

Program Participants

Dr. Jennifer Dillaha – Director, Center for Health Advancement, Arkansas Department of Health, Little Rock

Dan Honey – Deputy Commissioner Life and Health, Arkansas Insurance Department, Little Rock

Dr. Terry Kramer – Associate Director, Psychiatric Research Institute, University of Arkansas for Medical Sciences, Little Rock

The Honorable George L. McKee – Mayor of Mena

Allisen Penn – Assistant Professor - Leadership Development, University of Arkansas Division of Agriculture, Cooperative Extension Service, and LeadAR Class 8, Little Rock

Dr. Carlos Rocha – OBGYN Physician, Mena Center for Women's Health, Mena

Dr. Rosemary Rodibaugh – Professor - Nutrition Specialist, University of Arkansas Division of Agriculture, Cooperative Extension Service, Little Rock

Dr. Janet Smith – President, Rich Mountain Community College, Mena

Stan Speight – Superintendent, Cossatot River State Park, and LeadAR Class 9, Wickes

The Honorable Ray B. Stanley – Polk County Judge, Mena

Dot Temple – Extension LeadAR Program Coordinator, University of Arkansas Division of Agriculture, Cooperative Extension Service, Little Rock

Carla Vaught – Polk County Extension Agent – Staff Chair, University of Arkansas Division of Agriculture, Cooperative Extension Service, and LeadAR Class 11, Mena

Dr. Joe Waldrum – Professor - Leadership Development and LeadAR Program Director, University of Arkansas Division of Agriculture, Cooperative Extension Service, Little Rock

Bob Young – Executive Director, Western Arkansas Total Community Health Center, Mena

Acknowledgments

The LeadAR Program sincerely appreciates the sponsors and hosts for this "Rural Health Issues" seminar. We especially thank the LeadAR alum (Nate Bell, Frances Anne & Derwood Brett, Diann Gathright, David Lybrand, Stan Speight, Ginger Sterner, Krystal Thrailkill, Carla Vaught, Regina Walker, & Tammy Young) for their leadership in fundraising and arrangements in Mena.

- A & P Commission, Mena (Cathy Gorden)
- Arkansas Blue Cross and Blue Shield, Pinnacle Business Solutions, Inc., North Little Rock (Dennis Robertson)
- Arvest Bank, Mena (Janie Childress)
- Carla Vaught, Mena*
- Chambers Bank, Mena (Daryen Wiles)
- Cossatot River State Park, Wickes (Stan Speight)
- Diann and Al Gathright, Mount Ida*
- Edwards Jones, Mena (Ginger Sterner)*
- Frances Anne and Derwood Brett, Mount Ida*
- Golden Dreams, Mena (Becky McKee)
- Grannis Tyson Complex (Donna Duggan and Becky Apple)
- Insulation Works, Wickes (Brett and Cherri Counts)
- Krystal and Danny Thrailkill, Mena*
- Mary Dixon, Mena
- McDonald's, Mena (Charlie and Claudia Brown)
- Mena Regional Health System (Vince Di Franco)
- Mena Star (Rick Wright)
- Nate Bell Quad B Specialities, LLC, Mena*
- Page, Thrailkill and McDaniel – Attorneys at Law, PA, Mena
- Polk County Pulse (Michael Resig)
- Polk County Cooperative Extension Office, Mena (Carla Vaught)
- Polk County Fair and Rodeo Association, Mena (Bill Hiaumet)
- Polk County/Mena Rotary Club (Ginger Sterner)
- Regina and Larry Walker, Mena*
- Rich Mountain Community College, Mena (Janet Smith)
- Rich Mountain Electric Coop, Inc. (Leon Philpot)
- Southwestern Electric Power Co., Fayetteville (Tommy Deweese)
- Stan and Michelle Speight, Wickes*
- Subway's Sandwiches, Mena (Vicki Stanley)
- Tammy and David Young, Mena*
- Terrie and Ralph James, Gilham*
- The Crossing Foursquare Church, Mena (Victor and Susan Rowell)
- Tyson's Corporate Office, Springdale (Ed Nicholson)
- Union Bank, Mena (Phillip Hensley)
- Wal-Mart, Mena (Cathy Gorden)
- Western Arkansas Total Community Health Center (Bob Young)

* = LeadAR Alumni



Rural Health Issues

Class 13 – Seminar 4
August 2-4, 2007
Rich Mountain Community College
Mena, Arkansas (Polk County)

"Learning Today ~ Building Tomorrow"



**Arkansas Agricultural &
Rural Leadership Program**

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Equal Opportunity Employer.

Thursday, August 2, 2007

Note: Recommended Dress – Business Casual

A.M.

9:30 Refreshments/Registration – Rich Mountain Community College Maddox Building (Seminar Host/Sponsor)
1100 College Drive, Mena – Ph. 479-394-7622
(Sponsored by Tammy and David Young, Mena)
Dan Schwieder, Presiding

10:00 Welcome:

- Dr. Janet Smith
- The Honorable George L. McKee
- The Honorable Ray B. Stanley
- Carla Vaught

10:30 H-O-M-E-W-O-R-K Discussion – LeadAR Class 13

P.M.

