

# The Regional

A BAXTER REGIONAL MEDICAL CENTER PUBLICATION

## THRIVING TOGETHER

## TO MAKE A HEALTHIER OZARKS

### WINTER 2019



## Baxter Regional - One of Arkansas Business Best Places to Work in 2019

Baxter Regional Medical Center was recently named one of the Best Places to Work in Arkansas. This seventh annual program was created by Arkansas Business and Best Companies Group.

**This survey and awards program was designed to identify, recognize and honor the best employers in Arkansas, benefiting the state's economy, workforce and businesses. The list is made up of 46 companies.**

To be considered for participation, companies had to fulfill the following eligibility requirements:

- Be a for-profit, not-for-profit business or government entity;
- Be a publicly or privately held business;
- Have a facility in Arkansas;
- Have at least 15 employees in Arkansas;
- Be in business a minimum of 1 year.

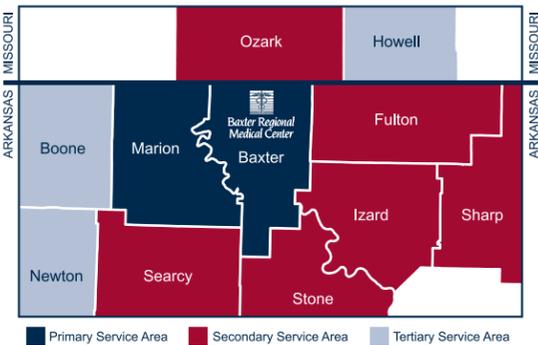
Companies from across the state entered the two-part survey process to determine the Best Places to Work in Arkansas. The first part consisted of evaluating each nominated company's workplace policies, practices, philosophy, systems and demographics. This part of the process was worth approximately 25% of the total evaluation. The second part consisted of an employee survey to measure the employee experience. This part of the process was worth approximately 75% of the total evaluation. The combined scores determined the top companies and the final rankings. Best Companies Group managed the overall

registration and survey process in Arkansas, analyzed the data and determined the final rankings.

Baxter Regional Medical Center was honored at a special event on September 26, 2019, in Little Rock and then published in a special supplement of Arkansas Business on September 30, 2019. Baxter Regional also celebrated with employees over an extensive breakfast. This is a big achievement, and it is a proud day to be a part of the Baxter Regional Family!

Baxter Regional Medical Center would like to thank all employees who made this great achievement possible.

**For more information on the Best Places to Work in Arkansas program, visit [www.BestPlacestoWorkAR.com](http://www.BestPlacestoWorkAR.com).**



### Baxter Regional Service Area

Baxter Regional Medical Center (BRMC), located in Mountain Home, Arkansas, serves patients from a two-state, 11-county area throughout north-central Arkansas and south-central Missouri. In addition to the main hospital facility, BRMC operates fifteen area clinics.



CHECK OUT OUR VIDEOS

[YouTube.com/BaxterRegional](https://www.youtube.com/BaxterRegional)  
STORIES, INTERVIEWS AND MORE!

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## Baxter Regional is Recognized as an Arkansas Stroke Ready Hospital

**Baxter Regional Medical Center has been recognized by the Arkansas Department of Health (ADH) as an Arkansas Stroke Ready Hospital (ArSRH).**

"With stroke, every second counts. Each hour of delay in stroke treatment ages the brain close to 4 years and increases the chances of permanent disability," said Appathurai Balamurugan, MD, DrPH, State Chronic Disease Director and Medical Director for the ADH Chronic Disease Branch.

"The ArSRH designation ensures that stroke patients make it to the closest appropriate hospital when they dial 911."

Stroke continues to take a significant toll on our state. The most recent data show Arkansas has the fifth highest stroke death rate in the country, with over 45 deaths per 100,000 people every year. Stroke is a leading cause of serious disability. Although life-saving treatment is available to reverse the effects of the most

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## Baxter Regional Receives Silver Performance Achievement Award

**Baxter Regional Medical Center (BRMC) has received the American College of Cardiology's The National Cardiovascular Data Registry (NCDR) Chest Pain - MI Registry Silver Performance Achievement Award for 2019. BRMC is one of only 86 hospitals nationwide to receive the honor.**

The award recognizes Baxter Regional's commitment and success in implementing a higher standard of care for heart attack patients and signifies that BRMC has reached an aggressive goal of treating these patients to standard levels of care as outlined by the

American College of Cardiology/American Heart Association clinical guidelines and recommendations.

