

February 10, 2023

Ozarks Healthcare announces Recent Staff Promotions



Ozarks Healthcare recently announced the promotion of four employees – Tonya Aaron, Megan Thompson, Tracy Litchfield, and Brook Keeling - to new leadership positions across the health system. Pictured from left to right are: Lacey Carter, Chief Nursing Officer (CNO) at Ozarks Healthcare, Tracy Litchfield, Practice Manager of Ozarks Healthcare’s Heart and Lung Center and Cardiac Rehabilitation Services, Megan Thompson, Clinic Director at Ozarks Healthcare, Brook Keeling, Director of Ozarks Healthcare’s Heart and Lung Center and Cardiac Catheterization (Cath) Lab, and Tonya Aaron, Director of Nursing Services at Ozarks Healthcare.

Ozarks Healthcare recently announced the promotion of four employees – Tonya Aaron, Megan Thompson, Tracy Litchfield, and Brook Keeling - to new leadership positions across the health system.

“We are proud to share the recent promotions of Tonya, Megan, Tracy, and Brook at Ozarks Healthcare,” Tom Keller, Ozarks Healthcare President and CEO, said. “Their skills and compassion have already made so many differences across our health system, and I know they will continue to change lives of both our patients and staff in their new roles.”

Tonya Aaron, Director of Nursing Services at Ozarks Healthcare

Tonya Aaron, Manager of Ozarks Healthcare’s Women’s Center, has been promoted to Director of Nursing Services at Ozarks Healthcare. In her new role, Aaron will work closely with hospital inpatient department managers to ensure top-quality care is provided to all of the health system’s hospital patients.

Aaron started her career at Ozarks Healthcare thirteen years ago as a nurse in Ozarks Healthcare’s Obstetrical (OB) Department. She was later promoted to supervisor of Ozarks Healthcare’s OB Department and manager of Ozarks Healthcare’s Women’s Center after its opening in 2020.

Aaron earned her Associate of Science in Nursing (ASN) from Missouri State University – West Plains and a Bachelor of Science in Nursing (BSN) from Northwest Missouri State University in Maryville, Missouri. Originally from West Plains, Aaron, her husband, Thomas, and two children, Caleb and Lincoln, reside in the area.

Megan Thompson, Clinic Director at Ozarks Healthcare

Megan Thompson has been promoted to Clinic Director at Ozarks Healthcare. In her new role, Thompson will work closely with the health system's specialty and rural clinic managers and leadership to grow and oversee operations across Ozarks Healthcare's clinics.

Thompson started her career at Ozarks Healthcare nine years ago and has held several roles at the health system, including office supervisor of Ozarks Healthcare's rehabilitation services and manager of several clinics.

Thompson earned her Bachelor of Business Administration (BBA) from Missouri Southern State University in Joplin, Missouri. Originally from West Plains, Thompson, her husband, Chris, and three children, Abbi and husband, Langdon, Adrienne, and Bill, reside in the area.

Tracy Litchfield, Practice Manager of Ozarks Healthcare's Heart and Lung Center and Cardiac Rehabilitation Services

Tracy Litchfield, Stroke/STEMI Coordinator at Ozarks Healthcare, has been promoted to Practice Manager of Ozarks Healthcare's Heart and Lung Center and Cardiac Rehabilitation Services. In her new role, Litchfield will oversee daily operations of both service lines and provide support to ensure exceptional, compassionate heart and lung care continue across the organization.

Litchfield started her career at Ozarks Healthcare just over five years ago as a nurse in Ozarks Healthcare's Heart and Lung Center. She later served as a registered nurse (RN) clinical educator in Ozarks Healthcare's Education Department before being promoted to Stroke/STEMI Coordinator at Ozarks Healthcare.

