

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

Home Care Connection

Connecting Hospital to Home

Meet the Staff:

**Teresa
Williams**

Teresa Williams is the Customer Service Representative/Account Specialist in the billing department at Cimarron Medical Services. She began working at Cimarron 2 years ago.

Teresa is the mother of three beautiful daughters. The two oldest attend University of Central Oklahoma in Edmond and the youngest is a senior at Wellston High School. Husband, Mark, works for a construction company out of Cushing as a pipeline welder.

Teresa enjoys watching her youngest daughter show her pigs and spending time riding horses with her family.



February is National Senior Independence Month

Use of Telehealth

By Sheryl McLin

For patients who have a health problem like diabetes, chronic heart failure, chronic obstructive pulmonary disease (COPD), depression or post-traumatic stress disorder, getting treatment can be complex and inconvenient. For some, especially older people, conditions like these can make it difficult for them to remain living independently in their own home and make it necessary for them to go into a nursing home where their symptoms and vital signs (pulse, weight, temperature etc) can be checked frequently.

Having this information means physicians and nurses can change medications or other treatments and prevent serious health problems from developing. Now there are new technologies that make it possible to check on symptoms and measure vital signs in the home. Special devices (home telehealth) can do this and are easy to use. Home telehealth can connect a person from home using regular telephone lines.

Not every patient is suitable for this kind of care. But, for those that are, home telehealth monitoring can help them to remain at home and live independently.



Baked chicken & wild rice with onion and tarragon

Ingredients

6 chicken breast halves
1 1/2 cups chopped celery
1 1/2 cups whole pearl onions
1 teaspoon fresh tarragon
2 cups unsalted chicken broth
1 1/2 cups dry white wine
1 package long grain and wild rice mix and seasoning packet

Directions

Preheat the oven to 300 F. Remove skin and bones from chicken breasts and cut into 1/2- to 1-inch pieces. Combine the chicken, celery, pearl onions and tarragon plus 1 cup of the unsalted chicken broth in a nonstick frying pan. Cook on medium heat until the chicken and vegetables are tender, about 10 minutes. Set aside to cool. In a baking dish, combine the wine, remaining 1 cup chicken broth, rice and seasoning packet. Let soak for 30 minutes.

Add the cooked chicken and vegetables to the baking dish. Cover and bake for 60 minutes. Check periodically and add more broth if the rice is too dry. Serve immediately.

Serves 6

Cimarron Medical Services Weekly sale items

Jan 31st - 10% off bed assist rails or handles

Feb 7th - 10% off reachers

Feb 14th - 10% off wrist, knee, and ankle splints

Feb 21st - 10% off peddlers

Feb 28th - 10% off of lift chairs

sale prices may not be applied to insurance

Cimarron Medical Services

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SMCHH Quest For Quality

By Maria Avers



While quality of care has always been important in home care, the Center for Medicare and Medicaid Services has now elevated that importance. More importantly, you as the consumers of home care will benefit from this focus on quality. For 2010, CMS has increased the number of measures that will be publicly reported for you to use to determine which home care agency you want as your provider. Our staff at Stillwater Medical Center Home Health Services (SMCHH) have begun collecting the information on the new data points. In the fall, you should see the new measures beginning to be published on the website.

The site to access if you are internet savvy is www.medicare.gov. This is a website specific to the Medicare beneficiary to share information. If you are not comfortable with internet, you can access the information by calling 1-800-medicare and speaking to a customer service representative that will help you. From this information, you can determine how well the agency's patients improve with walking, doing routine daily tasks like bathing, and managing pain and wounds. With the new information, you will also be able to tell if the agency staff are using research proven techniques that help you to improve. All of these items factor into what we want the most; for you to be able to stay in your home safely as long as possible.

SMCHH has joined the national movement to improve quality and have been granted Premier status of the national campaign for Home Health Quality that has started this month. We welcome you as a partner in improving your abilities to maintain independence in a safe and effective manner and look forward to continue working with you to meet your goals.

Tip of the Month Preventing Falls In the Home

By Amy Lindsey

- Remove all clutter.
- Keep telephone and electrical cords out of pathways.
- Tack rugs and glue vinyl flooring so they lie flat. Remove or replace rugs or runners that tend to slip, or attach nonslip backing.
- Do not stand on a chair to reach things. Place frequently used objects where you can reach them easily.

LifeLine

By JoRita Cleem

Your home is where you're most comfortable, surrounded by everything that's familiar. Living independently fuels a sense of physical mental and emotional well-being. Here at Stillwater Lifeline we look to 2010, our commitment to supporting older adults and their loved ones is just as strong as ever. Throughout 2010, we will be launching new products and services, confirming our commitment to innovations.

Phillips Lifeline has successfully launched the new Lifeline Cordless Phone Communicator. Phillips Lifeline has the best cordless phone for seniors. It integrates our medical alert service with excellent usability, so it helps keep you connected with Lifeline, friends and family. It works with our medical alert service; it is not a replacement.

If you would like to more about this new Cordless Phone and how it works with your Lifeline alert service please call us. Here at Stillwater Lifeline we are here to provide personal service as well as local service.

If you feel it's the right time to consider a medical alert for you or someone you care for please call Stillwater Lifeline or for more information call 405-377-9735.

Information provided by Phillips Lifeline



If you would like to be removed from or added to our mailing list or have comments about the newsletter, please contact Sara at 405-624-6578 or by email at shixon@stillwater-medical.org