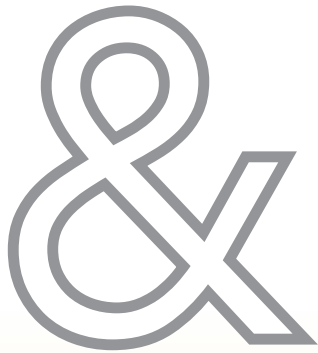




HEALTH



WELLNESS



AND

FINANCIAL FITNESS

Your Complete Medical & Financial Directory

2023 SPECIAL SUPPLEMENT TO THE *ADVANCE-MONTICELLONIAN*

Table of Contents

13 essential vitamins the body needs..... 3

Relax and try a massage 4

Planting seeds for the future..... 5

How to establish fitness goals for kids..... 6

The basics of consumer credit 8


The link between physical activity and mortality risk in older adults 10

Signs of worsening mental health 11

The health benefits of hobbies 12

Health, Wellness & Financial Fitness Directory..... 13-15

<p>Ashley Hogg Advertising Manager</p> <p>Theresa Perrigen Sierra Everett Advertising Representatives</p> <p>Kristie Nall Graphic Designer</p> <p>Jeff McDonald Halen Murphy Editorial Staff</p>	<p>This publication produced by DREW COUNTY NEWSPAPERS, INC. P.O. Box 486 314 North Main Monticello, Arkansas 71657 (870) 367-5325 www.advancemonticellonian.com</p> <p>Tom White President/Publisher</p>	<p>For more information about this publication and/or advertising rates, call 870-367-5325. This publication was produced by Drew County Newspapers, Inc. Copyright 2023. Reproduction in whole or part of this publication without express written consent of the publisher is prohibited. The publisher assumes no responsibility for errors or omissions.</p>
--	--	--



DONNA D. MASSEY, D.D.S.

7215 SHERIDAN RD • WHITE HALL
870.535.4050

SERVING WHITE HALL SINCE 2005

Live Healthy Live Well



Your Health Matters!



DREW COUNTY HEALTH UNIT
940 Scogin Drive • Monticello, AR 71655 • 870-367-6234
Hours of Operation: Mon., Wed. - Fri. 8AM-4:30PM
Tue. 9:30AM-6PM
www.healthy.arkansas.gov

13 essential vitamins the body needs

The human body is a marvel. When working correctly, the body automatically performs scores of metabolic functions. Individuals can facilitate the performance of those functions in various ways.

Careful consideration of what they put into their bodies is one way individuals can make things easier on their bodies. It is vital to supply the body with the nutrients it needs. This includes the essentials: A, C, D, E, K, and the eight B vitamins.

- **Vitamin A:** This vitamin helps ensure the health of the skin, corneas, lining of the urinary tract, lungs, and intestines. Vitamin A also helps protect against infection. It also is important for vision, as it improves vision in dim light.

- **Vitamin C:** Vitamin C, also known as ascorbic acid, plays a vital role in immune system

function, helping to protect cells from free radicals. Since the body cannot store vitamin C, it needs to be consumed daily.

- **Vitamin D:** Vitamin D assists in calcium and phosphorous absorption, which helps to keep bones and teeth strong. The body can produce vitamin D naturally by spending time in sunlight. That is why it's often called "the sunshine vitamin."

- **Vitamin E:** This vitamin maintains muscles and red blood cells. It also protects fatty acids.

- **Vitamin K:** Vitamin K is necessary for blood to clot and helps to keep bones and other tissues in the body healthy.

- **Thiamine (B1):** B1 is needed for metabolism and for nerve and heart function.

- **Riboflavin (B2):** Another important nutrient for metabo-

lizing foods, B2 helps maintain healthy mucus membranes, such as those in the mouth and nose.

- **Niacin (B3):** This vitamin helps to release energy from food and keeps the nervous system healthy.

- **Pantothenic Acid (B5):** B5 is another vitamin that aids energy metabolism. It also plays a role in normalizing blood sugar levels.

- **Pyridoxine (B6):** People rely on B6 to metabolize food energy. It also has a role in proper nerve function and helps in the creation of hemoglobin, which carries oxygen around through red blood cells.

