

# 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



## summer calendar: special events

Tuesday, July 15 • 2 – 3 p.m.

### **New Mommy Meet & Greet**

Schliemann Center for Women's Health Ed.  
Please call (870) 508-2345 or email [jbeavers@baxterregional.org](mailto:jbeavers@baxterregional.org) for more information.

Wednesday, July 16 • Noon

### **Lunch & Learn: Osteoporosis**

with Stacy Kennedy, APRN  
Mruk Family Education Center on Aging  
For more information, call (870) 508-3880 or email [dlove@baxterregional.org](mailto:dlove@baxterregional.org).

Thursday, July 17 • Noon

### **Lunch & Learn: "Beat the Heat" Bone & Joint Pain Management & Prevention**

with Dr. Win Moore, orthopaedic surgeon  
Schliemann Center for Women's Health Ed.  
Please call (870) 508-2345 or email [jbeavers@baxterregional.org](mailto:jbeavers@baxterregional.org) for more information.

Tuesday, August 5 • 1 – 2 p.m.

### **Journey to Healthy Aging: Kidney Stones**

with Dr. Daniel Decker, urologist  
Mruk Family Education Center on Aging  
For more information, call (870) 508-3880 or email [dlove@baxterregional.org](mailto:dlove@baxterregional.org).

Thursday, August 7 – Friday, August 8  
9 a.m. – 3 p.m.

### **Safe Sitter® Babysitting Classes**

Schliemann Center for Women's Health Ed.  
Please call (870) 508-2345 or email [jbeavers@baxterregional.org](mailto:jbeavers@baxterregional.org) for more information.

Friday, August 8 – Saturday, August 9 • 8 p.m.

### **Pink for Peitz Rodeo**

Mountain Home Saddle Club Arena  
For more information, call 870-508-CARE (2274) or email [rellis@baxterregional.org](mailto:rellis@baxterregional.org).

Thursday, August 21 • 10 a.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).

Monday, August 18 • 10 a.m.

### **Look Good, Feel Better**

Peitz Cancer Support House  
For more information, call 870-508-CARE (2274) or email [rellis@baxterregional.org](mailto:rellis@baxterregional.org).

Friday, September 19 • 1 – 2 p.m.

### **Journey to Healthy Aging: Shingles**

with Dr. Mark King, dermatologist  
Mruk Family Education Center on Aging  
For more information, call (870) 508-3880 or email [dlove@baxterregional.org](mailto:dlove@baxterregional.org).

Tuesday, September 17 • 5 – 9 p.m.

### **Dining for the Cause**

At Colton's Steak House in Mountain Home, 10% of all purchases will be donated to the PCSH, including carryout!

Thursday, October 9 • 9 a.m. – 2 p.m.

### **Women's Health Forum**

Baxter County Fairgrounds  
Please call (870) 508-2345 or email [jbeavers@baxterregional.org](mailto:jbeavers@baxterregional.org) for more information.



From left: Dr. Ronald Tilley, Interventional Pain Management, and Forrest Wood, Ranger Boats founder, addressed the crowd at the 6th annual

Men's Health Forum. Inset: The Men's Health Forum was the perfect venue for Paul Mruk and Cindy Costa, CFRE, Director of Development, Baxter Regional Hospital Foundation, to present a Heroes with Halos award to Justin Woods, Program Coordinator, Baxter Regional Hospital Foundation. For more information about the Heroes with Halos program, visit [www.baxterregional.org](http://www.baxterregional.org).

## Sixth annual Men's Health Forum a success

On Thursday, May 22, the sixth annual Men's Health Forum sponsored by the Mruk Family Education Center on Aging was held at the Baxter County Fairgrounds. A roomful of guys enjoyed a free, educational and fun day! After registering, attendees visited with vendors, took advantage of free health screenings and gathered information about programs and services offered at BRMC and throughout our community.

The program began with keynote speaker Forrest L. Wood, founder of Ranger Boats. Wood entertained the guys with stories about starting his very successful company and addressed the crowd about the Minimum Flow project. Next up was Dr. Ronald Tilley of Interventional Pain Management, a department of BRMC, who spoke about symptoms of back pain and how to prevent as well as reduce it.

