

Cimarron Medical Services
Stillwater Medical Center Home Health Services

Home Care Connection

Connecting Hospital to Home

Meet the Staff:

Luke Sumrall

Luke Sumrall has been a Cimarron Medical Services employee since July of 2003. He started his employment as a technician and has been the equipment specialist for the past two years. His job consists of repairs to home medical equipment (including manual and power wheelchairs) and a back up to the technicians and the respiratory therapist.

Luke grew up in Perkins, OK and has been living in Stillwater for about four years. He is an avid OSU fan and lives to beat those cheaters down south. He has also just recently purchased his first house and looks forward to the challenges of being a homeowner.

Luke's future goals are to pass the ATP exam, become debt free and play as much golf as humanly possible.



Summer Vacation Safety

By Virginia Mitchell

Getting ready for a summer vacation can be stressful. You can make things easier by making a list of things you have to do and get ready.

✦ The first thing you should do is have your mail stopped at the post office. You should also call your local newspaper and have them stop the paper delivery. You don't want the mail and papers piling up while you are gone. That informs others that no one is home.

✦ Tell your neighbors that you are leaving. Have someone check on your house while you are gone. Leave them numbers where you can be reached.

✦ Have a timer on some of your lights to give the impression that someone is home.

✦ Make arrangements for the care of your pets.

✦ Make sure you have enough of your medications with you. Make a list of each of them and what each one is for. Also, include the name of your doctor and your doctor's phone number on the paper and keep that with you.

Don't forget to clean out the refrigerator before you leave.

Following these few steps can help to make your vacation stress-free. One last thing to remember is to HAVE FUN!

Beat The Heat

By: Maria Avers, RN, BSN



Summer is finally here. With it, heat dangers arise. Listed are ways to beat the heat.

- Drink plenty of water, even if not thirsty.
- Dress in light-weight, light-colored, loose-fitting clothing.
- Avoid midday heat (noon to 4pm).
- Eat light; avoid alcohol and caffeine.
- Take frequent, cool baths and showers.
- Don't sit in parked cars waiting on someone.
- Check on those at risk – children and seniors.
- Use air conditioning – if temperature is greater than 90° F, fans alone are not effective.
- Know local cool zones where you can go to avoid midday heat.

Local cool zones (per OG&E):

Agra–Senior Center; **Carney** – Project Heart; **Cushing** – Project Heart, Senior Center; **Glencoe** –Town Hall; **Pawnee** – Project Heart; **Perkins** – Public Library; **Perry** – Project Heart; **Tryon** – City Hall; **Stillwater** – American Red Cross, Salvation Army, Public Library, Senior Activity Center, Project Heart

Grilling Recipes

Grilled Ham Steak Kabobs with Peach Slaw

1 Cook's® brand Bone-In Thick Cut Ham Steak
Wooden (soaked in water) or metal skewers
1 1/2 tsp Moroccan Spice*
1 tbsp olive oil
2 tbsp red bell pepper, diced
4 peaches, sliced
3 ounces snow peas, julienne
1 tbsp mint, chopped
1 tbsp rice wine vinegar
2 tsp whole grain mustard
2 tsp sugar
Pinch of cayenne pepper
1 tbsp olive oil
Salt and pepper to taste
*Moroccan Spice:
3 tsp ground cinnamon
2 tsp ground cumin
1 tsp ground ginger
1 tsp turmeric
Prepare charcoal or gas grill. Cut ham steak in 1 by 3-inch strips and place on water soaked wooden skewers. Sprinkle on Moroccan spice and olive oil. Place skewers on grill over medium heat until golden brown.
Combine remaining ingredients and mix well. Set aside.
Scoop peach slaw on a plate and lay kabobs on top.

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Emergency Action Plan

By John Corbell

An Emergency Action Plan is put in place prior to an emergency to help you and your family know what to do during an emergency. A well developed and understood Emergency Action Plan can help save lives, prevent injuries, and prevent other possible problems during an emergency.

Your plan should include all of your escape routes, for instance if a fire is in a hallway blocking access to the front door. You should have a meeting place, so you know all of your family has escaped from the house and are safe. You should have a portable fire extinguisher and smoke detectors throughout your house. Be sure to check the batteries in your smoke detectors once a month to make sure they work. If you need smoke detectors in your home and you cannot afford them, call your local Fire Dept to see if they can help you. Stillwater has a program to help you get a smoke detector; their phone number is **405-742-8308**.

For a tornado, you should know where the safest rooms in your house are or where the nearest shelter is. For power outages and ice storms, you should keep around a two week supply of non perishable food, water, a manual can opener, and a flashlight, just to name a few examples.

Having an Emergency Action Plan can save lives and help prevent injuries. Everyone can benefit from being organized and well prepared.

Tip of the Month: Smoke Alarm Safety

In the event of a fire, smoke alarms can save the lives of you and your loved ones. There are two different types available, and the USFA recommends installing both. Check the batteries in your smoke alarm monthly, and replace the batteries at least once a year. You can buy a smoke alarm at many hardware, home supply, or general merchandise stores. If you are unsure of where to get a smoke alarm, or if you don't think you will be able to afford one, you can call your local fire department on a non emergency number and they will be able to assist you in obtaining one.

Fire Prevention Tips

By Ramey Hart

With summer finally here, it is also time for vacations, family and friends coming to town, cookouts and barbecues, and camping trips, along with many other summer activities. With all of the bright sun and hot weather, sometimes all we can think about is having fun and staying cool. What we often don't think about, is that summer is also a time for more fires to start. Here are some tips for fire prevention around your house:

- Always have a Fire Escape Plan. Find two exits out of every room and pick a meeting place outside so you will know who all has made it outside. Practice your Fire Escape Plan twice a year.
- Always stay close to the grill when cooking. Your grill can stay hot for a long time even after you are done cooking.
- Keep grills at least 10 feet away from other objects, including the house and bushes.
- Store matches and lighters in a locked cabinet to keep them away from children.
- Only light candles when you are going to be in the room and blow them out when you leave.
- Install smoke alarms on every level of your home. Place them inside or near every room and test them every month to make sure they work.
- Teach every family member how to Stop, Drop, and Roll if their clothes catch fire.
- Learn how and when to use a fire extinguisher.

Applying these tips to your summer fun will help to keep you and your family safe, because the best thing about summer is Having Fun!

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