

Pulse

BAXTER HEALTH

SUMMER 2024
VOLUME 7 | ISSUE 3



EXPANDING VASCULAR CARE

NEW SURGEONS,
DR. NESTOR ARITA AND
DR. HEATH BROUSSARD,
JOIN BAXTER HEALTH

pg. 20



plus
**NOURISHING
BODY AND SOUL**
food closet
launched to aid
discharged patients

pg. 31

BOB WILLIAMS
A tapestry of service
and compassion

pg. 17



baxterhealth.org



wellcare By allwell.™

Medicare Advantage & dental coverage that keeps you smiling.

Want more coverage & benefits you can use each day?

Explore our Wellcare Medicare Advantage plans, including the Wellcare No Premium (HMO) plan that offers you preventive dental coverage including \$2,000 every year for dental services,

- & procedures
- & exams
- & check-ups

Learn more and enroll today.

📞 **1-866-404-7247 (TTY: 711)**
8 a.m. – 8 p.m., 7 days a week

💻 **wellcareseminar.com**

The coverage you need & more



*Ohana Health Plan, a plan offered by WellCare Health Insurance of Arizona, Inc. Wellcare is the Medicare brand for Centene Corporation, an HMO, PPO, PFFS, PDP plan with a Medicare contract and is an approved Part D Sponsor. Our D-SNP plans have a contract with the state Medicaid program. Enrollment in our plans depends on contract renewal. Washington residents: Health Net Life Insurance Company is contracted with Medicare for PPO plans. "Wellcare by Health Net" is issued by Health Net Life Insurance Company. Washington residents: "Wellcare" is issued by Wellcare of Washington, Inc. Washington residents: "Wellcare" is issued by Wellcare Health Insurance Company of Washington, Inc. Arizona D-SNP plans: Contract services are funded in part under contract with the State of Arizona. New Mexico (NM) Dual Eligible Special Needs Plan (DSNP) Members: As a Wellcare by Allwell D-SNP member, you have coverage from both Medicare and Medicaid. Medicaid services are funded in part by the state of New Mexico. NM Medicaid benefits may be limited to payment of Medicare premiums for some members. Louisiana D-SNP prospective enrollees: For detailed information about Louisiana Medicaid benefits, please visit the Medicaid website at <https://ldh.la.gov/medicaid> or <https://www.louisianahealthconnect.com>. To request a written copy of our Medicaid Provider Directory, please contact us. Notice: TennCare is not responsible for payment for these benefits, except for appropriate cost sharing amounts. TennCare is not responsible for guaranteeing the availability or quality of these benefits. Any benefits above and beyond traditional Medicare benefits are applicable to Wellcare Medicare Advantage only and do not indicate increased Medicaid benefits. For Indiana D-SNP prospective enrollees: For detailed information about Indiana Medicaid benefits, please visit the Medicaid website at <https://www.in.gov/medicaid>. Wellcare by Allwell (HMO and HMO SNP) includes products that are underwritten by Superior HealthPlan, Inc. and Superior HealthPlan Community Solutions, Inc. Wellcare (HMO and HMO SNP) includes products that are underwritten by WellCare of Texas, Inc., WellCare National Health Insurance Company, and SelectCare of Texas, Inc. By calling this number you agree to speak with a licensed insurance agent about Medicare Products. Not affiliated with any government agency including Medicare.

OZARKSTEAM™ CENTURY 21 LeMac Realty



**Buying or Selling Real Estate?
We Can Help!**

Find Us At

EnjoyTheOzarks.com



Let's Get Moving Together

**#1 Century 21 Team In Arkansas!
100's of Satisfied Clients - You Could Be One Too!**

CONTENTS

SUMMER 2024



A New Pulse

With the addition of Dr. Arita and Dr. Broussard, Baxter Health aims to elevate its vascular surgery services, ensuring comprehensive care for the community.

20

27 | This Doc Makes House Calls

Dr. Chris Cochran's dedication to Mammoth Spring

31 | Nourishing Body and Soul

Baxter Health's food closet exemplifying a commitment to community care and health equity

IN EVERY ISSUE

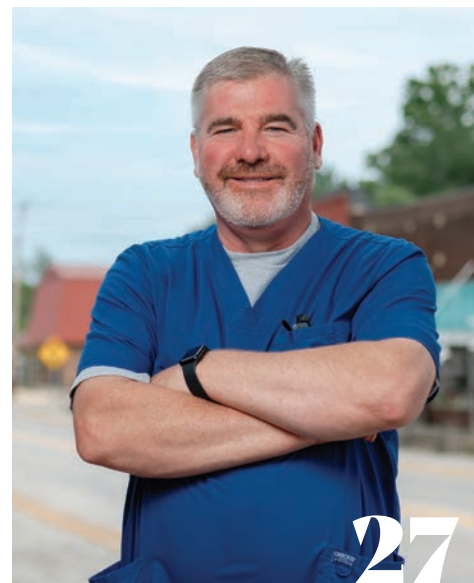
- 06 Letter from the President & CEO
- 08 News & Briefs
- 14 Calendar
- 35 Nutrition
- 40 Last Word



31

On the cover: Dr. Nestor Arita and Dr. Heath Broussard.

PHOTOGRAPHY BY JAMES MOORE.



27

FEATURES

17 | Lifetime of Service

At 84, Bob Williams pursues nursing and receives community tribute

20 | Enhancing Vascular Health

Meet Baxter Health's new specialists

24 | The Strength of Spirit

Rita Wood's brush with mortality



Women's wellness

Healthcare For Women, By Women

Specializing in Primary Care and Gynecology



Tiffany Saric, FNP-C

Amanda Whitaker, FNP-C

Lara May, DNP, NP-C

Kate Smith, FNP-C

SERVICES INCLUDE: Pap Smear, Breast Exams, Annual Screenings, Diabetes Management, Weight Management, Infertility Treatment, Hormone Therapy, Botox and IV Vitamin Therapy, Treatment for High Blood Pressure, and High Cholesterol

870-232-0900 | womenswellnessinc.com

330 Highway 5N Suite 10, | Mountain Home, AR 72653



Your Health, Our Priority
Comprehensive Family & Internal Medicine Care

405 Buttercup Drive, Mountain Home, AR
(870) 425-3030 | lincolnpadenmedicalgroup.com
For after hours and weekends, call the main number to contact on call.



Edward Haddock
SVP, Small Business Lending

Small business funding tailored to your needs



fnbc.us



Pulse

SUMMER 2024
VOLUME 7 | ISSUE 3

A PUBLICATION OF
BAXTER HEALTH

624 Hospital Drive, Mtn. Home, AR 72653
(870) 508-1000

BAXTERHEALTH.ORG

BAXTER HEALTH SENIOR LEADERSHIP TEAM

President/Chief Executive Officer
Ron Peterson

VP/Human Resources
Natalie Amato

VP/Physician Enterprise & Business Development
Brian Barnett

Foundation Executive Director
Sarah Edwards

VP/Chief Nursing Officer
Rachel Gilbert, MSN, RN

VP/Chief Financial Officer
Debbie Henry

VP/Marketing & Communications
Tobias Pugsley

VP/Ancillary Services
Anthony Reed

VP/General Counsel
Nicole Vaccarella

PULSE EDITORIAL

Executive Editor
Tobias Pugsley

Associate Editors
Adrienne Koehn and Kinley Prichard

Project Manager
Darlene Hebda

Contributing Writers
Dwain Hebda

Contributing Copy Editor
Melinda Lanigan

Contributing Photographers
James Moore and James Stefiuk

PUBLISHED BY
WHEELHOUSE PUBLISHING
(501) 766-0859
WheelhousePublishing.com

The Baxter Health Pulse magazine is distributed quarterly to Baxter Health Foundation donors with the remaining copies distributed in the hospital's 19 clinics, community support houses and locations within our two-state, 11-county service area. **To advertise call (501) 766-0859 or email sarah@wheelhousepublishing.com.**

Baxter Health 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.



**YOUR VISION.
OUR CRAFTSMANSHIP.**



(870) 421-3701
DACUSCONSTRUCTION.COM

Healing power with a human touch.

We do whatever it takes for healing to occur. We're equipped with Hyperbaric Oxygen Therapy and staffed to make it happen. We are experts at caring for people whose wounds have resisted traditional treatment. Call us or come by to schedule an appointment.



**WOUND
HEALING
CENTER**

870.424.4935
907 Burnett Drive | Mountain Home, AR 72653



A HEARTFELT EDITION

Welcome to another edition of PULSE magazine, the official publication of Baxter Health. By now, Arkansas temperatures are heating up, especially up here in Ozark country, and the state is in full-fledged summer mode.

In this edition, we profile our acclaimed vascular surgical department, which is expanding. As we welcome two new talented physicians to the family, we invite you to get to know them through this article.

Also, we feature one of our favorite volunteers, Bob Williams. Bob has led a remarkable life as a clergyman, military chaplain, author, serial volunteer and at 84 years young, an unexpected first-year nursing student.

Food insecurity is a major problem, and Arkansas leads the nation in people who frequently don't know where their next meal is coming from. In this edition, we visit Baxter Health's food closet, an idea that grew out of our Health Equity Committee which is tasked with ensuring health and wellness issues are addressed throughout the community.

We also revisit a patient story that saw one of our surgeons jump into action to save a life. That may feel par for the course in the career of a physician, but it's actually a responsibility and privilege that never gets old for our medical personnel. Be sure to check out that story.

All of this and more is waiting to be discovered in this issue of PULSE! Thank you for picking up this issue. Take us along as you enjoy a summer evening on the back deck or on the lake soaking in the beautiful summer scenery. There's no place like Arkansas for summer adventures.

With gratitude,



RON PETERSON
President/Chief Executive Officer
Baxter Health



PHOTOGRAPH BY JAMES MOORE

EXPERIENCE MATTERS.