Lunch was served, with hot dogs and hamburgers fresh from the grill. Next on the agenda was Q&A: The Doctors' Panel. Participating physicians included Dr. Bodunrin Badejo, gastroenterologist, Dr. Mark King, dermatologist, Dr. Jason Lindsay, urologist and Dr. Russ Rauls, orthopaedic surgeon. Each doctor was asked a series of questions submitted by attendees. The wide variety of specialties represented on the panel provided a wealth of information to the men.

And to finish out the day, door prizes including gift cards, restaurant gift certificates and clothing were awarded, and the grand prize provided by Lakeview Cove Marina was a free full day pontoon boat rental. Watch for more information coming soon about the 2015 Men's Health Forum. If you have a topic you'd like to see covered or an idea for a dynamic speaker, please call the MFECO at (870) 508-3880 or email Debbie Love, MFECO Coordinator, at [dlove@baxterregional.org](mailto:dlove@baxterregional.org).

## Schliemann Center welcomes new coordinator

BRMC welcomes Jaren Beavers as the new coordinator of the Schliemann Center for Women's Health Education.

Jaren was raised in Baxter County and is a graduate of Mountain Home High School and Arkansas State University-Mountain Home. She has been in the healthcare and childcare fields for the last 15 years. With a personal history of female health issues, Jaren is an advocate for women's health education and has a special passion for reaching out to provide health education for teens. She and her husband, Matthew, enjoy eco-friendly living and spending time with family and friends in the beautiful Ozarks that they are proud to call home.

The Schliemann Center for Women's Health Education is part of Baxter Regional Medical Center's effort to provide superior healthcare for women at all stages of their lives. The center offers services for all women, whatever their age or role in life. Classes and support groups at the center focus on such topics as babysitting, bereavement, breastfeeding, childbirth, menopause, nutrition, wellness, heart health and more. The center opened in 2005 as the Women's Health Education Center and was dedicated on October 21, 2008, as the Schliemann Center for Women's Health Education in honor of Josee Schliemann, a dedicated friend of BRMC and founding member of the Women's Health Advisory Board.

Stop by from 9 a.m. to 4 p.m., Monday through Friday, to meet Jaren and take a tour of the Schliemann Center. The center is located on the BRMC campus, just across Hospital Drive from the Main Entrance. For more information, call (870) 508-2345 or email [jbeavers@baxterregional.org](mailto:jbeavers@baxterregional.org).



SCWHE Coordinator Jaren Beavers



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).

### MFECO A Advisory Board

Tim Paden, MD  
Kathy Bodenhamer, RN  
Randy Costa  
Warren Haley  
Lou Anne McLendon  
James Neff  
Katie King Risk  
Marie Thompson, APRN  
Bernie Tott

Debbie Love, MEd  
MFECO A Coordinator  
Estella Tullgren  
Foundation Advisor

### MFECO A 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.

### MFECO A 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

Dr. Lincoln Godfrey – Medical Director  
Mike Beam  
Amanda Callies  
Jerry Cottrell  
Betsie Czeschin  
Carol Havner, LSW, BSW  
Mike Recktenwald, Pharm.D  
Ashley Robinson  
Mark Sheaner  
Logan Stone  
Lorri Strider, RN

Jodi Owens, RN, CDE

RDLC Coordinator

Cheri Smith, RN, BA, CDE

Nurse Educator/Program Consultant

Jan Halligan, RD, CDE

Dietitian

Leslie Dew

Secretary/Scheduler

Estella Tullgren

Foundation Advisor

### Diabetes 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.



## Hangin' Out in the Hangar was a fun raiser - and a fundraiser!

The inaugural Mruk Family Education Center on Aging fundraiser was held on Saturday, April 26 at an amazing private airplane hangar at the Baxter County Airport. The casual event featured live music, silent auction items, great food and drink and a few dance moves! Hangin' Out in the Hangar was a great way to raise awareness and support for the Mruk Family Education Center on Aging. Watch for more information coming soon about the second annual event planned for 2015!

## Save money on medicine and Medicare costs

The Mruk Family Education Center on Aging has been awarded a grant through the State of Arkansas insurance department and the Social Security Administration. What does that mean to you?

If you are under 65 and draw Social Security Disability Income or age 65 or older, you could pay less per medication and save money on Medicare premiums. Your home and assets will not be touched if you receive public funds for the Medicare Savings Programs and/or Extra Help.

