

# VIEWPOINT

BAXTER REGIONAL MEDICAL CENTER

## Arkansas SAVES program provides hope in the new year

James Sack of Mountain Home planned to go to dinner with his wife, Rhonda, to celebrate his 76th birthday on August 17, 2009. Instead, he suffered a stroke.

He was working on his computer in the study of his home around 5 p.m. that day when he began noticing problems. "I have had prior episodes of vertigo, so I didn't say anything to my wife at first," James explains. "I went back to the bedroom to begin some exercises that I use to help deal with the vertigo."



James Sack

After going into the bedroom, "I either passed out or went to sleep or something," he says. "Luckily, my wife came in about 15 minutes later to ask if we were still planning to go out to dinner, and she noticed facial and speech distortions."

Rhonda Sack called 9-1-1 and a neighbor whose daughter is a certified nursing assistant. According to Rhonda, the paramedics arrived

quickly, but her husband doesn't remember her, the neighbor or the paramedics being in the bedroom.

When they arrived at the Cline Emergency Center at BRMC, Rhonda Sack was "very interested to see the telemedical capability at the hospital." This technology allowed a neurologist at the University of Arkansas for Medical Sciences (UAMS) in Little Rock to participate in real time with local doctors and ER personnel in James' diagnosis and initial treatment.

BRMC is one of several hospitals in the state participating in the Arkansas SAVES (Stroke Assistance through Virtual Emergency Support) program, which electronically links smaller hospitals with board-certified vascular neurologists at either UAMS or Sparks Regional Health System in Fort Smith.

Because James arrived at the hospital quickly, he was a candidate for the administration of tissue plasminogen activator (tPA), a "clot-busting drug." It is the only drug approved by the U.S. Food and Drug Administration for the acute (urgent) treatment of ischemic stroke, which is caused by blood clots that block blood flow to the brain. If given within certain parameters, tPA can significantly reduce the effects of a stroke, including the risk of permanent disability. Ideally, the drug should be administered no more than three hours following the onset of symptoms. A delay in seeking medical care is the primary reason patients do not qualify for the administration of tPA.

Rhonda says that, until her husband's illness, she was unaware "that our hospital had the extensive telemedicine capability it has or that tPA could be administered locally." Doctors told Rhonda that her husband had definitely had a stroke and that he was a candidate for tPA, and they explained the benefits and the risks to her. "The doctors explained it all and said basically that without the tPA my

husband might recover, but, on the other hand, he might not recover. I did not believe that was an alternative, and I signed the papers to administer the tPA."

Another drug was administered in conjunction with the tPA to improve its effectiveness. James soon began fluttering his eyelashes, trying to raise his left arm and leg, and talking.

He was taken to Sparks Regional Health System because that facility had the only available critical-care bed at the time. "He yelled out for me not to forget to bring his laptop computer to him, and I knew then he was truly coming back," Rhonda says.

He arrived at Sparks at about 2 a.m. and Dr. Margaret Tremwel, the neurologist who would be in charge of his case, was there to meet him. "I was impressed that she would do that," James says.

James claims to still be somewhat amazed that he had a stroke on Monday evening, spent Tuesday at Sparks and was dismissed at 9:45 a.m. on Wednesday to return home.

"I'm back ninety-nine percent," he says. "I started going out in the yard shortly after getting home from Fort Smith and picked up my bowling in about two weeks."

James Sack's advice is simple: "Don't sit around and wait. If you suspect you are having a stroke, get to the hospital." James suffers no long-term effects because he sought medical attention quickly and because of the capabilities at BRMC.

"I can think of a lot better ways to spend your birthday than having a stroke," he adds. "I am very glad that I got to the hospital quickly."

*story submitted by Philip Launius, BRMC volunteer*

### Know the signs of a stroke

Stroke is a medical emergency. Every second counts. Know these warning signs of stroke and teach them to others:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

If you or someone with you has one or more of these signs, don't delay! **Immediately call 9-1-1** or the emergency medical services (EMS) number so an ambulance (ideally with advanced life support) can be sent for you. Also, check the time so you'll know when the first symptoms appeared. It's very important to take immediate action. If given within three hours of the start of symptoms, a clot-busting drug called tissue plasminogen activator (tPA) can reduce long-term disability for the most common type of stroke. tPA is the only FDA-approved medication for the treatment of stroke within three hours of stroke symptom onset.

