

# 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 2015 events

Wednesday, July 15 • 11 a.m.

### Taste of Healthy: Gluten Free for Me!

with Jan Halligan, RD, LD, CDE  
Reppell Diabetes Learning Center  
To register, call 870-508-1765 or email  
jbodenhamer@baxterregional.org.

Saturday, July 18

### Type 1 Diabetes Support Group Float Trip

For more information, call 870-508-1765 or email  
jbodenhamer@baxterregional.org.

July 20 – August 28

### BRMC Race for the Cure Team

#### Registration

For more information, call (870) 508-CARE  
(2274) or email rellis@baxterregional.org.

Thursday, July 23 • 1 p.m.

### Cancer Support Connections New Volunteer Training

Peitz Cancer Support House  
To register, call (870) 508-CARE (2274) or email  
rellis@baxterregional.org.

Tuesday, July 28 • 5 p.m.

### Diabetes Wellness Group: Diabetes and Your Eyes

with Dr. Ethan Wright, ophthalmologist  
Lagerborg Dining Room  
For more information, call 870-508-1765 or email  
jbodenhamer@baxterregional.org.

August 3, 17 & 19 • 6 p.m.

### Tobacco Cessation

Peitz Cancer Support House  
To register, call (870) 508-CARE (2274) or email  
rellis@baxterregional.org.

Thursday, August 6 & Friday, August 7 •  
9 a.m. – 3 p.m.

### Safe Sitter® Babysitting Classes

Schliemann Center for Women's Health Ed.  
To register, call (870) 508-2345 or email  
jbeavers@baxterregional.org.

Friday, August 7 • 1 p.m.

### Confused about Supplements?

with Danny Ponder, Pharmacist  
Mruk Family Education Center on Aging  
To register, call (870) 508-3880 or email  
mfecoa@baxterregional.org.

Friday, August 14 & Saturday, August 15

### Pink for Peitz Rodeo

For more information, call (870) 508-CARE  
(2274) or email rellis@baxterregional.org.

Monday, August 17 • 10 a.m.

### Look Good, Feel Better

Peitz Cancer Support House  
To register, call (870) 508-CARE (2274) or email  
rellis@baxterregional.org.

Thursday, August 27 • 9 a.m. – 2 p.m.

### Women's Health Forum

Baxter County Fairgrounds  
To register, call (870) 508-2345 or email  
jbeavers@baxterregional.org.

Tuesday, September 1 • noon

### Dr. David Lipschitz Seminar

Lagerborg Dining Room  
To register, call (870) 508-3880 or email  
mfecoa@baxterregional.org.

Visit [www.baxterregional.org](http://www.baxterregional.org) for more info  
on these and more special events!



### EVENT SPONSORS INCLUDE:

Baxter Regional Hospital Auxiliary  
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TLC Bank  
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DeAtley Dental Clinic

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Warren Haley  
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Mr. & Mrs. Tom Rizzardo  
Dr. Mike & Katie King Risk

## Time to fly... again!

Community members accepted the invitation to come fly with us again at the second annual Hangin' Out in the Hanger, a Mruk Family Education Center on Aging fundraiser, on Saturday, May 2 at Rob Finley's private airplane hangar at the Baxter County Airport. The casual event featured live music with RIO, silent auction items, great food with craft beer from Mother's Brewing Company and a few dance moves! Hangin' Out in the Hanger was a great way to raise awareness and support of the programs and services of the Mruk Family Education Center on Aging.

A big thanks goes to the community for their continued support in making this other events like it such a huge success! And extra special thanks to event sponsors and the remarkable volunteers of the Mruk Family Education Center on Aging for the countless hours spent on this event – it couldn't have happened without you!

For more info about the programs and services of the Mruk Family Education Center on Aging, call (870) 508-3880 or visit [www.baxterregional.org](http://www.baxterregional.org).



## Teen Girls Go to College 2015

This Spring, Teen Girls Go to College 2015 hosted by the Schliemann Center for Women's Health Education and Arkansas State University – Mountain Home was held on the campus of ASU-MH. The event helps high school girls learn about college options, enrollment, testing, financial aid, careers and other topics related to higher education. TGNO is also an opportunity for the Schliemann Center Advisory Board to present the annual scholarships. Sponsored by John and Janice Anderson, Chloe Langston in honor of her daughter Kelly Hagaman, Mary Margaret Pearson, Tom and Janie Robbins and Josee Schliemann, 22 scholarships were presented to graduating seniors from high schools in Mountain Home, Flippin, Mountain View, Cotter, Yellville-Summit, Calico Rock, Gainesville, Norfolk and Baxter County Alternative School. For more information about these scholarships or event, contact Jaren Beavers, SCWHE Coordinator, at 508-2345 or [jbeavers@baxterregional.org](mailto:jbeavers@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](mailto:foundation@baxterregional.org) or visit [www.baxterregional.org](http://www.baxterregional.org).





