



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

HEALTH

Occupational
Therapy

Nutrition Classes

Upcoming Blood Drive!



Jerod Cottom
Occupational Therapist



REHABILITATION SERVICES Occupational Therapy

Cleveland Area Hospital is excited to introduce our new Occupational Therapist, Jerod Cottom!

Jerod grew up in Morrison, Oklahoma and continues to live on the same property he grew up on. He enjoys spending time with his family: his wife of ten years, Jessica and his two children, 5 year old Maxton and 3 year old Adalynn. His time is often spent on their small ranching operation, hunting, fishing and coaching his son's youth sports teams.

Jerod has his associates degree as an Occupational Therapy Assistant from Tulsa Community College and has recently graduated from the University of Louisiana with his Master's of Occupational Therapy. Before joining us at Cleveland Area Hospital, he worked as a Certified Occupational Therapy Assistant on a Rehabilitation Unit for four years.

Jerod explains choosing Cleveland Area Hospital to continue his career specifically for it's rural location. As someone who grew up in a small town, he feels a stronger connection to his patients and coworkers. He details his favorite patient experiences as the ones he gets to build a lasting relationship with. "I enjoy listening to my patients' concerns and problem solving issues that patients will encounter at home through the use of functional activities. I love seeing

their quality of life improve," he tells us.

Occupational Therapy helps people of all ages to do the things they want to do through the use of therapeutic daily activities. OT uses a holistic perspective focusing on adapting either the environment of and/or the task to fit the person.

Jerod says he "(looks) forward to working together with the team at CAH to help our patients get better each and every day. I am very excited to be working here with the phenomenal staff."

PUTTING THE
fun IN
functional
OCCUPATIONAL
THERAPY

FREE Nutrition Classes

Featuring Registered Dietitian, **Bonnie Johnson**



Diabetic

Nutrition Class

1:00-2:30PM



Children's

Nutrition Class

2:30-3:30PM

Cleveland Area
Hospital

UPCOMING CLASSES:

February 5th | March 4th | April 8th | May 6th

For more information, call 918-358-2501 Ext. 4323

Why should I attend a diabetic nutrition class?

An estimated 1.4 million people are diagnosed with diabetes every year in the U.S. A diet high in fat, cholesterol, and calories can increase your risk. With so much fast food and other quick, unhealthy snacks right at our fingertips, it is important to remind ourselves what a healthy diet really looks like and how it can benefit our everyday lives.

What we consume can affect our mood, energy levels, quality of sleep, and overall health. Typically, a healthy diet consists of high amounts of fiber and low amounts of fat, sugar, and sodium. It is widely known that fiber helps your digestion, but an equally important, lesser known fact is that it also helps your body to absorb vital nutrients from your food. Sodium, on the other hand, contributes to high blood pressure and strain on your kidneys. Similarly, high amounts of sugar puts a strain on your pancreas, limiting its ability to produce insulin.

