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74020  
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# HEALTH

*Flu Prevention*

**LAMA is a  
VA Approved Site**

*National Heart Month*





### **Susan/ Susie Farrell** *Dietary Cook*



Susan Farrell, also known as Susie, is a cook in our Dietary department and has been with Cleveland Area Hospital for over 11 years, with a total of 15 years of experience. Susie is known to be a hard worker who is dedicated to her patients' nutritional health. She is said to "go above and beyond for our patients while also providing nutritional care." We are so thankful to have Susie on our team and proud of the great care she provides!

Susie tells us she loves Cleveland Area Hospital for its kind and friendly environment, from employees to patients and visitors. She can often be found making jokes with her coworkers or getting to know patients. While Susie does a wonderful job at building relationships with the people around her, she also takes great pride in the work she does every day. Discussing menus with patients and considering their likes, dislikes and suggestions allows our hospital as a whole to better accommodate our patients and their needs.

Outside of Cleveland Area Hospital, Susie enjoys spending her free time browsing local second hand stores and garage sales, reading, playing video games and solving jigsaw puzzles.

Thank you for all of your hard work and care for patient wellness and nutrition, Susie! We appreciate you!

### **Rosy Perry** *LAMA Licensed Practical Nurse*



Cleveland Area Hospital is proud to have Rosy Perry, LPN as a part of our Lake Area Medical Associates team.

Prior to her time at our organization, Rosy was known for managing the local Subway for ten years as well as providing home health services. She then began her career with Cleveland Area Hospital seven years ago, transferring to Lake Area Medical Associates after four years.

Robin Irving, Assistant Clinic Manager, tells us, "Rosy is a wonderful nurse. She is very smart and takes great care of our patients." Rosy's dream as a child had always been to become a nurse, as she has always loved helping and making a difference in peoples' lives. As for working at LAMA specifically, Rosy says, "LAMA is a great place to work. We are all like one big happy family and we all take care of each other."

Rosy resides in Cleveland with her husband of 24 years and is a proud mother of 5. In her free time, she can be found going on trips with her family and friends, visiting her oldest child who serves in the United States Navy or hanging out with her grandchild, Lexxa.

Rosy is a wonderful team member and we are proud to have her at Lake Area Medical Associates. Thank you, Rosy!



# VA COMMUNITY CARE PROGRAM

*As Published in the Cleveland American*

Lake Area Medical Associates is a VA Choice Clinic which works out well since provider Charles O'Leary, a retired US Army PA-C, is an active advocate for veterans health care.

"When I moved my practice to Lake Area Clinic in 2018 [from Hominy], they were already credentialed as a VA Choice Clinic and I was able to continue providing medical care to veterans in this area," explained O'Leary.

His own military career spans three and a half decades. "I entered the U.S. Army in 1967 and became an infantryman and paratrooper and volunteered for Special Forces [Green Beret] training and became an 18-Delta Special Forces Medic," he said. During the Vietnam War he was stationed with 1st Special Forces Group [Airborne] in Okinawa, Japan and was able to bring his wife over there for a year before returning back to Oklahoma and assigned to a Special Forces "A-Team" with 12th Special Forces Group [Airborne] in Oklahoma City.

After graduating from PA School at University of Oklahoma Medical School in 1975, we moved to Hominy and has lived there ever since. In 1980 he joined the 45th Infantry Brigade as a Military PA, serving with all of the infantry battalions, was the medical company commander of the support battalion [first PA to ever do this] for 29 years.

He has been part of numerous medical deployments with the 45th Infantry and Oklahoma Army National Guard to such locations as Honduras, Ecuador and Bolivia. He was part of the peace

keeping force with the 45th Infantry in Sinai and deployed to Afghanistan twice with 45th Infantry working with the Afghan Army as a medical trainer and doing medical outreach with Afghans at local sites and providing health care to both troops and civilian workers in Kabul and surrounding countryside.

O'Leary retired from the military as a Lieutenant Colonel at age 60 in 2007, shortly after returning from Afghanistan. He continued his medical practice in Hominy.

He and his wife, Nancy, became active in veteran organizations such as the American Legion, Legion Auxiliary, VFW, Special Forces Association, 82nd Airborne Association and Marine Corps League, to mention a few. "When you've been in the military 35 years you naturally gravitate toward your own," he said.

After retirement he experienced what it was like to be a patient at are VA hospitals and clinics and says he saw firsthand many of the shortcomings in access and timely care, having to deal with providers and staff who were not veterans and did not speak English as a first language.