- **Biotin (B7):** This is only needed in small amounts to make fatty acids.

- **Folate (B9):** Folate is very important for healthy red blood cells. Folate also helps to pre-

vent birth defects, which is why it is recommended as a prenatal vitamin. The manufactured form of folate is called folic acid.

- **Cobalamin (B12):** B12 is needed to make red blood cells, DNA, RNA, and myelin for nerve fibers.

It is preferable to obtain vitamins through healthy foods. If and when foods are inadequate, supplementation might be recommended.

Certain vitamins are fat-soluble, which means they are stored in the body's fat and used slowly over time, according to WebMD. Others are water-soluble, so they are not stored and need to be replenished frequently. Individuals should speak to their doctors and nutritionists about any vitamin deficiencies they may have and how to combat them safely.

When Time Matters, Dial **911** & REQUEST:

SOUTH EAST EMERGENCY MEDICAL SERVICE INC.

11 Years of Excellence

Lyle Welch, Owner/Operator

Office 870-367-2300

southeastems@sbcglobal.net
503 W Gaines | P.O. Box 714 | Monticello, AR 71657

Relax and try a massage

By: **HALEN MURPHY**
reporter@monticellonews.net

The amount of benefits one can receive from massage therapy may be much greater than you think.

Massage therapy can be used for pain, bodily functions, and more.

Cara Fletcher went to college for two years and eventually decided that she didn't want to work in the field that she was studying. She wanted to work at a job where she could help people. When she realized this, she decided she wanted to try massage therapy and got her license. Fletcher has been working in massage therapy for nearly 21 years working for places such as White River Massage in Fayetteville, and is now working out of an office in her home.

Massage therapy is the prac-

tice of using pressure to manipulate the muscles into relaxing. Doing this can help many functions of the body such as manage pain, help circulation, immune function, sleep, and even mental health.

Massage therapy can help with mental health due to the stress relieving capabilities. Stress building up can decrease one's mental state by making you more irritable or anxious. Since the massage therapy helps with stress by easing the entire body, it can help with overall mental health.

Due to the ability massage has to help with pain, it can even assist with cancer, HIV, and fibromyalgia. Massage therapy does this by relaxing the nervous system and slowing your heart rate.

Fletcher recommends massage therapy to anyone of any age. She said that she has given



massages to children, elderly, and even pregnant women. She also recommends that people drink plenty of water before and after the massage session to alleviate some of the soreness. Certain conditions can occasionally cause issues with massages, but only if the massage is done incorrectly.

Massage therapy doesn't always mean you'll be getting a deep tissue massage. Fletcher does hot stone massages as well as multiple kinds of tradi-

tional massages.

Some massage therapists accept insurance but Fletcher is unable. However, if your doctor has prescribed massage therapy then you can use the receipt from her to get compensation from your insurance.

Fletcher said "If I can get people to try something that makes them feel better then I feel like I have helped". Massage therapy may be able to help you.

Pine Bluff Hearing Aid Center

P.O. Box 2260
2500 West 28th Avenue
Pine Bluff, Arkansas 71613
(870) 534-8304
FAX (870) 534-8407
pinebluffhearingaidctr@yahoo.com

BEVERLY ANNE STEVENS, BC-HIS
Hearing Aid Specialist

www.pinebluffhearingaid.com

Edward Jones[®]

No matter what stage of life you are in, let's talk about your dreams and how we can help you get there.

Focus Areas

- Business Retirement Plans
- Estate and Legacy Strategies
 - Investor Education
- Preparing for and Living in Retirement
- Preparing for the Unexpected
 - Saving for Education

KC Knobloch, Financial Advisor

**Yukiko Bivens,
Sr. Branch Office Administrator**

www.EdwardJones.com/KC-Knobloch
109 Westgate Drive | Suite C | Monticello, AR 71655
Phone: (870) 367-4256

Member SIPC

Planting seeds for the future

By: JEFF McDONALD
 editor@monticellonews.net

It's safe to say that one of the main goals for parents is to teach their children all of the skills they will need to be successful adults. Parents are also looking to set their children up to have the best life possible in most cases. One of the areas that is being taught is financial responsibility, and Union Bank and Trust is doing their part to aide parents in educating their children in this area.