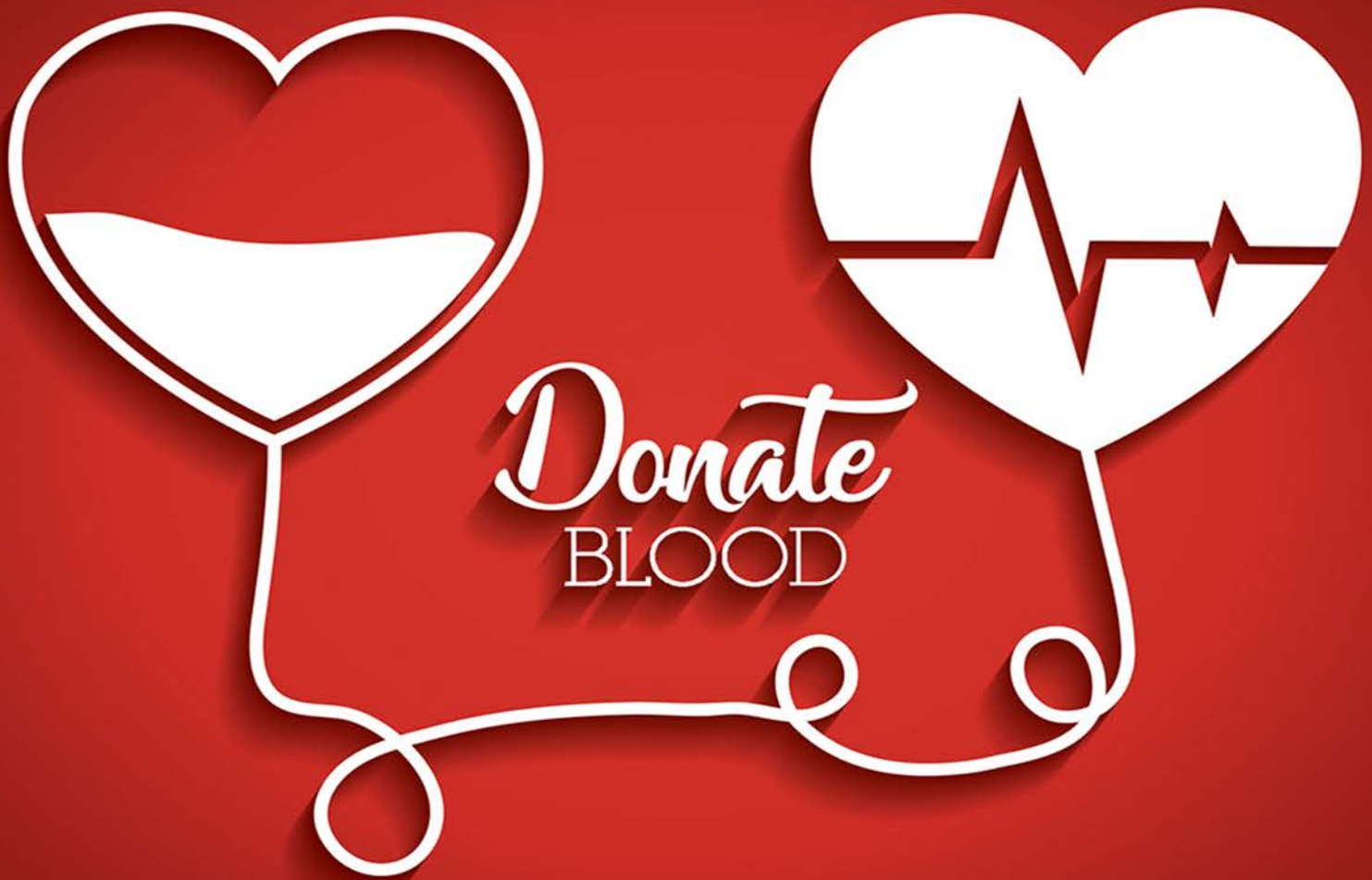
Not only does what's in our food matter, but also when we consume it can also have a large effect on our health.

Food is our body's fuel and in this sense, it is easy to understand that our bodies must regularly be refueled. Keeping a consistent meal schedule helps to keep you energized while also boosting your metabolism!

Why should my child see a dietitian?

Our diet plays a crucial role in our everyday lives. What we eat and when we eat it can affect our mood, energy levels, quality of sleep, and overall health.

This class intends to focus on child obesity and high cholesterol. While high cholesterol seems to be most apparent in adults, it also affects children. High cholesterol in children can lead to health issues such as heart disease, stroke, type 2 diabetes, and so on. High cholesterol is most often linked to genetics, diet and obesity. Finding the right diet that is both appealing and healthy for your child can be difficult. Dietitian Bonnie Johnson can help ease that struggle and help set you and your child on the path to a healthier lifestyle!



Blood is one of the most precious, life saving gifts that someone can give. While not all people are qualified to donate, just one person can save up to three lives each time they donate.