A TIA or transient ischemic attack is a "warning stroke" or "mini-stroke" that produces stroke-like symptoms but no lasting damage. Recognizing and treating TIAs can reduce your risk of a major stroke. The usual TIA symptoms are the same as those of stroke, only temporary. The short duration of these symptoms and lack of permanent brain injury is the main difference between TIA and stroke.

*American Stroke Association*

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Baxter Regional Medical Center  
624 Hospital Drive  
Mountain Home, AR 72653  
Main Number 870-508-1000  
Find a Physician 800-695-DOCS (362)

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Baxter Regional  
Medical Center

## A Word from the Board of Directors Chairman

*Clark Fletcher*

We are all aware of the ongoing debate in Washington, D.C., regarding “healthcare reform.” This debate encompasses many topics: whether there is a fundamental right to healthcare, the circumstances that affect access to healthcare, the quality of care provided and, of course, the cost of healthcare.

I don’t think anyone can truly predict how healthcare reform will impact our nation or our community in the next few years. The end result will depend in large measure on the situation of each individual. There will be winners and losers.



*Clark Fletcher*

There are some things that I hope are not “reformed” in our community healthcare system. I hope we can continue to recruit and keep physicians, nurses and other medical professionals who have a desire to provide quality medical care – the type of healthcare professionals who strive to improve healthcare for the community they have chosen as their home and who push others to

do the same. I hope healthcare reform will serve to strengthen the resolve of those who donate so much of their time, talent and resources to improving our community.

Maybe the folks from Washington should take a “fact-finding tour” at BRMC. They could meet with our volunteers, who do everything from greeting people at the entrance to wrapping Christmas presents. This “yellow-shirt army” could give them some tips for getting things done and taking ownership of your work.

A tour of 3 West and the rooms that were recently renovated during the Adopt-A-Room campaign would be informative, too. Politicians could not only observe outstanding renovations and a touching initiative, but they could also see that great things can be accomplished in a cost-effective manner. The visitors from Washington could also learn about collaboration from the BRMC nursing team during this tour and hopefully gain an understanding of the true meaning of special treatment for and by special people.

While congressional leaders are here as our guests, perhaps they could sit and debate at some local quilting tables used to make handmade patchwork quilts like those you see at the Hospice of the Ozarks Hospice House. They could learn from the local quilters how to piece together something useful, interesting and imaginative from the resources at hand that serves to comfort others at a time of great need. That would be a photo opportunity worth seeing – congressional “needlers” working cooperatively toward a common goal for the common good and speaking respectfully with one another across a quilting table.

The federal healthcare reform outcome will be challenging for medical providers nationwide and here at home. Economic realities will have to be confronted. Hopefully, communities such as ours will continue to prosper. Historically, Medicare reimbursement for our area has paid providers substantially less than the national average, despite the fact that our quality of care is substantially above the national average. If healthcare reform levels the playing field based on quality of care, our community should be a big winner.

## In My Opinion:

### Task force study a step back for women

I try to stay up-to-date on the latest health news, particularly news that involves women’s health issues. You can imagine my surprise – or shock, really – when I read about a new set of recommendations for women’s breast health screenings. My impression was that this was a step back for women’s healthcare.

The U.S. Preventive Services Task Force concluded that women in their 40s do not need annual mammograms, that women older than 50 only need one every two years, and that there is little value in breast self-exams.

I immediately thought of the many women I have met at the Peitz Cancer Support House Breast Cancer Support Group. Many of them first discovered lumps, and consequently tumors, through breast self-exams, while some were diagnosed through routine mammograms.

I also remember a woman whose visit to the BRMC Mobile Mammography Unit saved her life. The MMU was performing screenings in the parking lot of the business where she worked. A friend talked her into having a mammogram. As a result of that visit, her breast cancer was diagnosed and treated. There are many similar stories involving the MMU and the BRMC radiology department.

