

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



upcoming events

Tuesday, January 5 • 11:30 a.m.
Dr. David Lipschitz Seminar
Lagerborg Dining Room
To register, call (870) 508-3880 or email mfecoa@baxterregional.org.

Thursday, January 7 • noon – 1 p.m.
Lunch & Learn: Bone & Joint Health
with Dr. M.B. Moore III, M.D.
To register, call (870) 508-2345 or email jbeavers@baxterregional.org.

Tuesday, January 12 • noon – 1:30 p.m.
Glaucoma: The Sneak Thief of Sight
with Dr. Dustin Vance
To register, call (870) 508-3880 or email evangulick@baxterregional.org.

Tuesday, January 26 • 1 – 2 p.m.
Schliemann Learning Session: Anti-Inflammatory Nutrition
To register, call (870) 508-2345 or email jbeavers@baxterregional.org.

Thursday, February 4 • 6 – 8 p.m.
Girls' Night Out: Heart to Heart
with Dr. Michael Camp & Dr. Louis Elkins
To register, call (870) 508-2345 or email jbeavers@baxterregional.org.

Monday, February 8 – Monday, March 7
Cancer Support Women's Retreat Registration
For more info, call (870) 508-CARE (2273) or email mHUDSON@baxterregional.org.

Tuesday, February 9 • 1 – 2 p.m.
Heart Healthy Tips for Seniors
with Jonny Harvey, BRMC Occupational Wellness Coordinator
To register, call (870) 508-3880 or email evangulick@baxterregional.org.

Tuesday, March 8 • 1 – 2 p.m.
Healthy Eating Patterns
with Jan Halligan, RD, CDE
To register, call (870) 508-3880 or email evangulick@baxterregional.org.

Monday, March 21 • 1 – 2 p.m.
What to Keep, What to Toss!
Food safety tips with Jeremy Uhlman, Arkansas Department of Health
To register, call (870) 508-3880 or email evangulick@baxterregional.org.

Tuesday, March 8 and 22 • 2 p.m.
Cancer: What You Need to Know Series
To register, call (870) 508-CARE (2273) or email mHUDSON@baxterregional.org.

Monday, April 4 – Friday, May 6
Paws for the Cause Calendar Contest
For more info, call (870) 508-CARE (2273) or email mHUDSON@baxterregional.org.

Friday, April 8 • 10 a.m.
Look Good Feel Better: Spring Makeover
To register, call (870) 508-CARE (2273) or email mHUDSON@baxterregional.org.

Wednesday, April 20 – Thursday, April 21
37th Annual Health Fair
For more info, call (870) 508-1883 or email dmcmullen@baxterregional.org.

Visit www.baxterregional.org for more info on these and more special events!



From left: Barbel Appleton, Janet Mruk, and Cathy Kohnen and Diahanne VanGulick at the MFECO A booth; Abby Chamberlin, 10, making s'mores at the Schliemann Center; a great team serving up various soups and cornbread under the big tent; ASU-MH Hospitality Class students were a big help preparing and serving appetizers and desserts at the Autumn Taste & Tour Progressive Dinner.

Inaugural Autumn Taste, Tour & Craft Festival raises funds and awareness for Lend-A-Hand

Baxter Regional Hospital Foundation hosted the first annual Lend-A-Hand Autumn Taste, Tour & Craft Festival on Friday, October 16 and Saturday, October 17. The event was held on the Baxter Regional Medical Center campus, in the parking lot across Hospital Drive from BRMC, between the hospital and the row of Community Support and Health Education Houses. Proceeds from festival booth rentals, sales from Community Houses' booths and dinner tickets supported the Lend-A-Hand 2015 campaign and the four Community Houses.

The Craft Festival was a unique chance for attendees to shop items handmade by talented local artists and craftsmen, held at the perfect time to start holiday shopping. The Taste & Tour Progressive Dinner was Saturday evening, with appetizers at the Peitz Cancer Support House and Reppell Diabetes Learning Center; an Autumn-themed main course of various soups and cornbread under the big tent in the Community Houses parking lot; and desserts at the Mruk Family Education Center on Aging and Schliemann Center for Women's Health Education. Appetizers and desserts were provided by the Hospitality Class at Arkansas State University – Mountain Home.

The 2015 Lend-A-Hand campaign continues through December 31. For more information, contact Cindy Costa, CFRE, Director of Development, Baxter Regional Hospital Foundation, at (870) 508-1779 or ccosta@baxterregional.org.

