

CAH 
Monthly

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

HEALTH



Children's Nutrition

Hospital Week

3D

MAMMOGRAPHY



Regina Mills *Certified Nursing Aide*



Regina Mills is a Certified Nursing Aide and has over ten years of overall experience. Almost one year ago she became a part of our team and we are so glad that she did! CNAs fill such an important role in any healthcare facility and have a direct impact on a patient's health and experience.

Regina has found that while filling that role here at Cleveland Area Hospital, she has also delved into her love of patient interaction. "I love taking care of patients, helping them feel better, and especially being able to build a connection with them to brighten their days here. Even just 5 minutes of conversation can put a smile on their face!" Regina also describes how an attitude can also determine the outcome of some situations. "Positive thinking is always key. No matter how bad the situation is, remember it could always be worse. With a positive attitude, you are showing your patient and the people around you that motivation to push through tough times is possible."

In her free time, Regina loves to be free spirited and go to concerts or any similar fun events throughout the weekend. The most important aspect of life to her, though, is the people she spends that time with. "Friends and family are the most important things to me."

Thank you Regina for all of your hard work and positivity! We appreciate you.

Heather Maxwell, APRN-CNP *Pediatric Nurse Practitioner*

Prior to our organization, Heather Maxwell worked at the Children's Hospital at OU Medical Center, beginning in 2002. Then in September of 2009 she came to us as a Nurse Practitioner. She has now been with Lake Area Medical Associates for over 9 years! We are proud of her dedication and wonderful care.

Heather described her childhood as growing up in a small town of Southeast Oklahoma. She tells us that continuing this life and being able to provide medical care in a similar setting gives her joy and a sense of feeling the comfort of home every day. When asked her favorite part of her job, she responded, "Kids of course!" Heather has a heart for children and loves being able to provide them the care that they need.

In her free time, Heather enjoys spending time with her two sons, 7 year old Jaxon and 4 year old Maddox, and her husband, Trevor, who currently attends PA school at OU Medical School in OKC. Heather and her family enjoys spending some of their time attending Maramec Methodist Church. "Something else we love to do, which many people might not know, is raise registered Longhorn cattle!"

We are so grateful to have Heather Maxwell with us for so long! Thank you for your dedication to patient care and wonderful 'service with a smile'. We appreciate all that you do!





Jamie Petrunak
Radiology Technologist

Jamie Petrunak has recently added to our high quality list of services. After spending 9 years as a Registered Radiology Technologist, she has now added Bone Densitometry to her qualifications. She is now the only Registered Bone Density Technologist in our organization!

Congratulations

on your outstanding
dedication to
patient care at

Cleveland Area
Hospital

Jamie completed 19 credit hours of structured education, countless hours of at-home studying, a 105 question exam, and over 128 repetitions of clinical procedures to become registered in ARRT Bone Densitometry.

We are proud to offer her services here and greatly appreciate her dedication to our advancement and growth. Thank you Jamie and keep up the great work!

To schedule your DEXA Scan, call **918-358-2501 Ext. 4702**

ClevelandAreaHospital.com
1401 West Pawnee Street, Cleveland, OK 74020

This week, we're celebrating

Medical Laboratory Professionals

Providing fast, high quality results.

Cleveland Area
Hospital

April 22nd-26th, we celebrated our Laboratory Techs! Though Medical Laboratory Professionals work 'behind the scenes', hospitals and doctor's offices would never be able to function the same without them.

Lab Techs assist physicians in the diagnosis and treatment of diseases by performing various tests. These professionals offer a precise set of technical skills as well as dedication to quality, efficiency, and ensuring our patients receive timely and precise results.

Our 24/7 Laboratory team, **Rhonda Smith, Fleurette Pickle, Shawna Hamilton, Sherri Smith, Megan Moody, Jennifer McCoy, Essy Gorriti, Tammy Walker and Jamie Higgins**, are highly trained and ready to aid in your path to recovery.

We thank each and every one of our Medical Lab Professionals for their attention to detail, commitment to timeliness, and all around wonderful service. Their hard work is greatly appreciated and should never go unnoticed! Thank you, Lab Techs!

This week, we're celebrating

Nursing Professionals

Leading you on your path to recovery.

Cleveland Area
Hospital

LAKE AREA
MEDICAL ASSOCIATES

May 6th to 10th, we celebrated nurses! Nursing Professionals hold a very large, valuable role in all medical facilities. Nurses are tough, fast-paced critical thinkers waiting on the first line of defense; their care and close attention to detail can often prove lifesaving to many patients. However, while nurses provide essential physical care to patients, they also provide care on a social and emotional level. Suffering from a traumatic illness or injury can pose a devastating emotional impact on both the patient and family. Nurses generally hold the closest position to patients and can make a huge difference in how someone experiences their medical journey. We are proud of our hard working, charismatic nurses and their ability to carry out the care needs of our patients, both physical and emotional, so well. We appreciate each and every one of you!



