Spotlight On:

Plains Regional Medical Center

October 2026



da Vinci Robotic Surgery

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PRESBYTERIAN
Plains Regional Medical Center

Using Technology To Care For Our Neighbors



Plains Regional Medical Center (PRMC) continues to add technology that helps our teams care for patients across eastern New Mexico.

In 2024, PRMC added a new linear accelerator to radiation oncology services at the cancer center. A linear accelerator delivers radiation to a specific area of the body to treat abnormal or inflamed cells. This allows the radiation oncologist to focus treatment on the area that needs it, while helping protect nearby healthy tissue.

Technology is also used in the PRMC retail pharmacy. More than 40% of prescriptions filled there are prepared with help from a pharmacy robot named Jolene by the pharmacy team. After pharmacy staff enter the prescription information, Jolene counts the correct number of pills, fills the bottle, prints the label and places the cap on the bottle. Pharmacy staff continue to oversee the process and make sure prescriptions are filled correctly.

PRMC has also added robotic-assisted surgery with the da Vinci Xi surgical system. The system is used for certain minimally invasive surgeries. During surgery, the surgeon controls four robotic arms to make small, precise movements. Robotic-assisted surgery can allow for smaller incisions, and studies suggest some patients may spend less time in the hospital after these procedures.

You can learn more about robotic-assisted surgery and the da Vinci Xi in this issue of Spotlight on PRMC.

Technology gives our care teams more tools to help patients, but it does not replace the personal side of care. A smile when someone is worried, a kind word, holding a patient's hand or taking time to listen can make a difference.

At PRMC, technology supports the work our teams do every day as we care for our neighbors and work to improve the health of the communities we serve.

da Vinci Robotic Surgery

Plains Regional Medical Center (PRMC) has added the da Vinci Xi Surgical System to give surgeons and patients more options for certain surgical procedures. The system allows some surgeries to be performed with robotic assistance while the surgeon remains in full control.

The da Vinci Xi does not perform surgery on its own. The surgeon controls the system and uses it to guide small instruments during the procedure. It can also provide a clear, detailed view of the surgical area.

For some patients and procedures, robotic-assisted surgery may allow for smaller incisions and more precise movements. In some cases, it may also help reduce time in surgery or support a more comfortable recovery.

Bringing robotic-assisted surgery to PRMC also helps support physicians who are trained to use this type of equipment. Many surgeons now learn robotic-assisted techniques during their medical training. Having this option available in Clovis may help PRMC recruit and keep physicians while giving patients access to more surgical options close to home.

Robotic-assisted surgery is not right for every procedure. Open surgery and laparoscopic surgery will continue to be important options at PRMC. Each patient is different, so the surgeon will decide which approach is the safest and most appropriate.

By adding the da Vinci Xi Surgical System, PRMC is giving patients and surgeons another option for care while continuing to meet the needs of the Clovis community.

For more information about our Surgery Services, call (575) 769-7399 or visit **phs.org/clovis**.



Urgent Care at PRMC

When you or your child needs care for a minor illness or injury and your primary care provider is not available, urgent care at Plains Regional Medical Center (PRMC) is here to help.

Urgent care is available for patients of all ages, including children and adults. Our team can treat many common illnesses and minor injuries, including:

- Sprains and strains
- Sore throats, coughs, colds and the flu
- Minor broken bones, such as a broken finger
- Ear and sinus infections
- Fevers and rashes
- Allergy flare-ups
- Mild asthma
- Minor cuts that may need stitches
- Nausea

Sports physicals are also available for a $35 fee.

Walk-ins are welcome, or you can schedule an appointment if you prefer. The urgent care clinic is staffed by four advanced practice clinicians (APC).

Hours

Monday – Friday: 8 a.m. – 5 p.m.

Beginning in **December**, we are planning to expand our urgent care hours to make it easier for patients to get care outside of regular weekday hours.



Extended hours beginning on December 1, 2026:
Monday – Friday, 8 a.m. - 7 p.m.
Saturday, 8 a.m. - 12 p.m.
Sunday, 1 p.m. - 5 p.m.
Closed holidays

The urgent care is located at 2200 W. 21st Street in Clovis. For more information about Urgent Care, call (505) 769–7577 or visit **phs.org/clovis**.

Some symptoms and injuries need emergency care, which is different than urgent care. Go to the emergency room for conditions such as:

- Chest pain
- Sudden or severe pain
- Difficulty breathing
- Head injuries
- Sudden changes in vision
- Difficulty speaking
- Suicidal feelings
- Sudden confusion or dizziness
- Coughing up or throwing up blood
- Major broken bones, such as a broken leg
- Severe diarrhea or vomiting
- Severe bleeding
- Severe abdominal pain

If you think you are having a serious medical emergency, call 911 or go to the nearest emergency department as soon as possible. PRMC has an emergency room on site located at 2100 N. Martin Luther King Jr. Blvd.

