

MEMORIAL HOSPITAL'S The LAMP QUARTERLY NEWSLETTER

Vol. 4 Issue 3 - July 2023



NATIONAL KIDNEY
FOUNDATION®

of Illinois

Free Health Screening: September 19

KidneyMobile® focuses on kidney disease prevention and education



The National Kidney Foundation of Illinois is teaming up with Memorial Hospital and the Randolph County Health Department to provide a free kidney, health screening, and health fair on September 19, 2023 for all community members. The screening will be held at the Chester American Legion from 10:00am-2:00pm, and anyone interested in getting screened for kidney disease, high blood pressure or diabetes is encouraged to attend. There is no cost to be screened, and appointments are not necessary.

The screening will be offered by the National Kidney Foundation of Illinois' KidneyMobile, the nation's only custom mobile unit that travels across the state screening individuals for kidney disease and its two main causes: diabetes and high blood pressure. In addition to a free screening, attendees will also be able to talk privately with a nurse or doctor about their results.

Each year, kidney disease kills more people than breast or prostate cancer, but while the majority of Americans can recite the common tests for breast and prostate cancer, many do not know the risk factors and tests that could keep them off dialysis and the transplant waiting list. Because kidney disease often develops slowly with few symptoms, it can frequently go undetected until it is very advanced. Simple steps such as controlling blood pressure and blood sugar, keeping weight down, exercising regularly, quitting smoking and avoiding excessive use of pain medicine, can help reduce risk.

Pre-register and complete your questionnaire prior to screening by scanning the code below or visiting: <https://mobilescreening.nkfi.org/preregistration>

Location: American Legion (Partnership with Memorial Hospital -

Chester & Randolph County Health Department)

500 Opdyke Street

Chester, IL 62233

Date: Tuesday - September 19, 2023

Time: 10:00am - 2:00pm



SCAN ME

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Employee of the 1st & 2nd Quarter of 2023

Phelps is RN Certified

Staff Attend Educational Conferences

Child and Babysitting Safety Certified

Long is Medical Explorer Scholarship Recipient

Rural Health Experience with Memorial Hospital

Memorial Hosts Junior Explorers Camp

**We are Looking for Someone Like You:
MH Auxiliary & Volunteers - Pg 18**

Upcoming Community Events - Pg 19

Keys to Embracing Aging - Senior Wellness Series

Mental Health First Aid

Blood Drives

Body Balance - New Session Starting Soon

Medical Explorers - Enrollment Now Open

KidneyMobile® And Health Fair

ABCs of Medicare and Medicare Advantage Class

MEMORIAL HOSPITAL

—Since 1962—

RURAL HEALTH CLINICS

FAMILY HEALTH CARE

Newborn Through Geriatrics

Immunizations – VFC Provider	Minor In Office Procedures
Age Specific Wellness Exams	Same Day Appointments
Injection Therapy	School & Sports Physicals
Family Planning	Patient Portal
DOT Physicals	

CHESTER CLINIC

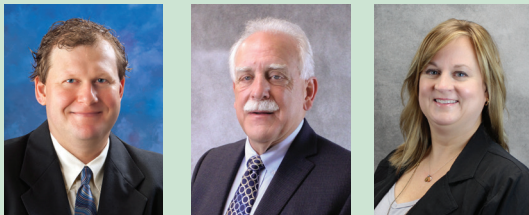
2319 Old Plank Road - Chester, IL 62233

618-826-2388

STEELEVILLE FAMILY PRACTICE

602 W. Shawneetown Trail - Steeleville, IL 62288

618-965-3382



James Kirkpatrick, M.D. • James Krieg, M.D.
 Lisa Lowry-Rohlfing, M.D. • Joseph Molnar, D.O.
 Stephen Platt, M.D. • Valerie Blechle, APN, FNP-BC
 Cassandra Chambers, FNP-C
 Mindy Dudenbostel, FNP-C • Angela Albertini, PA-C

Welcome Cassandra Chambers



Memorial Hospital welcomes Cassandra Chambers, Family Nurse Practitioner, to the Rural Health Clinic staff.

Chambers resides in Chester with her husband Josh and their children. She received her Bachelor of Science in Nursing from Bradley University Peoria, IL in 2011 and her Doctor of Nursing Practice with a Family Nurse Practitioner Specialty in 2019 from Southern Illinois University Edwardsville. She has a background in cardiology and enjoys the cardiac aspect of Family Care. She finds it extremely rewarding to help care for people, develop a plan of care together, and see the patient improve.

“My entire purpose as a Nurse Practitioner is to provide effective care to help improve patients’ lives. When I am able to see that come to fruition, I feel extremely joyful.”

Cassandra’s first day at the Rural Health Clinic was July 12, 2023.

SCHEDULE NOW

BACK TO SCHOOL PHYSICALS

Contact Memorial Hospital's Rural Health Clinic in Chester or Steeleville to schedule your child's school physical.

Chester Clinic
618-826-2388

Steeleville Family Practice
618-965-3382

www.mhchester.com



BE ANTIBIOTICS AWARE

SMART USE, BEST CARE

If you have an infection caused by a virus, antibiotics won't make you feel better.

Lela had a cold two weeks ago. Lela’s grandmother did the right thing by making sure she received plenty of rest and fluids. She also kept a close eye on her granddaughter, knowing that if Lela got worse, she would need to see a doctor right away. Lela’s grandmother knew that giving Lela antibiotics for her cold would not help her feel better, because antibiotics don’t treat infections caused by viruses, like colds and flu.

What happens if I take antibiotics when I don't need them?

Anytime antibiotics are used, they can cause side effects. Common side effects of antibiotics can include rash, dizziness, nausea, diarrhea, and yeast infections. More serious side effects include *Clostridioides difficile* infection (also called *C. difficile* or *C. diff*), which causes diarrhea that can lead to severe colon damage and death. People can also have severe and life-threatening allergic reactions. These side effects can happen anytime you take antibiotics, even when you don’t need them.

Your doctor will help you understand if the benefits outweigh the risks of side effects. Taking antibiotics also creates resistant bacteria. Antibiotic resistance occurs when bacteria no longer respond to the drugs designed to kill them.