Perhaps the federal panel believes that statistics are nameless numbers. Maybe when you compare the number of false positives that call for further testing to the number of lives actually saved, the screenings aren’t completely cost-effective. False positives also cause anxiety.

I was one of those false positives a few years ago. A routine mammogram showed a suspicious area. A diagnostic mammogram and an ultrasound revealed a cyst. Were there some anxious moments? Yes. But I’d rather endure a few anxious moments than miss a diagnosis that could potentially save my life.

Thanks to a grant from the Susan G. Komen Breast Cancer Foundation, a Schliemann Center for Women’s Health Education representative is able to visit area schools to talk with senior high girls about breast self-exams and mammograms, in the hopes that they will take care of themselves and pass the same information along to their mothers and sisters.

At a recent Girls Night Out event, I wanted to cheer when gynecologist Dr. Mary Wren told the women that she would continue to recommend breast self-exams for her patients and annual mammograms for those over 40.

Are the traditional breast-health recommendations overvigilant? Will they result in more false positives? Perhaps.

But if they save even one woman’s life, are they worth it? Without a doubt.

*Sharon Miller is coordinator of the Schliemann Center for Women’s Health Education at Baxter Regional Medical Center and a former award-winning reporter for The Baxter Bulletin. Her column appears each Tuesday in the newspaper’s Health section.*

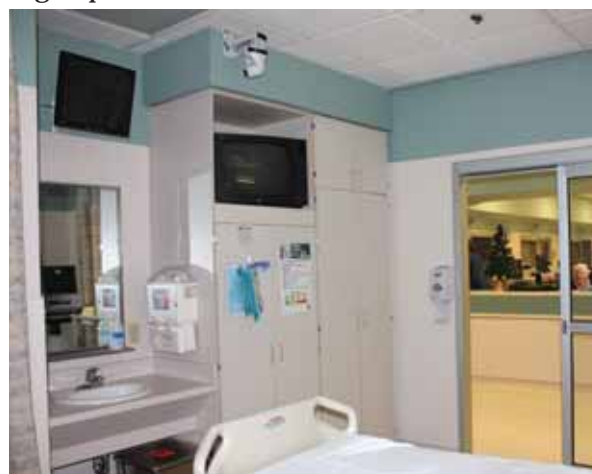


*Sharon Miller*

## BRMC enhances patient safety and care

Baxter Regional Medical Center has introduced a new program called Mercy SafeWatch to work in conjunction with highly trained, on-site, critical-care staff.

Mercy SafeWatch is an electronic intensive care unit (eICU) – a technology breakthrough that enhances patient safety. Using computerized monitoring equipment, in-room audio and video connections, and secure high-speed data lines, the off-site intensive



care specialists of Mercy Health Systems in St. Louis are able to monitor critical patients around the clock, in tandem with BRMC physicians and nurses.

“Patient safety and satisfaction are our top priorities at BRMC, and studies have shown that excellent ICU care can be further improved by providing this additional layer of technology and support,” says Jackie Gaines, RN and eICU coordinator. “Mercy SafeWatch is not a replacement for our exceptional on-site ICU team. It provides an additional level of monitoring and safety for our most critically ill or injured patients.”

Small changes in a patient’s condition can be identified through continuous electronic monitoring of vital signs. Mercy SafeWatch can result in faster responses, reduced patient complications and shorter time spent in the critical-care unit. Throughout this process, the patient’s privacy is always protected. No recording from any camera or microphone is made at any time.

# Lend-A-Hand a success!

Each fall, Baxter Regional Hospital Foundation conducts the Lend-A-Hand, Touch a Life campaign to support BRMC's four community houses: The Mruk Family Center on Aging, Peitz Cancer Support House, Reppell Diabetes Learning Center and Schliemann Center for Women's Health Education.