When the VA Choice Act was approved in 2017 allowing veterans who lived outside of 40-mile distance from a VA facility to be seen by a civilian provider, at a local civilian clinic and be referred to civilian specialists, all paid for by the VA, O'Leary and Hominy Clinic (where he was working at the time), signed up for the program, became a credentialed provider and began seeing veterans.

**Lake Area Medical Associates is a VA Approved Site**



# VA COMMUNITY CARE PROGRAM

*As Published in the Cleveland American*

When the VA Mission Act was approved in June, 2019, the 40-mile limitation was eliminated and veterans who live anywhere can be seen by civilian VA Mission Act clinics, Urgent Care Clinics and credentialed civilian specialists for their medical needs, just as civilian patients can.

The Medical Care program is called VA Community Care. The VA Community Care programs are administered by Tri-West a private [not government] billing and financial company that pays the bills and authorizes monthly checkups and specialty referrals.

During the American Legion National Convention in Indianapolis, Indiana in August of 2019, O'Leary and Cleveland's Lake Area Medical Associates Clinic were recognized in a speech on the convention floor by the CEO of Tri-West as examples of veteran providers and small town clinics providing quality health care to veterans in rural areas of Oklahoma" O'Leary said.

"If a veteran is satisfied with current care at whatever VA facility he or she attends, they are encouraged to continue to see these VA providers at the facility of their choice, he explained.

"However if they want to be seen closer to home, be able to find parking at the clinic they choose, want to work with a clinic staff that is respectful and courteous to veterans, Lake Area Clinic in Cleveland is the place for you!"

The clinic likes to put it out there clearly: "If you want to see a 35-year US Army combat veteran PA, retired LTC who is familiar with military, the VA

system and new VA Community Care system, and can write correspondence in 'VA language' that will help in upgrading a veterans disability claims, then Charles O'Leary, PA-C will be glad to see you!"

Any veteran wanting to be seen at the Lake Area Medical Associates Clinic in Cleveland will have to enroll in the VA System and in the VA Community Care Program. They can get more information by calling the Lake Area Clinic at 918-358-3588 or calling VA Community Care at 918-577-3877 or 855-577-2838 for more information and assistance in enrolling in VA Community Care program.

Once a veteran is enrolled in VA Community Care, they will make the patient appointment at Lake Area Clinic and the veteran should bring the Tri-West authorization letter to clinic at first visit. All chronic meds are ordered from the VA and are sent directly to the veteran patient's home.



Charles O'Leary, PA-C 

**Lake Area Medical Associates is a VA Approved Site**





# HEALTHY HEART MONTH

Heart disease accounts for nearly one-third of all deaths worldwide. Certain foods can affect your blood pressure, cholesterol levels and other concerns relating to your heart. It is important to learn and remind ourselves what aspects of certain foods help to prevent heart disease and what worsens conditions.

The main concern for heart disease is consuming too many saturated and trans fats which contribute to the build-up of fatty deposits in the coronary arteries. Some options to reduce your risk are to switch to low-fat or nonfat dairy alternatives, choose berries for snacks and replace saturated and trans fat with better fats; mono-unsaturated and polyunsaturated. These better fats can be found in avocados, nuts, seed and vegetable oils.

Other options to help reduce your risk are increasing your intake of Omega-3s, antioxidants, potassium, folate and fiber.

Cleveland Area Hospital has a heart for your heart! See our following list to find tasty, healthy foods to add to your diet!

## 7 STEPS TO A HEALTHIER HEART

You don't have to make big changes to reduce your heart attack and stroke risk. Here are 7 healthy habits that could save your life:

- Live smoke-free.** If you smoke, quit.
- Monitor your blood pressure.** Keep your numbers below 120/80 mm Hg.
- Maintain a healthy weight.** Target a body mass index (BMI) of less than 25.
- Watch your cholesterol.** Strive for a total cholesterol less than 200 mg/dL.
- Control your blood sugar.** Aim for a fasting blood glucose less than 100 mg/dL.
- Get active.** Log 150 minutes of moderate intensity activity - like brisk walking - per week (or 75 minutes of vigorous-intensity activity).
- Eat a heart-healthy diet.** Make vegetables and fruits, whole grains, and fish mealtime staples. Limit sodium, saturated fat, and added sugar.

