

The Regional

A BAXTER REGIONAL MEDICAL CENTER PUBLICATION

THRIVING TOGETHER

TO MAKE A HEALTHIER OZARKS

FALL 2017

Baxter Regional Medical Center Unveils New Website

Have you seen what's new at www.baxterregional.org? The all new, fully responsive BRMC website hosts a wide variety of improvements, making it easier than ever for patients to use and learn more about us.



A new site for BRMC Careers and Human Resources was also released, providing information for healthcare providers, staff, and new nurses for our RN Residency Program. Located at www.brmccareers.com, this site also provides information about our community and encourages prospective employees to learn more about our area.

BRMC saw a need in our community to improve the website experience for our patients, families and future staff. These new websites are intended to move BRMC forward and help our community learn about services provided, close to home.

Inpatient Rehab Capital Campaign Launches

This summer, Baxter Regional Hospital Foundation announced a one million dollar capital campaign to remodel the BRMC Acute Inpatient Rehabilitation Unit.

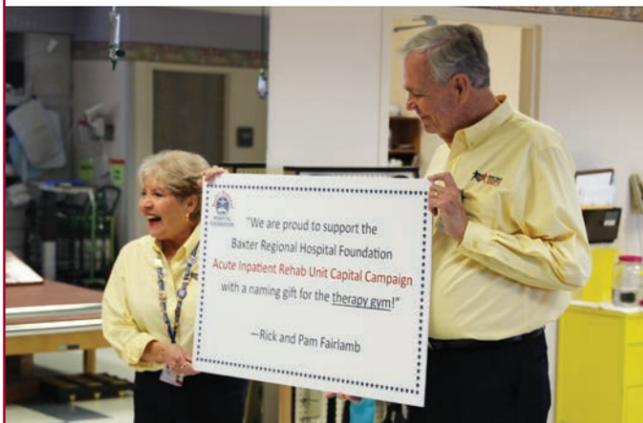
For over 20 years, the BRMC Acute Inpatient Rehabilitation Unit has helped patients recovering

from an injury or illness build strength, increase flexibility, improve mobility, and ultimately gain independence. As the only inpatient rehabilitation facility serving northern Arkansas and southern Missouri, the unit is committed to providing the safest and most comprehensive environment for physical healing.

The BRMC Auxiliary pledged the lead gift of \$500,000 for the remodel campaign. Rick and Pam Fairlamb (pictured), two retirees who live in the Twin Lakes Area and volunteer at BRMC, gave a sizable donation for the Therapy Gym. A commitment of \$50,000 has also been pledged for the Dining/Recreation Room.

The campaign has a total of \$868,000 pledged as of October 1, 2017, and construction on the remodel is set to begin in the first quarter of 2018. Baxter Regional Hospital Foundation hopes others will partner to continue this tradition

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A Patient Story: Charles Bezak

At age 73, Charles Bezak had never been a patient in a facility such as Baxter Regional Medical Center's Acute Inpatient Rehabilitation Unit before. "It was a new, and originally scary, thing for me," said Charles. "I was hoping at the very least that they would be able to help me walk, shower, and dress without being in pain."

Charles, a resident of Mountain Home, had a myelogram back in May in Springfield. A myelogram is an invasive type of x-ray that uses dye that is injected into the spinal canal, allowing the doctor to see conditions and injuries. "His treating doctor had told us there was nothing surgical that could be done and that Dad just needed to go to a pain clinic," said his daughter Ann Lance. "He did, but I also made him an appointment with Dr. Lucas Bradley once I heard about the new clinic." Bradley, a Missouri native and graduate of West Plains High School, is a neurosurgeon who started his practice in Mountain Home at the end of July at BRMC Neurosurgery & Spine Clinic.