Here are this year's highlights:

- Lend-A-Hand raised \$175,164 in 2009!
- At the Nov. 5 Lend-A-Hand kickoff event at BRMC, the Lagerborg Dining Room was standing room only. First National Bank presented a check for \$15,000, and BRMC Auxiliary donated \$25,000.
- Lend-A-Hand yard signs could be seen all over Mountain Home.
- Beauty salons in Mountain Home and the surrounding area displayed Lend-A-Hand yard signs in front of their businesses and donation cans inside.
- Many area banks had signs and donation cans at the teller windows. First Federal Bank held a silent auction and donated proceeds from "jeans day" to Lend-A-Hand. The branch offices of First Security Bank had 100 percent participation from their employees.
- Pine Lane Healthcare held a bake sale to benefit Lend-A-Hand.
- El Chico hosted children's movie nights on Wednesdays. Admission was \$1 and all proceeds benefited Lend-A-Hand.
- The Baxter County Sheriff's Department, First Security Bank and Regional Family Medicine organized fundraisers, with proceeds going to Lend-A-Hand.
- The four BRMC community houses held a gigantic yard and bake sale to raise money for Lend-A-Hand.
- Carter's Jewel Chest and Posh Boutique hosted events to benefit the Schliemann Center.
- Sunfest Market, Hill 'N Hollow Quilters Guild and the Chatting Needles support group hosted events to raise money for the Peitz Cancer Support House. Proceeds from the sale of Paws for the Cause calendars and photos with Santa Paws also went to PCSH.



## CEO Corner

Healthcare reform and its impact on individuals, our hospital and our nation are at the forefront of many people's minds in 2010. As the House and Senate work toward a compromise on terms such as coverage expansion, public option and cost containment, Baxter Regional Medical Center continues to move forward in a positive way by following our 2010 Strategic Plan.

Every great plan must have a strong foundation in order to succeed. Our six Pillars of Excellence provide that strength by encouraging us to provide *quality clinical care* and excellent *service* for our patients, to meet our physicians' and staff's needs while staying *financially* sound, and to continue to *grow* our services to meet evolving patient needs.

To cross a bridge safely, all of the support pillars must be strong enough to hold the bridge steady. The same is true for BRMC. If we excel in one area but not another, it will be difficult to support our mission and vision. We need to achieve simultaneous success in these six key areas because they are all of equal importance.

By sustaining the strength of our Pillars of Excellence, we are able to fulfill our **mission** – to provide excellence in medical care for every patient, every time; our **vision** – to be a regional center of medical excellence; and our **values** – hospitality, enthusiasm, respect, ownership, excellence and sensitivity, or HEROES.

The successful implementation of the 2010 Strategic Plan benefits the Twin Lakes area as a whole. The BRMC leadership team faces this task

with enthusiasm and a positive frame of mind. No matter what changes healthcare reform brings about, Baxter Regional is strategically positioned to meet the challenges as we move forward in the first quarter of 2010.

Continued community support is one of our biggest assets, and for this we are most grateful. Together, we will continue to provide high-quality, excellent healthcare and become the standard by which all others in the region measure their success.



Ron Peterson

## Mark Your Calendar!

# BRMC Regular Support Groups and Classes

### Peitz Cancer Support House

For more information, call 870-508-2273 (CARE) or e-mail [rellis@baxterregional.org](mailto:rellis@baxterregional.org).

### Caregivers Support Group

1st Tuesday, noon

### Celebrating Life Support Group

1st and 3rd Fridays, noon

### Chatting Needles

Wednesdays, 1 p.m.  
1st Thursday, 5 p.m.

### Breast Cancer Survivors

2nd Tuesday, noon  
4th Thursday, 6 p.m.

### Men's Cancer Breakfast Support Group

2nd Thursday, 7:30 a.m.

### Men's Cancer Activity Support Group

4th Friday, 9:30 a.m.

### Healthy Steps: Exercise for Cancer Survivors

Thursdays, 1 p.m.  
Call to register

### Yoga

Thursdays, 10 a.m.  
Call to register

### Tobacco Cessation Class

Session includes three classes  
Sessions in March and May  
Call to register

### Reppell Diabetes Learning Center

For more information, call 870-508-1765 or e-mail [karkangel@baxterregional.org](mailto:karkangel@baxterregional.org).

