

Cimarron Medical Services
Stillwater Medical Center Home Health Services

Home Care Connection

Connecting Hospital to Home

Meet the Staff: Amy Lindsey

Amy Lindsey is the Retail Specialist for Cimarron Medical Services. She began working with the team at CMS 4 months ago and has been learning a little bit about everything. She enjoys working with patients and their families, stocking and organizing the store, and assisting with advertising/marketing decisions.

Amy graduated from OSU in 1999 with a Bachelor's in Interior Merchandising and moved to the Dallas/Ft Worth area. In the summer of 2008, her family moved back to Stillwater and they are so excited to be back! Her husband, Jeff, works at Frontier Electronics and 4 year old son, TJ, goes to the Richmond Renaissance School. Amy enjoys rummaging through antique stores and above all, spending time with family.



Stop Diabetes

By Deanne Fortenberry

November is American Diabetes Awareness Month. For years, the American Diabetes Association has used this month as an opportunity to increase understanding of the serious nature of diabetes and its complications.

Simple awareness is no longer enough. There are now approximately 24 million people with diabetes, and another 57 million Americans at risk for developing diabetes. If this trend continues, our children look forward to one in three developing diabetes during their lifetime.

The death rate from diabetes has continued to increase since 1987, while the death rates for cancer, heart disease and stroke have decreased. The cost for diabetes care has also continued to climb, now reaching \$174 Billion annually. This represents one in every five dollars spent for total health care costs.

This month, the ADA is launching a national campaign to help *Stop Diabetes* – to confront it, fight it and most importantly, to stop it.

As many as half of all new cases of type 2 diabetes may be prevented or postponed by simple, consistent lifestyle changes such as increasing activity, weight loss and diet control.

Symptoms of diabetes may include: Fatigue (especially after meals), increase in urination, increase in appetite, increase in thirst, blurred vision, slow wound healing, dry skin, unexplained weight changes.

If you are experiencing symptoms that lead you to believe that you may have diabetes, please make an appointment to see your physician soon.

Baked Turkey Sausage with Whole Wheat Penne

Ingredients:

- * 3 tablespoons extra virgin olive oil
- * 1 pound hot Italian turkey sausage, casings removed
- * 1 onion, diced
- * 6 cloves garlic, minced
- * 1 tablespoon red pepper flakes
- * 10 oz chopped mushrooms
- * 28 oz diced Italian tomatoes
- * 16 oz box whole wheat penne, cooked
- * 10 oz package frozen chopped spinach, thawed and drained
- * 8 oz package shredded Italian cheese blend

Preheat oven to 375 degrees. Coat a 9 X 13 dish with 2 tbsp olive oil. Brown sausage and onion in a large skillet over medium high heat. Add garlic, red pepper flakes and mushrooms then saute about 3 minutes. Stir and break up spinach into mixture. Add tomatoes and simmer until sauce thickens, about 10 minutes. Stir in 1 1/2 cup cheese and penne to mixture. Transfer mixture to a dish and sprinkle top with remaining cheese. Bake about 30 minutes or until sauce bubbles and cheese is melted.

November is National Home Health Care Month

Cimarron Medical Services

723 Eastgate

- Phone: 405-377-9735
- Toll free: 1-800-368-1346
- www.cimarronmedical.com



824 South Walnut

- Phone: 405-624-6578
- www.stillwater-medical.org/hh



**Stillwater Medical
Center Home
Health
celebrates our 17th
Anniversary**

**Thank you for the
opportunity to
serve you with your
home care needs**

Healthy Eating Tips for the Holidays

By Angela Gamble

Do you want to avoid the weight gain pitfalls this holiday season and ensure you are eating a healthy balanced diet? Eating lighter foods doesn't mean taking the joy out of celebrating. It only means being selective with your choices, cutting back a little, and learning to modify some traditional recipes.

1. Choose only the foods you really want and keep the portions small. Don't waste calories on foods you don't like or foods you can have anytime. Instead of eating a large amount of food, try to eat a large variety of food.
 2. Stay in balance. Don't forget your low-calorie, highly nutritious fruits and vegetables.
 3. Eat only when you are hungry and not just because food is near.
 4. Modify your traditional recipes by decreasing saturated fats and sugar. Use skim milk instead of whole milk in your mashed potatoes or make desserts with a third less sugar—they're still delicious. Replace one third dressing with vegetables when making stuffing. Make pumpkin pie filling with evaporated skim milk and one third less sugar.
 5. Avoid grazing while you cook. Little nibbles can really add up! When it's time to eat, sit down and savor it!
 6. Beware of liquid calories—eggnog, beer, soda, wine, fruit punch. They go down so easy and often do not add much nutrition to your intake or fill you up.
 7. If you're bringing a dish to share, make it healthful and delicious. That way you know there will be one thing you can munch on without racking up calories too fast. Magazines are full of reduced calorie and reduced fat holiday recipes. Give them a try and share your new cooking creations with friends and family.
 8. Forget the all-or-nothing mentality. Depriving yourself of special holiday foods or feeling guilty when you do enjoy them isn't a healthful eating strategy. And deprivation and guilt certainly are not part of the holiday spirit. Maintain perspective: overeating one day won't ruin your eating plan and it certainly won't make you gain weight. It takes days and days of overeating to gain weight. Return to your usual eating pattern the next day without guilt or despair. Don't deny yourself favorite foods, but eat in moderation.
 9. Be physically active every day!!! Physical activity can help relieve holiday stress, regulate appetite, and burn up those extra calories from holiday eating.
- Enjoy good friends and family! Food can be important, but it doesn't have to be the focus. Concentrate on the pleasures of being with family and friends. The key is balance and moderation. It's OK to eat too much once in a while. So relax, and enjoy the holidays!

Gift Ideas for the Diabetic

By Deanna Fortenberry

- Inspirational books or gifts
- Personal journal or diary
- Scented candles
- Pre-paid massage, manicure or pedicure
- Prepaid sessions with a personal trainer
- Exercise games or videos
- Membership to a gym
- Day at a spa
- Subscription to a magazine that focuses on diabetes care
- Movies or movie rentals
- Food basket – include gourmet or low carb foods like nuts or cheeses
- Foot care basket
- Travel pouch or stylish carrying bag for testing equipment

If you would like to be removed from or added to our mailing list, please contact Kathy at 405-624-6578 or by email at kwilkinson@stillwater-medical.org