

# THE WELLNESS

VOLUME 8 SPRING 2011



## EMPLOYEE HEALTH

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Beginning January 2011, TB tests are due in your anniversary month to make it easier for everyone to remember when testing is due. However, state law requires that hospital employees have an annual TB test, so the time since your last TB test must be no more than 12 months. For some employees, this may mean getting two tests done just a few months apart. We do apologize for any inconvenience and thank you for your cooperation as we implement this new TB testing schedule.

## Employee Health and Wellness

**Baxter Regional Medical Center**

624 Hospital Drive  
Knox Wellness Center  
Medical Arts Building, 3<sup>rd</sup> Floor  
Mountain Home AR 72653  
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Hours of Operation

Employee Health  
Mon-Thu, 7:00 AM—3:30 PM

Employee Wellness  
Mon-Thu, 8:00 AM—4:30 PM  
Fri, 8:00 AM—2:30 PM

BRMC has new N95 respirator masks for patient care areas. Although there are a few of the old blue-green 3M masks around, many areas have switched to the new white masks. It is important that you be fitted before using the new masks to ensure your protection. Employees fitted in the last 6 months have been fitted for both the new and old masks.



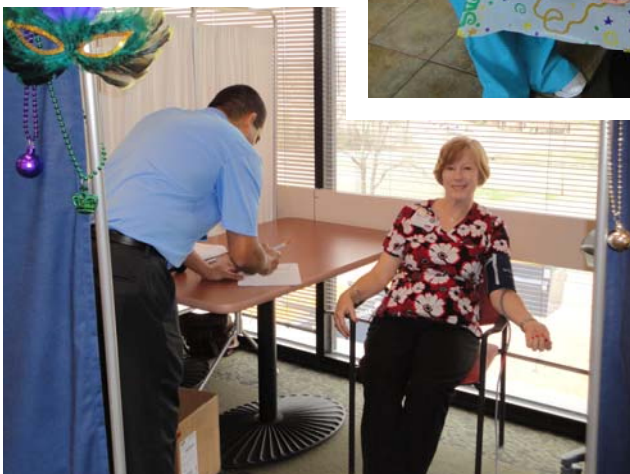
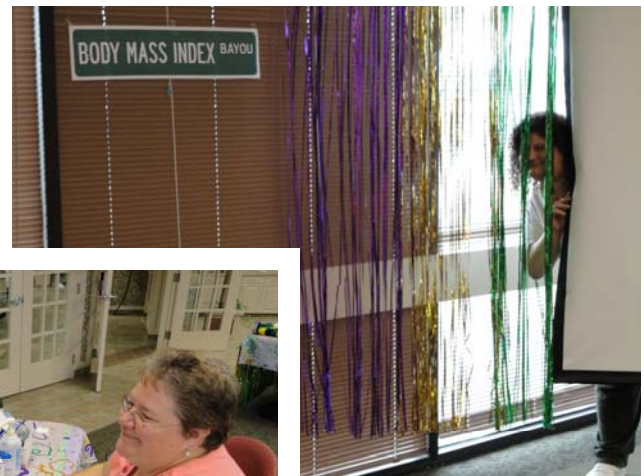
## 2011 EMPLOYEE WELLNESS SCREENING

A big THANK YOU to everyone who participated in and helped out with the 2011 Employee Wellness Screening. A total of 670 employees went through the screening!

Below is the list of winners of our “gift card giveaway” from the Wellness Screening. Congratulations!!!

**Bobbi Brown**—\$25 Truck Patch  
**Dan Burks**—\$25 Wal-Mart  
**Wanda Davenport**—\$25 Wal-Mart  
**Kimberly Dillinger**—\$100 Wal-Mart  
**Melissa Douglas**—\$25 WalMart  
**Loretta Horton**—\$50 Wal-Mart  
**Angela Lindley**—\$100 Wal-Mart  
**Setshedi Makwinja**—\$25 Colton's  
**Lori McCracken**—\$50 Lowe's  
**K. Samuel Neilson**—\$100 Truck Patch

