



**MEDIA RELEASE**

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**For Immediate Release:**

**Tamara Vestal Selected Nurse of the Year at Havasu Regional Medical Center**

**Lake Havasu City, AZ – January 15, 2010** – Tamara Vestal, RN, has recently been selected as Nurse of the Year at Havasu Regional Medical Center. She was nominated by her peers during Nurses Week 2009. The Nurse of the Year award recognizes one nurse who best represents contributions to exceptional patient care and patient safety.

Chief Nursing Officer, Dana Rice, said “Tamara always has a smile on her face. She is very conscientious and attends to details to ensure our patients get the best of care. She is passionate about nursing and has the heart for health care.”

Tamara moved to Lake Havasu in 1990. She had been in the grocery business for 23 years but wanted to become a nurse for many years. In 2005 she returned to school to become a licensed practical nurse and was then hired at Havasu Regional Medical Center on the 2nd floor medical surgical unit. In 2007 Tamara graduated from the nursing program at Mohave Community College and received a registered nurse license and began working on the third floor telemetry unit. Tamara stated, “I have always enjoyed helping people and working with the public. Nursing has given me the opportunity to remain working with people and to be able to help in a much more satisfying way.”

Tamara has been married to her husband Scott for 19 years and has two teenagers, Ryan and Kaitlin. She still resides in Lake Havasu City with her family.

**About Havasu Regional Medical Center**

Havasus Regional Medical Center is a licensed 181-bed acute-care facility fully accredited by The Joint Commission. Providing 24-hour emergency services, it is also a state-certified ALS Base Hospital, authorizing medical direction and support of pre-hospital care providers, fire department paramedic and ambulance personnel. The facility offers a full complement of patient-centered, community hospital and regional referral services in most major medical disciplines, including an on-campus inpatient rehabilitation facility. HRMC is part of the Brentwood, Tennessee-based Lifepoint Hospitals (NASDAQ: LPNT), a leading hospital company focused on providing healthcare services in non-urban communities in 18 states, including Valley View Medical Center in Fort Mohave, Arizona.

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