Our Cardiac Rehabilitation Program is Growing

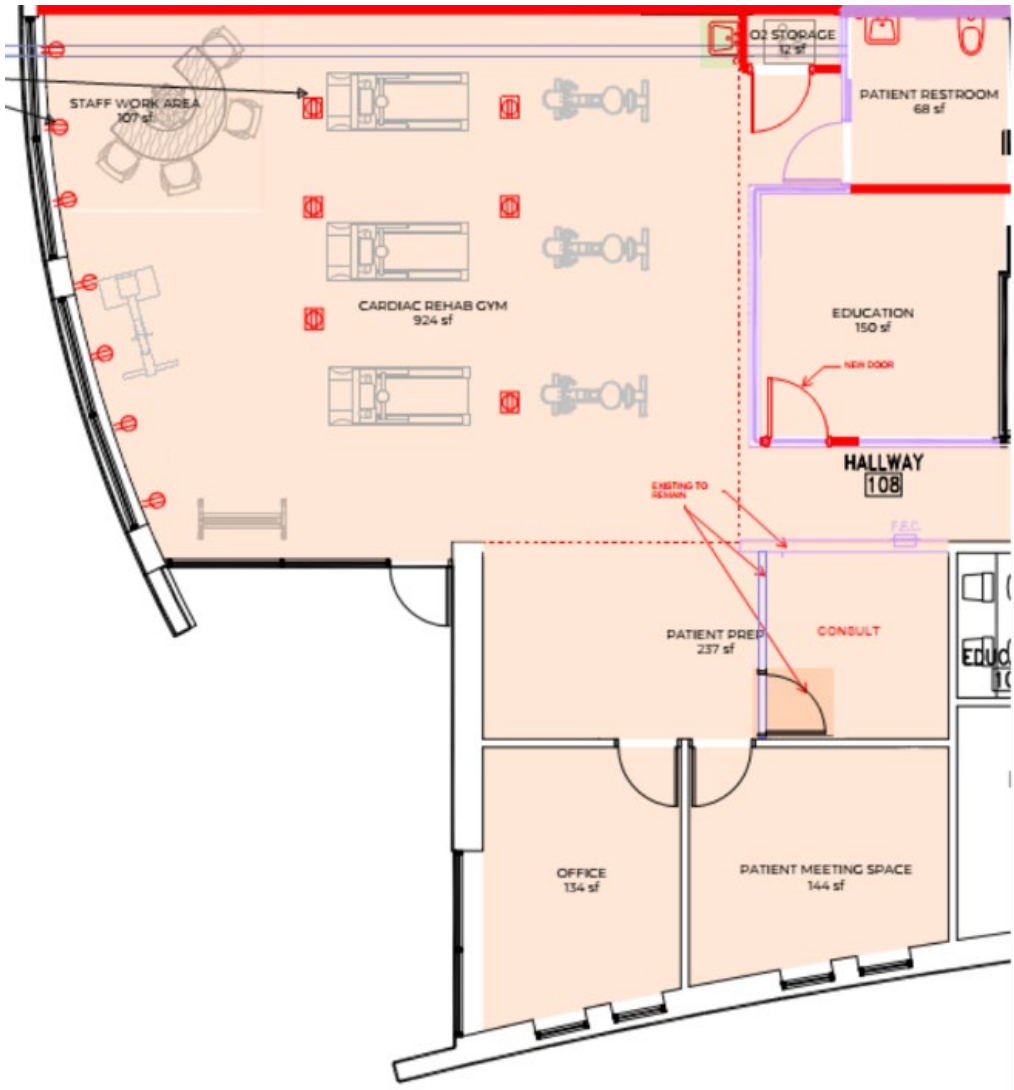
Thanks to the support of our community at this summer's Cardiac Rodeo, PRMC is expanding its cardiac rehabilitation space at the HealthPlex.

Funds raised from the event will help purchase new equipment and renovate the current space. The expansion will allow the cardiac rehabilitation team to care for up to three times as many patients as it can today, helping more people receive care close to home.

The new space is expected to be ready in the first quarter of 2027.

Thank you to everyone who took part in our Cardiac Rodeo event and to those who continue to support PRMC. Your support is helping make this growth possible for patients in our community.

