

# Giving

JUNE/JULY 2010

# Matters



## A Healthy Heart Needs Regular Maintenance

**Cardiac Rehab Graduates:** (L-R) Stanley Wood, Mayor Rick Elumbaugh, Dick Bernard, & Harold Wilson  
*(story on panel 4)*

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# Message from the President



Good health is something most of us take for granted at one time or another. For 36 years Batesville has been my home; a place where I've worked hard and played hard. Earlier this year, I decided to semi-retire and slow down a little. I felt good, planned to travel and generally take it easy. However, only a couple of days after "slowing down" I began experiencing chest pain. My son, Dr. Doug Bernard, recognized right away I needed immediate treatment.

**"I've been in the business of reducing liabilities for a long time, so I understand why having a top notch hospital in my hometown is good health insurance."**

Choosing White River Medical Center (WRMC) was an easy decision. Not only was it just down the street, but my friends from the Cath Lab were waiting to take care of me.

Now, my newest friends are from Cardiac Rehab, and they're helping me reduce future health risks. While this innovative program strengthens my heart, I'm making vacation plans.

White River Health System is a life saver for many people. With two hospitals and eight clinics, there is a good chance one is near you providing the care you need, where you need it. I encourage you to support WRMC and Stone County Medical Center, WRHS' critical access hospital in Mountain View — it's good health insurance.

Dick Bernard  
*President White River Health System  
Foundation Board of Directors*

## **WRHS Foundation Board of Directors**

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Stone County Medical Center (SCMC) was mostly destroyed by the February 2008 tornado that ripped through Mountain View. Thankfully, no patients or employees were injured. Fast forward to 2010, and you can see the hospital is still on the mend. Even though progress has been very slow, SCMC's medical staff and employees have demonstrated an unwavering commitment to excellent patient care. SCMC consistently receives high patient satisfaction scores even though construction crews are working daily to lay the foundation for the new hospital — not at all a quiet process.

Two generous residents of Stone County recently made planned gifts to the White River Health System (WRHS) Foundation to benefit the Stone County Medical Center Rebuilding Project. Both donors were so pleased with their healthcare experiences at SCMC they decided to leave significant portions of their estates to Stone County Medical Center in honor of the healthcare professionals and staff who provided the care they needed when they needed it.

Additionally, the WRHS Foundation has left no stone unturned in its search for grant funding to assist in the rebuilding process. The Foundation successfully secured a \$1.5 million grant from the U.S.

Department of Commerce Economic Development to construct a new outpatient clinical services area located within the hospital. This area will be the catalyst for the creation of 18 additional jobs. Stone County Medical Center is a federally designated Critical Access Hospital and a vital part of our community's economy. The support and cooperation of Stone County Judge Stacy Avey, the Quorum Court and other elected officials helped WRHS move forward with plans to rebuild the hospital.

Patient safety and privacy are important factors in the design of the new hospital. The first floor will include Emergency, Radiology, Respiratory Therapy, Laboratory, and Pharmacy Departments, as well as the Cafeteria, Gift Shop, Administrative Office, and space for Employee and Community Health Education. The second floor features 25 private rooms and an area specifically designed for Physical and Occupational Therapy. Patient care services are continuing to be provided throughout construction using existing space and modular buildings specially designed for hospital environments.

*Stone County Medical Center is an affiliate of White River Health System, a multi-facility not-for-profit organization providing healthcare services to residents in a seven county area of North Central Arkansas. If you are interested in making your own gift to the Stone County Medical Center Rebuilding Project, please send your donation to: WRHS Foundation C/o SCMC Rebuilding Project, P.O. Box 2197, Batesville, AR 72503. Donations for the SCMC Rebuilding Project of \$1,000 or more may be payable over one to five years.*

## On Mission



Renie Taylor proudly displays the blueprints of the new hospital.

**by Renie Taylor**

*Administrator/COO Stone County Medical Center*

# Insider's Story

## ON THE ROAD AGAIN...

A classic car is unique and delicate. The owner takes extra special care to maintain its condition and optimize performance. Sometimes a specialist is required to get it really looking and running great!

Just like a favorite classic car, your heart is unique and delicate too. Far too often, the owner neglects the care and maintenance required to keep it in shape, clean and fueled properly. Unfortunately, many people allow their hearts to fall into disrepair leading to illness and costly medical procedures.

If you have driven your heart to the brink and your doctor says it's time to get all four wheels back on the road, you won't be alone on the road to recovery. White River Medical Center's Cardiac Rehab Team cares for more than 200 people with heart disease each year. Today, heart disease is the leading cause of death in the United States for both men and women.

