

Cimarron Medical Services  
Stillwater Medical Center Home Health Services

# Home Care Connection

## Connecting Hospital to Home

### Meet the Staff:

#### Don Hendren

Don Hendren is an Equipment Technician at Cimarron Medical Services. He has worked for the company since April 2010.

Don is a retired Health and Physical Education Teacher. He retired after 29 years as a teacher / coach. He spent 25 of those years in the Grove, OK school system.

Don is married and has one son who is a sophomore at Stillwater High School. He enjoys the opportunity of working with the staff at Cimarron Medical and interacting with the area residents of Stillwater.



### September is Healthy Aging Month



#### Making Aging at Home Easier

By: Amy Lindsey



As we get older, items in our home that used to be harmless, start to pose a greater risk. Carpets, stairs, floors – even pets can become dangerous. The good news is that many falls can be prevented. All it takes is some time and attention BEFORE an accident happens. Look over the following list to see what improvements can make your home safer.

- **Lighting** – Improve lighting with light-sensitive nightlights and/or motion detector lights that turn on automatically.
- **Flooring** – Repair torn/worn carpeting and linoleum; Secure throw rugs or remove them completely; Replace shag carpet with low pile.
- **Clear Pathways** – Rearrange furniture to allow a clear path; Keep plants, tables, etc., along walls or in corners; Clean up clutter.
- **Electrical Cord** – Remove all cords from walkways.
- In the **bathroom**, install sturdy grab bars and a toilet riser and/or toilet safety frame. In the shower/tub, use non-slip mats, a shower seat, and a hand-held shower head.
- In the **kitchen**, use a rubber mat in front of the sink. Move the items used most often to lower cabinets and drawers.

*Lifeline* is a secure personal medical alert emergency response service that gives peace of mind. A press of the button signals Lifeline – 24 hours a day, 7 days a week – and connects you to a Response Associate. The Auto Alert option provides an added layer of protection by automatically placing a call for you if a fall is detected and you can't push your button.

These items and many others can help you or someone you know remain living in their home safely. For more information on any of the items listed above please call the staff at Cimarron Medical Services. 405-377-9735

\*\*Some information in this article provided by Phillips Lifeline\*\*

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

### Italian Bread Salad

#### Ingredients:

- 8 oz. bottle creamy Italian salad dressing
- 12" pizza crust, cut into 2" pieces
- 10 oz. pkg. mixed salad greens
- 3 tomatoes, chopped
- 2 cucumbers, peeled, seeded, and chopped
- 1 yellow bell pepper, chopped
- 2 green onions, chopped
- 1/2 lb. hard salami, chopped

#### Preparation:

Combine all ingredients in large bowl and toss to blend. Serve immediately. 10 servings



### Cimarron Medical Services Weekly sale items

The week of :

**Aug 30th** - 10% off stethoscopes

**Sept 6th** - 10% off grab bars

**Sept 13th** - 10% off compression hose

**Sept 20th** - 10% off blood pressure monitors

**Sept 27th** - 10% off reachers

## 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)

## Healthy Aging – Getting the Most From Doctor’s Visits

By: Deanne Fortenberry

Going to the doctor can sometimes be confusing and intimidating. When you are alone, it is more difficult to take away the information you need. In order to help you get the most out of your medical appointments, here are some helpful tips:

- 1) Take a list of all of your current medications. Make sure it includes all over the counter medications, such as vitamins, herbal remedies, pain relievers, laxatives, antacids, eye drops, and ointments/rubs. Review your medications with your doctor to ensure that you do not experience drug interactions or uncomfortable side effects.
- 2) Prepare a list of questions to take with you. Give the list to your doctor and attempt to have every question answered before you leave. Don’t be afraid to ask questions.
- 3) Make a note of any changes in symptoms between doctor’s visits. Even small changes may sometimes be very important.
- 4) Take a family member or friend with you. Two sets of ears are always better than one.
- 5) Take notes while you are in the office. Jot down the answers to your questions as well as any new information that you receive.

## Tip of the Month

By Amy Lindsey

Reachers are a great tool to help safely retrieve those things that are just out of reach. It is important to use a reacher to limit repetitive bending or stretching. A reacher is extra handy for people with difficulty reaching things from high or low places, with disabilities, or with back or leg issues. Reachers have many useful purposes and can be used to assist with trash, laundry, gardening, cleaning, hygiene, emergencies, and in the car.



Join the Movement of the MS Walk

By: Connie Walker



**What-** A walk to create a world free of multiple sclerosis. 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.

**When-** Walk MS Stillwater is on October 9th at Boomer Lake and registration is at 8:00 A.M. on the east side of Boomer Lake.

**Who-** 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.

**How-** 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 [www.nationalMSSociety.org/oke](http://www.nationalMSSociety.org/oke). As soon as you register, you’ll have access to our online fundraising tools, making fund raising easier and more convenient than ever.



**National  
Multiple Sclerosis  
Society**

*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](mailto:shixon@stillwater-medical.org)*