Can antibiotic resistance affect me?

Yes, it can. Antibiotic resistance is one of the most urgent threats to the public’s health. More than 2.8 million antibiotic-resistant infections occur in the United States each year, and more than 35,000 people die as a result.

How can I stay healthy and keep others healthy?

- Clean your hands.
- Cover your coughs.
- Stay home when you’re sick.
- Get recommended vaccines, such as the flu vaccine.

Why is it important for everyone to help improve antibiotic prescribing and use?

Antibiotics save lives, and they are critical tools for treating life-threatening conditions such as pneumonia and sepsis. Helping healthcare professionals improve the way they prescribe antibiotics, and improving the way we take antibiotics, helps keep us healthy now, helps fight antibiotic resistance, and ensures that life-saving antibiotics will be available for future generations.

What if I am prescribed antibiotics?

If you need antibiotics, take them exactly as prescribed. Talk with your doctor or pharmacist if you have any questions about your antibiotics, or if you develop any side effects, especially diarrhea, since that could be *C. difficile* infection, which needs to be treated. In some cases, your doctor may give you a prescription for antibiotics, but tell you to wait and see if you feel better in a few days before filling it. If you feel better, you do not need to fill the antibiotic prescription, and do not have to risk the side effects.

What should I do when I have a cold?

- Ask your doctor or pharmacist about the best way to feel better while your body fights off a virus.
- Drink plenty of fluids.
- Use a cool mist vaporizer or saline spray if your breathing is congested.
- Get plenty of rest.
- If you have an infection that’s not getting better, or is getting worse, get medical care immediately.



833 Lehmen Drive - Chester, IL 62233

618-826-4588

Caring for you throughout
your life span.

Treating pediatrics, youth, adults,
and geriatrics.

**SPECIALIZED
SERVICES:**

Sports Rehab
Balance Rehab
Vertigo
Stroke Rehab
Hand Therapy
Pool Therapy
Urinary Incontinence
Manual Therapy
Orthopedic Rehab

**SPECIALIZED
EQUIPMENT:**

Bariatric Treadmill
Biodex Balance
System
Mechanical Traction
Ultrasound
Electrical Stimulation
Fluidotherapy
Iontophoresis



Ryan Schaal, *Director of Therapy
& Physical Therapist*

Elphie Busayong, *Physical Therapist*

Megan Stewart, *Occupational Therapist*

Isabel Hotop, *Speech-Language Pathologist*

Specialized Care Throughout Your Lifespan - Helping You Return to Work, Play, and Life

Memorial Hospital's Therapy & Sports Rehab Center is a spacious facility providing patients with a specialized experience, no matter what their needs. We have eight private treatment rooms, a therapy pool, locker rooms, showers and a large gym and work out area with state of the art equipment.

For advanced and unique needs, the Rehab Center has specialized equipment available to better aid in your rehabilitation. Equipment includes:

- Therapy Pool
- Biodex Balance System
- Mechanical Traction
- Therapeutic Ultrasound
- Electrical Stimulation
- Vital Stim
- Bariatric Treadmill
- Fluidotherapy
- Iontophoresis

Our facility houses professional certified staff of physical, occupational, and speech therapists. They are dedicated to applying innovative clinical pathways that ensure each patient receives the utmost in care, on a personalized level.



PHYSICAL THERAPY

Our physical therapists develop comprehensive plans of care that may include:

- Exercises to restore motion, strength, and a greater degree of independence
- Joint and soft tissue mobilization
- Pain management
- Orthotic/prosthetic training
- Education & information specific to the injury or illness

OCCUPATIONAL THERAPY

Our occupational therapist focuses on improving a patient's ability to perform the activities of daily living (ADL). Treatment may include:

- Specialized hand and upper body therapy to help restore function for improved performance in activities of daily living
- Instruction in adaptive techniques, joint protection, work simplification, energy conservation and motor coordination
- Customized adaptive equipment



SPEECH-LANGUAGE PATHOLOGY

Our speech-language pathologist offers comprehensive evaluation and treatment plans that may include:



- Improved functional communication skills and speech sound production
- Improved oral feeding and swallowing skills
- Improved memory and thinking or establishes compensatory strategies in these areas

Progressive Clinical Programming

Our outpatient program utilizes the latest techniques and equipment and provides specialized services for individuals with various injuries or disorders. Common Diagnoses include:

- Amputation
- Arthritis
- Back and neck injuries
- Brain injury
- Developmental delay
- Dysphagia
- Hand injuries
- Joint replacement
- Multiple trauma
- Neurological disorders, including Parkinson's
- Orthopedic injuries
- Pain management
- Post-surgical conditions
- Spinal dysfunction
- Sports-related injuries
- Stroke
- Urinary incontinence
- Vestibular/ balance disorders
- Work injuries

Aftercare Program

After graduating from therapy, patients may opt to continue using the facility through our Aftercare program. This program allows patients to continue their exercises on an independent basis so they can maintain or further their progress.

MONDAY, WEDNESDAY, & FRIDAY
8:00AM-3:00PM

TUESDAY & THURSDAY
8:00AM-NOON





COMMUNITY FUN RUN/WALK



Adults and kids of all ages joined Memorial Hospital and five other local businesses at a Community Fun Run/Walk on May 12 at the Chester Cohen Complex. The event was organized by Memorial Hospital to encourage movement, exercise, and healthy living. The event was free for the 83 participants in attendance, with food pantry donations being collected. Several non-perishable items along with over \$200 was collected for the Chester Area Christian Food Pantry. Participants enjoyed the sunshine as they strolled, or ran, along the paved path. Along the path, they were able to visit the local businesses' tables to pick up some free goodies. Those participating included, Ballpark Concessions, which provided refreshments, Buena Vista National Bank, Chester Eagles, Chester Public Library, Dieterich Bank, Square One Flooring and Memorial. Each participating business donated a fitness themed attendance prize, which was given away at the end of the event.



Nurses Maribeth Golding and Paige Gendron enjoy the Fun Run/Walk with their children.