The Medicare Savings Program is used to help with the cost of Medicare Premiums, Deductibles and Coinsurance. The monthly income limits for an individual is \$1,313. For a couple the monthly income level is \$1,765. Homes and vehicles do not count as assets. The asset limit is \$7,080 for an individual. For a couple the asset limit is \$10,620. There are four tiers in this program where an individual's monthly income can be not more than \$786 and a couple's income not more than \$1,054. The asset limit remains the same.

The Extra Help with Prescription Medication and Part D costs is another part of the program. This program is through the Federal Government. This program has three tiers based on income and assets. For full benefit in this program, the individual monthly income is not more than \$957. For a couple it is not more than \$1,292.50. Again, homes and vehicles do not count as assets. The asset limit is not more than \$8,580 for an individual and not more than \$13,620.

Here's the good news... even though you may think you do not qualify, you could still be eligible. It's free to apply and takes about 30 minutes or less. If you can't drive to the Mruk Family Education Center on Aging, we can do the interview over the phone. Call (870) 508-3380 to set up an appointment or get more details. If you think you won't qualify, think again... you just may!

## Blood pressure: how to control your numbers

Jan Halligan, RD, CDE, Reppell Diabetes Learning Center

Perhaps you're part of the 25% of Americans with high blood pressure wondering, "Now what?" Is taking blood pressure medicine enough?" The simple answer is no. Medication controls the symptoms of high blood pressure, but a fairly simple life style change may rid you of the problem.

What is the concern with high blood pressure? High blood pressure increases your risk of getting heart or kidney disease and having a stroke. The normal range for blood pressure is less than 120/80; high blood pressure is above 140/90. The problem is many people have high blood pressure and have no warning signs; having your blood pressure checked regularly will alert you to the problem.

According to the National Heart, Lung & Blood Institute, keeping sodium (salt) intake below 2300 mg daily (or 1500 mg sodium if over age 51) is recommended to lower your blood pressure. Also recommended is losing weight if you are overweight and increasing physical activity.

For today, let's look at what a sodium controlled intake looks like:

1. No salt at the table or cooking (1 teaspoon of salt equals 2,325 mg of sodium); using herbs and spices to flavor foods rather than using salt.
2. Approximately 75% of our sodium intake comes from processed foods. Use fresh meats rather than smoked or processed meats such as ham, sausage, regular lunch meats, bacon and meats with "salt solutions." Use fresh or frozen vegetables in place of canned vegetables with added salt. If using canned vegetables, choose those with no added salt or drain and rinse the vegetables. Prepare the vegetables without added sauces that contain salt.
3. When following recipes, leave out the salt; if a casserole or meat dish, add herbs and spices that contain no added salt.
4. Read the labels on snack foods for sodium content. Salted nuts, regular chips and salted pretzels are high in salt.
5. Frozen (TV) dinners can be high in sodium as are regular canned soups and canned and processed entrées.
6. Eating out in fast food eateries or restaurants can also highly increase your sodium intake.

Sound overwhelming? Start with removing salt from the table & in cooking. Add herbs and spices to provide needed flavor. After you have mastered this step, choose another of the above 6 steps to decrease your sodium intake. Work on decreasing your sodium intake step by step to improve your health.

## Diabetes and Supplements

Jodi Owens, RN, CDE, Reppell Diabetes Learning Center Coordinator

Cinnamon pills, vinegar tablets, chromium, diabetes vitamins: it seems like supplements and alternative medicine are becoming more and more popular these days. This raises a very popular question for your Diabetes Nurse Educator, "What supplements can I or should I take to help me with my diabetes?" Unfortunately, the answer is more difficult than one might imagine.

Diabetes is a complex and chronic disease that takes knowledge and skill to manage on a day to day basis. Healthy eating, physical activity, and regularly monitoring your blood sugar levels are the back bone of good diabetes management. And while those tasks are rather involving for most diabetes patients, understanding and taking medications adds yet another duty to the daily routine. Before long, diabetes management can begin to take over completely. My advice to this is to remember to keep it simple, and stick to the basics first.