B BONE & JOINT
CLINIC

870-424-4710

639 BROADMOOR CIRCLE
MOUNTAIN HOME, ARKANSAS

www.baxterhealth.org

WIN MOORE, MD | THOMAS KNOX, MD | ED ROEDER, MD

RESTORE
SPORTS MEDICINE

Don't Let Pain
Prevent Progress
**Get Back
to Movement**



870-425-5464 • RestoreSportsMed.com
Heather Hammonds, MD • Located at King Dermatology

**BAXTER HEALTH & KTLO
HEALTH
FAIR &
EXPO
OCTOBER 10-11, 2024**

UPCOMING EVENT

**HEALTH FAIR
AND EXPO
RESCHEDULED
FOR OCTOBER**

Baxter Health and KTLO, Classic Hits and The Boot, organizers of the annual Health Fair and Expo, have announced a change in the event's scheduled date. As a cornerstone event, the Health Fair and Expo brings health professionals, wellness vendors, and community members together for a day of learning, health screenings and fun. The event traditionally held in April has been moved to October this year.

The 43rd Annual Health Fair and

Expo is now scheduled to take place Thursday, Oct. 10, at The Sheid at ASU-Mountain Home and Friday, Oct. 11, at The Durand Center in Harrison. The decision to move the event was made after careful consideration of various factors, including proximity of the original date to the 2024 solar eclipse, and the new date aligning to Medicare Open Enrollment, which will allow for opportunities for the community to ask questions.

"We believe that moving the Baxter Health Fair and Expo to October will allow us to provide an even more enriching experience for our community. We look forward to sharing some exciting things that will be on display as we get closer to the new date," said Tobias Pugsley, vice president of marketing and communications, at Baxter Health.

KTLO's Heather Loftis notes, "The Medicare Open Enrollment period is of great importance to a large number of area residents, so this date means attendees will be able to access the latest information to make good decisions about their plans. Aside from all the available, informative aspects on health and wellness for the family, we expect the fresh look and vibe of the new Mountain Home venue to add energy and excitement to this highly anticipated event, while everyone will enjoy the notably better fall weather! Mark your calendars now to join us for a fun day in Mountain Home on Oct. 10, or in Harrison on Oct. 11!"



**OUTRUN
CANCER 5K**

Peitz Cancer Support House's second annual Outrun Cancer 5K was on Saturday, June 1 on the ASUMH campus. The cancer survivors and their loved ones are always an inspiration to all of us. A special thanks to the community, event sponsors, PCSH Advisory Board, and volunteers for their commitment to the programs and services of the Peitz Cancer Support House.



+ KICKOFF FOR 2024 WOMEN IN PHILANTHROPY

In June, the 2024 Women in Philanthropy group gathered with a lively event on Baker Street in downtown Mountain Home. Members celebrated the impact of their generosity in 2023 and looked forward to expanding the group this year. It's not too late to join — new members are welcome anytime throughout the year! We will host another event in the fall and hope to see new faces. Join us in making a difference in our community's healthcare needs. To learn more about Women in Philanthropy go to: baxterhealth.org/wip



Protect What Matters Most.

Call us for your free, no obligation consultation!

yelcot.com
866-323-2355



Lic. # E20100091
P2202-1

WHERE PETS BRING THEIR PEOPLE.



Dr. Sarah Shedenhelm, DVM
Dr. Erin Cranfill, DVM
200 Bomber Blvd., Mtn. Home, AR 72653

870-425-4525
BaxterCountyAnimalClinic.com



What if insurance was easy?



Ashley Havens, Agent
2183 Hwy 62 W
Mountain Home, AR 72653
Bus: 870-492-2450
240 E Main St.
Flippin, AR 72634
Bus: 870-453-2287
ashley@ashleywhavens.com



State Farm
Bloomington, IL
2209502

FOUNDATION

GRANT FROM BLUE & YOU FOUNDATION BOLSTERS BAXTER HEALTH FOOD PANTRY

COLLABORATIVE EFFORT ENSURES FOOD PANTRY AID FOR PATIENTS IN NEED

Baxter Health Foundation is very thankful for the \$2,000 grant provided by the Blue & You Foundation for a Healthier Arkansas. Together with our Continuity of Care Department we



were able to secure this grant that will help fill our Baxter Health Food Pantry for our patients in need of assistance upon discharge from our hospital. We are proud to be able to provide this immediate assistance before patients get home and can secure more food resources through our local food banks.

Pictured: Lilian Browne, Social Worker, Continuity of Care (left) and Sarah Edwards, Executive Director, Baxter Health Foundation (right).

MOVERS AND NEWCOMERS



NESTOR ARITA, MD
BAXTER HEALTH HEART & VASCULAR CLINIC

Baxter Health welcomes Nestor Arita, MD, a board-certified vascular surgeon, to Baxter Health Heart and Vascular Clinic. Born in Honduras and raised in Miami, Dr. Arita attended Baylor College of Medicine and completed a vascular and endovascular fellowship at Wake Forest University School of Medicine, gaining expertise in various vascular conditions. He specializes in both open and endovascular treatment methods. In his spare time, Dr. Arita enjoys spending time outdoors with his wife and their two children.



JASON LINDSAY, MD
BAXTER HEALTH UROLOGY CLINIC IN MOUNTAIN HOME

Baxter Health welcomes board-certified urologist Dr. Jason Lindsay to the newly opened Baxter Health Urology Clinic in Mountain Home. Dr. Lindsay, part of Baxter Health since 2006, previously practiced at Mountain Home Urology, which became Baxter Health Urology Clinic on July 1. A Louisiana State University graduate, he earned his medical degree from LSU Health Sciences Center and completed residencies in general surgery and urology at the University of Alabama in Birmingham. Outside of work, Dr. Lindsay enjoys riding horses, the lake, and quality time with his wife and son.

+ ASUMH AND BAXTER HEALTH RECEIVE \$625,175 GRANT FOR NURSING PROGRAMS

Arkansas State University-Mountain Home (ASUMH) and Baxter Health received a \$625,175 grant from the American Rescue Plan Act for the Arkansas Linking Industry to Grow Nurses (ALIGN) Program. The grant, presented by Governor Sarah Sanders, will create a clinical pre-residency for nursing students, enhancing education with expanded simulation labs and standardized practices.

This initiative aims to increase LPN

and RN admissions at ASUMH, recruit clinical nurse educators, and expedite graduate integration into hospital roles. The grant will benefit about 75 students, with preceptorships, specialized training, and hands-on experience. ASUMH will hire a Clinical Nursing Educator and Coordinator, and the grant will provide advanced simulation equipment.

For more information, contact ASUMH at 870-508-6100 or Baxter Health at 870-508-1000.

Anstaff BANK

A Family Banking Tradition in Mountain Home

Discover personalized banking at Anstaff Bank with two convenient Mountain Home locations. We offer exceptional service, local expertise, and comprehensive financial solutions.

150 West End Way & 777 Highway 412/62 E • AnstaffBank.com

BRYAN BELL
CONSTRUCTION, INC.

CUSTOM HOMES/COMMERCIAL/REMODELING
LICENSED CONTRACTOR

"For those who demand Quality"
870-424-6969

SERVING THE TWIN LAKES AREA FOR OVER 30 YEARS...

3938 E. Arkansas Ave.
Mountain Home, AR 72653

BryanBellConstruction.com

Pain Medication, Drug or Alcohol Problems?
WE CAN HELP.

B | **FIRST STEP**

(870) 508-7590
BAXTERHEALTH.ORG
624 HOSPITAL DRIVE
MTN. HOME, AR 72653



BAXTER HEALTH

FULTON COUNTY HOSPITAL

In celebration of National Hospital Week, Anthony Reed, Interim Administrator of Fulton County Hospital, surprised the employees with their new Baxter Health Fulton County Hospital T-shirts.



Jason Wilson Katie Schneider Melissa Miller Tracey Adams Sally Gilbert Shawna Rosson

Our lenders pride themselves in knowing the ins and outs of their profession. Give us a call, or stop by to discuss how we can help with your specific financial needs.

We're In Your Corner.

870.425.2101 | 502 South Hickory | Mountain Home, AR

Farmers & Merchants Bank

Member FDIC

Schedule your evaluation today with **Eric A. Arp, D.P.M.**

- Board Certified in Foot Surgery
- Diplomate, American Board of Podiatric Surgery
- Fellow, American College of Foot & Ankle Surgeons
- On Staff at Baxter Regional Medical Center

ARP FOOT & ANKLE CLINIC, PA
Medical & Surgical Podiatric Care SINCE 1996

Toll Free: 1-888-425-7363
870-425-7363
ArpFootAndAnkle.com

Treat your feet with the most effective, state-of-the-art, quality foot and ankle care. Now serving the area with two convenient clinic locations.

Mountain Home 870-425-7363 801 South College St.
Harrison 870-365-3668 3108 Meadowmere Lane

CHANGING LIVES

- » Achieve High Job Placement Rates Upon Graduation
- » Real-life and Simulated Scenarios for Practical Learning
- » Develop Skills to Fuel Your Passion in Every Phase of Life

Certified Nursing Assistant (CNA)
Practical Nursing (LPN)
Registered Nursing (RN)
Emergency Medical Technician (EMT)
Paramedic Technology
Emergency Medical Services (EMS)
Phlebotomy
Professional Medical Coding

ASUMH.edu
870.508.6100

CALENDAR

**AUGUST -
OCTOBER 2024**



Hawg Wild TAILGATE Party!

21

of September
The Schliemann Center for Women's Health HAWG WILD TAILGATE PARTY will be Saturday, Sept. 21 from 6 to 10 p.m. and will include a live stream of the Arkansas vs. Texas A&M game, outdoor games including a cornhole tournament, a BBQ dinner, drinks, and silent auction. Tickets can be purchased at the Schliemann Center, online at baxterhealth.org/HawgWild, or by calling (870) 508-2345.

REOCCURRING

Mruk Family Center on Aging

Fit & Fab for Women. Wellness Education Center, Tuesdays and Thursdays, 9:15 a.m. or 10:15 a.m.

Fitness for Men. Mondays and Wednesdays at MFCOA, 9:15 a.m.

Rock Steady Boxing for Parkinson's. Mondays, Wednesdays and Fridays, times vary.

Seated or Standing Exercise for Seniors. Tuesdays and Thursdays, 10 a.m.

Parkinson's Carepartner Support Monthly, 2nd Thursday, 10 a.m. Please call for specific location.