**Dawn Parnell**—\$100 Wal-Mart  
**Rhonda Parsons**—\$25 Wal-Mart  
**Scott Pentkowski**—\$25 Lowe's  
**Darrick Plumb**—\$25 Lowe's  
**Elizabeth Plumb**—\$50 Wal-Mart  
**Jim Pratt**—\$25 Lowe's  
**John Simpson**—\$50 Lowe's  
**Crystal Thiel**—\$100 Wal-Mart  
**Jewell Uchtman**—\$50 Wal-Mart  
**Joyce Wallace**—\$25 Wal-Mart



## BLUE & YOU FITNESS CHALLENGE

# Blue & You fitness Challenge

A program of Arkansas Blue Cross and Blue Shield  
& the Arkansas Department of Health

We are 8 weeks into the Blue & You Fitness Challenge and doing great! Remember, the goal is to advance through at least 30 of the 92 checkpoints throughout the United States by exercising at least 30 minutes per day three times per week for at least 10 of the 14 weeks. The average number of checkpoints for BRMC is about 24, so most of us are well on our way to meeting our goal. About 31% of us have already reached 30 checkpoints! And who

could forget the extra incentive: Any BRMC employee that accomplishes the goal of 30 checkpoints will be entered to win one of four \$100 gift cards!!!

Access your Blue & You account by logging on to [www.blueandyoufitnesschallenge-ark.com/](http://www.blueandyoufitnesschallenge-ark.com/). If you have questions or have difficulty logging in to your account, please contact Jonny Harvey at (870) 508-1466 or [jharvey@baxterregional.org](mailto:jharvey@baxterregional.org). The Challenge goes through the end of May, so keep tracking your progress. Good luck and keep exercising!

## PHYSICIANS HEALTH AND FITNESS

### *Physicians Health and Fitness Center* *Becoming a healthier community... one person at a time*

Check out our new and improved websites:  
 ♦ Phfmh.com  
 ♦ Facebook.com/  
 physicianshealthfitnesscenter  
 (become a fan on Facebook)



Christina DeAtley D.D.S.  
Lost 41lb in 17 weeks of Phase 1  
Weight loss classes and an additional  
16lb in Phase 2 Maintenance class.



#### **Knock-em Sock-em Bean Dip/Spread**

- ~1 ripe medium avocado
- ~ 1 can cannellini beans, drained and rinsed
- ~ 2 sprigs cilantro, chopped
- ~ 2 Tbsp. lime juice
- ~ 2 tbsp chopped Jalapenos', seeds removed
- ~ 1 tsp green Tabasco sauce
- ~ 1/4 tsp. salt. substitute
- ~ Process all ingredients in a blender or food processor until smooth and creamy. Use as a spread for sandwiches, dip for veggies, or accompaniment for salmon.

250 Drillers Rd, Mountain Home \*870-492-5993\*

## MOVE IT! FOR DIABETES



## 5K/10K Run or Walk

Sponsored by:



# YELCOT

Chip Timing Provided by Ozark Racing Systems!

**When:** May 21st, 2011

**Where:** Big Creek Golf & Country Club

**Race Day Registration:** 7:00 AM

**Race Start Time:** 7:30 AM

**Entry Fee:** \$20.00 if pre-registered by 5/13/11, \$25.00 day of race  
—“Spirit Runner”—\$20.00 Donation receives a free t-shirt

To register or download a registration form, log onto [www.baxterregional.org](http://www.baxterregional.org). Registration forms are also available around BRMC. You may also call (870) 508-1765 for more information.

All proceeds from this race benefit The Reppell Diabetes Learning Center at BRMC.



## UPCOMING EVENTS

**ZUMBA**—Latin inspired dance aerobics = FUN!

Led by Lynn Riley, Zumba Certified

**Where:** The Knox Wellness Center

**When:** Mon 4:30 PM

Wed 5:00 AM

Thur 4:30 PM



For more info,  
call Leslie or  
Jonny at x1459.

### HEALTH SCREENING

for NEW EMPLOYEES ONLY  
(Date of hire 03/07/2011—06/21/2011)

Earn a health insurance premium discount or cash  
bonus by meeting certain health criteria!

**When:** Wednesday, June 21, 2011  
7:00 AM—2:00 PM

**Where:** The Knox Wellness Center

NO APPOINTMENTS NEEDED!