

# Baxter Regional Medical Center Support House Connections

News and information about the four BRMC Community Health Education and Support Houses: Mruk Family Education Center on Aging, Peitz Cancer Support House, Reppell Diabetes Learning Center and Schliemann Center for Women's Health Education



## 2015 events

Thursday, January 22 • 1 p.m.  
**Cancer Support Connections  
New Volunteer Training**  
Peitz Cancer Support House  
For more information, call 870-508-CARE (2274) or email [rellis@baxterregional.org](mailto:rellis@baxterregional.org).

Thursday, January 22 • 10 – 11 a.m.  
**Schliemann Learning Session:  
Hospitalists: Who are these masked men (and women!)?**  
Schliemann Center for Women's Health Ed.  
Please call (870) 508-2345 or email [jbeavers@baxterregional.org](mailto:jbeavers@baxterregional.org) for more information.

February 9 – March 9  
**Registration for Cancer Support Women's Retreat**  
To register, call 870-508-CARE (2274) or email [rellis@baxterregional.org](mailto:rellis@baxterregional.org).

Thursday, February 12 • 6 – 8 p.m.  
**Girls' Night Out: Heart to Heart**  
with Cardiovascular Surgeon Dr. Louis Elkins  
BRMC Lagerborg Dining Room  
Please call (870) 508-2345 or email [jbeavers@baxterregional.org](mailto:jbeavers@baxterregional.org) for more information.

Monday, February 16 • 10 a.m.  
**Look Good, Feel Better**  
Peitz Cancer Support House  
To register, call 870-508-CARE (2274) or email [rellis@baxterregional.org](mailto:rellis@baxterregional.org).

Tuesday, March 10 • 2 p.m.  
**Cancer: What You Need to Know Education Series**  
Peitz Cancer Support House  
To register, call 870-508-CARE (2274) or email [rellis@baxterregional.org](mailto:rellis@baxterregional.org).

Thursday, March 19 • 10 a.m.  
**Teen Girls Go to College**  
ASU-Mountain Home  
Please call (870) 508-2345 or email [jbeavers@baxterregional.org](mailto:jbeavers@baxterregional.org) for more information.

Friday, March 20 – Sunday, March 22  
**Cancer Support Women's Retreat**  
Fisherman's Lodge, Cotter  
For more information, call 870-508-CARE (2274) or email [rellis@baxterregional.org](mailto:rellis@baxterregional.org).

Tuesday, March 24 • 2 p.m.  
**Nutrition Education Series**  
Peitz Cancer Support House  
To register, call 870-508-CARE (2274) or email [rellis@baxterregional.org](mailto:rellis@baxterregional.org).

April 6 – May 8  
**Paws for the Cause Calendar Contest**  
Peitz Cancer Support House  
For more information, call 870-508-CARE (2274) or email [rellis@baxterregional.org](mailto:rellis@baxterregional.org).

Thursday, April 23 • 1 p.m.  
**Cancer Support Connections  
New Volunteer Training**  
Peitz Cancer Support House  
For more information, call 870-508-CARE (2274) or email [rellis@baxterregional.org](mailto:rellis@baxterregional.org).

Visit the online calendar available at [www.baxterregional.org](http://www.baxterregional.org) for information on these and more special events!



Todd Gilbert and Jodi Strother, Dr. George and Judy Lawrence and Nicole and Dana Vaccarella at the 2014 Masquerade Ball.  
Photos by Jessica Woods Photography

## Masquerade Ball raises over \$20,000

Baxter Regional Hospital Foundation's first annual Masquerade Ball, a fundraiser benefiting the Baxter Regional Medical Center community health education and support houses, was held on Saturday, November 1, 2014 at The Sheid on the ASU-Mountain Home campus. The event was part of the 2014 Lend-A-Hand campaign, supporting the efforts of the Peitz Cancer Support House, Reppell Diabetes Learning Center, Mruk Family Education Center on Aging and Schliemann Center for Women's Health Education. According to Cindy Costa, CFRE – Director of Development, Baxter Regional Hospital Foundation, the Masquerade Ball raised over \$20,000 for the community houses. "We are so grateful to our community for their continued support of the community houses," said Costa.

