

HEALTH



**February & March
Marathons!**

Blood Drive



Adrienne *BSN, RN*



Adrienne had always known she wanted to work in the medical field, helping others had always been a passion for her. Since graduating in 2006 from Langston University in Tulsa and prior to working with CAH, she has worked with oncology, hospice, cardiac, and preadmission testing. Now since beginning work with CAH, she has worked as house supervisor, case management, and now in ER and Charge. This coming March, Adrienne will celebrate her 10-year anniversary with us!

Adrienne has lived in Cleveland for the past 13 years and was drawn to our organization by its close-to-home location. She also goes on to explain that she enjoys Cleveland Area Hospital because she feels appreciated in her position and that our organization really seems to care for its staff.

Though she jokes about 'loving to irritate' her coworkers, her sense of humor always puts a smile on everyone's face. She is also known to be a team player and constantly willing to help those around her. Adrienne also enjoys spending time at home with her family and reading. We appreciate your hard work and years of dedication to our organization, Adrienne! Thank you for all you do.

Calista *Patient Access Coordinator*

Calista has been working with Cleveland Area Hospital as a Patient Access Coordinator for just over a year and a half now. Prior to working with our organization, she worked as a phlebotomist at St. John's and a pharmacy tech at Walgreens. We are so happy to have Calista with us; her bright and welcoming personality makes her a perfect fit for our Access team.

Calista was born in Virginia, but soon moved to Oklahoma. After moving to Cleveland, she saw CAH as an opportunity to work within the community and help community members. Since working here, Calista has found that she truly enjoys helping others in any way she can and her day-to-day work makes her feel as though she can make a difference in people's lives.

In her free time, Calista enjoys walking trails with her dogs and boyfriend, traveling, and painting. She also sells real estate! Thank you for your great attitude and passion for patient care, Calista! We are proud to have you on our team.



4TH ANNUAL CHILI COOK-OFF



WINNER FOR BEST OVERALL CHILI

CASE MANAGER, LISA
with a Classic Chili with Mushrooms



MOST UNIQUE

HOTTEST CHILI

DIETARY DEPARTMENT
with a Hot Honey Chili

RESPIRATORY THERAPY
with a White Hot Pepper Chili

Judges

(from left to right)

Jeff S.
Ron S.
Mary J.
Fred T.
Don S.



***Thank you to all who participated in our
4th Annual Chili Cook-off!***



February Wellness Run

Saturday, February 13, 2021

Contact Tammy Lowery if you have any questions.

For more info and to sign up visit the link below:

<https://runsignup.com/Race/OK/Tulsa/SweetheartRun>

39TH ANNUAL
St. Patrick's Day Run
MARCH 13TH, 2021

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TIMES & PLACES

8:30 AM 1 Mile Fun Run
9:00 AM Special Olympics Exhibition Run
9:15 AM 5K

** Only the 5K Run will be chip timed.*



STARTING LINE:

The starting line for the 5K Run and 1 Mile Fun Run will be at 3920 S. Peoria close to RunnersWorld Tulsa.

This will be CAH's 3rd year to participate in the St. Patty's Day Run. This is the race where many of our team started their wellness journey. Whether it was to stop smoking or to start living a more active lifestyle, it all began here!

To receive a commemorative t-shirt provided by Cleveland Area Hospital, sign up by February 24th here: ClevelandAreaHospital.com/march-race

If you do not wish to receive a commemorative shirt, sign up any time here: runsignup.com/Race/OK/Tulsa/StPatricksDayRunTulsa

Beginner Weight Loss Tips

**Don't Forget Our
Weigh-In Days!**

Half-Way Point:
February 16th, 17th, or 18th

Final:
April 5th

Cleveland Area
Hospital

Drink Water

Drinking water can boost metabolism by up to 30% over a period of 1-1.5 hours! One study showed that drinking a half-liter of water about half an hour before meals helped dieters eat fewer calories and lose 44% more weight than those who didn't.

Take Your Coffee Black

Studies show that the caffeine in coffee can boost metabolism by 3-11% and increase fat burning by up to 10-29%.

Just make sure not to add a bunch of sugar or other high-calorie ingredients to your coffee. That will completely negate any benefits!

Pack Healthy Snacks

Keeping healthy food nearby can help prevent you from eating something unhealthy if you become excessively hungry.

Snacks that are easily portable and simple to prepare could include whole fruits, nuts, baby carrots, yogurt and hard-boiled eggs.

Keep a Food Diary

Practicing mindful eating and increasing your awareness of your daily habits can be extremely beneficial to both weight loss and overall health.