# Heart Healthy Foods



## Asparagus

Asparagus helps to prevent homocysteine, an amino acid linked to increased risk of heart conditions, from building up in the body.<sup>1</sup>



## Berries

Berries are also full of antioxidants which reduce heart disease risk. They are also a source of fiber, folate, iron, vitamins, and low in fat.<sup>3</sup>



## Dark Chocolate

Dark chocolate helps reduce the risk of heart attack and stroke by protecting against the buildup of plaque inside the arteries.<sup>5</sup>



## Green Tea

Consumption of green tea has been linked in recent studies to a reduction in blood pressure as well as cholesterol.<sup>7</sup>



## Nuts

Almonds, hazelnuts, peanuts, pecans, pistachios, and walnuts are full of many health benefits, including Omega-3 fatty acids.<sup>9</sup>



## Oatmeal

Oat-based foods can reduce LDL and cholesterol. They are also rich in fiber.<sup>11</sup>



## Tomatoes

Tomatoes are rich with fiber, potassium, vitamin C, folate, and choline which are all beneficial to the heart.<sup>13</sup>

## Beans, Peas, Chickpeas, & Lentils

Beans, peas, chickpeas, and lentils are high in fiber, protein, and antioxidants which are beneficial to the heart. These also help reduce cholesterol.<sup>2</sup>



## Broccoli

Some studies report that steamed broccoli can lower cholesterol and lower the risk of heart disease.<sup>4</sup>



## Chia Seeds and Flax Seeds

Chia and flax seeds are rich in Omega-3's. They also lower triglyceride levels, lower total cholesterol, and lower blood pressure.<sup>6</sup>



## Fish High in Omega-3s

Many people are told to increase their fish intake, thus increasing their Omega-3 intake. Omega-3's lower the risk of abnormal heartbeats and slow the growth of plaque in arteries.<sup>8</sup>



## Liver

Liver contains folic acid, iron, chromium, copper, and zinc which helps to keep your heart healthy.<sup>10</sup>



## Spinach

Regular consumption of magnesium can help promote a healthy heart rhythm. Spinach is a great source of magnesium.<sup>12</sup>



## Vegetables

A healthy amount of veggies each day can help moderate weight as well as blood pressure.<sup>14</sup>





# A Strong Defense Against Flu: Get Vaccinated!

FIGHT FLU



The best way to protect yourself and your loved ones against influenza (flu) is to get a flu vaccine every flu season. Flu is a contagious respiratory disease that can lead to serious illness, hospitalization, or even death. CDC recommends everyone six months and older get an annual flu vaccine.

## What are some key reasons to get a flu vaccine?

- Flu vaccine has been shown to reduce flu illnesses, hospitalization, and even death in children.
- During the 2016–2017 season, vaccination prevented an estimated 5.3 million illnesses, 2.6 million medical visits, and 85,000 influenza-associated hospitalizations.
- Flu vaccination also is an important preventive tool for people with chronic health conditions.
- Vaccinating pregnant women helps protect them from flu illness and hospitalization, and also has been shown to help protect the baby from flu infection for several months after birth, before the baby can be vaccinated.
- A [2017](#) study showed that flu vaccine can be life-saving in children.
- While some people who get vaccinated still get sick, flu vaccination has been shown in several studies to reduce severity of illness.



## Why is it important to get a flu vaccine EVERY year?

- Flu viruses are constantly changing, so flu vaccines may be updated from one season to the next to protect against the viruses that research suggests will be common during the upcoming flu season.
- Your protection from a flu vaccine declines over time. Yearly vaccination is needed for the best protection.



For more information, visit: [www.cdc.gov/flu](http://www.cdc.gov/flu)  
or call **1-800-CDC-INFO**



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention



## What kinds of flu vaccines are recommended?

There are several licensed and recommended flu vaccine options this season:

- [Standard dose flu shots made from virus grown in eggs.](#)
- [Shots made with adjuvant and high dose for older adults.](#)
- [Shots made with virus grown in cell culture instead of eggs.](#)
- Shots made using a [recombinant vaccine production technology](#) that does not require the use of a flu virus.
- [Live attenuated influenza vaccine \(LAIV, the nasal spray vaccine\)](#), which is made with live, weakened influenza viruses. It is an option for people 2 through 49 years of age who are not pregnant.



## Is the flu vaccine safe?

Flu vaccines have a good safety record. Hundreds of millions of Americans have safely received flu vaccines over the past 50 years. Extensive research supports the safety of seasonal flu vaccines. Each year, CDC works with the U.S. Food and Drug Administration (FDA) and other partners to ensure the highest safety standards for flu vaccines. More information about the safety of flu vaccines is available at [www.cdc.gov/flu/protect/vaccine/vaccinesafety.htm](http://www.cdc.gov/flu/protect/vaccine/vaccinesafety.htm).