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**MFECO A Monthly Support Groups**

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

**Joint Replacement**  
3rd Wednesday, noon

**AARP Safe Drive Program**  
1st Monday, 9 a.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.



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**RDLC Monthly Support Groups**  
**Fun, informative and free!**

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



**MFECO A hosts annual Men's Health Forum**

On Thursday, May 14, the seventh 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 Baxter Regional Center for Integrative Medicine's Medical Director Ronald Bruton, MD, AIHM, ABFM, offering tips and tools for communicating with your doctor and how to use integrative medicine effectively for best results and quality of life. Dr. M.B. Moore III, orthopaedic surgeon at Baxter Regional Bone & Joint Clinic, followed with a discussion about hip, knee and shoulder replacements.

Lunch was served, and then next on the agenda was Q&A: The Doctors' Panel. Participating physicians included Dr. Ronald Tilley, pain management; Dr. Dan Swoyer, surgery; Dr. Jason McConnell, orthopaedic surgery and Dr. Scott Ezell, family medicine. 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 about the 2016 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 A at (870) 508-3880 or email [mfecoa@baxterregional.org](mailto:mfecoa@baxterregional.org).

**Type 1 and type 2 diabetes: There is a difference!**

According to the American Diabetes Association, approximately 29.1 million Americans, or 9.3 percent of the population, has diabetes. The majority of people diagnosed will be adults who have type 2 diabetes, but there are about 1.25 million American children and adults who actually have type 1 diabetes. So what's the difference? Are there different symptoms or warning signs? Let's get some clarity:

If you have type 2 diabetes your body does not use insulin properly. This is called insulin resistance. At first, your pancreas makes extra insulin to make up for it. But, over time it isn't able to keep up and can't make enough insulin to keep your blood glucose at normal levels. The treatment for type 2 diabetes varies from patient to patient. Diet and exercise can make a huge difference in blood glucose levels, as well as oral hyperglycemic agents (pills), injectable medications (non-insulin), and sometimes insulin injections (shots).

In type 1 diabetes, the body does not produce insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. Put very simply, a person with type 1 diabetes must inject insulin to help the body stay healthy. Eating a balance of healthy foods and being active can and does help, but the person will always have to take insulin.

Both type 1 and type 2 diabetes have symptoms such as:

- Urinating often
- Feeling very hungry - even though you are eating
- Blurry vision
- Weight loss - even though you are eating more (type 1)
- Feeling very thirsty
- Extreme fatigue
- Cuts/bruises that are slow to heal
- Tingling, pain, or numbness in the hands/feet (type 2)

Regardless the type of diabetes, it is important to provide education and support. Diabetes is not an easy part of life, but it can be well controlled! At The Reppell Diabetes Learning Center, we are dedicated to each and every person with diabetes, no matter the type. And we have regular ongoing support group meetings focused on education and support for both type 1 and type 2 diabetes patients and their families. For more information, please call (870) 508-1765, or email RDLC Coordinator Jodi Bodenhamer, RN, CDE, at [jbodenhamer@baxterregional.org](mailto:jbodenhamer@baxterregional.org).

**Supplements: Separating fact from fiction**

Jan Halligan, RD, LD, CDE

Are you one of the 150 million Americans who take supplements to help improve your health? Supplement sales in the U.S. topped 33 billion dollars in sales last year; some of these supplements being quite pricey. We frequently feel our health is worth the extra money. In February, the New York Attorney General questioned the safety, effectiveness and content of supplements. What is the truth – the information on the supplement containers, newspaper and internet info or the articles that question supplement reliability?

Supplements are not considered drugs which require testing for safety, interaction with other medications and effectiveness. Dietary supplements are considered a category of food which requires no testing either by the government or the manufacturer. The FDA requires companies to verify that their products are safe and contain what is listed on the label; however, this company verification is on the honor system. The only time the FDA has permission to stop a company from marketing a dietary supplement is when the FDA proves that the product poses a significant risk to the health of Americans. Because dietary supplements do not require a written prescription, bad reactions and side effects from supplements frequently go unreported.

What does the FDA require on supplement containers? It is an ingredients list, statement that it is a supplement, the name and address of the manufacturer, a "Supplement Facts" panel with directions for use as well as the statement "These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease."

In February, 2015, the Attorney General in New York tested 78 supplements from four large companies (GNC, Walmart, Walgreens and Target) and found that 80 percent of the tested supplements did not contain what the ingredient list on the label stated; the most frequent ingredient added was rice powder as well as potentially allergic fillers. Fourteen attorney generals are now calling for changes in the federal law covering supplements to give the FDA stronger oversight of the supplement industry. For now, "buyer beware" when it comes to supplements!