### Diabetes Wellness Group

4th Tuesday, 5 p.m.  
Lagerborg Dining Room  
Free

### Group and individual diabetes self-management training

By physician referral only  
Ongoing  
Call for more information

### Schliemann Center for Women's Health Education

For more information, call 870-508-2345 or e-mail [smiller@baxterregional.org](mailto:smiller@baxterregional.org).

### Fibromyalgia Support Group

1st and 3rd Mondays, 10 a.m.

### Women's LIFE Support Group

(LISTEN. INSPIRE. FRIENDSHIP. EDUCATE.)  
1st and 3rd Tuesdays, 6 p.m.

### Bundling the Basics: Parenting the First Year

1st Monday, 6 p.m.  
Free, registration required

### Childbirth Classes

1st Session: March 18 – April 15  
2nd Session: May 6 – June 23  
Thursdays, 6:30-8:30 p.m.  
Registration required  
\$60

### Breast-feeding Class

April 20, 6:30-8:30 p.m.  
Registration required  
\$15

### The Mruk Family Center on Aging

For more information, call 870-508-3880 or e-mail [nsvehla@baxterregional.org](mailto:nsvehla@baxterregional.org).

### Better Breathers

2nd Friday, 2 p.m.

### Parkinson's Support Group

1st Wednesday, 11 a.m.

### Dementia and Alzheimer's Support Group

2nd Friday, 3:30 p.m.  
Van Matre Senior Center

### Brain Teasers

3rd Friday, 1 p.m.

### Stroke Education and Support Group

2nd Wednesday, 1 p.m.

The following physicians are on staff at Baxter Regional Medical Center. For more information, please call our Physician Referral Hotline & Centers of Excellence at 870-508-1001 or toll-free at 800-695-DOCS (3627).

#### ANESTHESIOLOGY

Dr. Charles W. Armistead Jr. .... 424-7070  
Dr. Ira D. Chatman ..... 424-7070  
Dr. James S. Clarke ..... 424-7070  
Dr. William R. King ..... 424-7070  
Dr. J. Camp Newton ..... 424-7070

#### CARDIOLOGY

Dr. Erick Araneda ..... 425-8288  
Dr. Michael Camp ..... 425-8288  
Dr. Otis Warr IV ..... 425-8288

#### CARDIOVASCULAR SURGERY

Dr. Louis W. Elkins ..... 425-3291

#### DENTISTRY

Dr. John Ahrens ..... 425-3730  
Dr. Brad Coleman ..... 425-6911  
Dr. Larry Gould ..... 425-5959  
Dr. Phillip Eugene Milam ..... 425-9787  
Dr. Bernard Petkovich ..... 425-9757  
Dr. Paul Reese ..... 424-5900  
Dr. C. Michael Risk ..... 425-4777  
Dr. John V. Sullivant ..... 425-4242  
Dr. Stephen Vester ..... 425-9323

#### DERMATOLOGY

Dr. Phillip Hardin ..... 425-9737  
Dr. Mark King ..... 425-5464

#### EAR, NOSE & THROAT

(Otolaryngology)  
Dr. Monty R. Barker ..... 424-4200  
Dr. Paul R. Neis ..... 424-4200

#### EMERGENCY MEDICINE

Dr. J. Pat Black ..... 508-1139  
Dr. Michelle Godfrey ..... 508-1139  
Dr. Allen Jackson ..... 508-1139  
Dr. Jane Kuzas ..... 508-1139  
Dr. Margo Jackson-Lockyer ..... 508-1139  
Dr. James McDaniel ..... 508-1139  
Dr. Jason Paxton ..... 508-1139  
Dr. Jamie Pritchard ..... 508-1139  
Dr. Janet Shapter ..... 508-1139  
Dr. Melissa Quevillon ..... 508-1139  
Dr. Mark West ..... 508-1139