New coordinators named at MFECO A and PCSH

This year brought leadership changes at two of the Community Support and Health Education Houses. In July, E. Diahanne VanGulick was named the new Coordinator of the Mruk Family Education Center on Aging, and in October, Melissa Hudson joined the staff as the new Coordinator of the Peitz Cancer Support House. Both have filled the roles well and enjoyed getting to know patients, volunteers and community members.



Diahanne VanGulick

Diahanne brings a wealth of experience in health education, preventative health care and event planning to her new role. She has a special interest in making sure people in our community know of all the available resources to them, including emotional, spiritual, and physical support.

Diahanne is married to her high school sweetheart, Paul. They live in Mountain Home as empty nesters and have two adult children, Emmilee and Timothy. She leads a Christ-centered life and loves the Twin Lakes community, hiking and exploring the many nature trails in our area. To connect with Diahanne, call the MFECO A at (870) 508-3880 or email evangulick@baxterregional.org.

Melissa has worked in healthcare for 16 years and has a great passion for helping others. She feels very blessed to be the new Coordinator of the PCSH and looks forward to being a part of offering encouragement, support and education to cancer patients and their families.

Melissa moved to the Twin Lakes Area 11 years ago and resides in Gassville with her husband, Christian, and son, Tristan. She enjoys spending time with her family, canoeing, scenic country drives and hikes as well as church activities and Bible studies. To connect with Melissa, call the PCSH at (870) 508-CARE (2273) or email mHUDSON@baxterregional.org.



Melissa Hudson



SAVE THE DATE SATURDAY, JANUARY 30, 2016

A fundraiser benefiting the four BRMC Community Support and Health Education Houses

For more info or sponsorship opportunities, contact: Cindy Costa, CFRE, Director of Development
Baxter Regional Hospital Foundation
(870) 508-1779 or ccosta@baxterregional.org



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 or visit www.baxterregional.org.



MFECO Advisory Board

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 Kathy Hrcir
 Lou Anne McLendon
 Noel Morris
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Medical Director
 Diahanne VanGulick
MFECO Coordinator
 Cindy Costa, CFRE
Foundation Advisor

MFECO Monthly Support Groups

For more information, call (870) 508-3880 or email evangulick@baxterregional.org.

Better Breathers

2nd Friday, 2 p.m.

Dementia and Alzheimer's Support

4th Friday, 3 p.m.

Depression Education and Support

1st Friday, 3 p.m.

Digestive System Disorders Education and Support

1st Thursday, 3 p.m.

Parkinson's Education and Support

1st Wednesday, 11 a.m.

MFECO Monthly Programs

AARP Driver Safety

1st Monday, 9 a.m.

Talking to your Doctor

Date and time varies.

MFECO Exercise Classes

Strong Women: Tuesdays and Thursdays
 9, 10:15, 11:30 a.m.

Fit for Men: Mondays, Wednesdays & Fridays
 9 – 10 a.m.



RDLC Advisory Board

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 Jan Halligan, RD, LD, CDE
Dietitian
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Secretary/Scheduler
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Foundation Advisor

RDLC Monthly Support Groups

Fun, informative and free!

For more information, call (870) 508-1765 or email jbodenhamer@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.

Why join a support group?

Support groups can be rich in information that can be helpful as you face the challenges that come with chronic conditions and care giving. Trained professionals facilitate these monthly groups which provide people, with similar experiences, a place to gather and share information, resources, and helpful advice. Getting together with other people with similar experiences can help reduce the amount of stress you may be feeling as well as the frustration and isolation that can come with dealing with chronic issues. A support group can provide a safe place to express your own needs and deal with painful emotions, like anger, mourning and guilt. It is a relief to know you're not alone! For more information about support groups available at the Mruk Family Education Center on Aging, call (870) 508-3880 or email Diahanne VanGulick, MFECO Coordinator, at evangulick@baxterregional.org.

Journey to Healthy Aging educational sessions

Glaucoma: The Sneak Thief of Sight • Tuesday, January 12, noon

Join us for this free Lunch-n-Learn featuring Dr. Dustin Vance of Vance Vision Center in Cotter, Arkansas. Dr. Vance will also be available to do Free Glaucoma Screenings.

Heart Healthy Tips for Seniors • Tuesday, February 9, 1 p.m.

Heart disease is a major threat to senior health; in fact, 84 percent of people age 65 years and older die from heart disease. Though heart disease risks increase with age, it doesn't have to be an inevitable part of getting older. The right lifestyle habits can help protect you. Jonny Harvey, BRMC Occupational Wellness Coordinator, will share a variety of tips for preventing heart disease as we age. A light snack provided.