The Johnny Appleseed account is an interest bearing savings account for children up to age 12. The account requires a \$10 deposit to open and begins accruing interest on the total balance immediately.

The account is part of the



Johnny Appleseed Junior Ecology Club. The club is designed to help younger members learn about the importance of saving money, while also encouraging them to think about conserving the Earth and it's resources.

See **APPLESEED** Page 6

**178 W. College St.
 Monticello, AR 71655
 870-367-4333**

Your "Hometown" Bank **SERVING YOU** and our community since 1887

Union Bank

www.unionbnk.com | MEMBER FDIC | CONNECT WITH UNION BANK

HOSPICE home care

Monticello Region

Ashley, Bradley, Chicot, Desha and Drew Counties
Adding Life to Each and Every Day
 990 Highway 425 North Monticello, AR 71655
 P: 870-367-9008 | F: 870-367-9098 | TF: 800-479-0756

We accept children ages 6 months to 5 years who qualify for Early Intervention Services

Voucher

The mission of Advantages of Southeast AR, Inc. is to provide a community based system of individualized instruction and support geared toward maximizing independence, self-support, employment opportunities, and normal living for persons with developmental disabilities in our 14 county service area.

168 W. College St.
 Monticello, AR 71655

870-367-8475

APPLESEED

Continued from Page 5

Union Bank offers three events each year, especially for the Johnny Appleseed members. In the spring, the bank gets the Easter Bunny to come by and spend the afternoon with the children and their families, and the kids get to take home a special Easter prize.

The fall event varies from year to year, but it usually coincides with the county fair.

In December, club members are invited to meet with Santa Claus.

If there is a child in your life who would enjoy belonging to the Johnny Appleseed Club stop by the nearest branch of Union Bank and Trust and sign them up. Help them start planting the seeds of responsible money management today.



How to establish fitness goals for kids

Physical activity benefits people of all ages, including kids. Despite widespread recognition of the positive impact physical activity has on children, many kids are not getting enough exercise. In an analysis of data collected as part of the 2019 Youth Risk Behavior Survey, the Centers for Disease Control and Prevention found that less than one in four children between the ages of six and 17 participates in 60 minutes of physical activity per day.

When established in childhood and adolescence, good habits like exercising regularly can set young people up for a long, healthy life. Perhaps in recognition of that, parents often look for ways to promote physical activity to their young-

sters. Setting fitness goals is one way to help young people exercise more, and the following are a handful of strategies parents can try as they seek to promote a love of physical activity in their children.

- Include fun activities in a fitness plan. Adults recognize the importance of planning when aspiring to achieve certain goals, and a plan can be just as integral to getting kids to be more physically active. When devising a fitness plan, parents should be sure to include activities kids find fun. Just because Dad liked playing baseball doesn't mean his children will. Identify activities that kids enjoy, whether it's hiking or cycling or playing an

See **KIDS** Page 7

Monticello Ambulance Service Inc.

Serving Monticello
& Drew County
Since 1972



When there is an
EMERGENCY, Let us take care of you!
Call 911 & Request MASI

Owners Scott & Sherry Carson

325 W Shelton
367-7384



KIDS

Continued from Page 6

organized sport, and include that in the fitness plan.

- Involve kids' friends. Parents often make exercising a family affair, but a 2015 study led by a researcher affiliated with Cincinnati Children's Hospital Medical Center found that children who exercised with friends were far less likely to cite barriers such as lack of enjoyment or lack of energy as reasons for not exercising. In essence, kids are more inspired to exercise with friends than they are with family members. When establishing fitness goals for kids, parents can work with other parents so kids can pursue those goals together, increasing the chances that those pursuits will be successful.

- Set aside time to exercise each day. Physical activity should be part of everyone's daily routine, and kids are not

exception. Such activity does not need to be a grueling workout, and indeed children's bodies will need time to recover after especially strenuous exercise. But setting aside time each day to be physically active is a good way to ensure kids' lifestyles are not predominantly sedentary.

