



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



***Newly Renovated!***

***Trunk or Treat:  
October 24th***

**Department Recognitions**



### **Jessica Rathbun** *RN, Wound Care Certified, Case Manager*



Jessica Rathbun has been with Cleveland Area Hospital since June of 2016. She has served as a Pharmacy Tech, a CNA, LPN, RN, and is now a Case Manager and currently working towards her BSN. She is also Wound Care certified! Jessica is a fantastic asset to our organization and we thank her for her dedication to continuing education and improving her skills.

Jessica was born, raised, and continues to live in Hominy. She first attended school for Criminal Justice, but after her son was born, her Criminal Justice professor suggested forensic nursing. She thought of the many positive nursing influences throughout her life and turned her sight towards nursing, never to look back! She tells us, "I have worked as a nurse in the area since 2007 and love to help our local communities. I love staying close to the area because there is so much more of a home-like feeling. It is so much more than just a facility, it is like family." Jessica's favorite thing about her job is working together to care for patients, heal their wounds, and educate them and others on the importance of healthcare.

Jessica has two children and loves to read, go to museums, do arts and crafts and to learn new things every day. She is known for her dedication to education and always taking new classes. Thank you for your hard work, Jessica. It does not go unnoticed!

### **Ashlyn Paul** *Phlebotomist*

Ashlyn began work with our organization in April of 2019 in our Dietary department. She received her Phlebotomy certificate in July of 2019 and soon after moved from Dietary to Lab in December. We are so proud of Ashlyn's progress and dedication to healthcare!

Ashlyn grew up in Prue and currently resides in Hominy. Her interest in Phlebotomy began with her mother, Tiffany Troutman, who also works in the medical field as a nurse at Utica Park Clinic and started out as a Phlebotomist!

Ashlyn describes her favorite part of her job as, "Every single day I get to experience something new here that I have never seen, the lab is so important and I realize that more and more every day. The lab techs go above and beyond and I'm so grateful to have so many role models to look up to. They push me to learn new things every day. I love every single person in the lab and they do such an amazing job. Every time I need help, they are right beside me." She also enjoys how 'everybody knows everybody' here and everyone is always willing to help whenever and wherever help is needed.

Thank you for all of your hard work and dedication to patient care, Ashlyn! We appreciate you!





# September Recognitions

## HAPPY NATIONAL PAYROLL WEEK

AUG. 31<sup>ST</sup> - SEPT. 4<sup>TH</sup>

*Join us in recognizing Payroll Professionals across the United States for their hard work and dedication to their organizations!*

Cleveland Area  
Hospital

### AUG. 31-SEPT. 4: Payroll Week

National Payroll Week celebrates payroll professionals. Getting paid wouldn't be possible without the people who make it happen. So let's recognize the ones who make those calculations and who do an outstanding job: Rebecca Thornton and Kasey Varner! Thank you for all of your hard work!

### SEPTEMBER 14-18: Housekeeping & Maintenance

These departments truly are the 'secret ingredient' to our success. Without their hard work and dedication to our organization, maintaining an efficient, functional and beautiful facility would be near impossible. Our House Keeping and Maintenance teams have a direct impact on our patients and we are extremely proud of their abilities to provide them with positive experiences.

We are so grateful for everything these team members contribute to our quality of care. Thank you Jimmie Ratliff, Martin Wheeler, Cory Scott, Eugene Villarreal, Jake Simmons, Kathryn Job, Tiffany Wilson, Silvia Gonzalez, Tequila Palkovich and Cindy Lock. We appreciate you!

## HAPPY NATIONAL HOUSEKEEPING AND MAINTENANCE WEEK

SEPT. 14<sup>TH</sup> - 18<sup>TH</sup>

Cleveland Area  
Hospital

thank you

# FREE Nutrition Classes

Featuring Registered Dietitian, **Bonnie Johnson**



## Diabetic

Nutrition Class

1:00-2:30PM



## Children's

Nutrition Class

2:30-3:30PM



Classes will be held while practicing social distancing. Please wear a mask. Stay up to date on incoming classes on Facebook @ClevelandAreaHospital. For more information call **918-358-2501 Ext. 4323**

### Why should I attend a diabetic nutrition class?

An estimated 1.4 million people are diagnosed with diabetes every year in the U.S. A diet high in fat, cholesterol, and calories can increase your risk. With so much fast food and other quick, unhealthy snacks right at our fingertips, it is important to remind ourselves what a healthy diet really looks like and how it can benefit our everyday lives.