When it comes to taking medications, your prescription drugs should always be the top of the priority list followed by any vitamins and supplements that have been approved by your doctor and discussed with your pharmacists. Keep in mind that some complementary medications are very safe, but others can interfere with your diabetes medications and also increase your risks for future kidney problems. There is no phenomenal list of "have to take" supplements that can or will help keep your blood sugars regulated. The reality is that there is not enough scientific evidence to support that any dietary supplement is greatly beneficial. So be safe and selective when picking out at the pharmacy or health food store. Your body and your pocket book will thank you!

For more info, check out the full article from the National Center for Complementary and Alternative Medicine at <http://nccam.nih.gov/health/diabetes/supplements>, call the RDLC Monday through Friday from 9 a.m. to 4 p.m. at (870) 508-1765, or email Jodi Owens, RDLC Coordinator at [jowens@baxterregional.org](mailto:jowens@baxterregional.org).

Here is a recipe that includes no added salt but tastes good! Give it a try.

#### Chicken and Spanish Rice

1 cup onion, chopped  
1/2 cup bell pepper, chopped  
2 tsp canola oil  
1 lb boneless, skinless chicken breast  
8 oz tomato sauce, no salt added  
1 T parsley, chopped  
1/2 tsp black pepper  
2 tsp garlic, minced  
2 1/2 cup brown rice, cooked without added salt

In large skillet, heat oil; add onions and green peppers. Sauté 5 minutes until tender, stirring occasionally. Dice chicken; add to vegetables and cook over medium heat for 5 - 10 minutes until chicken is tender and white in color. Add tomato sauce and spices; heat thoroughly. Add cooked rice to pan and heat through.

5 Servings. Total fat: 7gm. Sodium: 90 mg. Protein: 33 gm (4 ounces protein). Carbohydrates: 31 gm (2 carb choices).

# Support is available for those affected by cancer

Lots of organizations are searching for a cure for cancer. But for those facing cancer today, a cure is not all they need. The Peitz Cancer Support House (PCSH) focuses on how to help those affected by cancer right now, offering services, support groups, programs, classes and special events for cancer patients and their families from diagnosis and throughout their cancer treatment.

The PCSH wig, turban and mastectomy bra banks are available free of charge, and Cancer Support Connections can provide support to a newly diagnosed patient through a one of one connection from a cancer survivor. Cancer information binders on over 120 different types of cancer are available to anyone.



Cancer survivors hold signs while posing for a photo at the National Cancer Survivors Day celebration at the Peitz Cancer Support House on Monday, June 2.

Various support group sessions offer a chance for discussion and education on cancer related topics. Cancer-specific support groups, such as a breast cancer support group, are available, as well as groups that are open to anyone with any type of cancer. Whether they are sharing their experiences, hearing an educational speaker or having lunch together, members of PCSH support groups enjoy fun and fellowship. There is a group specifically for men as well as for caregivers. Often the spouse of a patient needs support when their loved one is facing a cancer diagnosis.

The PCSH is able to offer three different exercise classes designed specifically for cancer survivors. The PCSH Cancer Wellness Group, Healthy Steps, or yoga programs can help patients ease into an exercise routine to help support recovery.

The What You Need to Know educational series on cancer and nutrition can help give anyone the information they need to learn on how to cope during and after treatment.

Tobacco Cessation classes help tobacco users to reduce their cancer and other health risks by becoming tobacco free. This program provides an individualized tobacco cessation plan based upon the tobacco habits of the participants.

The PCSH has several events throughout the year that help bring awareness to cancer and celebrate cancer survivors. All support

services, support groups, programs, classes, and events held at the PCSH are offered free of charge to our community. Please contact the PCSH at (870) 508-CARE (2273) for more information.

## PCSH grateful for community support

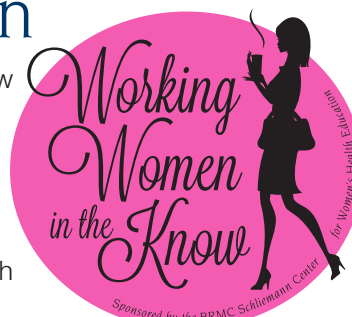
The Peitz Cancer Support House offers support groups, programs and classes free of charge, however each one has expenses. The PCSH is very grateful for the donations and support we receive from our community. We are blessed to be a part of such a giving community. Last year there were several fundraising events held through out the community. Several organizations hosted events in honor of the PCSH and then donated the proceeds to the PCSH. The PCSH also benefited from the Paws for the Cause calendar fundraiser, Pink for Peitz rodeo, and Dining for the Cause events. The PCSH also received several donations from individuals through out our community.

