



Ohio County
HEALTHCARE

COMMUNITY NEWSLETTER

Highlights & Happenings

Winter 2026





COMMUNITY STARS

for Rural Excellence



On National Rural Health Day of November 20, 2025, Ohio County Healthcare (OCH) was named Kentucky's 2025 Community Star by the National Organization of State Offices of Rural Health (NOSORH).

This award recognizes organizations that are making significant impacts on rural healthcare across the nation. Shellie Shouse, CEO, along with other leadership team members, received the award during the Kentucky Rural Health Association conference in Bowling Green.

Launched in 2015, the Community Star Recognition Program honors individuals and organizations dedicated to advancing rural health. OCH joins 46 other honorees across the nation who demonstrate an unwavering commitment to exceptional rural care and innovation.

As a Critical Access Hospital, OCH serves as a cornerstone of care for Western Kentucky, offering hospital, primary care, specialty services, behavioral health, and surgical care close to home. For many residents, OCH is the first and often only source of comprehensive health services. They are proud to be the only critical access hospital in the state to offer robotic surgical services.

In 2024, OCH earned the CMS 5-Star Patient Experience Rating, a distinction achieved by fewer than 10% of hospitals nationwide and even more rarely by rural facilities. This honor reflects the team's unwavering dedication to communication, responsiveness, and compassion to our patients. Building on that achievement, being named Kentucky's 025 Community Star further affirms OCH's commitment to excellence and innovation in rural health care.

OCH contributes success to strong community partnerships between local and state government organizations like the Kentucky Office of Rural Health (KORH). KORH has been instrumental in their support of education offerings/trainings and student loan repayment options to help develop the healthcare workforce. This program also provides a framework for linking rural communities with local, state and federal resources while working toward long-term solutions to rural health issues.



From Left to Right: Holly Logsdon, RN - Population Health Director; Sarah Beth Cole - Vice President of Provider Practices; Shellie Shouse, CEO; Athena Minor, RN - Chief Nursing & Clinical Officer

“OCH does not consider our geographic location or the size of healthcare system when determining expansion of services,” states Shellie Shouse, CEO. “Instead, we focus on what our patients need and what resources we can allocate to remove any barrier possible that prohibits access to care. We are proud to identify as a rural healthcare facility where cutting edge medicine meets outstanding community care.”

OCH is featured on PowerOfRural.org alongside other Community Stars nationwide. This annual celebration honors the nearly 61 million Americans living in rural communities and those who serve them. OCH was also recognized on The Bridge Podcast published through a joint effort of the UK Center of Excellence in Rural Health and the Kentucky Office of Rural Health. This podcast episode, “Highlighting the #PowerofRural at Ohio County Healthcare”, can be found on :
<https://www.buzzsprout.com/2363500/episodes/18220450>.

For more information about National Rural Health Day and to read about this year’s Community Stars, visit <https://PowerOfRural.org>.

“Ohio County Healthcare truly reflects the Power of Rural with its outstanding commitment to care. We’re proud to recognize OCH as Kentucky’s 2025 Community Star because it demonstrates what’s possible when a rural health system remains rooted in the community and committed to innovation.”

Matthew Coleman,
Director of the KORH

Federal Funding



Ohio County Healthcare has been awarded **\$1.35 million in federal funding to support critical infrastructure projects**. The funding, part of an \$11 million investment in **Kentucky-focused projects** included in the FY2026 Agriculture Appropriation Act, was secured with the support of Senator Mitch McConnell, senior member of the Senate Appropriations Committee.

“Ohio County Healthcare is a vital resource for tens of thousands of residents who depend on it for quality medical care, and it provides important jobs and health benefits to many families in our region,” said Senator McConnell. *“These much-needed infrastructure improvements will ensure the hospital remains safe, reliable, and capable of delivering prompt emergency care when it’s needed most.”*

OCH will utilize the funds for several capital improvements, including:

- Roof replacement at the hospital's main campus
- Restructuring of patient care areas
- Equipment updates to enhance safety and efficiency

“As a rural Critical Access Hospital, we are deeply committed to providing high-quality care to our neighbors—many of whom face economic hardship and limited access to essential health services,” said Shellie Shouse, CEO of Ohio County Healthcare. *“Senator McConnell’s continued support of OCH is not just appreciated; it is vital. Without it, our ability to safeguard the health and well-being of our community would be severely compromised.”*



FEBRUARY IS Heart Health Month

This February, don't forget the importance of maintaining a healthy heart! OCH offers several preventative screenings to help detect complications that can affect the overall health of your heart!