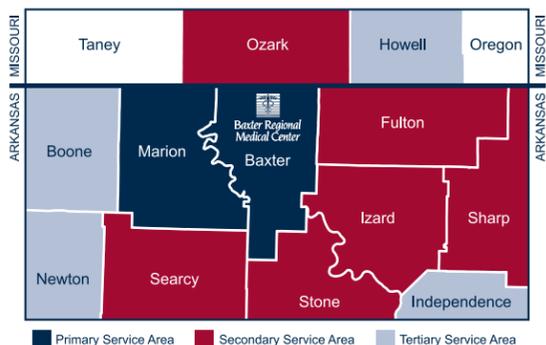
While Charles was waiting for his appointment with Dr. Bradley and undergoing treatment

with Dr. Ryan Krafft at Interventional Pain Management, a department of BRMC, Ann had her dad's x-rays and scans sent to the Laser Spine



Institute in Houston for review. Dr. Bradley came to the same conclusion for treatment as the team in Houston. "What they found and suggested was exactly what Dr. Bradley found," Ann said.

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Baxter Regional Service Area

Baxter Regional Medical Center (BRMC), located in Mountain Home, Arkansas, serves patients from a two-state, 14-county area throughout north-central Arkansas and south-central Missouri. In addition to the main hospital facility, BRMC operates sixteen area clinics.



CHECK OUT OUR VIDEOS

<https://www.youtube.com/user/BaxterRegional/videos>

- Patient Stories
- Healthy Connections
- Physician & Staff Interviews
- And More!

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BRMC RN Residency Welcomes Cohort 9

The BRMC RN Residency Program, in partnership with Versant, provides a comprehensive educational foundation to transition newly graduated registered nurses from students to safe, competent professional practitioners. The structure and standardization of the BRMC RN Residency includes an evidence-based curriculum, guided clinical experience with a preceptor, and a supportive component composed of formal mentoring and debriefing/self-care sessions to positively impact both the competence and confidence of the RN Resident.

RN Residency Cohort 8 recently celebrated the End of Immersion, as they began serving independently in the RN role marked by the completion of their preceptorship.

During the Immersion Period of the RN Residency, they gained confidence, competence, as well as training in ACLS, PALS, NRP, STABLE, 12-Lead EKG, Chemotherapy, Safety Care Training, and Communicating with Impact.

The RN Residency truly prepares the new nurse to welcome with confidence the challenges of the role of primary nurse. As stated by Cohort 8 resident Emily Case, "The RN Residency has been

a great experience, and I am so glad I chose BRMC Residency to begin my nursing career." We look forward to discovering where the nursing careers will lead this group at BRMC.

BRMC also welcomed ten new graduate RNs as RN Residency Cohort 9. During an event welcoming



RN Residency Cohort 8 includes (back row) Lindsey Amerson, 5S; Caleb Lunday, ICU; Carilla Zirkle, Cline Emergency Center; Morgan McQuay, 3W; Brittany Kullman, Cline Emergency Center; Taylor Edmonson, 3W; Savannah McFarland, PACU; Kelsie Lovan, Women & Newborn Care Center; Tanya Bunch, Endoscopy; Emily Case, Cline Emergency Center; (front row) Kimberly Smith, Surgery; Tana Seely, 3E; Alyssa Pendergrass, 4S; Dana Brown, 4S; Adrienne Mooney, ICU; Michelle Jackson, ICU; Haley McKinney, Women & Newborn Care Center; Beth Phillips, 4S.

them to BRMC, Cohort 7 Alumni Residents pinned Cohort 9 Residents. A Blessing of Hands ceremony was also hosted by Rev. Randy Ludwig, BRMC Chaplain, symbolizing the honor and privilege to serve others during their vulnerable moments. BRMC is excited to have this group of RNs joining our nursing units as bedside nurses. Welcome, Cohort 9!



Cohort 9 RN Residents include (back row, from left) Debbie Walker, 5S; David Artos, Surgery; Renee Williams, ICU; Kayla Trail, 5S; Holly Troxell, 3W; (front row, from left) Melissa Smith, 3W; Nina Denton-Howell, PACU; Tiffany Day, Women & Newborn Care Center; and Demi Doss, 3W. Not pictured: Ashley Smith, 3W.