First Responders Receive Resource Kits

Memorial Hospital of Chester and members of the Health Communities Alliance (formerly the Southern Illinois Substance Abuse Alliance or SISAA) are coordinating efforts to share resource information with first responders and municipalities throughout Randolph County.

In 2022, Illinois Critical Access Hospital Network (ICAHN), Population Health Flex Grant funding was received by Memorial to print 2,000 copies of the Randolph County Resource Guide. The Guide contains contact information and details for organizations who provide health, wellness, and support services to Randolph County residents. This 60-page document was circulated, in printed and digital form, to businesses and individuals throughout the county to help connect people to the services they need. This guide was found to be a great source of information for professionals helping to serve community members.

Follow-up conversation with police officers showed that, though it was a wealth of resource information, it was a lot to hand off to someone in need. The Alliance used the information they had received to aid Memorial Hospital in applying for the 2023 ICAHN Population Health Flex Grant to create 150 resource kits for first responders. The new kits pinpointed four categories of need for the community: Homelessness, Domestic Violence, Recovery and Mental Health.

Each kit contains individual cards with specific contact information for organizations in the respective categories. This makes a quick and easy

handout for first responders as they are interacting with individuals in need. "Sometimes the department responding to a call is not the one that can provide extended care to truly solve the individual's problem," explained, Mariah Bargman, Memorial Hospital Community Relations Coordinator, past HCA Chairman, and grant writer. "With these resource cards, responders now have the ability to better connect those in need directly with the services that can assist in their continuum of care." The kits also contained printed Resource Guides for the departments, cards with a QR code and link to locate the digital version of the Guide online, and a Spanish brochure with the combined information from the cards.

"By providing educational materials and better connecting individuals in need to resources, we hope to see an improvement in reduced repeat calls and better results of each incident," said Rhonda Wilson, National Alliance on Mental Health (NAMI) representative and HCA Chairman. "By giving first responders resourceful tools that can be provided during face-to-face interaction we are better connecting people during their time of need with services that may benefit them." Providing resources during that crucial moment can be the difference of someone reaching out and asking for help.

Members of the HCA have been actively handing out kits the past few weeks to city, county, and state Police departments, fire departments, and city halls. The response has been positive, as kits have been received.



SCAN CODE
or click to access the
2023 Randolph County Resource Guide



Mariah Bargman, Marketing and Community Relations Coordinator (center) presents Resource Kit to Chester Fire Department, Assistant Chief Jerre Atchison and Chief Marty Bert.



Rhonda Wilson, Healthy Communities Alliance Chairman, presents Sparta Police Department with Resource Kit.

Quality Surgical Procedures, Local Compassionate Care

Getting top notch medical care doesn't always mean you need to travel long distances and go to a large city. Memorial Hospital's Surgery Department offers a vast number of procedures close to home with compassionate, quality care. Choosing to have your procedure at Memorial means you can start your healing process faster with less time traveling from the healthcare facility to home. You will also be treated like family, because there is a good chance you know one of our skilled staff members. Our surgical employees and providers are professionally trained, highly skilled, and the patient's needs and comfort are always their top priority. You can rest at ease knowing you are in good hands.

GENERAL SURGERY PROCEDURES

Dr. Ziya Baghmanli and Dr. Margret De Guzman, General Surgeons at Memorial, provide the following procedures:

- Appendectomy
- Gallbladder
- Hernia Repairs
- Bowel Resections
- Cyst Removals
- Skin Cancer Removals
- Breast Biopsies and Mastectomies
- Lesion Removals
- EGD and Colonoscopy
- Minor Amputation
- Hemorrhoidectomy
- Port Insertions for Chemotherapy
- Thyroid Biopsies

Both General Surgeons also offer small in-office procedures, same day, where applicable, with the use of local anesthetic such as lidocaine so the patient doesn't have to come back another day and/

or have additional surgical expenses. Dr. De Guzman is the leading physician in Memorial Hospital's Wound Center, providing wound care weekly for patients.

Schedule Your Next Procedure With Us

To schedule your next procedure at Memorial you will need to first schedule a consultation with your primary care physician. Following the recommendation of your provider, necessary information can then be shared with Memorial regarding the need for a surgical consultation appointment. Just tell your primary care provider,

"I want to schedule my procedure at Memorial in Chester!"

SPECIALTY PROCEDURES

Memorial Hospital's Specialty Clinic providers also provide surgical procedures including the following:

- Pain Management**
 - Nerve Blocks
 - Steroid Injections
 - Rhizotomy
 - Spinal Stimulators
- Ear, Nose, and Throat (ENT)**
 - Tonsillectomy
 - Adenoidectomy
 - Myringotomy (Ear Tubes)
 - Thyroid Biopsies
 - Sinus Endoscopy
 - And More
- Orthopedics**
 - Total Knee & Hip Replacements
 - Carpal Tunnel & Trigger Finger Release
 - Arthroscopies
- Podiatry**
 - Amputations
 - Bunionectomy
 - Planter Fasciotomy Release



Dr. Ziya Baghmanli



Dr. Margret De Guzman



Janet Bargman Retires with 45 Years of Service



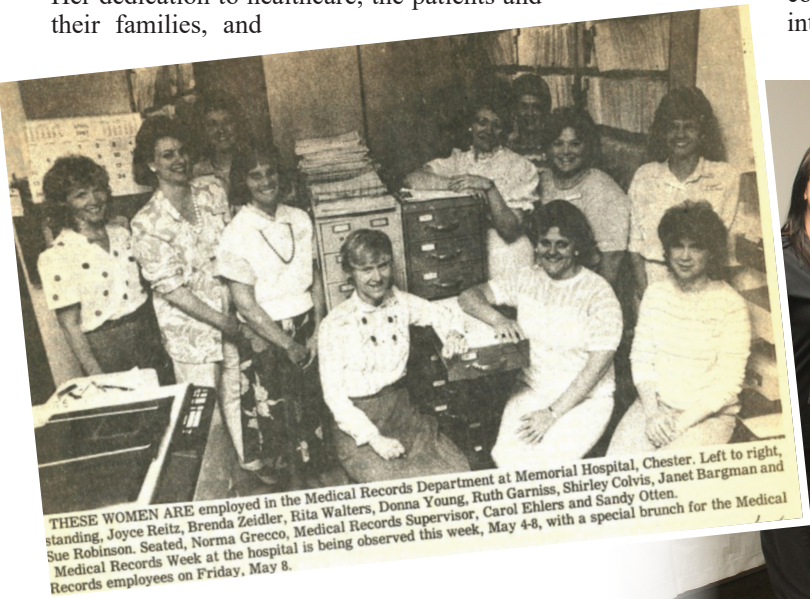
Memorial Hospital, celebrated the retirement of Janet Bargman, Specialty Clinic Clinical Assistant, with 45 years of service.