Healthy Eating Patterns • Tuesday, March 8, 1 p.m.

Jan Halligan, RD, LD, CDE shares how to build healthy eating patterns for a lifetime. Light snack provided.

What to Keep, What to Toss! • Monday, March 21, 1 p.m.

Come hear a great presentation about tips for food safety by Jeremy Ullman from the Arkansas Department of Health. A lot has changed over the years in the way food is produced and distributed. There are some important things to keep in mind to prevent illnesses caused by bacteria in food. Light snack provided.

Dr. David's programs to continue in 2016

A series of free preventative programs featuring renowned expert on aging David A. Lipschitz, MD, PhD, presented by the Fairlamb Senior Health Clinic and Mruk Family Education Center on Aging, will continue in 2016. These programs are held bimonthly in the Lagerborg Dining Room, on the first Tuesday of every other month beginning Tuesday, January 5, 2016. Lunch will be provided beginning at 11:30 a.m., followed by the program at noon.

Space is limited and registration is required. **Registration well in advance is suggested, as these programs always fill up fast!** To register, call the MFECO at (870) 508-3880, email Diahanne VanGulick, MFECO Coordinator, at evangulick@baxterregional.org, or visit the calendar section of www.baxterregional.org to register online.

Spotlight: Kathy Hrcir

The MFECO Advisory Board recently welcomed new member Kathy Hrcir. Kathy is the office manager for Fairlamb Senior Health Clinic and BRMC Family Clinic.

Kathy's healthcare experience began in 1987 in a grocery store pharmacy. After working for years in hospital and retail pharmacies, she went to college at age 40, and within 3 years had earned a bachelor's degree in healthcare administration and a MBA in healthcare management. Kathy moved to the area from Austin, Texas, to work for BRMC. She is passionate about quality healthcare and loves that BRMC offers education and support at the Community Houses free of charge to anyone who needs it. In her spare time, she likes to do any kind of craft, sew and quilt. Welcome, Kathy!



Kathy Hrcir

Taste of Healthy Cooking Classes

This year the Reppell Diabetes Learning Center hosted quarterly cooking classes focusing on different health related nutrition issues. In February, "Sweets for Your Sweet" focused on low-carbohydrate desserts for diabetes patients. In May, "Spices of Life" focused on cooking with low-sodium and incorporating other spices for patients with high blood pressure or on a cardiac diet. In July, "Gluten Free for Me" focused on gluten free products and recipes for patients with Celiac disease. And in October, "Healthy Holidays" focused on low carbohydrate, low sodium, low fat and even some gluten free items to keep healthy during the holidays! Jan Halligan, RD, LD, CDE, really enjoyed preparing the food and educating all the participants. Stay tuned for Taste of Healthy 2016 classes and dates!



Jan Halligan, RD, LD, CDE

Diabetes: More about A1C and eAG

Adapted from ADA by Jodi Bodenhamer, RN, CDE

According to the American Diabetes Association, your A1C test gives you a picture of your average blood glucose (blood sugar) control for the past 2 to 3 months. The number is given in percentage form ie-7.0 %, which looks a little different than the readings from your home meter. The results give you a good idea of how well your diabetes treatment plan is working. Some ways the A1C test can help you manage your diabetes include confirming self-testing results or blood test results by the doctor, judging whether a treatment plan is working and showing you how healthy choices can make a difference in diabetes control.

What is eAG? Your health care provider may report your A1C test result as eAG, or "average glucose," which directly correlates to your A1C. eAG may help you understand your A1C value because eAG is a unit similar to what you see regularly through self-monitoring on your home meter. A1C is reported as a percent (7% for example) and eAG uses the same units (mg/dl) as your glucose meters.

What's Your Number? The American Diabetes Association suggests an A1C of 7%, which is an eAG of 154 mg/dl, but a more or less stringent glycemic goals may be appropriate for each individual. Use the chart above to translate your A1C percentage into an eAG number, or vice versa.

What is the Difference Between eAG and the Average on My Monitor? eAG is not the same average glucose level as the average of your readings on your meter. Because people with diabetes are more likely to check their blood glucose more often when they are low (for example, first thing in the morning and before meals), the average of the readings on their meter is likely to be lower than their eAG. Monitoring measures your blood glucose at a moment in time, whereas eAG/A1C represent an average of your glucose levels 24 hours a day, including times when people are less likely to check their blood glucose (for example, post-meal periods of higher blood glucose). See more at www.diabetes.org.