- Make the goals attainable. Parents may know before kids begin exercising or notice shortly after they start being more physically active how much kids can reasonably handle. The YMCA notes that's an important factor to consider, as fitness goals should be attainable so anyone adjusting to a new regimen, even kids, stays motivated. A child's pediatrician can advise on how much exercise youngsters should get each day, and parents can help kids gradually reach that point by setting challenging but attainable goals.

Regular physical activity can benefit kids for the rest of their

lives. Parents can pitch in by embracing various strategies to

help kids establish attainable goals that make fitness fun.



MARK RAMIRO, M.D.



KIMBERLY
MICHELLE RAWLS,
APRN

Mark A. Ramiro, MD, PA Kimberly Michelle Rawls, APRN FAMILY PRACTICE

We put
our  into caring for
your family's
medical needs.
That's what we do best!



**Patient Portal Available: Offering Text,
Email and Telephone reminders**

Phone: 870-247-9499 • 1400 Claud Rd | Fax: 870-247-9495

www.whitehallfamilymedicine.com | Patient Portal: myhealthrecord.com | Email: clinic@whfm.net

The basics of consumer credit

A strong credit score is an undeniable asset for consumers. A strong standing in the eyes of potential creditors can save consumers money on relatively short-term expenses like vehicles and long-term purchases like homes.

Consumer credit is so influential in the lives of the average person that it pays to have some knowledge of what it is and how individuals can use it to their advantage.

Who issues consumer credit?

Consumer credit is typically issued by banks and retailers. One common question consumers have is who owns credit cards, which are among the most recognizable and widely used forms of consumer credit. Many credit card companies, including Visa, are now

publicly held companies after years of being owned by banks. However, many major banks, including Capital One and Bank of America, issue credit cards as well.

What is a credit score?

According to the credit reporting agency Equifax®, a credit score is a three-digit number which represents an individual consumer's credit risk. Credit risk refers to the likelihood that a borrower will pay their bills on time. Scores are typically between 300 and 850, and the higher the score, the more creditworthy and less risky a consumer is in the eyes of creditors.

How are credit scores calculated?

Three different consumer



reporting agencies (CRAs), including Equifax®, determine credit scores. That's why it's not uncommon for a single

consumer to have three different scores. Those scores should

See **CREDIT** Page 10

**We're your Shield.
We're your Shelter.**



AUTO • HOME • LIFE




**Michelle
Herring**

7300 Dollarway Rd., Ste. 106
White Hall, AR
870-247-0448
MHerring@ShelterInsurance.com

**LOANS LOANS LOANS
LOANS LOANS LOANS
LOANS LOANS LOANS
LOANS LOANS LOANS
LOANS LOANS LOANS**

NEED A LOAN?
See Us for a "SOLID" Financial Future



White Hall Main Office
5100 Jefferson Pkwy
870-247-5100

Sheridan Branch
1527 South Rock
870-484-4854

www.pinefcu.com
Email: customerservice@pinefcu.com
Federally insured by NCUA



Drew Memorial



778 Scogin Drive | Monticello, AR 71655

(870) 367-2411

Cancer & Infusion Center

Offering hematology, chemotherapy, and infusion therapy; weekly visits from regional oncologists; cancer support group meets monthly, second Mondays

Drew Surgical Specialists

Boasting two experienced general surgeons who offer a variety of surgical procedures

Education

Classes are available to patients, employees and the public, with topics including CPR, First Aid, nutrition, diabetes management and prevention, breastfeeding and childbirth

Home Health

Offering nursing care, wound care, social workers, aides, IVs, injections, patient and caregiver education, and rehabilitation services in 7 Southeast Arkansas counties

Laboratory

Lab results are typically available within 24 hours and can be easily shared with out-of-town physicians

Nursing Services

Include the medical/surgical floor, Intensive care unit, emergency room, and anesthesiology

Radiology & Imaging

Offering low-dose 80-slice CT scans, digital X-Ray, MRI, port placement & management, ultrasounds, nuclear medicine, fluoroscopy, and digital mammography

Rehabilitation Therapy

Physical, occupational and speech therapy are available at home, inpatient, or outpatient

Respiratory Therapy

Offering EKGs, airway management, oxygen therapy, arterial blood gases, nebulizer therapy and more

Sleep Center

Diagnosing and treating sleep disorders like sleep apnea in a comfortable four-bed sleep lab

Specialty Care Center

Convenient visiting physicians in podiatry, general surgery, ENT, cardiology, pulmonary, orthopaedics, dermatology, urology and neurology

Transitions

The outpatient geriatric psychiatry program offers group and individual counseling sessions to reduce feelings of isolation and disconnectedness

Women's Services

OB/GYN physician providing comprehensive care for women of all ages

Reflections

An inpatient program providing comprehensive, individualized care for patients to meet their psychological and physical needs.