12:00 Lunch – RMCC
(Catered by Papa Pablano's, Mena)
(Sponsored by Ginger Sterner, Edward Jones Broker, Mena)
Kathy Carter, Presiding

Note: The meals will be served in the RMCC Student Center and the meetings will be in Room 128 for this seminar.

1:00 Overview of Arkansas Health Issues – Dr. Jennifer Dillaha

3:00 Break
(Sponsored by Ginger Sterner, Edward Jones Broker, Mena)

3:30 Health Insurance Issues – Dan Honey

4:45 Depart for dinner at the home of Mary Dixon
400 White Oak Drive, Mena – Ph. 479-394-6052/479-234-3335
Teddy Reynolds, Presiding

Note: Load up van/bus please!

5:30 Dinner – Home of Mary Dixon
(Catered by Jack Holland Catering, Mena)
(Sponsored by Rich Mountain Electric Cooperative, Mena)

8:00 Depart for Lodging at Sun Country Inn
1309 Hwy. 71 N, Mena, AR 71953 – Ph. 479 394-7477,
Fax 479-394-7197

Note: Fasting after MIDNIGHT!!!

Friday, August 3, 2007

A.M.

7:30 FASTING!!! (*DO NOT EAT OR DRINK!!!*) Depart for RMCC
Note: Bring ALL of your props for the Cl. 13 Talent Show when you leave the hotel.
Lacy Bradford, Presiding

8:00 LeadAR Class 13 Health Screening – Room 128
(Sponsored by Mena Regional Health System)

- Blood Glucose
- Blood Pressure
- Cholesterol
- Prostate Specific Antigen (PSA)

Breakfast (*After your screening!*) – RMCC Student Union
(Sponsored by Polk County Extension, Mena)

9:30 Break (Sponsored by Mena Regional Health System)

9:50 Mental Health Issues – Dr. Terry Kramer

11:10 Depart for Western Arkansas Total Community Health Center
(W.A.T.C.H.) 1201 Mena Street, Mena – Ph. 479-437-3449

11:20 Tour W.A.T.C.H. Center – Bob Young
(Refreshments provided by W.A.T.C.H.)

P.M.

12:00 Depart for RMCC

12:10 Lunch – RMCC
(Catered by Subways, Mena/Sponsored by SWEPCO, Little Rock)
, Presiding

1:00 Your Professional Image – Allisen Penn

Jessica Austin
Break
2:30 (Sponsored by Page, Thrailkill and McDaniel – Attorneys, PA, Mena)

3:00 Depart for Afternoon/Evening Activities
Note: Load up van/bus please!

4:15 AR Spotlight – Cossatot River State Park Visitors Center
Classroom – Natural Area, 1980 Hwy. 278 W, Wickes –
Ph. 870-385-2201

- Welcome – Stan Speight
- Orientation/Presentation – “Walk on The Wild Side”
- Discussion: Q/A

5:15 Free Time: Visit Exhibit, Stop at the Gift Shop, Wander, Etc.

6:00 Dinner – Cossatot River State Park Visitors Center Classroom
(Sponsored by Grannis Tyson Complex and Tyson's, Springdale)
David Nelson, Presiding

- LeadAR Class 13 Talent Show – Break A Leg!!!
(Refreshments sponsored by Frances Anne Brett, Terrie James and Regina Walker, LeadAR Alum)
- Adjourn – WHENEVER!!! Return to Sun Country Inn

Saturday, August 4, 2007

A.M.

7:00 Depart for RMCC
Note: Check OUT OF Sun Country Inn unless you made arrangements for a late checkout. Arrive promptly at RMCC for the first speaker!
Arlene Freeman, Presiding

7:15 Breakfast – RMCC
(Sponsored by Charlie and Claudia Brown, McDonald's of Mena)

8:00 A Bridge to the Hispanic Community – Dr. Carlos Rocha

9:15 Break
(Sponsored by Nate Bell Quad B Specialities, LLC, Mena)

9:45 Obesity in Arkansas: Seeking Solutions to a Complex Problem –
Dr. Rosemary Rodibaugh

11:00 Extemporaneous Speaking – LeadAR Class 13

11:45 Lunch – RMCC
(Catered by Raspberry Manor, Mena – Kathy Rook/Sponsored by Polk County/Mena Rotary Club & Insulation Works, Wickes)

P.M.

12:30 Wrap-Up, Seminar Evaluation and Seminar 5/October Plans –
Dr. Joe Waldrum and Dot Temple

2:00 Adjourn – Have A Safe Trip Home!!!

2007 Dates To Remember

- October 4-6: Environment & Forestry Issues, Monticello
- December 6-8: Criminal Justice Issues, Harrison