See a list of our wonderful nurses we are so grateful to have on the next page...

Thank you to all of our nurses for all of the hard work they put into our organization to help continue our high quality level of care.



**Melva Bostik, Katie Walker, Dina Whitten,
Nikki Siler, Peggy Compton,
Jessica Rathbun, Deanna Wilkins,
Shanna Drake, Charece Williams,
Regina Mills, Madison Barnett,
Robert Lincoln, September LeForce,
Mallory Cunningham, Jennifer Payne,
Kelsey Pennington, April Ferguson,
Mykaela Watkins, Mariah Walls,
Sherrita Baney, Charlotte Hager,
Leslie Blackburn, Candice Stevens,
Tiffani Czapansky, Megan Martin,
Kathryn Kaltwasser, Chrissie Collins,
Rachelle Kreps, Misty Stiger,
Brandi Branham, Jennifer Christian,
Lindsey Hester, Jessica Miller,
Krisha Cassady, Keli Crump, Tia Mandeville,
Whitney Coffman, Carol Godfrey, Terri Koch,
Beckie Hall, Miranda Crawford, Cassi Smith,
Cyrene Nall, John Brown, Adrienne Allen,
Sheila Frye, Chelsey Andrews,
Megan Manning, Terra Smith, Travis Hayes,
Jenifer King, and Kara Walker**



**Sabrina Aldridge
Maygin Brewer
Shelbie Brown
Tiffany Troutman
Joni Bost
Rosy Perry
Ashlee Lowry
Linda Shipman
Rachel Mack**

**NURSING
is a work of**








We love our hospital.

Cleveland Area
Hospital

Hospital Week
May 13th - 17th

*Recognizing employees
who have a spirit of caring
in their hearts.*

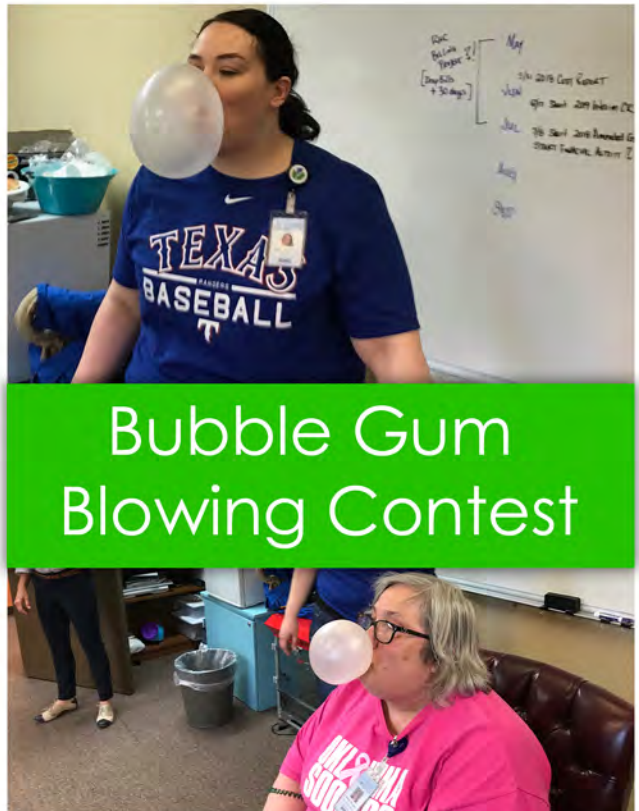
Each department plays a vital role in maintaining a high quality and caring health center. Hospital Week serves as an opportunity to recognize and thank those individuals who are dedicated to patient care. Throughout the week from May 12th-May 18th, Cleveland Area Hospital and Lake Area Medical Associates employees enjoyed a number of great activities and meals.

