



Community Connection

www.acmconline.org

6/11/2020

870-364-4111

A Message from Our CEO:

Dear staff and friends of Ashley County Medical Center,

We all have been faced with the COVID-19 pandemic and I am extremely proud of our team at ACMC and how they are responding. I have been impressed seeing the awesome teamwork during this time. We have had employees from other departments within the facility move around and work to do whatever was needed to help out. This shows a great testament to the kind of people we have as part of the ACMC Family. I am thankful for each team member and the job that they do to keep ACMC safe and running. I know the days our staff have been in PPE have been long and hard, but all staff have all been in my prayers and make me so proud.

We are excited to have Dr. Kara Worley, OB/GYN join us in April at Ashley Women's Services! Dr. Worley joined us from Bradley County Medical Center. We are also excited to have Autumn Bennett, CNP, WHNP-BC, AGPCNP-BC who joined us in April at Ashley Women's Services and Hamburg Health Clinic! We have big plans for our Women's Services Clinic and excited to see it serve the women of southeast Arkansas for all of their needs.

Ashley Family Clinic will be undergoing some renovations to add Cheryl Rabalais, ANP and Pam Winston, ANP in this office to practice alongside Cyndi Bryan, FNP-C. Ashley Women's Services and Ashley Pediatrics will be renovated to allow more space for our providers and patients in this building. Hamburg Health Clinic is also undergoing renovations. Both Hamburg Health Clinic and Ashley Family Clinic will be getting their parking lots paved. ACMC Wound Clinic has expanded to four days a week now seeing patients on Monday, Wednesday, Thursday, and Fridays.

The Board of Directors approved the purchase of two new chemistry analyzers for our Lab, three COVID-19 testing instruments, and new state of the art patient monitoring equipment for the hospital.

God is blessing us at ACMC! Please remember to stay safe and home if you can during this pandemic. Please remember to wash your hands, wear a mask as needed, and social distance.

-Phillip Gilmore, Ph.D, FACHE, CEO

ACMC Celebrates Stroke Awareness Month

Ashley County Medical Center celebrated Stroke Awareness Month during the month of May. When it comes to strokes, every minute counts. Remember to BE F.A.S.T. Balance, Eyesight, Face weakness, Arm weakness, Speech difficulties, and Time.



ACMC Welcomes New OB/GYN

Ashley County Medical Center welcomes Dr. Kara Worley to our team. A native of Texarkana, Arkansas, Dr. Worley received her medical degree from the University of Arkansas for Medical Sciences. She completed an intern year at LSU New Orleans, where she moved to Baton Rouge before Hurricane Katrina. Dr. Worley was a member of "Code Gray Team" where she remained in the hospital (University and Charity) during the hurricane. She was rescued by a friend's husband who used a bass boat to navigate downtown New Orleans after working five days in the hospital with no electricity or running water. After Hurricane Katrina she moved to Albuquerque, New Mexico to complete her residency training in Obstetrics and Gynecology at the University of New Mexico. After residency Dr. Worley went into private practice with Presbyterian Medical Group in Albuquerque, New Mexico. She has been practicing at Bradley County Medical Center in Warren for the past eight years.

As an Obstetrician and Gynecologist, Dr. Worley offers a wide variety of services from; well woman exams, contraceptive counseling, treatment of abnormal pap smears. Management of premenopause and menopause. Gynecological Surgeries including hysterectomy, uterine ablation, laparoscopic procedures. For Obstetrics services she offers management of routine and high-risk pregnancies, delivery including cesarean section.

Ashley County Medical Center's Chief Executive Officer, Phillip Gilmore, says "Dr. Worley is an incredible asset not only to Ashley County Medical Center, but to our region. She is exactly who we needed to join our growing Women's Services Department and lead us in a new direction."

When asked why she chose rural practice, Dr. Worley said, "I know all of my patients. I get to spend more time with each patient and become a part of their "family" for a short time. I prefer rural medicine because this is "where I fit, and where I can do the most good."

