



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

HEALTH

A photograph of a middle-aged man with short, graying hair, wearing a white lab coat over a light blue button-down shirt. He is smiling slightly and looking directly at the camera. The background is a blurred outdoor scene of a hospital building with a red 'EMERGENCY' sign and a red arrow pointing right. The word 'HEALTH' is overlaid in large, white, bold, sans-serif capital letters across the top of the image.

CAH Rehabilitation

**Immunization
Awareness**

***Welcoming
Martin Cooper, MD***

Please welcome...

Martin Cooper, MD

Emergency Department Medical Director



Providing exceptional quality healthcare by employees who have a spirit of caring in their heart.

We would like to welcome a new doctor to our emergency department, Martin Cooper, MD!

Dr. Cooper received his medical degree at the University of Toronto, Faculty of Medicine and has been in practice for over twenty years. He originally provided healthcare at Craig General in Vinita for twenty years, ranging from Primary Care to Emergency to Obstetrics.

For the past two years, Dr. Cooper has been covering the emergency departments at the Owasso Bailey Medical Center and the Claremore Hillcrest Hospital. As of this month, he will now be joining us as our new ER Medical Director!

Thank you for joining us, Dr. Cooper! We are so grateful to have you.

Cleveland Area
Hospital



Tara Murray
Materials Management/ Accounts Payable Manager



In October of this year, Tara Murray will have spent a total of 14 years with Cleveland Area Hospital. Tara is our Materials and Accounts Payable Manager and we are very grateful for her hard work and dedication!

During her time working with Cleveland Area Hospital, Tara has noticed the dedication of each team member to ensuring positive experiences with each patient who comes through our doors. She describes the compassion of the organization as her favorite part of CAH. However, she tells us her favorite part of her job is being able to enjoy her proximity to home as well as watching a small town health center continuously grow to accommodate patient needs.

In addition to her position here, Tara is also an EMT as well as auxiliary president for the Cleveland Fire Department. In her free time, she loves to watch baseball with her family, who are big fans of Oklahoma State and the St. Louis Cardinals.

Thank you for all of your years of dedication to Cleveland Area Hospital, Tara! You do an amazing job and we are extremely grateful to have you with us.

Debbie Smelser
Radiologic Technologist

Debbie started her career in Radiology in 1992 and now has nearly 27 years of experience. She joined the team here at Cleveland Area Hospital in December of 2012 and has been with us for an amazing 6+ years. We are very lucky to have her on our team and are so grateful for her years of devotion and hard work.

One thing Debbie enjoys most about CAH is the opportunity it presents to work and thrive in a small, growing, rural community. She loves that she can get to know locals and build meaningful relationships. However, Debbie's favorite part about working at Cleveland Area Hospital is how every day feels like she is working with family. She has even known many of her coworkers for over 20 years and enjoys doing what she loves with the loving people around her.

In Debbie's free time, she likes to take sewing, quilting, and crafting classes! She also enjoys collecting antiques (when she can find space). And of course, she loves to spend time with family and spoil her many grandchildren.

We appreciate all that you do Debbie. Thank you for your years of dedication to Cleveland Area Hospital and the surrounding community! You do an outstanding job and our team is fortunate to have you!





REHABILITATION SERVICES

at Cleveland Area Hospital

EXPANDING BOUNDARIES *One Move at a Time*

Here at Cleveland Area Hospital (CAH), we truly care about each individual we serve. As a team devoted to empowering our patients so they can live full and functional lives, we want to shed light on a few uncommon (or unfamiliar) ways physical therapy (PT) can be utilized in order to better serve our patient's health.

Each day, nearly two million people receive physical therapy. Though this may seem like a large number, PT is still generally underutilized because most are unaware of

the large variety of people and conditions it has the ability to help and improve.

Most people know that physical therapy is prescribed to those with acute illnesses or injuries in order to recover and return to their previous state of health. However, the majority of people don't know that PT is also extremely effective and useful for those dealing with chronic diseases and conditions. reactive treatment that helps in the hard times.

According to Amy Garner, the Director of Rehabilitation at Cleveland Area Hospital, the rehab team has one goal in mind: to broaden the boundaries in which patients feel safe so they can live life to the fullest. We understand that physical therapy can be intimidating and overwhelming at times. However, the compassionate team of rehab professionals here at CAH is always working together to develop personalized treatments for and remain attentive to the needs of every patient we serve. Our facility is top of the line and right around the corner. We offer 1 on 1 care, and also make it a priority to offer continuity of care with the patients and therapists. Another key feature physical therapy at CAH offers, and that Garner stresses the importance of, is education. "We spend a lot of time educating." Whether it is suggesting the best time for surgery, if surgery is avoidable or necessary, what equipment or assistance to use, or how to accomplish day to day tasks and goals, our rehab team wants to help. We ultimately aim to improve your health and overall quality of life by relieving pain and returning mobility.