The Peitz Cancer Support House would like to thank the countless individuals who continue to support the PCSH provide programs and services free of charge to our community. Your generosity provides hope and healing to our friends and families when they need it most.

If you would like more information about ways you can help support the Peitz Cancer Support House, please contact the Baxter Regional Hospital Foundation at (870) 508-1770.

## New series for today's working women

In 2013, the Schliemann Center for Women's Health Education (SCWHE) launched a new series of educational programs: Working Women in the Know. This series designed to reach out to the busy working women of our area have proven to be very successful. The SCWHE has hosted a variety of programs on topics including stress and how Tai Chi, yoga and other avenues of meditation can reduce it, the importance of skin care and the different medical procedures that are available to women, hormones, quick cooking tips for busy women and self defense. Working Women in the Know programs are held the third Thursday of each month and offer a variety of pertinent, health-related topics in a supportive environment.



## Free breastfeeding support available weekly

Sandi Geeding, RN, BSN, CLE, Women & Newborn Care Center

Expectant mothers coming to the Women & Newborn Care Center of Baxter Regional Medical Center to deliver their babies are routinely asked many questions. One of the most important is, "How do you plan to feed your baby - breastfeed or formula?" Women most often say they are going to try to breastfeed. Their doubts begin even before they give birth, so they may not try at all or give up shortly after starting. This is why Lactation Support at the Schliemann Center began.

One of the main reasons women consider quitting breastfeeding is a perceived lack of breast milk. During Lactation Support sessions, your baby will be weighed on a scale so sensitive it can register the baby's intake of breast milk to as little two-fifths of a teaspoon! You will find out just how much milk your baby is really getting when breastfeeding.

Help is also available for problems such as sore nipples and positioning, as well as answers to various questions such as what medications are safe to take while breastfeeding and what to do about birth control during this time.

Best of all, Lactation Support cost nothing but a trip to the Schliemann Center, located across Hospital Drive from the BRMC Main Entrance, and no appointment is necessary! **Lactation Support is available every Tuesday, 12:30 – 2:30 p.m.**

## Scholarships awarded at annual teen event

The Schliemann Center for Women's Health Education provided scholarships for seventeen high school senior girls at the 2014 Teen Girls Go to College event held this Spring in conjunction with ASU-Mountain Home. The underlying mission of the SCWHE scholarships is to build confidence, skills, and hope for the future. These scholarships are intended for girls who might not have considered college as an option due to financial hardship, academic set-backs, or lack of vision for their future.

SCWHE scholarships, worth \$500 each, can be applied for annually for up to 3 years. The CNA and phlebotomy scholarships fund the entire program; the recipient can complete either program and begin a career immediately. For more information about SCWHE scholarships, call (870) 508-2345.



### PCSH Advisory Board

Mike Jaeger – Chair  
Karen Breton – Vice Chair  
Melanie Beam, LPN  
Robin Hawkins  
Steve Litty  
Deana Morrison, APRN  
Shannon Nachtigal, RN  
Craig Holmstead  
Jan Peitz, RN  
Priscilla Seamans  
Clint Walker  
Barbara Williams

Bob Cogburn, M.D.  
Medical Advisor  
Regina Ellis  
Cancer Resource Coordinator  
Barney Larry  
Foundation Advisor  
Cindy Costa, CFRE  
Foundation Advisor

### PCSH Monthly Support Groups and Classes

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

#### Caregiver's Support Group

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

#### Celebrating Life Support Group

1st and 3rd Friday, noon

#### Chatting Needles

Wednesdays, 1 p.m.

#### Breast Cancer Survivors

2nd Tuesday, noon

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

#### Men with Cancer Support Group

2nd Thursday, 7:30 a.m.

#### Living with Hope, Peel, AR

3rd Tuesday, 3 p.m.

#### Healthy Steps for Cancer Survivors\*

Thursdays at 1 p.m.

#### PCSH Cancer Wellness Group\*

Tuesdays and Thursdays at 9:30 a.m.

