

Spotlight On:

# Plains Regional Medical Center

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Women's Care,  
Close to Home

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Orthopedics,  
Without the  
Pain of Traveling

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PRMC Impact  
to the Community

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Meet Our  
Providers

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## A Message from Bill Priest, Hospital Chief Executive

# Welcome to Spotlight on Plains Regional Medical Center



**We are excited about this new format so we can share more about the many healthcare services provided at Plains Regional Medical Center (PRMC) and help you get to know our team, both new faces and our long-term providers and staff.**

Let's start by introducing myself. I am Bill Priest, and I've been PRMC's Hospital Chief Executive since September 2023. I have worked in healthcare for more than 30 years and have a particular passion for rural healthcare. My wife Kelly and I have four (mostly) adult children. We truly appreciate how kind and welcoming everyone at PRMC and throughout the community has been to us. Clovis already feels like home.

PRMC is proud to offer care close to home in family medicine, internal medicine and pediatrics. We also provide medical specialties such as general surgery, orthopedics, gastroenterology, pulmonology and urology, and we offer an obstetrics and gynecology team that is growing to meet the needs of the community. Our oncology team and our rehab services (physical therapy, occupational therapy and speech) provide care not typically found in a community our size. I'm also excited about the services we will provide in the future – we'll share more about this in upcoming issues.

In this issue, you'll meet our OB/GYN team, who help bring babies into the world and provide women's care to the community. You'll also meet our orthopedic team, who handle everything from sports injuries to joint issues. Thanks for reading—I hope you find this publication entertaining and informative.

Sincerely,

A handwritten signature in black ink that reads "Bill Priest". The signature is written in a cursive, flowing style.

Bill Priest  
Hospital Chief Executive  
Plains Regional Medical Center



Left to right: Reese McGee, CNP, Lillian Browning, CNP, Cristi Lubera, CNM, Timothy Harkins, MD\*, Brenda Pereda, MD and Natasha Beachum, MD

# Hometown Providers Caring for Women, Here at Home

Born and raised in Clovis, New Mexico, Natasha Beachum, MD, and certified nurse midwife (CNM) Cristi Lubera share a strong bond with their tight-knit community. They also share a passion for providing women's care for their friends and neighbors. Together, they're part of Plains Regional Medical Center's (PRMC) team of dedicated Women's Care providers.

Their Clovis roots give them a deep connection to the community and a genuine understanding of local culture. "Knowing the community better helps us understand their unique needs. It's not just about medical care; it's about being a resource for the community." Lubera adds, "I'm passionate about women's healthcare in this community. I mean, this is where I'm from."

Dr. Beachum is a family medicine provider/obstetrician, with a focus on primary care and pediatrics. She talks about the wide range of women's care services offered at PRMC. "From tying tubes to removing uteruses, dealing with fibroids or cysts, we're here to address a wide range of needs. We even provide pelvic floor care, and can help with issues like bladder prolapse."

When asked about her specialty, Dr. Beachum emphasizes her focus on birthing. She explains, "I did an extra year of training in gynecology and obstetrics, so I could do C-sections and enhance my birthing skills. On a typical day, I see a lot of pregnant patients, with a few gynecology patients here and there."

*Continued on next page.*

\* Independent community healthcare provider.



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Individualized care is important to their approach for caring for patients. Dr. Beachum and Lubera focus their practice around patient education and actively listening to patients' concerns. Dr. Beachum tells her patients, "If you don't know what's going on with your body by the end of the visit, I'm not doing my job. I need to listen and know what you're feeling because you know your body better than I do."

Dr. Beachum and Lubera emphasize the collaborative approach at PRMC, where a team of three midwives, two nurse practitioners, and four doctors work together. Their goal is to ensure patients meet the care team during their appointments, helping gain a sense of familiarity and trust.

**"I'm a huge believer in teamwork. I learn something new from other providers every day. A team approach to obstetrics is so important because we can't guarantee who's going to deliver the baby. The patients need to know our entire team is taking care of them."  
– Cristi Lubera, CNM**

A common misconception is the belief that certain high-risk cases or complicated deliveries might require care outside of the community. "Some patients think we can't take care of high-risk pregnancies," says Dr. Beachum. "For example, if they've had in-vitro or an implanted embryo, or if they have high blood pressure and they're pregnant, some patients worry we can't take care of them. We make sure they understand that we take care of those needs all the time right here at home in Clovis."

Both Dr. Beachum and Lubera stress the importance of patient education. Their goal is to help provide answers for women's health topics and overcome the stigma associated with talking about intimate health needs. Lubera explains, "I try to take that fear factor away. Patients see that we're approachable and we're here to help them navigate the journey of women's health."

