

CAH *Monthly*

1401 WEST PAWNEE STREET
CLEVELAND, OK
74020

918-358-2501

CLEVELANDAREAHOSPITAL.COM



HEALTH



Employee Features

Cindy *Manager of Maintenance and Environmental Services*



Cindy's path began with her attendance at Oklahoma School of Accountancy, Law & Finance. After school, she went straight into sales and eventually helped to start up Progressive Supply. Later on, she became the owner and operator of Midwest Cellulose, Inc. Cindy's career soon turned towards her current profession when she decided she would prefer something that would have a bigger impact on communities and that could potentially be less physically demanding. Cindy began work with Cleveland area Hospital in October of 2013 and has worked with us now for nearly 8 years!

Cindy tells us that her favorite part of her job and being part of Cleveland Area Hospital is, "Every day something is new and I love being able to make a difference in the campus for our team and patients... I love that we are constantly moving forward to make the hospital better for the city. I see a good vision for my children and grandchildren's future to have more services here and a new hospital that will accomplish that."

Cindy loves to garden, work on her acreage, and spend time with her children and grandchildren. She also enjoys eating breakfast at the local Hickory House, dinner at Los Molcajetes or Vallarta's with her family and friends, and shopping at the local boutiques such as Dream Skeems, Celebrations, and the Painted Wagon.

Thank you for helping to ensure both a beautiful and functional campus for our organization, Cindy! Your work does not go unnoticed, and we appreciate all that you do!

Teagan *Diagnostic Medical Sonographer*

Just earlier this year, Teagan joined our team as a Diagnostic Medical Sonographer. Her services are a great asset to our organization; she can perform echocardiograms, abdominal, vascular, small part, and most pediatric ultrasounds! She can also assist radiologists with fine needle aspirations, thoracentesis, and paracentesis. Teagan is known for her 'sweet as can be' personality and we are proud to have her on our team!

Teagan explains that her interest in ultrasound began when complications required her to receive multiple ultrasounds for the last two months of her pregnancy. She was amazed by the capabilities of ultrasounds and began looking into beginning a career with it. After attending the American Institute of Medical Technology in Tulsa, she began work right away. Initially working in Enid, Oklahoma, Teagan was then eventually drawn to our organization by our close-to-home location which allowed her to move closer to her family. Teagan tells us the variety of scans she now gets to perform, from infant brains to blood vessels in an arm, is both challenging and fascinating to her!

Teagan tells us she loves to spend her time outdoors. Particularly, she enjoys sports and watching her son play t-ball!
Thank you for being part of our team, Teagan! We appreciate all that you do





Kim *Patient Access Team Lead I*

Kim has been with our organization for over 6 years with a total of 20 years of Patient Admissions experience! Kim's career started when she originally planned to spend 4 years on active duty, but ended up spending 10 years on active duty as a US Army Patient Administration Specialist. "I truly enjoy every aspect of Patient Access and the interactions I can have with patients and in helping them with any needs they might have."

Kim is from a small town in Missouri, but moved to Cleveland in 2009. She explains that she was drawn to Cleveland Area Hospital by its close-to-home location which would allow her to both spend more time with her kids as well as give back to her community. "My favorite part of my job is getting to speak to the patients on a daily basis when I schedule or check them in. I enjoy talking so this is the perfect job for me." Kim also enjoys the family atmosphere developed with her coworkers.

In her free time, Kim can be found spending time with her family in the great outdoors and local sports leagues. Thank you for all of your hard work, Kim! We appreciate you.

Amy *Rehab Director, PT*

Amy was first exposed to physical therapy when she was in high school and attended a PT appointment with a friend. She found the process 'interesting and challenging' and decided to pursue it as a career! Amy originally began work with our organization in 2000. After leaving for a few years to work for a private clinic, she came back to work with us in 2017. Amy has worked in all aspects of physical therapy including acute care, skilled nursing, outpatient, school/ pediatrics, and home health. Amy currently serves as both a Physical Therapist and our Rehabilitation Director! We are proud to have Amy on our team and to offer her services!

Amy tells us she has loved working for the Cleveland area for many years and feels 'as much at home here as I do in Mannford' and that building relationships with community members and their families has made her feel as if she lived here, as well. "The sense of community in Cleveland is very strong and helping to keep its members healthy, moving, independent, and improve their quality of life has been an honor and a privilege."

When asked what her favorite things about our organization were, she explained, "I have been with CAH for most of my career but have worked elsewhere enough to recognize good leadership. What drew me back in 2017 was the vision to grow and to provide services that most people anticipate needing to go to Tulsa to receive. I love the idea that we can be self-sufficient out here and be able to keep people from sacrificing their day to see a specialist, have a test, or receive PT/OT/ST and be able to provide the level of quality that they have come to expect anywhere."