If you are over 17, weigh at least 110 pounds, have never used non-prescription self-injected drugs, do not have hepatitis and are not at risk for aids, you are likely a candidate to be a hero.

Blood donations are needed for women with pregnancy complications, children with severe anemia, people with severe trauma, complex medical and surgical procedures, cancer patients and many other complications.

Since blood donations can only be stored for a limited amount of time, it is crucial that we maintain a regular flow of donations to preserve a quality supply for emergency situations.

While donating blood can save the lives of many, it can also offer benefits to the one donating. According to a report by the Mental Health -

Foundation, helping others can reduce stress, improve your emotional well-being, benefit your physical health, reduce the sense of isolation and provide a sense of belonging to your community.

Here in our community, the Cleveland Area Hospital Auxiliary can be found hosting its 11th year of blood drives at the First Christian Church. Blood drives are held the second Thursday of even months with the next event being held on February 13th, 2020.

For more information, call 1-800-REDCROSS or visit RedCrossBlood.org and enter: clevelandok



**American
Red Cross**

Cleveland Area
HOSPITAL AUXILIARY



BUILDING U

WELCOME TO BUILDING-U: HEALTH AND WELLNESS EDUCATION

At CAH, we believe wellness should extend beyond medical exams. We are proud to offer complimentary Health and Wellness education programs that help students 'build' a better future for themselves by focusing on physical, mental and spiritual well-being at Building-U.

While physical activity plays a large role in living an independent and fulfilling life, other factors come in to play as well. In addition to fitness programs, Cleveland Area Hospital offers nutrition education, smoking cessation, hydration motivation, goal coaching and much more!

Our Program Design and Wellness Coordinator, Danna Ellis, stresses the idea that the most important aspect in our wellness

journey is to start somewhere, no matter how small. We understand mobility issues, limited time and not knowing where to start are common obstacles people face in beginning their wellness journey. With this in mind, we are happy to offer classes to fit every experience and mobility level!

Most people long for a sense of satisfaction in life and health. Whether it is making a better life for their children or grandchildren, reducing risks of future health issues or simply wanting to feel, look, and be more healthy, finding meaningful motivation is vital when seeking improvement. Take the first step on the path to wellness at Building-U!

For more information, or to attend a [complimentary class](#), Contact:

Danna Ellis, Wellness Coordinator

918-812-6216

YOGA

Whether you know nothing about yoga, or have already perfected the Headstand, you don't want to miss out on the variety of benefits that yoga scientifically offers, both physically and mentally!

Some Benefits of Yoga:

- Body Detoxification
- Improves Posture
- Increases Immunity
- Lowers Blood Pressure
- Increases Flexibility and Balance
- Relieves Joint and Back Pain
- Relieves Muscle Tension
- Increases Core Strength

INTRO TO FITNESS - AN EXERCISE CLASS FOR BEGINNERS

Intro to Fitness is a strength, balance and fitness class that is great for all ages and fitness levels. This class is made possible by the SAIL program (Stay Active & Independent for Life) and intends to improve your quality of life by staying active. These exercises can also accommodate mobility difficulties by allowing the student to sit while performing movements.

ZUMBA

Zumba is an exercise fitness program utilizing dance and vigorous movement to music. This dance works your entire body, tones every muscle group, improves posture and balance and increases flexibility!

MUCH MORE: GROUP WALKS GOAL COACHING
STRENGTH & CARDIO WORKOUTS SMOKING CESSATION

Brussels Sprouts Gratin Casserole

INSTRUCTIONS

1. Preheat oven to 375° F.
2. Clean, trim stems of Brussels sprouts. Cut in half and keep all of loose leaves. Fill medium stock pot half way with water, bring to boil. Add Brussels sprouts, stirring in hot water and blanch quickly for about 2 minutes or until they turn bright green. Immediately drain. Do not cook Brussels sprouts too long and make them soft!
3. In large pan melt butter, then add flour and quickly stir with whisk to combine and remove clumps. Turn off heat.
4. Add milk, salt, cheese, mayo, garlic powder and black pepper. Stir until cheese is melted.
5. Add Brussels sprouts and combine with cheese mixture. Pour into baking dish and bake for about 40-50 minutes or until Brussels sprouts are tender.
6. If you want an extra cheese crusted, top with grated Parmesan cheese before baking.

