



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

HEALTH

**SWB Patient
Testimonial**

**Benefits of
Physical Therapy**

**YOGA
in the Park**

**Alzheimer's Disease
and Brain Awareness Month**



Krishna Cassady *ED Registered Nurse*



Krishna Cassady has a total of 12 years of experience in the health field! Before working with us, she spent 8 years as a CNA. Now, she has spent the past 4 years as a Registered Nurse for Cleveland Area Hospital's Emergency Department. ED RN's must be able to adapt to new, fast paced, critical situations at a moment's notice while still providing the same high quality level of care present throughout the rest of the organization. Krishna fills that position wonderfully and proves herself as an amazing addition to our team.

Since beginning work with our organization, Krishna has found herself feeling as though she is a part of a family here. She describes the bond forged among clinical staff as one of the greatest parts about working with us. Krishna also describes her day to day work routine as very enjoyable. Helping the emergent and critically ill has been incredibly rewarding for her. This position allows her to build a meaningful bond with locals while simultaneously developing leadership, communication and critical thinking skills that are essential to our flow as a hospital.

In her free time she enjoys spending time with her son while also discovering the beauty of Osage county. Thank you for all of your hard work, Krishna! You are a wonderful asset to our team. We appreciate you!

Lesta Cheek *Certified Occupational Therapy Assistant*

Lesta Cheek graduated as a Certified Occupational Therapy Assistant in 1996. She worked at Children's SPOT at St. Luke's in KC, MO beginning in 1990. She spent most of her days there in development therapy working with children. "It was a delightful way to work with those kids," she tells us. Lesta then moved here from the Kansas City area to be with her mother in 2000 and began work as an Occupational Therapy Assistant at Cleveland Area Hospital. She has now accumulated a total of 19 wonderful years with us!

Lesta enjoys experiencing the sense of community within our organization. Being a part of the CAH team allows for a meaningful relationship to be built with locals, as each team member gets to know them through their journey back to independence. When asked her favorite part about her job, Lesta tells us, "The people! The patients and staff; finding the positives about each of them and finding humor in them, helping people get better and seeing their results."

In her free time, Lesta enjoys collecting bricks and decks of cards, as well as attending First Christian Church. "I love the Lord and I love my church." She likes to get to church early every Sunday morning to make coffee for everyone attending and then worship with the Praise Team. Lesta also takes part in her 'OLNO' group (Old Ladies Night Out). The group eats together and plays Farkle at her house on Friday nights. "We travel somewhere for the weekend three times a year and we laugh until we cry!"

We so appreciate Lesta and her years of hard work and patient care. Thank you for all that you do!



PATIENT TESTIMONIAL

Beverly Sayre

"My first thought after I came here, was that this hospital and the people running it is Oklahoma's best kept secret"

These are the words of Pawnee resident, Beverly Sayre, when describing her experience at Cleveland Area Hospital (CAH). Though CAH has practically been in her back yard for over fifty years, Sayre just recently discovered the exceptional quality of care and the variety of services that were unknowingly at her fingertips for so long.

Sayre's rehab journey started back in the Fall of 2018 when she spent months in four different out-of-state hospitals and recovery centers in order to recover from a hip injury that occurred while away. After being away for so long, she and her family were finally able to return to their homes in Pawnee. Unfortunately, Sayre suffered another accident, breaking her leg and knee cap. Following her surgery, she found herself in need of a Skilled Nursing/Swing Bed program yet again. Sayre and her family were desperate to find quality care that was closer to their homes, a place Sayre felt comfortable and safe, and also one that offered professional rehab, skilled nursing, and focused prevention training to ensure her safety and preparedness to return home.

Sayre and her family were given a list of recommended facilities that offered the care she needed, and they were pleasantly surprised to see that Cleveland Area Hospital was on that list. The initial deciding factor was how close it was to home, but Sayre quickly discovered and "was in awe of" the extraordinary level of care that this rural hospital provides Cleveland and the surrounding communities. She describes that "it was not only the first time I felt safe if my family

left, I truly felt cared for and was blown away by the variety of services offered."