Dementia Care Partner Support. Monthly, 4th Thursday 1-2 p.m.

Schliemann Center for Women's Health

Childbirth. Monthly, 2nd Saturday, 9 a.m.

Crafting Class. 1st and 3rd Thursday, 10 a.m.

Breastfeeding. Monthly, 3rd Tuesday, 5:30 p.m.

Heart Healthy Women. Monthly, 2nd Thursday, 1 p.m.

Infant Loss & Support. Facilitated by Deanna Howarth-Reynolds, LMFT, Lighthouse Counseling of the Ozarks, Monthly, 1st Thursday, 5:30 p.m.

Novel Women's Book Club. Monthly, 3rd Wednesday, 1 p.m.

Ladies Exercise. Wednesdays, 10 a.m.

Line Dancing. Tuesdays, Wellness Education Center, Pre-beginner steps at 11:15 a.m., Beginners at 12 p.m., Advanced at 1 p.m.

Dance! Mondays and Wednesdays, Wellness Education Center, 4:15 p.m.

Cardio Kickboxing & Strength Training. Mondays and Wednesdays, 5:30 p.m.

Peitz Cancer Support House
Cancer Support Connections. 2nd & 4th Tuesdays, 10 a.m.

Men's Cancer Discussions. Monthly, 2nd Thursday, 9 a.m.

Ostomy Wellness. Monthly, 1st Tuesday, 10 a.m.

Threads of Hope: Creating Gifts for Cancer Patients. Mondays, 1 p.m.

Knock Out Cancer Boxing. Tuesdays and Thursdays, 3:30 p.m.

Beginner & Intermediate Yoga. Tuesdays and Thursdays, 8 a.m.

Chair Yoga. Mondays and Wednesdays, 10 a.m.

Services & Resources for Cancer Patients and Loved Ones. Monday-Thursday, 9 a.m-4 p.m.

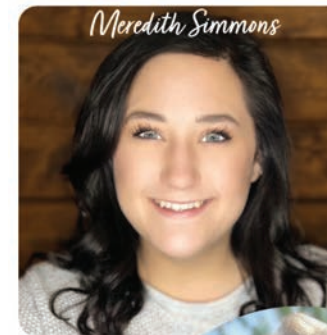
FOR MORE INFORMATION

BAXTER HEALTH WELLNESS EDUCATION CENTER
2545 Hwy. 5 North
(870) 232-0040
By Appointment Only

MRUK FAMILY CENTER ON AGING
618 Broadmoor Drive
(870) 508-3880

PEITZ CANCER SUPPORT HOUSE
315 Powers St.
(870) 508-2273

SCHLIEMANN CENTER FOR WOMEN'S HEALTH
606 Broadmoor Drive
(870) 508-2345



Meredith Simmons

Meet Our
Home Care Advisor Team!



Robin Barrett



Susan Stockton

Home Instead.
Call (870)425-0700 or
visit HomeInstead.com/661

Each Home Instead® office is an independently owned and operated franchise of Home Instead, Inc., an Honor Company. © 2023 Home Instead, Inc.

Services We Provide

- Personal Care
- Companionship
- Meal Prep
- Transportation
- Hospice Support
- Memory Care
- Arthritis Care
- Diabetes Care
- Chronic Conditions Support

- Hernia Repair
- Gallbladder Surgery
- Robotic Surgery
- Breast Surgery
- Vascular Surgery

OSG

OZARK SURGICAL GROUP
GENERAL AND VASCULAR SURGERY

- Colorectal Surgery
- Vein Treatments
- GI Procedures
- Skin Procedures
- Wound Care

901 Burnett Drive Mountain Home, AR | 870-425-9120 | www.ozarksurgicalgroup.com



Jacob L. Dickinson, MD



Jennifer T. Foster, MD



John Austin Carlisle, DO



David M. Harrison, MD



Megan Terry, APRN



Isaac Gaston, APRN



Nate Blanton, APRN

ENHANCE YOUR CONFIDENCE

Newman, MD Plastic Surgery offers surgical services, as well as IV injectables, Botox, dermal fillers, CoolSculpting®, and HydraFacial®. Our in-office procedures include Facelift, Fat Transfer, Temporal Lift, Frost Peels, and SkinPen with PRP.

Newman, MD

PLASTIC SURGERY

Adam G. Newman, M.D.

BOARD CERTIFIED AMERICAN BOARD OF PLASTIC SURGERY

130 East 9th St., Mtn. Home, AR 72653

3733 N Business Drive, Suite 102 Fayetteville, AR 72703

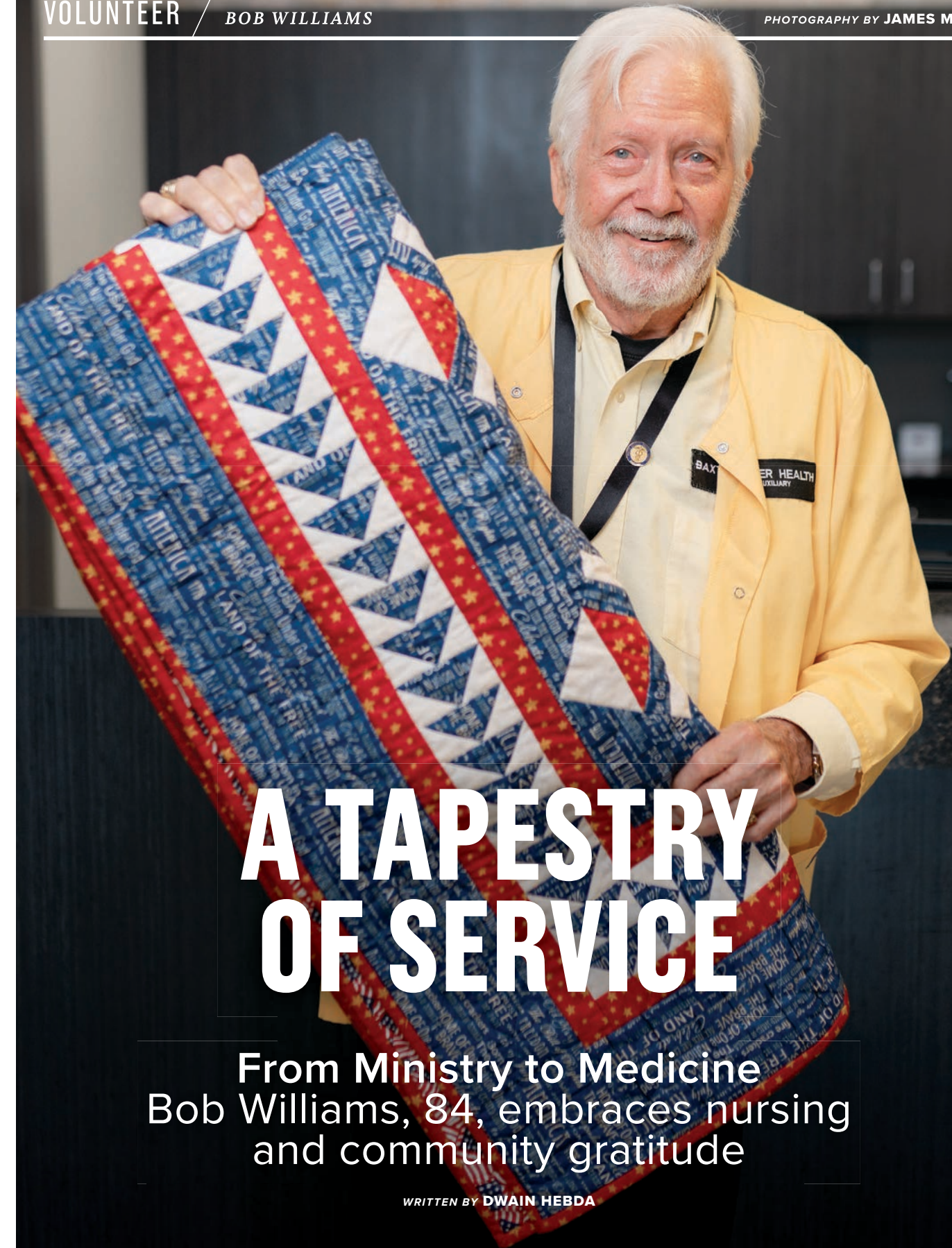
Office: (870) 425-NEWU (6398)

NewmanMDPlasticSurgery.com



VOLUNTEER / BOB WILLIAMS

PHOTOGRAPHY BY JAMES MOORE



A TAPESTRY OF SERVICE

From Ministry to Medicine
Bob Williams, 84, embraces nursing and community gratitude

WRITTEN BY DWAIN HEBDA

Don't settle for average.

Unless you're in the market for it.

Multi-Million Dollar Producer Since 2002

2023, 2022, 2016 National Masters Award - Diamond

2021, 2020, 2015 National Masters Award - Centurion

2018 National Masters Award - Ruby

2013, 2014, 2017, 2019 National Masters Award - Emerald

2008, 2011 CENTURY 21 LeMac Realty's Top Listing Agent

2007, 2009 Top Produced for CENTURY 21 LeMac Realty

2007, 2010, 2013-2020 Top 21 Sales Associate Award

2006 No. 1 CENTURY 21 Agent in Arkansas

century21.com

© 2018 Century 21 Real Estate LLC. All rights reserved. CENTURY 21®, the CENTURY 21 Logo and C21® are registered service marks owned by Century 21 Real Estate LLC. Century 21 Real Estate LLC fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Each office is independently owned and operated.

RELENTLESS MOVES.

Danny Porter, Sales Associate

Cell Phone 870-421-7978

realtordp@centurytel.net • www.DannyPorter.com

Serving Buyers and Sellers Since 1983.

CENTURY 21.

LeMac Realty

“I was volunteering in a hospital, and I wanted to have a better understanding of the things the people were going through,” he said. “I was coming in contact with medical conditions every day, and I believed I could be a better resource if I had a little more education.” – Bob Williams

Bob Williams entered the classroom and took a seat, trying not to focus on the butterflies in his stomach. Like a lot of first-year nursing students, Williams had the opening-day jitters over this new adventure, something many aspiring nurses feel in private.