Amy loves to spend her time in the lake community, being out on the water at any time as well as partaking in activities and events from surrounding smaller towns. "Living out here (Cleveland, Mannford, Jennings, Terlton) is really a luxury that we all enjoy. Out here, my kids are known by their teachers and administrators, you know and say "Hi" to at least 20 people at the store, and you wave when you pass them on the road."

Thank you, Amy, for all that you do for our organization! We appreciate you and are proud to offer your services!



Department Recognitions



Hospitalist Day

Don Schumpert, D.O. Karen Williams, APRN

March 4th: Hospitalist Day

On March 4th, we celebrated our two hospitalists, Don Schumpert, D.O., and Karen Williams, APRN. We are so proud of these wonderful and compassionate caregivers and thank them for their excellent work for our organization.

March 5th: Employee Appreciation Day

On March 5th, we celebrated having THE best team that works hard to continue building exceptional healthcare for this community. Celebrating them today, and so proud of them EVERYDAY!



March 15TH-19TH

HUMAN RESOURCES Appreciation Week

We thank you!

March 15th - 19th: HR Week

This week is meant to recognize the important role HR professionals play in healthcare organizations across the nation. This team has the influence to positively impact not only our employees, but our patients and community members as well! We appreciate you!

March 22nd - 26th: Health Records Week

This week recognizes the vital role our Health Records Professionals play in ensuring our high quality level of care. They are responsible for the connection between our caregivers and patients, ensure health records are complete and secure, and are absolutely vital to the everyday flow of our organization. Thank you for all of your hard work!

March 22ND-26TH

HEALTH RECORDS Appreciation Week

We thank you!

Department Recognitions

APRIL 5TH-9TH

PATIENT ACCESS Appreciation Week

We thank you!

April 5th - 9th: Patient Access Week

April 5th to 9th, we recognized our fantastic Patient Access team! Our Patient Access team plays a vital role in our patients' experiences by providing a caring and supportive first impression. In addition, Patient Access assists waiting patients and manages questions, concerns and critical information. We are proud of our team's ability to ensure patients feel the love and care of our organization the moment they walk through the door. Thank you, Patient Access!

April 21st: Administrative Assistant's Day

April 21st, we celebrated our Administrative Assistant, Tammy! Through her wide variety of duties from assisting the Executive team to community outreach and employee engagement projects, Tammy can always be seen with a smile. We are so proud of her hard work and positive attitude and appreciate all that she does. Thank you, Tammy!

APRIL 21ST

ADMIN. ASSISTANT Appreciation Day

We thank you!

APRIL 26TH-30TH

LAB PROFESSIONALS Appreciation Week

We thank you!

April 26th - 30th: Lab Week

April 26th to April 30th, we celebrated our amazing Lab department! This annual celebration recognizes the vital role they play in every aspect of health care. We are so thankful for our Lab team and appreciate everything they do. Thank you!

May 6th - 12th: Nurses' Week

May 6th to 12th, we celebrated nurses! Nursing Professionals hold a very valuable role in all medical facilities. We are proud of our hard working nurses; your passion for our patients' health is appreciated every day. Thank you for all you do. We appreciate each and every one of you!

MAY 6TH-12TH

NURSING Appreciation Week

We thank you!

Hospital Week 2021

Featuring themed days, a selfie contest, games, and more!





Now Hiring!

Cooks

Respiratory Therapists

Scribes

Phlebotomists

Nursing Positions

*401K | Paid Life and Long-Term Disability Insurance | Short Term Disability
FSA | Accident Insurance | Legal Shield | Employee Assistance Program
Competitive Compensation | Shift Differential | Paid Time Off for Full-time and Part
Time (Accrual Begins Day 1) | Health, Dental, & Vision Insurance | Team Culture*

Apply online at ClevelandAreaHospital.com/Employment



Stephanie Schrepel,
Respiratory Therapist



Jessica Rathbun, R.N.
Wound Care Certified



Swing Bed Program

In-patient care for patients needing a little more skilled-care before/ upon going home. Common treatments include but are not limited to...