Garner names a few common conditions the general public may not know physical therapy has the ability to improve and expand your everyday boundaries in life:

Parkinson's Disease, chronic pain, vertigo, arthritis, diabetes, autoimmune disorders such as Rheumatoid Arthritis (RA) and Multiple Sclerosis (MS), Chronic Congestive Heart Failure (CHF), Chronic Obstructive Pulmonary Disease (COPD), developmental delay in children, among other conditions. Also, Garner talks about how beneficial PT is for patients prior to surgery in order to familiarize and prepare muscles for a faster and better recovery.

With any of these conditions, Garner states that the sooner you get your body moving and start therapy, the better and easier the process will be. "Right off the bat, a physical therapy evaluation would better serve a patient before their symptoms worsen. There are things that therapy can address that the general public and sometimes even physicians might not know that we can help with." If you are experiencing any of these conditions (at any stage), considering surgery in the future, have any acute injury or sickness, or are simply feeling weak and restricted from doing things you need and love to do, ask your doctor about physical therapy and begin to break through the boundaries that once held you back. It is time to get in the game!



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



Left to Right: Tara Murray, Rhonda Smith, Melva Bostik, Rick Featherston, Lindsey Hester, Tiffani Czapansky, Adrian Allen, Robin Stewart, Shawna Hamilton, Katie Walker, Nikki Siler, Peggy Compton, Jaime Merriman, Catherine Lutz, Katy Lanoy, Chrissie Collins

On August 8th of 2019, Cleveland Area Hospital has earned the Silver Recognition award with national recognition for its efforts to increase awareness for the state of Oklahoma of organ, eye, and tissue donations. Thanks to our wonderful team's participation in Blue and Green Day, we were able to achieve this accomplishment. Great work, everyone!



SUGAR FREE BANANA PUDDING



READY IN: 40MIN. | SERVES 6

DIRECTIONS

1. Prepare pudding following instant pudding directions.
2. Line glass bowl or casserole dish with wafers and banana slices.
3. Pour half of the pudding into the dish. layer wafers.
4. Layer banana slices.
5. Repeat.
6. Crumble wafer crumbs and add to top.
7. *Chill and serve!*

INGREDIENTS

1 (1 1/2 ounce) box sugar-free instant vanilla pudding mix

3 cups nonfat milk (very cold)

3 large bananas, sliced

4 ounces sugar-free vanilla wafers

September 2019

	Monday	Tuesday	Wednesday
2	10:00-11:00 at Baptist Village Gentle Exercise 2:00-2:30 Cardio & Strength 3:00pm Walk 5-5:45pm Boot Camp 5:45 Zumba	3 5:30-6:30 Yoga 7:30-8:30 Yoga 12:00-12:30 Gentle Stretch or Tai Chi 2:00-2:30 Cardio & Strength 3:00 Walk 5:45 Zumba	4 10:00-10:30 Gentle Stretch or Tai Chi 2:00-2:30 Cardio & Strength 3:00pm Walk 5-5:45pm Boot Camp
9	10:00-11:00 at Baptist Village Gentle Exercise 2:00-2:30 Cardio & Strength 3:00pm Walk 5-5:45pm Boot Camp 5:45 Zumba	10 5:30-6:30 Yoga 7:30-8:30 Yoga 12:00-12:30 Gentle Stretch or Tai Chi 2:00-2:30 Cardio & Strength 3:00 Walk 5:45 Zumba	11 10:00-10:30 Gentle Stretch or Tai Chi 2:00-2:30 Cardio & Strength 3:00pm Walk 5-5:45pm Boot Camp
16	10:00-11:00 at Baptist Village Gentle Exercise 2:00-2:30 Cardio & Strength 3:00pm Walk 5-5:45pm Boot Camp 5:45 Zumba	17 5:30-6:30 Yoga 7:30-8:30 Yoga 12:00-12:30 Gentle Stretch or Tai Chi 2:00-2:30 Cardio & Strength 3:00 Walk 5:45 Zumba	18 10:00-10:30 Gentle Stretch or Tai Chi 2:00-2:30 Cardio & Strength 3:00pm Walk 5-5:45pm Boot Camp
23	10:00-11:00 at Baptist Village Gentle Exercise 2:00-2:30 Cardio & Strength 3:00pm Walk 5-5:45pm Boot Camp 5:45 Zumba	24 5:30-6:30 Yoga 7:30-8:30 Yoga 12:00-12:30 Gentle Stretch or Tai Chi 2:00-2:30 Cardio & Strength 3:00 Walk 5:45 Zumba	25 10:00-10:30 Gentle Stretch or Tai Chi 2:00-2:30 Cardio & Strength 3:00pm Walk 5-5:45pm Boot Camp
30	10:00-11:00 at Baptist Village Gentle Exercise 2:00-2:30 Cardio & Strength 3:00pm Walk 5-5:45pm Boot Camp 5:45 Zumba 5:45 Zumba	Zumba will be held at the gym or on campus.	

