



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

HEALTH

Student Physicals

*Nutrition Classes
are back!*

**Now Scheduling
After-Hours Mammograms**



Maygin Brewer *Licensed Practical Nurse*



Maygin Brewer is a Licensed Practical Nurse for Lake Area Medical Associates. She is a wonderful pediatric nurse and we love having her on our team!

Maygin knew she wanted to become a nurse the day her grandfather made her a personalized nursing kit when she was 3 years old. She then became a Certified Nurse's Assistant when she was 16 and has now been an LPN for the past 10 years.

After moving to the Cleveland Area from Skiatook, Maygin began her journey with Lake Area Medical Associates. She has now been with us for 3 years! Heather Maxwell, APRN-CNP, describes Maygin as an incredibly smart 'guru' for pediatric immunizations and nursing.

In her free time, Maygin can be found watching local school sports and her daughter in band, spending time with her husband and four children, farming, gardening or at Woodlake Church.

Thank you for being an awesome addition to our Pediatric team at Lake Area Medical, Maygin! We appreciate all that you do.

Kate McCullough, CDM, CFPP *Dietary Manager*



Cleveland Area Hospital would like to congratulate our Dietary Manager, Kate McCullough.

Kate recently obtained her CDM, CFPP Credential. A Certified Dietary Manager, Certified Food Protection Professional (CDM*, CFPP*) has the education, training, and experience to competently perform the responsibilities of a dietary manager and has proven this by passing the nationally-recognized CDM Credentialing Exam and fulfilling the requirements needed to maintain certified status. CDM, CFPPs work together with Registered Dietitian Nutritionists (RDN) to provide quality nutritional care in a variety of non-commercial settings and perform a myriad of specialized tasks and roles within a foodservice operation.

CDM, CFPPs are experts at managing foodservice operations and ensuring food safety. They are responsible for implementation of menus, foodservice purchasing, and food preparation. They apply nutrition principles, document nutrition information, manage work teams, and much more. A CDM, CFPP has achieved defined competencies in five key areas: Nutrition, Foodservice, Personnel and Communications, Sanitation and Safety, and Business Operations.

We are very proud of you, Kate, and appreciate your commitment and investment in your department! Congratulations!

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 its 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!

STUDENT PHYSICALS



LAKE AREA MEDICAL ASSOCIATES

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

Friday: 7:30AM-4:00PM

918-358-3588

Call now to schedule your child's
back-to-school sports physical!

Due to an uprise in COVID-19 cases, the annual Sports Physical Event held by Cleveland Area Hospital & Cleveland Public Schools has been cancelled for 2020. We apologize for any inconvenience, and look forward to returning this service in the future. However, many schools still require a physical for your child to participate. The sports physical focuses on determining whether a child is safe to participate in a particular sport or physical activity. A sports physical is important because it can assist in determining if a child has health problems that may interfere with their sports participation.

Please reach out to your Primary Care Physician to obtain your students needed physical, or reach out to Lake Area Medical Associates @ 918-358-3588



We're expanding our hours!

Beginning July 13th, we will be expanding our 3D Mammo appointment availability to offer after hours screenings until 9:00pm, Mondays through Thursdays!

3D MAMMOGRAPHY

1401 W. Pawnee St.
Cleveland, OK
74020

Cleveland Area
Hospital

To Schedule, Call:
918-358-2501
Ext. 4702



Fewer false positives.



Increase in detection of invasive breast cancers.



Increase in detection of all breast cancers.



Decrease in recalls for additional imaging.



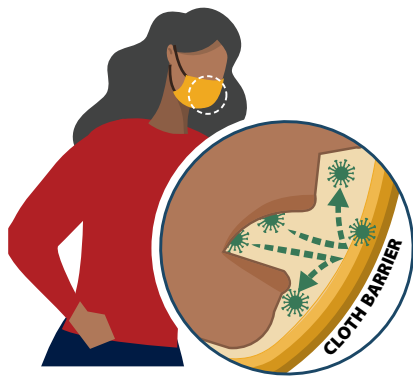
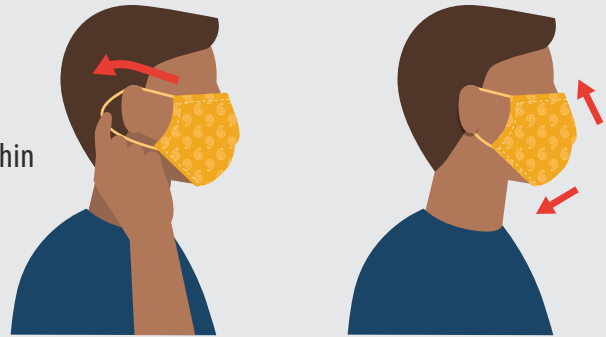
Cleveland Area Hospital utilizes the **GE Senographe Pristina Mammography System**, offering the *lowest radiation dose* of all FDA approved 3D Mammography Systems.

How to Safely Wear and Take Off a Cloth Face Covering

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

WEAR YOUR FACE COVERING CORRECTLY

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2



USE THE FACE COVERING TO HELP PROTECT OTHERS

- Wear a face covering to help protect others in case you're infected but don't have symptoms
- Keep the covering on your face the entire time you're in public
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water



Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a cloth face covering, see:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



Cleveland Area
Hospital 918-358-2501
1401 W. Pawnee St.
Cleveland, OK
www.ClevelandAreaHospital.com

Skilled Nursing SERVICES  **SWING BED**

Wound Care | IV Antibiotics | Established Tracheotomy
Physical, Occupational, Speech or Respiratory Therapy

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Cleveland Area
Hospital | **Now Hiring**

CNA, RN, LPN, RT & Rad Tech PRN Positions Available

8, 10 & 12 Hour Shifts | Competitive Rates
Competitive Shift/ Weekend Differentials | Excellent Benefits

Apply online at
www.ClevelandAreaHospital.com/employment

PHYSICAL THERAPY

We are ready for your appointment!

Cleveland Area Hospital is fully functional and committed to the safety of our patients and employees. By following CDC guidelines, social distancing, limiting the number of patients in our gym at one time and wearing/ providing masks, we are able to safely and effectively continue our rehabilitation services.

Call to schedule your appointment or evaluation!



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

ATTENTION:

Cleveland Area Hospital is extending the following guidelines to maintain our ability to continue to provide healthcare for all patients.

We truly appreciate your support and cooperation in our earnest efforts to respond to the prevention of COVID-19.

- Due to the increase of COVID-19 cases within the state and surrounding communities, we are **not allowing visitors at this time.**
- Automatic front doors are disabled. Please call 918-358-2501 and a healthcare worker will promptly greet you and screen you for appropriate response.
- All Outpatient services - Lab, Imaging, Physical Therapy, will be screened upon arrival and provided a mask and sanitizer.

Cleveland Area
Hspital

Quality Health Care Close to Home

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Find us on Facebook, Twitter and Instagram