But for Williams, there was no place to hide. At 84, he stood out from the rest of the class and continues to, although the shock of entering the classroom after so many years in his ministry career was something he not only felt. His classmates were intrigued and inspired by it as well.

“I definitely stood out,” Williams said. “It was an adjustment for everybody.”

Williams’ decision to begin his journey toward a nursing degree is just the latest chapter of a life lived in service to others over self. An Episcopal priest, Williams served for decades as a Marine chaplain, which took him across the country and around the world to minister to service men and women.

Once his military career ended, he landed in Mountain Home where he became pastor of St. Andrew’s Episcopal Church, serving the faithful and tending to their spiritual needs. He retired once, but a lack of available clergy drew him back into active service. As the church’s website reads, “He’d like to retire again.”

As part of his duties as pastor, Williams found himself regularly visiting the hospital to call on the sick and give them comfort. That work led him to volunteer hours, and today he spends one day a week at the reception desk in the surgery department where he greets patients and their families.

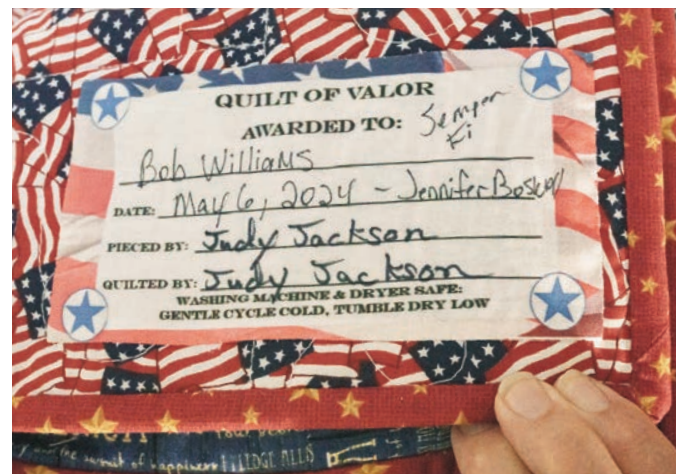
“I had to cut back a little when I started nursing school,” he said. “I just go wherever they send me.”

As for his decision to pursue a nursing degree in the first place, Williams said he simply saw it as another way to improve how he served people through the channels of what he was already doing.

“I was volunteering in a hospital, and I wanted to have a better understanding of the things the people were going through,” he said. “I was coming in contact with medical conditions every day, and I believed I could be a better resource if I had a little more education.”

Williams’ service doesn’t go unnoticed. The mother of an employee recently made him a patriotic quilt as a gift, and he’s also well-known for spreading good cheer as the bartender during fundraisers for the Baxter Health Community Houses. He encourages more people to spend a little time in service to others.

“There’s always something people can do to get involved,” he said. “I would tell anyone looking for a way to give back to the community to look at the hospital first.” ■



Great Smiles Start Here

Irvin DeAtley, DDS
Christina DeAtley, DDS



870-425-1441 | deatleydental.com
320 East 7th Street, Mountain Home, AR 72653



TWIN LAKES

ORTHOPAEDICS & SPORTS MEDICINE

RUSS B. RAULS MD JASON P. MCCONNELL MD DON B. FRANKLIN MD
(870) 424-3400 | 3 MEDICAL PLAZA, MOUNTAIN HOME, AR



EXPLORING THE
INTRICATE VASCULAR
SYSTEM, BAXTER
HEALTH WELCOMES
TWO NEW SURGEONS,
DR. NESTOR ARITA AND
DR. HEATH BROUSSARD,
TO ENHANCE PATIENT
CARE AND EXPAND
SERVICES

WRITTEN BY DWAIN HEBDA | PHOTOGRAPHY BY JAMES MOORE

LIFELINE WITHIN



“There’s a strong foundation at Baxter Health. A lot of the infrastructure that you need for these types of procedures is actually there with room for growth.”

– Dr. Nestor Arita

The body is an amazing creation, a finely engineered machine that incorporates some of the most sophisticated systems ever seen. Within each of us lies a complex integrated network that rivals anything we as a species have created, from the supercomputer of the human brain to the tireless power plant of the heart to the brilliant framework of bones, muscles and tendons by which we move, work and live.

Not the least of these incredible structures is the vascular system, the network of piping that carries blood to and from organs and extremities. Maintaining this intricate system are vascular surgeons who work to keep the river of life flowing.

“The way I describe vascular surgery to a layperson is that it is a field that deals with pathology or disease processes of arteries and veins,” said Dr. Nestor Arita, a member of the vascular team at Baxter Health.



“Predominantly, the territory of the vascular surgeon will be in the head or neck region, the arms, legs, abdomen and almost any blood vessel outside of the heart in the chest.

“In terms of specific disease processes, some of the most common disease processes we deal with are basically blockages or aneurysms that lead to different problems, depending on where they are located within the body.”

Arita is the latest surgeon to join the Baxter Health team, having arrived from a regional hospital in Jackson, Tennessee, in August. His arrival comes on the heels of Dr. Heath Broussard, who joined Baxter

(Above) Dr. Broussard in surgery. (Opposite, bottom) Levi McDole, RT(R), Cath Lab, in the Baxter Health hybrid room, a unique space that can be used by a combination of Cath Lab and Vascular Surgery teams depending on the surgical case.

Health in March and also came here from Jackson, Tennessee. The two newcomers join Baxter Health vascular surgeon Dr. Kent Nachitgal to create a formidable pool of experience and expertise in the area of vascular medicine.

“(Baxter is) definitely in a growth and developmental stage in its specialties,” Broussard said. “They’ve had vascular surgery for as long as you can count, but it’s

usually always been one person. It’s hard for one person to provide full service 24/7, 365.

“I’d been in private practice for 25 years, and I wasn’t looking for a job, but I was encouraged to come check out Mountain Home. I came up for an interview and was very impressed with the culture and the hospital. I think (Baxter CEO and President) Ron Peterson has helped develop an excellent patient-focused culture in the hospital. It’s something that’s very noticeable to me, having traveled all over the country and getting to see many hospital systems.”

Broussard, a Louisiana native who received his medical training at LSU, was so taken

with what he saw that he actively recruited Arita to join him, having worked together on complex cases back in Tennessee.

“There’s a strong foundation at Baxter Health. A lot of the infrastructure that you need for these types of procedures is actually there with room for growth,” said Arita, who earned his medical degree from Baylor College of Medicine in Houston. “I’m specifically referring to the hybrid room, which is an operating room that’s equipped to do open surgery and then also do a lot of these minimally invasive techniques that are prevalent in our industry. Working for a hospital that’s so progressive is important because that’s the kind of mindset that you need to have in order to grow a vascular surgery program.

“I also felt that there was an opportunity here to have, hopefully, a significant impact. There’s a lot of need in the area. As a department, we’re hoping we can provide new services and new surgery care for the immediate and outlying community. I’m hopeful to just be able to go in and really expand on that and perhaps bring in some new techniques to what is already a very strong program.” ■



“Ron Peterson has helped develop an excellent patient-focused culture in the hospital.”

– Dr. Heath Broussard



RIGHT PLACE, RIGHT TIME

Rita Wood's Life-Saving Surgery at Baxter Health

WRITTEN BY DWAIN HEBDA | PHOTOGRAPHY BY JAMES MOORE

When it comes to a pioneer spirit, Rita Wood is the real deal. The 81-year-old lives between the tiny communities of Glenco and Agnes, a spot she's tended and called home for the past 45 years. During her working life, she worked at a shirt factory in nearby Salem for more than two decades and then served about as long as a court reporter for Judge Harold Erwin. When he retired a few years back, so did she. She came home, took care of her garden and watched the world go by.

Living such a life of self-reliance and fortitude has its privileges, apparently; until very recently, she's never had any major health problems and never spent a night in the hospital. Talking to her over the phone, one wouldn't even guess Wood's an octogenarian. Told this, she chuckles.

"Well, I might have sounded a little bit older a few months ago," she said.

It was then, in April 2024, that Rita Wood finally came up against something she couldn't tough out or bend to her considerable spirit. Having felt some pain for a while, she'd just gone about her business as the discomfort came and went. That is until the day it came with a vengeance and wouldn't let go.

"It was a bolt from the blue," she said. "At the time, I thought maybe

it was a kidney stone because the pain was in the back and the side. I was thinking eventually it will pass or whatever, and I tried ignoring it."

Finally, when the pain got to "probably about a 15" on a scale of 1 to 10, Wood called for help.

"I don't like to go to the doctor often," she said matter-of-factly, "but I was almost rolling in pain. I mean, I couldn't get comfortable. I knew there was something really bad, really going wrong. Finally, it let up enough that I could call my daughter and have her come pick me up and take me over to the emergency room in Salem."

A CT scan in Salem revealed an abdominal aortic aneurysm, something beyond the staff's capacity to treat. Wood was whisked to a waiting ambulance to make, in her words, "a very quick trip from Salem up to Baxter Health at Mountain Home."

"I remember pulling up to the hospital, and I can remember feeling them pulling me out," she said. "And after that, I don't really recall anything until I came into recovery and woke up."

Dr. Heath Broussard, vascular surgeon, answered the phone around midnight. In the every-other-week rotation in the emergency department it was his week off, but the tone of the attending physician, fellow vascular surgeon Kent Nachtigal, told him something serious had just arrived at the hospital.



Rita Wood at Baxter Health (Below) Dr. Nachtigal, Rita Wood, and Dr. Broussard together in clinic a few weeks after her surgery.



"It was a complicated aneurysm that typically would not be able to be repaired in Mountain Home," he said. "Usually, they would have to be shipped off somewhere like St. Louis or Little Rock, but Dr. Nachtigal asked me to come in and take a look at it and see if there was anything we could do here. He didn't think she would survive if we had to ship her that far away."

Reporting to the hospital, Broussard concurred with Dr. Nachtigal's assessment that the woman, Rita Wood, wouldn't make it to the OR in any of the urban hospitals. To further complicate matters, Wood wasn't a good candidate for open surgery, given her age, and would likely die on the operating table during such a procedure.