Thursday		Friday		Saturday		Sunday			
5	<p>5:30-6:30 Yoga</p> <p>7:30-8:30 Yoga</p> <p>12:00-12:30 Gentle Stretch or Tai Chi</p> <p>2:00-2:30 Cardio & Strength</p> <p>3:00 Walk</p> <p>5:45 Zumba</p>	6	<p>10:00-10:30 Gentle Stretch or Tai Chi</p> <p>2:00-2:30 Cardio & Strength</p> <p>3:00 Walk</p> <p>5-5:45pm Boot Camp</p>	7	<p>#Move Today</p>		8	<p>Plan Your Week! Set your Goals...</p>	
12	<p>5:30-6:30 Yoga</p> <p>7:30-8:30 Yoga</p> <p>12:00-12:30 Gentle Stretch or Tai Chi</p> <p>2:00-2:30 Cardio & Strength</p> <p>3:00 Walk</p> <p>5:45 Zumba</p>	13	<p>10:00-10:30 Gentle Stretch or Tai Chi</p> <p>2:00-2:30 Cardio & Strength</p> <p>3:00 Walk</p> <p>5-5:45pm Boot Camp</p>	14			<p>Family Walk</p>		
19	<p>5:30-6:30 Yoga</p> <p>7:30-8:30 Yoga</p> <p>9:00 - 2:00 Health Fair</p>	20	<p>10:00-10:30 Gentle Stretch or Tai Chi</p> <p>2:00-2:30 Cardio & Strength</p> <p>3:00 Walk</p> <p>5-5:45pm Boot Camp</p>	21	<p>#Move Today</p>				22
26	<p>5:30-6:30 Yoga</p> <p>7:30-8:30 Yoga</p> <p>12:00-12:30 Gentle Stretch or Tai Chi</p> <p>2:00-2:30 Cardio & Strength</p> <p>3:00 Walk</p> <p>5:45 Zumba</p>	27	<p>10:00-10:30 Gentle Stretch or Tai Chi</p> <p>2:00-2:30 Cardio & Strength</p> <p>3:00 Walk</p> <p>5-5:45pm Boot Camp</p>	28			<p>#Move Today</p>		29

Wellness Opportunities

at Cleveland Area Hospital

national IMMUNIZATION awareness month

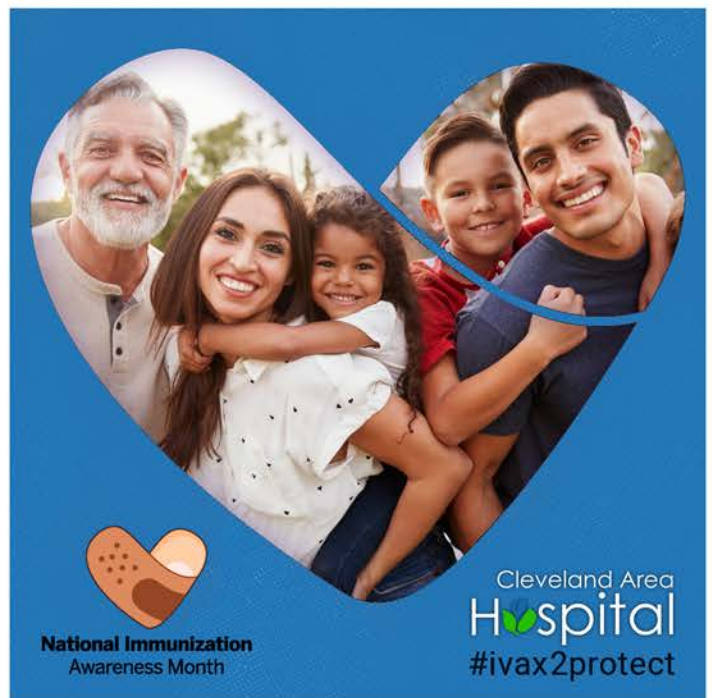


National Immunization Awareness Month (NIAM) is an annual observance in August that emphasizes the importance of immunizations for people of all ages.