INGREDIENTS

2 Pounds Brussels Sprouts , halved
3 Tablespoons Butter
2 Tablespoons Flour
1-1/4 Cups Milk
1 Cup Grated Parmesan Cheese ,
extra for topping if you like
1/2 Teaspoon Kosher Salt
1/4 Cup Mayonnaise
1/2 Teaspoon Garlic Powder
Black Pepper to Taste

Honey-Garlic Cauliflower

INSTRUCTIONS

1. Preheat oven to 400° and line a large baking sheet with foil.
2. In a large bowl, combine flour and cauliflower, toss until fully coated. Set up a dredging station: In one bowl, add Panko breadcrumbs and in another bowl whisk eggs and add 2 tablespoons water. Dip cauliflower in beaten eggs, then Panko until fully coated. Transfer to a prepared baking sheet and season generously with salt and pepper. Bake until golden and crispy, 20 to 25 minutes.
3. Meanwhile, make sauce. In a small bowl, whisk together cornstarch and water, until the cornstarch dissolves completely. Set aside. Combine soy sauce, honey, garlic, lime juice and Sriracha in a small saucepan over medium heat. When the mixture reaches a boil, reduce heat and add the cornstarch mixture. Bring to simmer again and cook until sauce thickens, about 2 minutes.
4. Toss cooked cauliflower in sauce until evenly coated. Return the cauliflower to baking sheet and broil for 2 minutes.
5. Garnish with scallions and serve immediately. the baking time.

INGREDIENTS

1 Cup All-Purpose Flour
2 Cup Panko Breadcrumbs
3 Large Eggs, Beaten
1 Head Cauliflower, chopped into bite-size florets
1/3 Cup Honey
1/3 Cup Soy Sauce
2 Garlic Cloves, Minced
Juice of 1 Lime
1 Tbsp. Sriracha
1/4 Cup Water
2 Tsp. Corn Starch
1/4 Cup Sliced Scallions

February 2020

Sunday		Monday		Tuesday	
2	Are you getting good rest?	3	9:00 Active Aging 10:00-11:00 at Baptist Village Gentle Exercise 12:00-12:30 Weight Training 2:00-2:30 Workout 3:00pm Walk 5-5:45pm Workout 6:00 Zumba	4	5:30-6:30 Yoga 7:30-8:30 Personal Training 2:00-2:30 Yoga 3:00 Walk 5:00 Intro to Fitness 6:00 Zumba
9	How is your nutrition?	10	9:00 Active Aging 10:00-11:00 at Baptist Village Gentle Exercise 12:00-12:30 Weight Training 2:00-2:30 Workout 3:00pm Walk 5-5:45pm Workout 6:00 Zumba	11	5:30-6:30 Yoga 7:30-8:30 Personal Training 2:00-2:30 Yoga 3:00 Walk 5:00 Intro to Fitness 6:00 Zumba
16	Are you feeding your soul?	17	9:00 Active Aging 10:00-11:00 at Baptist Village Gentle Exercise 12:00-12:30 Weight Training 2:00-2:30 Workout 3:00pm Walk 5-5:45pm Workout 6:00 Zumba	18	5:30-6:30 Yoga 7:30-8:30 Personal Training 2:00-2:30 Yoga 3:00 Walk 5:00 Intro to Fitness 6:00 Zumba
23	Think kindness Speak kindness Give kindness	24	9:00 Active Aging 10:00-11:00 at Baptist Village Gentle Exercise 12:00-12:30 Weight Training 2:00-2:30 Workout 3:00pm Walk 5-5:45pm Workout 6:00 Zumba	25	5:30-6:30 Yoga 7:30-8:30 Personal Training 2:00-2:30 Yoga 3:00 Walk 5:00 Intro to Fitness 6:00 Zumba

