

# MEMORIAL HOSPITAL'S *The* LAMP QUARTERLY NEWSLETTER

Vol. 7, Issue 2 - April 2026

## PHYSICIAN SPOTLIGHT: Getting to Know Dr. Monica Lukose

At Memorial's Rural Health Clinics, we believe great healthcare begins with trust, connection, and compassion. We sat down with Dr. Monica Lukose, M.D., to learn more about what inspires her work and what patients can expect when they choose her as their family doctor.

### *What inspired you to become a family doctor?*

Family medicine allows me to care for patients throughout all stages of life. I value building long-term relationships and being someone my patients can trust, whether they're coming in for everyday concerns or more complex health issues. Being able to care for the whole person over time is what drew me to family medicine.

### *What do you enjoy most about caring for patients in a rural community?*

I love the strong sense of connection in a rural community. You really get to know your patients, their families, and what matters to them. That connection allows care to be more personal and meaningful.

### *How would you describe your approach to patient care?*

My approach is patient-centered and collaborative. I want my patients to feel involved in their care and confident in the decisions we make together.

### *What can patients expect during their first visit with you?*

Patients can expect a thorough and relaxed visit. We'll take time to review medical history, medications, and any concerns they may have.



*I want patients to feel comfortable, heard, and never rushed.*

### *How do you help patients feel comfortable discussing sensitive or personal concerns?*

I strive to create a judgment-free environment where patients feel safe and respected. I take time to listen carefully and always treat personal concerns with confidentiality and care.

### *What areas of family medicine are you especially passionate about?*

I'm particularly passionate about preventive care, managing chronic

*(Continued on Page 3)*



*The best care happens when patients feel involved and informed.*





**MEMORIAL  
HOSPITAL**  
—Since 1962—  
**RURAL HEALTH CLINICS**

**FAMILY HEALTH CARE**

**Newborn Through  
Geriatrics**

Immunizations  
– VFC Provider

Injection Therapy

Family Planning

DOT Physicals

Minor In Office  
Procedures

Same Day Appointments

School & Sports  
Physicals

**CHESTER CLINIC**

1900 State Street - Chester, IL 62233

**618-826-2388**

**STEELEVILLE  
FAMILY PRACTICE**

602 W. Shawneetown Trail - Steeleville, IL 62288

**618-965-3382**



Dr. James Kirkpatrick, M.D.

Dr. Lisa Lowry-Rohlfing, M.D. • Dr. Monica Lukose, M.D.

Dr. Joseph Molnar, D.O. • Dr. Zachary Orme, D.O.

Angela Albertini, PA-C • Valerie Blechle, APRN, FNP-BC

Cassandra Chambers, APRN, FNP-BC

Mindy Dudenbostel, APRN, FNP-C

**Well Woman & Family Planning Services at  
Memorial Hospitals Rural Health Clinics**

Women's health needs change throughout every stage of life and at Memorial Hospitals Rural Health Clinics, our Family Practice Providers are here to support you with personalized, compassionate care. From family planning and routine gynecological exams to conversations about hormonal changes, our team is committed to helping you make informed decisions that fit your life.

**Comprehensive Family Planning, Centered on You**

Our Rural Health Clinics offer a full range of Family Planning services, including:

- Gynecological exams
- Birth control counseling
- Subdermal birth control implants

We understand that one plan does not fit all, especially when it comes to contraception. Whether you're planning your first pregnancy, spacing pregnancies, or seeking reliable birth control later in life, our providers take the time to discuss your goals, health history, and lifestyle to help determine the right option for you.

**Long-Term Birth Control Options**

Subdermal birth control implants are a highly effective, long-term contraception option. The implant is a small, flexible plastic rod, about the size of a matchstick, placed just under the skin of the upper arm. It releases a low, steady dose of a progestational hormone to prevent pregnancy.

Benefits of contraceptive implants include:

- One of the highest effectiveness rates among birth control options
- No daily pills or monthly refills, protection lasts up to three years
- Fertility returns quickly after removal
- A safe option for women who cannot use estrogen-based birth control

Talk to your provider to determine whether a contraceptive implant is right for you.