For more information about our Cardiac Rehabilitation program, call (505) 769–7577 or visit **phs.org/clovis**



Expanding Women's Health Care at Plains Regional Medical Center



Written by:
Lillian Browning, CNP

Women experiencing perimenopause and menopause symptoms can now receive additional support through Women's Care at Plains Regional Medical Center (PRMC).

As part of ongoing training in women's health, I recently spent time learning from Bethany Kolb, MD, with Presbyterian Medical Group in Albuquerque. The training focused on perimenopause and menopause care, including common symptoms, treatment options and considerations for hormone therapy.

Perimenopause and menopause are natural stages of life, but symptoms can affect how women feel and function each day. These may include hot flashes, night sweats, sleep problems, mood changes, weight changes, vaginal dryness, changes in sexual desire and difficulty concentrating.

This additional training helps me better evaluate these concerns and work with patients to find options that fit their individual needs. Care may include conversations about nutrition, exercise, sleep, lifestyle changes and non-hormonal treatments. For some patients, menopausal hormone therapy may also be an option. We can discuss potential benefits and risks based on each patient's health history and goals.

Menopause care is also an opportunity to talk about long-term health. During this stage of life, we can discuss topics such as heart health, bone health and recommended preventive screenings as part of routine gynecologic care.

My goal is to provide a welcoming space where women feel comfortable talking about changes they are experiencing. Every woman's experience with perimenopause and menopause is different, and care should reflect her symptoms, medical history and personal preferences.

With this additional training, PRMC's Women's Care can offer more support for women navigating perimenopause and menopause close to home.

For more information about Women's Care at PRMC, call (505) 769–7577 or visit **phs.org/clovis**.



Provider Spotlight



Gordon Arnott Jr., MD
Specialty: Family Practice
Phone: (505) 462-7777

Gordon Arnott Jr., MD, was born and raised in Iowa and followed in his father's footsteps by becoming a physician. He completed medical school at Loma Linda University and a family medicine residency near Chicago. Over the years, he has worked in family medicine, emergency care, occupational medicine and urgent care, along with several medical leadership roles.

"I chose PRMC because Presbyterian has a quiet humility that I find incredibly meaningful. The organization does so much for people who are hurting or have limited resources without seeking recognition for it. Everyone here has made me feel welcome, and I am proud to be part of a team that truly cares for one another and the communities we serve."



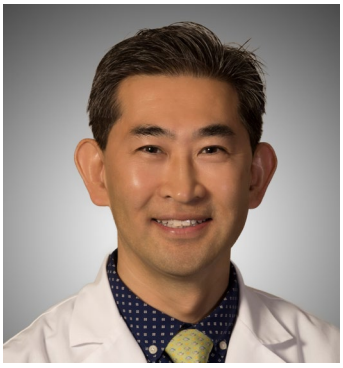
Marina Weinstein, DO
Specialty: Internal Medicine
Phone: (505) 462-7777

Marina Weinstein, DO, began her healthcare career as a pharmacist after moving from Israel to Maine. She later studied pharmacology and pharmacy before reaching her longtime goal of becoming a doctor. She completed medical school in Maine and an internal medicine residency in New Jersey. She then worked as a hospitalist in several states before moving to the Clovis area.

"My husband and I wanted to live in a small community where we could get to know people and make a difference. I chose PRMC because many physicians stay here for a long time and have a good relationship with hospital leaders. We love the area and the people here, and I enjoy caring for patients and helping make a difference in their lives."



Delivering Orthopedic Care to the Community



Horim Choi, MD

For the past seven years, Horim Choi, MD, has cared for patients at Plains Regional Medical Center, treating a wide variety of orthopedic injuries and conditions. As a board certified orthopedic surgeon, Dr. Choi helps patients manage pain, improve movement and return to the activities they enjoy.

Dr. Choi provides surgical care for joint problems affecting the hip, knee and shoulder, including joint replacement surgery. He treats patients with arthritis, joint damage and other conditions that can make everyday movement difficult.

He also cares for fractures and injuries caused by accidents or trauma and treats many sports-related injuries. For some knee and shoulder conditions, Dr. Choi uses arthroscopic surgery, which uses small incisions to look inside the joint and repair certain injuries.

Through his work at PRMC, Dr. Choi helps patients receive orthopedic care close to home. He works with each patient to understand their condition and discuss treatment options that may help them move more comfortably and return to daily activities.

For more information about Orthopedic Care at PRMC, call (505) 769–7577 or visit **phs.org/clovis**.



Pharmacy

Providing Pharmacy Services to Our Patients and the Community

The PRMC Pharmacy helps make life a little more convenient by offering walk-in and drive-thru services for a variety of needs. Whether you are picking up a prescription after a hospital stay or need traditional drugstore services, we are here for you.