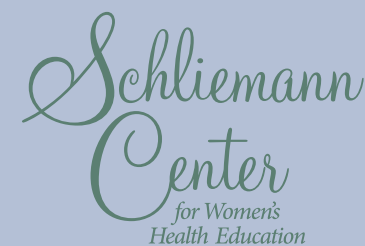
#### Yoga\*

Fridays, 2:30 p.m.

#### Tobacco Cessation\*

Session are 3 classes. Date and times vary.

\*Registration required.



### SCWHE Advisory Board

Amanda Thornton, APRN – Chair  
June Barrow  
Allison Haught  
Corinne Hiser, APRN  
Lori Kauffman  
Cathy Long  
Mary Margaret Pearson  
Janie Robbins  
Danielle Sanders  
Josee Schliemann  
Melissa Swonger  
Michelle Webb  
Mary Wren, MD  
Medical Director

Jaren Beavers  
Coordinator  
Cindy Costa, CFRE  
Foundation Advisor

### SCWHE Support Groups

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

#### Fibromyalgia Support Group

2nd Monday, 10 a.m.

#### Menopause Support

2nd Thursday each month, 10 am.

#### Lactation Support

Tuesdays, 12:30 – 2 p.m.

#### Lady Fitness

Fridays, 9:30 – 10:30 a.m.

Stephen & Karen Adams  
Carl & Jean Albright  
Lindel & Stella Anthony  
Barbel Appleton  
Kathleen Arnold  
Albert & Debra Baker  
Robert & Becky Baker  
Ed & Constance Baldwin  
Carol Ballance  
Sue Bany  
Dr. J. Harley & June Barrow  
Bruce Bell  
Sandra Bennett  
Joanne Berger  
David & Gail Bettenhausen  
Adele Bettenhausen  
Rosalyn Blagg  
Jeannette Blessing  
Gerhard Bluemlein  
Glenda Bodenhamer  
Joyce Boeshart  
James & Betty Bogart  
Layton & Darlene Bowman  
Charles & Brenda Brandt  
Dr. Christopher & Rachel Bryant  
Dr. Michael & Karen Breton  
Mary Bretschneider  
William Brosco  
Jim & Bobbi Brown  
Howard & Patricia Brubaker  
John & Pam Bruce  
Beverly Buchs  
Barbara Buffon  
Darren & Ella Calhoun  
Michael & Joyce Cameron  
Linda Caviness  
Annette Chamblin  
E. Neil & Jill Chandler  
Dr. Ira & Deborah Chatman  
Howard & Donna Christensen  
Charles Christiansen  
John & Elizabeth Clark  
Dale Cody  
Dr. Brad & Cara Coleman  
Rachel Conway  
Randy & Cindy Costa  
Dr. Ed & Lucretia Coulter  
William & Joan Cowell  
Betty Craig  
C.P. & Ginger Crippen  
H. Steven & Jo Anne Cushing  
Kay Davis  
Robert & Joann Daye  
Rudy & Katherine Darling  
Gil & Margaretha de Lorenzo  
Dr. Daniel & Christina Decker  
John & Alice Demjen  
Janet Dickerson  
William & Patricia Dondanville  
George & Earleen Dowd  
Elizabeth Drury  
Kenneth & Lucinda Dunteman  
John & Ann Dyess  
Red & Kay Eggers  
Ronald & Margaret Elchesen  
Dr. Gregory & Michele Elders  
Rodney & Rita Engle  
Calvin & Cherry Estes  
Edward & Lillian Euers  
Gary & Janet Evans  
James & Maryln Evans  
Rick & Pam Fairlamb