The following OB/GYN services are offered at PRMC:

- Women's Health – annual wellness exams
- Prenatal Care – important screenings
- Family Planning – including birth control
- Parenting Education – breastfeeding support
- Labor and Delivery – private birthing rooms

## Donor milk is now available for sale to the community at Plains Regional Medical Center.

It's a safe alternative for newborns who may need temporary supplementation while breastfeeding.

- Donor milk is received by PRMC from "The Mother's Milk Bank"
- Supply is dependent on availability of donor milk
- Purchase is made at the cashier's office at PRMC
- Receipt is taken to the Women's Unit at PRMC to receive your breastmilk

Cashier Hours: Monday-Thursday 8:00 a.m.- 5:00 p.m. and Friday 8:00 a.m.- 4:30 p.m.

One 4-ounce package of frozen donor milk is \$18 plus tax.



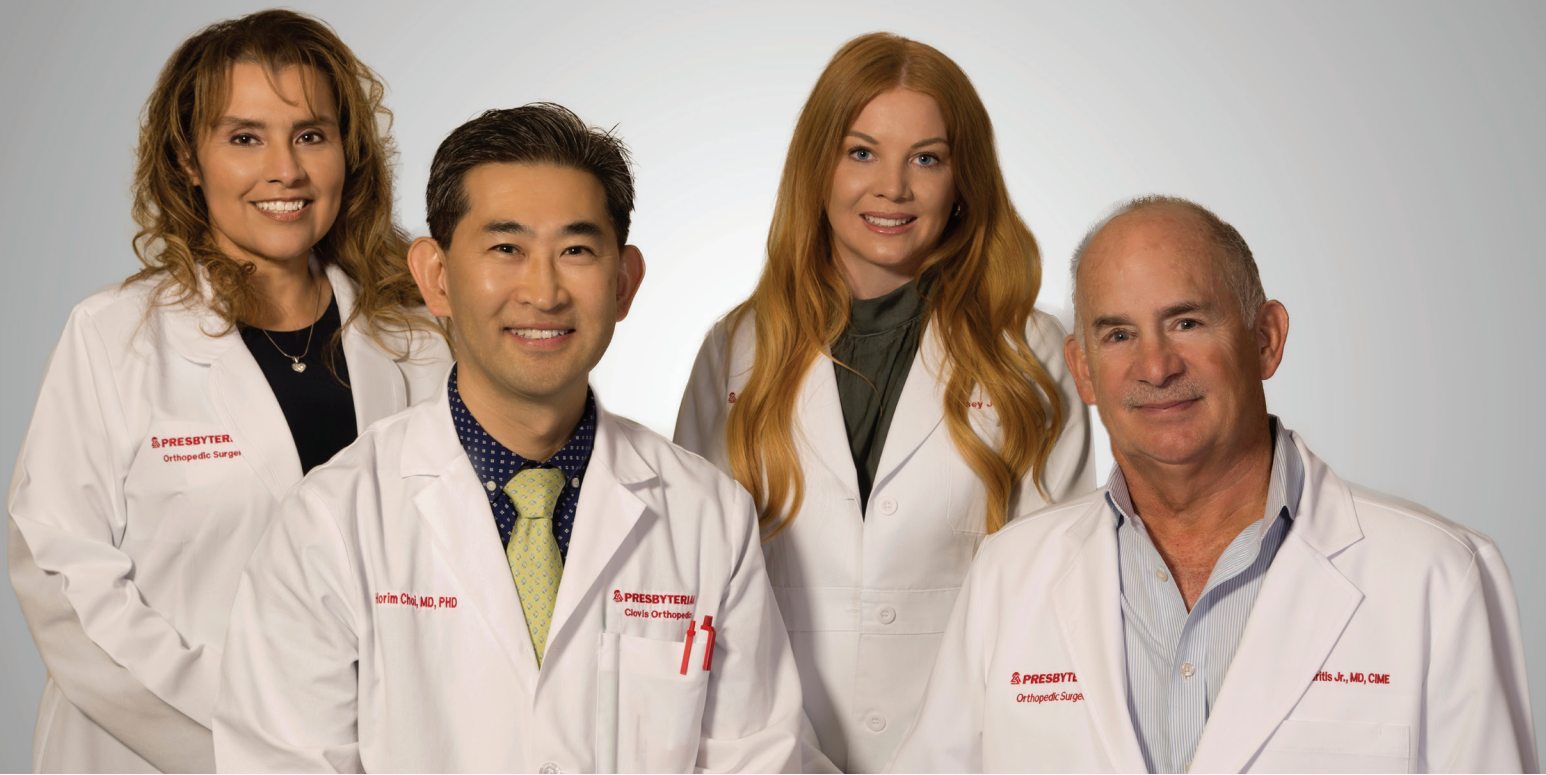
## We're a Baby-Friendly Hospital.