CORONARY ARTERY CALCIUM SCREENINGS

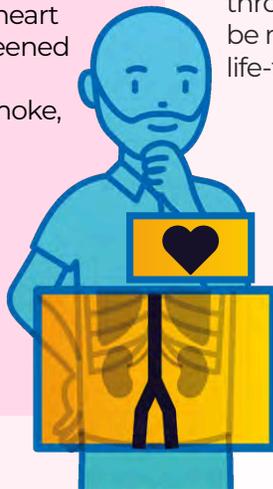
ONLY \$50 NO REFERRAL NECESSARY

A CAC screening is a simple **CT scan** (no contrast involved) that detects calcified plaque in the arteries of your heart.

This buildup can increase your risk of a heart attack. You should consider getting screened if you have high blood pressure, high cholesterol, diabetes, are overweight, smoke, or have a family history of heart disease.

Though it's a CT test, no dye (contrast) is used. The screening is \$50, plus the cost of reading the test.

Call **270-298-5233** to learn more or schedule your screening today!

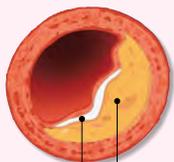


AAA screenings (Abdominal Aortic Aneurysms)

An Abdominal Aortic Aneurysm screening is done by **ultrasound** and is used to detect the presence of an abdominal aortic aneurysm, which is a bulge in the aorta that runs through your abdomen.

These bulges often develop slowly and without noticeable symptoms, which means many people don't realize they have one. When detected early through appropriate screening, an AAA can often be monitored or treated before it becomes life-threatening.

- Individuals with risk factors such as age, smoking history, or a family history of aneurysms should ask about an AAA screening during their annual wellness visit.
- This testing can then be ordered by your provider if they deem it applicable to your situation.



Calcium | Plaque

Your CAC results are in. WHAT'S NEXT?

After your Cardiac Calcium Scoring (CAC) scan, you'll receive a report showing your calcium score, a number that reflects the amount of calcium in your heart's arteries. Your score helps determine your risk level for heart disease or heart attack.

Keep your heart health on track with the right next step! **Call 270-730-5344.**

Dr. Joshua Skibba will help you understand your results and create a personalized plan to protect your heart health.

If you are experiencing heart issues,, OCH Cardiologist, Dr. Skibba sees patients: Monday – Friday at Ohio County Specialty Care 1215 Old Main St. in Hartford, KY.

To schedule an appointment, call **270-730-5344**, or visit OCHcares.com/cardiology for more information.



Joshua Skibba, MD



MARCH IS
**COLON
CANCER**
AWARENESS MONTH

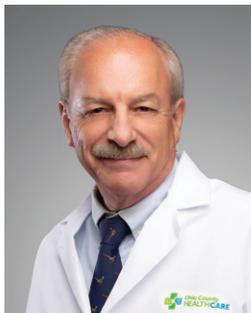


COLON CANCER

COLON CANCER IS ON THE RISE FOR
PEOPLE UNDER THE AGE OF 50

BEGIN COLON CANCER
SCREENING AT AGE 45

45



Charles Riccio, MD
270-298-7225



Miguel Lalama, MD
270-922-2500



Michael Campbell, MD
270-730-5344



Brittany Davidson, APRN
270-922-2500

AWARENESS AND SCREENING

- Colon cancer is highly treatable when found early.
- Screening is important because there usually are no symptoms of colon cancer at first.
- Screening can prevent colon cancer by removing polyps.
- Screening for average-risk persons should begin at age 45.
- Persons who are at high-risk may need to be screened before age 45 and more often.
- There are many screening options, including at-home tests; talk with your healthcare provider to see which is right for you.
- Most colon cancer screenings are covered by insurance, Medicare and Medicaid.
- You may be eligible for a free colon cancer screening if you are uninsured or underinsured. Call Kentucky Cancer Program for more information, toll free, 1-877-326-1134.



EARLY DETECTION SAVES LIVES

Schedule a preventative colorectal cancer screening today.