Bargman began her career at Memorial in 1978, during high school, doing summer chart maintenance in the medical records department. In the most recent years, she has worked in the Specialty Clinic, which has been moved and renovated, three times during her span. She has had the pleasure of witnessing and being part of the many renovations and improvements to not only the Specialty Clinics, but the hospital as a whole. As a clinical assistant, she has enjoyed working with the variety of physicians and their main offices to help coordinate patient care throughout the years. Her co-workers have become family and she feels blessed to have worked so close to home. During her time at Memorial, she has been involved in the care of so many and touched so many lives. Her dedication to healthcare, the patients and their families, and

the community is greatly appreciated by all.

Some of her favorite memories at Memorial include the large turnouts for the Relay for Life events and walking all night while spending time with co-workers and families. She treasures, and often uses, the first cookbook that was made and sold for, co-worker, Jan Straight to raise funds for the Popeye Queen Coronation. And she was honored to be named the first Employee of the Quarter in 1993 when the program was started at Memorial. She will miss seeing patients and co-workers, as well as the physicians and their staff, but she looks forward to spending more time camping and being able to run at a minutes notice.

Staff celebrated Bargman and her years of service, with a cake and punch reception on June 30 at Memorial Hospital. Friends, family, co-workers, and providers congratulated her and wished her well into retirement.



Photos: Top Left - Janet Bargman receives service award from Brett Bollmann, CEO. Top Right - Janet in 1977 as Candy Stripper at Memorial Hospital. Bottom Left - Medical Records Department 1987. Bottom Right - Specialty Clinic staff during retirement party.



The DAISY Foundation was established in 1999 by the family of Patrick Barnes. Patrick died at 33 from complications of the autoimmune disease ITP. During his hospitalization, the family was very impressed by the clinical care of the nurses who care for Pat. So much that they created a foundation to thank nurses that have grown to be international. This is their way of saying thank you to nurses for the extraordinary care they provide patients and families every day. DAISY is an acronym standing for Diseases Attacking the Immune System.

We are a very proud partner with DAISY as we have extraordinary nurses here at Memorial Hospital.

The healer's touch sculpture is a hand carved sculpture made from serpentine stone and is created and signed by the Zimbabwe Sona artists. The work the artists do with the DAISY Foundation helps support hundreds in their community.



Our nominees, for the first half of 2023 are presented with a pin and certificate.

- Marci Klein
- Jennifer Morgan
- Alicia Heinemeyer
- Austin Gendron
- Greg Griffith
- Heide Knop
- Kim Ruebke

Memorial Hospital's Daisy Award Honoree for the first half of 2023 is **Kristina Jany**. Kristina was nominated by a patient and his wife for her extraordinary work, comfort, care, and commitment to her patients.

Thank you to our nurses and staff for your commitment to healing here at Memorial Hospital. We hope that you will wear your DAISY pins proudly.

Anyone can nominate a nurse for a DAISY Award. We have received nominations from coworkers, patients, and families. Nominations can be done at any time by paper or electronically at www.mhchester.com/DAISY-nominations.

Austin Gendron, RN

"Austin is a very helpful person. When he is in the ER, he goes way above and beyond his job. He will draw our blood for us when he doesn't have to. He is always quick to help someone when asked. I was also a patient and he was my nurse. He was very sweet and made sure I was comfortable. He took really good care of me. I would recommend him to anyone. That is why I think he should be nominated for a DAISY."



Greg Griffith, LPN

"Greg was my husband's nurse multiple nights while he was there on swing bed. We loved that he made my husband feel so at ease...listening to him and striving to make sure he got the rest he needed at night. He worked over and beyond to do what was asked. He never questioned my husband and helped me to be comfortable too. Him and Brian Beam, CNA, on nights make a great team and are a wonderful asset to Memorial Hospital. Greg is very deserving of this award. My husband had a bad experience at another facility and it was forgotten because of him."



Alicia Heinemeyer, LPN

"Alicia made our 7 hour ER experience much easier. My youngest daughter was the patient and Alicia made an uncomfortable situation so much better. She is so positive, uplifting, has an awesome sense of humor, but also has the ability to 'tell it like it is' when needed. She promised not to leave my daughter and even stayed after her shift was completed until my daughter was ready to be discharged. We felt so comfortable knowing she was always there. Best experience I've ever had with a nurse. Thank you Alicia and Memorial Hospital"



Marci Klein, RN

"I love seeing that big smile every time she walked into the room. She seemed to always have something funny to say. Marci seemed like she really loved her job. Marci was very diligent in performing her work."



Heide Knop, RN

"My son took me overnight to the ER after I had slipped getting out of the bathtub. I hit my face and neck very hard and blacked out. Heidi was so kind to me from the time I arrived to the time I left the ER. She is such a genuine, caring person that deserves to be recognized. I had a CAT scan done and they saw a stable fracture. Heidi rushed in to calmly and gently explain to me what was happening while she, and the sweet x-ray tech, put the neck brace on me. I was terrified. She checked on me



throughout the whole process, asked if I needed anything, and is honestly probably the best nurse I have ever encountered. Thank you Heidi so much for taking such good care of me during my visit."

Jennifer Morgan, RN

"A clear following throughout your visit means everything. Doctors are very good. All of the staff worked very well together, which is everything to me. I want to nominate my nurse Jennifer Morgan for the DAISY Award."



