CAH Monthly

1401 WEST PAWNEE STREET
CLEVELAND, OK
74020
918-358-2501
CLEVELANDAREAHOSPITAL.COM

Department Recognitions

Physical Therapy Month

Now Teaching Tai Chi!

Cory Scott
Maintenance Tech

Cory Scott has worked with Cleveland Area Hospital for over four years as a maintenance tech with a total of fourteen years of experience in both commercial and residential HVAC. He spends his days working throughout all 5 of our buildings, keeping our organization safe, functional and maintained. We are so proud of the work he does, as it really shines through from our beautiful campus!

Cory describes working with our organization as an enjoyable experience, all thanks to his coworkers. "I love my tight-knit 'work fam'," he says.

Although his work is challenging, he deems it rewarding as well, "I enjoy my part of being responsible for the facilities." Cory goes on to say that although there is a daily routine, he loves how he never knows what else might pop up.

Cory likes to spend his free time fishing, four-wheeling in his Jeep and mountain biking. His favorite local food is Rosie's Tacos and our very own Cleveland Area Hospital kitchen! "I have to admit, our kitchen is probably the best in town." However, above all else, Cory's favorite thing in the world is being a dad to his thirteen year old son, Ethan.

Thank you for all of your hard work and dedication, Cory, we appreciate all that you do!

Candy Walker
Access Coordinator

Candy Walker has proved herself a wonderful asset to our organization, as she has been with us for nearly ten years! She currently works with us as an Access Coordinator. We are extremely proud of her years of dedication to helping us maintain our reputation of high quality care!

When asked about her favorite part about Cleveland Area Hospital, Candy tells us that she truly loves her coworkers and feels like they all share a special bond. She explains that working along with them also feels like she is spending time with family.
Candy also enjoys meeting our patients. Getting to interact with them on a day to day basis not only brightens her day, but also gives her an opportunity to make an impact on theirs. Candy often goes out of her way to try and make a positive impact on patients' days.

In her free time, she loves to spend every chance she gets with her grandchildren. Other times, she enjoys throwing Big Brother parties at her new apartment.

Thank you for your hard work, Candy! We so appreciate you and the effort you have put in for all of this time.

Rehab Services Week

Physical, Occupational, Speech, Sports and Orthopedic Manual Therapies

Cleveland Area Hospital

Top: LaTisha Ramos, Arin Warren, Lesta Cheek, Fatma McKeel, Sue Goza, Ashley Smith
Bottom: Amy Garner, Paulette Wells, Ashley Dean, Jessica McGuire, Catherine Lutz

October 6th to the 12th, we celebrated our Rehabilitation Departments! Our Physical Therapy, Speech Therapy, Sports Therapy, Occupational Therapy and Orthopedic Manual Therapy are all wonderful divisions of our rehabilitation services.

These team members are completely dedicated to providing our patients with the high quality care they deserve. Along with their commitment to your full recovery, our Rehab team is compassionate, encouraging and a joy to be around!

We are so grateful for these departments. Their passion for patient recovery is truly inspirational!

You are all doing a fantastic job. We appreciate you!

Cleveland Area Hospital
LAKE AREA MEDICAL ASSOCIATES

Physician's Assistant Day

Vickie McBee, PA-C
Emergency Services

Charles O'Leary, PA-C
Family Practice

On October 7th, we celebrated our Physician Assistants, Vickie McBee and Charles O'Leary!

VICKIE MCBEE

Vickie is an extremely skilled Physician's Assistant specializing in the ER. Some of her many services include suturing, splinting, caring for patients with breathing issues, heart issues, cuts and broken bones, and performing life saving intubations. She has a compassionate and energetic personality and is dedicated to helping her patients.

Vickie loves to spend time with her daughters and grandchildren. She also loves horses, as she has her very own horse farm that also includes racing horses. Thank you for all of your great work, Vickie!

CHARLES O'LEARY

Charlie is an amazing Physician's Assistant at Lake Area Medical Associates. Some of his services include physical exams, illness diagnosing and treatment, ordering and interpreting tests, counseling on healthcare and writing prescriptions. Charlie is described as a great person to be around; he loves to tell jokes, stories and cares for everyone around him.

Charlie enjoys participating in military and veteran groups such as American Legion, VFW, Special Forces Association, 82nd Airborne Association and Marine Corps League. He also loves to travel with his wife! We appreciate you, Charlie!

Cleveland Area Hospital

Materials Management Week

Tara Murray

Materials and Accounts Payable Manager

October 6th-12th, we also celebrated our Materials and Accounts Payable Manager, Tara Murray!

Tara is one of the people this organization depends on to keep going. She is the one responsible for keeping track of all of our supplies, anywhere from trauma necessities that could save a life to something as simple as office material. Without Tara, functionality would be impossible.