Plains Regional Medical Center has been named a Baby-Friendly® designated birth facility. This prestigious designation by Baby-Friendly USA, Inc., recognizes hospitals and birthing centers that offer breastfeeding mothers the information, confidence and skills needed to successfully start and continue breastfeeding their babies.

## OUR WOMEN'S CARE TEAM INCLUDES:

- Natasha Beachum, MD, FPOB
- Brenda Pereda, MD
- Timothy Harkins, MD\*
- Cristi Lubera, CNM
- Reese McGee, CNP
- Lillian Browning, CNP

\* Independent community healthcare provider.



Left to right: Lorena Kroeger, CNP, Horim Choi, MD, Chelsey Jorde, CNP, Titus Plomaritis Jr., MD.

# Taking the Pain of Travel Out of Orthopedic Care

Many orthopedic patients have something in common – pain. When you're in pain, the last thing you want is a long, uncomfortable car ride to receive treatment.

That leads many Clovis-area residents to discover the wide range of orthopedic care available right here in their community.

The orthopedic team at Plains Regional Medical Center (PRMC) provides a number of services, from routine check-ups to more complex surgeries, helping residents receive care without the need to travel to larger cities.

Titus Plomaritis, MD, one of the orthopedic surgeons at PRMC, described the variety of cases they handle. "We see things from total joint replacements to fractured hips, broken wrists, and a lot of shoulder surgeries, including rotator cuff repairs," he says. The belief that specialized orthopedic care is not available locally is changing. Dr. Plomaritis has noticed many residents are now discovering local orthopedic services through word of mouth and advertising.

The benefits of choosing local orthopedic care include less travel time and being able to address injuries and needs sooner. “We can get you in pretty quickly,” says Dr. Plomaritis. “And if you have an emergency, we are able to help take care of this even sooner.” This quick response time is important in situations where more immediate attention can make a difference in the patient’s healing.

Horim Choi, MD, adds that they cover a broad spectrum of orthopedic services, from joint replacements to arthroscopic procedures, sports injuries and all fractures, from the fingers to the toes. He hopes the the community continues to recognize the robust orthopedic care available locally. “There’s no need to go to Lubbock or Amarillo,” he says.

The orthopedic team at PRMC is dedicated to individualized care, working to help patients feel heard and understood. Dr. Plomaritis always tries to build a connection with his patients. “I look for something they’re interested in that we can talk about while we’re discussing their condition and what we’re going do about it,” he says.

The orthopedic team stresses the importance of preventive care for maintaining joint health.

**“Try to stay in good shape, eat well, sleep well and be active. Continue general exercise to take good care of your bones and joints, helping you stay out of the doctor’s office.”**

**– Horim Choi, MD**

In terms of advancements, the doctors mention that hip and knee replacements usually have quicker recoveries. Dr. Plomaritis notes, “You can get up and move around the next day after a hip replacement, with the help of PRMC’s Rehabilitation Services team, which includes specialized equipment designed to help patients recover from injury using physical and occupational therapy.”

The orthopedic team at PRMC is continuing to provide care, hoping the community becomes more aware of the specialized services available close to home. They’d like to encourage Clovis residents to choose local orthopedic care, ultimately contributing to the well-being and health of the entire community.

**Dr. Horim Choi brings more than 25 years of experience to PRMC**, having earned his medical degree at Chung-Ang University in Seoul, South Korea. He completed an orthopedic residency at Chung-Ang University Hospital, followed by fellowships in adult hip/knee reconstruction (total joint replacement) at Newton-Wellesley Hospital, Massachusetts General Hospital, and the University of Minnesota Medical Center. He also completed a fellowship in orthopedic sports medicine at the University of Massachusetts Medical Center in Worcester. Dr. Choi has performed more than 2,000 total joint replacements and more than 2,000 arthroscopic procedures.

**Dr. Titus Plomaritis brings more than 30 years of experience to PRMC.** He is a graduate of the University of Vermont and earned his medical degree at Boston University School of Medicine. Dr. Plomaritis completed his internship at Boston City Hospital, followed by a residency in orthopedics at the Medical College of Ohio. Over the course of his career, Dr. Plomaritis has performed more than 2,500 total joint replacements and 1,500 arthroscopic procedures.

