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CLEVELAND, OK
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CLEVELANDAREAHOSPITAL.COM

HEALTH



Rural Health Day

Holiday Cheer

Happy New Year!



Rachel Mack *Medical Assistant/ Scribe*



Rachel Mack is a Medical Assistant/ Scribe for Lake Area Medical Associates. In addition to her role, she helps out by performing many other tasks, describing her daily routine as 'doing a little bit of everything'. In January, Rachel will have been with Lake Area Medical for two years, with a total of seven years of experience in the medical field!

Rachel tells us that her favorite part of this organization is our staff. "We have such a great group of employees. We are more like family than just co-workers. It's great to work for an organization that truly cares for their employees."

Rachel's favorite part of her position is caring for patients daily and being able to watch their improvement over time. She also enjoys the mentorship she receives from Dr. Schumpert, "He is such a great doctor and takes the time for each patient to make sure they are getting the best care. I have learned a lot working for him the last 2 years."

During her free time, Rachel can often be found at the Cleveland Tigers basketball games or at Los Molcajetes! She also enjoys watching OU or Chiefs Football, KU Basketball and photography!

Thank you, Rachel, for all that you do. We appreciate you and your dedication to our community's health!

Rhonda White *Radiology Tech*

Rhonda White began her career with Cleveland Area Hospital in August of 2007 after transferring from her 4 year position at Pawnee Hospital. Rhonda works as a radiology tech and performs X-Rays and CT Scans. Rhonda is known for her kind personality and ability to bond with patients. We are lucky to have her on our team and are so grateful for her years of dedication!

One thing Rhonda enjoys most about working with our organization is the 'small community' aspect. She believes this poses a better chance at building meaningful relationships with the surrounding community.

When asked about her position as a radiology tech specifically, Rhonda tells us that she is grateful to have the opportunity to work in a field that is both interesting and constantly finding ways to improve. She enjoys the challenge of learning new equipment and witnessing the advancements. However, she describes the 'cherry on top' as being able to work with such a friendly team for such wonderful management.

Rhonda is a wonderful colleague to know. We are so grateful for her dedication to patient care and appreciate the amazing work she does daily. Thank you Rhonda, for all that you do!





November 21st is

National Rural Health Day TM

Celebrating the Power of Rural!

powerofrural.org

Please take to social media today and include #PowerofRural in all of your posts!

On November 21st, Cleveland Area Hospital celebrated National Rural Health Day. This annual event recognizes the importance of rural healthcare and brings focus to issues that rural communities often face regarding wellness.

More than 57 million Americans populate rural areas, which spread out over 72% of the US's total land area. However, this only makes up 19% of the US population. Moreover, living in less populated, wider areas can pose many problems to receiving accessible quality care. In an emergency situation, a rural community member's life could

depend on the amount of time it takes to get from their home to a quality healthcare center.

The Oklahoma state population is an estimated 3,931,000 people with roughly 1,338,089 of those individuals living in rural communities. There are 94 rural hospitals that help to provide more accessible healthcare to those rural communities. Cleveland Area Hospital is proud to be one of those 94 rural hospitals offering high quality and convenient services. We are so glad to be able to serve all of you and be a part of this community!



DONATE BLOOD



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 -

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 February 13th, 2020.

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



**American
Red Cross**

Cleveland Area
HOSPITAL AUXILIARY

Stuff a Stocking 2019

This holiday season, our team at Cleveland Area Hospital wanted to give back to our patients. Many team members donated various goodies to help stuff our large Christmas stockings. Patients received sugar free candies, blankets, puzzle books, pencils, pajamas and much more!

In addition to greeting patients with full stockings, our cheerful team spent many days this season singing Christmas carols, making hot chocolate and spreading holiday cheer to everyone around.



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!

Happy New Year



What is your New Year's Resolution?

The time for change is back and we have some valuable advice for you!

We all love to make ambitious resolutions, hoping for the best possible outcome every year. However, challenging resolutions often result in procrastination, negligence and a lack of success.

Instead of basing your resolution on what you want, begin the journey with what you can do. As time goes on through the year and you have followed through and seen improvement, increase your goals little by little. Smaller goals are easier to obtain, thus decreasing the desire to quit.

In addition to small goals, it is important to take responsibility. One great idea is to find someone who is willing to hold you accountable.