Kim Ruebke, ER Manager

"I hadn't been that sick for a long time. I had just moved back to southern Illinois after 42 years. Kim came in to check on me and say 'Hi.' It really touched me to see her and for her to visit. Also, everyone I interacted with was great. I could tell Dr. Ellzey truly cared. I just wanted to lay down and go to sleep because COVID was kicking my butt. I am doing much better now and really appreciate you all. I wish I could find a family doctor like Dr. Ellzey."



Kristina Jany, RN

"We were in the ER Department for about 36 hours waiting for a transfer. Kristina was our nurse for nearly the whole time due to working two 12 hour shifts in that 36 hour period. She is professional in every aspect of her job as a caregiver. I refer to her as 'caregiver' because she uses her nursing skills to provide top quality care for her patients and their families. She always made sure we were informed about what was being done and what to expect. Questions, she was unable to answer, Kristina was quick to defer to the doctor on call, the oncologist, or our primary care."





YOUR INFORMATION When and Where You Need It

Memorial Hospital's Patient Portal provides one place for all of the information you need to manage your health and the health of your family.



Document and Store

- Medications, allergies, and conditions.
- Visit information from all MH providers.
- Personal measures: weight, activity, blood pressure, blood sugar



Share Information with Family

- Parents share children's health information
- Young adults share information with parents playing a role in their health-care
- Aging parents share access with adult children assisting in their care.



Connect With Doctors and the Hospital

Connecting with your care team allows your doctor or hospital to electronically provide you with visit documents.



GET THE APP



1. Go to your app store on your mobile device.
2. Search for the **HealthLife** app.
3. Once downloaded, log-in to access your patient portal.



ENROLL

www.mhchester.com/patient-portal

Visit the link above and click on the "Log-In to Patient Portal" button.

Need help?

Visit or Call one of our hospital or clinic locations for assistance registering. One of our admitting staff will be happy to assist you.



NEED HELP?
CONTACT ONE OF
OUR LOCATIONS

Memorial Hospital - 618.826.4581
Chester Clinic - 618.826.2388
Steeleville Family Practice
618.965.3382

Community CARE

Memorial Hospital Employees, Out & About in Our Community

Julie Stern, Director of Human Resources shared job opportunities with students at the Career Center of Southern Illinois (CCSI) Career and College Fair day on May 5 and with LPN students on May 31. She shared information on entry level and professional positions available along with internship, and scholarship information.



Thank you to Mrs. Schwarting's 2nd grade class at St. John Lutheran School for inviting us into their classroom this year. Mariah Bargman, BLS Instructor, taught the students how to recognize when someone may need CPR or the Heimlich Maneuver. They learned how to call for help and rescue techniques to help an infant or peer who may be choking or having trouble breathing. Memorial offers educational programs for students of all ages. Topics range from wellness education to safety and prevention.



Thank you to Addington Place of Sparta for treating our employees and customers to free snow cones in June.



The Memorial Hospital Popeye Pedalers, Pedal the Cause team held a bake sale on May 8. A hundred percent of the proceeds from the event were donated to Siteman Cancer Center for cancer research. The team will not be participating in the ride this year but, they are continuing to make a contribution to finding a cure for cancer with some fundraising throughout the year.



Thank you to Scott Rust, owner of the soon-to-be Chester Dairy Queen, and his staff for spoiling our employees at all locations during Hospital Week and Nurses Week with Blizzards.



What happened last quarter?

Employees of the Quarter: 1st & 2nd Quarter of 2023

Brett Bollmann, CEO at Memorial Hospital named Amy Kirkland Employee of the Quarter for the First Quarter 2023 on May 2, 2023 and Kaylie Klausing Employee of the Quarter for the Second Quarter 2023 on July 26, 2023.

Kirkland, Registered Nurse and Night Shift Supervisor, has worked at Memorial Hospital for a total of 17 years. Klausing, Medical Assistant at the Rural Health Clinic, has worked at Memorial Hospital since August of 2021. When asked what they liked most about working at Memorial, Kirkland replied, "The standard of care that is upheld is unmatched by any other place I have worked. We have a friendly, patient-first atmosphere. I enjoy the small-town feel while still being able to provide quality care for the patients and the community. We aren't just co-workers; we are a family." Klausing replied, "My co-workers! They are always helpful, keep me laughing all day and are more like family. I appreciate them more than they know."

Kirkland's co-workers who nominated her wrote, "This employee is always willing to help, often without being asked. When working with her I always know that it will be okay because she always has her team's back. She takes on many extra roles as a supervisor including IT and a therapist to keep us grounded. Without her, I would not have been able to make it through many of my shifts and I am very grateful to her! She deserves this award for all of her knowledge and hard work that makes her one of this hospital's greatest assets. She is always willing to help in ER when things get busy, is a team player, patient advocate and possesses excellent leadership skills."

Kirkland resides in Sparta with her husband Shawn. They have two daughters Lauren and Sadie and three grandchildren. In her free time, she enjoys spending time with family, crocheting, and traveling whenever they get a chance.

Klausing's co-worker and patient who nominated her wrote, "During some recent health issues I was lucky enough to have this employee as my nurse. Yes, she checked my vitals, went over my health history, and did all the other standard tasks that she probably does many times every day. But what really set her apart was her compassion and caring nature. She is very friendly and makes you feel comfortable right away. She took extra time with me to explain everything and tried her best to ease my fears. At a follow-up appointment, she cared enough to ask how my test had went. This employee truly cares about her patients and deserves to be recognized for her exceptional service to them." Klausing has also received star cards for noticing a car stuck in a muddy field behind Steeleville Family Practice, helping the lady out of her car and calling the local police to help her. Handling a difficult situation very professionally. And, last but not least, remaining very calm and professional when dealing with an upset patient.

Klausing resides in Chester with her boyfriend and their three girls. In her free time, she enjoys hanging out with friends and family, shopping, and watching Netflix.