What we consume can affect our mood, energy levels, quality of sleep, and overall health. Typically, a healthy diet consists of high amounts of fiber and low amounts of fat, sugar, and sodium. It is widely known that fiber helps your digestion, but an equally important, lesser known fact is that it also helps your body to absorb vital nutrients from your food. Sodium, on the other hand, contributes to high blood pressure and strain on your kidneys. Similarly, high amounts of sugar puts a strain on your pancreas, limiting it's ability to produce insulin.

Not only does what's in our food matter, but also when we consume it can also have a large effect on our health.

Food is our body's fuel and in this sense, it is easy to understand that our bodies must regularly be refueled. Keeping a consistent meal schedule helps to keep you energized while also boosting your metabolism!

### 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!

**Next Classes: October 7th**



# MammoGlam 2020

On October 24th, Cleveland Area Hospital will hold its annual MammoGlam event with the tea party theme of 'Steeped in Courage.'

This event promotes breast cancer awareness and celebrates our patients.

Along with their mammography appointment, these women receive a day of pampering with delicious food made by our dietary department and mini spa treatments!

3D Mammography provides much greater accuracy for breast cancer detection than 2D digital mammography, potentially at an earlier stage when it is easier to treat.

During a mammogram, one of our specially qualified technologists will position the breast in our mammography machine. The unit then uses an x-ray arm to sweep over the breast, taking multiple images in a matter of seconds. Patients typically experience minor, to no discomfort at all. This process takes 30 minutes or less.

Call 918-358-2501 to schedule your appointment!



1 in 8 women will develop invasive breast cancer in their lifetime.

**85%** of women diagnosed with breast cancer have *no family history.*

**BEGIN YOUR ANNUAL SCREENINGS AT THE AGE OF 40**

When breast cancer is *found and treated early*, the five-year survival rate is **98%**

More than **2.8 MILLION** breast cancer survivors currently reside in the U.S.





Drive-Through  
**TRUNK OR TREAT**  
Haunted Cinema

Cleveland Area  
**Hospital**

**OCTOBER 24<sup>TH</sup>, 2020 | 6:00PM - 8:00PM**  
**Cleveland Public Schools Event Center Parking Lot**

To host a 'trunk' contact Tammy Lowery by **October 8th** at  
**918-358-2501** or **TLowery@clevelandareahospital.com**

Trunks must be a movie theme | Trick-or-Treaters must remain in vehicles

Cleveland Area  
**Hospital**

## Mark your calendars!

Cleveland Area Hospital will be hosting a Trunk-or-Treat event! Trick-or-treaters will remain in their vehicles as they drive through the CPS event center parking lot, stopping by each trunk for their treats!

The trunk or Treat drive route will be uploaded to our page at Cleveland Area Hospital closer to date..

If you would like to host your own trunk, contact Tammy Lowery to reserve your space by October 8th

at **918-358-2501**

or

**TLowery@clevelandareahospital.com**

Your trunk/table/tent should coordinate with our movies theme!



# BE A HERO...

*donate blood!*



**American  
Red Cross**

Cleveland Area  
**HOSPITAL AUXILIARY**

## **Blood Drive**

**October 8th**

**11:30AM to 5:30PM**

**First Christian Church**

100 S. Division | Cleveland, OK, 74020

*Please schedule your appointment at*

*1-800-REDCROSS (1-800-733-2767)*

*or visit*

*RedCrossBlood.org and enter: clevelandok*

Blood is one of the most precious, life saving gifts that someone can give. While not all people are qualified to donate, just one person can save up to three lives each time they donate.

If you are over 17, weigh at least 110 pounds, have never used non-prescription self-injected drugs, do not have hepatitis and are not at risk for aids, you are likely a candidate to be a hero.

Blood donations are needed for women with pregnancy complications, children with severe anemia, people with severe trauma, complex medical and surgical procedures, cancer patients and many other complications.

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.

While donating blood can save the lives of many, it can also offer benefits to the one donating. According to a report by the Mental Health -

SEPTEMBER 2020

Foundation, helping others can reduce stress, improve your emotional well-being, benefit your physical health, reduce the sense of isolation and provide a sense of belonging to your community.

Here in our community, the Cleveland Area Hospital Auxiliary can be found hosting its 11th 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 October 7th, 2020.