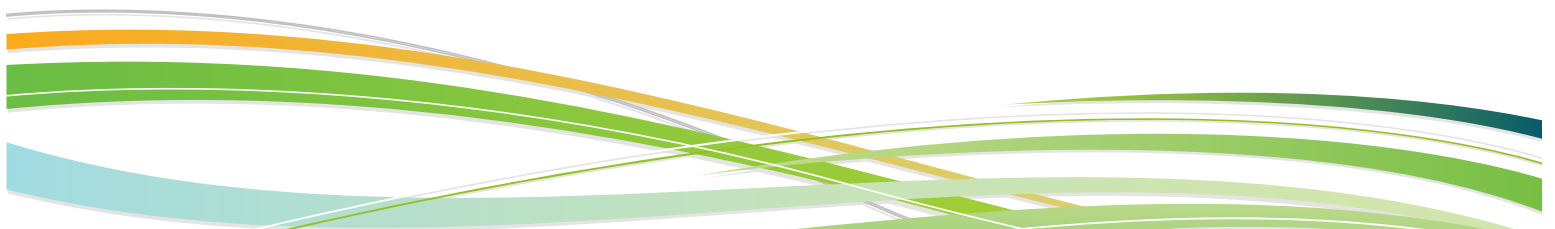
Litchfield earned her Associate of Science in Nursing (ASN) from Missouri State University – West Plains and a Bachelor of Science in Nursing (BSN) from Chamberlain University. Originally from Mountain Grove, Litchfield, her husband, Braden, and two children, Bracy and Traden, reside in Mountain Grove.

Brook Keeling, Director of Ozarks Healthcare's Heart and Lung Center and Cardiac Catheterization (Cath) Lab

Brook Keeling, Critical Care Supervisor at Ozarks Healthcare, has been promoted to Director of Ozarks Healthcare's Heart and Lung Center and Cardiac Catheterization (Cath) Lab. In her new role, Keeling will oversee leadership development of managers across Ozarks Healthcare's Heart and Lung Center and Cath Lab, along with daily operations. Keeling has served as Critical Care Manager and Supervisor at Ozarks Healthcare since 2019.

Keeling earned her Master of Business Administration (MBA) from Western Governors University and completed her registered nurse (RN) licensure from Missouri State University. Keeling also holds a CCRN-K certification, which recognizes the crucial role of nurses who influence care delivered to acutely and critically ill patients. The CCRN-K certification program marks a broad spectrum of specialty clinical knowledge and practice excellence in optimizing the quality and safety of critical care. The CCRN-K certification program involves a huge time and practice commitment – only 71 people in the U.S. passed the CCRN-K board certification in 2021.

Originally from Eminence, Keeling, and her two children, Cooper and Harper, reside in the area.



Every DROP tells a STORY

When she was two years old, Mia needed blood to recover from acute lymphoblastic leukemia. Today, Mia is a happy, healthy nine-year-old who enjoys spending time with her family because someone just like you donated the blood she needed.

Scan the QR code to read more about grateful blood recipients.



FREE CBCO 1/4 -zip pullover for all donors.
While supplies last.

GIVE BLOOD

Ozarks Healthcare

OMC Parkway Center - Willard Hunter Classroom

1211 Porter Wagoner Blvd, West Plains

Friday, February 24, 2023

12:00 PM - 6:00 PM

Appointments are strongly encouraged to manage donor flow. To schedule your appointment call 417-227-5006 or go to www.cbco.org/donate-blood



www.cbco.org

Find us on social media
[@ozarksblood](https://www.instagram.com/ozarksblood)



COMMUNITY
BLOOD
CENTER
OF THE OZARKS
not-for-profit organization

Photo identification required. Please eat well and drink plenty of fluids prior to the blood drive.

Community Blood Center of the Ozarks is the exclusive provider of blood to ALL your area hospitals.



COMMUNITY EVENTS

Smoking Cessation Classes - January 11 - February 23, 2023

In cooperation with the American Lung Association (ALA) and a Pfizer Grant Program, Ozarks Healthcare offers smoking cessation assistance to individuals in Howell County and surrounding communities free of charge. The program is led by ALA-certified instructors and consists of eight classes that occur over a seven-week period. Instructors use proven psychological interventions and pharmacological nicotine replacement methods customized to best fit individuals' needs.

Please call Ozarks Healthcare Pulmonary Rehabilitation at 417-257-5959, ext. 6905 to reserve your spot.

For more information about how Ozarks Healthcare's pulmonary rehabilitation program, lung cancer screenings, and smoking cessation program can help smokers end their nicotine addiction or find relief from chronic lung conditions, call the Ozarks Healthcare Pulmonary Rehabilitation Department at 417-257-5959.

Date	Time	Location	1111 Kentucky Avenue PO Box 1100 West Plains, MO 65775 Main: 417-257-5959 Fax: 417-257-5814
• Wed, February 15	9:00 AM to 10:30 AM	Ozarks Healthcare Therapies	
• Wed, February 22	9:00 AM to 10:30 AM	Ozarks Healthcare Therapies	

Heart Month Events

FEBRUARY 10

Community Education Luncheon

- 12-1 p.m., Riverbend Restaurant, 80 Main Street, Mammoth Spring, Arkansas.
- The speaker is Dr. A.K. George, Board Certified Cardiologist discussing heart care.
- The lunch is free, but reservations are required. Call 417-256-9111, ext. 5798.