Inpatient Dialysis

Orthopedic Surgery Recovery (Hip/ Knee)

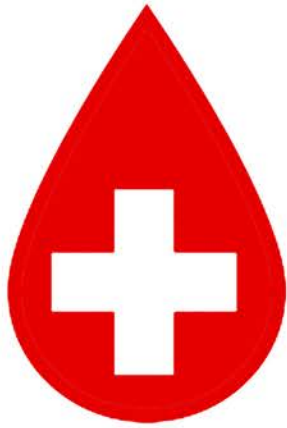
Extended IV Therapy

Neurological Disorders (Stroke Recovery)

Generalized Weakness

Respiratory Conditions (COPD, Pneumonia, Vent/ Trach)

***Questions on whether you or your family member qualify?
Call Peggy Compton, RN, CM - Phone: 918-358-2501 Ext. 4315***



AMERICAN RED CROSS BLOOD DRIVE

*First Christian Church - 100 S. Division, Cleveland, OH
August 12th | 11:30 AM to 5:30 PM*

Every day, blood donors help accident and burn victims, heart surgery and organ transplant patients, and those battling cancer. In fact, every two seconds, someone in the U.S. needs blood.

Be Generous. Donate Blood. Save a Life.

By Appointment Only

To donate blood, book an appointment ahead of time at:

1-800-733-2767 or visit RedCrossBlood.org and enter: clevelandok



**Cleveland Area
HOSPITAL AUXILIARY**

The American Red Cross now faces a nationwide blood shortage. Healthy individuals are needed now to donate to help patients counting on lifesaving blood. The Red Cross provides about 40% of our nation's blood and blood components, all from generous volunteer donors. Every 2 seconds someone in the U.S. needs blood, and 1 donation can potentially save up to 3 lives! Each new donor helps the Red Cross to meet patient needs.

The Red Cross understands why people may be hesitant to come out for a blood drive but wants to reassure the public that blood donation is a safe process. Additional precautions have also been put in place at Red Cross blood drives to protect the health and safety of donors and staff.

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.

Here in our community, the Cleveland Area Hospital Auxiliary can be found hosting its 12th 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 **August 12th, 2021.**

Please schedule your appointment in advance: Call 1-800-REDCROSS or visit RedCrossBlood.org and enter: clevelandok



**Cleveland Area
HOSPITAL AUXILIARY**

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!

Next Classes: August 4th, 2021

Outpatient Nursing Services

- Port Flushes
- IV Antibiotics
- Dressing Changes
- Blood Transfusions
- Catheter Changes/ Placements
- ... And Much More!

Melva Bostik
Chief Nursing Officer
Ext. 4326



CLEVELAND AREA HOSPITAL

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REHABILITATION SERVICES

at Cleveland Area Hospital

Physical Therapy | Speech Therapy
Sports Therapy | Occupational Therapy
Orthopedic Manual Therapy

918-358-2501 | 1401 W. Pawnee St., Cleveland, OK
www.ClevelandAreaHospital.com/rehabilitation

Some of Our Commonly Treated Ailments Include:

- Amputations
- Balance Issues & Recent Falls
- BPPV
- Chronic Pain
- Declining Independence
- Developmental Delays
- Dysphagia
- Multiple Sclerosis
- Parkinson's Disease
- Post Total Joint Replacement
- Post-Polio
- Post-Stroke
- Pre & Post Surgical Rehab
- Rotator Cuff Repairs
- Sports Injuries
- Work Injuries

24/7 ER

Here when you need us most.

24/7 Emergency,
Laboratory, Radiology
and Respiratory Therapy

Cleveland Area Hospital

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Cleveland Area Hospital

DID YOU KNOW?

Cleveland Area Hospital offers a wide variety of services including:



DexaScan

DexaScan is a non-invasive test to assess the strength of your bones to determine your risk for Osteoporosis or bone fracture.



Ultrasound

Ultrasound is useful for examining many of the body's internal organs. CAH performs all Ultrasounds including Abdominal, Arterial, Breast, Echocardiogram, Obstetric, Pelvic, Transvaginal, and Venous Ultrasounds.



3D Mammography

3D Mammography provides greater accuracy for breast cancer detection at your annual checkup, potentially at an earlier stage when it is easier to treat. This service also reduces callbacks by up to 40%.



Pulmonary Function Testing

PFTs are lung function tests which can be used in preparation for surgery or to assess treatment for chronic lung conditions.



M.R.I. Services

By partnering with Alliance Imaging Services, CAH is proud to offer M.R.I. services which can aid in the diagnosis of a variety of conditions such as torn ligaments and tumors, as well as examine the brain and spinal cord.

918-358-2501 | 1401 W. Pawnee St., Cleveland, OK

24/7 Radiology

CLEVELAND AREA HOSPITAL

- Digital X-Ray
- 64-Slice C.T. Scan
- M.R.I.
- Ultrasound
- Dexa Scan
- Echocardiogram
- 3D Mammography



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Cleveland Area
Hspital

Quality Health Care Close to Home

918-358-2501

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Cleveland, OK 74020

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