DrewMemorial.org



CREDIT

Continued from Page 8

be similar, and if they're not it's likely that one or more CRA reports has an error or errors. A host of variables are considered when determining a credit score, and these include:

- Payment history
- Credit utilization ratio, which is the amount of credit used versus the total available credit
- Types of credit accounts a consumer has. This includes revolving credit accounts, like consumer credit cards, and installment accounts, which include mortgages and auto loans.
- Credit history length
- Frequency of credit inquiries (numerous inquiries in a short period of time generally lower a consumer's credit score)

So why is a credit

score so important?

Credit scores are so significant because they can cost or save consumers a substantial amount of money. Consumers with poor scores, which are generally considered scores between 300 and 669, may not be eligible for auto or mortgage loans and may only be able to secure credit cards with high interest rates. By contrast, consumers with scores considered very good to excellent (740 and above) generally get more favorable interest rates on sizable purchases like cars and homes, which can save borrowers tens of thousands of dollars over their lifetimes.

Managing credit is a vital component of financial planning. Knowing the basics to consumer credit can set individuals on a sound financial path.

The link between physical activity and mortality risk in older adults

A 2022 study led by researchers at the National Cancer Institute found that recreational pursuits that incorporate physical activity, including walking, swimming and playing tennis, may lower older adults' risk of death from any cause. That includes cardiovascular disease and cancer, which the World Health Organization notes are two of the leading causes of death across the globe. Running, cycling, swimming, other aerobic exercise, racquet sports, golf, and walking for exercise encompassed the seven different exercise and recreational activities researchers examined as part of the study, which utilized data from more than 272,000 adults between the ages of 59 and 82. The researchers found



that achieving the recommended weekly amount of physical activity through any combination of these activities was associated with a 13 percent lower risk of death from any cause compared to people who did not participate in such activities. Though all activities were associated with lower risks of death, racquet sports seemingly provided the most bang for seniors' proverbial bucks, as those activities were associated with a 16 percent lower risk of death.

REHABILITATION AND THERAPY

Following a hospital stay for an illness, injury, or surgery, you may need additional care and rehabilitation before returning home. Trinity Village has all the resources in one place to help you get healthier faster. Our new, state-of-the-art rehabilitation center and highly trained professionals will help you get back into your routine and independent life. At Trinity Village, we offer both inpatient and outpatient rehabilitation. Your physician will determine which option is best for you.

We are a continuing care retirement community with independent living, assisted living and skilled nursing all under one campus, providing all levels of care and rehabilitation.

The features below vary according to area of residency within the facility.



PRIVATE AND SEMI-PRIVATE ROOMS

Features:

On-site 24-hour awake staff with licensed nurses

Personal response pendant and call system

Three nutritious, balanced meals daily in our dining room plus anytime snacks, juice, tea and coffee

Help with bathing, dressing, grooming, personal hygiene, toileting, and walking/wheelchair

Individually controlled heat and air

Medication assistance

Weekly housekeeping and linen service

Security surveillance

All utilities (except cable, internet, and phone)



TRINITY VILLAGE RETIREMENT COMMUNITY

6400 Trinity Drive • Pine Bluff, AR • 870-879-3113 • trinityretirement.com

ASSISTED LIVING
& INDEPENDENT
LIVING

Signs of worsening mental health

The prevalence of mental health issues garnered significant attention in the early days of the COVID-19 pandemic, when many people acknowledged lockdowns and other restrictions and uncertainties were adversely affecting their thoughts and outlook. Though those restrictions were ultimately lifted and life returned to something closer to normal for people across the globe, mental health has remained both a hot topic and a concern.