Broussard had one trick left in his bag, a relatively new procedure known as endovascular repair of the aortic aneurysm with laser fenestration of the visceral vessels. At the time, he was the only physician at Baxter Health trained in the procedure.

"Basically, it's a way of putting a stent inside the aorta through a little needle hole in the groin," he said. "With traditional repairs, a stent is put below all of the blood vessels that go to the intestines and the kidneys. The stents are not designed to go above there because they block arteries, but she didn't have enough room below those blood vessels for the stent to seal itself in there to seal the leakage."

"The procedure I did put the stent all the way up and covered all of those blood vessels, and then I used a laser to

burn a hole in the fabric of the graft to restore blood flow — one artery to each kidney, one artery to the small intestine and colon and one artery to the stomach and the liver."

The procedure, which took two hours to complete, worked like a charm. Wood was only confined to the hospital for a couple of days.

"It was just an amazing experience," she said. "I kind of felt like a celebrity while I was up there. They couldn't have been kinder or better to me."

A little more than a month later, Wood was back tending her garden with a new appreciation for the wonders of modern medicine and the compassionate care she received at Baxter Health. Her close brush with mortality hasn't been lost on her.

"If they'd have cut me open, I might've just completely, you know, lost it," she said. "If Dr. Broussard wasn't there or he wasn't familiar with the procedure that they did, they would've had to send me on. And had they sent me on, I don't think I would be here today."

For his part, Broussard said he was just doing his job, although he admitted that such an encounter represents the pinnacle of any physician's career.

"Saving a life is, obviously, the greatest job satisfaction that I can get — to see that person in the clinic two weeks later and for them to stand up and thank me and give me a hug," he said. "I guess she was just fortunate to be in the right place at the right time and everything lined up right. It all worked out well." ■

“If Dr. Broussard wasn't there or he wasn't familiar with the procedure that they did, they would've had to send me on. And had they sent me on, I don't think I would be here today.”

— Rita Wood



COMMERCIAL INSURANCE

- Property
- General Liability
- Commercial Auto
- Workers Compensation
- Medical Malpractice
- Bonds



PERSONAL INSURANCE

- Home
- Auto
- Watercraft
- Personal Articles
- Health
- Life



EMPLOYEE BENEFITS

- Group Medical
- Group Dental
- Group Disability
- Group Life

TG Todd Gilbert
INSURANCE

*Large Enough to Serve —
— Small Enough to Care*

Give Us A Call **TODAY!**

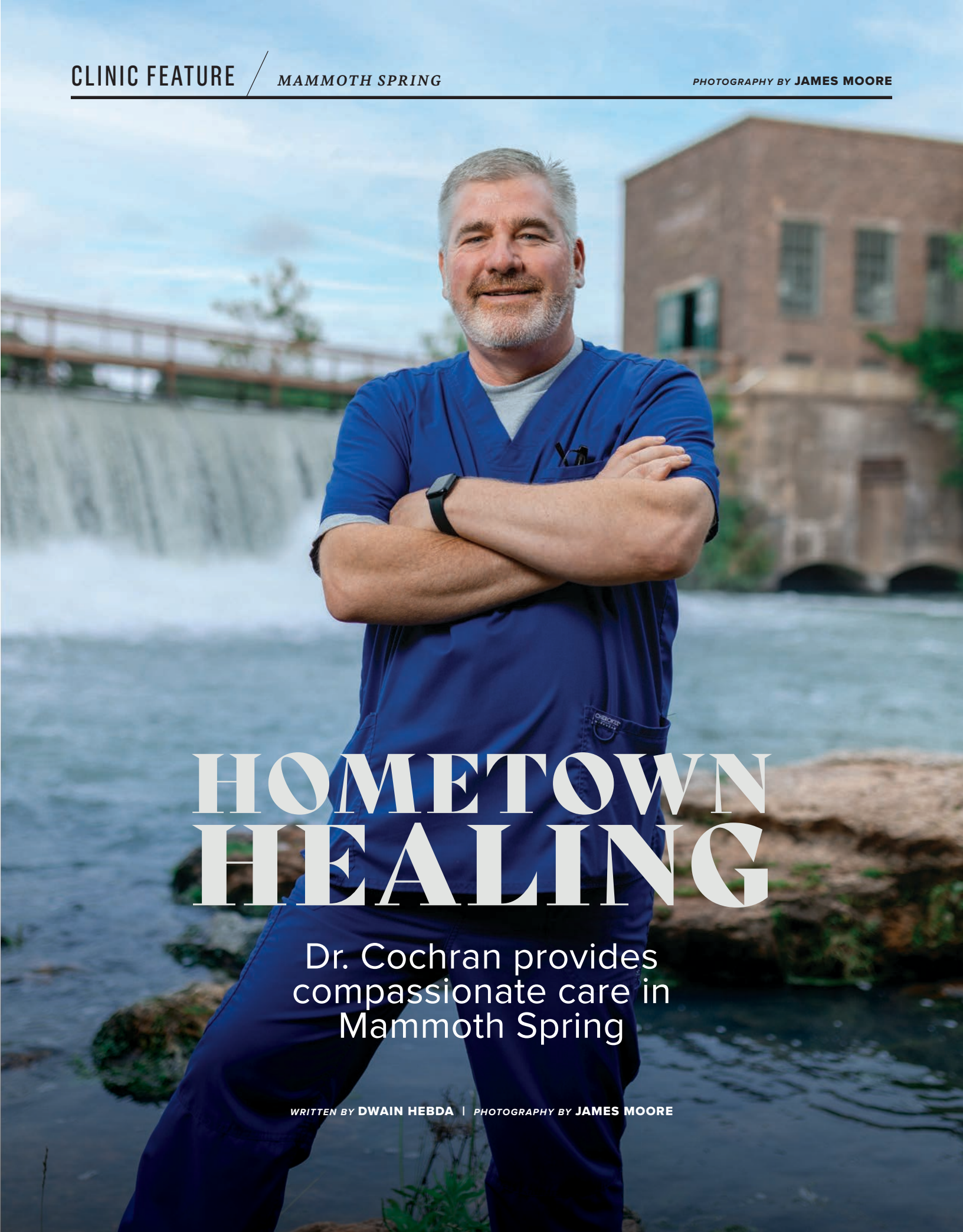
870.425.4040

713 South College Street • Mountain Home, AR 72653
todd@toddgilbertinsurance.com

CLINIC FEATURE

MAMMOTH SPRING

PHOTOGRAPHY BY JAMES MOORE



**HOMETOWN
HEALING**

Dr. Cochran provides
compassionate care in
Mammoth Spring

WRITTEN BY DWAIN HEBDA | PHOTOGRAPHY BY JAMES MOORE

Reached at his home in Mammoth Spring, the small north Arkansas community where he grew up and was first inspired to pursue medicine, Dr. Chris Cochran asks the caller's pardon for the racket outside his window.

"Just listening to the cicadas sing," he said.

Mammoth Spring is the kind of place where the songs of the summertime warbler insects aren't drowned out by excessive traffic, just as its thousands of fireflies' brilliance isn't diminished by neon and streetlights. It is also generally not the kind of place that can support its own resident physician, even one who cherishes the familiar confines of his hometown as Cochran does. Yet here he is, reporting to work at Baxter Health Cochran Internal Medicine Clinic where he serves a full slate of people, many of whom aren't just patients but bit players in his life story.

"I've done colonoscopies on about four or five of my former teachers," he quips. "Half the downtown has my cell phone number. That could get old in a hurry, I suppose, but it's just part of the deal. It gives me a measure of augmentation that I didn't expect.

"When I moved back to my hometown, I didn't realize the joy of feeling that I'm as good as I am at what I do, not by virtue of comparing myself to my colleagues but just by the satisfaction of walking into a room for a followup and finding people are glad that I'm there. I do relish that."

Cochran's parents — his father a pharmacist and his mother a wildlife biologist — nurtured in him an early love for the sciences. After graduating with a degree in biology from Lyon College in Batesville, he headed for medical school at the University of Arkansas for Medical Sciences in Little Rock, then on to the University of Missouri Kansas City for his internship and residency. He spent the first

decades of his medical career in nursing home and hospital work before deciding to return to Arkansas — for the first year on his own dime. If he had any illusions about the manner and degree to which small-town health economics had changed, that first year erased them.

"I can tell you, the old days are over for health care," he said. "My accounts receivable just sat there and fermented for three or four months before I saw a dime come in. Thankfully my wife, Niki, is a savings disciple so we had a pretty good safety net. But I couldn't have done it without that."

Survive he did. Now with the backing of Baxter Health, Cochran is happily serving patients who appreciate it. They need him, that much is clear, but what was more of a revelation was how much he needed them back.

"It's just a void in small towns across America as far as health care is concerned," he said. "I'm here for the community, to help them, to bring real, qualified expertise. I think that the town really appreciates it because they know that they're safer living here, and for me it has been so rewarding."

The one question that keeps popping up among his colleagues and friends not from here is the emotional toll such work takes. "How can you handle treating people you know," they ask, "or see suffering in old friends and classmates?"

"Well, you know, after so many years that emotion muscle is really honed, and I can channel that very well at this point," he said. "What I'm into now is, I don't want anybody else taking care of those people because I know they won't do as good a job as I do. They simply won't care in the same way I do.

"There was this poor lady, she was a couple of years behind me in high school, and was just very unlucky and got two or three different cancers in her lifetime until finally one of them got her about a month ago.

"There was this poor lady, she was a couple of years behind me in high school, and was just very unlucky and got two or three different cancers in her lifetime until finally one of them got her about a month ago.



“ People ask how can I take care of people I know like that, and I say it’s because I know them that makes me care about them on a different level ... It’s just a different connection and something I try to honor in how I treat them.”

— Dr. Chris Cochran

A man I know got lung cancer and brain cancer and showed up in my office not even hardly knowing his own name.

"People ask how can I take care of people I know like that, and I say it's because I know them that makes me care about them on a different level than if they were just strangers who came into my office. It's just a different connection and something I try to honor in how I treat them." ■

Bank Better *with people you know.*



Summerlynn Scalf, Teresa Wehmeyer, Tanya Fust & Joyce Lechtenberger

Get the financial solutions that help you live better – and the personal service that sets our local team apart. Everything to fit your needs. Always here for Mountain Home. Connect with us today!