Friends, support groups or even your workplace's Wellness team can work wonders for your motivation!

Cleveland Area Hospital's Wellness Coordinator, Danna Ellis, tells us, "What I want employees to know is if they want to set a goal for 2020 involving exercise or nutrition, they have access to gaining assistance. If anyone is interested in smoking cessation, we can assist them. When getting ready for the New Year, we all tend to try to go too big at the very beginning. Choose a goal but be willing to put in some time and effort to see it come to fruition. Make the change a lasting one and results will be seen. We are here to assist."

For more information on Health and Wellness, contact Danna Ellis at 918-812-6216

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.



Pfeffernüsse (German Spice Cookies)

INSTRUCTIONS

1. In a large bowl, cream together the brown sugar, molasses, butter, zest and eggs. Beat until light and creamy.
2. Add the flour and spices to the wet ingredients. Mix by hand until well combined.
3. Shape the dough into a ball. (It will be slightly sticky.) Wrap it in plastic wrap and refrigerate it overnight. (While not a 100% necessary step, resting allows the flavors to come together and the peppery-ness of the dough to mellow.)
4. When you are ready to bake your cookies, preheat your oven to 350F.
5. Remove the dough from the refrigerator and shape into 1" balls (roughly 1 Tbsp of dough). (If the dough is too sticky, slightly grease your hands.) Place the dough balls 2" apart on a greased baking sheet.
6. Bake the cookies for 12-15 minutes, until puffy and firm to the touch.
7. Remove the cookies immediately from the baking sheet and let them cool for 10 minutes on a wire rack.
8. Place the powdered sugar in a paper bag. Add the cookies 2-3 at a time and toss them in the powdered sugar. (The cookies should be cool enough that the powdered sugar doesn't melt, but warm enough that it slightly sticks.) If necessary, toss the cookies twice in powdered sugar, to get a nice coating.
9. Return the coated cookies to the wire rack to finish cooling. [Keep the dough chilled between batches.]
10. Store the pfeffernusse in an air-tight container for up to a week.

INGREDIENTS

- ½ c brown sugar
- ½ c molasses
- ¼ c salted butter
- 2 tsp fresh orange zest, (roughly ½ of a large orange)
- 2 eggs
- 3 c unbleached all purpose flour
- ½ tsp cinnamon
- ½ tsp ground black pepper
- ½ tsp ground anise
- ¼ tsp baking soda
- ½ - 1 c powdered sugar, (for coating)

Loaded Butterscotch Toffee Pecan Cookies

INSTRUCTIONS

1. Sift together the flour, baking powder, baking soda and salt. Set aside.
2. Using an electric mixer, cream together the softened butter, light brown sugar, granulated sugar and vanilla extract. until fluffy and light beige in color. About 2 minutes.
3. Add the eggs one at a time beating well after each addition.
4. Gradually add the dry ingredients to the creamed mixture. Stop and scrape the sides of the bowl periodically. After all of the flour has been added beat for 1 minute.
5. By hand, mix-in the butterscotch chips, pecan pieces and bits-o-brickle until evenly distributed in the dough.
6. Cover and chill for at least 1 hour or overnight.
7. To prepare: Preheat the oven to 350°F and line 2 cookie sheets with parchment paper.
8. Use a 2 oz ice cream scoop to divide the dough. Place onto the cookie sheet at least 2-inches apart.
9. Bake in batches for 12-15 minutes or until lightly golden. [Keep the dough chilled between batches.]
10. Cool on the pan for 5 minutes then remove to a cooling rack to cool completely.

Notes: You can make these cookies any size you like, simply adjust the baking time as needed. For larger cookies increase the time and for smaller, decrease the baking time.