## What are the side effects of flu vaccines?

**Flu shots:** Flu shots are made using killed flu viruses (for inactivated vaccines), or without flu virus at all (for the recombinant vaccine). So, you cannot get flu from a flu shot. Some minor side effects that may occur include soreness, redness and/or swelling where the shot was given, low grade fever, and aches.

**Nasal spray flu vaccines:** The viruses in nasal spray flu vaccines are weakened and do not cause the severe symptoms often associated with influenza illness. For adults, side effects from the nasal spray may include runny nose, headache, sore throat, and cough. For children, side effects may also include wheezing, vomiting, muscle aches, and fever.

If these problems occur, they are usually mild and go away on their own, but serious reactions are also possible. Almost all people who receive flu vaccine have no serious problems from it.

## When and Where to get vaccinated?

You should get a flu vaccine by the end of October. However, as long as flu viruses are circulating, vaccination should continue throughout flu season, even in January or later.

Flu vaccines are offered in many doctors' offices and clinics. Flu vaccine is available in many other locations, including health departments, pharmacies, urgent care clinics, health centers, and travel clinics. Vaccines may also be offered at your school, college health center, or workplace. Use the vaccine finder at to find a flu vaccination clinic near you.



# Heart-Healthy Butternut Squash & Turmeric Soup

## INSTRUCTIONS

1. Heat 2 tablespoons oil in a large Dutch oven over medium heat. Add the onion and cook, covered, stirring occasionally, until tender, 6 to 8 minutes.
2. Meanwhile, combine the bouillon base with 6 cups boiling water, stirring to dissolve.
3. Add the squash, carrots, 2 teaspoon turmeric and 1/2 teaspoon pepper to the Dutch oven and cook, stirring, 1 minute. Add the broth, bring to a boil, then reduce heat and simmer until the vegetables are very tender, 18 to 22 minutes.
4. Meanwhile, heat oven to 375°F. Toss the reserved seeds (about 1/4 cup with the remaining teaspoon of oil, 1/4 teaspoon turmeric and 1/4 teaspoon pepper and roast until golden brown and crispy, 9 to 11 minutes.
5. Using an immersion blender (or standard blender, working in batches) purée the soup. Sprinkle with the toasted seeds and swirl in the coconut milk.

## INGREDIENTS

- 2 tbsp. & 1 tsp. Extra Virgin Olive Oil
- 1 Large Onion, Roughly Chopped
- 1 tbsp. Vegetable Bouillon Base
- 1 Medium Butternut Squash (about 2 1/2 lbs.), peeled (seeds reserved) & cut into 1" pieces
- 2 Medium Carrots, cut into 1" pieces
- 2 1/4 tsp. Turmeric
- 2 1/4 tsp. Black Pepper
- 2 tbsp. Light Coconut Milk



Melva Bostik & Candice Stevens

Congratulations to  
**Candice Stevens** for  
completing her RN degree  
through TCC's  
Career Mobility Program!



(From Left to Right)  
Lisa Elledge, Jessica Rathbun,  
Karen Williams & Peggy Compton

Supporting Holden onto Hope  
for CHD Awareness Month

(Top - From Left to Right)  
Robin Irving, Linda Shipman,  
Joni Bost, Ashlee Lowery

(Bottom - From Left to Right)  
Rachel Cunningham, Amy Hamilton

Celebrating Linda Shipman's  
30th Anniversary





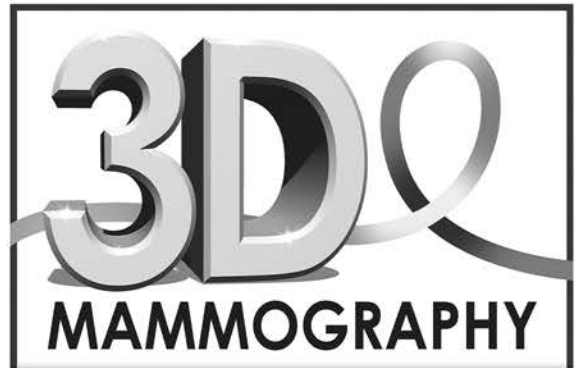


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# FREE Nutrition Classes

*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:

March 4th | April 8th | May 6th

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



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