Wednesday		Thursday		Friday		Saturday	
						1	<i>Drink Water!</i>
5	9:00 Active Aging 12:00-12:30 Weight Training 2:00-2:30 Workout 3:00pm Walk 5-5:45pm Workout	6	5:30-6:30 Yoga 7:30-8:30 Personal Training 2:00-2:30 Yoga 3:00 Zumba 5:00 Intro to Fitness 6:00 Zumba	7	12:00-12:30 Weight Training 2:00-2:30 Workout 3:00pm Walk	8	<i>Sleep!</i>
12	9:00 Active Aging 12:00-12:30 Weight Training 2:00-2:30 Workout 3:00pm Walk 5-5:45pm Workout	13	5:30-6:30 Yoga 7:30-8:30 Personal Training 2:00-2:30 Yoga 3:00 Zumba 5:00 Intro to Fitness 6:00 Zumba	14	12:00-12:30 Yoga 2:00-2:30 Workout 3:00pm Walk	15	<i>Stretch!</i>
19	9:00 Active Aging 12:00-12:30 Weight Training 2:00-2:30 Workout 3:00pm Walk 5-5:45pm Workout	20	5:30-6:30 Yoga 7:30-8:30 Personal Training 2:00-2:30 Yoga 3:00 Zumba 5:00 Intro to Fitness 6:00 Zumba	21	12:00-12:30 Yoga 2:00-2:30 Workout 3:00pm Walk	22	<i>Drink Water!</i>
26	9:00 Tai Chi 12:00-12:30 Yoga 2:00-2:30 Workout 3:00pm Walk 5-5:45pm Workout	27	5:30-6:30 Yoga 7:30-8:30 Personal Training 2:00-2:30 Yoga 3:00 Zumba 5:00 Intro to Fitness 6:00 Zumba	28	12:00-12:30 Yoga 2:00-2:30 Workout 3:00pm Walk	29	



Welcome Cleveland HS Seniors!

2020 marks the 4th annual Student Shadowing Program partnership between Cleveland High School and Cleveland Area Hospital. Each student has an interest in pursuing the medical field in their future and this program serves as an opportunity for each of them to have a hands-on experience in their area of interest. The goal of this program is to help students make an educated decision on their next step after high school.

Each student goes through one day of orientation before beginning their shadowing; they all meet their department managers, tour the hospital and receive a 'non-employee handbook' which details dress code, anti-harassment, workplace behavior, cell phone policy and much more. Students are also required to learn about HIPAA.

We are excited to host this year's Cleveland seniors. Welcome, students, and good luck on your journeys!

Students and their interests

Top, From Left to Right:

Bailey Shelton to Shadow Nursing
Kuthadis LaBoy to Shadow ER Providers & Clinic Physician
Timber Hammond to Shadow Physical Therapy
Aspen Wells to Shadow Nursing

Bottom, From Left to Right

Ginna Timmons to Shadow Physical Therapy
Jenessa Reed to Shadow Nursing
Madison Hamilton to Shadow Radiology
Alexis Gill to Shadow Nursing

Welcome



Chili Cook-Off Judges
(Left to Right) Don Speicher, Larry Ferguson,
Mr. & Mrs. Taylor, Jack Siler and Mary Johnson



Chili Cook-Off Judges
Mr. and Mrs. Taylor



Tammy Lowery
serving Chili Cook-Off Judges.

Winners:
Best Overall - Respiratory Therapy
Red Hot - Respiratory Therapy
Most Unique - Dietary



Kimberly Copeland & Carolyn Wooten
using our outdoor grill.



Meet Our Students Lunch





Occupational Therapy

Build your independence with Jerod Cotton, OT

Occupational Therapy helps people of all ages to do the things they want to do through the therapeutic use of daily activities. OT uses a holistic perspective focusing on adapting either the environment of and/or the task to fit the person.