For more information, call 1-800-REDCROSS or visit RedCrossBlood.org and enter: clevelandok



**American  
Red Cross**

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**HOSPITAL AUXILIARY**

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# Improvements & Changes

*As published in the Cleveland American*

Cleveland Area Hospital has made a number of changes and improvements in recent months. Here is a summary of the updates, explained by a hospital spokesperson:

## **- A New Nurse Call System ...This is BIG!**

This is the call system that the patients use to call the nurse station. The nurse station can now take multiple patient calls at a time; there are added emergency buttons in patient rooms for patients and staff that identify to the nurse station the specific need; the clarity of verbal communication between patient and nurse station is exceptional; we now have call lights in the ER. The new system really elevates the level of patient care and nurse efficiency.

## **- Help Financial**

We will be partnering with HELP Financial credit services to offer our patients more financial options when it comes to paying their balances.

## **- Pulmonary Function Test**

Part of CAH's Respiratory Therapy department, Pulmonary Function Test is an extensive diagnostic lung function test ordered by providers, done on an outpatient basis that enables elevated, individualized care that is only offered at larger healthcare

systems. Pulmonary Function Testing (PFT) can diagnose a lung disease or condition such as COPD, asthma, emphysema and more. PFTs may also be performed to measure your treatment progress or test effects of a medication, or be performed prior to a procedure or surgery to check lung function. Another service close to home!

## **- Medicare**

Open enrollment is fast approaching for Medicare patients. There is extensive information available, with time parameters and deadlines. We are working to educate our community to ensure they have access to their hometown healthcare if that is what they want/ need.





# What's Happening in October?

October 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						3
4	5	6 PA Day	7	8	9	10
Food Services Week		Materials Management Week				
11	12	13	14	15	16	17
	Case Manager's Week					
18	19	20	21	22	23	24
						Mammogram 9a - 4p
						Trunk or Treat 6p - 8p
25	26	27	28	29	30	31
	Respiratory Therapy Week				CAH Halloween Dress-Up	Halloween

**BE A HERO...**  
*Donate Blood.*



Cleveland Area  
**HOSPITAL AUXILIARY**

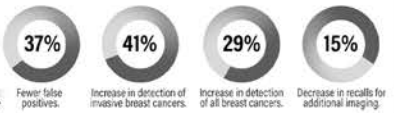
## Blood Drive

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*Please schedule your appointment at*  
**1-800-REDCROSS (1-800-733-2767)**  
*or visit*  
**RedCrossBlood.org and enter: clevelandok**

**3D Q**  
MAMMOGRAPHY



# MAMMOGlam

**SATURDAY | OCTOBER 24<sup>TH</sup> | 9AM - 4PM**

Schedule your mammogram for Saturday, October 24<sup>th</sup> to participate in our annual mammography celebration and enjoy complimentary mini spa treatments and snacks!

1401 W. Pawnee St. Cleveland, OK 74020 | **Cleveland Area Hospital** | To Schedule, Call: **918-358-2501**

## PHYSICAL THERAPY



### NOW OFFERING EXTENDED HOURS!

*Call now to learn more about our extended hours from*  
**7:00 am to 6:00 pm, Monday through Friday!**

Cleveland Area **Hospital** | **918-358-2501**  
[www.ClevelandAreaHospital.com](http://www.ClevelandAreaHospital.com)  
1401 W. Pawnee St. Cleveland, OK



**LAKE AREA**  
MEDICAL ASSOCIATES  
**V.A Credentialed Clinic**

1400 West Pawnee Street  
Cleveland, OK 74020

**918-358-3588**

**Charles O'Leary, PA-C**  
**Family Practice & Veteran's Health**

*American Legion Department of Oklahoma's  
Senior Vice Commander*



## NOW HIRING!



**Great Healthcare Begins with Great Nurses.**

*Now Hiring Charge Nurses, RNs, LPNs & CNAs*

**Full Time | Shift Differential | Competitive Wages | PTO**

*Excellent benefits begin within one month of your start date!*

Cleveland Area **Hospital** | **Apply Online at**  
[www.ClevelandAreaHospital.com/employment](http://www.ClevelandAreaHospital.com/employment)  
1401 W. Pawnee St. Cleveland, OK

## Needing Your Routine Lab? WE ARE HERE!

**With the use of proper protection and isolation,  
we are still providing routine lab work:**

Coumadin Therapy | Standing Orders | Fasting Orders  
Protimed Orders | Outpatient Orders | New Orders

Upon arrival, please call 918-358-2501.

For patient protection, lab work will then be performed  
in your car or in a room isolated from the rest of the facility.

Cleveland Area **Hospital** | **918-358-2501**



Cleveland Area  
**H**spital

*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*