"For the first time in months, I was relaxed. I could sleep. I no longer lost my appetite. I was content."

One of Cleveland Area Hospital's main goals is to remain a safe haven for the community. Our professional team members are unified to ensure a caring environment throughout our facilities. Compassion, encouragement, and building trust are a few of the fundamental ideals that our employees practice when caring for patients. "They truly think about the patients. You can tell they always want the patients to come first no matter what," Sayre explained. Further, it was reassuring to Sayre the way her caretakers included her into their "close-knit community." Another contributing factor that elevates CAH from other hospitals, according to Sayre, is the delicious, high-quality, and nutritional food provided each day. Unlike previous hospital experiences where she lost her appetite which prolonged recovery, or her family having to bring her meals each day, she actually looked forward to the tasty food here at CAH which enabled her to recover quicker.

Many community members are unaware of Cleveland Area Hospital's Skilled Nursing/Swing Bed program, just like Sayre was for so many years. This program is designed to be a "transition" period to provide patients the assistance and rehabilitation they need in order for them to return home safely following an injury, illness, or surgery.

PATIENT TESTIMONIAL

Beverly Sayre



A few examples of skilled nursing include: wound care, rehabilitation, IV antibiotic treatment, and respiratory therapy. Each patient receives physician coordinated, collaborative care with benefits of all hospital services that also includes professional prevention training to reduce the risk of re-injury or infection and help protect them upon their return home.

The Skilled Nursing/Swing Bed program has a 1:5 nurse to patient ratio ensuring that the care is always personalized and focused. "Sometimes I think I'm the only patient they have" Sayre Expressed. Her trust in the professionals made her push through even the more difficult rehab sessions knowing they always had her best interest in mind. She explained that they knew her capabilities because of the time they invested into her daily. She wasn't comfortable leaving the hospital until her caregivers were comfortable and confident in her abilities.

Cleveland Area Hospital's mission is the same today as it was when the doors opened in 1963: to provide the members of this rural community and surrounding areas exceptional healthcare from employees who have a spirit of caring in their heart, just like we were able to do with Ms. Beverly Sayre.

Rather than "Oklahoma's best kept secret," we aim to be the first place members of the surrounding communities turn to when needs for healthcare arise. We hope to accomplish this not only because we are closer to home, but also because we offer the highest quality of care by a team of ambassadors with shared ideals, hopes, and goals in mind.

"Growth is never by mere chance; it is the result of forces working together."

-James Cash Penny

Though we often face challenges, we do not allow them to be excuses that limit our growth or vision. We will continue to work together in order to successfully maintain and increase access to healthcare for the rural population we serve!

-Written by Lilly Garner

Cleveland Area
Hospital



YOGA

In the Park

Every Tuesday and Thursday
6:00AM - 7:00AM or 7:30AM - 8:30AM
Arlington Park

Cleveland Area Hospital is now offering "Yoga in the Park"

Certified instructor, Danna Ellis, has completed over 200 hours of training, schooling, and practice to attain her license in yoga instruction. As Cleveland Area Hospital's new Program Developer and Wellness Coordinator, Danna wants to share her passion for yoga and fitness with her fellow employees as well as members of the community!

Every Tuesday and Thursday (weather permitting), Danna is offering two classes, one from 6:00-7:00 am, and another from 7:30-8:30 am.

Whether you know nothing about yoga, or have already perfected the Headstand, you don't want to miss out on the variety of benefits that yoga scientifically offers, both physically and mentally!



Body Benefits

- Body Detoxification
- Increases Flexibility and Balance
- Elevates Weight Training Capabilities
- Improves Posture
- Relieves Joint and Back Pain
- Increases Immunity
- Relieves Tension in Muscles
- Helps to Lower Blood Pressure
- Increases Core Strength
- Improves Digestion
- Helps Prevent Cartilage/ Joint Breakdown
- Better Your Bone Health



Mind Benefits

- Helps Improve Nutrition Choices
- Improves Concentration
- Unlocks Energy Flow
- Better Your Personal Body Image
- Improves Memory
- Helps Build Self-Trust and Self-Esteem
- Lowers Anxiety
- Increases Mental Awareness
- Improves Intuition and Awareness
- Brings Peace of Mind

— FREE — Children's Nutrition Class



A Healthy Diet for Everyone

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!