Main Banking Center 105 E. 9th 870.425.2166	North Banking Center 520 Hwy. 5 N. 870.424.8090	North East Banking Center 949 Hwy. 62 N.E. 870.424.8054	Walmart Banking Center 65 Walmart Dr. 870.424.7040	Gassville Banking Center 747 Hwy. 62 W. 870.435.7447	Bull Shoals Banking Center 907 Central Blvd. 870.445.4505	Mountain View Banking Center 601 E. Main St. 870.269.7979
---	---	---	--	--	---	---



Correct your skin today, protect your skin tomorrow, maintain your skin for life.



Our team uses the latest technology and treatments for diseases of the skin, skin cancers, and other dermatological situations. We offer state-of-the-art equipment and techniques to offer patients the best care solution to their issues and skin care needs.

DR. MARK KING • DR. MARK HAMMONDS
2062 HWY 62 WEST, MOUNTAIN HOME, AR 72653
870-425-5464
KINGDERMATOLOGY.COM

Kirby & Family
Funeral & Cremation Services

~ Since 1976 ~
There Is A Difference

Serving families throughout the region for generations.

Cemetery Sections	Types of Services	Funeral Options
Traditional & Green Burial Scattering Garden	Design Your Own Funeral Service at the Location You Select	Cremation or Burial
Mausoleum, Crypts & Niches	Gathering of Friends	Companion Creature (Pet) Options
Personalized Benches	Traditional Church Service	Eco-Friendly Burial Urns for Water or Land
Veteran's Garden	Catering For Visitations	Green Options
Catholic & Masonic	Life Celebrations & Tributes	

"We are proud to be our area's original family funeral home."
Jason & Jessica Kirby

Mountain Home
600 Hospital Drive • 870.425.6978

Bull Shoals
717 Central Blvd. • 870.445.4227

KirbyAndFamily.com



870-508-1771 | (800) 711-9596 | HospiceoftheOzarks.org

Hospice of the Ozarks

We focus on quality of life, so you can focus on making every moment count.

AFFILIATED WITH
BAXTER HEALTH

Administrative Office | 811 Burnett Dr., Mtn. Home, AR 72653 | (870) 508-1771 | (800) 711-9596
Hospice House | 774 Long Street, Mtn. Home, AR 72653 | (870) 508-1200

Feeding Hope

Amid Arkansas' food insecurity crisis, Baxter Health works to support discharged patients in need, embodying a commitment to community care and health equity

BY DWAIN HEBDA

The news that landed late last year was shocking — Arkansas, a state where agriculture was the leading economic driver, that led the nation in rice production and was home to one of the biggest food processors in the world, was also the hungriest state in the nation.

According to statistics reported in November by the USDA Economic Research Service, an average of 16.6% of Arkansas households were food insecure between 2020 and 2022, more than any other U.S. state and nearly five percentage points over the national average. More sobering still, 20% of Arkansas' children, one out of every five, lived in food-insecure households.

Unlike many people, Lilian Browne wasn't surprised at the numbers. As a social worker for Baxter Health, she regularly comes face to face with patients who are leaving the hospital to return to empty cupboards and bare refrigerators.

"This has always been an issue in our community and every community, probably," she said. "Food insecurities are a big problem, and not all the population that we serve qualifies for SNAP benefits. They can be helped by the local food banks one time, but after that, they have certain criteria that they have to meet to be able to receive help."

Browne said other restrictions and issues with existing organizations led her to conceive of an idea to establish a food closet at the hospital to serve patients who needed it after being discharged. She found ready allies in the idea, fellow employees who not only saw it as the right thing to do but as a way for Baxter Health to live out its Health Equity mandate. Health Equity, a requirement by the Centers for Medicare & Medicaid Services, compels health providers to examine health issues within their communities and to develop strategies for meeting them across the board.

Strengthening Community Support

Baxter Health Crossroads Family Clinic collaborates with Hometown Brew coffee shop to tackle hunger amidst rising community needs

Residents of Harrison and the surrounding vicinity recently got a new way to help combat hunger in their community. Last year, Baxter Health Crossroads Family Clinic recently received a \$700 gift as a result of being the featured charity of the month by the local Hometown Brew coffee shop. That money was used to create and stock a food pantry at the clinic, which opened around the beginning of the year.

Melissa Walker, office manager, said the resource is open to anyone in the community and has been utilized at least once per week since then. Clinic personnel help people seeking food get the correct items by asking questions about recipients' food allergies, ability to heat items and if they have needed utensils. Walker noted the community needs have escalated in the wake of recent violent storms in the area.

The pantry will accept donations from any individual, group or organization. Needed are nonperishable items such as boxed, shelf-stable food, canned goods, baby food, baby formula, diapers, baby clothes and personal hygiene items. Often overlooked items such as plastic tableware and can openers are particularly appreciated.

The clinic is located at 1420 Highway 62-65 North, Suite 1 in Harrison. For more information or questions about donations, please contact Melissa Walker via the clinic's Facebook page or by calling 870-741-6111.



"We've been tasked by CMS to ensure that we are assessing our patients for social determinants of health, and one of those buckets is food insecurity," said Tammy Penka, director of quality at Baxter Health. "Last year, we formed a health equity steering committee, and one of our initiatives has been to put together a food and hunger resource guide, which has taken a lot of effort through lots of different people within our organization."

The food closet became a reality last fall and since opening has served 85 patients. Browne said the program provides food that accommodates other issues patients may be facing.

"Our goal here is to be able to meet that immediate food insecurity," she said. "Often times, people get bags of food that don't necessarily include things patients need.



For example, bags included certain things that patients couldn't chew if they didn't have any teeth. They might have had things that needed to be cooked or had cans that couldn't be opened because they didn't come with a can opener. Well, if I'm home-



(Above) Josh Fletcher loads up his cart to deliver supplies and food for those impacted by the recent tornadoes. (Opposite, top) Debbie Wood and Natalie Amato help out shelves food with Food Bank of NCA CEO Jeff Quick. (Opposite, bottom) Baxter Health gave a check to the Food Bank of NCA from their food drive hosted during National Hospital Week. Pictured from left are James Douglas, Debbie Wood, Jeff Quick, Kinley Prichard, Tobias Pugsley, Natalie Amato and Donna Kelso.

less, if I don't have a home, I don't have a way to cook or to open anything."

Funds for the project come from the Friends Fund, a pool of money to which most employees contribute to help address various causes and emergency assistance.

"The organization has an employee fund drive every year, and our employees, probably 75% to 80% of them, give to the fund," said Sue Rodden, director of continuity care. "The Continuity of Care Department, which houses the social workers and discharge planners, is gifted with a sum of money every year to help. Now, as opposed to setting up a separate food bucket, if you will, we can get a little bit of extra cash from that entity, if needed. So in that way, all employees who contribute to the fund are helping to combat food insecurity in the community."

Penka said the success of the food closet has inspired the Health Equity Committee to consider similar initiatives. A "blessing box" is in the works, a walk-up resource for people who need supplies, food or even medical supplies.

"That project is in the works, and we're hoping to have that completed this fall on the hospital campus," she said. "I think it's incredibly rewarding to be able to address the needs of the community and show how our organization cares for the community and is there to support people who need it." ■

Donate to Make a Difference

The Food Closet at Baxter Health accepts monetary donations in any amount to help further its mission. For information on how to donate, contact Baxter Health Foundation at (870) 508-1770 or foundation@baxterregional.org.

Those wanting to donate food items are encouraged to consult the list below for the most needed non-perishable food items to help stock the pantry.

- » Peanut butter/all nut butters
- » Tuna pouches
- » All canned meats, including low-sodium canned meats
- » Fruit cups packed in water or fruit juice, including no added sugar varieties
- » Canned fruit, packed in water or fruit juice

- » Veggie cups, including low-sodium veggie cups/canned veggies
- » Canned juice
- » V8 juice, including low-sodium V8 juice
- » Dried fruit/veggies
- » Crackers, including unsalted tops saltines
- » Meat sticks
- » Boxed cereal, including no added sugar dry cereal
- » Shelf-stable milk
- » Cup o' Noodles
- » Pasta, including whole-grain pasta
- » Low-sodium pasta sauce
- » Boxed macaroni and cheese
- » Canned pasta
- » Granola bars
- » Trail mix
- » Nuts and seeds, including unsalted nuts
- » Peanut or other nut snack packs
- » Canned beans, including no salt added varieties
- » Freeze-dried foods (all kinds)
- » Water bottles
- » Ensure and similar supplements
- » Glucerna or any low-carb (less than 5g carbs) supplement

BAXTER HEALTH MEDICAL STAFF

ALLERGY/IMMUNOLOGY

Dr. Alison L. Humphrey (870) 424-4200

ANESTHESIOLOGY

Dr. Jon Connelley (870) 424-7070
 Dr. Andrea Correll (870) 508-6700
 Dr. David Kelley (870) 508-6700
 Dr. William R. King (870) 424-7070
 Dr. Rosa Lopez-Rincon (870) 508-6700
 Dr. Benjamin Mathews (870) 508-6700
 Dr. Leonard Dale Morgan (870) 424-7070
 Dr. Miguel Plaza-Lloret (870) 508-6700
 Dr. Charles Zehm (870) 424-7070

CARDIAC & CARDIOTHORACIC SURGERY

Dr. F. Michael Bauer (870) 508-3200
 Dr. James Munns (870) 508-3200
 Dr. Natalie Ostro (870) 508-3200

CARDIOLOGY

Dr. Zaid Alirhayim (870) 425-8288
 Dr. Cherisse M. Baldeo (870) 741-6065
 Dr. Michael Camp (870) 425-8288
 Dr. Akihiro Kobayashi (870) 425-8288
 Dr. Jamon Pruitt (870) 425-8288
 Dr. Ron Revard (870) 741-6065
 Dr. Patrick Tobbia (870) 425-8288
 Dr. Otis Warr IV (870) 425-8288

