

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

Home Care Connection

Connecting Hospital to Home

Meet the Staff:

Roberta Bastion

Roberta Bastion is a Customer Service Representative/ Account Specialist at Cimarron Medical Service. She has been at CMS 4 months. Roberta has worked in the medical field for many years. She has lived in Stillwater most of her life. Roberta is married to Tim Bastion. They have been married for 32 years. They have 1 daughter Julie and 1 son Joey, both live in Stillwater. Julie is going to have the first grandchild at the end of July. Roberta likes to cook, watch NCIS, Dancing with the Stars, American Idol and a Scooby-Doo fan. Roberta and Tim attend and volunteer at Life Church.



March is MS Education & Awareness Month

Multiple Sclerosis and Mobility

By: Katie Roberts, MS, ATP, CRTS

People with Multiple Sclerosis have all kinds of mobility equipment needs. Some people may not require any mobility equipment while others may need equipment ranging from a single tipped cane to a sophisticated power wheelchair. It is important that a person with MS understands the progression of their disease and finds a medical equipment provider who is knowledgeable about MS. When seeking out the right piece of equipment, it is important to choose equipment that is adjustable and modifiable in order to accommodate the persons function now, and over the next several years.

Manual wheelchairs should be lightweight. This will help conserve the person's energy and reduce fatigue. Scooters are not often the best choice for a person with MS, since they are not adjustable, provide minimal seating options, and have limited upper extremity supports. Power wheelchairs, on the other hand, have adaptable seating options and have the ability to add power seating, such as tilt and recline, when the time is appropriate for the user.

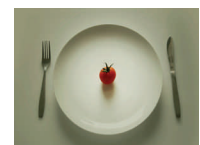
To find out more information about mobility equipment options for a person with MS, please call Cimarron Medical Services, 405.377.9735.



Italian Beef Stir-Fry

- 1 lb. beef round tip steaks, 1/8" to 1/4" thick
- 2 cloves garlic, crushed
- 1 tablespoon olive oil
- 2 small zucchini, thinly sliced
- 1 cup cherry tomato halves
- 1/4 cup reduced-fat bottled Italian salad dressing
- 2 cups hot cooked spaghetti
- 1 tablespoon grated Parmesan cheese

1. Cut beefsteaks lengthwise in half and then crosswise into 1-inch wide strips.
 2. Cook and stir garlic in oil in large non-stick skillet over medium-high heat 1 minute. Add beef (1/2 at a time) and stir-fry 1 to 1-1/2 minutes or until outside surface is no longer pink. Season with salt and pepper. Remove with slotted spoon; keep warm.
 3. Add zucchini to same halves and dressing; heat through.
- Serve beef mixture over hot pasta; sprinkle with cheese.



Cimarron Medical Services Weekly sale items

The week of Feb 28th - 10% off of lift chairs
Mar 14th - 10% off compression hose
Mar 28th - 10% off blood pressure monitors

Mar 7th - 10% off grab bars
Mar 21st - 10% off walkers and canes
*sale prices may not be applied to insurance

**Cimarron
Medical Services**

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MS Support Group

By: Connie Walker

Mark your calendars and get ready to **Move it** closer to a world free of MS! March 8-14 is MS Awareness Week and is a great opportunity to spread the word and raise awareness for Multiple Sclerosis.

This year's theme **Move it!** is all about encouraging people to move it to end MS whether you volunteer, bike, walk, advocate, educate, support every action is a demonstration of your commitment to the MS movement and helps to motivate the potentially millions of people who want to, and can, do something about MS Now!

Join us for **Move it Stillwater!** at the following events:

March 8 MONDAY

Reach out to Friends and Family and let them know that it's MS Awareness Week! (send e-mails, write letters, make phone calls, text, post messages on Facebook, MySpace & Twitter)

March 9 TUESDAY

MS Dinner Night Stillwater - March 9th at Chili's Restaurant (310 E. Hall of Fame Ave.) from 5:00 p.m. to 11:00 p.m.

Chili's will donate 10% of the dinner proceeds

March 12 FRIDAY

Wear your **Orange TODAY** let people know you support MS (wear your Walk/Bike shirts and jerseys)

Tip of the Month

By Amy Lindsey

Transport chairs are very handy because they are more than half the weight of a wheelchair and the fold-down back allows the chair to fit compactly into your vehicle. The Fly-Lite aluminum transport chair by Drive is the lightest transport chair on the market, weighing in at 14.5 lbs! We have it available in blue plaid, black plaid, and black with a burgundy frame.

Disease Process Education

By: Erica Lightfoot

Education is important in health care. The more people know, the more likely they are to be compliant. Healthcare providers teach about each specific disease and how to monitor them. For example, a diabetic patient needs to know how diabetes works, how to monitor and record their blood sugar results, normal limits of blood sugar, medications, lab tests, foot care and regular visits to their healthcare provider. Patients also need to know what signs and symptoms to report to their healthcare provider, such as low or elevated blood sugar or blood pressure, but more importantly, they need to know how to manage these problems on their own and when to report them. Patients with high blood pressure or heart disease need to know the importance of monitoring and logging their own blood pressure and pulse and when to hold specific medications according to results. Diet can be an important part of this as well, such as low sodium, low cholesterol, for heart patients or diabetic diet for diabetes. Patients with lung diseases should understand what is happening in their lungs that make it difficult for them to breathe as well as managing signs and symptoms and what to report. These are only a few examples, there are many more, but the main point is the importance of patient education. As mentioned above, the more one knows, the more compliant they are likely to be. The more compliant they are, the less likely they are to be hospitalized.

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