In 2013, more than 18,000 people passed through the community health education and support houses, where the majority of the services and programs are offered free of charge. The 2014 Lend-A-Hand campaign also included tours of these four houses, with snacks, refreshments, goodie bags and drawings for door prizes. This gave the community an opportunity to better understand what services, programs, lectures and support the community houses can provide.

The Masquerade Ball provided an evening of dancing with music provided by Boom Kinetics, a silent auction of unique items, hors d'oeuvres and beverages. For those wishing to purchase a mask at the event, large varieties were available.

Sponsors for the event included were KTLO, Classic Hits & The Boot; ASU-Mountain Home; Farm Credit; FNBC; Ozark County Times; Dr. & Mrs. Win Moore; Mike & Katie King Risk; Training at Barren Creek; US Bank; Dr. & Mrs. Greg Elders; Gilbert Realty Co.; Newman, M.D., Plastic Surgery; North Arkansas Electric Cooperative; Restore by King Dermatology; Ozark Surgical Group; Steve's Satellite Service and Johnson the Jeweler.

The Lend-A-Hand campaign continues through the end of 2014, as donations ensure that the many free services of the community health education and support houses continue to be a mainstay in the Twin Lakes area. To join the Lend-A-Hand effort, visit [www.baxterregional.org](http://www.baxterregional.org) or call (870) 508-1779.

## 6th annual Women's Health Forum: It's Marvelous!

On Thursday, October 9, the sixth annual Women's Health Forum sponsored by the Peitz Cancer Support House, Reppell Diabetes Learning Center, Mruk Family Education Center on Aging and Schliemann Center for Women's Health Education was held at the Baxter County Fairgrounds. It was a full house packed with beautiful women, fabulous healthcare providers and a lot of pink! After registering, attendees visited with vendors, took advantage of free health screenings and gathered information about programs and services offered by Baxter Regional Medical Center and throughout our community.

The program began with a presentation by Jessica Brown, DPE, a physical therapist practicing at Baxter Regional Bone & Joint Clinic, on mobility, strengthening and fitness for women. Jessica demonstrated simple yet important exercises that can increase flexibility, strength and posture. Special guest Dr. Mary Wren, retired OB/Gyn and current member of the BRMC Board of Directors, followed with a very informative presentation on integrative healthcare, a philosophy that combines a conventional healthcare approach with mind and body practices, including medical and relaxation massage therapy, acupuncture, Tai Chi, Qigong, yoga and more.

After salads and yogurt parfaits with granola homemade by Reppell Diabetes Learning Center staff, featured physicians took the stage for the very popular Q&A Session. Participants included Dr. Jason McConnell, orthopaedic surgeon; Dr. Joanna Twombly, OB/Gyn; Denise Clifton-Jones, APRN; Terrill Angell, MA, clinical audiologist and Danny Ponder, pharmacist. Each provider was asked a series of questions pertaining to women's health submitted by guests in attendance.

The program concluded with a very inspiring presentation from keynote speaker, Deb Peterson, editor/publisher of *Marvelous!* Magazine. Sharing with the women how sometimes life throws us not so great moments, Deb encouraged attendees to "Think marvelous things. Believe in them, and make them happen... any marvelous way you want."

Marvelous door prizes were provided by Arp Foot & Ankle Clinic; Ear, Nose & Throat Associates; Ozark Integrative Wellness Center; Newman, MD, Plastic Surgery; The Center for Women and Taylor Hearing & Balance Center. If you have a topic you'd like to see covered or an idea for a dynamic speaker for the 2015 Women's Health Forum, please call the SCWHE at (870) 508-2345, or email Jaren Beavers, SCWHE Coordinator, at [jbeavers@baxterregional.org](mailto:jbeavers@baxterregional.org).



Keynote speaker Deb Peterson



The BRMC Community Health Education and Support Houses are able to offer most programs and services free of charge thanks to donations from businesses and individuals in the community. For more information about supporting these houses, call the Baxter Regional Hospital Foundation at (870) 508-1770, email [foundation@baxterregional.org](mailto:foundation@baxterregional.org) or visit [www.baxterregional.org](http://www.baxterregional.org).