The organization Mental Health America® reports that, as of 2022, just under 20 percent of adults in the United States are experiencing a mental illness. The issue of mental health is perhaps an even bigger concern in Canada, where a 2022 report from the Angus Reid Institute noted one in three Canadians indicated they

are struggling with their mental health.

Such statistics are troubling, though increased public dialogue surrounding mental health has done much to remove the stigma long attached to conditions such as depression and anxiety. That stigma affected certain groups more than others, including women. In fact, a 2017 report from the United Kingdom-based Mental Health Foundation indicated that women are three times more likely than men to experience common mental health problems. And that problem is worsening, as the MHF notes that women were two times more likely to experience such issues as recently as 1993.

Learning the developing signs of mental health issues may compel women to take action more quickly. Prompt

treatment can increase the likelihood that women overcome mental health issues, which could lead to more positive short- and long-term results. The American Psychiatric Association® notes that it can be useful to contact a mental health professional if several of the following symptoms are occurring.

- Changes in sleeping habits or appetite changes. Changes in sleep and appetite can be dramatic or may contribute to a decline in personal care.

- Mood changes marked by a rapid or dramatic shift in emotions or depressed feelings. Individuals may also become notably irritable.

- Emerging mental health issues may be marked by recent social withdrawal and a loss of interest in activities that were previously enjoyed.

- An unusual drop in functioning at school, work or social activities, such as quitting sports, failing in school or difficulty performing familiar tasks.

- Mental health issues can contribute to problems with concentration, memory or logical thought and speech. These problems can be hard to explain.

- A heightened sensitivity to sights, sounds, smells, or touch. Some people even avoid over-stimulating situations.

- Mental health issues may contribute to apathy marked by a loss of initiative or desire to participate in any activity.

- Some people experience a vague feeling of being disconnected from oneself or one's surroundings; a sense of unreality also may develop.

See **MENTAL** Page 12

“just what the doctor ordered”



Doctor's Orders Pharmacy

870-850-8010
White Hall Location | 7240 Sheridan Rd.

870-671-4914 Pine Bluff Location
2302 West 28

870-380-6901 New Location
2701 E Harding • Pine Bluff

870-628-4004 Star City Location
500 S. Lincoln

www.DoctorsOrdersPharmacy.com

Monticello 790 Roberts Dr. 870-367-2461

Call toll-free **1-800-323-2703**


Warren 1404 E. Church St. 870-226-5856

24 hr. emergencies

Delta Counseling Associates, Inc.

WE ARE HERE TO HELP YOU!

Depression
Anxiety
Bipolar Disorder
PTSD
Schizophrenia
Substance Abuse



PROFESSIONAL COUNSELING FOR:

- Individuals
- Families
- Children
- Adults

Crossett 1308 W 5th St. 870-364-6471

Lake Village 1127 2nd St. 870-265-3808

Dumas 741 Hwy 65 870-382-4001

MENTAL

Continued from Page 11

- Illogical thinking is another potential sign of an emerging mental health issue. This thinking many involve unusual or exaggerated beliefs about personal powers to understand meanings or influence events. Adults may exhibit an illogical or “magical” thinking that is more typical of a child than an adult.

- A sense of nervousness characterized by a fear or suspicion of others. A strong nervous feeling also may be pres-

ent.

- Some people with mental illness exhibit odd, uncharacteristic or peculiar behavior.

- A change in school or work marked by increased absenteeism, worsening performance and/or difficulties in relationships with peers and coworkers.

Data indicates women are more likely to experience mental illness than men. That makes recognition of mental health symptoms an especially significant component of personal health care for women across the globe.



The health benefits of hobbies

Maintaining physical and mental health often requires a multi-faceted approach. Eating well, exercising and reducing stress are part of a healthy regimen, but those are not the only components of a healthy lifestyle.

Hobbies can have a positive effect on overall health. Hobbies can seem like ways to simply pass the time or alleviate boredom. But a deeper exploration could shed light on just how healthy hobbies can be. In fact, it is essential to carve out time for hobbies because they can be so beneficial.

According to a study published in *Aging Clinical and Experimental Research*, participation in leisure activities positively influences self-perceived well-being and depressive symptoms. “The blue zone” refers to the areas of the world that have the longest-living people on the planet, which include Okinawa, Japan; Sardinia, Italy; and Ikaria, Greece, among others. Participation in activities that bring out a creative side leads to an increased sense of well-being that is good for long-term health. They also can reduce cortisol levels. Cortisol is known as the stress hormone, and it can negatively affect energy, mood and

sleep.

