

Cimarron Medical Services
Stillwater Medical Center Home Health Services

Home Care Connection

Connecting Hospital to Home

Home Care Leadership Team

SMCHH Leadership Team consists of Dennis Teal, Home Care Director; Maria Avers, RN, Clinical Manager; and Roseanna Porter, Business Office Supervisor. Mr. Teal notes that our passion is home care. Keeping the individual at home in the safest and most independent state possible is our mission for the patients at Stillwater Medical Center Home Health Services.



Cimarron Medical Services Leadership Team consists of Dennis Teal, Home Care Director; Janet Coakley, Business Office Supervisor; John Corbell, Operations Supervisor; and Katie Roberts, Rehab/Assistive Technology Coordinator. Mr. Teal stated, "The Home Care Team knows we must *Wow* patients and give them the best outcome possible in order to earn their business and help them reach their healthcare goals".



November is Diabetes Month

Basic Carbohydrate Counting By: Angela Gamble

It is important to space out carbohydrate intake throughout the day in order to control blood glucose levels. Foods which contain carbohydrates are starches such as bread, rice, pasta, cereals, beans and starchy vegetables. Fruits, fruit juices, milk, and yogurt also contain carbohydrates. Those foods with fewer amounts of carbohydrates and more fiber are non-starchy vegetables, such as broccoli, carrots, asparagus, and salad greens.

One carbohydrate serving equals 15 grams of carbohydrate. Some examples of serving sizes are: 1 slice of bread, 1/3 cup rice, 1 small baked potato, 1 small piece of fruit, 1/2 banana, 1/2 cup fruit juice, 6oz low-fat yogurt, or 1 cup milk.

The amount of carbohydrates you need per meal depends on your weight goals and how your blood glucose reacts to carbohydrates. Women who want to lose weight usually only need 30 – 45 grams of carbohydrate per meal with 15 grams of carbohydrate as a snack. Men who want to lose weight can usually tolerate 45 – 60 grams of carbohydrate per meal with 15 grams of carbohydrate as a snack. By becoming aware of your current portions you may discover that your portions are larger than you realized and you may be eating more carbohydrates than you thought. Reducing portions sizes containing carbohydrates may be a good way to begin meal planning.



Newsletter now available in email version. If you would like to be added to our monthly e-mailing list, please send your e-mail address to:
shixon@stillwater-medical.org.

Cimarron Medical Services Weekly sale items

The week of :

- Oct 30th** – 10% off toilet safety frames
- Nov 7th** - 10% off compression hose
- Nov 14th** - 10% off peddlers
- Nov 21st** - 10% off walkers and canes
- Nov 28th** - 10% off reachers

Mashed Potato Soup

- A drizzle of extra virgin olive oil (EVOO)
- 6 slices bacon, chopped
- 4 tablespoons butter
- 1 medium onion, chopped
- 4 tablespoons flour
- 1 quart chicken stock
- 2 cups leftover mashed potatoes
- 8 ounces yellow cheddar cheese, shredded
- Chopped chives, for garnish

In a medium pot or Dutch oven, heat a drizzle of EVOO over medium-high heat. Add bacon and cook until crispy. Remove bacon with a slotted spoon to a paper towel-lined plate and reserve. Drain off excess bacon fat from the pot and add butter. When it is melted, add the onion and cook until softened, about five minutes. Sprinkle flour into the pot and cook with a wooden spoon for one minute. Whisk in the chicken stock and bring to a bubble. Cook until slightly thickened, about 2-3 minutes. Whisk in mashed potatoes, then stir in the cheddar cheese with a wooden spoon and cook until the potatoes are hot and the cheese is melted. Transfer to a serving bowl and garnish with the reserved bacon and chopped chives.



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Quality Services
Provided by:

**Stillwater
Medical Center**

**Home
Health
Services**

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GLUCOSE METERS

By: Roberta Bastion

Choosing a Glucose Meter

There are at least 25 different meters commercially available to the diabetic consumer. They differ in several ways including:

- Amount of blood needed for each test
- Testing speed
- Overall size
- Automatic timing
- Large display screen
- Ability to store test results in memory
- Cost of the meter
- Cost of the test strips used
- Error codes
- Spoken instructions for people with visual impairments



Each meter comes with different features, options, and aesthetics. Working with your doctor to find the one that works best for you is often the best approach. Once you've found a meter you like you can begin to test your blood sugar at the time your doctor recommends.

Learning to Use Your Glucose Meter

Since, not all glucose meters work the same way it is a good idea to read the direction thoroughly or seek education. A certified diabetic educator can teach you how to use your glucose meter and to interpret its results. The educator can teach you an array of things about your meter, testing processes, and can make sure you can use your meter correctly. The process of finding the perfect meter is better if it part of an overall diabetes education program.

Using Your Glucose Meter

Diabetes care should be designed for each individual patient. Some patients may need to test (monitor) more often than others. How often you use your glucose meter should be based on the recommendation of your health care provider.

Cimarron Medical Service stocks 2 kinds of meters, they are BREEZE 2 and CONTOUR. Our staff would be happy to answer your questions regarding your glucose meter. We also stock batteries and accessories to aid in the use of your meter.

Tip of the Month

By Amy Lindsey

Diastar Comfy Feet socks are the perfect loose fit sock, recommended for anyone suffering from diabetes, circulatory problems, neuropathy, or edema. They have a loose fit top, minimum compression, and smooth toe technology. The Diastar Comfy Feet socks do not bind or sag. They are available in a variety of colors at Cimarron Medical Services.



Diabetes Care for Sick Days

By: Deanne Fortenberry, RN



Here is a timely reminder about preparation for sick days as we enter into cold and flu season. As always, prevention is the best treatment. Hand-washing is always the primary prevention for any infection. Flu and pneumonia vaccines (if appropriate) are helpful to reduce or prevent acute illness as well. Diabetes becomes more difficult to manage with any illness.

These tips may help prevent complications as you recover.

- Follow your regular meal plan as much as possible
- Take your normal dose of medication or insulin
- Drink plenty of calorie-free drinks between meals
- Check your blood glucose levels every 3-4 hours

If you cannot eat regular foods, try a little of the following:

- ½ cup juice, ginger ale, regular soft drink, jello, oatmeal or ice cream
- 1 cup of broth based soups
- 1 slice of dry toast or 6 saltine crackers

Call your doctor if: You have been sick for more than 2 days

You are having uncontrolled diarrhea or vomiting, or you cannot hold down your medications

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