INGREDIENTS

2 & 1/2 cup all-purpose flour
1 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1 cup butter softened [2 sticks]
1 cup packed light brown sugar
1/2 cup granulated sugar
2 tsp pure vanilla extract
2 large eggs
1 10 oz package butterscotch
baking chips
2 cups roughly chopped pecan
pieces
2/3 cup bits-o-brickle [English
toffee bits]

January 2020

Sunday	Monday	Tuesday
5 <i>Chose Kindness</i>	6 9:00 Active Aging 10:00-11:00 at Baptist Village Gentle Exercise 12:00-12:30 Yoga 2:00-2:30 Workout 3:00 Walk 5:00 Workout 6:00 Zumba	7 5:30-6:30 Yoga 7:30-8:30 Stairs 2:00-2:30 Yoga 3:00 Walk 6:00 Zumba
12 <i>Chose Happiness</i>	13 9:00 Active Aging 10:00-11:00 at Baptist Village Gentle Exercise 12:00-12:30 Yoga 2:00-2:30 Workout 3:00 Walk 5:00 Workout 6:00 Zumba	14 5:30-6:30 Yoga 7:30-8:30 Stairs 2:00-2:30 Yoga 3:00 Walk 5:00 Tai Chi 6:00 Zumba
19 <i>Chose Positivity</i>	20 9:00 Active Aging 3:00 Walk 6:00 Zumba	21 5:30-6:30 Yoga 7:30-8:30 Stairs 2:00-2:30 Yoga 3:00 Walk 5:00 Tai Chi 6:00 Zumba
26 <i>Chose Success</i>	27 9:00 Active Aging 10:00-11:00 at Baptist Village Gentle Exercise 12:00-12:30 Yoga 2:00-2:30 Workout 3:00 Walk 5:00 Workout 6:00 Zumba	28 5:30-6:30 Yoga 7:30-8:30 Stairs 2:00-2:30 Yoga 3:00 Walk 5:00 Tai Chi 6:00 Zumba

Wednesday		Thursday		Friday		Saturday	
1	Happy New Year!	2	5:30-6:30 Yoga 7:30-8:30 Stairs 2:00-2:30 Yoga 3:00-3:20 Zumba 6:00 Zumba	3	11:00-1:00 Pawnee Senior Center 2:00-2:30 Workout 3:00 Walk	4	Make 2020 Great!
8	9:00 Active Aging 11:00-1:00 Hominy Senior Center 2:00-2:30 Workout 3:00pm Walk 5-5:45 Workout	9	OHA! TRAINING OKC 3:00-3:20 Zumba	10	OHA! TRAINING OKC 3:00 Walk	11	Drink Water!
15	9:00 Tai Chi 11:00-3:00 Mannford Senior Center 2:00-2:30 Workout 3:00 Walk 5-5:45 Workout	16	5:30-6:30 Yoga 7:30-8:30 Stairs 2:00-2:30 Yoga 3:00-3:20 Zumba 5:00 Tai Chi 6:00 Zumba	17	12:00-12:30 Yoga 2:00-2:30 Workout 3:00 Walk	18	Sleep Well!
22	9:00 Active Aging 12:00-12:30 Yoga 2:00-2:30 Workout 3:00 Walk 5:00 Workout	23	5:30-6:30 Yoga 7:30-8:30 Stairs 2:00-2:30 Yoga 3:00-3:20 Zumba 5:00 Tai Chi 6:00 Zumba	24	12:00-12:30 Yoga 2:00-2:30 Workout 3:00pm Walk	25	Take Care of Yourself!
29	9:00 Active Aging 12:00-12:30 Yoga 2:00-2:30 Workout 3:00 Walk 5:00 Workout	30	5:30-6:30 Yoga 7:30-8:30 Stairs 2:00-2:30 Yoga 3:00-3:20 Zumba 5:00 Tai Chi 6:00 Zumba	31	12:00-12:30 Yoga 2:00-2:30 Workout 3:00pm Walk		



Merry Christmas

& HAPPY NEW YEAR

FROM CLEVELAND AREA HOSPITAL 



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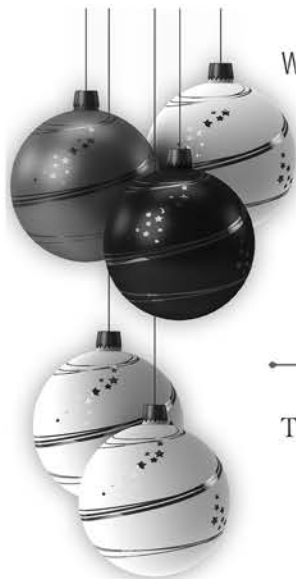
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WISHING YOU A
MERRY CHRISTMAS
AND A JOYOUS 2020



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Physician's Assistant

Joni Bost, LPN and Ashlee Lowry, Medical Scribe

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