While most leisure activities regularly engaged in can have positive effects on health, those that focus on a combination of physical and mental stimulation are most beneficial. Women looking to change their daily routines may want to focus on these health-boosting hobbies.

- Dancing: Laugh, sweat and learn some footwork in a dance class. It can make exercise fun for those who find traditional exercise does not keep their attention.

- Kayaking: There’s something serene about being on the water away from the hustle of life on land. Kayaking strengthens the body, but the calm of taking in the water and scenery nourishes the mind. Experts agree that outdoor hobbies add another benefit since sunlight helps the body release neuroreceptors that trigger more positive thoughts.

- Gardening: Gardening is physical, requires planning, involves spending time outdoors, and yields tangible results through thriving plants. These are all factors that promote good health.

- Fostering animals: Fostering animals offers them an opportunity to spend time in domestic settings before being adopted by

permanent owners. For the foster person, having a dog involves going out on walks and play sessions in the backyard. A sense of purpose comes from helping out needy animals, and this hobby also taps into physical wellness.

- Volunteering: Being a presence in your community can fos-

ter social engagement and boost emotional health. It also can keep you physically active.

Various hobbies can be good for the mind and body, which makes it worth anyone’s effort to make more time for recreation and leisure.

I love being here to help life go right™ in a community where people are making a difference every day.

Thank you for all you do.



Kevin Bonnette,
Agent

2900 S. Olive
Pine Bluff, AR 71603
Bus: 870-535-2233
insuremekevinb.com



Health, Wellness & Financial Directory

Ambulance

Monticello
Ambulance
Service
Inc.



367-7384 325
W Shelton
Serving
Monticello &
Drew County
Since 1972

Owners
Scott & Sherry
Carson



Call 911 & Request MASI

SOUTHEAST EMERGENCY MEDICAL SERVICE INC.



Office
870-367-2300

southeastems@sbcglobal.net
503 W Gaines | P.O. Box 714
Monticello, AR 71657

Lyle Welch,
Owner/Operator

Emergency

Ambulance

Monticello
Ambulance
Service
Inc.



367-7384 325
W Shelton
Serving
Monticello &
Drew County
Since 1972

Owners
Scott & Sherry
Carson



Call 911 & Request MASI

SOUTHEAST EMERGENCY MEDICAL SERVICE INC.



Office
870-367-2300

southeastems@sbcglobal.net
503 W Gaines | P.O. Box 714
Monticello, AR 71657

Lyle Welch,
Owner/Operator

Emergency

Children's Center



ADVANTAGES OF SOUTHEAST ARKANSAS
Discover The Advantage Of A Better Tomorrow



Discovery
Center

Preschool program for children ages 6 months to 5 years who have been determined to have developmental disability.

Discover the skills for a better tomorrow!

See what we have to offer! Go to www.advantageseak.org

168 W. College St.
870-367-8475

 Find us on: **facebook®**

Mark A. Ramiro, MD, PA
Kimberly Michelle Rawls, APRN

FAMILY PRACTICE

870-247-9499 | 1400 Claud Rd
www.whitehallfamilymedicine.com
Patient Portal: myhealthrecord.com | Email: clinic@whfm.net

MARK RAMIRO, M.D. KIMBERLY MICHELLE RAWLS, APRN

Family Practice

Disability Services



ADVANTAGES OF SOUTHEAST ARKANSAS
Discover The Advantage Of A Better Tomorrow



Discovery Skills
Center

Preschool program for children ages 6 months to 5 years old who have been determined to have a developmental disability.

Discover the skills for a better tomorrow!


See what we have to offer! Go to www.advantageseak.org

168 W. College St.
870-367-8475

 Find us on: **facebook®**

For individuals that have been determined to have a developmental disability with the onset prior to age 21.