Each quarter employees are encouraged to submit "star cards" for their co-workers who go above and beyond in their patient care or



Brett Bollmann, CEO and Amy Kirkland



Brett Bollmann, CEO and Kaylie Klausing

team work. Four random cards were drawn at both award presentations, Maddie Wallace, Admitting Manager; Donna Schroeder, RHC Medical Records Clerk; Kaylie Klausing, RHC Medical Assistant; and Michelle Bert, Operating Room RN; were the winners of a monetary award for their star nominations in May. In July the winners were, Renee Brown, Housekeeper; Emily Colvis, RHC LPN; Amelia Goetz, RHC LPN; and Amanda Rhyne RHC Administrative Assistant.

Program. Here is what Heather had to say about why she chose Memorial,

"Since my hire in August, I have experienced nothing but kind, warm welcomes from every department. The environment is like nothing I have ever experienced in a healthcare setting. This is the kind of workplace environment I would like to grow in as I continue my nursing career. I want to be the kind of nurse that I work alongside of in this hospital."

Congratulations to Heather Phelps for passing her NCLEX-RN exam. She is officially a Registered Nurse, and we could not be prouder and more excited that she chose Memorial Hospital to start her nursing career. Heather is currently participating in the Nurse Residency Program. This program is designed to support Heather as she transitions from a new graduate nurse to a competent staff nurse!

Heather was hired in August 2022 as a CNA and participated in Memorial's Nurse Intern

Phelps is RN Certified



Heather Phelps, RN

What happened last quarter?

Staff Attend Educational Conferences

Infection Control RN, Angela Mohring, had the honor of attending The United Brotherhood of Carpenters - Infection Control Risk Assessment (UBC-ICRA) conference in Las Vegas, Nevada in May.

What does the UBC and Infection Control have in common? The UBC-ICRA, produces top-trained professionals for healthcare construction sites. Keeping staff and patients safe from construction debris and airborne particulate is a requirement and

priority of all healthcare facilities.

During Memorial's renovations and daily maintenance, Angela works alongside the construction and maintenance crews to ensure all safety precautions are taken. This conference, and future on-site training, ensures infection control and plant operations staff have the most current information on risk evaluation and documentation, controlling contaminants, work protocols, and mold considerations.



Dr. Lisa Lowry-Rhofing, Kathy Winkler, Dee Shemonic, and Angela Mohring at the Antimicrobial Stewardship Summit.

Dr. Lisa Lowry, Kathy Winkler, Director

of Memorial Hospital Pharmacy, Angela Mohring, Infection Control RN, and Dee Shemonic, Chester Mental Health Center Infection Prevention RN, attended the Illinois Summit on Antimicrobial Stewardship June 13-14 in Bloomington, IL.

During the Summit, attendees were educated on how healthcare is attempting to decrease unnecessary antibiotic prescribing. Work is being done to find new ways to track, teach physicians, and educate the public that an antibiotic is not always the answer and in-fact over prescribing is why we are in danger of no longer having an-

tibiotics that work. Due to the over use of the drugs, more "super bugs" or antibiotic resistant bacteria are evolving.

Dr. Lowry, Winkler, and Mohring are all members of the Memorial Hospital Antibiotic Stewardship Committee and the knowledge they received during the Summit is distributed to the Stewardship to ensure our team of providers are taking precautions to avoid over prescribing and reducing the growth of "super bugs".

You can learn more about antibiotics at www.cdc.gov/antibiotic-use.

Child and Babysitting Safety Certified

Memorial Hospital had the opportunity to certify 40 young adults over the summer in Child and Babysitting Safety.

The full-day classes cover education on how to be a responsible caregiver, infant and child feeding, diapering, and how to handle emergencies. The class work helps students recognize hazards and provides instruction on how to handle small to large problems. Each student is also taught the Heimlich maneuver and CPR. Memorial held three classes this summer for boys and girls ages 11-14 years.

Certified CABS Instructor, Mariah Bargman, lead the classes with assistance from Medical Explorers, Jada Long and Elseah Congiardo.



What happened last quarter?

Long is Medical Explorer Scholarship Recipient

Memorial Hospital of Chester, IL is proud to announce that Jada Long, daughter of Jeremy and Natalie Long of Evansville, IL, is the recipient of the 2023 Memorial Hospital Medical Explorer Scholarship awarded by the Memorial Hospital Auxiliary. Applicants for this award must be seniors in high school or currently enrolled in college, be members of the Memorial Hospital Medical Explorer Program, complete an application essay, six hours of job shadowing, and complete a reflection essay. Upon their completion of the scholarship process, the committee reviews their evaluations from job shadowing along with their essays and letters of recommendations. This year's applicants included, Elizabeth Hall, Jada Long and Emily Sangurima from Sparta High School and Gavin Wilks from Trico High School. All four applicants have been active members of the Medical Explorers Program throughout the year and enjoyed their time job shadowing and learning about the variety of careers available in healthcare.

Hall will be attending Southwestern Illinois College (SWIC) where she has been accepted into the Radiology program starting this summer. Sangurima plans to pursue a career in nursing. Wilks will be attending the University of Illinois at Urbana-Champaign where he will be enrolled in the Kinesiology/Physical Therapy program.

Long, this year's recipient, will be attending SWIC this summer and plans to transfer to Goldfarb's School of Nursing following her time at SWIC. She has been a member of the Explorers Program at Memorial for four years. Her favorite presentation was from the OR nursing department. She enjoyed having the opportunity to use the laparoscopic tools to mimic a surgical procedure. During her time as an Explorer she took advantage of job shadowing in the OR department as well. She enjoyed watching the nurses interact with the patients, while ensuring their health and safety during surgery was top priority. "I learned a lot watching the surgeon work on the patients, and watching the anesthesiologist find the best method to sedate the patient



Jada Long receives scholarship from Mardel Granger, Memorial Hospital Auxiliary President

and monitor their vitals," said Long. "I have learned so much about the rural aspects of a community hospital. Each healthcare personnel works hand in hand with other healthcare workers to ensure the best results for the public. The rewards that you experience from working in a rural hospital are like no other."