#### FAMILY MEDICINE

##### • also Obstetrics

Dr. Kevin J. Adkins ..... 425-3131  
Dr. Robert C. Ahrens ..... 449-4221  
Dr. Rolland Bailey ..... 453-2266  
Dr. Shawn D. Bogle ..... 449-4221  
Dr. Ronald Bruton ..... 425-6971  
Dr. Phillip Bufford ..... 425-3030  
Dr. Richard L. Burnett ..... 425-3030  
Dr. J. Gregory Elders ..... 425-6971  
Dr. Caleb Gaston ..... 425-3131  
Dr. Michael S. Hagaman ..... 492-5995  
Dr. Michael Hodges ..... 425-3131  
Dr. George Lawrence ..... 425-6971  
Dr. Timothy C. Paden ..... 425-3030  
Dr. Lonnie Robinson ..... 425-6971  
Dr. Roger D. Simons ..... 453-2274  
Dr. Misty Skorcz ..... 994-7301  
Dr. Tammy Tucker ..... 445-3296  
Dr. James Warr ..... 425-3030  
Dr. Edward L. White ..... 425-3131  
Dr. Stacy Wilbanks ..... 425-3131

#### GASTROENTEROLOGY

Dr. Bodunrin S. Badejo ..... 425-4402  
Dr. William S. Dyer Sr. ..... 425-4402  
Dr. Peter A. MacKercher ..... 425-4402

#### HEMATOLOGY & ONCOLOGY

Dr. Bob Cogburn ..... 425-5354  
Dr. R. Bruce White ..... 425-4402

#### INTERNAL MEDICINE

Dr. Lori M. Cheney ..... 425-6971  
Dr. Maxwell G. Cheney ..... 425-3125  
Dr. Lance R. Lincoln ..... 425-3030  
Dr. Frances Radkey ..... 425-3030

#### INTERNAL MEDICINE/ HOSPITALIST

Dr. Lincoln Godfrey ..... 508-1000  
Dr. Richard D. Schmidt ..... 508-1000  
Dr. Shelley Warr ..... 425-3030  
Dr. Steve Wilber ..... 508-1000

#### NEPHROLOGY

Dr. Daniel Valach ..... 508-5010

#### NEUROLOGY

Dr. Bruce Robbins ..... 424-6634

#### OBSTETRICS/GYNECOLOGY

Dr. Harley Barrow ..... 425-7300  
Dr. Erik Shultz ..... 425-7300  
Dr. Linda N. Teal ..... 425-7788  
Dr. Mary R. Wren ..... 425-7300

#### OPHTHALMOLOGY

Dr. William D. Hill ..... 425-2277  
Dr. Kenneth Jones ..... 425-2277  
Dr. Kenneth M. Kilgore ..... 424-4900  
Dr. Douglas Marx ..... 424-2020  
Dr. J.Y. Massey ..... 424-2020  
Dr. Ethan J. Wright ..... 424-4900

#### ORTHOPAEDICS

Dr. Terry G. Green ..... 424-3642  
Dr. Thomas E. Knox ..... 424-3400  
Dr. Anthony D. McBride ..... 424-4710  
Dr. M.B. Moore III ..... 424-4710  
Dr. Aaron Wallace ..... 424-4710

#### PALLIATIVE CARE/HOSPICE

Dr. Mark Williams ..... 508-1771

#### PATHOLOGY

Dr. James Babcock ..... 508-1890  
Dr. Steve Douglas ..... 508-1890  
Dr. Christopher G. Webb ..... 508-1890

#### PEDIATRICS

Dr. Setshedi Makwinja ..... 424-3220  
Dr. Perry Wilbur ..... 424-3545

#### PLASTIC SURGERY

Dr. Adam Newman ..... 425-6398

#### PODIATRY

Dr. Eric Arp ..... 425-7363

#### PSYCHIATRY

Dr. Thomas Walden ..... 424-4804  
Dr. Christopher Winslow ..... 508-2646

#### PULMONOLOGY

Dr. William P. Galli ..... 508-3250  
Dr. Wilman Ortega ..... 508-3250

#### RADIATION ONCOLOGY

Dr. Gary B. Wells ..... 424-2200

#### RADIOLOGY

Dr. William L. Landrum ..... 508-1160  
Dr. Matthew Kyle McAlister ..... 508-1160  
Dr. Anu Shultz ..... 508-1160  
Dr. Joe Tullis ..... 508-1160  
Dr. Matthew Wilson ..... 425-3737