DENTISTRY

Dr. Jonathan Hart (870) 425-4777
 Dr. Bernard Petkovich (870) 425-9757
 Dr. John V. Sullivant (870) 425-4242
 Dr. Stephen Vester (870) 425-7645
 Dr. Austin Wilkie (870) 424-4670

DERMATOLOGY

Dr. Mark Hammonds (870) 425-5464
 Dr. Mark King (870) 425-5464

EAR, NOSE & THROAT (Otolaryngology)/ FACIAL PLASTIC SURGERY

Dr. John Neis (870) 424-4200
 Dr. Paul R. Neis (870) 424-4200
 Dr. Eric S. Rosenberger (870) 424-4200

EMERGENCY MEDICINE

Dr. Billy Bisswanger (870) 508-1139
 Dr. John Chinchin (870) 508-1139
 Dr. Kolton Fraser (870) 508-1139
 Dr. Michelle Godfrey (870) 508-1139
 Dr. Caleb Pingel (870) 508-1139
 Dr. Melissa Quevillon (870) 508-1139
 Dr. Bradley Schulz (870) 508-1139
 Dr. David Stills (870) 508-1139
 Dr. Lauren Weekley (870) 508-1139
 Dr. Manuel S. Weekley (870) 508-1139
 Dr. Mark West (870) 508-1139
 Dr. Spencer Wright (870) 508-1139

FAMILY MEDICINE

Dr. Cara Ballard (870) 425-3030
 Dr. Jack Baltz (870) 425-3030
 Dr. Shawn D. Bogle (870) 449-4221
 Dr. Andrea Bounds (870) 425-6971
 Dr. Ronald Bruton (870) 492-5995
 Dr. Victor Chu (870) 741-6111
 Dr. Cathy Clary (870) 425-3131
 Dr. Mary Depper (870) 425-6212
 Dr. Geoffrey L. Dunaway (870) 741-3252
 Dr. J. Gregory Elders (870) 425-6971
 Dr. Brittney W. Frisby (870) 508-7600

PHYSICIAN REFERRAL SERVICE: 1-800-695-DOCS | baxterhealth.org

SERVING NORTH CENTRAL ARKANSAS & SOUTH CENTRAL MISSOURI SINCE 1963

THIS MEDICAL STAFF LISTING IS SUBJECT TO CHANGE.

8/2024

Dr. Adam Gray (870) 916-2150
 Dr. Alex Hagaman (870) 492-5995
 Dr. Michael S. Hagaman (870) 492-5995
 Dr. Michael Hodges (870) 425-3131
 Dr. John D. Irvin (870) 269-7414
 Dr. Kevin Jackson (870) 741-6111
 Dr. P. Corey Jackson (870) 741-0016
 Dr. Robert C. Lane (870) 916-2000
 Dr. George Lawrence (870) 425-6971
 Dr. Hannah McCarthy (870) 492-5995
 Dr. Timothy A. McNamara (870) 425-3131
 Dr. Chesley H. Murphy (870) 508-7600
 Dr. Jamie Pritchard (870) 492-5995
 Dr. Lonnie Robinson (870) 425-6971
 Dr. John H. Scribner (870) 895-3238
 Dr. Eric G. Spann (870) 269-3447
 Dr. Benjamin R. Stevens (870) 508-7600
 Dr. James Warr (870) 425-3030
 Dr. Edward L. White (870) 425-3131
 Dr. Donald O. Wright (870) 916-2000

FAMILY MEDICINE/SPORTS MEDICINE

Dr. Heather Hammonds (870) 425-5464

GASTROENTEROLOGY

Dr. Bodunrin S. Badejo (870) 425-4416
 Dr. William S. Dyer Sr. (870) 425-4416

GENERAL SURGERY

Dr. John Austin Carlisle (870) 425-9120
 Dr. Jacob L. Dickinson (870) 425-9120
 Dr. Jennifer Foster (870) 425-9120
 Dr. Isabella Guajardo (870) 425-9120
 Dr. David M. Harrison (870) 425-9120

HEMATOLOGY/ONCOLOGY

Dr. R. Bruce White (870) 580-5280
 Dr. Dmitriy Zak (870) 580-5280

HOSPITALIST

Dr. Jacob Carter (870) 424-3181
 Dr. Almas Chughtai (870) 424-3181
 Dr. Melissa Dirst-Roberts (870) 424-3181
 Dr. Michael Elkins (870) 424-3181
 Dr. Daniel Goodwin (870) 424-3181
 Dr. Arlene Johnson (870) 424-3181
 Dr. Richard D. Schmidt (870) 424-3181
 Dr. EJ Scott (870) 424-3181
 Dr. Steve Wilber (870) 424-3181

INTERNAL MEDICINE

Dr. Zane Cannon (870) 508-7450
 Dr. Christopher Cochran (870) 907-7024
 Dr. Bethany L. Knight (870) 916-2000
 Dr. Lance R. Lincoln (870) 425-3030
 Dr. Shelley Warr (870) 425-3030

INTERNAL MEDICINE/INFECTIOUS DISEASE

Dr. Raymond Bandy Jr. (870) 508-7450

INTERNAL MEDICINE/PEDIATRICS

Dr. Michael Adkins (870) 424-3824

NEPHROLOGY

Dr. Grant Mathews (870) 425-1787
 Dr. Daniel Valach (870) 508-5010

NEUROSURGERY

Dr. Lucas Bradley (870) 508-7080
 Dr. Allan Gocio (870) 508-7080
 Dr. Adam Smitherman (870) 508-7080

OBSTETRICS/GYNECOLOGY

Dr. Harley Barrow (870) 425-7300
 Dr. Maureen Flowers (870) 508-3260
 Dr. Ken Holt (870) 508-3260

OPHTHALMOLOGY

Dr. Allison Booth (870) 425-2277
 Dr. William D. Hill (870) 425-2277
 Dr. Alex Kilgore (870) 424-4900
 Dr. Kenneth M. Kilgore (870) 424-4900
 Dr. Ethan J. Wright (870) 424-4900

ORTHOPAEDICS

Dr. Donald B. Franklin III (870) 424-3400
 Dr. Thomas E. Knox (870) 424-4710
 Dr. Jason McConnell (870) 424-3400
 Dr. M.B. "Win" Moore III (870) 424-4710
 Dr. Russ Rauls (870) 424-3400
 Dr. Ed Roeder (870) 424-4710

PAIN MANAGEMENT

Dr. Ira D. Chatman (870) 508-5900
 Dr. Ryan Krafft (870) 508-5900
 Dr. Maria Lyuksytova-Price (870) 508-5900
 Dr. Matthew McNelley (870) 508-5900
 Dr. Bryan Slepicka (870) 508-5900

PATHOLOGY

Dr. Christopher G. Webb (870) 508-1890

PEDIATRICS

Dr. Samantha Shipman (870) 424-3824
 Dr. Shayna Wood (870) 425-6212

PLASTIC SURGERY

Dr. Adam G. Newman (870) 425-6398

PODIATRY

Dr. Eric Arp (870) 425-7363
 Dr. Kevin Steffen (870) 580-5589

PSYCHIATRY

Dr. Witold P. Czerwinski (870) 508-3400
 Dr. Veronica Zak (870) 970-7140

PULMONOLOGY

Dr. Brian I. Malte (870) 425-1787

RADIOLOGY

Dr. Daniel Alderman (870) 508-1160
 Dr. Matthew Kyle McAlister (870) 508-1160
 Dr. Joe Tullis (870) 508-1160
 Dr. Shane Whitlock (870) 508-1160
 Dr. Matthew Wilson (870) 508-1160

UROLOGY

Dr. Austin Barber (870) 232-5215
 Dr. Daniel Decker (870) 232-5215
 Dr. Scott F. Ferguson (870) 741-2317
 Dr. Jason Lindsay (870) 701-0490

VASCULAR SURGERY

Dr. Nestor Arita (870) 508-3200
 Dr. Heath J. Broussard (870) 508-3200
 Dr. Kent P. Nachtigal (870) 508-3200

NUTRITION

EASY SUMMER RECIPES

PHOTOGRAPHY BY JAMES STEFIUK



QUICK, EASY SUMMER DISHES

LIGHT, HEALTHY, NO-FUSS MEALS
THAT FUEL YOUR BODY AND
SATISFY YOUR TASTE BUDS

FOR A COMPLETE
LISTING OF ALL
PROVIDERS, SCAN
THE QR CODE. ▶



Chipotle Lime Salmon Tacos with Corn Avocado Peach Salsa & Cilantro Yogurt Sauce

Servings: 4
From: Ambitious Kitchen

INGREDIENTS

For the salmon

- » 1 pound salmon, cut into 1 inch cubes and skin removed
- » 1 tablespoon avocado oil
- » 1 teaspoon lime zest
- » ½ lime, juiced
- » 1 ½ tablespoons brown sugar (or sub coconut sugar)
- » ¾ teaspoon chipotle chili powder
- » ¾ teaspoon cumin
- » ½ teaspoon garlic powder
- » ½ teaspoon paprika
- » ¼ teaspoon salt
- » Freshly ground black pepper

For the avocado peach salsa

- » 1 medium ripe but still slightly firm peach, diced
- » 1 ripe but still slightly firm large avocado, diced
- » 1 large ear corn, kernels cut off (about ¾ cup corn)
- » 2 tablespoons finely diced red onion
- » ½ jalapeno, seeded and diced (reserve other half for slicing and garnishing)
- » 1 tablespoon finely diced cilantro
- » ½ small lime, juiced
- » Salt and freshly ground black pepper, to taste

For the sauce

- » Spicy cilantro yogurt sauce

For serving

- » 8 soft corn tortillas
- » Extra thinly sliced jalapenos
- » Extra cilantro
- » Shredded red cabbage

INSTRUCTIONS

1: Make your cilantro yogurt sauce. Set aside in the fridge until you are done and ready to put it on your tacos.

2: Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.

3: In a medium bowl, add cubed salmon, avocado oil, lime zest, lime juice, brown sugar, chipotle chili powder, cumin, garlic powder, paprika, salt and pepper; toss well to combine the salmon in the seasonings. Add the salmon cubes to the baking sheet and spread out evenly. Bake for 15-20 minutes.