Choosing to vaccinate is a wonderful way to protect ourselves, and others, from immunization-preventable diseases. However, while there are some concerns regarding the safety of vaccinations, there are multiple studies available to the public to help us all stay informed. For instance, The Institute of Medicine found that the U.S. childhood-immunization schedule is an effective preventative method and accompanies very few minor risks such as redness or swelling at the injection site. While all concerns are valid, it is most important to hold a valuable, informative relationship with your provider. If you are experiencing doubts about you or your family's safety regarding vaccinations, your doctor will be able to address any questions or concerns you have.

For a toolkit to help you better communicate with your healthcare professionals, visit www.cdc.gov/vaccines/events!

Also, for more information on vaccines and immunizations for you and your family, visit <https://www.cdc.gov/vaccines!>



August **NEW HIRES**

Cleveland Area
Hospital



Calista Ryles
Patient Access



Jim Eccles
Registered Nurse



Jennifer Harros
Licensed Practical Nurse



Debbie Smelser, Holly Fitzpatrick, Nick Jenkins



Nathan Langford and Mary Thornton



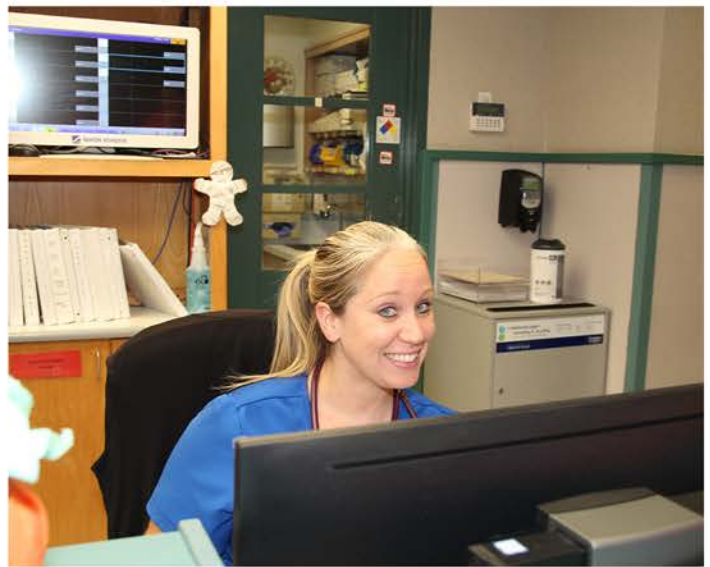
Lee Merrifield and Elizabeth Cox



Jamie Higgins and Jennifer McCoy



Sheila Frye



Cassi Smith



Cleveland Area
Hospital

24/7 RADIOLOGY SERVICES Digital X-Ray | 64-slice C.T. Scan
M.R.I. | Dexa Scan | Echocardiogram
Ultrasound | 3D Mammography

Over 80 years of combined experience!

1401 West Pawnee St., Cleveland, OK **918-358-2501 Ext. 4703**

Now Hiring!

Join our compassionate team of employees who have a spirit of caring in their hearts.



Excellent Benefits and Retirement Plan, Competitive Salary Rates, Shift and Weekend Differentials

Emergency Medicine Physician | Informaticist | Financial Counselor | Medical Lab Technician
Registered Nurse | Licensed Practical Nurse | Certified Nurse Aide | Radiologic Technologist
(Full Time or Part Time) Patient Access Coordinator | PRN Respiratory Therapist | PRN Dietary Cook

918-358-2501

www.ClevelandAreaHospital.com/job-postings

Cleveland Area
Hospital

LAKE AREA
MEDICAL ASSOCIATES

Same Day Appointments Available!

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

Call 918-358-3588 to schedule today!



Skilled Nursing SERVICES  **SWING BED**

Wound Care | Rehabilitation | Respiratory Therapy | IV Antibiotics

Cleveland Area **Hospital** Case Management
918-358-2501
Extensions: 4315 or 5618

Cleveland Area
Hospital

Welcomes

Martin Cooper, MD
ER Medical Director



Here when you need us most.

24/7 ER Services

Respiratory Therapy | Radiology | Laboratory | Skilled Nursing/ Swing Bed

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

LAKE AREA
MEDICAL ASSOCIATES
Same Day Appointments Available!

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

Monday, Wednesday 7AM-5PM
Tuesday, Thursday 7AM-12PM

Call 918-358-3588 to schedule today!

Cleveland Area
Hspital

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