Tara is committed to ensuring every department is functional and is known to always go above and beyond what is expected of her. She is often described as sweet, humble and diligent.

Tara is an excellent manager and we are extremely grateful for the work she does. Thank you!

Today, we're celebrating

Emergency Nursing Professionals

Providing 24/7 compassionate emergency care.

Cleveland Area Hospital

On October 7th, we celebrated our ER nurses!

These team members are the first people we see after an accident or medical emergency. Their vital assistance and support makes a huge difference to our patients' experiences. Though they can face some difficulties during their time at work, they are always found with a smile and a compassionate attitude with every patient.

We are very thankful for our ER nurses! Their hard working attitudes are inspiring to all of us. Thank you Adrienne Allen, Alex Brown, Krisha Cassady, Whitney Coffman, Keli Crump, Rachel Foster, Sheila Frye, Carol Ann Godfrey, Terri Koch, Tia Mandevill, Jessica Miller, Kara Walker, Lindsey Hester, Cassi Smith and Cyrene Nall! You all do an amazing job!

Food Services Week

Cleveland Area Hospital

Top: Susan Farrell, Carolyn Wooten, Andrea Stephens, Caitlyn Ray
Bottom: Kimberly Copeland, Estrella Stiers, Kate Lock, Ashlyn Paul, Lori Eslinger

October 14th to the 18th, we celebrated our Dietary Department!

These wonderful ladies always greet everyone with a smile, provide great service and amazing food! Their department is said to be one of the most friendly and inviting places to go on campus. They are known to be extremely accommodating, kind and funny! In addition to their great attitudes, they are constantly looking for new recipes to delight everyone with. Their dedication to nutrition and quality is outstanding.

Thank you all for your hard work! Great job Kate Lock, Susan Farrell, Estrella Stiers, Carolyn Wooten, Kimberly Copeland, Lori Eslinger, Ashlyn Paul, Andrea Stephens and Caitlyn Ray!

Respiratory Therapy Week

Cleveland Area Hospital

Top: Rick Featherston, Connie Borgstrom, Michael Gavin
Bottom: Donnie Hill, Stephanie Schrepel, Crystal Griffith

October 21st-25th, we celebrated our Respiratory Therapy department!

This team makes a huge impact in our patients' lives by providing hands-on care to those with chronic and acute respiratory conditions as well as those utilizing tracheotomies and mechanical ventilation. They can also provide life-saving care to trauma patients. These wonderful people are dedicated to ensuring each patient receives quality, compassionate care. We are proud to have this department and service available to our community!

Thank you Stephanie Schrepel, Donnie Hall, Crystal Griffith, Rick Featherston, Michael Gavin ad Connie Borgstrom! We appreciate you all.

Case Manager's Week

Cleveland Area Hospital

Jessica Rathbun, Peggy Compton and Lisa Elledge

CAH would like to recognize our Case Management Team Jessica Rathbun, RN, WCC, Peggy Compton, RN, BSN, and Lisa Elledge, LCSW!

This team works tirelessly and with great compassion to ensure we are able to serve our patients with the highest quality of care. Along with the collaboration of our physicians, nurses, rehabilitation team, and dietary they lead all-inclusive care plans specific to each patient. Their commitment is extended to families and care givers, with genuine care and consideration given to the patients current needs, as well as long term plans and the navigation of those needs.

Their level of experience and professionalism is an extraordinary element to our organization. One in which we are very proud to have!

NATIONAL

Physical Therapy

MONTH

#ChoosePT

Cleveland Area Hospital

October is National Physical Therapy Month!

This month we will be raising awareness for how physical therapy can be a great alternative to many health issues.

For many individuals, physical therapy is not the first idea that comes to mind when in need of treatment. People who have suffered injuries, live with chronic pain, or have restricted mobility often think that surgeries and opioids are the quickest, easiest, and more effective options. However, physical therapy is referred by most primary care doctors as the first course of action because of its many advantages and the least amount of intrusion.

Physical therapists are experts in movement and mobility. They aim to optimize the quality of life through prescribed exercise, hands-on care, and patient education. Physical therapists empower each patient to actively participate in their own treatment with individualized treatment plans that are designed to fit each person's needs, goals, and challenges.

For more information about our physical therapy services,

Call 91-358-2501
Ext. 4701
or visit
www.clevelandareahospital.com/physical-rehabilitation

Falls

are the leading cause of injury-related hospitalizations among older adults

FALL PREVENTION MONTH
WE ALL HAVE A ROLE TO PLAY

Your home environment is crucial to fall prevention. Try out these helpful tips to increase your home's safety.