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Inpatient Rehab Capital Campaign Launches

by donating to the BRMC Acute Inpatient Rehabilitation Unit Capital Campaign. There are several giving levels that would allow people to "adopt-a-room" as a gift from themselves or in honor of a loved one or friend, but a gift of any size is appreciated! All levels may be pledged over a 5 year period.

| NAMING OPPORTUNITIES | LEVEL |
|-------------------------------------|-----------|
| Lead Gift (Committed) | \$500,000 |
| Therapy Gym (Committed) | \$100,000 |
| Dining/Recreation Room (Committed) | \$50,000 |
| Extended Stay Apartment (Committed) | \$20,000 |
| Patient Room (9 opportunities left) | \$15,000 |

If you would like to support the BRMC Acute Inpatient Rehabilitation Unit Capital Campaign and continue helping patients gain their independence, please call Baxter Regional Hospital Foundation at (870) 508-1770.



Join us!

Now is a great time to join the BRMC team of volunteers. Unique volunteer opportunities are available at retail locations and in multiple hospital departments. Last year, volunteers donated 80,798 hours of service and \$461,259.48 to our hospital. THANK YOU, BRMC Auxiliary!

Apply online at www.baxterregional.org, or for more information, contact Baxter Regional Volunteer Services at (870) 508-1064 or volsev@baxterregional.org.

Baxter Regional VOLUNTEER SERVICES

World Diabetes Day Celebrated by RDLC

November is Diabetes Awareness Month, and international World Diabetes Day is celebrated annually by the International Diabetes Federation and its member associations on Tuesday, November 14, engaging millions of people worldwide in diabetes advocacy and awareness.

The Reppell Diabetes Learning Center celebrated locally by hosting a free diabetes education program.

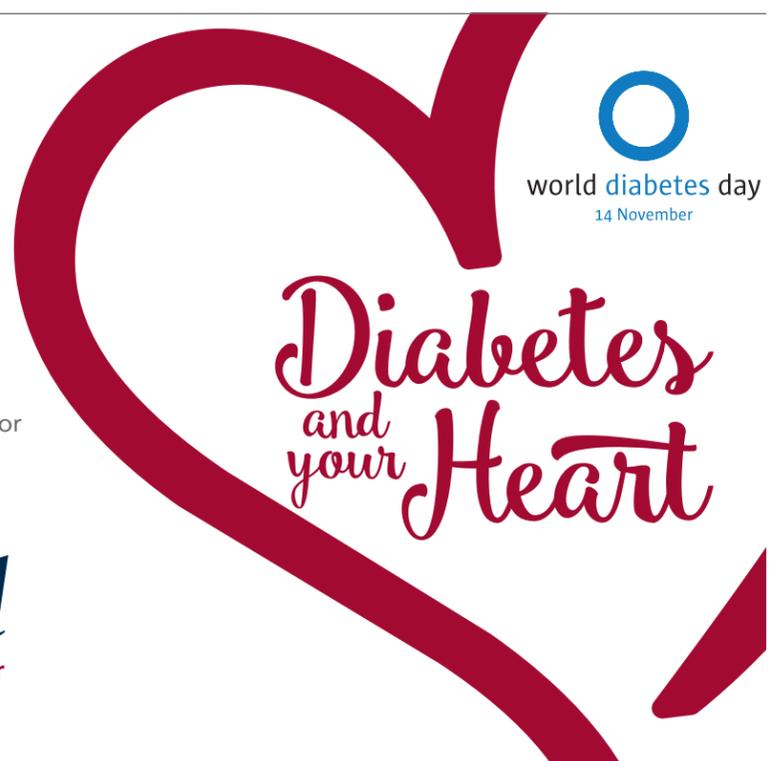
Diabetes and Your Heart was an all day event, featuring a vendor fair with giveaways and helpful information as well as cooking demonstrations with Jan Halligan, RD, LD, CDE.

