

Cimarron Medical Services
Stillwater Medical Center Home Health Services

Home Care Connection

Connecting Hospital to Home

Meet the Staff: Virginia Mitchell

Virginia has worked as a Home Health Aide for SMC for nine years. Before that, she worked for Blue Valley Lutheran Homes in Nebraska for seventeen years. She enjoys being an aide and listening to all the stories that her clients have to tell. She lives in Ralston, where she grew up with her parents who are 98 and 91. One of her sons Eric and his family, live in Nebraska. Mike and his family live in Pawnee. She enjoys spoiling her grandkids (all eight of them) and going to their ball games, wrestling and quad racing events. Virginia also has two dogs that take care of her and provide entertainment, Sadie and Turtle. When she has time she enjoys crocheting baby blankets for the new members of the family.



Recognizing a Stroke

By Maria Avers

Since 1 in 3 people may not recognize a stroke, it is important to know the signs that a stroke might be occurring. Common stroke symptoms seen in both men and women include:

- ◇ Sudden numbness or weakness of face, arm or leg -- especially on one side of the body
- ◇ Sudden confusion, trouble speaking or understanding
- ◇ Sudden trouble seeing in one or both eyes
- ◇ Sudden trouble walking, dizziness, loss of balance or coordination
- ◇ Sudden severe headache with no known cause

In addition, women may report unique stroke symptoms:

- ◇ Sudden face and limb pain
- ◇ Sudden hiccups
- ◇ Sudden nausea
- ◇ Sudden general weakness
- ◇ Sudden chest pain
- ◇ Sudden shortness of breath
- ◇ Sudden palpitations

ACT F-A-S-T is a quick way to determine if a person might be having a stroke. First, ask the person to smile and look for any uneven smile or drooping of the face (**F**ACE). Then, ask the person to raise both arms out in front of them. Check to see if they are unable to hold them up evenly (may not be able to raise at all) (**A**RMS). Next, ask them to repeat a sentence and see if speech is jumbled or garbled or doesn't make sense (**S**PEECH). If any of these are present, it is (**T**IME) to get the person to the emergency room or call 911.

Sweet Potato Casserole

Ingredients

- 2 1/2 pounds sweet potatoes (about 3 large), scrubbed
- 2 large eggs, lightly beaten
- 3 tablespoons unsalted butter, melted, plus more for the preparing the pan
- 2 tablespoons packed dark brown sugar
- 1 teaspoon kosher salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- Pinch freshly grated nutmeg
- Freshly ground black pepper
- 1/4 cup coarsely chopped pecans

Directions

Preheat the oven to 400 degrees F. Put the sweet potatoes on a baking sheet and pierce each one 2 or 3 times with a fork. Bake for 45 to 50 minutes or until tender. Set aside to cool.

Turn the oven down to 350 degrees F. Scoop the sweet potato out of their skins and into a medium bowl. Discard the skins. Mash the potatoes until smooth. Add the eggs, butter, brown sugar, salt, cinnamon, ginger, nutmeg, and the pepper to taste. Whisk the mixture until smooth.

Butter an 8-by-8-inch casserole. Pour the sweet potato mixture into the pan and sprinkle the top with the pecans. Bake until puffed, about 30 minutes. Serve immediately.

Act F-A-S-T !!!

By Maria Avers

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A new National Stroke Association study shows most Americans do not treat stroke as an emergency. When a stroke -- or brain attack -- first hits, many people don't even recognize the symptoms and do not immediately call 9-1-1. In fact, a recent National Stroke Association survey reports 1 in 3 Americans cannot name a single symptom a person might experience while having a stroke.

Every minute counts for stroke patients and acting F.A.S.T. can lead patients to the stroke treatments they desperately need. The most effective stroke treatments are only available if the stroke is recognized and diagnosed within the first three hours of the first symptoms. Actually, many Americans are not aware that stroke patients may not be eligible for stroke treatments if they arrive at the hospital after the three-hour window.

Getting to the hospital allows treatment to stop further affects of the stroke; and potentially, reverse some or all of the symptoms. It is important to ACT FAST to get the person to the hospital in the 3 hour window.

(From the National Stroke Association website)



Merry Christmas
2009

Stroke Assistive Devices

By Amy Lindsey

Cimarron has many products to assist people who've had a stroke.

Dressing aids like the button aid and zipper pull, shoe horn, dressing stick, and sock/stocking aid, help individuals stay independent when getting ready for the day.

These aids for the kitchen and dining impose self-sufficiency: Jar openers, utensils with foam handles, clip on food guards, and bibs. We also have access to order dozens of additional things to help out in the kitchen like:

- cups with handles, weighted bottoms, and straws
- silverware that is weighted or curved
- items to help with cooking like a talking measuring jug, one hand choppers and peelers, long ring large timers, good grips mixing bowls, milk jug tippers that help pour, and so much more.

We carry many items to help in the bathroom like grab bars, easy grip nail clippers, transfer benches, and toilet seat risers and frames.

Compression hose help with edema and other aids for daily living include the ever helpful reacher, door handle helpers, pill cutters, and playing card holders. We also offer power chairs and a one arm drive manual wheel chair.

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