when tested with a fork. Remove salmon and keep warm. Add remaining broth, vinegar, mustard and brown sugar. Heat to a boil. Cook over medium heat 10 minutes or until mixture is slightly thickened and reduced to 1/4 cup. Serve over salmon.





Choosing an Assisted Living Facility

By DeAnne Fortenberry

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The need for some type of lifestyle change is usually first indicated when a person has difficulty in one or more of the following areas: self care, diminishing health, physical or mental abilities, lack of community support services, or family not available or able to provide care or supervision.

The basic services that should be provided or arranged for residents include: health monitoring, assistance with medications, meals and housekeeping services, information and referral services, leisure time activities and personal care services. It is important to evaluate the facility, not only based upon current needs, but also future needs.

If your loved one requires these services, follow the five steps to help ensure successful transition to his/her new home.

- Determine what you can afford. Speak with a financial adviser if you need help.
- Select a general location. The area should be not only pleasing to your loved one, but also convenient for you if possible.
- Determine what your loved one's needs truly are. Also remember to consider future needs, as health care needs tend to increase as a person ages.
- Make an appointment to tour the facility. Visit not only the common areas, but ask to visit resident apartments. Ask to join the residents for one or more meals. Talk to the residents. Ask what they like best, and what they would like to change.
- Get a second opinion. Speak with hospital discharge planners, non-profit organizations specializing in your circumstances, friends who have faced similar situations, private geriatric care managers, and volunteers from the community.

Tip of the Month: Scales at Cimarron Medical Services

There are several different types and models of scales for purchase. Anything from mechanical, digital, floor, waist high, and standard physician beam scales. Before purchasing a scale, check the different types that are offered and choose the one that best fits your needs.

Healthy Eating Tips: Learning How to 'Eat Smart'



Healthy eating begins with learning how to 'eat smart'. It's not just what you eat, but how you eat. Following these four simple steps will help you learn how to eat smart and get you started down the road to a healthy lifestyle.

- Take time to chew your food. It takes a few minutes for your brain to tell your body that it has had enough food, so eating slowly will help you avoid stuffing yourself into a 'food coma'.
- Avoid stress while eating. When we are stressed, our digestion can be compromised, causing problems like heartburn. Avoid eating while working, driving, or watching TV.
- Listen to your body. Ask yourself if you are really hungry. You may actually be thirsty, so try drinking a glass of water first. Eating just enough to satisfy your hunger will help you remain alert, relaxed, and feeling your best.
- Eat early, eat often. Starting your day with a healthy breakfast can jumpstart your metabolism, and eating the majority of your daily caloric allotment early in the day gives your body time to work those calories off. Also, eating small, healthy meals throughout the day, rather than the standard three large meals, can help keep your metabolism going and ward off snack attacks.

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