

Cimarron Medical Services
Stillwater Medical Center Home Health Services

Home Care Connection

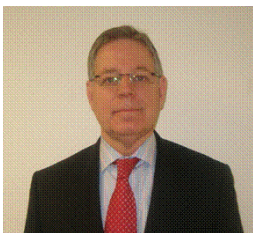
Connecting Hospital to Home

Meet the Staff:

Dennis Teal

Dennis has worked for Stillwater Medical Center as Director of Home Care since January 2002. As an OSU alum and Cowboy fan, he and his family feel blessed to live in Stillwater. They appreciate the opportunity to live in a friendly, well educated community, where people are willing to serve and care for each other.

Dennis, his wife Bobbie, and their youngest daughter Julie, enjoy traveling and spending time with their family. Their son Johnathan and his wife Sara live in Chickasha, and their oldest daughter Jamie and her children Emily, Landen and Teal live in Stillwater. Dennis likes to spend his free time listening to music, reading and wood-working.



June is Home Safety Month



Fall Prevention

By Stephanie Bennett, PT



Falls are among the leading causes of injury, hospitalization, and mortality in the aging population. Falls significantly contribute to direct and indirect health care costs. Falls or near falls, with or without injury, may lead to fear of falling, reduced mobility, decreased physical fitness, and loss of independence.

Many things can be done to help reduce the risk of falling in the home.

- **Regular exercise** - improves strength, joint mobility, balance, and agility. Appropriate exercise may also reduce pain.
- **Lighting** – adequate lighting and reducing glare.
- **Remove hazards in home** – remove or secure throw rugs, install grab bars in bathrooms, install handrails at stairs or steps, keep pathways free of clutter or debris, be aware of pets in the home.
- **Medication** – have your pharmacist or physician review ALL prescription and over-the-counter medication, vitamins, and supplements for potential side-effects and/or interactions that could contribute to a fall.
- **Vision** – regular eye examinations by an eye doctor can reveal visual deficits that may contribute or lead to a fall.
- **Walking aids** – the use of assistive devices, such as canes or walkers, may improve balance and safety navigating in the home.

A Physical/Occupational Therapy evaluation by a home health physical or occupational therapist may be helpful in identifying fall risks in the home setting. For more information on these evaluations please call Stillwater Medical Center Home Health at 405-624-6578.

*"Mention the newsletter and get 10% off any 1 item at Cimarron Medical Services."
(Only applies to private pay items)*

Rice Noodle Salad



- 4 Oz. (115g) thin rice noodles
- 1 cup (240mL) snow peas, roughly chopped
- 1 cup (240mL) broccoli florets, chopped
- 1/2 cup (120mL) green onions, chopped
- 1 medium red pepper, chopped
- 1 1/2 Tbsp. (22.5mL) Mrs. Dash® Garlic and Herb Seasoning Blend
- 1 1/2 tsp (7mL) Mrs. Dash® Extra Spicy Seasoning Blend
- 2 Tbsp. (30mL) low sodium soy sauce
- 2 Tbsp. (30mL) rice vinegar
- 2 Tbsp. (30mL) vegetable oil

Directions:

1. Cook rice noodles according to package directions, drain and chop roughly.
2. Combine snow peas, broccoli florets, green onions and red pepper with noodles.
3. Sprinkle with Mrs. Dash® Blends and toss well.
4. Combine rice vinegar, soy sauce and vegetable oil and mix well. Pour over noodles and toss well.

www.mrsdash.com

Cimarron Medical Services Weekly sale items

The week of : **May 31st** - 10% off walkers and canes

June 7th - 10% off lift chairs

June 14th - 10% off blood pressure monitors

June 21st - 10% off peddlers

June 28th - 10% off grab bars

Cimarron Medical Services

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Home Modifications

By: Zach Hall



Home modifications are changes made to adapt living spaces to meet the needs of people with physical limitations so that they can continue to live independently and safely. These modifications may include adding assistive technology or making structural changes to a home. Modifications can range from something as simple as replacing doorknobs with pull handles to full-scale construction projects that require installation.

One question you may ask yourself when thinking about home modifications is how can I make this easier? Modifications are long term decisions that will help everyday living. If you or a loved one is struggling with everyday tasks like locking or unlocking your front door or getting in and out of the bathroom shower. There is most likely a solution to the struggles you are having. Please contact a Cimarron Medical Services representative with your question and we can help point you in the correct direction to restore your independence in everyday living.

Tip of the Month

By Amy Lindsey

These three items can increase safety in the bathroom:

1. Grab bars give assistance and stability. A knurled bar gives a better grip.
2. Toilet safety frames provide safe support when lowering to and raising from the toilet seat.
3. The edge of a transfer bench allows for easier access into a bathtub.

Quick Tip for a Safer Environment

By: Maria Avers

June has been designated Home Safety Month. In addition to home modification and fall prevention, this article will review other tips to keep you safe at home.

Prevention of Poisoning:

- Post the poison control number near the phone (1-800-222-1222) to be able to call quickly if information needed about possible poisons or effects.
- Keep all cleaners, medications, and beauty products out of the reach of children and pets. Use child safety locks if you do have small children.

Fire and Burn Prevention:

- Make sure you have smoke alarms placed appropriately throughout your home. Remember to check the batteries/ function with each time change, spring and fall.
- Make a fire plan for your home; consider each location of the home and which exits would be utilized.
- Practice your fire plan to make sure it is feasible.
- Make sure you have a safety spot identified that you will gather after escaping.
- Stay near the stove when cooking.
- Make sure your hot water is not over 120 degrees F to prevent scalding burns.
- Make sure handles are turned toward the back of the stovetop.
- Have a plan in place and everyone is aware of the plan, especially on the place you will gather.
- Make sure you have a tornado/storm plan in place and you practice regularly.
- Place a list of emergency numbers and relatives numbers by the phone.
- If you have a cell phone, save both emergency numbers and relatives numbers in the cell phone.



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