### MFECOIA Advisory Board

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Estella Tullgren  
Foundation Advisor

### MFECOIA Monthly Support Groups

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

#### Better Breathers

2nd Friday, 2 p.m.

#### Parkinson's Education and Support

1st Wednesday, 11 a.m.

#### Dementia and Alzheimer's Support

4th Friday, 3 p.m.

#### Healthy Heart Group

2nd Tuesday, 4 p.m.

#### Advocates for the Elderly

2nd Thursday, 1:30 p.m.

#### Joint Replacement

3rd Wednesday, noon

#### Inflammatory Bowel

1st Thursday, 3 p.m.

#### AARP Safe Drive Program

1st Monday, 9 a.m.

#### Designing Devas

1st Friday, 1 p.m.

### MFECOIA Exercise Classes

**Strong Women:** Tuesdays and Thursdays

9, 10:15, 11:30 a.m.

**Fit for Men:** Mondays, Wednesdays & Fridays

9 – 10 a.m.



## Reppell

Diabetes Learning Center

### RDLC Advisory Board

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Jan Halligan, RD, CDE

Dietitian

Leslie Dew

Secretary/Scheduler

Estella Tullgren

Foundation Advisor

### RDLC Monthly Support Groups

Fun, informative and free!

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

#### DWG or Diabetes Wellness Group

4th Tuesday, 5 p.m.

BRMC Lagerborg Dining Room

#### First Class Flyers

RDLC's type 1 support group especially geared towards people (young or old) interested in living life to the fullest. There are no regular monthly meetings or planned topics of discussion, but by focusing on the positive things life has to offer we are able to support and handle everyday situations for anyone managing his or her type 1 diabetes.

## Parkinson's Support Group

The Mruk Family Education Center on Aging (MFECOIA) is so honored to have such wonderful people leading our support groups. Jean Gaylord of BRMC's Acute Inpatient Rehab is one of them; she leads our Parkinson's Group with compassion and knowledge. As with many of our other support groups, the number of attendees continues to grow.

So what is Parkinson's? Parkinson's disease (PD) occurs when nerve cells, or neurons, in an area of the brain known as the *substantia nigra* die or become impaired. Normally these neurons produce an important brain chemical known as *dopamine*. Dopamine is a chemical messenger responsible for transmitting signals between the substantia nigra and the next "relay station" of the brain, the *corpus striatum*, to produce smooth, purposeful movement. Loss of dopamine results in abnormal nerve firing patterns within the brain that cause impaired movement. Studies have shown that most Parkinson's patients have lost 60 to 80 percent or more of the dopamine-producing cells in the substantia nigra by the time the symptoms appear.

Many brain cells of people with PD contain Lewy bodies – unusual deposits or clumps of the protein alpha-synuclein, along with other proteins. PD strikes about 50 percent more men than women. While it occurs in people throughout the world, a number of studies have found a higher incidence in developed countries, possibly due to increased exposure to pesticides or other toxins.

Recently Jean brought in a guest speaker, Lydia Stevens. She signed the participants up to receive magazines relative to PD and neurology. They also discussed ways to deal with constipation which can be a side effect of PD. As with many other illnesses, this disease is growing at an alarming rate, and the more we do to educate ourselves, the better. Thanks to Jean Gaylord for being such a champion!

## Memory Loss... who, me?

Where did I put my keys? I know I just had them! It happens to us all. Marie Thompson, APRN, GNP, FNP, of Regional Family Medicine, was recently a MFECOIA guest speaker with a great presentation on memory loss. Marie talked about causes of memory loss that may include age, medications, depression, dementia, Parkinson's, vitamin deficiencies, organ failure, head trauma, tumors and degenerative disorders (Huntington's, MS) or anything that disturbs the neurons and the brain chemical balance.