Our pharmacists and staff can help with:

- Prescription requests and refills
- Health advice and questions about your medications
- Assistance with prior authorization needs
- Immunizations and TB testing
- Over-the-counter medications, vitamins, diabetic supplies, nebulizers and supplies, durable medical equipment such as braces or crutches, and more

Plains Regional Medical Center Pharmacy
2401 W. 21st Street
Clovis, NM 88101
575-769-7680

Monday–Friday, 9 a.m.–6 p.m.
Saturday, 9 a.m.–noon
Closed Sundays and holidays

Laboratory and Radiology Services

Outpatient laboratory and radiology services are available in Clovis to support routine screenings, diagnosis and ongoing care.

Outpatient lab services are provided at the TriCore Reference Laboratory location (2421 W. 21st Street, Suite B, Clovis, NM 88101). Services include blood tests for health screenings, medication level checks, drug screenings for work or DOT physicals and more.

Radiology services at Plains Regional Medical Center include X-rays, ultrasounds, mammograms, CT scans, PET/CT scans, MRIs/MRAs, nuclear medicine, bone density tests and vascular ultrasounds.

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

Radiology Scheduling: 575-769-7341
Main Phone: 575-769-2141

Select radiology services are also available at Presbyterian Medical Group clinics in Clovis:

- **2201 W. 21st Street** – X-rays
- **2200 W. 21st Street** – Bone density tests

We're Here to Serve You

Behavioral Health


Danielle Davey, DO


Lyssa Haase, PsyD (Virtual)


Beba Perez-Rodriguez, Psy-D (Virtual)

Cardiology


Michelle Dean, CNP


Mohammad Hassan, MD


Michael Mitschke, MD


VitalSolution Cardiology Providers*

Family Medicine


Gordon Arnott, MD


Kristin Benavidez, CNP


Amber Lott, CNP


Natasha Beachum, MD


Stacey Chavez, CNP

Family Medicine Skin Care


Samantha Ramos, CNP

Gastroenterology


Firouzeh Kasaie, CNP

General Surgery


Samuel Bieligk, MD

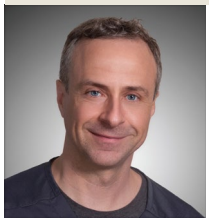

Diana Fick, PA-C


Tony Haley, MD


Raul Lugo, MD


Shawn Watts, MD

Hematology/Oncology


Benjamin Downie, MD


Britni Montague, PhC

Hematology/Oncology


Ambrosia Simmons, MD


Donna Thibodeau, MD

Infusion Services


Charla Dunn, PA-C

Internal Medicine


Marina Weinstein, DO

Nephrology


Parikshit Thakur Hameer, MD, FASN, FNKF

OB/GYN


Carlos Ballesteros, MD


Natasha Beachum, MD

OB/GYN


Lillian Browning, CNP

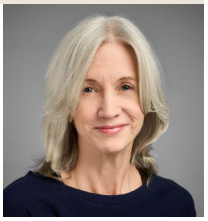

Sandra Eastling, CNM


Lawrence Gill, MD

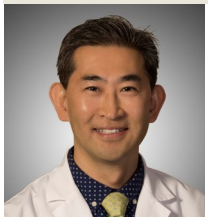

Timothy Harkins, MD


Cristi Lubera, CNM


Reese McGee, CNP


Sherry Oldfield, CNM

Orthopedics


Horim Choi, MD


Chelsey Jorde, CNP


Lorena Kroeger, CNP


Titus Plomaritis Jr., MD

Pediatrics


Adora Anudu, MD


Leopoldo Cabrera, MD


Amber-Rose Hawkins, MSN, APRN, CPNP-PC

Pediatrics


Natalia Josiah, MD


Kathryn Winters, MD
Pediatric Hospitalist

Podiatry


Yilma Kebelo, DPM

Pulmonology


Arnel Bobadilla, MD

Same Day Care Clinic


Aba Hagan, CNP


Brittnee Sharp, CNP

Same Day Care Clinic


Mark Standley, PA-C

Urology


Stacey Chavez, CNP


Richard Tushman, MD

Join us on Tuesdays for Doc Talk!

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

All events are 5:30 p.m.- 6:30 p.m. in the Cannon Room at Plains Regional Medical Center, located at 2100 Martin Luther King Jr. Blvd.

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**.

2027 DOC TALK SCHEDULE

- January 12
- February 9
- March 9
- April 13
- May 11
- September 14
- October 12
- November 9

Topics will be determined closer to the event date. Schedule is subject to change.

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

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Presbyterian Medical Group is a department of Plains Regional Medical Center.
Some services may use independent community healthcare providers.

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