4: Make the avocado peach salsa: Place all ingredients in a medium bowl and mix to combine. Cover and place in the fridge until ready to use.

5: Char your tortillas if you'd like, then top each with salmon cubes, cabbage, peach avocado corn salsa mixture, extra thinly sliced jalapeños and a drizzle of cilantro yogurt sauce on top plus extra cilantro. Enjoy! Serves 4; 2 salmon tacos each.



Greek Chicken Kabob

Servings: 6
From: Damn Delicious

INGREDIENTS

- » 4 tablespoons olive oil, divided
- » 2 tablespoons freshly squeezed lemon juice
- » 1 tablespoon lemon zest
- » 1 teaspoon paprika
- » 2 teaspoons dried oregano
- » 2 teaspoons dried basil
- » 1 teaspoon dried thyme
- » 3 cloves garlic, minced
- » 1 shallot, diced
- » Kosher salt and freshly ground black pepper, to taste
- » 2 pounds boneless, skinless chicken thighs, cut into 1-inch chunks

INSTRUCTIONS

1: In a medium bowl, combine 2 tablespoons olive oil, lemon juice, lemon zest, paprika, oregano, basil, thyme, garlic, shallot, 1 ¼ teaspoons salt and 1 ¼ teaspoons pepper.

2: Stir in chicken until well combined; marinate for at least 2 hours to overnight, turning occasionally. Drain the chicken from the marinade.

3: Thread chicken onto skewers. Brush with remaining 2 tablespoons olive oil; season with salt and pepper, to taste.

4: Preheat grill to medium heat.

5: Add skewers to grill, and cook, turning occasionally, until the chicken is completely cooked through, reaching an internal temperature of 165 degrees F, about 10 minutes.

6: Serve immediately.



John Conner, Jackie Conner, Rachel Collier, and Phillip Collier.

Bridging the Gap between Mountain Home and Harrison

Serving both communities to meet your family's needs.

With over 70 years of combined funeral service experience, the Conners and the Colliers are dedicated to providing caring, compassionate services to the families of Mountain Home and Harrison.

CONNER FAMILY
Funeral Home
& CREMATION CENTER

HOLT
MEMORIAL CHAPEL

870-425-3353

2833 Hwy. 62 West
Mountain Home, AR 72653

ConnerFamilyFuneralHome.com

870-741-3481

1904 Capps Road
Harrison, AR 72601

HoltChapel.com

WEALTH MANAGEMENT YOU CAN TRUST.



Brandon Brewer
SVP | Director of Trust & Wealth Management
870.376.7140

Sandy Irby
Trust & Wealth Management Advisor
870.425.1507

FIRST COMMUNITY BANK
Trust & Wealth Management

Amy Hite
Trust & Wealth Management Admin.
870.425.1507

Craig Boone
SVP | Trust & Wealth Management Officer
870.932.5600

MOUNTAIN HOME 310 Highway 62 East **870.425.1507**

Non-deposit investment products are: NOT A DEPOSIT, NOT GUARANTEED BY THE BANK OR ITS AFFILIATES, NOT FDIC INSURED, NOT INSURED BY ANY FEDERAL GOVERNMENT AGENCY, MAY GO DOWN IN VALUE. FIRST COMMUNITY BANK DOES NOT OFFER TAX OR LEGAL ADVICE.



Zucchini, Corn, and Shrimp Flatbread

Servings: 4
From: Food & Wine

INGREDIENTS

- » 1 (8-ounce) container mascarpone cheese
- » 1 garlic clove, grated with a Microplane grater (¼ teaspoon)
- » 2 teaspoons kosher salt, divided
- » 3 medium (8-ounce) zucchini, sliced lengthwise into ½-inch-thick planks
- » 2 (8-ounce) ears fresh yellow corn, husks removed
- » ¼ cup extra-virgin olive oil, divided
- » ½ teaspoon black pepper, divided, plus more for serving
- » 1 pound unpeeled raw medium shrimp (thawed if frozen)
- » 4 (3-ounce) naan flatbreads (such as Stonefire)
- » ½ teaspoon smoked paprika
- » Torn fresh basil, for garnish

INSTRUCTIONS

1: Stir together mascarpone, garlic, and ½ teaspoon salt in a medium bowl; set aside. Toss together zucchini, corn, 1 tablespoon oil, ¼ teaspoon pepper, and 1 teaspoon salt in a large bowl.

2: Peel shrimp and devein. Using a paring knife, gently cut along back of shrimp, cutting three-fourths of the way through, until you reach the tail. Toss together butterflied shrimp, 1 tablespoon oil, remaining ½ teaspoon salt, and remaining ¼ teaspoon pepper in a medium bowl. Brush both sides of flatbreads evenly with remaining 2 tablespoons oil.

3: Preheat grill to high (400 to 500 degrees F). Place corn on oiled grates; grill, uncovered, until corn is bright yellow and evenly charred, about 10 minutes, turning occasionally. Add zucchini, shrimp, and flatbreads during final 5 minutes of corn grilling time; grill, uncovered, until shrimp are just pink on each side, about 1 minute and 30 seconds per side; zucchini is charred and just tender, 1 to 2 minutes per side; and flatbreads are lightly toasted on bottoms, 1 to 2 minutes. Transfer corn to a cutting board, and transfer zucchini, shrimp, and flatbreads to a baking sheet. Cut corn kernels from cobs; discard cobs.

4: Reduce grill temperature to medium (350 to 400 degrees F). Stir corn kernels into mascarpone mixture in medium bowl until combined. Spread about ¼ cup corn-mascarpone mixture over grilled side of each flatbread. Top evenly with zucchini and shrimp. Sprinkle evenly with smoked paprika. Grill flatbreads, covered, until bottoms are lightly toasted, 2 to 3 minutes. Garnish with basil and additional pepper. Cut into planks and serve.

MAKE AHEAD

Prepared shrimp and vegetables may be grilled up to 1 day ahead and kept covered and chilled before assembling and grilling flatbreads. ■

NORTH CENTRAL ARKANSAS
NCA
Medical Associates, P.A.

HEALTHCARE FOR A LIFETIME
Since 1991

Edward L. White, M.D. | Michael E. Hodges, M.D. | Cathy J. Clary, M.D.
Timothy McNamara, M.D. | Deborah Leach, APRN | Debra Schulte, APRN
Tanner Brannon, APRN | Amanda Carson, APRN

614 NORTH TOWN, MTN. HOME, AR 72653-3105 | (870) 425-3131 | NCAMEDICAL.COM

State Farm
Create a Personal Price Plan[®]

Jay Chafin
747 N Cardinal Drive
Mountain Home, AR 72653-3253
Bus: 870-425-9868
Insurance License #9564859

Prices vary by state. Options selected by customer; availability and eligibility may vary.
State Farm, Bloomington, IL

Our jewelry department staff features a GIA-certified award-winning jewelry designer with over 40 years of experience in custom jewelry creation and jewelry repair.

PortersPawnAndJewelry.com

625 E. 9th St., Mountain Home, AR • 870-424-7296
102 W. Commercial St., Harrison, AR • 870-741-5626



Embodying Love

The call to compassion and service and the healthcare profession's commitment to treating all with compassion and equality

BY REV. RANDALL D. LUDWIG, DMIN, BCC | PHOTOGRAPHY BY JAMES MOORE

"For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me. "Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty

and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?' "(Jesus replied), 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did unto me.'" *Matthew 25:35-40*

These few words not only sum up what Jesus teaches but what he embodies: Love, Compassion, Service and Prayer. Jesus' ministry was embodied by his compassion for those in need.

This scripture could be interpreted as referring to charity or humanitarianism, but let us look at it in an even deeper way. The love and compassion that Jesus embodies goes beyond those things. God created the world out of an abundance of love, pouring it generously over all people all the time.

Because we are created in the image of God, we are called to give as God gives, freely and repeatedly. We give of ourselves freely whether or not we like what they stand for, whether or not we agree with them, whether or not they can pay us back. We give as has been given to us, without condition. We're not trying to earn points from God or anyone else. We're not trying to secure a place in heaven after we die. Showing love and compassion here on earth is what we were created to do.

Jesus did not pick and choose those he would help; if they asked for help, they received it. There is no judgment as to who is more deserving than another. There can be no speculation as to what someone will do with the element of care that is given to them; we are simply called to look into the faces of other people and there see Jesus' face. We are called to love everyone — no matter what.

Jesus could have carried out his ministry among the pretty people, or the wealthy people or the socially accepted people; instead, Jesus took to the streets. He talked to the poor, the lonely, the marginalized, treating everyone as an equal. He saw every human being as a creature of God.

Healthcare is one of the few professions that looks beyond the face and stature of its clientele when administering treatment and care. Passing judgment as to what brought on the unhealthy condition does not take away the ailment.

I think the lesson we all can learn from healthcare as well as from the gospel of Jesus Christ is this: Saying "I told you so" never solves a problem. God calls us to love one another unconditionally. Forgetting the past and helping someone find a brighter future is what we are called to do. It is how we embody the love of Christ in this world. ■

CENTURY 21 LeMac Realty

The Z-Team Realtors

Bob and Linda Zdora
Executive Brokers
Century 21 LeMac Realty
RetireToMountainHome.com

870-405-0793 870-405-5407
HelloZteam@gmail.com



"In this day and age of automated real estate technology like Zillow and Realtor.com where agents can program automated emails to provide clients the latest greatest offerings. Linda and Bob Zdora of the Z-Team Realtors proved once again that there is no substitute for good ol fashioned down home personalized service. Linda was always available, even while on a well-deserved vacation. She treated us as if we were her only priority and truly had our best interest in mind. The purchase of our new home we felt like we had someone working in our corner, working hard for us. For this, we are extremely grateful! "

Dr. Ken and Jamie Holt, Mountain Home Arkansas

1024 Hwy. 62B East Mtn. Home

RetireToArkansas.Net

Experience + Dedication

= SOLD



**Twin Lakes
Top Female Realtor**
2020, 2021, 2022 and 2023

**Over 25 Million
Sold in 2023!**

Peglar
REAL ESTATE
Group

PeglarRealEstate.com

Dauna Powell

870-656-3500

dauna@peglarrealestate.com