Guest speakers included Kim Foxworthy, RN, BRMC STEMI Coordinator; Dr. Daniel Decker, urologist; Dr. Patrick Tobbia, cardiologist; and Lauren Sivewright, Senior Development Coordinator of the Arkansas

Chapter of the Juvenile Diabetes Research Foundation.

Lauren discussed advances in Type 1 diabetes research and provided exciting insight on the latest developments of the artificial pancreas.

For more information about diabetes education and support, call the RDLC at (870) 508-1765, or email RDLC Coordinator Jodi Bodenhamer, RN, CDE, at jbodenhamer@baxterregional.org.



Stefany Isham Named SCWHE Coordinator

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

Before joining the SCWHE staff, Stefany was the Coordinator for the BRMC Breast Imaging Center and Mobile Mammography Unit, bringing with her a passion for women's health and education. Stefany also brings many years of experience working in public relations, community outreach,

and event planning after 15 years on *The Baxter Bulletin* staff.

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 life and offers classes. For more information, call (870) 508-2345 or email Stefany at sisham@baxterregional.org.



Baxter Regional Medical Center

Baxter Regional Welcomes New Physicians



Lucas Bradley, MD
Neurosurgeon

The addition of Dr. Lucas Bradley meant an opportunity for BRMC to offer comprehensive evaluation of any issue related to the brain or spine for the first time. Dr. Bradley is in practice at BRMC Neurosurgery & Spine Clinic, located at 310 Buttercup Drive, Suite A, in Mountain Home. For more information or to schedule an appointment for evaluation, call (870) 508-7080.



William G. Silber, MD
Gastroenterologist

Dr. William Silber is board certified in gastroenterology and has been practicing for more than 24 years.

He is in practice at BRMC Gastroenterology & Advanced Imaging. For more information or to schedule an appointment, call (870) 425-4416.



W. Corey Smith, MD
OB/Gyn

Dr. Corey Smith is an obstetrician and gynecologist. He specializes in women's health, focusing on reproductive care from puberty through adulthood and treating women during pregnancy, labor, childbirth, and the postpartum period. He is in practice at BRMC Obstetrics & Gynecology, in the Medical Arts Building, Suite 3B and is accepting new patients. For more information or to schedule an appointment, call (870) 508-3990.



Patrick Tobbia, MD
Cardiologist

Dr. Patrick Tobbia is a board certified interventional cardiologist, certified in multiple specialties with a special focus on cardiovascular and peripheral vascular diseases, imaging, and nuclear cardiology.

He is in practice at Cardiovascular Associates of North Central Arkansas. For more information or to schedule an appointment, call (870) 425-8288.

Hometown Clinics: Calico Rock & Melbourne

Our Family Taking Care of Yours...

Baxter Regional Health System recently opened two new family practice clinics in IZARD County, treating patients for everything from acute care, diabetes and chronic disease management to women's health and much more.

The Hometown Clinic at Calico Rock, located at 2161 AR Hwy 56, opened in September. Kari Lindsey, APRN, is accepting new patients of all ages, and walk-ins are always welcome. For more information, call (870) 916-2000.



Kari Lindsey, APRN
Hometown Clinic at Calico Rock

The Hometown Clinic at Melbourne, located inside the Baxter Regional Health System Complex at 1019 E. Main Street, opened in October. Ashley Walker, APRN, provides care for patients of all ages. Call (870) 916-2150 for an appointment.

Baxter Regional is proud to serve IZARD County communities! For more information, visit www.baxterregional.org/locations.



Ashley Walker, APRN
Hometown Clinic at Melbourne



COMMUNITY NEWS & MORE

What to find out about upcoming BRMC events or current programs?

Visit www.baxterregional.org/events.



2017 Backpack Shack

Before school started, BRMC opened the Backpack Shack for employees in need of help with school supplies for their children or grandchildren. The Backpack Shack is set up annually at the Schliemann Center for Women's Health Education, and this year, 106 children came in to shop for backpacks and supplies.