Sunday 12	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18
Popcorn Bar	Manic Monday	Fiesta Day	Appreciation Day	Cookie War	Picnic with American Heritage Bank	Ice Cream Social
Morning Shift 11:30am	"Dress 80's" Day and Night shift	Virgin Margarita's	Pie Eating contest 2pm	Dietary will host a Candyland Themed cookie decorating contest for both Day and Night Shift.	Ball Park Theme	On the Patio 6pm-8pm
Evening Shift 7:00pm	80's music, snacks and twister on the patio 1pm	Complimentary Sopapilla dessert	LAMA will bring the cheer cart around for day and night shift.	Build the Hospital LEGO relay.	Wear your favorite ball cap and sports jersey	Bring your family
	Who's who 80's picture.	Games and Pinata's for day and night shift.		Day Shift Lego Relay 10 am Cookie Contest 2pm	Grilled Chicken, Hotdogs and pasta salad	
	Prizes to be given away for the best individual and group costume.	Fiesta themed Photo Booth		Night Shift Both activities 8pm	Service Awards will be handed out.	
					Bubble Gum blowing contest 1pm and 8pm	
					Corn hole during lunch	



Pie Eating Contest

First Place: Catherine Lutz Second Place: Tammy Lowry Third Place: Cindy Lock



Bubble Gum Blowing Contest

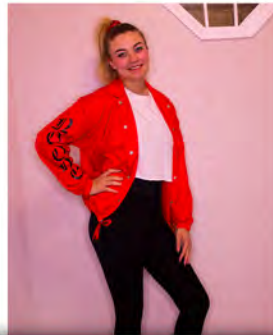
First Place: Mary Thornton

Hospital Week

80's Throwback Day



Best Group: Lake Area Medical Associates (Center)



Best Individual: Robin Irving (Bottom Left)



Cookie Decorating Contest Candy Land Theme



Winners: Nick Jenkins, Katelynn Rogers, Paulette Wells



— FREE — Children's Nutrition Class



A Healthy Diet for Everyone

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!

2019 Classes:

June 12th

September 4th

December 4th

At Cleveland Area Hospital, we care about every aspect of your health, whenever and wherever you are. That is why we would like to provide you with the knowledge and skills needed to stay healthy, even when we are not around.

We currently offer a free nutrition class right here in our own facility, every first Wednesday of each month from 1:00 to 3:00 pm. Registered dietitian, Bonnie Johnson focuses on a nutritious diet that is crucial to a diabetic lifestyle. However, this class is for anyone who would like to attend, as a diabetic diet is an extremely healthy way to go for most everyone!

Call to Attend

918-358-2501
Ext. 4323

Free

Children's
Nutrition Class

Held Quarterly
1:00-3:00 pm
at

Cleveland Area
Hospital





Student Physicals

Cleveland Area Hospital is proud to partner with Cleveland Public Schools as well as Hominy Public Schools to offer an affordable, annual health screening event to community athletes to help ensure that all students meet the requirements to participate.

On Monday, May 6th, Cleveland Middle School hosted CAH's annual \$15 student physicals! Physicals began at 5:30pm for CPS students and at 7:00pm for HPS students. Hominy students may meet their buses at 6:30 pm to be brought to and from Cleveland.

All proceeds for each school were donated back to them! Thank you to all that volunteered and participated!

3D

Reducing Callbacks
by up to **40%**

MAMMOGRAPHY



Fewer false positives.



Increase in detection of invasive breast cancers.



Increase in detection of all breast cancers.



Decrease in recalls for additional imaging.

4 Categories of Breast Density

- Almost Entirely Fatty
- Scattered Fibroglandular Densities
- Heterogenously Dense
- Extremely Dense

Over 40% of Women
Have Dense Breasts

3D Mammography makes detection easier among dense tissue.

1 in 8 US Women will develop invasive breast cancer in the course of her lifetime.



Survival Rate in Early Detection:

93%



Cleveland Area Hospital utilizes the **GE Senographe Pristina Mammography System**, offering the *lowest radiation dose* of all FDA approved 3D Mammography Systems.





Cleveland Area **Hospital** | **REHABILITATION SERVICES**

Physical, Occupational, Speech, Sports and Orthopedic Manual

918-358-2501 Ext. 4701

clevelandareahospital.com

1401 West Pawnee St.

Cleveland, OK 74020

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

Family Practice
Shaun Peters, D.O.

Same Day Appointments Available!

918-358-3588

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1400 West Pawnee Street

Cleveland, OK 74020

Skilled Nursing SERVICES | **SWING BED**
Wound Care | Rehabilitation Services | Respiratory Therapy | IV Antibiotics



Cleveland Area **Hospital** | 918-358-2501
Case Management
Extensions: 4315 or 4618

24/7 ER
Here when you need us most.

Cleveland Area **Hospital**

24/7 Emergency, Laboratory, and Radiology

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Cleveland, OK
918-358-2501

Cleveland Area **Hospital** | *Quality Care, Close to Home.*

24/7 Radiology

Compassionate patient care with over 80 years of combined experience.

Digital X-Ray, 64-slice C.T. Scan, M.R.I.,
Ultrasound, DEXA Scan, Echocardiogram & Mammography

Call 918-358-2501 Ext. 4703

3D MAMMOGRAPHY

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

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

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