#### Levels of memory loss:

- Benign forgetfulness is considered a natural part of aging. While often frustrating, it does not impair successful and productive daily functioning. Example: losing your car keys.
- Mild cognitive impairment (MCI) involves frequent, repetitious forgetfulness that requires replacing lost items, rescheduling forgotten appointments and events, and increasing word search/diminished conversational abilities. Example: losing the car.
- Dementia results from disorders or destruction of the neuronal memory circuits and is a reflection of the total quantity of neuronal loss combined with the specific location of that loss. This leads to a deterioration of executive functioning with serious implications for normal daily functioning. Example: you and the car are lost.

We are grateful to have Marie Thompson as one of our exceptional healthcare professionals in our area!



Marie Thompson, APRN, at the MFECOIA.

#### Things to do to help your memory:

- 1) Learn a new skill... yes you can!
- 2) Volunteer in your community, hospital or place of worship.
- 3) Spend time with family and friends.
- 4) Use memory tools such as calendars, "to do" lists, notes, etc.
- 5) Put keys, wallet, purse, cell phone and glasses in the same place every day.
- 6) Get some sleep.
- 7) Exercise and eat well. Stay hydrated... but not too much.
- 8) Get help if you think you are depressed.
- 9) Get your thyroid checked (TSH).
- 10) Avoid self medication.
- 11) Think positive!

## Looking ahead to Spring

Jan Halligan, RD, CDE

Winter is coming to the Ozarks: cold weather, maybe snowy and icy; the perfect time to plan for our spring garden. Why garden? Gardening is a great way to work some muscles, burn calories to help keep our weight and blood sugars under control, be out in the sunshine getting needed Vitamin D from the sun, receive pleasure from working outside and being one with nature. After tending the garden – digging, planting and watering – we harvest the vegetables or fruits and receive pleasure eating them. Talk about a winning opportunity: exercising, being outside in the sun and fresh air, and eating food we have grown ourselves!

During the cold winter days, plan on looking at seed catalogs for what you want to grow this spring and summer. Think about where you want to plant your garden, making sure you can get water to your garden during the hot, dry days of summer. Don't have much space for a garden or not able to tend a large area? Think about container or a raised bed garden. Gardens can be as large or small as we have the ability and time to care for.

As an extra incentive to garden this year, the Reppell Diabetes Learning Center will be offering free packets of vegetable and flower seeds to anyone who stops by our center. You can pick up one or more packets of seeds, depending on the amount of space you have to plant. Also available are seed starter trays for starting plants during the early spring/late winter.

These seeds are a generous donation from the Baxter County Master Gardeners. The Master Gardener Program is conducted by the Arkansas Extension Service. If you are interested in becoming a Master Gardener, learning more about plants, their care, diseases that affect plants, helping beautify open areas in the county and increasing your knowledge about plants and their care, classes are offered each fall for a nominal fee. For further information, contact Mark Keaton, Baxter County Extension Agent, at (870) 425-2335 or email [mkeaton@uaex.edu](mailto:mkeaton@uaex.edu).

A Chinese Proverb states: "Life begins the day you start a garden."

## Back to School Family BBQ

The Reppell Diabetes Learning Center hosted a Back to School Family BBQ for our diabetes patients and their family members on August 26, 2014. Over 100 kids, siblings, parents and "young at heart" diabetes patients attended this fun and educational event. Healthy food was grilled courtesy of Jan Halligan, RD, CDE, and RDLC volunteers, and Lorri Strider, BSN, RN, provided family education to our local kids with type 1 diabetes.



Amanda Callies places an insulin pump infusion set on her daughter Kaitlin while Mia Williams and her mom April watch.

### The ABCs of great diabetes control

**A is for A1C.** This is a lab test that your doctor performs to tell you your average blood glucose for the past 2-3 months. A good target A1C for anyone with diabetes is between 6.5%-7.0% or less if otherwise specified by your doctor. It is sometimes called an estimated average glucose (eAG).

**B is for blood pressure.** Your blood pressure tells you the force of blood inside your blood vessels, this is also where the extra sugar accumulates if you have diabetes. When your blood pressure is high, your heart has to work harder to pump your blood. A good target blood pressure for anyone with diabetes is 140/80 or less.