**Supporting Women Through Midlife Changes**

For women in their 30s, 40s, 50s, and beyond, routine gynecological care remains essential. Many women experience perimenopause, which can bring symptoms such as irregular menstrual cycles, hot flashes, mood changes, sleep disturbances, and changes in hormone balance. Our Family Practice Providers create a comfortable space to discuss these changes, answer questions, and explore management options tailored to your needs.

**Schedule Your Appointment**

Women may schedule birth control consultations or gynecological exams at the Chester Clinic or Steeleville Family Practice. Nexplanon® insertion is available at both locations.



# FREE SPORTS PHYSICALS

8AM-11AM

**JULY 18 - CHESTER CLINIC**

1900 STATE STREET - MEDICAL OFFICE BUILDING - CHESTER  
CHESTER SCHOOL DISTRICT STUDENTS ONLY

**JULY 25 - STEELEVILLE FAMILY PRACTICE**

602 W. SHAWNEETOWN TRAIL - STEELEVILLE  
STEELEVILLE, ST. MARKS, & TRICO STUDENTS ONLY



SCAN TO DOWNLOAD  
THE PHYSICAL FORM

**A SIGNED FORM IS REQUIRED:**

Parents are asked to fill out their portion and sign the sports physical forms prior to the patient being seen. Download a copy of the form at:

[www.mhchester.com/free-sports-physicals](http://www.mhchester.com/free-sports-physicals)

## Getting to Know Dr. Monica Lukose

*(Continued from Page 1)*

conditions, and helping patients make lifestyle changes that support better health over time.

### ***Why is preventive care so important?***

Preventive care helps catch problems early and, in many cases, prevents them altogether. Staying up to date on screenings, maintaining a balanced diet, exercising regularly, managing stress, and getting enough sleep all play a major role in long-term health.

### ***What do you wish more patients understood about their health?***



***Small, consistent changes truly make a big difference.***

You don't need to make drastic changes all at once, steady, sustainable habits go a long way.

### ***How do you help patients take an active role in their care?***

I focus on education and shared decision-making. When patients understand their health and their options, they're better equipped to take charge of their care.

### ***What advice do you have for patients looking to improve their long-term health?***

Prioritize the basics: good nutrition, regular movement, quality sleep, and routine check-ups. These foundations are some of the most powerful tools for staying healthy.

### ***What do you enjoy doing outside of medicine?***

Outside of work, I enjoy hiking, cooking, and spending time at church. These activities help me stay balanced and energized.

### ***What makes you excited to serve patients at Memorial's Rural Health Clinics?***

I'm excited to be part of a team that is truly committed to providing high-quality care and supporting patients close to home.

### ***What's one thing you want every patient to know about you?***

I genuinely care about my patients. I'm here not just when they're sick, but to support them in staying healthy and feeling their best.



**CURRENTLY ACCEPTING  
NEW PATIENTS**

833 Lehmen Drive - Chester, IL 62233  
**618-826-4588**

*Caring for you throughout  
 your life span.*

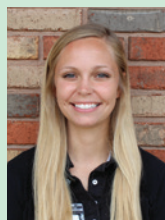
*Treating pediatrics, youth, adults,  
 and geriatrics.*

**SPECIALIZED  
 SERVICES:**

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

**SPECIALIZED  
 EQUIPMENT:**

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



Ryan Schaal, *Director of Therapy  
 & Physical Therapist*

Kristyn Riley, *Physical Therapist*

Megan Buch *Occupational Therapist*

Isabel Carron, *Speech-Language Pathologist*

## New Certification Brings Advanced Parkinson's Speech Therapy to Memorial Hospital

Isabel Carron, CCC-SLP, a speech-language pathologist at Memorial Hospital's Therapy & Sports Rehab Center in Chester, IL, has recently completed the SPEAK OUT® Therapy Program Certification Course. The SPEAK OUT® Therapy Program, developed by the nonprofit Parkinson Voice Project®, is a specialized, evidence-based approach designed to help people with Parkinson's disease and related disorders improve and maintain their speech and swallowing skills. The program focuses on helping individuals "speak with INTENT," turning speech from something that happens automatically into a purposeful action. This approach combines education, one-on-one speech therapy, group sessions, daily home practice, and ongoing follow-up to support long-term communication success.