When asked why Ashley County Medical Center, Dr. Worley tells us, "I was looking for a new opportunity where I could continue to serve the women of rural Arkansas. ACMC is a hidden gem in Southern Arkansas, they provide care and service that rivals metropolitan areas in Arkansas. I was impressed with the state-of-the-art radiology department, completely upgraded hospital facilities, new beds, the availability of two on call pediatricians with clinic hours 7 days-a-week--with rural Arkansas's first ACH Nursery Alliance, ability to provide high risk obstetrical care with consult from UAMS Angels program including onsite tele medicine and level 2 ultrasound capabilities, general surgery and orthopedic surgery back up and consult 24 hours/day, multiple family practice physicians who are genuinely kind and really care not only about their individual patients but the community as a whole," says Worley. "The community of Crossett has welcomed my family with open arms. EVERYONE from real estate agents to teachers to community members have been extraordinarily kind and helpful during this transition. Ashley County is the right place at the right time for my family," explains Worley.

When Dr. Worley isn't caring for her patients, she enjoys snow skiing, playing LEGOs, boating at Lake Ouachita, spending time with her family.

To make an appointment with Dr. Worley, call 870-364-3800.



Dr. Kara Worley, OB/GYN



Ashley County Medical Center Welcomes Family and Women's Health Nurse Practitioner, Autumn Bennett

Ashley County Medical Center Welcomes Autumn Bennett, CNP, WHNP-BC, AGPCNP-BC as our newest provider to Ashley Women's Services and Hamburg Health Clinic. Autumn received her Bachelor of Science in Nursing from Delta State University in Cleveland, Mississippi. She went on to receive her Master of Science in Nursing, Women's Health Practitioner Program, from the University of Arkansas for Medical Sciences. Autumn received post master's certification in Adult/Gerontology Primary Care. Autumn has recently been practicing at Lake Village Rural Health Clinic for the past five years.

Ashley County Medical Center's Chief Executive Officer, Phillip Gilmore, says "I am excited to have Autumn join our ACMC family. Her experience in women's health will be a great addition to Ashley Women's Services with Dr. Ira Murphy, Dr. Kara Worley, and Dr. Stewart Rushton as well as her family practice experience serving at Hamburg Health Clinic alongside Dr. Felicia Watkins-Brown, Tracey Longstreth, APRN, MSN, FNP-C and Jenny Murphy, MNSc, APRN, FNP-C."

Autumn said she chose ACMC because "I wanted to be a part of a facility and team who is dedicated to providing life changing access to health care for the community."

Outside of work, Autumn enjoys gardening, exercising, and spending time with her family.

Ashley Women's Services is located on the campus of Ashley County Medical Center, 1003 Fred LaGrone Drive, Crossett, AR. Hamburg Health Clinic is located at 319 West Parker Street in Hamburg. Autumn is now taking appointments, and accepting new patients. Please call Ashley Women's Services at 870-364-3800 or Hamburg Health Clinic at 870-853-8271 to make your appointment.



Autumn Bennett, CNP, WHNP-BC, AGPCNP-BC

What's New at ACMC Clinic's?

ACMC has been blessed with an exceptional Women's Health program for many years, but we feel the changes we are experiencing are going to create a new dynamic for not only that program but for the Pediatric program and all of ACMC. We have Dr. Ira Murphy who has been on staff for three years now in addition to Dr. Stewart Rushton, Jr. that is a long-standing member of ACMC and Ashley Women's Services, as well as Dr. Kara Worley, and Autumn Bennett, CNP, WHNP-BC, AGPCNP-BC.

Our Pediatric Program includes Dr. Kenneth Richards and Dr. Henry Gomez, who operate a 7-Day-A-Week Pediatric Clinic.