Peggy Fazio  
Thomas & Fern Fitzpatrick  
Clark & Janice Fletcher  
Elida Foster  
Janice Freeman  
Charlotte Frye  
Rev. David & Janice Gadbow  
Amos & Bonnie Galvan  
Sally Gardner  
Bob & Judy Garrett  
Van & Candy Gearhart  
Tony & Sally Gilbert  
Hugo & Marilyn Gonzalez  
Martha Grant  
Jennifer Gray  
Winifred Gruss  
Patricia Gunchick  
Evelyn Hackler  
Warren Haley  
George & Janice Hamann  
Donald Hanke  
Don & Cherri Harmon  
Ann Harmon  
Donald & Edith Harper  
Cathleen Hamel  
Robin Hawkins  
Ronald & Anita Hayden  
Diane Herter  
Mike & Karen Heslep  
Michael & Carol Hildebrand  
T.J. Hill  
Troy & Hilda Hodnett  
Carolyn Hoffman  
Ivan & Charlene Holleman  
Betty Holman  
Robert & Arleen Holzapfel  
W. Joyce Hopper  
Frank & Joy Huckaba  
Wayne & Sharon Huffmire  
James & Naomi Inglett  
Mark & Sandy Irby  
Gary & Eve Isbell  
Robert & Jo Ann James  
Wallace & Betty Jardine  
Jackie Jedlicki  
Delta Johnson  
George & Margaret Johoske  
Donald Jones  
Mark & Donya Keaton  
Curran Kempf  
Dr. Mark & Kimberly King  
Donald & Evalyn Kline  
Bob & Sue Knight  
Veronica Koepf  
James & Wylaine Korbelik  
Mike & Judy Kuenzli  
Celia Laputka  
Barney & Deborah Larry  
Clara Laska  
Hazel Lee  
Bruce & Judy Leger  
William Lemke  
Everette & Cathy Long  
Phyllis Lotgering  
Steve & Beth Luelf  
Norma Luke  
Scott & Betty Lambert  
Dr. Peter & Ellen MacKercher  
Eddie & Lisa Majeste  
Linda Marcum  
Pam Mason  
Jesse McDermott

Joe & Edith Messick  
Dean & Lorna Meyer  
Joe & Kathryn Miles  
Marie Miles  
Jerold & Alrene Montgomery  
Victor & Mary Moore  
Shirley Moore  
Elaine Myers  
Wayne & Muriel Neyens  
Karl Nordstrom  
Marian O'Leary  
Craig Olmstead  
Augusta Olsen  
Dorothy Ortlip  
Don Ott  
Betty Owens  
Connie Pace  
Dick & Pat Para  
Donna Paradise  
Shirley Patterson  
Dr. William & Mary Margaret Pearson  
Roger & Yvonne Perreault  
Danny & Nell Ponder  
Gary & Mary Potter  
Joyce Purnford  
Dr. Russ & Tenille Rauls  
Dr. C. Michael & Katie Risk  
Carole Robe  
Elizabeth Rowland  
Dr. Safwan Sakr  
Steven & Danielle Sanders  
Charles & Rosemary Schelinski  
Daniel Schliemann  
Josee Schliemann  
Rick & Jan Schmeski  
Tom & Ann Schmuecker  
J. Richard & Sabina Schwalbe  
Gary & Judy Shaffer  
Mary Shelby  
Mary Ann Sladek  
Judith Sliwa  
Gary & Eve Isbell  
H. Burke Smyth  
George & Marilyn Snyder  
Gilbert & Margaret Stammer  
Robert & Marcia Standrige  
Lorraine Stapleton  
Nancy Svehla  
Dr. Frederick & Norma Taylor  
Wana Thacker  
Marjorie Thomas  
Kenny & Amanda Thornton  
Dale Tollander  
Bernie Tott  
Chris & Estella Tullgren  
Nannie Lee Trammell  
Dana & Nicole Vaccarella  
Jim & Judy Venters  
Stella Wahlert  
Edward & Terre Ware  
Dr. Christopher & Michelle Webb  
Marilyn Werk  
Jay & Jill Wescoat  
Dr. R. Bruce & Stacy White  
Michael & Ivy Wilcox  
Sally Wilkes  
John & Elaine Williams  
Steve & Jo Wilson  
Dr. Mary Wren  
Richard & Linda Zimdahl  
ABC Printing Co.  
Advanced Auto Body Repair, Inc.