**C is for cholesterol.** Your cholesterol numbers tell you about the amount of fat in your blood stream, which is also directly related to your blood sugar and blood pressure. The HDL (Happy) cholesterol help protect your heart, but the LDL (Lousy) cholesterol can clog your blood vessels and cause heart disease. Triglycerides are another kind of fat that can increase your risk for a heart attack or stroke. Targets for cholesterol for anyone with diabetes is LDL <100, HDL >40 (men) or >50 (women), and Triglycerides <150.

If you have diabetes, please be aware of your ABCs, and if you have questions or concerns don't hesitate to call the Reppell Diabetes Learning Center at (870) 508-1765 or email RDLC Coordinator Jodi Bodenhamer, RN, CDE at [jbodehamer@baxterregional.org](mailto:jbodehamer@baxterregional.org) for assistance.



## Celebrating Breast Cancer Awareness Month

In October, the Peitz Cancer Support House celebrated Breast Cancer Awareness Month in several ways. We began the month by participating in the Susan G. Komen Arkansas Race for the Cure in Little Rock on October 4. The PCSH Team of 73 members was awarded the largest team award in the non-profit division and included BRMC employees and community members. Of the 54 ladies traveling to Little Rock to attend the race, 22 were breast cancer survivors. Locally, Susan G. Komen provided a grant for the BRMC Mobile Mammography Unit.

Peitz Cancer Support House hosted three breast cancer support group meetings during the month of October. Cancer patients are considered survivors from their first day of diagnosis, and PCSH support group sessions help cancer survivors connect to see they are not alone in the fight against cancer. Breast cancer survivors support groups meet monthly on the second Tuesday at noon and the second and fourth Thursday at 6 p.m.

Since October is Breast Cancer Awareness month, what better time to schedule your yearly mammogram? Early detection is the key to the treatment of breast cancer. The Breast Imaging Center at Baxter Regional Medical Center and the Baxter Regional Mobile Mammography Unit use the latest digital technology. 3-D mammography allows physicians to see details in a way never before possible and a more comprehensive, dimensional view of breast tissue, allowing earlier detection of changes that may be too small or subtle for older mammography technology to detect. The MMU was at the PCSH on October 30 to celebrate Breast Cancer Awareness Day. PCSH also hosted an open house and provided breast self-exam shower cards and a pink awareness bracelet to all attendees. BRMC joined in the fun by encouraging their employees to wear pink on October 30 in support of breast cancer awareness.

## 2015 calendars now available

The 2015 Paws for the Cause calendars are now available at the Peitz Cancer Support House! The calendars cost \$5 each, with all proceeds benefiting programs and services offered free of charge to cancer patients and their friends and families in our community. Stop by the PCSH weekdays, 9 a.m. – 4 p.m., or call (870) 508-CARE (2273) for more information. The PCSH is located on the BRMC campus, just across Hospital Drive from the Cline Emergency Center entrance.

A big thanks to those who entered and voted for their favorite pets! The contest for the 2016 calendars begins April 6, 2015!



## You can help...

You can make a difference in the lives of people in our community that have been diagnosed with cancer. There are many volunteer opportunities at the Peitz Cancer Support House. Volunteers are needed to assist with providing daily services at the house such as providing wigs or cancer information binders as well as help facilitate support groups or provide one-on-one support. All volunteers at the PCSH are members of the BRMC Hospital Auxiliary. Please consider becoming a volunteer for the PCSH. For more information, contact the PCSH at (870) 508-CARE (2273) or Baxter Regional Volunteer Services at (870) 508-1064.

## Summer Safe Sitter classes at the SCWHE

Over 40 students completed the annual Safe Sitter classes this summer at the Schliemann Center for Women's Health Education. Safe Sitter® is a medically accurate program that teaches young adolescents ages 11-13 how to handle emergencies when caring for children. This class teaches safe and nurturing child care techniques, behavior management skills, and appropriate responses to medical emergencies.