A1C	eAG
5	90
5.5	111
6	126
6.5	144
7	154
7.5	168
8	183
8.5	197
9	212
9.5	228
10	243
10.5	258
11	273
11.5	288
12	303

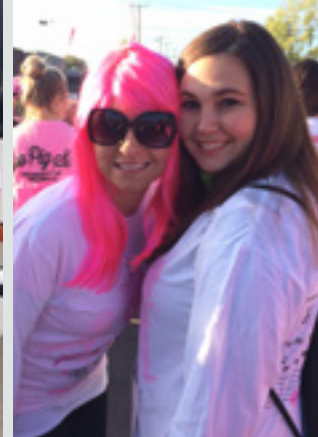
RDLC in the community

Left: Jodi Bodenhamer, RN, CDE, assists Carrie Fleming in using a glucometer at the Diabetes 101 Seminar at the Yellville-Summit Health Center. The "Diabetes 101" Seminar provided information, recipes, glucometers, and a healthy meal to all participants. Right: Mia Williams, T1D, her mom April Williams and brother Connor Zimmerman volunteer at the 2016 Lend-A-Hand Open House. Mia was diagnosed with Type 1 Diabetes in 2014 and has been a great spokesperson for diabetes throughout the community and at her school!





From left: The 2015 PCSH Race for the Cure Team; team members Carol Cooper, Shirley Sherrell and Astina Hicks; Jodi Bodenhamer and Courtney Bookout.



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PCSH Monthly Support Groups & Classes

For more information, call (870) 508-CARE (2273) or email mhudson@baxterregional.org.

Breast Cancer Support Group

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.

Healthy Eating Recipe Exchange Group

4th Tuesday, 10 a.m.

Living with Hope, Peel, AR

3rd Tuesday, 10 a.m.

Men with Cancer Support Group

2nd Thursday, 9 a.m.

Ostomy Support Group

1st Saturday, 1 p.m.

PCSH Cancer Wellness Group*

Tuesdays and Thursdays, 9:30 a.m.

Tobacco Cessation*

Session are 3 classes. Date and times vary.

Yoga*

Thursdays, 2 p.m.

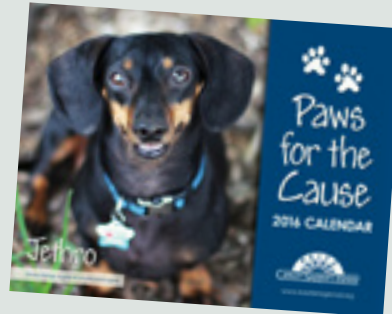
*Registration required.

PCSH Team races for the cure

The Peitz Cancer Support House kicked off Breast Cancer Awareness Month by participating in the 22nd annual Susan G. Komen Arkansas Race for the Cure in Little Rock on Saturday, October 10. The RFTC team had 56 members, with 46 ladies and 2 gentleman traveling on the bus to Little Rock to attend the race, including 18 survivors who were able to attend the Survivor Parade, and 8 Spirit Runners supporting the team from home. The parade is an opportunity for all survivors to celebrate together in a show of solidarity in the fight against breast cancer. To see this parade of survivors gives you an overwhelming feeling of hope and joy. The crowd of supporters joined together included women, men, children, and even puppies! This event is a way to have a wonderful time together and be part of something that means so much to so many of us.

2016 calendars now available

The 2016 Paws for the Cause calendars are now available at the Peitz Cancer Support House! The calendars cost \$5 each with all proceeds benefit programs and services for cancer patients and their families. Stop by the PCSH weekdays, 9 a.m. – 4 p.m., or call (870) 508-CARE (2273) for more information.



Help is available for caregivers

Care giving can be very challenging. Even when caring for a loved one is an act of love it still takes many new skills and a great deal of energy. The Caregiver Support Group at the Peitz Cancer Support House can help! Time spent with people who share the same concerns help and give you a sense that you are not alone. This group will become your special community of friends who understand, like no one else, the importance of the job you do. Please join us. Our meetings are held every first and third Monday at 1 p.m.