With the addition of more staff, both Providers and Nurses, we have the need for more space. The Josephine Scott Erwin Building (Ashley Health & Women's Services) will be taking on a new "look" inside the existing clinic walls very soon. We expect to be capable of seeing more patients with a quality of care that cannot be found anywhere in our surrounding area. This will be the Women's Health and Pediatric "hub" of the southern region of the state. Watch for changes coming soon.

Also, with the expansion of this clinic, Ashley Family Clinic on Ray Lochala will also be making a few changes.

This clinic is now a Rural Health Clinic and will enable Pam Winston, ANP and Cheryl Rabalais, ANP to practice with Cyndi Bryan, FNP-C seeing Family Practice patients. The parking lot will be paved soon and a new permanent sign will also be installed.

Hamburg Health Clinic has some upgrades being done also. The exam rooms are being painted, flooring installed and ceilings replaced. This clinic will also have a new paved parking lot and a new permanent sign installed.

ACMC's Wound Clinic has expanded to four days a week, seeing patients every weekday but Tuesday. Dr. Kenneth Prather provides exceptional wound care to patients in our surrounding area with a passion for healing.



Dr. Kenneth Prather

KEEPING THINGS NORMAL IN THE BUSINESS OFFICE

In these times of almost everything being different, from the way we shop at Wal Mart to how we register for OP services at ASHLEY COUNTY MEDICAL CENTER, the Business Office is offering some pointers to help keep it “normal” for you as we provide these services. We are here for Ashley and surrounding county residents.

Registration is presently in the front lobby. This provides a safer environment for our patients and employees. When coming to the hospital for services ordered by your physician, we ask that you bring the following to avoid delays and longer waits in the registration area (even if you have previously been to the hospital):

- Order for service from your physician
- Driver’s license or picture ID
- Insurance cards

The information you provide to the registration team will aide in the accuracy of how your insurance pays for the services you obtain.

Estimated cost of services will be discussed at registration with insured and private pay patients. You may be asked to make a down payment at that time based on your estimated insurance deductible not met and/or copay as well as payment plan options for remaining balances. Patients without insurance will be provided with information about various discounts and payment plan options. APMC’s financial assistance program is available for all patients to apply. A pre-screening can be performed based on verbal confirmation of income to determine potential eligibility for the program to receive a discount from your charges.

You will receive a statement from APMC after services are provided and insurance, if any, has addressed reimbursement for services. When you receive a statement, if you are not in a position to pay the statement balance in full or have not entered into a payment arrangement, PLEASE CALL THE BUSINESS OFFICE, 870-364-1250. We are able to discuss discounts, payment policies and programs available to assist you with balances after services.

ASHLEY COUNTY MEDICAL CENTER wants to help meet the medical needs of all that choose us for that purpose. We will work with you to assist in payment of services provided. Please allow us to serve you medically and financially if and when a time of need arises.

THANK YOU for choosing ASHLEY COUNTY MEDICAL CENTER, where we treat YOU like family.



7 Tips to Avoid Aches and Pains While Gardening

Common gardening activities, such as digging, planting, weeding, mulching, and raking can cause stress and strain on muscles and joints.



The following tips can help minimize aches and pains:

1. Get moving before you garden.

A 10 minute brisk walk and stretches for the spine and limbs are good ways to warm up.

2. Change positions frequently to avoid stiffness or cramping.

Be aware of how your body feels as you work in your garden. If a part of your body starts to ache, take a break, stretch that body part in the opposite direction it was in, or switch to a different gardening activity. For example, if you've been leaning forward for more than a few minutes, and your back starts to ache, slowly stand up, and gently lean backwards a few times.

3. Use a garden cart or wheelbarrow to move heavy planting materials or tools.

Lift with your knees and use good posture while moving a cart or wheelbarrow.

4. Give your knees a break.

Use knee pads or a gardening pad. If kneeling or leaning down to the ground causes significant pain in your back or knees, consider using elevated planters to do your gardening. If kneeling on both knees causes discomfort in your back, try kneeling on one and keep the other foot on the ground.