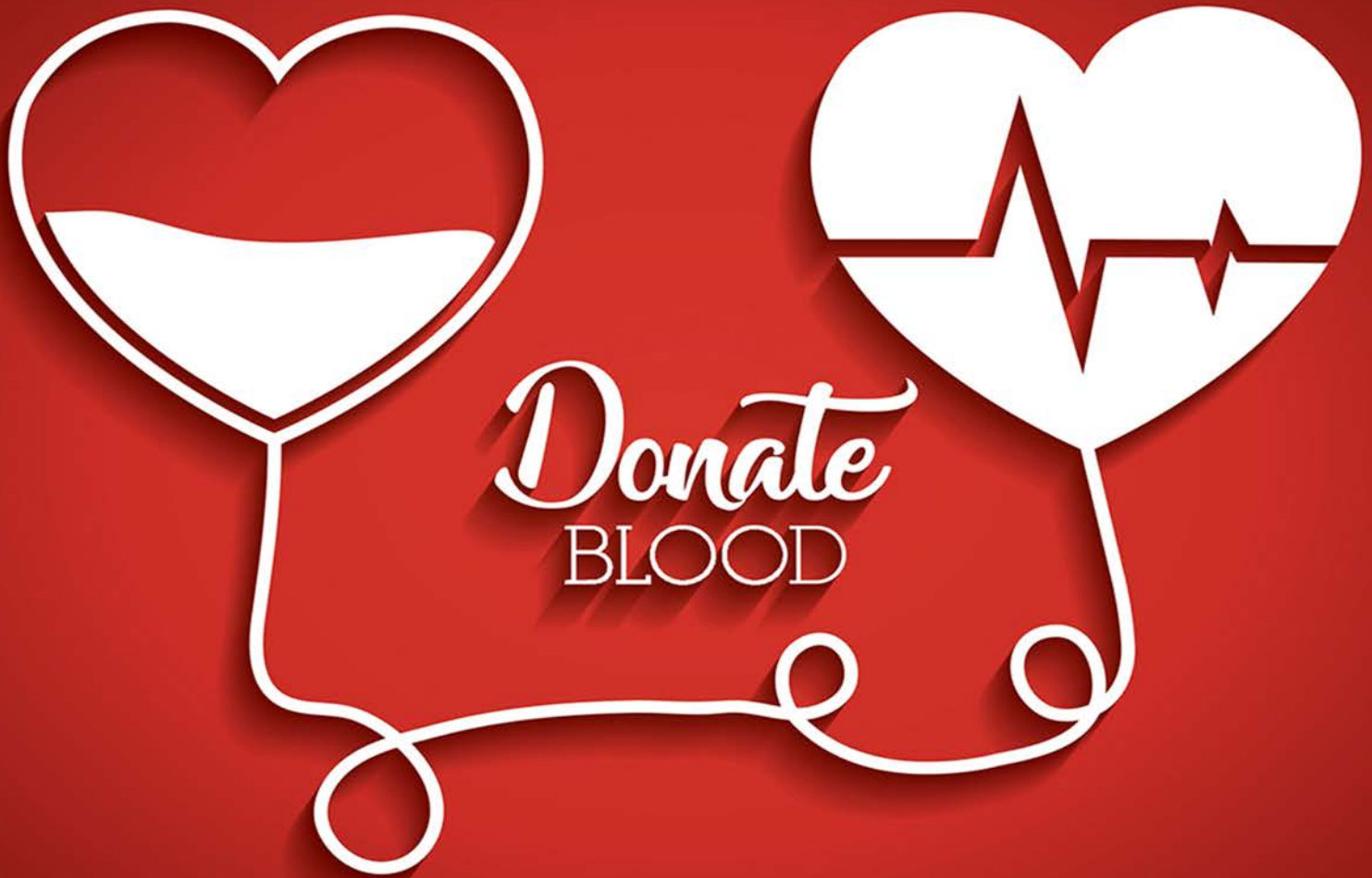
Two popular, free weight loss apps include 'Lose It!' and 'My Fitness Pal'.

Physical Activity

Gradually increasing the frequency of physical activity in a disciplined and purposeful way is often crucial for successful weight loss. One hour of moderate-intensity activity per day, such as brisk walking, is ideal. If one hour per day is not possible, the Mayo Clinic suggests that a person should aim for a minimum of 150 minutes every week.

If the thought of a full workout seems intimidating to someone who is new to exercise, they can begin by doing the following activities to increase their exercise levels:

Taking the stairs | Raking leaves | Walking a dog
Gardening | Dancing | Playing outdoor games
Parking farther away from a building entrance



The American Red Cross now faces a nation-wide blood shortage. Healthy individuals are needed now to donate to help patients counting on lifesaving blood. The Red Cross provides about 40% of our nation's blood and blood components, all from generous volunteer donors. Every 2 seconds someone in the U.S. needs blood, and 1 donation can potentially save up to 3 lives! Each new donor helps the Red Cross to meet patient needs.

The Red Cross understands why people may be hesitant to come out for a blood drive but wants to reassure the public that blood donation is a safe process. Additional precautions have also been put in place at Red Cross blood drives to protect the health and safety of donors and staff.

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.

Here in our community, the Cleveland Area Hospital Auxiliary can be found hosting its 12th 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 11th, 2021.**

Please schedule your appointment in advance: Call 1-800-REDCROSS or visit RedCrossBlood.org and enter: clevelandok



Donate Blood, *Save a Life.*

Cleveland Community

First Christian Church 100 S. Division Cleveland, OK 74020

February 11th | 11:30 AM to 5:30 PM

To donate blood, please book an appointment ahead of time at:

1-800-733-2767 or visit RedCrossBlood.org and enter: **clevelandok**

The short amount of time it takes to donate can mean a lifetime to a patient with a serious medical condition. We urge eligible donors to join us in the selfless act of giving blood.

Cleveland Area
HOSPITAL AUXILIARY



**American
Red Cross**



LAKE AREA
MEDICAL ASSOCIATES

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

Same Day Appointments Available!

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

Cleveland Area Hospital | **FYI**

Cleveland Area Hospital is NOT a provider of COVID-19 vaccinations at this time.
For COVID-19 Vaccination information, including when and where to receive a vaccination,
visit <https://vaccinate.oklahoma.gov/>

CAH is here and ready to serve all emergency and outpatient needs.

The following protocols have been implemented to ensure safety to all patients and staff.

All emergencies will be priority.

- Please call **918-358-2501** upon arrival. (If you do not have a cell phone, ring the buzzer located to the left of the front door.)
- **Please remain in your vehicle** while an Access member completes your registration by phone.
- The receiving department will come to your vehicle and take you to the appropriate location depending on what service you are having.

Cleveland Area Hospital

Quality Health Care Close to Home

918-358-2501

1401 W. Pawnee Street
Cleveland, OK 74020

ClevelandAreaHospital.com

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