DR. A.K. GEORGE
Board Certified
Cardiologist





COMMUNITY EVENTS

Before The

Big Day

PRENATAL EDUCATION CLASSES

2023 Schedule

Ozarks Healthcare is dedicated to helping expectant parents prepare for childbirth long before **THE BIG DAY** arrives by offering classes to assist moms-and dads-to-be for that first moment with their new baby. Moms and Coaches are welcome to attend all classes. There is no charge to attend any of these classes if you are delivering your baby at OZH.

If you are delivering at another facility, there is a one-time \$75 charge to attend one or all classes.

OB Department tours will be conducted after classes for those who are interested.

Ozarks Healthcare Breastfeeding Support Group (Formally known as BIBS)
This class will meet every Wednesday from 9:30-11:00

Prepared Childbirth

Prepared Childbirth classes are recommended during the second trimester of pregnancy. These classes cover breathing, relaxation, support, labor/delivery, and C-Section. The goal of this class is to prepare you for all aspects of your labor and delivery experience. One-session classes are available for your convenience.

One-Session Saturday Classes at 8 a.m. - 12 p.m. (approximately 3 hours)

January 14 July 8
March 11 September 9
May 13 November 11

New Parent Skills

New Parent Skills class covers self-care, baby care, infant bathing, safety, immunizations, and circumcision. This class is recommended to be taken during the third trimester of pregnancy.

One-Session Classes at 6 - 8 p.m.

February 9 August 10
April 13 October 12
June 8 December 14

Heart Saver Infant CPR

Heart Saver Infant CPR class covers basic resuscitation skills on an infant. Recommended for the third trimester of pregnancy or after infant birth up to one year.

One-Session Classes at 6 - 8 p.m.

January 12 July 13
February 7 August 8
March 9 September 14
April 11 October 10
May 11 November 9
June 13 December 12

Preparing for Breastfeeding

Preparing for Breastfeeding class will provide the expectant mother with important information she will need to breastfeed her new baby.

One-Session Classes at 6 - 8 p.m.

January 17 July 18
February 16 August 17
March 21 September 19
April 20 October 19
May 16 November 21
June 15 December 21

To register

To register for classes or for more information, call 417-256-9111, extension 6440 (TDD Line 417-257-5868)
Location: Women's Center Education Room

www.ozarkshhealthcare.com

Like us on Facebook:

www.facebook.com/OzarksHealthcare

Accredited by the Joint Commission on Accreditation of Healthcare Organizations.



OZARKS HEALTHCARE

Women's Health

Grill 59: Sunday Brunch Menu

- Scrambled eggs/Eggs Benedict
- Sausage links and patties/
Bacon
- Biscuits and Gravy
- Pancakes/French Toast
- Omelet Station
- Slow Roasted Herb Crusted
Prime Rib
- Butter Poached Lobster Tails
with Drawn Butter
- Twice Baked Potatoes
- Garlic Sautéed Whole Green Beans
- Tarragon and White Wine Sautéed Carrots
- Fresh Baked Hot Rolls
- Bananas Foster
- French Almond Lace Cups with Homemade Chocolate Mousse topped
with Mascerated Berries and Whipped Topping
- House made Ice Cream Sandwiches
- Orangejuice, Apple and Grape Juices as well as a Sparkling White Grape
Juice



Grill 59 Menu: February 12-17

Sunday Brunch

Bacon Wrapped Stuffed Meatloaf
Fried Chicken
Slow Braised Chuck Roast
Baked Potato
Broccoli
Corn

Monday

Bacon Wrapped Stuffed Meatloaf
Herb Crusted Chicken Breast
Macaroni & Cheese
Buttered Peas
Roasted Squash & Zucchini
Hot Rolls

Tuesday

Chicken Fried Steak
Spaghetti & Meatballs
Mashed Potatoes & Gravy
Garlic Green Beans
Buttered Shoe-peg Corn
Garlic Breadsticks

Wednesday

Manicotti in Crema Sauce
Jamaican Jerk Chicken Sandwich
Potato Wedges
Roasted Brussel Sprouts
Sautéed Normandy Blend
Garlic Bread