1. Keep pathways clear
Keep stairs and walkways clear by removing objects that you could trip over. Add storage for things that are usually on the floor, such as shoes or papers.

2. Be aware of uneven surfaces
Look out for changes in the level of flooring, such as in doorways or in between carpeting and tile. Remove throw rugs or use a rug gripper underneath to secure them to the floor. If you can move a rug easily with your foot, you could slip on it.

3. Keep frequently used items close by
Reaching up high or bending down low can cause you to lose balance. For example - in the kitchen, make sure that cooking supplies and other items that you use often are easy to reach.

4. Light your way
Install bright lights, have switches at both ends of stairways, and use night lights to light the path from your bedroom to bathroom. Light switches that glow are easier to see in the dark.

5. Add supports in the bathroom
Bathrooms can be dangerous, especially when things are wet. Put grab bars near the toilet and in the shower. Non-skid strips in the bathtub can keep you from slipping.

6. Stay safe on the stairs
Consider installing handrails on both sides of the stairs. If you already have handrails, be sure you use them. Check that they are properly installed and not loose.

#PreventFalls2019

SUGAR-FREE Pumpkin Muffins

INSTRUCTIONS

- Preheat oven to 350
- Mix the cake mix and the pumpkin together.
- Scoop into lined or well-sprayed mufin pan.
- Bake for 20-25 minutes (until toothpick comes out clean.)

INGREDIENTS

- Classic Vanilla cake mix
- 1 - 15 oz. can of pumpkin
- No oil, no eggs, no water, nothing else.

SUGAR-FREE Frosting

INSTRUCTIONS

- In a mixing bowl using a stand mixer fitted with a paddle attachment if possible, cream together the cream cheese and butter. You can also do this by hand.

- When cream cheese and butter are well blended, you can switch to a whisk attachment (or a whisk if by hand) on your mixer. Then whisk in 1 tablespoon of your dairy (Greek Yogurt or alternative) until that is blended.

- Next, add 1 teaspoon of the Stevia and 1 teaspoon of vanilla extract. Whip or whisk the frosting for one minute on medium. Test the frosting for sweetness. If additional Stevia is needed, add a small amount, as this will go a long way. Also if the frosting appears to be too thick for your needs, you can add additional dairy (no more than 1/2 a tablespoon at a time). If you are looking for a thicker frosting and this becomes difficult to whip, you can switch back from the whisk to the paddle.

- Continue to whip or whisk the frosting until you reach your desired consistency. This frosting needs to be refrigerated.

INGREDIENTS

- 8 ounces Cream Cheese softened to room temperature

- 1/4 cup Butter softened to room temperature

- 2 tbsp. Greek Yogurt Milk, Buttercream or similar dairy.

- 1 tsp. Stevia - Granular pure Stevia is preferred. Start at 1 tsp. and add additional as needed.

- 1 tsp. Vanilla Extract

November 2019

Sunday	Monday	Tuesday
3 "All progress takes place outside the comfort zone." by Michael John Bobak	4 9:00 Tai Chi Wellness Workshop	5 5:30-6:30 Yoga 7:30-8:30 Run/ Walk 2:00-2:30 Yoga 3:00 Walk 5:00 Tai Chi 5:45 Zumba
10 "The clock is ticking. Are you becoming the person you want to be?" by Greg Plitt	11 9:00 Tai Chi 10:00-11:00 at Baptist Village Gentle Exercise 12:00-12:30 Yoga 2:00-2:30 Workout 3:00pm Walk 5-5:45pm Workout 5:45 Zumba	12 5:30-6:30 Yoga 7:30-8:30 Run/ Walk 2:00-2:30 Yoga 3:00 Walk 5:00 Tai Chi 5:45 Zumba
17 "If something stands between you and your success, move it. Never be denied. by 'The Rock'	18 9:00 Tai Chi 10:00-11:00 at Baptist Village Gentle Exercise 12:00-12:30 Yoga 2:00-2:30 Workout 3:00pm Walk 5-5:45pm Workout 5:45 Zumba	19 5:30-6:30 Yoga 7:30-8:30 Run/ Walk 2:00-2:30 Yoga 3:00 Walk 5:00 Tai Chi 5:45 Zumba
24 "Act as if what you do makes a difference. IT DOES" by William James	25 9:00 Tai Chi 10:00-11:00 at Baptist Village Gentle Exercise 12:00-12:30 Yoga 2:00-2:30 Workout 3:00pm Walk 5-5:45pm Workout 5:45 Zumba	26 5:30-6:30 Yoga 7:30-8:30 Run/ Walk 2:00-2:30 Yoga 3:00 Walk 5:00 Tai Chi 5:45 Zumba