The Backpack Shack is supported by the BRMC Employee Fund Drive, established in 2000, to raise money for programs that make a difference to our employees and our community. Since its inception, BRMC employees have pledged \$1.7 million to the Employee Fund Drive in support of these worthy initiatives. For more information visit <https://www.baxterregional.org/foundation/employee-fund-drive/>.



Women & Newborn Care Center Recognized

Baxter Regional Medical Center's Women and Newborn Care Center was recently recognized by the March of Dimes and the Arkansas Hospital Association for their work in eliminating early elective deliveries. Nancy Godsey, Director of Quality and Patient Safety, Arkansas Hospital Association, presented a banner to BRMC Administration and WNCC Staff. Pictured from left are Dr. Harley Barrow, OB/Gyn; Ron Peterson, President & CEO; Dr. Joanna Twombly, OB/Gyn; Godsey; Barney Larry, Executive Director, Baxter Regional Hospital Foundation and BRMC VP/Business Development; Debbie Henry, VP/Chief Financial Officer; Shannon Nachtigal, MSN, RN, VP/Patient Care Services and Chief Nursing Officer; Nicole Vaccarella, VP/General Counsel; Karen Adams, VP/ Human Resources and Rachel Farris, BSN, RN, WNCC Nursing Director.

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SAVE THE DATE

SATURDAY, FEBRUARY 10, 2018

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

For more info or sponsorship opportunities, contact: Cindy Costa (870) 508-1779 or ccosta@baxterregional.org



Free Fitness Classes for Senior Adults

We all hear about how exercise is important throughout all of our lives. But is it safe for senior adults? Definitely! The American Academy of Family Physicians recommends that people of all ages can benefit from exercise.

Regular exercise for seniors adults helps prevent chronic conditions, improves mood, and will lower the chance of injury, falls, and so much more. Many medical conditions are improved with regular exercise including Alzheimer's Disease and dementia, heart disease, diabetes, high blood pressure, and obesity.

At the Mruk Family Education Center on Aging, senior adults are seeing results through regular exercise. Here is one example: "I am a 79 year old woman and have had bone density testing every two years since 2003. This year my bone density showed improvement. It looks like it's getting better with age! My doctor told me to continue my exercise twice a week at the Mruk Family Education Center on Aging."

Many participants have experienced improvement in their quality of living within just weeks of participating in MFECO exercise classes. Several comment that if they miss several classes in a row, they notice that their balance and energy is a little off until they get back to the exercise.

Any senior adult who is considering a regular exercise routine to strengthen their bones and improve balance may sign up to attend one of the free fitness classes at the MFECO:

Fit & Fabulous for Women

Tues & Thurs 9:00am & 10:15am

Fitness for Men

Mon, Wed, Fri 9:00am & 10:00am

For more information, contact Diahanne VanGulick, Mruk Family Education Center on Aging Coordinator, at (870) 508-3880 or evangulick@baxterregional.org.



COMMUNITY NEWS & MORE

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RDLC at Camp Fit & Fun

Jodi Bodenhamer, RN, CDE, and Jan Halligan, RD, LD, CDE, of the Reppell Diabetes Learning Center enjoyed teaching the kids this summer at Camp Fit & Fun! This day camp, sponsored by the Fulton County Extension Office and Fulton County 4-H, promotes exercise and healthy eating. It is held at the Salem Fairgrounds and teaches nutrition and fitness through hands-on activities, crafts, cooking demonstrations, and classroom lessons.

Kerr Medical Student Scholarships Awarded

Baxter Regional Medical Center awarded its annual recipients of the Dr. Robert L. Kerr Annual Medical Student Scholarships in a ceremony Thursday, August 3, in Little Rock. Eighteen medical students from the Baxter Regional market area were recognized and awarded the scholarship in support of tuition for medical or dental school.

Dr. Robert L. and Mrs. Kerr attended the event along with some of their family. Dr. Kerr, a longtime physician in Mountain Home now retired in Little Rock, encouraged each of the students in their chosen career in medicine. He shared a personal

message with the students and their families and guests in attendance.