**45 IS THE
NEW 50!**

If you are 45 or older, schedule a screening today!

OCHcares.com/GI

RISK FACTORS

- Age 45 and over
- Personal or family history of colon cancer and/or polyps
- African American ancestry
- Heavy alcohol use
- Inflammatory Bowel Diseases – such as Crohn’s disease and Ulcerative Colitis
- Being overweight / obese

CLAIRE SANFORD, MD
and
DYLAN SANFORD, MD
JOINING OCH



Expanding access to care remains one of our greatest priorities, and we are thrilled to announce two exceptional additions to our team. Beginning September 2026, Dr. Claire Sanford and Dr. Dylan Sanford, a husband-and-wife team of internal medicine physicians, will join Ohio County Family Care in Hartford, located at 20 E. McMurtry Avenue.

“ I chose to practice at OCH to care for this community — providing quality healthcare close to home in a place that values collaboration, compassion, and truly putting patients first.”

Claire Sanford, MD

“ I chose Ohio County Healthcare because it aligns with my goal of serving patients in my home state of Kentucky. It allows me to make a meaningful impact close to home while continuing to grow as a physician.” ~ Dylan Sanford, MD

Meet Dr. Claire Sanford:

She earned her Bachelor of Science in Biology from Western Kentucky University and her MD from the University of Kentucky College of Medicine in Bowling Green, where she is completing her Internal Medicine residency.

Meet Dr. Dylan Sanford

Also a native of Owensboro, Dr. Dylan Sanford shares a passion for medicine and service. He earned his Bachelor of Science in Biology and MD from the University of Kentucky College of Medicine in Bowling Green where he is also completing his residency program.

Both physicians are familiar faces at OCH, having shadowed our team during medical school and residency rotations. Their strong ties to our region and commitment to patient-centered care make them an ideal fit for our mission.

They are currently accepting patients to be added to a waitlist. To be added please call 270-504-1300.



WELCOME
Damon
Kolok, MD

In November 2025, Dr. Damon Kolok joined Ohio County Healthcare as a full-time provider and practices in both our Emergency Department and Quick Care.

Dr. Kolok earned his medical degree from the University of South Carolina School of Medicine, completed a surgery internship at New York University and Bellevue Hospital, and served as a Major in the United States Air Force, where he practiced as both a Family Medicine Staff Physician and a Flight Medicine Physician.

Dr. Kolok serves as Medical Director of Quick Care, acting as a vital bridge between Quick Care and the Emergency Department. This role is to help ensure people receive the

right care at the right time in the right place to avoid unnecessary delays and keeps emergency rooms available for true, life-threatening situations. Urgent care centers are ideal for treating minor illnesses and injuries quickly, often with shorter wait times and lower costs. Emergency departments, on the other hand, are designed to handle severe or potentially life-threatening conditions that require immediate, specialized attention. Helping patients understand this distinction supports safer care, better outcomes, and a more efficient healthcare system overall.

Urology Services at Ohio County Healthcare



Management and Treatment of:

- Acute UTIs
- Bladder stones
- BPH
- Chronic UTIs
- Erectile Dysfunction
- Hematuria
- Hormone replacement therapy
- Incontinence (urge, stress, mixed)
- Kidney stones
- Overactive bladder
- Prostate cancer active surveillance
- Prostate cancer screening



Amy Shelton, APRN

At OCH, urological care is complete and convenient.

Patients can be seen, diagnosed, and—when necessary—receive surgical treatment all in one location. Our compassionate urology team, through our innovative VirtuCare partnership, provides seamless and high-quality services ensuring patients receive expert care close to home.

CALL NOW to schedule an appointment.

270-504-1300



Orthopedics

Platelet-Rich Plasma (PRP) Therapy Now available at our Hartford and Owensboro Orthopedic locations.

Our Orthopedics team now offers Platelet-Rich Plasma (PRP) Therapy, a regenerative treatment option for patients looking for a natural, non-surgical way to manage joint and tendon pain.

What is PRP Therapy?

PRP therapy uses a small sample of your own blood to concentrate platelets and growth factors that help support the body's natural healing process. The PRP is then injected into the painful or injured area to promote tissue repair, not just mask pain.

Who May Benefit?