The best Wurst Party Ever

On Saturday, October 3, the Schliemann Center for Women's Health Education's second annual Wurst Party Ever raised over \$27,000 for programs and services provided to women of all ages in our community! An Oktoberfest-themed event, guests enjoyed a relaxing evening on the Norfolk River with festivities including a German feast, live music by the Mellow Mountain Band, artwork by the late Doug Marx of Marx Imagery, craft brew from Judicious Spirits and home brews from Jacob Marx and Jess VanderStek, the Arkansas Razorback game on the big screen provided by Shay's Appliance, and both live and silent auctions featuring items donated by our local community supporters.

The success of the event would not have been possible without the generous support of Wells Fargo Advisors, Carter's Jewel Chest, Suddenlink, BRMC Auxiliary, Barbie Graham, West Plains Bank, Dr. Otis Warr, Dr. Michael Camp, Twin Lakes Community Bank and First National Bank of Izard County.

Each year, the SCWHE reaches out to thousands of women in our community offering programs and events focusing on women's health and wellness, for women at every stage of life and health. These services are able to be offered free of charge or at-cost because of fundraising events like the Wurst Party Ever. We are so thankful to our community for such enthusiastic support!



Above: Laney McConnell, SCWHE Advisory Board Member, and Katie Hutchens, APRN, Baxter Regional Urology Clinic. Right: SCWHE Advisory Board Member April Fowler displaying a live auction item donated by Carter's Jewel Chest.



2015 Women's Health Forum: A Toast to Women!



Barbie Graham (left) and Betsy Broyles Arnold.

On Thursday, August 27, the seventh annual Women's Health Forum was held at the Baxter County Fairgrounds. Each year, hundreds of women from all over the community attend this special event, and this year was no exception. The house was filled with lovely guests, vendors and spectacular female healthcare providers... all gathered to celebrate women!

This year's special guest speakers were Barbie Graham of Kent Chevrolet Cadillac and Betsy Broyles Arnold, daughter of famous Razorback coach Frank Broyles and co-founder of the Broyles Foundation. These ladies both gave empowering messages to attendees about caring for loved ones with debilitating diseases. The audience connected with each speaker's personal, warm, and endearing candor.

The Q&A Session featured Dr. Jennifer Foster, general surgery; Dr. Rebecca Martin, pulmonology; Dr. Andrea Bounds, family medicine; Teresa Mealy, APRN; Dr. Stacy Helmert, audiology; Dr. Allison Booth, ophthalmology. Each provider was asked a series of questions pertaining to women's health submitted by guests in attendance. The response to the all-female panel was celebrated with a round of applause and rave reviews.

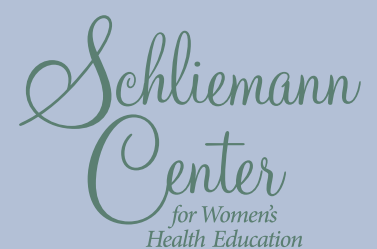
Fabulous door prizes were provided by Arp Foot & Ankle Clinic; Baxter Regional Center for Integrative Medicine; Kent Chevrolet; The Center for Women; Snell Prosthetic & Orthotic Laboratory; Baxter Regional Medical Center Rehab Services; Ear, Nose & Throat Associates; Elmcroft Senior Living; Taylor Hearing Centers; Mruk Family Center on Aging; Helmert Hearing Clinic; and Sneed Eye Associates; and Brooks Jeffrey Computer Store. If you have a topic you'd like to see covered or an idea for a dynamic speaker for the 2016 Women's Health Forum, please call the SCWHE at (870) 508-2345, or email Jaren Beavers, SCWHE Coordinator, at jbeavers@baxterregional.org.

Comprehensive care 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 BRMC Women & Newborn Care Center offers a comprehensive educational program for expectant parents. Education is an important factor in the healthcare process to ensure more realistic expectations and better outcomes.

Women who are 30-34 weeks pregnant can take advantage of Breastfeeding and Childbirth classes to help answer questions about changes in their body, what to expect during labor and delivery, how breastfeeding works and how to know if their baby is getting enough milk. After delivery, weekly follow-up support is available, with nurses available to meet with mothers and their babies for any breastfeeding assistance, infant weight checks, or any other needed consult.

Registration is required for classes but not the drop in follow-up support. For more information, please call the SCWHE at (870) 508-2345 or email Jaren Beavers, SCWHE Coordinator, at jbeavers@baxterregional.org.



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SCWHE Coordinator
 Cindy Costa, CFRE
Foundation Advisor

SCWHE Monthly Support Groups & Classes

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

Fibromyalgia Support Group

2nd Monday, 10 a.m.

Women, Newborn & Infant Support

Tuesdays, 12:30 – 2:30 p.m.