Carron shared that her favorite part of the certification was knowing the program's proven impact. "I enjoyed completing a program that has been proven to help individuals with Parkinson's improve their speech and communication long term!" she said. By earning this certification, Carron brings an advanced level of care to the local community, offering a valuable service for individuals living with Parkinson's disease who may struggle to be heard and understood. Clear communication plays a vital role in maintaining independence, relationships, and overall quality of life, and this specialized training helps ensure patients receive targeted, effective support close to home.

Carron provides care at Memorial Hospital's Therapy & Sports Rehab Center, where she is available for assessments and works closely with patients and other healthcare providers to develop personalized therapy programs. Her goal is to help individuals living with Parkinson's and other communication challenges preserve their voice, confidence, and ability to engage fully in daily life. Through this certification and her ongoing commitment to patient-centered care, Carron continues to support patients in living their best life with improved communication and connection.

SPEAK OUT® Therapy Program,  
 developed by the nonprofit Parkinson Voice Project®

**TESTIMONIALS**  
[parkinsonvoiceproject.org/program/testimonials/](https://parkinsonvoiceproject.org/program/testimonials/)

## Celebrating 1,000 Days of Healing With Our Swing Bed Program



L-R Back: Amy Eggemeyer, Anna Mueller, April Cadwell, Kathy Guetersloh, Alyssa Williams, Ariel Blair, Tabatha Colvis, John Havel, Kenneth Stout.

Memorial Hospital is celebrating a remarkable milestone as its Swing Bed Program surpassed 1,000 days of patient care in 2025, marking a significant achievement for the team and the community. This past year the program provided 1,116 patient care days. For Swing Bed Coordinator Amy Eggemeyer, the milestone reflects both the program's growth and the dedication of the staff. "We have never broken the 1,000 day mark, at least in the last eight years," she said. "Each year our program continues to grow."

As hospital stays have become shorter nationwide, many patients require additional recovery time and rehabilitation after being discharged from acute care. Memorial Hospital's Swing Bed Program provides a vital solution, offering post acute "skilled

care" for individuals who need daily medical oversight, therapy, or continued recovery support. Patients may be referred by physicians, acute care hospitals, or acute rehabilitation facilities, and the swing bed team evaluates each referral within 24 hours. The program supports a wide range of needs, including post surgical and post medical recovery requiring special dressing changes, new treatment education, physical, occupational, or speech therapy, nutritional support, or intravenous medication management. Because many conditions may qualify a patient for swing bed care, families are encouraged to speak with their physician or consult Memorial Hospital's discharge planner or care coordination manager for guidance.

Once admitted, patients meet with the swing

bed team for a comprehensive assessment of their condition, functional abilities, and personal recovery goals. The interdisciplinary team then develops a customized treatment plan and an estimated timeline to help the patient transition successfully from hospital to home. Family involvement is strongly encouraged, with loved ones included in decision making, updated on daily progress, and invited to participate in tri-weekly interdisciplinary care meetings. This collaborative, patient centered approach ensures that each person receives the support, structure, and communication needed for a smooth recovery. "Our goal is to make the transition from hospital to home as seamless and reassuring as possible," said Maribeth Golding, Discharge Planner. "From the moment we receive a referral, we coordinate closely with the patient, their family, and the care team to align services like therapy, education, nutrition, and medications, so patients feel supported every step of the way, right here close to home."

To celebrate the program's record breaking year, staff members gathered for a festive event featuring pizza and ice cream cake. A special display showcased 1,000 heart shaped candies, symbolizing "1,000 hearts for 1,000 days", as a tribute to the compassion and teamwork behind the milestone. Amy expressed her pride and gratitude for the team's ongoing commitment. "I am very proud and thankful for a successful Swing Bed Program and feel very lucky to be able to provide top notch care to the people in our community," she said. "This could not happen without the excellent teamwork from all those involved in the Swing Bed Program at Memorial Hospital."