PRP may be an option for patients (ages 12+) with:

- Joint pain
- Tendon or ligament injuries
- Mild-to-moderate arthritis

Those wanting an alternative to steroids or surgery

Many patients choose PRP to help them stay active, reduce pain, and potentially delay surgery.



Cost & Coverage

PRP is primarily a self-pay PRP is primarily a self-pay service, with some Work Comp or MVA plans accepted.

- \$300 for a single injection
- \$425 for double injections

Call today to see if PRP therapy is right for you:
Hartford: 270-504-1300 | Owensboro: 270-691-0059



STROKE IS AN EMERGENCY CALL 911 IMMEDIATELY!



OCH ER is open 24/7 for emergencies like strokes. If you ever feel you are having a stroke or have had one, please call 911 immediately or come to the emergency room.

BE FAST

Know the signs of Stroke

B

Balance

Trouble Walking?
Loss of coordination and/or dizziness

E

Eyes

Trouble Seeing?
Change in vision in one or both eyes

F

Face

Smile uneven?
Face looks uneven, droopy or is numb

A

Arm

Raise both arms. Does one drop?
Weakness or numbness in one arm or leg

S

Speech

Trouble speaking or confused?
Slurred or difficult speech

T

Time

Note the time symptoms start and call 911 immediately.
Time lost=Brain lost. An ambulance ride can save your life!

Another symptom could be an unfamiliar/sudden severe headache



OHIO COUNTY LADIES

Spring SHOP & SCREEN

SATURDAY | **MAY 16** | 10 am - 1 pm
2026

OHIO COUNTY HIGH SCHOOL
1400 S. MAIN STREET
HARTFORD, KY 42347

BRING YOUR GIRLS AND EXPLORE LOCAL SHOPS, ENJOY A LITTLE SELF-CARE, AND LEARN ABOUT ESSENTIAL HEALTH SCREENINGS WHILE SUPPORTING YOUR COMMUNITY.

HOSTED BY:






ASSETS UNDER THE

SKY



Celebrate the Child 2026



SAVE THE DATE!

* with Time Change *

Saturday, April 25th | 3 pm - 7 pm
at Ohio County High School

Join us as the 40 assets go under the sky to explore endless possibilities!

Ohio County Healthcare will need volunteers to assist with set up, tear down, and activities during the event! If you are interested in volunteering, please reach out to bwinn@ochcares.com or call EXT. 5207.

Hartford, KY

OCH Main Campus – Building A

1211 Old Main St.

EMERGENCY MEDICINE 270-298-5101

Nicole Akers, MD
Alex Argotte, MD
Bethany Burkhart, MD
Kevin Gregory, MD
Damon Kolok, MD
Patrick Jason Panzu, MD
Terry Perkins, MD

PATHOLOGY

Brian Ward, MD

HOSPICE OF OHIO COUNTY AND PALLIATIVE CARE 270-298-9507

Laurie Shaffer, APRN

HOSPITALIST 270-298-5446

Nicole Akers, MD
Kevin Gregory, MD
Bailey Phelps, MD
Ray Rowland, MD

REHAB 270-298-5426

Entrance off E. McMurtry Ave

SLEEP MEDICINE 270-298-5178

Daniel Walker, APRN
Michael Zachek, MD

OCH Main Campus – Building A2

Ohio County Specialty Care

1215 Old Main St. | 270-730-5344

AUDIOLOGY

Susan Driskill, Au.D.

CARDIOLOGY

Joshua Skibba, MD

EAR, NOSE, & THROAT

Rowgena Cain, APRN
John Ruth, MD
Paul Tennant, MD

GENERAL SURGERY

Michael Campbell, MD
Jules Hayden, APRN

PAIN MANAGEMENT 270-298-5445

Shawn Sikka, MD
Cindy Waltz, APRN

WEIGHT LOSS MANAGEMENT

Nicole Akers, MD
Jules Hayden, APRN

WOUND CARE

Nicole Akers, MD

Beaver Dam, KY

1313 N. Main St.

FAMILY CARE 270-274-9928

Amber Westerfield, MD
Cara Hayden, APRN
Michelle Osborne, APRN
Daniel Walker, APRN

WOMEN'S HEALTH 270-274-9928

Kimberly DeVore, DO
Kasee Paxton, APRN

1621 N. Main St.

BEHAVIORAL HEALTH 270-274-9222

Kellye Singletary, MD
Shannon Casey, PMHNP
Michelle Hickerson, PMHNP
Stephanie Morris, PMHNP
Jacqueline Rice, PMHNP
Lisa Wolfenbarger, LPCC-S