Wednesday	Thursday	Friday	Saturday
		1 12:00-12:30 Yoga 2:00-2:30 Workout 3:00pm Walk	2 *Drink Water!*
6 9:00 Tai Chi 12:00-12:30 Yoga 2:00-2:30 Workout 3:00pm Walk 5-5:45pm Workout	7 5:30-6:30 Yoga 7:30-8:30 Run/ Walk 2:00-2:30 Yoga 3:00 Walk 5:00 Tai Chi 5:45 Zumba	8 12:00-12:30 Yoga 2:00-2:30 Workout 3:00pm Walk	9 *Get Good Rest*
13 9:00 Tai Chi 12:00-12:30 Yoga 2:00-2:30 Workout 3:00pm Walk 5-5:45pm Workout	14 5:30-6:30 Yoga 7:30-8:30 Run/ Walk 2:00-2:30 Yoga 3:00 Walk 5:00 Tai Chi 5:45 Zumba	15 12:00-12:30 Yoga 2:00-2:30 Workout 3:00pm Walk	16 *Stretch!*
20 9:00 Tai Chi 12:00-12:30 Yoga 2:00-2:30 Workout 3:00pm Walk 5-5:45pm Workout	21 5:30-6:30 Yoga 7:30-8:30 Run/ Walk 2:00-2:30 Yoga 3:00 Walk 5:00 Tai Chi 5:45 Zumba	22 12:00-12:30 Yoga 2:00-2:30 Workout 3:00pm Walk	23 *Be Kind*
27 9:00 Tai Chi 12:00-12:30 Yoga 2:00-2:30 Workout 3:00pm Walk 5-5:45pm Workout	28 *Happy Thanksgiving!*	29 12:00-12:30 Yoga 2:00-2:30 Workout 3:00pm Walk	30 *Stretch!*

October NEW HIRES

Cleveland Area Hospital

Caitlyn Ray

Dietary Cook

Kim Weaver

Respiratory Therapist

Mileah Sanders

Patient Access Coordinator

Maggie Kaltwasser

Certified Nursing Assistant

Certifed Nursing Assistant

October NEW HIRES

Cleveland Area Hospital

Ariane Pierce

Quality Coordinator

Angela Hughes

Revenue Cycle Specialist

Kelbi Hunt

Licensed Practical Nurse

Alicia Dean

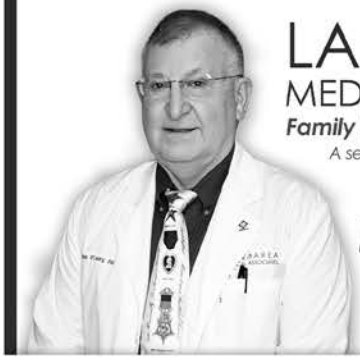
Certifed Nursing Assistant

Kali Marshall

Radiology Tech

Erica Egan

Certifed Nursing Assistant



LAKE AREA
MEDICAL ASSOCIATES
Family Practice and Pediatric Clinic
A service of Cleveland Area Hospital

Family Practice
Charles O'Leary, PA-C

Same Day Appointments Available!

1400 West Pawnee Street
Cleveland, OK 74020
918-358-3588

24/7 ER
Here when you need us most.

Cleveland Area
Hospital
1401 West Pawnee Street
Cleveland, OK
918-358-2501

It's Physical Therapy Month!

Cleveland Area Hospital | **REHABILITATION** SERVICES | ***918-358-2501 Ext. 4701*** *1401 W. Pawnee St. Cleveland, OK*

Physical Therapy acts as a great alternative to opioids by easing pain, increasing movement and even helping to avoid surgery!

Some of our commonly treated conditions:
Arthritis | Chronic Pain | Injuries | Balance | Developmental Delays
Amputations | Post-Stroke | Much More!

LAKE AREA
MEDICAL ASSOCIATES
Family Practice and Pediatric Clinic
A service of Cleveland Area Hospital

Pediatrics
Heather Maxwell APRN-CNP

Congratulating Heather Maxwell on 10 years of service!

1400 West Pawnee Street
Cleveland, OK 74020
918-358-3588

On September 21st, 2019, Heather Maxwell celebrated her 10th year of quality service with Lake Area Medical Associates. Heather has a heart for children and providing excellent care. Thank you for your hard work and dedication!

3D
MAMMOGRAPHY

918-358-2501 Ext. 4702

Cleveland Area Hospital

24/7 LABORATORY SERVICES

Coumadin Therapy | Same Day Blood Transfusions
Federal, Non Federal & Court-Ordered Drug Screens

Same day results to your provider!

918-358-2501 Ext. 4318
1401 West Pawnee St.
Cleveland, OK

Cleveland Area Hospital

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Quality Health Care Close to Home

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OCTOBER 2019