Thursday

Chicken Broccoli Lasagna Florentine
Blackened Mahi-Mahi
Wild Rice Pilaf
Roasted Broccoli
Street Corn
Breadsticks

Friday

Beer Battered Cod
Monte Cristo Sandwiches
Curly Fries
Fried Okra

**Our menu is subject to change due to
product availability.*

Monday through Friday:

7 to 9 a.m. (breakfast)
11 a.m. to 2 p.m.
(lunch, grill remains open until 3 p.m.)
4 to 7 p.m. (dinner)

Saturday:

7 to 9 a.m. (breakfast)
11 a.m. to 2 p.m. (lunch, grill and salad bar)

Sunday:

7 to 9 a.m. (breakfast)
11 a.m. to 2 p.m. (brunch)

Grab-and-go options are also available.

*Call 417-505-7819 to hear Grill 59's daily
menu.*

Valentine's Day Candy Buffet



A Valentine's Day candy buffet will be set up for coworker to enjoy on our main campus on February 14 from 10 a.m. to 4 p.m. in the old gift shop area in our main entrance. Swing by and grab a sweet treat!

Employee Parking Spot Reminder



Reminder that parking lots marked with **BLUE** numbers are for patients, visitors, and guests, and those marked with **GREEN** numbers are for OZH coworkers



Good news for Super Bowl fans! In celebration of Super Bowl Sunday, OZH coworkers can wear Eagles or Chiefs shirts or jerseys on Super Bowl Sunday only, February 12.



HUDDLE UP

Weekly Prayer



Heavenly Father, help me always call on You in prayer. You are my strength, and I love you. Thank You for Your goodness, Your mercy, Your grace, and Your love. Help me to honor You with my life, with my thoughts, with my time, with my words, with my plans. In Your holy name, I pray. Amen.

OZH Apparel Store Coupon

Interested in ordering some OZH apparel from our online clothing store? Use this coupon code for 25% off your purchase!

25% OFF!

Code when ordering is: EMT25

- Not good on past orders or orders already placed
- Not good for promotional items

Effective now and ends 2-24-2023

Here's the link to our store: <https://business.landsend.com/store/ozarkshealthcare/>.


Updates Regarding the Employee Wellness Center

We are excited to share a few updates regarding our Employee Wellness Center.

- First, coworkers using our Employee Wellness Center may now bring their children (13 years and older) while exercising or working out. Rules DO apply, and a waiver must be signed before bringing children on site. Waivers may be accessed through our Human Resources Department – their office is located in Parkway Center. Cost for children is \$10 per pay period - same as the current spouse rate.
- Secondly, massage chairs that were generously donated to Ozarks Healthcare last year are now located in our Employee Wellness Center for use.

Please remember, our Employee Wellness Center is accessible by badge access only, and all employees MUST sign a waiver before using the Wellness Center.

If you have any questions, please see the attached copy of the waiver form, or contact Sarah James at S.James@ozhcare.com.




Ozarks Healthcare Employee Wellness Center Rules Etiquette/Respect

1. Sanitize equipment after use.
2. Put equipment back after use.
3. Do not drop weights.
4. Bring your own towel and take it with you when you are finished.
5. Bring your own shower items.
6. The Ozarks Healthcare Wellness Center is not responsible for lost or stolen items. Do not bring valuables. There are not locked lockers.
7. No food in gym area.
8. Wear appropriate and clean shoes.
9. Be respectful of personal space.
10. Gym is being monitored constantly.
11. Anyone damaging equipment is subject to disciplinary action and will be held financially responsible.
12. No horseplay.

Rules for Children of Employees:

1. No children under the age of 13 are allowed in the Ozarks Healthcare Employee Wellness Center.
2. Children entering Ozarks Healthcare Employee Wellness Center must have coverage from parent's insurance through Ozarks Healthcare.
3. Parent/guardian is responsible for any damages that occur.
4. If child is under 18, they must be accompanied by parent/guardian.
5. All kids (even those over 18) must be on the parents insurance plan, and once the child has his/her own insurance, they are no longer eligible.



Ozarks Healthcare Employee Wellness Center Waiver

1. Because physical exercise can be strenuous and subject to risk of serious injury, please contact your physician before beginning any exercise program.
2. By signing this waiver, I agree and acknowledge that I understand its content and agree to follow the rules of the wellness center. The Ozarks Healthcare Employee Wellness Center is not liable for injury caused while using the facility/equipment.

Participant's Name (please print): _____

Signature: _____

In case of an emergency, contact:

Name _____ Phone Number _____