Hartford, KY

(Continued)

OCH Main Campus – Building B

20 E. McMurtry Ave. | 270-504-1300

FAMILY CARE

Bruce Durham, MD
Bailey Phelps, MD
Colette Johnson, APRN

Coming Fall of 2026:

Claire Sanford, MD
Dylan Sanford, MD

UROLOGY

Amy Shelton, APRN

QUICK CARE

Weekdays 7 am - 7 pm

Weekends 9 am - 5 pm

Damon Kolok, MD
Shannon Casey, APRN
Kim Gilstrap, APRN
Melinda Milam, APRN
Dana Nall, APRN
Carmen Painter, APRN

ORTHOPEDIC & SPORTS MEDICINE

Glenn Henning, DPM
Mark McGinnis, MD
Mikel Tihista, MD
Jan Bickett, APRN
Chris Swift, APRN
Deanna Tarter, APRN

WALK-IN ORTHO CLINIC

Monday - Friday

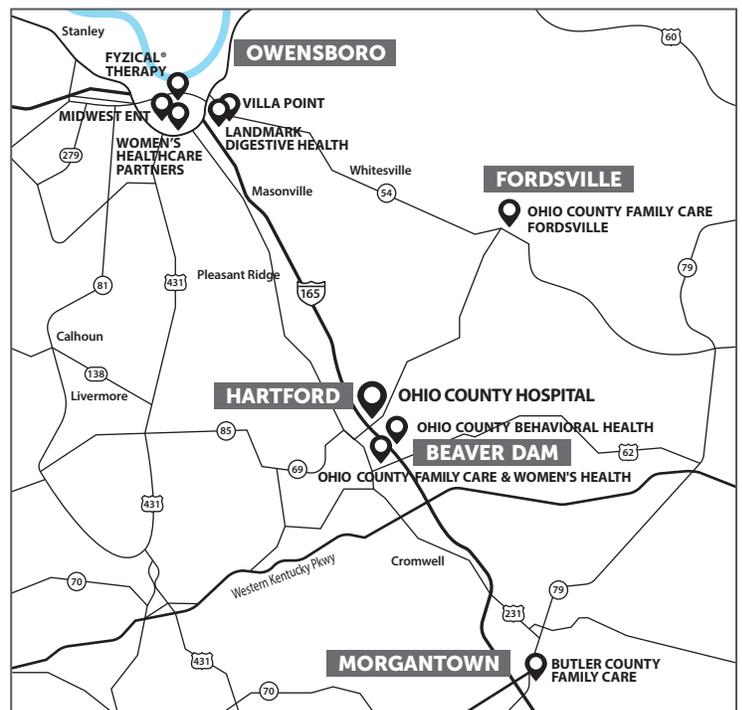
7:30 am - 3:30 pm

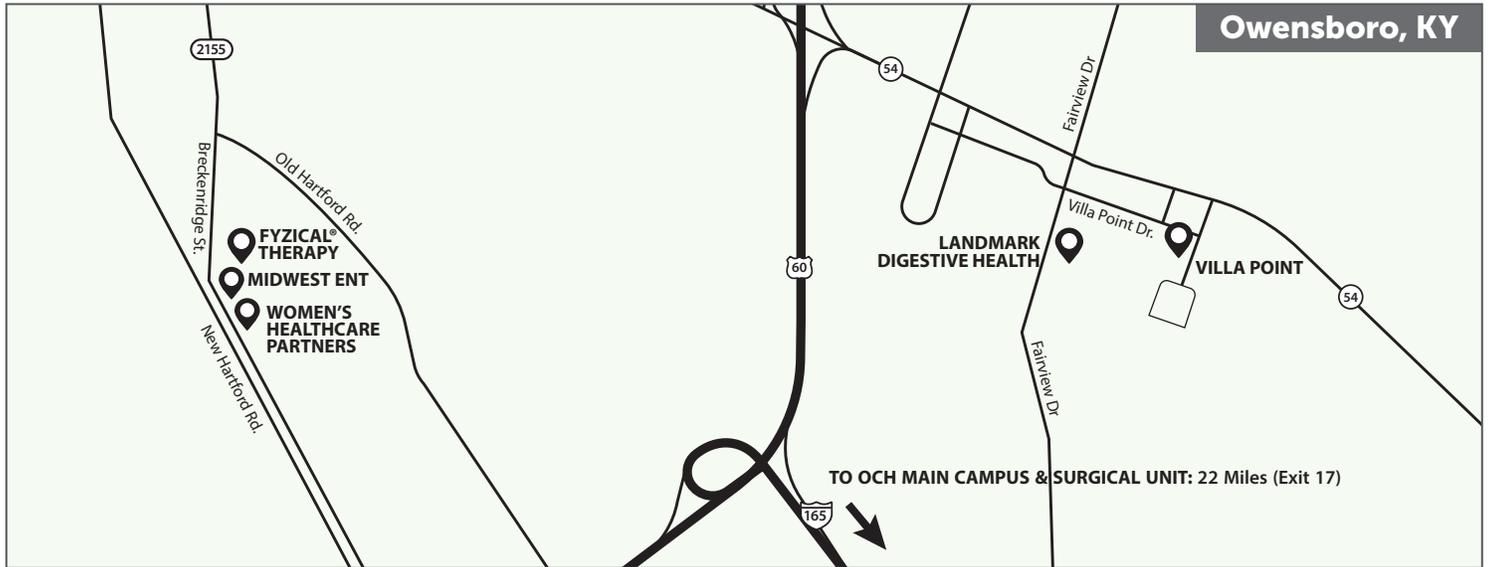
OCH Main Campus – Building C

112 E. McMurtry Ave. | 270-298-7225

GASTROENTEROLOGY

Charles Riccio, MD





Owensboro, KY

Landmark Digestive Health
3112 Fairview Dr. | **270-922-2500**

GASTROENTEROLOGY
Miguel Lalama, MD
Brittany Davidson, APRN

FYZICAL® Therapy & Balance Center
2811 New Hartford Rd., Suite C | **270-240-2246**

Midwest ENT
2841 New Hartford Rd. | **270-691-6161**

EAR, NOSE, & THROAT Thomas Logan, MD Matthew Taylor, MD Theresa Rhineburger, APRN London Roberts, APRN	AUDIOLOGY Alissa Gable, Au.D. William Speer, Au.D.
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OCH – Villa Point
3500 Villa Point Dr., Suite 110 | **270-691-0059**