2019 Classes:

June 12th

September 4th

December 4th

At Cleveland Area Hospital, we care about every aspect of your health, whenever and wherever you are. That is why we would like to provide you with the knowledge and skills needed to stay healthy, even when we are not around.

We currently offer a free nutrition class right here in our own facility, every first Wednesday of each month from 1:00 to 3:00 pm. Registered dietitian, Bonnie Johnson focuses on a nutritious diet that is crucial to a diabetic lifestyle. However, this class is for anyone who would like to attend, as a diabetic diet is an extremely healthy way to go for most everyone!

Call to Attend

918-358-2501
Ext. 4323

Free

Children's
Nutrition Class

Held Quarterly
1:00-3:00 pm
at

Cleveland Area
Hospital



Benefits and Advantages

PHYSICAL THERAPY

For many individuals, physical therapy is not the top choice when in need of treatment. People who have suffered injuries, live with chronic pain, or have restricted mobility often think that surgeries and opioids are the quickest, easiest, and more effective options. However, physical therapy is referred by most primary care doctors as the first course of action because of its many advantages and the least amount of intrusion.

Physical therapists are experts in movement and mobility. They aim to optimize the quality of life through prescribed exercise, hands-on care, and patient education. Physical therapists empower each patient to actively participate in their own treatment with individualized treatment plans that are designed to fit each person's needs, goals, and challenges.

Maximized Movement

Mobility and freedom to move without pain is crucial to the quality of life. The ability to earn a living as well as being independent of care are two things physical therapy can help achieve.

Recovery/ Prevention of Injury

Stretching and strengthening exercises help restore your ability to move and aid in coordination. Appropriate recovery or prevention plans can be adapted for each individual's safe return to activity.

Manage and Reduce Pain

Physical therapy techniques and mobilization exercises help mobilize joints and soft tissue and restore muscle function. Pain can be reduced or eliminated all-together by therapeutic exercises!

Avoid Surgery

With some conditions, treatments with a physical therapist are proven to be just as effective as surgery. You can help heal injured tissue and increase mobility without being subject to the operating room.

Avoid Opioids (painkillers)

Doctor-prescribed opioids are necessary in certain circumstances. However, painkillers simply mask the problems without addressing them. When taking opioids, you are at risk of depression, addiction, overdose, and withdrawal. Physical therapy is a form of treatment that strengthens the body and increases mobility in order to actually reduce and eliminate pain, rather than just mask it.

-Written by Lilly Garner



June

ALZHEIMER'S AND BRAIN AWARENESS MONTH

Most people know about or have heard of Alzheimer's Disease (AD). However, many are unsure of exactly what AD is or how they should go about preventing it.

Alzheimer's is a progressive form of Dementia that is chronic and degenerative. Dementia is a more broad term that encompasses various conditions caused by brain injuries or diseases. Like most dementia cases, Alzheimer's Disease is specifically known to affect an individual's memory, thinking, and behavior.

Anyone can develop Alzheimer's Disease, but those after the age of 65 and/or with a family history of the condition are more likely to. Unfortunately, there are no current cures for AD, but there are treatments that can slow its progression.

A person's genetics, age, and history are risk factors that cannot be controlled. However, researchers have also found risk factors that we are in fact able to control. Through a combination of healthy habits, we are able to reduce the risk of developing Alzheimer's Disease and Dementia.

-Written by Lilly Garner

For more detailed tips and information visit:

<https://www.healthline.com/health/alzheimers-disease#prevention>

These six lifestyle habits and preventative measures are proven to effectively delay, prevent, or even reverse the process of brain deterioration and symptoms of AD:



Regular Exercise

Your risk of developing AD can be reduced up to 50 percent by regular physical exercise.



A Healthy Diet

Alzheimer's is sometimes described as "diabetes of the brain" to show how strong the link between our brain cells and our eating habits is said to be. Practice healthy eating!