This year's Kerr Scholarship recipients are Asad Akhter, Chase Armistead, Annie Avilez, Jake Bolt, Samantha Connor, Bobie Jo Cooper, Alex Hagaman, Alex Kilgore, Heather Bond Kinder, Caroline Litty, Trevor Meece, Eamon Olwell, Ann Robbins, Eric Sanders, Josh Spore, Levi Watson, Austin Wilkie and Sloane Zimmerman.

Funding for the annual Kerr Scholarship is provided by Baxter Regional Hospital Foundation.

For more information, contact Sarah Edwards, Physician and Advanced Practice Recruiter at (870) 508-1010 or seedwards@baxterregional.org.

Those attending the 2017 Kerr Scholarship dinner include (standing, from left) BRMC VP/ Business Development and Baxter Regional Hospital Foundation Executive Director Barney Larry, Eamon Olwell, Alex Kilgore, Chase Armistead, BRMC President & CEO Ron Peterson, (seated, from left) Trevor Meece, Sloane Zimmerman, Dr. Robert L. Kerr, Bobie Jo Cooper and Levi Watson.



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A Patient Story: Charles Bezak

"He felt there was a 70 percent chance that surgery will be successful; there's a small chance it will not help, a smaller chance it may worsen, but there's a 100 percent chance that without surgery it will get worse."

"He (Dr. Bradley) showed us scans, in motion, and probably for the first time ever, Dad left a doctor's office understanding everything we discussed," Ann said. "I was thankful that treatment was available here close to home so we didn't have to drive to Springfield anymore," said Charles.

After Dr. Bradley performed surgery in early August, Charles spent nearly 2 weeks in the BRMC Acute Inpatient Rehabilitation Unit, and both he and his family are amazed by the care and attention he received in his time there, from the medical, nursing, and rehabilitation staff. "They have pushed him to do the best he can," Ann said.

Being away from his own home, Charles was understandably homesick and missed his dog terribly. One of the therapists reached out to Ann

and together they hatched a plan to cheer him up. "We made arrangements, and Dad met me out in the parking lot to visit with his dog," she said. "When I saw my dog, I instantly teared up and almost fell out of the wheelchair with joy," said Charles.

"I can't find the words to express how thankful I am for Dr. Bradley and the Acute Inpatient Rehab Staff. They treated me like family, and I couldn't have asked for better care," said Charles Bezak.

For more information about the Acute Inpatient Rehabilitation Unit, call (870) 508-3300. Dr. Lucas Bradley is in practice at BRMC Neurosurgery & Spine Clinic at 310 Buttercup Drive, Suite A, in Mountain Home. For more information, call (870) 508-1615.

If you would like to support the BRMC Acute Inpatient Rehabilitation Unit Capital Campaign, please call Baxter Regional Hospital Foundation at (870) 508-1770.



7th Annual Pink for Peitz Rodeo

The Benefit Rodeo was held August 11-12 at the Mountain Home Saddle Club Arena. Presented by Arkansas Family Rodeo Rand Rodeo Company and Chicks 'n Spurs Drill Team, Pink for Peitz raised \$33,238.60 for the Peitz Cancer Support House which provides programs, services and support free of charge to cancer patients and their families. Stock was provided by Rand Rodeo Company, other activities included Chicks-n-Spurs Drill Team performance, breast cancer survivors ceremony, Pink Jail fundraiser, Tug of War contest, and a mechanical bull.



2nd Annual Pink Out Party

Mountain Home Public Schools and Baxter Regional Medical Center teamed up for the 2nd Annual Pink Out Party, a breast cancer awareness fundraiser sponsored by the Peitz Cancer Support House, on September 1 before the Mountain Home Bombers football game. The event raised \$13,655.32 for the PCSH. Activities included a tailgate party, music by the Mellow Mountain Band, games, face painting and a photo booth, as well as t-shirts and other pink item sales. The halftime Kick for a Truck Contest, sponsored by Ultimate Auto Group, generated \$600 for PCSH.