GASTROENTEROLOGY Charles Riccio, MD	ORTHOPEDIC & SPORTS MEDICINE Mark McGinnis, MD Mikel Tihista, MD Chris Swift, APRN Deanna Tarter, APRN
GENERAL SURGERY Michael Campbell, MD Jules Hayden, APRN	Walk-In Ortho Clinic <i>Monday - Thursday</i> <i>8 am - 4 pm</i> <i>Friday: 8 am - 12 pm</i>
SURGICAL PODIATRY Glenn Henning, DPM	

Owensboro, KY (Continued)

Women's Healthcare Partners
2851 New Hartford Rd. | **270-688-6035**

GYNECOLOGY
Elizabeth Ottman, MD
Misty Powers, APRN

Fordsville, KY

Fordsville Area Medical Clinic
44 W. Main St. | **270-276-9953**

PRIMARY CARE Angel O'Quinn, DO Terra Roberts, APRN	BEHAVIORAL HEALTH Shannon Casey, APRN
CARDIOLOGY Joshua Skibba, MD	

Morgantown, KY

Butler County Family Care
1238 S. Main St. | **270-526-3137**

PRIMARY CARE Bruce Durham, MD Jordan Pharris, DO Donna Embry, APRN Courtney Kramer, APRN	ORTHOPEDICS Mikel Tihista, MD Deanna Tarter, APRN
	GENERAL SURGERY Michael Campbell, MD Jules Hayden, APRN



PROUDLY RECOGNIZED AS
KENTUCKY'S ONLY 2025
COMMUNITY STAR
FOR RURAL HEALTH
EXCELLENCE



Ohio County Healthcare has been selected as Kentucky's Community Star for its exceptional commitment to rural health, nationally recognized patient care, and forward-thinking innovation. Based in western Kentucky, this Critical Access Hospital (CAH) is a lifeline for the region, offering hospital, primary care, and specialty services close to home.