Be Social

Interact with others face-to-face and don't isolate yourself from social engagement. It's never too late to develop new friendships!



Mental Stimulation

You need to "use it or lose it." Those who continue learning and challenging their brains throughout life are less likely to develop Alzheimer's Disease.



Get Your Z's

Research shows that sleep problems are not just symptoms of AD but also possible risk factors. Make sure you are getting uninterrupted, quality sleep each night.



Chill Out

Managing chronic or persistent stress is vital when protecting your brain from shrinkage and long-term damage.

May and June **NEW HIRES**



 **Lexi Pickerill**
Certified Nursing Assistant



 **Ashlyn Seek**
Certified Nursing Assistant



 **Lillie Miller**
Certified Nursing Assistant



 **Alex Brown**
Registered Nurse

May and June **NEW HIRES**



Rick Featherston
Respiratory Therapist



Michael Gavin
Respiratory Therapist



Jennifer Ward
Outpatient Access Coordinator



Amy Hamilton
LAMA - Patient Care Representative

May and June **NEW HIRES**



 **Lilly Garner**
Marketing and Outreach Intern



 **Danna Ellis**
Program Developer and Wellness Coordinator



 **Karen Williams**
APRN, Hospitalist

May and June **NEW HIRES**



 **Breana Fullbright**
Housekeeping



 **Andrea Stephens**
Patient Sitter



(Not Pictured)

Joyce Holder
Patient Sitter

The logo is a yellow, scalloped-edged shape with two small 'x' marks on the left and right sides. It contains the text 'Cleveland Area Farmer's Market' in a black, cursive font.

Cleveland Area Farmer's Market

The background of the entire page is a blurred image of fresh produce, including yellow cherry tomatoes and red tomatoes, arranged in green crates.

**EACH WEEK,
THE CLEVELAND
FARMERS MARKET
BRINGS FRESH,
NUTRITIOUS,
LOCAL FOOD
RIGHT TO YOUR
FINGERTIPS!**

**OPEN
FOR
THE
SEASON!**

TIME:

TUESDAYS

4 PM - 7 PM

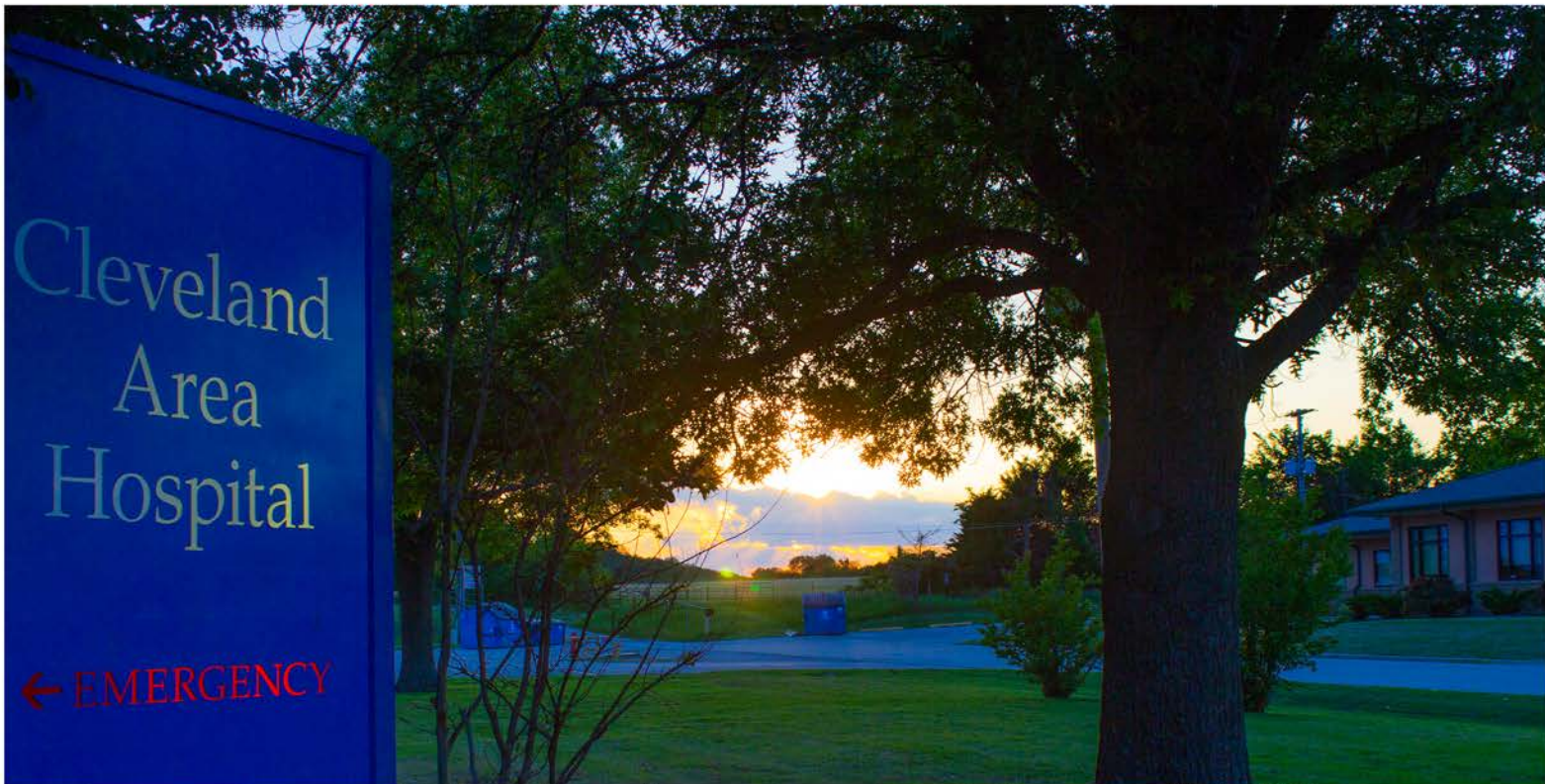
SATURDAYS

10 AM - 2 PM

LOCATION:

ARLINGTON PARK (CORNER OF
PAWNEE AND BROADWAY) IN
CLEVELAND, OK

**FRESH PRODUCE, BAKED GOODS,
MUSIC, ACTIVITIES, & MORE!**



Same Day Appointments Available Now!

Respiratory Therapy

Fully staffed with a 24/7 team
of Respiratory Therapists



Stephanie Schrepel, RRT
Director of Respiratory Therapy

People with COPD, asthma, pneumonia,
lung trauma and more may also seek
specialized treatment with Cleveland Area Hospital.

Cleveland Area
Hospital

918-358-2501 Ext. 4349

1401 W. Pawnee St., Cleveland, OK 74020

24/7 Emergency, Lab, Radiology, and Respiratory Therapy
Skilled Nursing & Swing Bed | Wound Care | Rehabilitation Services
3D Mammography | Cardiology

www.ClevelandAreaHospital.com

LAKE AREA
MEDICAL ASSOCIATES
Same Day Appointments Available!

Charles O'Leary, PA-C
Joni Bost, LPN and Ashlee Lowry, Medical Scribe

Monday, Wednesday 7AM-5PM
Tuesday, Thursday 7AM-12PM

Call 918-358-3588 to schedule today!

3D MAMMOGRAPHY

Begin your annual screenings at the age of 40.


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

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

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.

Cleveland Area
Hospital | **918-358-2501**
Ext 4702



24/7 Radiology

Over 80 years of combined experience!

Cleveland Area
Hospital | Digital X-Ray | 64-slice C.T. Scan
M.R.I. | Dexa Scan | Echocardiogram
Ultrasound | 3D Mammography

1401 West Pawnee St., Cleveland, OK

918-358-2501 Ext. 4703



24/7 Laboratory

Same Day Results to Your Provider!

Coumadin Therapy | Same Day Blood Transfusions
Federal, Non Federal and Court-Ordered Drug Screens

918-358-2501 Ext. 4318

1401 West Pawnee St., Cleveland, OK

Cleveland Area
Hospital