Alley Abstract Co., Inc  
Anderson Construction  
Annette's Flowers  
Anytime Fitness  
Arvest Bank  
Bernard W. Petkovich, DDS, PA  
Biltoft Woodworking  
Blackbird Cafe  
BRMC Auxiliary  
Brooks Medical of Mtn. Home, Inc.  
Buzzard Roost Boat Dock  
C. Michael Risk, D.D.S., PA  
Cerner Corporation  
Christ by the Lake Lutheran Church  
Combs Family Practice  
Comfort Inn  
DeAtley Dental Care, PA  
FNBC  
Fraternal Order of Eagles - Aerie 3183  
Gilbert Realty Co.  
H & S Printing Company  
Holly's Jewelry  
Integrity First Bank  
James S. Clarke, M.D., PA  
Johnson the Jeweler  
Judicious Spirit  
Kilgore Vision Center  
Mountain Home Bus Agency, Inc.  
Mountain Home Kindergarten  
Mountain Home Rotary Club  
NAEC, Inc.  
NATCO  
Nosari Home Mortgage, Inc.  
Ozark County Times Publishing, Inc.  
Ozark Surgical Group  
Peglar Real Estate Group  
P.J.'s White River Lodge  
Polaris of the Ozarks  
Professional Travel Services  
Redeemer Lutheran Ladies Guild  
Shay's Appliances, Inc.  
T & C Auto Sales, Inc.  
Telephone Connection  
The Nest  
Timbo PTSO  
Ultimate Auto Group  
Uniform Shoppe  
United Methodist Women - Bull Shoals  
Wells Fargo Advisors  
William R. King M.D., PA  
Zimdahl Electric, Inc.

**IN MEMORY OF:**

*David Kordek*  
by Stanley & Irene Kordek  
*Rip Vanwinkle*  
by Peter & Jan Peitz  
*Arnold Kuhnly*  
*Oz Barclay*  
*Max Tullgren*  
by Paul & Janet Mruk  
*Gladys Schlachtenhauser*  
by George & Lucille Weber  
*Jerry Teaney*  
by Kenneth & Lucinda Dunteman  
*William G. Valentine*  
by Ben & Patricia Carr  
*R. A. Niblack*  
*Anna Mae Pilkinton*  
by Virgil & Ruth Morris  
*Marjorie Metzfeld*  
by Richard & Shirley Gehlhaart

*Mary Baumann*  
by Lyle & Vera Robards  
*Cliff Baucom*  
by Ursula Stoffelbeam  
*David Hackworth*  
by Connie Hackworth  
*Donald Stewart*  
by Charlene Stewart  
*Eleanor Wilcox*  
by Marilyn Sherwood  
*Emogene Wendt*  
by Geraldine Grandmaison  
*Hazel Strawbridge*  
by Joyce Hurst  
*Marie Mansfield*  
by Thomas Mansfield  
*Petit the Cat*  
by Karin Tietz  
*Les Jones*  
by BRMC Auxiliary  
by Sandra Chisam  
by Randy & Cindy Costa  
by Kenneth & Lucinda Dunteman  
by Larry & Verna Eaglin  
by Lorilei Eveland  
by Van & Candy Gearhart  
by Warren Haley  
by Wallace & Betty Jardine  
by Jackie Jedlicki  
by Paul & Janet Mruk  
by Josee Schliemann  
by Staff of Schmieding Center  
by Nancy Svehla  
by Jennifer Wojcik  
*James Holmes*  
by Mr. & Mrs. Yu Ju Wong  
*Reta Deck*  
by Kay Gregory  
*Max Sears*  
by Peter & Jan Peitz  
*Edith Bruce*  
*Edward Lampert*  
by BRMC Auxiliary  
*Theresa Johnson*  
by BRMC Auxiliary

**IN HONOR OF:**

*Dawn Williams*  
by Carolyn Hannon  
*Anne-Marie Foley*  
by Ward & Janet Wilson  
*Shanette Loggins*  
by Thomas & Patsy Clarke  
*Jennifer Inskip*  
by Barbara Weatherby  
*Andrea Haas*  
by Rose Heinzelmann  
*Josee Schliemann*  
*Gerry Bluemlein*  
by Daniel Schliemann  
*Tom & Ann Rizzardo*  
by Marilyn & Thomas Rizzardo  
*Dick Hasselwander*  
by Chris & Estella Tullgren  
*Dr. Russ Rauls*  
*Dr. William King*  
*Freida Tamplin*  
*Seth Nelson*  
by Tammy Turk  
*Barney Larry*  
by BRMC Auxiliary

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. Thank you!

RETURN SERVICE REQUESTED

624 Hospital Drive  
Mountain Home, Arkansas 72653

