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CLEVELANDAREA HOSPITAL.COM

HEALTH



Christmas Celebrations

Holiday Donations



Nick
B.A.RT(R)(CT)(BD)

Cleveland Area Hospital would like to congratulate Nick for continuing his education and skills! After almost 8 years of doing DEXA Scans, completing 16 hours of Structured Education, passing a 125 question exam and documenting 125 exams of different criteria, he has earned registry in bone densitometry(DEXA) from ARRT! Nick's new credentials are B.A.RT(R)(CT)(BD).

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

Heidi
Certified Nursing Assistant

Originally from Springfield, Missouri, Heidi recently moved to Oklahoma just two years ago. Soon after moving, she joined our organization and has now been with us for one year! She now has 5 years of experience as a CNA, as well as an Associate's of Art degree.

Heidi's interest in the medical field began in high school when she had the opportunity to shadow nurses at local hospitals. While shadowing, she found she enjoyed making a difference in patients' lives and having the opportunity to brighten their day while caring for them. She also loves to watch their progress as they get stronger in pursuit of getting back to their daily lives at home.

Heidi says she was drawn to our organization by our nurse-to-patient ratio. She explains that our smaller patient load allows her to spend more time with each patient so that she may build stronger relationships with our community and provide excellent care.

Heidi enjoys going fishing, hanging out with her friends and family, and spending time with her horse, Pongo. Heidi also attends The Stronghold, and enjoys local restaurants and boutiques such as Shiloh's and the Painted Wagon.

We are proud to have Heidi on our team at Cleveland Area Hospital. She is known for making our patients smile and providing fantastic care. Thank you for all of your hard work, Heidi!





HEROES WORK HERE



Monday, December 21st and Tuesday, December 22nd, the Pawnee County Health Department came to Cleveland Area Hospital to administer the Pfizer Covid-19 Vaccine to our Frontline Workers. Of the more than three dozen staff members who signed up to receive the vaccine were ER doctors, nurses, access team members, radiology technicians, and others providing direct patient care.

Oklahoma Health Departments are currently following a phased plan to determine the order in which vaccines will be available. Phase I reserves vaccines for priority groups including frontline health care professionals, long term care residents and staff, and licensed emergency medical technicians and paramedics.

The COVID-19 vaccine is administered in two doses, three weeks apart, into the muscle.

Though the COVID-19 vaccines are one of many important tools to help us stop this pandemic, vaccinated individuals should still wear masks, wash their hands frequently, and avoid crowds.





Stuff a Stocking 2020

This holiday season, our team at Cleveland Area Hospital wanted to give back to our patients. Many team members donated various goodies to help spread the holiday spirit to our patients. They received sugar free candies, puzzle books, pencils, care items, and much more! Cleveland Highschool also donated multiple handmade blankets by students of teacher Tami Ward.

At Cleveland Area Hospital, we are grateful to serve such a wonderful community. As a rural healthcare facility we believe that patient experiences should be at the top of our values and thus make a point to ensure patients receive the best possible experience through high quality care, emotional support, person-ability and more. On top of physical care, this also means we make an effort to help patients feel valued and

like they are an integral part of our community.

From the bottom of our hearts, we thank you all and wish you a very merry Christmas!



6 New Year's Resolutions You Can Actually Keep

Eat More Whole Foods

One way to improve your overall health is to eat more whole foods; vegetables, fruits, nuts, seeds, whole grains and fish. These foods contain many nutrients that are vital to our every day health. Whole foods can reduce your risk for heart disease, type 2 diabetes and high blood sugar.

Cut Back Sweeteners

It is no secret that sweetened foods and beverages can negatively affect your health. However, quitting cold turkey can often seem impossible. Gradually decreasing your intake or replacing it with something equally delicious such as homemade unsweet tea, infused water or smoothies can be a much more appealing approach.

Limit Screen Time

Spending too much time on phones, tablets and computers have repeatedly been linked to depression, anxiety and loneliness. Limiting your screen time and trading it for a hobby can increase brain function, relieve stress and elevate your mood.



Sit Less, Move More

Whether it is having a sedentary job or just simply being inactive, sitting too much can have many negative health effects. Making an effort to get up and stretch for five minutes every hour or taking a 15 minute walk halfway through your day can drastically reduce these effects.

Get Quality Sleep

Your quality of sleep not only affects your daily energy, but also your overall health. Risks such as heart disease and depression are only a few among many. Decreasing your screen time before bed, limiting caffeine and reducing light pollution can improve your quality of sleep.



CLASSES AVAILABLE

*Books can be checked out from Lindsey Hester at LHester@ClevelandAreaHospital.com
Fee may be brought to class. Cash or Check only.*

Cleveland Area Hospital offers training in CPR, ACLS, and PALS.

Below you can find all of our available dates and times as well as the cost to attend. All classes will be held in the Annex building across the street from our facility. Please be aware the ACLS/CPR Combo and PALS classes both require a pretest.

Sign up at www.ClevelandAreaHospital.com/classes

CPR

\$45

Classes from 8:00AM - 12:00PM

Jan. 12th

Jan. 20th

Jan. 28th

ACLS/CPR Combo

\$150

Mandatory pretest at www.heart.org/eccstudent
Code: acls15

Classes from 8:00AM - 5:00PM

Jan. 11th

Jan 27th

PALS

\$125

Prerequisite is CPR
Mandatory pretest at www.heart.org/eccstudent
Code: pals15

Classes from 8:00AM - 5:00PM

Jan. 5th

Jan 19th



WISHING YOU A

MERRY
CHRISTMAS

AND A JOYOUS 2021



THANK YOU FOR YOUR SUPPORT
FROM ALL OF US AT

Cleveland Area
Hospital

Cleveland Area
Hspital

Quality Health Care Close to Home

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