To receive the Chest Pain - MI Registry Silver Performance Achievement Award, Baxter Regional Medical Center has demonstrated sustained achievement in the Chest Pain - MI Registry for four

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**Baxter Regional Medical Center**

## First Annual White Coat Ceremony Sponsored by Baxter Regional

The first annual White Coat Ceremony sponsored by Baxter Regional Medical Center was held at ASU-Mountain Home for Mountain Home High School Career Academies seniors.

**Baxter Regional has partnered with Mountain Home High School to create an experiential pathway from high school to college and then on to the workplace for young students who have an interest in a healthcare career.**

Not only have these seniors received their first white coat of many white coats to come, but they have also received their first stethoscope and blood pressure cuff as well.

Seniors have had to complete an application and selection process to be a participant. Participants collaborate with a multitude of healthcare professionals in hands-on activities to offer

insight to what the trades actually look like. These activities have ranged anywhere from CPR training to radiology with Baxter Regional's own healthcare professionals. Students have been exposed to patient simulation in a clinical environment to learn how to properly check vital signs.

We are so proud to be a part of this program and are looking forward to hosting these interns as future healthcare professionals!



Mountain Home High School Career Academy Seniors - 2019 White Coat Graduates



## Baxter Regional Welcomes New Providers



### Candi Caldwell - Advanced Practice Registered Nurse BRHS Hometown Clinic at Mountain View, (870) 269-3447

Advanced Practice Registered Nurse Candi Caldwell has joined the practice of Dr. Eric Spann and Charles Grinder, APRN, CWS, at the Baxter Regional Health System Hometown Clinic at Mountain View. She previously served in another local clinic as a Clinical Nurse Specialist specializing in adult gerontology.

Candi grew up in Jonesboro, Arkansas, and continued her

education at Arkansas State University where she graduated with a Master's degree in Nursing. She moved to Mountain View five years ago with her husband, Derek, and their daughter. Candi is committed to providing patient-centered care and supporting positive health outcomes. She is now accepting new patients at the Hometown Clinic at Mountain View.



### Dr. Witold Czerwinski Baxter Regional Adult Behavioral Health, (870) 508-3400

Baxter Regional welcomes psychiatrist, Witold Czerwinski, MD, to our medical staff. Board certified by the American Board of Psychiatry and Neurology, he is joining Dr. Tom Foster in treating inpatients at Baxter Regional Adult Behavioral Health.

Dr. Czerwinski completed a general psychiatry residency in 2000 at Louisiana State University Medical Center in Shreveport. He

most recently practiced at the geriatric psychiatry units of hospitals in Pocahontas and Newport, Arkansas, along with maintaining his own private practice.

Dr. Czerwinski enjoys winter and water sports along with riding his motorcycle. He is looking forward to exploring all that the Twin Lakes area has to offer.



### Dr. Maureen Flowers Baxter Regional Comprehensive Women's Clinic, (870) 508-3260

Baxter Regional welcomes Maureen Flowers, MD, to our medical staff and the practice of Dr. Corey Smith and Marcella Bramblett, APRN, at the Baxter Regional Comprehensive Women's Clinic.

She is an area native and a Flippin High School graduate who has recently relocated back to the Twin Lakes area from Texas. Dr. Flowers continued her education at the University of Arkansas for Medical Sciences for her Doctor of Medicine, where she

graduated with clinical honors. She then went on to the University of Texas Southwestern Medical Center for her physician Residency in Obstetrics and Gynecology.

Dr. Flowers loves ice cream and taking her children skating. She also enjoys time on the nearby lakes and rivers. Dr. Flowers is now accepting new patients, call for an appointment today.



### Dr. Brittney W. Frisby Baxter Regional Family Clinic on Market, (870) 508-7600

Baxter Regional Medical Center welcomes Brittney W. Frisby, MD, to our medical staff and the practice of Dr. John Leslie, Dr. Ben Stevens, and Amanda Martin, APRN, at Baxter Regional Family Clinic on Market.

Dr. Frisby is an Arkansas native and graduate of Batesville, Arkansas. She attended Lyon College in Batesville with a Bachelor

of Science in Biology before completing her Doctor of Medicine at the University of Arkansas for Medical Sciences, Little Rock. She then completed a family medicine residency at the Research Medical Center of Kansas City, Missouri.

Dr. Frisby is eager to bring her passion for caring for people to Mountain Home. She enjoys reading and cooking with her family.