5. Maintain good posture.

Use good body mechanics when you pick something up or pull on something, such as a weed. Bend your knees, tighten your abdominals, and keep your back straight as you lift or pull things. Avoid twisting your spine or knees when moving things to the side; instead, move your feet or pivot on your toes to turn your full body as one unit.

6. Take breaks.

If you haven't done gardening or other yard work in a while, plan to work in short stints, building in time for breaks before you start feeling aches and pains.

7. Keep moving after you garden.

End your gardening session with some gentle backward bending of your low back, a short walk and light stretching, similar to stretches done before starting.

If your aches and pains aren't managed with these tips and discomfort lingers, a physical therapist can help. Learn about the benefits of physical therapy.

Author: Andrea Avruskin PT, DPT



ACMC Surgery Team

The ACMC surgical department is excited to welcome 2 new surgeons, Dr. Lon Bitzer and Dr. Kara Worley, to our team. Dr. Bitzer has introduced several new procedures to our facility, including arteriovenous fistulas for dialysis patients.

ACMC Surgery is back to doing elective procedures.

Surgery is covered by 4 CRNA's, RN's, and Scrub Techs. We are available to perform surgical procedures for patients 7 days a week, 24 hours a day.

Our Surgeons

Dr. Sarahrose Webster, General Surgery



Ashley Specialty General Surgery
870-364-4013

Dr. Kara Worley, OB/GYN Surgery



Ashely Women's Services
870-364-3800

Dr. Lon Bitzer, General Surgery



Ashley Specialty General Surgery
870-364-4013

Dr. Stewart Rushton, OB/GYN Surgery



Ashely Women's Services
870-364-3800

Dr. Skip MacDonald, Orthopedic Surgery



Ashley Specialty Orthopaedics
870-364-1490

Dr. Scott Claycomb, Cataract Surgery



Specialty Eyecare of South Arkansas
870-367-8534

Dr. Ira Murphy, OB/GYN Surgery



Ashely Women's Services
870-364-3800





**ACMC Emergency Department is OPEN
for all of your emergent needs!**



Don't delay your emergent health needs in fear of COVID-19. Every second counts during an emergency. Call **911 if you feel you are having a stroke or heart attack. ACMC has guidelines that we follow to help protect you from COVID-19.**

Remember all patients are required to wear a mask before entering the emergency department. Unfortunately no visitors are allowed in the emergency department and/or waiting room UNLESS the patient is a minor. Only the parents are allowed to enter but must stay with the patient for the duration of the ED visit. If one of the parents leave he/she won't be able to return.

April Birthdays

Dr. MacDonald, Margaret Pope, Dr. Bitzer, Leah Johnson, Kim Johns, Tanula Britton, Michael Vought, Tonia Strebeck, Felicia Brown, Jennifer Andrews, Holli Courson, Amanda Kelley, Tina Dunn, Laci Luellen, Samantha Webb, Shelly Caine, Brooke Bayko, Christi Martin, Jerry Williams, Kelsey Poole, Conner Callaway, Carina Mondragon, Alyssa Fife, Katelynn Wheeler, and Joyce Hodge.

April Anniversaries

Beverly Arnold- 32 years; Terri Rice- 27 years; Janay Jacks- 22 years; Warren Gouner- 21 years; Greg Rabalais- 21 years; Lucy Dean- 17 years; Cathy Smith- 14 years; Marie Hampton- 12 years; Amber Willink- 10 years; Constance Farris- 8 years; Amanda Culp- 7 years; Shawna Hawkins- 7 years; Amanda Autenreath- 7 years; John Kinnaird- 7 years; Jennifer Andrews- 7 years; Sandra Dorman- 6 years; Josh Chambliss- 5 years; Traci Fitch- 4 years; Betty Morgan- 2 years; Ashlee Stanley- 2 years; Madison Mashburn- 2 years; Abbigail Bradshaw- 2 years; Pam McKinney- 1 year; Linda Sims- 1 year; Cyndi Bryan- 1 year; Tonia Strebeck- 1 year; Jeremy McDaniel- 1 year; Tabitha Brown- 1 year; Nakellia Webb- 1 year; and Sarah Williams 1 year.