918-358-2501 Ext. 4701
1401 W. Pawnee St.
Cleveland, OK 74020

Cleveland Area
Hospital

www.ClevelandAreaHospital.com/rehabilitation

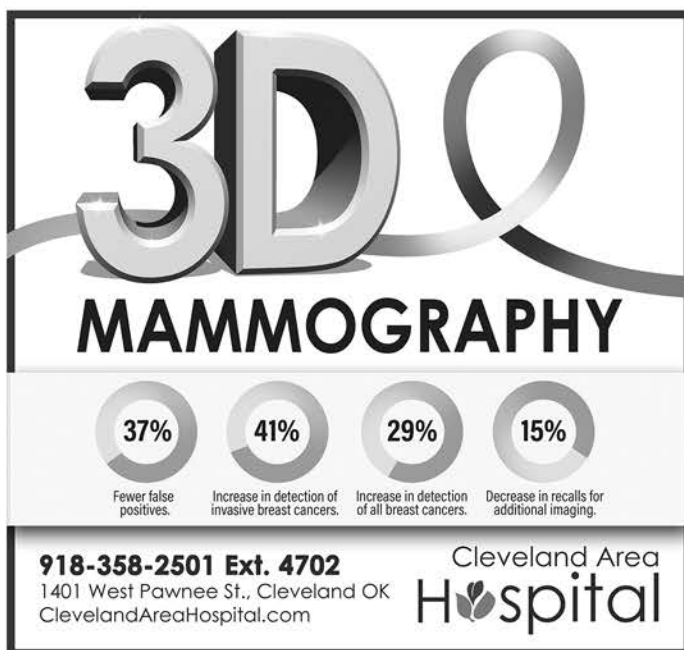
Cleveland Area **Hospital** **FREE** Wellness Classes

- Active Aging/ Tai Chi
- Strength & Cardio
- Yoga
- Zumba
- & Much More!



For more information, contact
Danna Ellis, Wellness Coordinator
918-812-6216

Or Visit www.ClevelandAreaHospital.com/wellness



3D MAMMOGRAPHY

Statistic	Percentage
Fewer false positives.	37%
Increase in detection of invasive breast cancers.	41%
Increase in detection of all breast cancers.	29%
Decrease in recalls for additional imaging.	15%

918-358-2501 Ext. 4702
1401 West Pawnee St., Cleveland OK
ClevelandAreaHospital.com

Cleveland Area
Hospital



918-358-3588
Monday, Wednesday
7:00AM-5:00PM
Tuesday, Thursday
7:00AM-12:00PM

LAKE AREA
MEDICAL ASSOCIATES
A service of Cleveland Area Hospital

Charles O'Leary, PA-C
Joni Bost, LPN and Ashlee Lowry, Medical Scribe

Charles O'Leary, PA-C is a credentialed provider under the VA Community Care program & a designated VA Community Care PCP.

*Have a Heart.
Donate Blood.*



 **American Red Cross**

Cleveland Area
HOSPITAL AUXILIARY

Blood Drive

February 13th
11:30AM to 5:30PM
Cleveland Community
First Christian Church 100 S. Division
Cleveland, OK, 74020

Please call
1-800-REDCROSS (1-800-733-2767)
or visit
RedCrossBlood.org and enter: clevelandok



LAKE AREA
MEDICAL ASSOCIATES

918-358-3588
Monday-Thursday
7:30AM-5:00PM
Friday
7:30AM-4:00PM

Wellness Exams | Immunizations | Diagnostic Lab Testing
Geriatric Health Assessments | Joint Injections | Physicals
Preoperative Evaluations | Skin Biopsies and Treatment
Smoking Cessation | Women's Health Services

Cleveland Area Hospital

Quality Health Care Close to Home

918-358-2501

1401 W. Pawnee Street
Cleveland, OK 74020

ClevelandAreaHospital.com

Find us on Facebook, Twitter and Instagram