The Cardiac Rehab Team is a multi-disciplinary group of professionals who coordinate the care of each patient to monitor and maximize their recovery. This three month program provides just the right mix of one-on-one encouragement, group education and exercise. Cardiac Rehab can be a driving force for many patients with heart disease as they regain their strength and ability to feel like getting back on the road to good health.



**The Cardiac Rehab Team: (L to R)**  
Aaron May, Jesse Freiert, Jennifer Coleman,  
Toi McMullin, & Clint James

If you have high cholesterol, high blood pressure, or diabetes, there are steps you can take to lower your risk for heart disease.

- *Have your cholesterol checked.*
- *Monitor your blood pressure. High blood pressure has no symptoms, so be sure to have it checked on a regular basis.*
- *Manage your diabetes. If you have diabetes, closely monitor your blood sugar levels.*
- *Take your medicine. If you're taking medication to treat high cholesterol, high blood pressure, or diabetes, follow your doctor's instructions carefully.*
- *Talk with your health care provider. You and your doctor can work together to prevent or treat the medical conditions that lead to heart disease.*

White River Medical Center and the Cardiac Rehab program hosted the 2nd annual WRMC Run the Wave 5K Race to raise funds for the WRHS Foundation Nursing Scholarship Program. The 2010 race raised \$2,500. To invest in the future of nursing or the Cardiac Rehab Program send your gift to White River Health System Foundation, P.O. Box 2197, Batesville, AR 72503.

**by Jennifer Coleman**  
*Registered Dietitian & WRMC Cardiac Rehab Supervisor*

# Spirit of Giving

It was love at first sight for Spud Richmond and Lela Stubbs. The two were introduced while on a double date with Spud's best friend and Lela's sister. Spud and Lela were married in 1954, after a two week courtship. "It was a wonderful love," Spud said with a wistful, far-away look in his eyes as he sat reminiscing about the woman he has adored for 55 years.

Spud has a quick smile and laughs easily as he talks about his life with Lela. "The only two times we were ever away from each other were when she was in the hospital", and after a thoughtful pause and a chuckle, "...and that time in 1954 when I went to the Indianapolis 500," Spud said. Spud says the key to a long and happy marriage is compatibility and love that has a spark.

It's been more than two years since Lela lost her battle with heart disease. She passed away on April 22, 2008 after a long struggle. Throughout Lela's illness, Spud grew to trust the healthcare professionals and physicians at Stone County Medical Center, and he was grateful for their sincere concern and thoughtfulness during the days before she passed away. "The people were so good to us. They were always there when we needed them. We've been blessed to have good doctors since we've moved here," he said.

Lela, who grew up in Wolf Bayou, Arkansas, and Spud, who is originally from Wichita, Kansas, worked in the aircraft manufacturing industry making B29s and B52s for Boeing. As a member of the Naval Reserve, Spud served his country during the Korean War. Upon returning from the war, Spud says his outlook on life changed. He wanted something different. As a result, in 1965 the Richmonds purchased a farm in Mountain View, where they raised cattle and chickens.

In 1974, the Richmonds sold the farm and purchased a modest home within the city limits of Mountain View. "We've enjoyed living here," Spud said. He remembers the day he and Lela decided to make their home a gift to Stone County Medical Center.

As the couple relaxed in their favorite recliners, Lela said, "Honey, let's give the house to the hospital." Without missing a beat, Spud said, "That suits me." The Richmond's gift of their home is in honor of the medical and professional healthcare staff at Stone County Medical Center who provided the care they needed when they needed it. They hope their gift will enable other elderly people to receive medical treatment without traveling far from home.

Thank you, Mr. Richmond, the generous Spirit of Giving demonstrated by you and Mrs. Richmond honors us and is a tribute to your lives together.



Spud & Lela Richmond

**by Angela Dugger**

*Assistant Director of Institutional Advancement*

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**Gary L. Bebow**, Administrator/CEO  
**Dick Bernard**, President White River Health System Foundation  
**Larry Sandage**, Director of Institutional Advancement

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# Ways to Give

Love You Forever...



A gentleman walks through the front door at the Foundation Office on Sidney Street once each month to honor his wife with a gift to the White River Health System (WRHS) Foundation. His wife is his best friend, and they have been in love for years. His gift is a sweet way to say “**I love you.**” It’s also a generous way to help provide medical care to others. His giving is an example of love and compassion all in one gift.

A gift made in honor of an individual is a meaningful way to recognize someone who has made an impact on your life.

*For more information contact Amber Neal, WRHS Foundation Coordinator at (870) 262-1225 or email [aneal@wrhc.com](mailto:aneal@wrhc.com). Your gift may be mailed to the WRHS Foundation P.O. Box 2197 Batesville, AR 72503.*