May Birthdays

Patricia Barnett, Abbigail Bradshaw, Heath Breedlove, Brandi Buchler, Cheryl Carter, Josh Chambless, Leasa Breedlove, Chancey Farmer, Aaron Flemister, Joy Harcrow, Brittani Harrington, Ashley Kippen, Caitlin Martin, Dr. Richards, Ashlee Stanley, Lynn Dillion, Tina Ward, Christopher Kelley, Jeremy Meshell, Flora Thomas, Cyndi Bryan, Abigail McDonald, Bradley Lyons, Diana Sivils, and Skyler Mankin.

June Birthdays

Amanda Autenreath, Vanessa Brantley, Tammy Carter, Brittany Carter, Kelsie Casculescu, Mary Edgar, Tiffany Holland, Denia Keen, Mattie Klippert, Kathy Launius, Tracey Longstreth, Chelsea Maxwell, Shelby Moffatt, Jenny Murphy, Brooke Pippen, Sandra Ramirez, Janice Rodgers, Carmen Selby, Cathy Smith, Haley Strunk, Sherry Walker, Dr. Brad Walsh, and Marcy Young.

May Anniversaries

Sharon Walters- 26 yrs., Jennifer Moon- 24 yrs., Carolyn Watt- 19 yrs., Kelli Brooks- 15 yrs., Lisa Jones- 14 yrs., Pam Stell- 13 yrs., Leslie Lauhon- 12 yrs., Desiree Spencer- 10 yrs., Allison Jordan- 5 yrs., Zach Pippen- 8 yrs., Ashley Whitaker- 8 yrs., Ashley Kippen- 8 yrs., Sam Dumas- 7 yrs., Jerald Haygood- 7 yrs., Jo Whitten- 6 yrs., Jessi Pack- 5 yrs., Danielle Hughes- 5 yrs., Tracey Longstreth- 5 yrs., Caitlin Martin- 4 yrs., Dr. MacDonald- 4 yrs., Tina Dunn- 4 yrs., Dr. Murphy- 3 yrs., Alyssa Fife- 2 yrs., Shelia Fuller- 2 yrs., Alice Morgan- 2 yrs., Kelsey Poole- 2 yrs., Tenita Smoke- 2yrs., Abigail McDonald- 1 yr., Emily Ray- 1 yr., and Tasha Wright 1 yr.

June Anniversaries

Pam Teague- 31 yrs., Jeanne Terrell- 30yrs., Kayla Hill- 25 yrs., Jill Pippen- 25 yrs., Dana Outlaw- 24 yrs., Loretta Stell- 23 yrs., Donna Sasser— 16 yrs., Crystal Terrell- 16 yrs., Zanna Linder- 15 yrs., Jenny Murphy- 11 yrs., Coby Graves- 9 yrs., Alissa Keeth- 6 yrs., Lisa Middlebrooks- 4 yrs., Amanda Smith- 4 yrs., Donna Rainwater- 4 yrs., Shawn Guin- 4 yrs., Kewona Standford- 4 yrs., Connie Austin- 4 yrs., Patricia Sutton- 3 yrs., Brooke Avila- 3 yrs., Brittany Barahona- 3 yrs., Cindy MacDonald- 3 yrs., Sophi Roberts- 3 yrs., Brittany Jackson- 2 yrs., Kate Oden- 2 yrs., Jeremy Meshell- 2 yrs., Rebecca Shive- 2 yrs., Meredith Austin- 1 yr., Dakota Bays- 1 yr., Brooke Courson- 1 yr., Carmon Courson- 1yr., Anita Kilcrease- 1 yr., Carina Mondragon- 1 yr., Tori Morris- 1 yr., and Kate Winn- 1 yr.