### Dr. Matt McNelley Interventional Pain Management, a department of Baxter Regional, (870) 508-5900

Baxter Regional welcomes Matt McNelley, MD, to our medical staff. He is joining the practice of Dr. Doug Chatman, Dr. Ryan Krafft, Niger Stice, PA-C, Hillary Potter, PA-C, and Stephanie Smith, APRN, at Interventional Pain Management, a department of Baxter Regional Medical Center.

He is a native of our community and a Mountain Home High School graduate. Dr. McNelley earned a Bachelor of Science in Biology from the University of Arkansas, Fayetteville, prior to completing his Doctor of Medicine from University of Arkansas for

Medical Sciences, Little Rock. He was named Chief Resident at the University of Kansas, Wichita, during his anesthesiology residency and then completed a pain management fellowship in Maywood, Illinois, at Loyola University Medical Center.

Dr. McNelley is looking forward to living back in the area and spending time with his family. He is an avid outdoor enthusiast who loves hiking and exploring the nearby rivers and lakes as well as landscaping.



## Baxter Regional Medical Center

# Baxter Regional Welcomes New Providers



### Jamie Parrott – Advanced Practice Registered Nurse BRHS Hometown Clinic at West Plains, (417) 256-3717

Jamie Parrott, APRN, AGCNS-BC, has joined the practice of Dr. James E. Thompson and Lesa Kerley, APRN, at the Baxter Regional Health System Hometown Clinic at West Plains. She earned her Associate of Science in Nursing in 2007 at Missouri State University in West Plains, MO. Jamie is a graduate of the University of Missouri Sinclair School of Nursing where she earned her Bachelor of Science in Nursing in 2012, certificate in Public Health in 2015, and finally her Doctorate of Nursing Practice in 2016.

Jamie specializes in the adult and geriatric population in both acute and primary care settings. She has a critical care certification signifying a commitment to high quality standards of care. Jamie has been a Registered Nurse within Baxter Regional Medical Center since 2007, the last 3 years of which have been as an Advanced Practice Registered Nurse (APRN) working with Hospitalists.

Jamie is a native of Oregon County, Missouri and enjoys outdoor activities. She also enjoys medical mission volunteering and improving access to healthcare in rural areas.



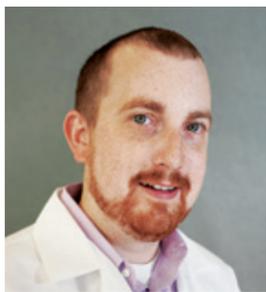
### Dr. Caleb Pingel Cline Emergency Center of Baxter Regional Medical Center

Baxter Regional Medical Center welcomes emergency medicine physician Caleb Pingel, MD, to our medical staff. Dr. Pingel has joined the group of physicians practicing at Cline Emergency Center.

Dr. Pingel earned a Bachelor of Science from Williams Baptist College in Walnut Ridge and a Master of Science from Arkansas State University in Jonesboro before

attending medical school at University of Arkansas for Medical Sciences in Little Rock. He completed an emergency medicine residency at Memorial Medical Center, Southern Illinois University School of Medicine in Springfield, IL.

We welcome Caleb Pingel, MD, his wife, Makenzie, and their two children to the Baxter Regional family and our community.

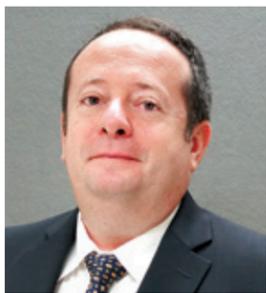


### Dr. Ben Stevens Baxter Regional Family Clinic on Market, (870) 508-7600

BRMC welcomes Benjamin Stevens, MD, to our medical staff and the practice of Dr. John Leslie, Dr. Brittney Frisby, and Amanda Martin, APRN, at Baxter Regional Family Clinic on Market.

Dr. Stevens attended Arkansas State University, Jonesboro, and graduated Magna Cum Laude with a Bachelor of Science in Biology before attending Medical School at the University of Arkansas for Medical

Sciences, Little Rock. He completed a family medicine residency at University of Missouri Health Care in Columbia. Dr. Stevens most recently served as a Clinic Physician, APRN Supervisor, Hospitalist and Emergency Department Physician at several healthcare facilities in Dewitt before relocating to Mountain Home. Board certified by the American Board of Family Medicine, Dr. Stevens is now accepting new patients.



