

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

# Home Care Connection

## Connecting Hospital to Home

### Meet the Staff: JoRita Cleem

JoRita Cleem is a second time around employee for Stillwater Medical Center. In October of 2006 she came to work at Cimarron Medical Services and is the Lifeline Representative and File Clerk.

She helps customers who are interested in Lifeline and coordinates the Lifeline volunteers for the set up and service. She also works in the retail store assisting customers with purchases.

She has been married to Rick Cleem for 39 years, and has 5 daughters and 6 grandsons. JoRita and her husband moved to Stillwater in 1997 and have fallen in love with this college town. She enjoys opening her home to the international students of OSU.

Her future goals are to continue working for SMC into retirement and travel and visit the different countries of the students she has met and grown to love.



### Home Safety Guidelines By Pete Sweger, PT



The following guidelines are offered to protect you and others from environmental hazards in your home.

- Maintain clear passageways in every room of your home and on steps.
- Avoid the use of throw rugs as they contribute to tripping and falls.
- Keep your home well lit. This practice enhances safety as you move from room to room. Put night lights in your bedrooms, bathrooms, and hallways.
- Use exterior lights at night. Burglars are less likely to enter your home when outside lights are used.
- Use bath mat or other nonskid material in your bathtub to avoid falls. Add grab bars and use bath benches if necessary to aid mobility.

Consider home medical equipment such as a hospital bed, a bedside commode, walker and toilet riser.

I would encourage anyone that is having difficulty with mobility in the home and limited ability to leave the home to access home health. Home health orders can be obtained from your physician. Equipment needs can be met by calling Cimarron Medical Services at 405-377-9735.

### Basic Diabetes Information: Healthy eating

Making healthy food choices, understanding portion sizes and learning the best times to eat are central to managing diabetes. By making appropriate food selections, children and teenagers grow and develop as they would if they didn't have diabetes. And, by controlling their weight, many adults may be able to manage their condition for a time without medications.

Diabetes education classes can assist people with diabetes in gaining knowledge about the effect of food on blood glucose, sources of carbohydrates and fat, appropriate meal planning and resources to assist in making food choices. Skills taught include reading labels, planning and preparing meals, measuring foods for portion control, fat control and carbohydrate counting. Barriers, such as environmental triggers and emotional, financial, and cultural factors, are also addressed.

This information was taken from <http://www.diabeteseducator.org/ProfessionalResources/AADE7/>

### Healthy Grilling Recipes

#### Sweet Fruit Kabob

3 bananas, thick slices  
2 Bartlett pears, thick wedges  
2 granny smith apples, thick wedges  
2 peaches, thick wedges  
1 fresh pineapple, cubed  
Marinade  
1 cup grapefruit juice  
1/2 cup honey  
3/4 teaspoon chopped fresh mint

Combine juice, honey and mint. Marinate fruit for at least 30 minutes. Place fruit on skewer, alternating types. Grill for 6-8 minutes. Baste with marinade as needed.

**This has family fun written all over it. Have your little ones help by assembling the fruit!**



## Stillwater MS Walk - September 20, 2008

### Cimarron Medical Services

723 Eastgate

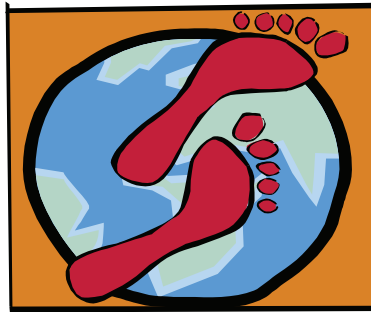
- Phone: 405-377-9735
- Toll free: 1-800-368-1346
- [www.cimarronmedical.com](http://www.cimarronmedical.com)



824 South Walnut

- Phone: 405-624-6578
- [www.stillwater-medical.org/hh](http://www.stillwater-medical.org/hh)

The MS Walk is such a great event because it encourages people to walk and raise money to fight Multiple Sclerosis. Walkers register online and receive a welcome packet from the National MS Society that will instruct them in contribution collections. If a participant raises \$75.00, they receive an event t-shirt. The walkers are treated at rest stops with fruit, water, and other goodies. As the walkers cross the finish line, they are greeted and thanked by people with MS. The festivities continue with food, entertainment and goodie bags. Stillwater, Muskogee, Enid, and Edmond will hold their annual MS Walks this fall. OKC, Tulsa and Lawton will hold their MS walks in the spring.



Team up with friends, family and co-workers at Boomer Lake to help fight MS September 20<sup>th</sup>. Registration begins at 8:00 a.m. and the walk starts at 9:00 a.m. This year's theme for the walk is Walk to Create a World Free of MS - Join the Movement. Register online at [NATIONALMSSOCIETY.ORG/OKE](http://NATIONALMSSOCIETY.ORG/OKE).

### Tip of the Month: Drivers Be Cautious

Back to school season can be an exciting time for students and their families, but here are a few things to remember while out in the community; be aware of school zones, sign changes, children walking to and from school, and bus stop locations.



### Stillwater Lifeline Volunteers By JoRita Cleem , Lifeline Representative



Stillwater Lifeline is very fortunate to have volunteers giving their time to the citizens of Stillwater and surrounding communities since 1984. The volunteers of Stillwater Lifeline unselfishly offer a great amount of support to the Lifeline program. Today Lifeline has four wonderful gentlemen who do installations, battery changes, swap out old units for newer ones, and also trouble shoot when necessary. These very skilled gentlemen are excellent in customer service and are very knowledgeable about the Lifeline program. They know how the product works and are able to answer any questions regarding the units they install. Lifeline is very proud of these installers and appreciates all they give to Lifeline and the community. Since January of this year they have volunteered over 175 hours doing Lifeline service. Lifeline highly values these volunteers.

The four volunteers are; Rowland Quisenberry 6 years of service, Clifton Blackstock 5 years of service, Martin Malloy 5 years of service, and Lee Murlin 2 years of service. Lifeline truly appreciates these men for their time and willingness to help out and to keep our community safe.

If you are in need of Lifeline or know someone that is please give Stillwater Lifeline a call at 405-742-5762.



Pictured above from left to right Lee Murlin, Clifton Blackstock, Martin Molloy, and Rowland Quisenberry

*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 [smc/rhart@stillwater-medical.org](mailto:smc/rhart@stillwater-medical.org)*