**RDLC SPOTLIGHT:** Mia Williams (right), T1D, a 10 year old Hackler Intermediate student and part of the RDLC First Class Flyers program, raced in the 4th annual Hackler Healthy Kids 5K as well as educated her classmates about diabetes awareness. Kaitlin Callies (left), 14, joined Mia in the race. All proceeds benefited the Reppell Diabetes Learning Center and David's Trail.



# Support groups provide education to survivors

We define a cancer survivor as anyone with a cancer history, from the first moment of diagnosis throughout the remainder of life. The various support groups at the Peitz Cancer Support House are designed to help encourage, empower and educate cancer survivors for the remainder of life. We host a variety of support groups for men and women. Whether they are sharing their experiences, hearing an educational speaker or engaging in a cancer related discussion topic, support group members are helping one another cope with the challenges faced by living with a history of cancer. Topics for programs are based upon input from the group and include different types of cancer, treatments, and survivorship. Contact the PCSH for an events calendar, or visit the online calendar at [www.baxterregional.org](http://www.baxterregional.org) for a list of upcoming topics.

## PCSH launches new Healthy Eating Group

Do you struggle to cook healthy nutritious meals? Would you like to learn tips to make healthy eating a part of your normal routine? If so, please join us for the Healthy Eating Recipe Exchange Group. The Healthy Eating Recipe Exchange Group is open to all men and women that are interested in eating healthy foods. Studies show that eating a diet of fruits, vegetables, whole grains, and beans combined with exercise can improve your health. This group provides for recipe exchange and discussion to encourage and promote healthy eating, and it meets on the fourth Tuesday of each month from 10 to 11 a.m. Together we can encourage healthy eating habits!

## Go pink and join us at the rodeo!

The 5th annual Pink for Peitz Benefit Rodeo is scheduled for Friday, August 14 and Saturday, August 15 beginning at 8 p.m. at Mountain Home Saddle Club Arena. Presented by Arkansas Family Rodeo/Rand Rodeo Company and Chicks-n-Spurs Drill Team, Pink for Peitz is fun for the whole family, while raising awareness and funds for the Peitz Cancer Support House. This event provides an opportunity to come together as a community to support the Peitz Cancer Support House.

The PCSH provides a comprehensive support services program from first diagnosis throughout treatment and beyond in a home-like environment for cancer patients and their families. Understanding cancer and cancer treatments equips patients as they deal with this disease and provides them with tools they need to overcome it. For newly diagnosed patients, one on one support with a cancer survivor is also an important part of the support programs. Being able to talk with someone who has been through the same experiences is invaluable. For patients experiencing hair loss due to cancer treatment, there is a wig bank with turbans and scarves. The PCSH knows that helping with these physical needs strengthens patients emotionally as they undergo treatment.

The most important thing the PCSH offers is hope, providing a place where all survivors, from the first day of a diagnosis, can come together and know that they are not alone. Best of all, Peitz Cancer Support House services are provided free of charge to cancer patients, their families and our community.

It is through donations and fundraisers like the Pink for Peitz Rodeo that we are able to provide these services free of charge. So mark your calendar and join us August 14 and 15 at the rodeo! Cost of admission at the gate is \$8 for adults, \$5 for children 6-12, and 6 and under are free. Advance tickets will be available for \$5 each beginning July 6 at the PCSH.



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## Breastfeeding and childbirth classes offered monthly

Along with the thrill, joy, and exciting feelings of anticipation, the idea of a new baby can also muster up questions, questions, and more questions! The Schliemann Center for Women's Health Education is proud to offer monthly Childbirth and Breastfeeding Classes to our community to help answer some of these questions. What is my body doing?! What can I expect during labor and delivery? What are some comfort techniques? What does the delivery room look like and how should I prepare for the hospital stay? What role does Dad play? How does breastfeeding work? How do I know when to feed my baby and if she is getting enough milk? BRMC nurses experienced in obstetrics will take time to answer all of these questions and more during these monthly classes held after hours at the SCWHE.

Education is an important factor in the healthcare process as it ensures more realistic expectations and better outcomes. For the new mom and dad, this peace of mind is invaluable! At both the Childbirth and Breastfeeding Class, web-enhanced Parent Guides are included as part of the curriculum and can be taken home for future reference and review. They include access to online videos and information gone over during the class.

After delivery, the Women, Newborn & Infant Support Group meets weekly on Tuesdays to follow up with any needed breastfeeding assistance, infant weight checks, and any other nursing consult.