### Dr. Dmitriy Zak Baxter Regional Medical Specialists, (870) 425-4402

Baxter Regional welcomes Dmitriy Zak, MD, to our medical staff and the practice of Dr. Bruce White and Cindy Brown, APRN, at Baxter Regional Medical Specialists.

Dr. Zak attended a university in Uzbekistan and graduated with honors and went on to Lutheran Medical Center of New York. He completed his fellowship at Drexel

University College of Medicine in Philadelphia. Dr. Zak most recently served as Attending Physician at Cancer Care Center in Tuscaloosa, Alabama before relocating to Mountain Home. Board certified in Internal Medicine, Medical Oncology, and Hematology, Dr. Zak is now accepting new patients.



### Dr. Veronica Zak Baxter Regional Behavioral Health Clinic, (870) 508-7610

Recently Baxter Regional Medical Center has extended its behavioral health services to a newly established clinic, Baxter Regional Behavioral Health Clinic with psychiatrist Veronica Zak, MD. The clinic is located at 230 Highway 5 North, Suite 20 in Mountain Home.

Dr. Zak graduated with honors from the First Tashkent State Medical Institute in 1995 before relocating to New York, New York where she completed her psychiatry residency through the Metropolitan Hospital

affiliated with the New York Medical College. Dr. Zak was most recently the attending physician at the Mind and Body Wellness Medical Center in Brooklyn and Queens, New York.

Dr. Zak has relocated to our area with her husband, Dr. Dmitriy Zak, and their two sons.

Baxter Regional Behavioral Health Clinic is open Monday through Friday from 8 a.m. until 5 p.m. and is now accepting new patients over the age of 18.



## COMMUNITY NEWS & MORE

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

Visit [www.baxterregional.org/events](http://www.baxterregional.org/events).



## Mastectomy Supplies at Peitz House

The Peitz Cancer Support House is so grateful for each and every visitor, every day. PCSH has received so many generous donations of mastectomy supplies lately, the shelves are overflowing. **The Peitz Cancer Support House has a remodeled Mastectomy Boutique which has a fitting room to ensure privacy so visitors can carefully select the supplies to best suit their individual needs.** A few of the supplies offered on hand are specialized bras, post-surgical camisoles, swim suits, and breast forms for patients who have undergone a mastectomy or lumpectomy. If you or your loved one is in need of any mastectomy supplies or information, please feel free to visit at any time. PCSH can also offer help locating a certified mastectomy fitter for custom orders.

For more information on the services and supplies at the Peitz Cancer Support House, please contact Melissa Hudson, PCSH Coordinator, by calling (870) 508-2273 or emailing [mhudson@baxterregional.org](mailto:mhudson@baxterregional.org).

## Mruk Center Celebrates 10 Years

**Baxter Regional Medical Center proudly celebrated the 10th anniversary of the Mruk Family Education Center on Aging endowment.**

To commemorate the occasion, an open house was held with light refreshments on Friday, June 28. Paul and Janet Mruk were at the house visiting with guests, and the community throughout the celebration. A "tree of life" was set up for guests to write their experiences with the Mruk Family Education Center on Aging on a leaf and hang it on the tree. The "tree of life" was displayed from June 24-28 for anyone not able to attend the open house.

For more information on the Mruk Family Education Center on Aging, please contact Diahanne VanGulick, MFECO Coordinator, by calling (870) 508-3881 or emailing [evangulick@baxterregional.org](mailto:evangulick@baxterregional.org).



(from left) Paul Mruk; Barney Larry, Executive Director of Foundation, VP Business Development; Janet Mruk; and Ron Peterson, President, CEO.



Masquer80s Ball

SAVE THE DATE  
February 8, 2020

Baxter Regional Hospital Foundation will be hosting the 2020 Lend-A-Hand Masquerade Ball on Saturday, February 8.

**This year it's 80s themed, and you won't want to miss it!**

**All proceeds benefit the Baxter Regional Medical Center 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.

**Sponsorship opportunities are available!** Contact Cindy Costa, CFRE, Director of Development, Baxter Regional Hospital Foundation, at (870) 508-1779 or [ccosta@baxterregional.org](mailto:ccosta@baxterregional.org) for more details.



COMMUNITY NEWS & MORE

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Let's Get Cooking!