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## OUR ORTHOPEDICS TEAM INCLUDES:

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- Horim Choi, MD
- Titus Plomaritis Jr., MD
- Chelsey Jorde, CNP
- Lorena Kroeger, CNP



### Plains Regional Medical Center provides a range of services for the following conditions:

- Care for fractures and broken bones, surgical and non-surgical
- Sports medicine
- Arthroscopy
- Orthopedic pain management
- Total joint replacement – hip, knee and shoulder
- Surgery of upper and lower extremities, including wrist, hand, ankle, foot, leg, knee, hip, arm, elbow and shoulder

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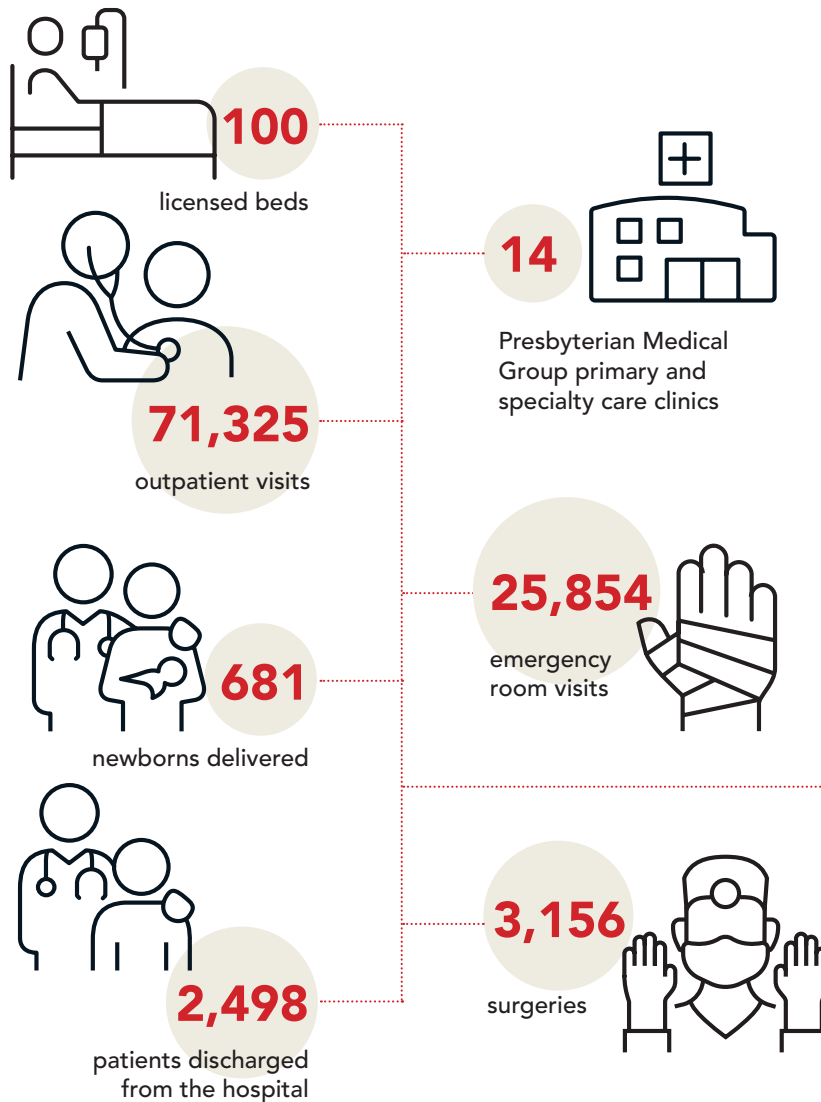
### Specific treatments include:

- Shoulder – rotator cuff repair, total joint replacement, sports injury labrum tear, dislocation, AC injury, clavicle fixation
- Elbow – nerve decompression, triceps tendon repair, injections for tennis elbow
- Hip – total joint replacement, fractures, fall injuries
- Knee – total joint replacement, sports injury, meniscus tear, ACL/PLC instability, ligament repair and reconstruction



# PRMC Impact to the Community

## 2023 by the Numbers



14

Presbyterian Medical Group primary and specialty care clinics

25,854

emergency room visits

3,156

surgeries

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### PATIENT TESTIMONIAL

My 91-year-old aunt had to have a bowel resection where she had about half of her bowel removed. She said that Dr Pittman operated on her and saved her life. From then, she was in the ICU for several days and then finally was able to move to medical-surgical nursing. Over the course of a two-and-a-half-week period, my aunt told me that everybody involved in the care did “the next right thing.” She said, everyone was exemplary. Graceful, sweet, beautiful. This is what a small-town hospital is supposed to be like. I know they were busy, but you couldn’t tell.” She is so thankful to the eight staff members and two doctors who cared for her.