Classes are held annually during the months of June, July, and August and are always completely full, this year being no exception! BRMC Cline Emergency Center team members and certified Safe Sitter instructors Lacey Robb, BSN, RN; Kim Foster, RN; and Trisha Andrews, RN, did a fantastic job teaching the two-day classes each month. This year was bittersweet for Lacey, who has been teaching the class for the last 10 years, as her daughter, Tori, was finally of age to complete the class!

Every two-day session culminates with a completion ceremony as the students are presented with a completion card and messenger bag with supplies. They also get to demonstrate technique they learned in front of their parents.



*Safe Sitter Certified Instructor Lacey Robb, BSN, RN, with her daughter, Tori, a new Safe Sitter graduate!*

## Comprehensive care offered for expectant parents

In support of BRMC's efforts to provide comprehensive care for our community, the Schliemann Center for Women's Health Education in partnership with the Women & Newborn Care Center, is launching a "full-circle" program for parents in 2015. Among the new programs offered are an **Early Pregnancy & Parenting Class; Women, Newborn & Infant Support Group** and a **4<sup>th</sup> Trimester Support Group**.

The goal for the new program is to reach mothers who are 20 weeks pregnant or in the second trimester to provide education on breastfeeding, childbirth, and parenting in the Early Pregnancy and Parenting Class so that they are equipped with the confidence and support they need to make a smooth transition to labor and delivery. Once they have delivered their baby, follow-up services are available during the Women, Newborn & Infant and 4<sup>th</sup> Trimester Support Groups to handle any issues or questions they may have about their new little one.

The new comprehensive care program is facilitated by a team of five outstanding BRMC Women & Newborn Care Center nurses with a combined total of over 50 years in obstetrics. Early Pregnancy & Parenting, Breastfeeding, and Childbirth Classes are offered on a monthly basis. Women, Newborn & Infant Support is offered weekly and includes 'weigh-ins' that can measure the baby's intake of breast milk to as little as two-fifths of a teaspoon. The 4<sup>th</sup> Trimester Support Group will meet on a monthly basis.

There is a minimal charge for the classes to cover educational materials, and registration is required. Scholarships are available for all classes. Support groups are offered free of charge, and no appointment is necessary to attend. For more information about the comprehensive care program, please call the SCWHE at (870) 508-2345 or email Jaren Beavers at jbeavers@baxterregional.org for more information.

### PCSH Advisory Board

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 Barney Larry Cindy Costa, CFRE  
*Foundation Advisor* *Foundation Advisor*

### PCSH Monthly Support Groups & Classes

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

#### Breast Cancer Survivors

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

#### Caregiver Support Group

1st and 3rd Monday, 1 p.m.

#### Celebrating Life Support Group

2nd and 4th Thursday, 11 a.m.

#### Chatting Needles

Wednesdays, 1 p.m.

#### Living with Hope, Peel, AR

3rd Tuesday, 3 p.m.

#### Men with Cancer Support Group

2nd Thursday, 7:30 a.m.

#### Healthy Eating Recipe Exchange Group

2nd Tuesday, 10 a.m.

#### Healthy Steps for Cancer Survivors\*

Thursdays at 1 p.m.

#### PCSH Cancer Wellness Group\*

Tuesdays and Thursdays at 9:30 a.m.

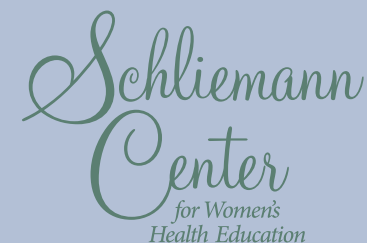
#### Yoga\*

Fridays, 2:30 p.m.

#### Tobacco Cessation\*

*Session are 3 classes. Date and times vary.*

\*Registration required.



### SCWHE Advisory Board

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### SCWHE Monthly Support Groups & Classes

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

#### Fibromyalgia Support Group

2nd Monday, 10 a.m.

#### Lady Fitness

Fridays, 9:30 – 10:30 a.m.

#### Women, Newborn & Infant Support

Tuesdays, 12:30 – 2:30 p.m.

#### Childbirth Class

2nd Saturday, 9 a.m. – 4 p.m.

#### Breastfeeding Class

4th Tuesday, 6 – 8 p.m.