Long is the current president of the Leo's Club at Sparta High School, a lector at St. Boniface Catholic Church, and a volunteer with Hit-N-Miss youth outdoor sportsman group. Her hobbies include caring for her Highland cows, watching Netflix, and hanging out with friends. She plans to continue to volunteer throughout her community while she attends college and into her professional career.

Overall, Long had this to say about her experience in the Memorial Hospital Medical Explorers Program, "I am so thankful for

all of the opportunities that Chester Medical Explorers has given me. I would not be where I am today and in the future, without the insight I had from this amazing program. They allowed me to realize my future path is in nursing. I am so glad I made the decision to join 4 years ago."

All scholarship applicants this year were very worthy of receiving the monetary award and the committee was impressed by their ambition and commitment to their futures in their selected healthcare careers. The committee would like to thank them all for their participation in the scholarship program and wish them success in fulfilling their future goals.

Enrollment for the 2023-2024 Memorial Hospital Medical Explorer Program is now open. Applications are due by September 2, 2023. This program is available to all students entering high school and age 14-21.



MEMORIAL HOSPITAL
MEDICAL EXPLORING™
DISCOVER YOUR FUTURE
Chester, Illinois

2023-2024 REGISTRATION
NOW OPEN

Memorial Hospital 1900 State Street - Chester, IL
for more information, contact Mariah Bargman at mbargman@mhchester.com 618-826-4581 ext 1373

DOWNLOAD Registration forms at mhchester.com/exploring




What happened last quarter?

Rural Health Experience with Memorial Hospital

James Ramette visited Memorial Hospital, June 6 through June 8, 2023 through a Rural Health Education program with AHEC (Area Health Education Centers). This program offers students the opportunity to experience rural and under-served communities. It is a unique blend of experiencing opportunities and training on key topics to understand the rural and social determinants. The program is located out of Rockford, IL but all residents in Illinois can take advantage of the Scholars program.

James was a graduate of Althoff Catholic High School in Belleville where he was a part of their Medical Explorers Program, which sparked his interest in a medical career. Currently James is a Junior at Missouri S & T majoring in Biology and plans to continue to a Medical School to pursue one of the areas of his interest in Primary Care, Oncology or Cardiology.

Memorial Hospital Directors ensured that he was given an opportunity to get the true experience of a rural hospital so he was



James Ramette with Dr. Sangoseni in ER

scheduled in his three days to shadow; Memorial Hospital's Rural Health Clinic, Emergency Room, Surgery, and Specialty Clinics in Cardiology and Oncology. James said, "I learned many things during my time at Memorial Hospital including, operations of a rural family physician, emergency room physician and many more." He ended with stating, "This has been an

amazing experience that has strengthened my resolve to enter the medical field."

Memorial has hosted students in the past from the AHEC RMED (Rural Medical Education) Program and had Medical Explorers attend their Rural Health Careers Camp in Rockford. To learn more about the AHEC Program go to their website at: <https://ilahec.uic.edu/ahec-scholars/>



Memorial Hosts Junior Explorers Camp

Memorial Hospital in Chester, hosted a Junior Explorers Camp June 19-21. This 3-day camp provided educational and hands-on-activities for students entering 6th-8th grade. During the camp, the students heard from 14 hospital departments, Chester Family Dental, the Chester Fire Department, and they were trained in CPR, the Heimlich maneuver, and first aid. The camp was designed as to be an extension of the Medical Explorers Program offered to High School Students throughout the school year. A scaled down version of what the Medical Explorers see in their 9-month program

was adapted to fit the Junior Explorer age group and be presented in three, 7-hour days. The condensed schedule kept the students entertained and emerged in informational presentations and exercises which, provided a fun, learning environment. The goal of the Junior Explorers Camp and Medical Explorers Program is to introduce young teens to healthcare careers that may fit their interests at an early age. The programs give students a chance to learn about professions in health and wellness that they may not be aware of, broadening their knowledge of opportunities for their future.



Director of Dietary, Tia Reid and Janice Barnes give students a tour of the kitchen.



Below: Nursing staff provide demonstration to students.

VOLUNTEER & AUXILIARY



To learn more about the
Memorial Hospital Auxiliary or
Volunteer Program, visit:
www.mhchester.com/volunteer
or call Apryl Bradshaw at
618-826-4581 ext. 1299

MEMORIAL HOSPITAL AUXILIARY MEMBERSHIP

Women and men who join the Auxiliary (established in 1957) of Memorial Hospital make lasting friendships while providing essential assistance, support and financial aid for many of the hospital needs. The auxiliary is a self-directed body of volunteers responding to the needs of the hospital community through service.

Active Membership

You may be as active as your time and commitments permit. As an auxiliary volunteer, you will receive recognition for hours of service and free meals while volunteering within the hospital. Most importantly, you will have the satisfaction of knowing you are making a contribution to the quality of healthcare provided in the community.

The hospital gift shop is a major source of raising funds to accomplish various projects around the hospital facility. It is a non-profit establishment wherein members can volunteer at least 1 day a month.

Inactive Membership

If you are interested in meeting and helping people you can contribute both physically and/or financially. All auxiliary members are invited to attend the Annual General Meeting each spring as well as the Annual Christmas Meeting which features a delicious meal and guest speaker. Periodically, members are able to see exclusive "sneak peeks" and tours as Memorial Hospital continues to grow.

Inactive members are not required or expected to participate in a program or activity, but they may do so at any time, even if just for one event or project. If they remain inactive, they have still contributed to the Auxiliary with their dues and their moral support.

Dues

Active Auxiliary Membership dues are \$5, Inactive dues are \$10, and a Lifetime Membership is \$100.

Benefits of Being an Auxiliary Member

- Provide financial aid for hospital needs.
- Provide Scholarships to college students.
- Option to be an Active, Inactive or Life Member.
- Flexible volunteer hours.
- Annual Christmas meeting which includes a meal and guest speaker.
- Lasting friendships.
- Volunteer in the gift shop.
- Free meals during volunteer hours.
- Recognition for hours of service.