There is a \$10 charge for each class to cover educational materials, and registration is required. Scholarships are available for all classes. The weekly support group is free of charge, and no appointment is necessary. For more information about Childbirth and Breastfeeding Classes, or the weekly support, please call the SCWHE at (870) 508-2345 or email SCWHE Coordinator Jaren Beavers at [jbeavers@baxterregional.org](mailto:jbeavers@baxterregional.org)

## Ladies of all ages enjoy a girls' night out

Girls' Night Out and Teen Girls' Night Out events hosted and/or presented by the Schliemann Center for Women's Health Education bring valuable health information to women and young ladies in our community as we gather for a night of food, fun and giveaways! In February, ladies enjoyed a "Heart to Heart" with cardiovascular surgeon Dr. Louis Elkins as he discussed the importance of knowing the signs and symptoms of heart disease in women. Teen girls and their mothers enjoyed a night out in April. They were treated to a taco-bar dinner and a lesson on situational awareness and self defense taught by officers Larry Caruso and Henry Campfield of the Mountain Home Police Department. Last month, ladies gathered at Integrity First Bank for a night on "Integrative Medicine & You." Enjoying a light, vegetarian meal, ladies learned how integrative medicine plays an important role in overall health and well-being.

Girls' Night Out events are held several times a year. Please stop by or contact the SCWHE for the latest calendar of events, or visit the online calendar at [www.baxterregional.org](http://www.baxterregional.org).

## SCWHE prepares for two major events

Two exciting dates are coming up for the Schliemann Center for Women's Health Education including the ever-popular Women's Health Forum and the second annual Wurst Party Ever.

This year's Women's Health Forum will feature two very special guests who will share their experiences caring for family members with debilitating diseases. Local businesswoman and advocate for women's health Barbara Graham of Kent Chevrolet Cadillac will share her lessons learned as a caregiver for her late husband who suffered from Parkinson's. Betsy Broyles Arnold, daughter of former Arkansas Razorback football coach Frank Broyles, will share her experiences caring for her mother who suffered from Alzheimer's. **Ladies, mark your calendars for Thursday, August 27 – you will not want to miss this special day!**

Saturday, October 3 marks the date for the SCWHE Oktoberfest-themed fundraiser, the Wurst Party Ever! Plans are underway for another memorable and relaxing evening. Held at the Norfolk River Resort on the White River, festivities will include a catered German feast, live music, and a refreshing Bier Garten! Early ticket pre-sales with a limited number of overnight VIP packages will be available beginning Monday, June 15. Visit [www.wpe2015.eventbrite.com](http://www.wpe2015.eventbrite.com) or call the SCWHE for more information!



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### 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, 9 a.m.

#### Healthy Eating Recipe Exchange Group

4th Tuesday, 10 a.m.

#### PCSH Cancer Wellness Group\*

Tuesdays and Thursdays, 9:30 a.m.

#### Yoga\*

Thursdays, 2 p.m.

#### Tobacco Cessation\*

Session are 3 classes. Date and times vary.

#### Quarterly Seminars\*

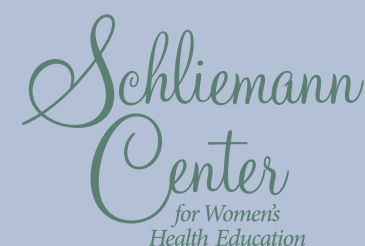
##### Cancer: Education Series

Tuesday, Aug. 11 & Nov. 17, 2 p.m.

##### Nutrition: Before, During & After Treatment

Tuesday, Aug. 25 & Nov. 17, 2 p.m.

\*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.

#### 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.

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Bernard W. Petkovich, DDS, PA  
Bob's Guns & Sporting Goods  
Bouquet Palace  
BRMC Auxiliary

Butler Furniture  
Carter's Jewel Chest  
CenturyLink  
Cerner Corporation  
City Nails  
Comfort Inn  
Creating Balance  
DeAtley Dental Care  
Elks Ladies #1715  
ExxonMobil Foundation  
First Security Bank  
Gregory Jewelers  
Holly's Jewelry  
Home Instead Senior Care  
Integrity First Bank  
Jimmy Johns - Store 2801  
Johnson the Jeweler, Inc.  
June's Hallmark  
Katie's Kreations  
Kent Chevrolet Cadillac  
Kidspiration Pediatric Therapy Services, Inc.  
Knox Orthopaedics  
Lincoln Alexander Godfrey, PA  
Loyal Order of Moose #1954  
Methvin Sanitation, Inc.  
MHHS  
Micro Plastics, Inc.  
Minute Mechanic  
NAEC, Inc.  
Newman MD Plastic Surgery, PA  
Ozark Mountain Trading Company  
Ozark Surgical Group  
Panacea Day Spa & Salon  
Raimondo Winery  
Roche Diagnostics  
Sleep Mart  
St. Peters Council of Catholic Women  
Stage  
The Beauty School, Inc.  
The Vet Clinic, Inc.  
TLC Bank  
Todd Gilbert Insurance Agency  
United Methodist Women - Bull Shoals  
US Bank  
Wells Fargo Advisors  
Yelcot Telephone Company  
Zimdahl Electric, Inc.  
Zodiac Hair Design & Day Spa

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