

DOCTORS COMPLEX NEWSLETTER

October 2010

RESERVED PARKING AVAILABLE IN DOCTORS BUILDING PARKING DECK



RESERVED PARKING SPACES AVAILABLE!

We have spaces available for rent in the gated parking area on the lower level of the deck.

These spaces are available on a first come, first serve basis. Call 664-1812 to reserve yours!

REMINDER: The 2nd level of the deck and the entire North Parking Lot are reserved for *PATIENTS ONLY!* Employees, Drug Reps, Interns and patient overflow parking is located on the top level. Please help us help your patients by communicating this policy to your staff & vendors.

WELCOME TO DOCTORS BUILDING!

Jennifer Paul, M.D.

Little Rock Pediatric Clinic, Suite 400

Lance Burns, M.D.

St. Vincent Health/L.R. Surgical Clinic, Suite 317

Stacy L. Sax, M.D.

Arkansas Pediatric Clinic, Suite 200

Brian Burton, M.D.

The Woman's Clinic, Suite 414

Jacqueline R. Poleet, M.D.

Little Rock Anesthesia Services, Suite 505

Maralyn Martindale, Au.D.

A+ Hearing Services, Suite 606

Bobby D. Perry, M.D.

St. Vincent Health/L.R. Surgical, Suite 317

Lee C. Raley, M.D.

St. Vincent Health/L.R. Surgical, Suite 317

J. Tyler Baber, M.D.

Doctors Building, Suite 103

The Doctors Building has also relocated the following tenants in Doctors Building:

Tammy Dunn-Vanover, Au.D.

A+ Hearing Service, Suite 606

Lab Corp

Suite 704

Radiology Associates, P.A. completely redesigned their space on the 6th floor to make it more functional for their business.

Last but not least.....

The Arkansas Specialty Orthopaedics Spine Clinic moved to the 4th floor of the ASO Plaza building in June of this year.

INSIDE THIS ISSUE

- 1 Reserved Parking Available
- 1 New and Re-Located Tenants in Doctors Complex
- 2 Recycling of Electronics & Donation Facilities
- 3 "Tee" Talk & FALL Back
- 3 Holiday Closing Request and Calendar of Events

RECYCLE THIS!

As you know, the landfills will no longer accept electronic items for disposal. You may visit the Regional Recycling website at www.regionalrecycling.org for more information about the services provided. The following is a list of collection facilities in the area as well as the hours of operation.

City	Address	Day of Week Open
Sherwood	6500 North Hills Blvd	Every Monday & First Saturday, each month
No. Little Rock	12 th and Willow	Every Tuesday & Third Saturday, each month
Jacksonville	1300 Marshall Road	Every Wednesday & Fourth Saturday, each month
Pulaski Co. Sanitation	3403 W. 33 rd Street	Every Thursday & Second Saturday, each month
Little Rock	10001 Kanis Road	Every Thursday & First Saturday, each month
Maumelle	Hyman Dr. Public Works	Every Friday & Second Saturday, each month

-Electronics Only

The following is a list of items that may be recycled at the locations above:

Electronics	Household Chemicals
Computers	Used oil
Copiers	Used gasoline
Monitors	Used anti-freeze
Televisions	Batteries (auto, household)
Cell phones	Pesticides
Microwave ovens	Fertilizer
DVD players	Fluorescent Light Bulbs
VCR's	Cleaning agents
Printers	
Stereos	
Radios	
Fax Machines	

Absolutely no paint accepted & all Facilities are CLOSED on Major Holidays!

Goodwill also takes computers for donation. You may visit their web site at www.goodwill.org to obtain a complete listing of their donation stations as well as valuable tips on erasing your computer's hard drive before donating it.

Others organizations to consider for your furniture/electronics donations:

Wolfe Street Recovery & Renewal Center
1210 Wolfe Street
Little Rock, AR
(501) 372-5662

Little Rock Compassion Center
3618 West Roosevelt Road
Little Rock, AR 72204
(501) 296-9114



"Tee" Talk!

Paul Soulsby of Arkansas Pediatric Clinic, Charlie Palmer of Little Rock Audiology, Jim Hawkins of Hawkins & Associates and Dr. Sam Welch of UAMS represented LRMA I (Little Rock Medical Associates) in this year's Greater Little Rock Building Owners & Managers Association (BOMA) Golf Tournament held at Burns Park in September.

Dr. Virgle Lyons, Dr. Archie Hearne, John Cook of Wells-Fargo Bank and Barry Monahan represented LRMA II.

We are sorry to report, once again, that neither team brought home a winning trophy (or any trophy for that matter). Wait until next year! Anyone interested in playing on one of LRMA's teams, let Betty know as she will be glad to put you in when we have an open slot.

This is a great time for all involved and a wonderful networking opportunity (not to mention a Friday away from the office)! Keep this month in mind for next year if you would like to join in the fun.



FALL BACK!


Daylight Savings Time ENDS
Sunday, November 7, 2010 at 2:00 A.M.

Move your clock **BACK** one (1) hour!



HOLIDAY'S 2010

It's hard to believe that the Holiday Season is just around the corner! Please remember to notify the Management Office of the dates your suite will be CLOSED in November & December so we may coordinate the cleaning and maintain building security.



CALENDAR OF EVENTS

EVENT

PLACE: DOCTORS BUILDING

TIME 2:00 PM

November 3, 2010 – Audio System Test

EVENT

PLACE: DOCTORS COMPLEX

TIME 2:00 A.M.

November 7, 2010 – DAYLIGHT SAVINGS TIME ENDS

MOVE CLOCKS BACK ONE (1) HOUR!!

THANKSGIVING DAY – NOVEMBER 25, 2010

BOTH BUILDINGS WILL BE LOCKED ALL DAY!

If you do not have an after hours entry code to the building, you will not be able to gain access.

EVENT

PLACE: DOCTORS BUILDING

TIME 2:00 PM

December 1, 2010 - Audio System Test

WE WOULD LOVE TO HEAR FROM YOU!

Please remember to submit your ideas for articles, photos, new physician's, new employees, birthdays, anniversaries, new babies, research studies, etc.

If you have a specific time period you want your information to appear, please make that clear with your submission.

You may submit your ideas directly to Terri in Suite A-10. You can do this through the mail slot, or dropping it off on your way out. You may also submit this information by email to tmadden@lrma.com.

We hope you enjoy this issue and look forward to hearing from you soon.