

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

# Home Care Connection

## Connecting Hospital to Home

### Meet the Staff:

#### Erica Lightfoot

Erica has been an RN at Stillwater Medical Center Home Health for about 4 years. She has been an RN for 12 years and has worked in many different areas, including medical-surgical, endoscopy, and surgery center. She has been in home health for about 5 years and loves it. One of these days, she would like to go back to school to become a nurse practitioner.

She has lived in the Stillwater area her whole life and currently lives in Perkins with her husband Ronnie, who is a firefighter in Cushing and just finished Paramedic school. They have 4 kids, Haylee 17, Brennan 12, Rylee 11 and Kennady 8. They are very active in their church, Lakeview where Erica and her husband are youth leaders.

Erica enjoys gardening, landscaping, painting, remodeling, decorating and going to church. She also likes to watch Ghost Whisperer, HGTV, DIY and listens to music on The HouseFM.



### July is Summer Safety Month



#### Maintenance & Safety of Wheelchairs



By: Luke Sumrall, ATP

Regular maintenance to your wheelchair, whether it be a manual wheelchair, scooter, or a power wheelchair, is one of the most important responsibilities of ownership. This maintenance should include a visual observation of the equipment for defects, the tightening of any loose bolts such as ones on the wheels and brakes, and regular cleaning to prevent dirt buildup on major components such as wheels, bearings, motors, and the shrouds of the chair.

Regular maintenance is also important for the safety of the patient. This maintenance can be done by yourself or by a trained technician. It is important that you know what you are doing when completing this maintenance so that the equipment is maintained correctly for the safety of the patient.

A chair that is maintained helps prevent the malfunction of the components that the patient relies on. A reliable chair is a safe chair and therefore makes the patient more comfortable. Cimarron Medical Services can help with any maintenance needed to your chair. The recommended time between services is 6 months to prevent most malfunctions. Call us at 405-377-9735 to make an appointment. Just remember that a clean and reliable chair is a safe chair!

### Grilled Packet Potatoes



- 8 red or russet potatoes, sliced 1/4-inch thick
- 8 green onions, chopped with some of the green, plus more for garnish
- 2 cloves garlic, minced
- 4 tablespoons olive oil
- Salt and pepper

Prepare the grill for cooking. Place two 18-inch-long pieces of heavy-duty foil on a flat surface. Divide the potatoes, green onions, and garlic between the two pieces of foil, keeping the mixture in the center of each sheet. Drizzle the potatoes with the olive oil and season them to your liking. Gently toss the ingredients on the foil, then fold and crimp the foil along the sides to make a flat packet (make each packet a uniform thickness for even cooking).

Grill the packets for 15 minutes, then turn them over and grill them for 10 minutes more. The potatoes can be served directly from the foil packets, sprinkled with additional green onion. Serves 8.

***“Mention the newsletter and get 10% off any 1 item at Cimarron Medical Services.”***

*(Only applies to private pay items)*

### **Cimarron Medical Services Weekly sale items**

The week of :

**June 28th** - 10% off grab bars

**July 5th** - 10% off compression hose

**July 12th** - 10% off Medela supplies

**July 19th** - 10% off toilet safety frames

**July 26th** - 10% off KeepSafe alarms

## Cimarron Medical Services

723 Eastgate

Phone: 405-377-9735

Toll free: 1-800-368-1346

[www.cimarronmedical.com](http://www.cimarronmedical.com)



824 South Walnut

Phone: 405-624-6578

[www.stillwater-medical.org/hh](http://www.stillwater-medical.org/hh)



## Oxygen Safety

By: John Corbell



With the extreme summer heat we are experiencing, we wanted to remind everyone of the danger of exposing compressed oxygen cylinders to extreme heat. Do not store cylinders in automobiles or any other storage facility that temperatures can exceed 130F. Excessive temperature can cause the pop off valve on the cylinder to release the oxygen. This will most likely throw a small object out of the cylinder at a very high velocity, causing harm to anything in its path. Escaping oxygen can also propel the cylinder itself causing cylinder to damage its self and other objects or person's around it.

Please remember these risks this summer when you are running around in the summer heat. If you have to leave your cylinders in a vehicle for a short time, cover them with a towel or something similar and leave your windows slightly rolled down. We also want to remind everyone that you should never transport oxygen in the trunk of your automobile. We hope this reminder keeps you stay safe this summer. If you have any questions, Please contact us at (405) 377-9735 or toll free 800-368-1346. Thank you for your attention and we hope to see you soon.

## Tip of the Month

By Amy Lindsey

Stay active, safe, and independent this summer by using a rollator. A rollator is a four wheel walker with hand brakes that has a seat which allows for a quick and instant break anytime you might need one. The rollator comes standard with 6" wheels, or you might prefer the 8" wheels for better mobility through the yard.

Most come with a convenient basket or carry pouch to hold miscellaneous items.



## Firework Safety

By: Erica Lightfoot, RN

Fireworks are an American tradition, but can be very dangerous. Every year, over 8,000 people are injured using fireworks. Some of them include severe burns, losing eyes, hands or fingers. There are ways to prevent injuries if you follow these safety measures.

1. Do not let children play with or light fireworks, even sparklers can cause severe burns. Some sparklers can reach 1800 degrees F, hot enough to melt gold. Fireworks should be handled by adults only.
2. Read and follow all instructions and warnings on packaging.
3. Use fireworks on a hard, flat, level surface such as plywood or concrete away from structures, trees, dry grass or brush.
4. Stay clear, the audience should be sitting 50-100 feet away from where fireworks are being lit. Never put your head or other body part over the top of any fireworks. Never hold a lighted firework in your hand.
5. Keep water close, such as a hose, bucket of water or even a fire extinguisher.
6. Never use fireworks as weapons by aiming, pointing or throwing them at another person or property.
7. Purchase fireworks at reliable, licensed fireworks dealers. Do not use illegal fireworks or attempt to make your own.

The best way to keep your family safe is not to use any fireworks at home—period. Instead, go to public firework displays and leave the lighting to the professionals.

Stay safe so you don't have to spend your holiday in the emergency room!

*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](mailto:shixon@stillwater-medical.org)*