In 2019, the Reppell Diabetes Learning Center and Mruk Family Education Center on Aging hosted pressure cooking classes. Whether attendees had been using a pressure cooker for years or were just there to find out more about it, they learned to create simple and healthy dishes at the fun and informative Instant Healthy workshops. Several of these free sessions featured special guest Olivia Bennett-Bear, Chef and Culinary Instructor at Ozarka College in Melbourne, and at each session someone won an Instant Pot! We received great feedback about these classes and hope to do more in the future. Visit [baxterregional.org/events](http://baxterregional.org/events) or contact Jodi Bodenhamer at (870) 508-1765 or email [jbodenhamer@baxterregional.org](mailto:jbodenhamer@baxterregional.org) for more information.



(from left) Dianne VanGulick, MFECO Coordinator; Olivia Bennett-Bear, Chef and Culinary Instructor, Ozarka College; and Jodi Bodenhamer, RN, CDE, Reppell Diabetes Learning Center Coordinator.

Two New Outpatient Therapy Clinics

Baxter Regional Medical Center is pleased to announce two new outpatient physical therapy clinics specializing in orthopedic and balance therapy.

**Located in Yellville**

Adjoining Baxter Regional Ahrens Clinic in Yellville, Baxter Regional Physical Therapy Services recently opened with a fully equipped rehabilitation gym.

Renee Rodgers, Physical Therapist for over 20 years and certified in lymphedema and manual therapy, will see patients Monday through Friday from 8:00 a.m. to 5:00 p.m. For more information, please call (870) 449-7456.

**Located in Mountain View**

Located in the same building as Baxter Regional Health System Hometown Clinic at Mountain View, Baxter Regional Physical Therapy Services has officially opened with Physical Therapist John Crone, DPT, specializing in manual therapy with over 5 years experience. For more information, please call (870) 269-5215.

**Both clinics are by referral only and accepting new patients. Talk with your provider about a referral today!**

Bargain Box Thrift Shops Need Donations

**Did you know the Mountain Home and Flippin Bargain Box Thrift Shops are in need of donations?**

Both locations are accepting clothing and miscellaneous items such as books, shoes, purses, jewelry, kitchen appliances, knick knacks, etc.

All donations are tax deductible and can be dropped off at either of the thrift shops or the Volunteer Services office at BRMC. Pick up is also available! Call (870) 508-1064 for more information.

Thank you in advance for supporting BRMC Auxiliary projects! Proceeds benefit programs and equipment needs of your community hospital.

Baxter Regional is Recognized as an Arkansas Stroke Ready Hospital

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common type of stroke, few patients receive medical care in time.

Hospitals recognized with the ArSRH designation partner with local EMS to improve outcomes by helping ensure stroke patients are rapidly transported to the most appropriate hospital. EMS providers screen patients with standardized protocols to effectively recognize stroke and make sure patients receive the right kind of care.

Arkansas's stroke system of care consists of Joint Commission certified Primary Stroke Centers and ADH designated ArSRHs. Hospitals designated as ArSRHs are capable of providing time-critical care to the stroke patient, including initial emergency evaluation, real-time stroke assessment and treatment through telemedicine.

Baxter Regional Receives Silver Performance Achievement Award

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consecutive quarters and has performed at the top level of standards for specific performance measures. Full participation in the registry engages hospitals in a robust quality improvement process using data to drive improvements in adherence to guideline recommendations and overall quality of care provided to heart attack patients.

Chest Pain - MI Registry empowers health care provider teams to consistently treat heart attack patients according to the most current, science-based guidelines and establishes a national standard for understanding and improving the quality, safety and outcomes of care provided for patients with coronary artery disease, specifically high-risk heart attack patients.

Baxter Regional Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-870-508-7770.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-1-870-508-7770.

Blues, Brews & BBQ

**The 3rd annual Blues, Brews & BBQ, held on Saturday, October 5 at the home of Dr. Brad and Cara Coleman, raised over \$26,000 for the Schliemann Center for Women's Health Education!**

Attendees enjoyed a traditional barbecue dinner from KT's Smokehouse BBQ and Catering, live music by The Mellow Mountain Band, Jewel Pong by Carter's Jewel Chest, art by Jeanne Louise Chauffe and some great live/silent auction items.

Special thanks to Dr. Brad & Cara Coleman, Schliemann Center Advisory Board and all of the event sponsors.

For more information on the services available at the Schliemann Center for Women's Health Education, please contact Stefany Isham, SCWHE Coordinator, by calling (870) 508-2345 or emailing [sisham@baxterregional.org](mailto:sisham@baxterregional.org).

