



# THE FROG

*A dedication to O.C. Newman's sprightly bronco  
(so named for his wild leaps).*



**February, 2026**

## One Community. One Path. One Purpose.

Many of you may have seen the monks walking 2,300 miles across our country right now; quietly, patiently, one-step at a time. They are not marching in protest or seeking attention. They are walking to remind us of something simple and powerful: peace begins with how we show up for one another.

While their faith tradition may differ from many of ours, their message closely reflects values we hold dear: humility, compassion, patience, and love for neighbor. Scripture reminds us that "Blessed are the peacemakers," and that we are called to be slow to anger, quick to listen, and generous with grace.

Here in rural Oklahoma, these values are not new. They are part of who we are.

They are reflected in the way our community shows up for one another every day, in our churches, schools, ranches, businesses, and yes, in our hospital. From Dr. O.C. Newman's original vision of service to the way hearts and hands still come together, this has always been a place built on faith, service, and community.

We know what it means to depend on one another. We pray together in hard moments. We show up when families are hurting. We lend a hand without being asked. Our lives are connected by shared responsibility.

Communities are built not through noise or division, but through presence, kindness, and shared purpose.

Today, these monks have gained more than 2.2 million Facebook followers — not through outrage, attacks, or controversy, but through the very message they silently travel for: peace, humility, and compassion. Their journey reminds us that quiet consistency often speaks louder than conflict.

Like many communities today, we are also navigating moments of controversy; including challenges fueled by social media that have affected members of our community. These moments test our character. They invite reaction, frustration, and division.

But faith calls us higher.

The monks remind us, and Scripture affirms, that strength is not found in reacting loudly, but in responding wisely. That unity is built through patience. That healing begins when we choose grace over resentment. That every step, every word, and every interaction matters.

If we want a strong and sustainable community, it starts with small daily practices:

- **Listening before reacting.**
- **Offering grace instead of judgment.**
- **Praying for one another, especially when we disagree.**
- **Supporting local people and local institutions.**
- **Remembering that every person is made in God's image.**

Sustainability isn't just about resources, it's about relationships. It's about protecting the fabric of our community so future generations inherit not only opportunity, but unity.

Let us take inspiration from their journey. Let us walk our own version of that path right here at home; guided by faith, grounded in humility, and committed to loving one another well.

When we do, we create something far greater than any one organization or individual.

We create a community that stands together as one.

**- Tom Vasko**

**CEO, Newman Memorial Hospital**



## We are built on Faith, Service & Community



# Heart Disease and Stroke: What the Latest Numbers Mean for Our Community

Heart disease remains the leading cause of death in the United States, and stroke is now the fourth leading cause, according to the American Heart Association. Together, they account for more than 25% of all U.S. deaths, with someone dying from cardiovascular disease about every 34 seconds. While overall deaths from heart disease and stroke declined slightly in 2023, risk factors such as high blood pressure, diabetes, obesity, and inactivity remain widespread, keeping cardiovascular disease a serious health concern.

In Northwest Oklahoma, we love our comfort foods, and while they're perfectly fine in moderation, it's important to keep the long-term effects of diet in mind. Adding more fruits and vegetables to a higher-fat diet can help lower the risk of high cholesterol, high blood pressure, and long-term heart damage. If you have young children at home, make mealtime fun and full of color, those greens really do make a difference! At Newman Memorial Hospital, we see how heart disease and stroke affect families throughout our community. Many of these conditions are preventable through regular checkups, healthy lifestyle choices, and early management of risk factors. In honor of February being Heart Health Month, Newman Memorial Hospital is offering \$40 CT Calcium Scores. Please Call 580-938-5550 to schedule. Spots are filling up fast!

## Celebrating Debbie Clark!



In January, we said "see you later" to our amazing Case Manager, Debbie Clark, as she begins her well-earned retirement. Debbie has had a true heart for healthcare and has been instrumental in the growth of Newman Memorial Hospital over the past decade, as noted by CNO Megan Morland. Our CEO, Tom Vasko, shared, "Debbie's commitment to the growth and success of Newman Memorial Hospital, even through the difficult times that Newman has experienced over the past 10 years, speaks volumes. We are sad to see Debbie go but wish her the very best in the future."

Debbie won Employee of the Year for 2024 and has exemplified the definition of the "Newman Culture". While we will miss Debbie greatly, we wish her a very happy retirement and thank her for her years of dedicated service to NMH and our community.

## A Swing Bed Success Story

When Nancy Goodner found herself recovering from an illness in the city, she knew she needed the right place to continue her healing journey. With the help of her sister Janet, Nancy transitioned to the NMH Swing Bed Program, a decision that made all the difference. After just a few weeks with us, she is feeling like herself again and is excited to return home, crediting the outstanding care, encouragement, and dedication of our nursing team and physical therapy staff for helping her regain strength and confidence every step of the way. Thank you, Nancy, for trusting us with your care!



**Newman Memorial Hospital**  
**NEWMAN HEALTHCARE ASSOCIATES**

**Lunch & Learn**

**THURSDAY, FEBRUARY 26TH, 2026**

**HEART HEALTH & WOUND CARE**

**with Jessica Jones, APRN-CNP**

**RSVP: Manda Wheeler | 580-938-5523**

**905 S Main Street, Shattuck, Oklahoma**  
**Basement Conference Room**

Join us on Thursday, February 26th at 11:30 a.m. for a Lunch and Learn with our very own Jessica Jones, APRN. Jessica will discuss the importance of cardiac health and share practical ways to maintain your well-being, without giving up your favorite foods! She will also introduce our new Advanced Wound Care by Newman program and explain what it means for our patients. Blood pressure checks will be available! Don't miss the opportunity to visit with one of our skilled professionals! Lunch will be served, please arrive early to get your lunch prior to Jessica's presentation.