Childbirth Class

3rd Saturday, 9 a.m. – 4 p.m.

Breastfeeding Class

3rd Tuesday, 6 – 8 p.m.

Charles & Twink Adams
Barbel Appleton
Patricia Baird
Ed & Constance Baldwin
Jeannette Blessing
Dr. Michael & Karen Breton
Howard & Patricia Brubaker
John & Pam Bruce
Steven Brumbaugh
Anthony Bunch
Fran Campbell
Keith Carlos
Richard & Janet Carlson
John & Anne Carriere
Annette Chamblin
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Catherine Kramer
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Nancy Richardson
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Ashley & Shane Robinson
Stanley & Shirley Rohr
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ABC Printing Co.
Advanced Auto Body Repair, Inc.
Angler's Cafe
Arp Foot & Ankle Clinic
ASUMH
B's Expressions
Ballard & Company Ltd.
Billing Specialists, Inc.
Bounce Palace
BRMC Auxiliary
Brooks-Jeffrey Marketing, Inc.
Butler Furniture
Cardiovascular Associates of NCA
Carter's Jewel Chest
Centennial Bank
CenturyLink
Challenges at the Zone
Cheese Barn
Colton's Steakhouse
Crawford Electric, Inc.
Denali Rods and Reels
First National Bank of Izard County
Foot and Ankle Specialty Clinic
Freckles Chic
Garter LLC
Gilbert Realty Co.
Good Samaritan Society - MH
Gregg's Farm Services
Harps
Holly's Jewelry
Home Depot
Home Instead Senior Care
Integrity First Bank
James Boyett Insurance Agency INC
Jay Chafin Insurance Agency, Inc.
Katie's Kreations
Kent Chevrolet Cadillac
King Dermatology
Knights of Columbus Fisherman Council
#7353
Knox Orthopaedics
Lowe's
Marvelous Magazine
Marx Imagery
Mershon Cakes
Moose and Orbit Corp DBA 201 Pet Salon
Mountain Home Bicycle Co
Nature's Way
NCA Medical Associates

Newman MD Plastic Surgery, PA
Ozark Mountain Trading Company
Petpalooza
Pfizer Inc.
Pine Lane Therapy and Living Center
Pinkston Middle School
Plumlee Tire, Inc.
Professional Travel Services
Risk Dental Clinic
River Creel Cottage
River Lodge Assisted Living, LLC
RRJ Chapter 24
Shawnee Supreme Boats
Snell Prosthetic & Orthotic Lab
Spring Park Animal Hospital
Steve's Satellite Service, Inc.
Studio West Boutique
Suddenlink
Tank Rea Insurance Agency
The Center for Women
The Masters Plan, LLC
The Truck Patch
Thompson Insurance, Inc.
TLC Bank
Todd Gilbert Insurance Agency
Tomahawk Trading
Tracy Ferry Marina, Inc
Twin Lakes AR Chapter of Thrivent Financial
Virgin Saints and Angels
Wells Fargo Advisors
West Plains Bank & Trust Co.
Whispering Woods
Women Obtaining Wealth
Woodsman's Package

IN HONOR OF

Nancy Svehla
by Robert Ferrand
Tammy Penka
by Karla & Larry Rainwater
Jan Halligan
by Harold Satter
William Keven Stapleton
by Lorraine Stapleton
Joe Taylor/Father's Day
by David & Gail Bettenhausen
Mary Wheeler
by Celia Laputka

IN MEMORY OF

Henry Hank Allen
by Chris & Estella Tullgren
Wayne Cooper
by Rosemarie Cooper
Dona Dudgeon
by Peter & Jan Peitz
by T.J. Hill
by Joe Lee Chevrolet, Inc
David Kordek
by Stanley & Irene Kordek
Terry Louis
by Cindy Louis
Betty Lou Limerick, Tn
by James Limerick
Cheryl Hord
by Cindy Louis
by Ladies Aux. Fleet Reserve Assoc.

Frances Martin
by Dana & Nicole Vaccarella
Denise Storm
by Elaine Myers
Edgar Thacker
by Wana Thacker
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In 2014, more than 20,000 people passed through the four Community Health Education and Support Houses and took advantage of their programs and services, most of which are free of charge. Without the Lend-A-Hand campaign and generous community donations, BRMC would not be able to keep these centers open. Please consider a monthly or one time gift to the 2015 Lend-A-Hand campaign. For more information, please contact Baxter Regional Hospital Foundation at (870) 508-1770, or visit www.baxterregional.org.

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