PINE
Federal Credit Union



Member Owned • Not for Profit
Refinancing • Check out our LOW RATES

www.pinefcu.com
5100 Jefferson Parkway
White Hall
247-5100

NCUA
National Credit Union Administration, a U.S. Government Agency

Financial Institution

Health, Wellness & Financial Directory

Financial Services



KC Knobloch, Financial Advisor

**Yukiko Bivens,
Sr. Branch Office Administrator**

www.EdwardJones.com/KC-Knobloch
109 Westgate Drive | Suite C | Monticello, AR 71655
Phone: (870) 367-4256

Member SIPC

**We're your Shield.
We're your Shelter.**



AUTO • HOME • LIFE



Michelle Herring

7300 Dollarway Rd., Ste. 106
White Hall, AR • 870-247-0448

MHerring@ShelterInsurance.com

Insurance

Health Services

**Mark A. Ramiro, MD, PA
Kimberly Michelle Rawls, APRN**

FAMILY PRACTICE

870-247-9499 | 1400 Claud Rd
www.whitehallfamilymedicine.com
Patient Portal: myhealthrecord.com | Email: clinic@whfm.net

MARK RAMIRO, M.D. KIMBERLY MICHELLE RAWLS, APRN



**Kevin Bonnette,
Agent**

2900 S. Olive
Pine Bluff, AR 71603
Bus: 870-535-2233
insuremekevinb.com



Insurance

Hearing Aid

**Pine Bluff
Hearing Aid Center**

P.O. Box 2260 • 2500 West 28th Avenue
Pine Bluff, Arkansas 71613
(870) 534-8304 FAX (870) 534-8407
pinebluffhearingaidctr@yahoo.com



BEVERLY ANNE STEVENS,
Hearing Aid Specialist
www.pinebluffhearingaid.com



**Delta
Counseling
Associates, Inc.**

Call toll-free 1-800-323-2703
24 hr. emergencies

Monticello 790 Roberts Dr. 870-367-2461	Warren 1404 E. Church St. 870-226-5856	Crossett 1308 W 5th St. 870-364-6471	Lake Village 1127 2nd St. 870-265-3808	Dumas 741 Hwy 65 870-382-4001
---	--	--	--	-------------------------------------

Mental Health

Home Health



**Drew Memorial
HOME HEALTH**

(870) - 367 - 1154

- Skilled Nursing
- Therapy Services
- Behavioral Health Nursing
- Home Health Aides
- Homemaker Aide
- Respite Care
- Carelink

Choose **local**.
Choose **well**.

Follow Me To Trinity!



Trinity Village Inc.
Pine Bluff, Arkansas
870-879-3113 • www.trinityretirement.com

Nursing/Rehab

Health, Wellness & Financial Directory

Pharmacy



Doctor's Orders Pharmacy

870-850-8010
White Hall Location
7240 Sheridan Rd.

870-628-4004
Star City Location
500 S. Lincoln

870-380-6901
New Location
2701 E Harding • Pine Bluff

870-671-4914
Pine Bluff Location
2302 West 28

www.DoctorsOrdersPharmacy.com

Senior Living




Trinity Village Inc.

Pine Bluff, Arkansas

870-879-3113 • www.trinityretirement.com

Radiology



Drew Memorial RADILOGY

(870) - 460 - 3573

- Bone Density
- Low Dose 80-Slice Computed Tomography Scan (CT or CAT scan)
- Fluoroscopy (UGI, BA Swallow, Modified BASW, and Barium Enema)
- Magnetic Resonance Imaging (MRI) **James Workman, M.D.**
- Digital Mammography • X-Ray
- Nuclear Medicine • Ultrasound
- Interventional Procedures

Choose **local**. Choose **well**.

Surgical Services



Drew Memorial SURGICAL SERVICES

(870) - 460 - 3515

- Laparoscopic Cholecystectomy
- Laparoscopic Appendectomy
- Hernia Surgery • EGD
- Colon Cancer Surgery
- Breast Cancer Surgery
- Colonoscopy • Open Splenectomy

Alan Wilson, M.D.

For more information, visit DrewMemorial.org

Getting it right...right now!



ADVANCE - MONTICELLONIAN

Fast AND Convenient!

www.advancemonticellonian.com

VISIT OUR WEBSITE AND FACEBOOK PAGE



Subscribe to *The Advance!*

Call 367-5325 for information