BE A VOLUNTEER

Volunteers have the unique opportunity to see the healthcare system from an inside perspective. For some, the inside knowledge offers a new found desire to go into a healthcare related profession. For young volunteers, volunteering may help you determine if you want to continue your education in healthcare. Many volunteers gain clinical and patient exposure, which is desirable to medical and professional schools.

Volunteer Duties

- Folding informational pamphlets.
- Assembling In-Patient information booklets.
- Wheeling disabled patients to desired department.
- Directs or escorts patients, families or visitors to their required destinations.
- Giving information to patients regarding clinics that are held at Memorial Hospital, locations, dates and contact information.
- Receives and delivers flowers, mail and gifts to nursing desk for patients.
- Assist visitors while waiting in the waiting rooms.
- Runs errands within the hospital as needed by staff.
- Socialize with patients and/or visitors.
- Assist with blood drives.

Incentive Program

Volunteers who work more than 48 hours (two 4 hours shifts a month) in a 6 month period will begin receiving awards. Additional prizes are available for those who volunteer up to 192 Hours a year.

Benefits of Being a Volunteer

- Socialize with patients and/or visitors.
- Flexible shifts.
- Satisfaction of contributing to the community.
- Incentive program for hours of service.

We Are Looking for Someone Like You to Join Us

Upcoming

community Events



August 29 - Know Your Health Numbers

September 26 - Stress Management

October 31 - Financial Affairs

10:30-11:30am | Cost: FREE | Open to Anyone

Memorial Hospital - Conference Room | Register Online at: www.mhchester.com

Presented by the University of Illinois Extension Office



August 11 | 8:30am-3:00pm

Cost: FREE | Open to Anyone

Memorial Hospital - Conference Room, Presented by ComWell

To register email kkennedy@comwell.us

Sometimes, first aid isn't a bandage, or CPR, or calling 911. Sometimes, first aid is YOU.



August 16, 12:30-5:30pm - American Legion, Chester

September 15, 11:30am-4:00pm - Memorial Hospital, Chester

October 18, 12:30-5:30pm - American Legion, Chester

Sign-up to Donate: www.redcrossblood.org



NEW SESSION STARTING IN SEPTEMBER

Cost: FREE | Open to Anyone

Memorial Hospital - Conference Room | Coming Soon at: www.mhchester.com

Presented by Melissa Soellner, RDN



Register by September 1

Cost: FREE | Ages 14-21 Years

Download Registration Form Online at: www.mhchester.com/exploring



KidneyMobile® and Health Fair

September 19 | 10:00am-2:00pm

Cost: FREE | Open to Anyone

American Legion - Chester, IL | Pre-Registration is Not Required

More information to come at www.mhchester.com



October 18 | 10:00am or 6:00pm

Cost: FREE | Open to Anyone

Memorial Hospital - Conference Room | Pre-Registration coming soon at: www.mhchester.com

Educational Session ONLY - Nothing Will be Solicited at this Class

WWW.MHCHESTER.COM/CALENDAR-OF-EVENTS

MEMORIAL HOSPITAL'S SERVICES

Bone Density Screening	3D Mammography
Chemotherapy & Infusion Center	Nuclear Medicine
CT Scans	Radiology/X-Ray
Diabetic Resources	Same Day Surgery
ECG & EEG	Sleep Disorder Treatment & Lab
Endoscopy	Sonography/Ultrasound
Intensive Care Unit	Swing Bed Program
Lung Screening	Treadmill Stress Testing
MRI	Wound Center

MEMORIAL HOSPITAL'S SPECIALTY PROVIDERS

*Bringing Specialty Clinic Doctors to you
so you don't have to travel away from home.*

Allergy/Immunology Douglas Berson, M.D.	Orthopedics Robert Golz, M.D. Robert Deaton, FNP-C
Audiology C. Joseph Hopper IV, AuD	Otolaryngology/ENT Samuel Medaris, M.D.
Cardiology John Groll, M.D.	Pain Management Tong Zhu, M.D. PhD.
Gastroenterology Matthew Gaeta, M.D.	Podiatry Amanda Hart, DPM
General Surgery Ziya Baghmanli, M.D. Margret De Guzman, M.D.	Rheumatology Richard Brasington, M.D.
Nephrology Vamsi Chilluru, M.D. Leslie King, WHNP-BC, APN	Sleep Lab Terry Brown, M.D.
Neurology James Goldring, M.D.	Urology Wesley Howell, PAC
Oncology/Hematology Justin Floyd, D.O.	Vascular Surgery Ricardo Rao, M.D.
	Wound Center Margret De Guzman, M.D.

To learn more about our specialists call Memorial Hospital Specialty Clinic at (618) 826-4581 ext. 1366

Welcome New Employees

Alyssa Williams	Rebecca Hahn
Kaitlyn Dillow	Rachel Patterson
Carol Best	Amanda Whittaker
Nichole Lewis	Tina Kern
Melissa Pelker	Shannon Labruyere
Mary Torrento	Cassandra Chambers
Larissa Wright	

Congratulations Retirees

Julie Riggins	Janet Bargman
Marilyn Duensing	

24 HOUR EMERGENCY ROOM SERVICE



CONVENIENT CARE

HOURS:

SUNDAY-SATURDAY

8:00AM - 8:00PM

A Triage Nurse will perform an initial assessment. The Triage Nurse and/or Physician shall have final authority in determining whether the patient's medical condition qualifies them for treatment in Convenient Care.

If the patient does **NOT QUALIFY**, they will be offered Emergency care.

If the patient **DOES QUALIFY**, they will be charged for this service at a reduced rate. Any testing (lab tests, X-rays, etc.), supplies used, or medications given are at an additional cost. Additional reviews of X-ray or lab work may be necessary and will be charged separately.



JOIN OUR TEAM

- Paid PTO and Holidays
- Paid Pension
- Tuition Reimbursement Program
- Insurance Options: Health, Dental, Vision, & more.
- Discounted services up to 60% off for services provided by Memorial Hospital, Chester.
- Fitness Program
- Deferred Compensation

View current positions & apply at:
www.mhchester.com



Sign-up for an electronic newsletter at:
www.mhchester.com



1900 State Street - Chester, IL
618-826-4581