– M. J., Clovis

- PRMC employed **more than 500 people** with overall salary, wages and benefits exceeding **\$50 million**.
- PRMC provided more than **\$11.1 million** in community benefit (including financial assistance).

## Make a local impact. Volunteer at Plains Regional Medical Center.

Our auxiliary is a volunteer organization dedicated to serving the hospital, its patients and the community through education, communication, resource networking and participation. Volunteers contributed almost 20,000 hours in 2022.

Are you interested in volunteering at your hospital? If you are interested, please contact **Elaine Adams** at **(575) 769-6332** or **eadams@phs.org**.



Caring for you, right here at home.

# Meet Our Providers

**Audiology**      **Family Medicine**      **Gastroenterology**      **Infusion Services**      **Medical Oncology/  
Hematology**



Ali Lunt, AuD



Kristin Benavidez, CNP  
(Clovis & Melrose Clinic)



Amber Lott, CNP



Firouzeh Kasaie, CNP



Charla Dunn, PA-C



Manuel Macapinlac,  
MD

**General Surgery**

**Internal Medicine**



Raul Lugo, MD



Michelle Pittman, MD



Geri Wieland, PA-C  
(Clovis & Melrose Clinic)



Kalyan Saginala, MD



Raymond Ortiz, MD



Brian Willmon, MD

**OB/GYN**



Lillian Browning, CNP



Reese McGee, CNP



Brenda Pereda, MD



Cristi Lubera, CNM



Natasha Beachum,  
FPOB, MD



Timothy Harkins, MD\*

**Nephrology**

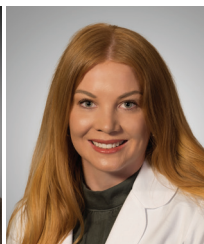
**Orthopedics**

**Orthopedic Surgery**

**Pulmonology**



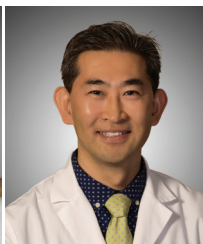
Parikshit Thakur  
Hameer, MD, FASN,  
FNKF



Chelsey Jorde, CNP



Lorena Kroeger, CNP



Horim Choi, MD



Titus Plomaritis Jr.,  
MD



Arnel Bobadilla, MD

**Pediatrics**

**Same Day Care Clinic**



Adora Anudu, MD

Chioma Muoghalu, MD

David Vickers, MD

Kathryn Winters, MD  
Pediatric Hospitalist

Aba Hagan, CNP

Brittnee Sharp, CNP

**Urology**

**Radiation Oncology**



Stacey Chavez, CNP  
Primary Care  
(Clovis & Melrose Clinic)

Richard Tushman, MD

John Truitt, MD

**New Service: Dermatology is now available through telehealth and is accepting new patients.**

*Call (575) 769-7577 for more information or to schedule an appointment.*

**Join us for Doc Talks!**

**Come meet our providers, learn more about what we offer and have the opportunity to ask questions about our primary care and specialty care services.**

**2024 DOC TALK SCHEDULE**

- Tuesday, February 13      Orthopedics and Orthopedic Surgery
- Tuesday, March 12        Women’s Care, including OB/GYN
- Tuesday, April 9            Family Medicine
- Tuesday, May 14            General Surgery
- Tuesday, September 10    Cancer Care and Oncology
- Tuesday, October 8        Urology
- Tuesday, November 12    Internal Medicine

All events will be from 5:30 p.m. - 6:30 p.m. and will be held in the Cannon Room at Plains Regional Medical Center, located at 2100 M.L.K. Jr. Blvd., Clovis, NM 88101. All events are free and open to the public. Light refreshments will be provided.

*If you have questions or need more information about these events, please contact Sabrina Garcia at (575) 769-6492 or sgarcia50@phs.org.*

Plains Regional Medical Center  
2100 N. Martin Luther King Jr. Blvd.  
Clovis, NM 88101

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 **PRESBYTERIAN**  
Plains Regional Medical Center



We are a 4-star  
hospital

Plains Regional Medical Center has earned an overall four-star rating for quality from the Centers for Medicare and Medicaid Services (CMS) in recognition of our commitment to patient quality and safety.

