

Cimarron Medical Services
Stillwater Medical Center Home Health Services

Home Care Connection

Connecting Hospital to Home

Meet the Staff:

Katie Roberts, ATP, CRTS

Katie Roberts, Rehabilitative and Assistive Technology Supplier and Lifeline Program Coordinator, started working for Cimarron Medical in May of 2005.

As an assistive technology supplier she helps patients, therapists, and doctors find appropriate mobility equipment specific to each individual's needs. The most rewarding part of her job is getting to see the end result of the patient gaining their independence back through the mobility equipment they have received.

Katie married Garry Roberts in May of 2008 and they recently purchased their first home in Stillwater. While working at Cimarron Katie also attends OSU. She will graduate with a master's degree in Health Care Administration this December. In her spare time she enjoys camping, going to OSU sporting events, listening to live music, and spending time with her family.



Mobility Device Maintenance

By Luke Sumrall, ATP

Regular maintenance on your mobility device, whether it be a power wheelchair, manual wheelchair, scooter, cane, crutches or walker, is very important to the life and your equipment.

Here are just a few hints on keeping up with your equipment.

Wheelchairs, power wheelchairs and scooters-

- A regular maintenance schedule of 6 months is ideal for preventing unexpected repairs from popping up. This would include a full cleaning of the device and checking tires, arm pads, seat upholstery and motors for any wearing to the point of needing replacement.
- Regular maintenance is very important for prolonging the life of your device and also easing your mind of the reliability of the equipment.

Canes, crutches and walkers-

- All these items have rubber tips that should be checked frequently for wearing. Any rubber tips that are worn down too far can cause slipping on a variety of surfaces, therefore turning the aiding device into a fall hazard and put your safety at risk.

For more information on maintaining your equipment please feel free to call Cimarron Medical Services. We will do our best to help you with any questions or needs you may have. Just remember, a clean and maintained device is a safe and reliable device.



SAFETY ALERT

By Maria Avers

Keeping you safe at home alert: There have been some reports in Oklahoma of imposters posing as home care employees; please take the following precautions regarding home care staff:

Please be aware that anytime staff from SMCHH or CMS comes to visit you at your home it will be arranged in advance, usually by phone. Each employee has a Stillwater Medical Center name badge with a magnetic strip and a barcode. At any point, you can contact our office and verify the identity of our staff members.

Broccoli Cheddar Bake

Ingredients

4 cups chopped fresh broccoli
2 tablespoons water
1 1/2 cups finely chopped onion
1 1/2 cups egg substitute
1 cup fat-free milk
1 cup shredded cheddar cheese
1/2 teaspoon ground black pepper

Directions

Preheat the oven to 350 F. Lightly coat a baking dish with cooking spray.

In a nonstick skillet, combine the broccoli, onion and water. Sauté over medium-high heat until the vegetables are tender, about 5 to 8 minutes. Keep adding water to prevent the vegetables from drying out, but use as little water as possible. Drain and set aside when the broccoli is done.

In a bowl, combine the egg substitute, milk and 3/4 cup cheese. Add in the broccoli mixture and pepper. Stir to mix well.

Transfer the mixture into the prepared baking dish. Set the baking dish into a large pan filled with about 1 inch of water. Bake uncovered until a knife inserted in the center comes out clean, about 45 minutes. Remove from the oven and top with the remaining 1/4 cup shredded cheese. Let stand about 10 minutes before serving.

Fall Prevention Programs At CMS & SMCHH

By Maria Avers

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Stillwater Medical Center Home Health Services (SMCHH) and Cimarron Medical Services (CMS) both have active fall programs in place in the hopes of preventing the devastation of a fall for our clients. Both facilities serve high risk patient populations whose lives are impacted negatively by falling. Upon initial contact with an individual in their homes, the client and the environment are assessed for safety situations. Fall risk is determined by that assessment and then the staff member puts in place interventions or recommendations for a safer situation. For instance, an equipment technician at CMS might identify that the oxygen tubing is posing an increased risk for falls and suggest a safer placement of the concentrator to avoid the patient tripping on the tubing. Additionally, they instruct in the safe use of equipment to avoid falls and other injuries. At SMCHH, every patient receives a safety risk and fall risk assessment. Based on the information collected by interacting with the patient and by observing the environment, a plan of care is developed for the patient to improve safety and reduce fall risks. Potential interventions include referrals to therapist for gait training and strengthening, recommendations for modifications to the environment and recommendations of equipment that would be helpful to prevent falls. The patient and involved caregivers are given training to help increase the safety of the individual. Additionally, the staff may recommend use of a personal response system (Lifeline) to ensure the ability to obtain assistance if you should fall. If you are a current patient, please discuss your fall risk with the staff of CMS and SMCHH. We would be more than happy to work with you to improve your safety.

Tip of the Month: Mobility Aids

By Brooks Walden

There are a few items that Cimarron Medical Services offers that can come in handy when using a mobility device such as a wheelchair, scooter or power wheelchair. Reachers come in different styles and lengths and are very helpful in everyday living, as are cup holders and baskets. Cimarron Medical Services also provides cushions for your wheelchair seat and back. Please call our friendly staff at Cimarron Medical Services (405) 377-9735 and let us assist

MS Walk

By Connie Walker

Walk to create a world free of MS
JOIN THE MOVEMENT

Walk MS Stillwater on September 19th at Boomer Lake, registration 8:00 A.M.

Walk MS is fun with an important purpose. We unite as a community during Walk MS to make a powerful statement to keep us moving towards a cure.

Team up for more fun! Forming a Walk MS team is an opportunity to share a great experience with friends, family or co-workers coming together for a shared common goal.

Here's how to get started:

1. Gather 4 or more people and create a team.
2. Designate a team captain, choose a "Fun" team name and register.
3. Set a fundraising goal.

SAVE TIME! Register on line at nationalMSSociety.org/oke and as soon as you register, you'll have access to our online fundraising tools making fund raising easier and more convenient than ever.

JOIN THE MOVEMENT
REGISTER TODAY AND BEGIN FUNDRAISING

*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*