#### Early Pregnancy & Parenting 4th Trimester Support Group

Dates and times to be determined

# gifts, memorials and honorariums

We pay tribute to the following gifts received May 16 - November 1, 2014.  
Each gift, large and small, is greatly appreciated.

Nancy Abney  
Barbel Appleton  
Ed & Constance Baldwin  
Paul & Ellen Bernard  
Jeannette Blessing  
Michael & Karen Breton  
Berta Brewer  
Marianne Briggs  
Laurie Briggs-Leeper  
William Brosco  
Howard & Patricia Brubaker  
Steven Brumbaugh  
Anthony Bunch  
James & Caroline Carroll  
Jo Ann Cooper  
Forrest & Ivadel Cotter  
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Billing Specialists, Inc.  
BRMC Auxiliary  
Brooks Medical of Mtn. Home, Inc.  
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St. Thomas Anglican Church  
The House of Pizza, Inc.  
The Master's Plan, LLC  
The Truck Patch  
The Vet Clinic, Inc.  
TLC Bank  
Todd Gilbert Insurance Agency

Training at Barren Creek, LLC  
Twin Lakes McDonald's  
Yelcot Telephone Company

## IN HONOR OF

*4 South Staff*  
by Jeannette Blessing  
*T.J. Hill*  
by William & Mary Margaret Pearson  
*Jan Peitz, BPW Woman of the Year*  
by Michael & Karen Breton  
by Dan & Bonnie Brown  
by James & Caroline Carroll  
by Elizabeth Cline  
by Rosemarie Cooper  
by Steve & Jo Cushing  
by Bradley & Regina Ellis  
by Eva Jo Grady  
by Robin Hawkins  
by T.J. Hill  
by Dama Jernigan  
by Kent & Shannon Nachtigal  
by Bonnie Peterson  
by Shirley Rohr  
by Harry & Priscilla Seamans  
by Bill & Lonnie Sheridan  
by Sandy Jo Teeple  
by Danny & Barbara Williams  
*Peter Peitz*  
by Elisabeth Frye  
*Corbyn Wile*  
by Sarah Kelly

## IN MEMORY OF

*Mitchel Christensen*  
by The Gathering Sunday School  
Class, FUMC  
*Earleen Dowd*  
by Paul & Pamela Sloan  
*Chris Doyle*  
by Brenda Ferebee  
*Christine Herrmann*  
by Kay Gregory  
*Les Jones*  
by William & Mary Margaret Pearson  
*Nadine Killian*  
by Evelyn Hackler  
by Margaret Mason  
*Doris King*  
by Michael & Kelli Camp  
*Sally Lewis*  
by Jeffrey Lewis  
*Paula Mruk*  
by Dan & Jean Chalk  
*Margaret Rasmussen*  
by Harlan & Arnita Searle  
by Betty Held  
by Mary Ann Motter  
by Redguard  
*Carol Wagner*  
by Carolyn Hannon



The Peitz Cancer Support House 2014 Race for the Cure team at the pre-race pasta party.



Reppell Diabetes Learning Center Coordinator Jodi Bodenhamer, CDE, RN, serves up healthy dinner at the RDLC Back to School BBQ.



Dawn Schulz; Dr. Melissa Dirst-Roberts, hospitalist; Deborah Knox; Dr. Jennifer Foster, general surgery, with her daughter Abby and Dr. Jamie Pritchard, emergency medicine, Cline Emergency Center, at an Open House at the Schliemann Center for Women's Health Education on Wednesday, September 10.



Dr. Kevin and Sheli Steffen had the best time at the Wurst Party Ever! The Schliemann Center for Women's Health Education's Love Life Oktoberfest 2014 was held Saturday, September 27 at Norfolk River Resort and a festive German feast catered by the Blackbird Cafe, craft brews from Judicious Spirits and amazing auction items!

Photo courtesy of *Marvelous!* Magazine

If you have moved or do not wish to remain on our mailing list, please call Baxter Regional Hospital Foundation at (870) 508-1770 or email [foundation@baxterregional.org](mailto:foundation@baxterregional.org). Thank you!

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