#### RHEUMATOLOGY

Dr. Safwan Sakr ..... 424-7072

#### SURGERY

##### General, Thoracic & Vascular

Dr. Jacob L. Dickinson ..... 425-9120  
Dr. Kent P. Nachtigal ..... 425-9120  
Dr. John M. Spore ..... 425-9120  
Dr. Ray Stahl ..... 425-9120  
Dr. Dan Swoyer ..... 425-9120

#### UROLOGY

Dr. Jason Lindsay ..... 508-6020  
Dr. John S. TerKeurst ..... 424-3699  
Dr. E. Russell Webb ..... 424-3699



Feb. 15 – March 5

**Registration for Women's Cancer Survivors Retreat**  
Peitz Cancer Support House  
For more information, call 870-508-2273 (CARE) or e-mail [rellis@baxterregional.org](mailto:rellis@baxterregional.org).

Feb. 15

### Look Good, Feel Better

9 a.m.

Peitz Cancer Support House

For more information, call 870-508-2273 (CARE) or e-mail [rellis@baxterregional.org](mailto:rellis@baxterregional.org).

Feb. 17

### Lunch & Learn

Oh, My Aching Feet!

Eric Arp, M.D.

Noon

The Mruk Family Center on Aging

\$7

For more information, call 870-508-3880

or e-mail [nsvehla@baxterregional.org](mailto:nsvehla@baxterregional.org).

Feb. 23

### Caregiver Support Group

1:30 p.m.

For anyone caring for someone with a chronic disease, stroke or other health condition

The Mruk Family Center on Aging

For more information, call 870-508-3880

or e-mail [nsvehla@baxterregional.org](mailto:nsvehla@baxterregional.org).

March 19-21

### Women's Cancer Survivors Retreat

Peitz Cancer Support House

For more information, call 870-508-2273 (CARE)

or e-mail [rellis@baxterregional.org](mailto:rellis@baxterregional.org).

March 23

### Spotlight on Diabetes

8 a.m. – 2 p.m.

Reppell Diabetes Learning Center

For more information, call 870-508-1765

or e-mail [karkangel@baxterregional.org](mailto:karkangel@baxterregional.org).

March 24

### Lunch & Learn

Migraines

Mary Burr, APN

Noon

The Mruk Family Center on Aging

\$7

For more information, call 870-508-3880

or e-mail [nsvehla@baxterregional.org](mailto:nsvehla@baxterregional.org).

April 9

### Elder-law Planning for Your Future

Randall Drake

11 a.m. – 12:30 p.m.

The Mruk Family Center on Aging

For more information, call 870-508-3880

or e-mail [nsvehla@baxterregional.org](mailto:nsvehla@baxterregional.org).

April 21-22

### BRMC Health Fair

Baxter County Fairgrounds

For more information, call Donna McMullen 870-508-1883

or e-mail [dmcullen@baxterregional.org](mailto:dmcullen@baxterregional.org).

April 19

### Look Good, Feel Better

9 a.m.

Peitz Cancer Support House

For more information, call 870-508-2273 (CARE)

or e-mail [rellis@baxterregional.org](mailto:rellis@baxterregional.org).

May 1

### Move It! for Diabetes

10 a.m. – 2 p.m.

Reppell Diabetes Learning Center

For more information, call 870-508-1765

or e-mail [karkangel@baxterregional.org](mailto:karkangel@baxterregional.org).

May 7-8

### American Cancer Society Relay for Life

Baxter County

Peitz Cancer Support House

For more information, call 870-508-2273 (CARE)

or e-mail [rellis@baxterregional.org](mailto:rellis@baxterregional.org).

May 3, 10, 17 and 24

### Hopeless – The Alzheimer's Project – HBO

10 a.m. – noon

On May 24, special guests will be available to answer your questions

The Mruk Family Center on Aging

For more information, call 870-508-3880

or e-mail [nsvehla@baxterregional.org](mailto:nsvehla@baxterregional.org).

May 19

### Lunch & Learn

Nutritional Supplements

Danny Ponder

Noon

The Mruk Family Center on Aging

\$7

For more information, call 870-508-3880

or e-mail [nsvehla@baxterregional.org](mailto:nsvehla@baxterregional.org).