With continued growth and a dedicated interdisciplinary team, Memorial Hospital looks forward to building on this milestone and providing exceptional, local post acute care for years to come.

**ACCEPTING APPLICATIONS**  
**APRIL 15**  
**THROUGH**  
**JUNE 1**

**APPLY FOR NURSING SCHOLARSHIPS WORTH UP TO \$8K**

**2026 MULLINS & AUXILIARY NURSING SCHOLARSHIPS**

*Are you a Randolph County resident going to school to be an LPN or RN?*

**Download Application**  
[mhchester.com/students](https://mhchester.com/students)



L-R: Susan Diddlebock, COO; Tabatha Pinkley, RHC Office Manager; Tiffany Couch, Receptionist; Bonnie Christiansen, LPN; Angela Albertini, PA-C; Cynthia Snider, APRN FNP-C; Torrie Davitz, Rural Health Clinic Director; Jamie Hess, PA-C; Leah Freytag, LPN; Amanda Johnson, RHC Nurse Manager; Martha Wingenter, Director of Professional Services; Brett Bollmann, CEO.

## Convenient Care Opens in New Location

Memorial Hospital is pleased to announce the opening of its Convenient Care clinic in a new location as of February 9, 2026. Now housed inside the Medical Office Building addition alongside the Chester Clinic, the updated space offers a more comfortable environment and greater convenience for patients seeking timely, affordable care.

For years, Convenient Care operated within the Emergency Department. The move to the Medical Office Building provides patients with a calmer, more efficient experience, separate from emergency traffic, while allowing the Emergency Department to remain focused on true emergencies.

Convenient Care is designed for busy families and individuals who need quick, walk in access for minor illnesses and injuries. It offers a lower cost alternative to the Emergency Department for non emergent needs, and insurance denials are far less common in this setting. Patients can be seen promptly for issues that don't require emergency treatment, and Saturday hours add flexibility for those who need care outside the typical workweek.

The new location brings additional benefits. Patients are just steps away from lab work, imaging, and follow up care at Memorial Hospital, making visits smoother and efficient. Providers can now coordinate more easily with a patient's primary care team, helping keep health histories connected and up to date.

The space itself was designed with patient comfort in mind. Larger, private exam rooms and a spacious waiting area create a welcoming

environment for individuals of all ages. The improved layout also supports shorter wait times and a more streamlined visit.

“This move strengthens continuity of care for our patients by keeping their walk in, primary, and follow up services under one roof,” said Torrie Davitz, Rural Health Clinic Director. “Having immediate access to diagnostic services like lab work and imaging right next door means our patients receive faster answers and a smoother overall experience. We're proud to offer a space that is not only more convenient, but also more comfortable and patient centered.”

Memorial Hospital's Walk In Clinic is open Monday through Friday 8:00am-5:00pm and Saturdays 8:00am-1:00pm, with no appointment needed. Upon arrival, a clinical assistant will complete an initial assessment to determine whether Convenient Care is the appropriate setting. Patients whose needs require a higher level of care will be directed to the Emergency Department.

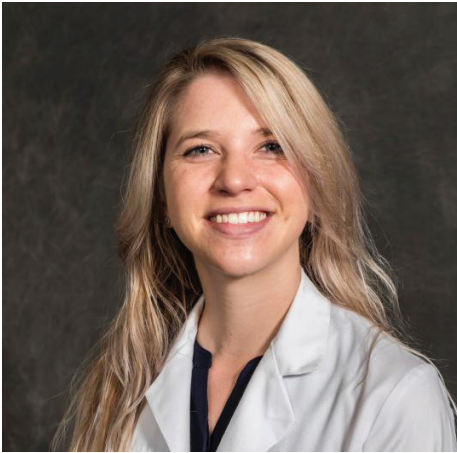
Memorial Hospital remains committed to making care faster, easier, and more comfortable for the community it serves.

### Hours of Operation

**Mondays–Fridays 8:00am-5:00pm**

**Saturdays 8:00am-1:00pm**

# Welcome New Convenient Care Provider



Memorial Hospital is proud to welcome Physician Assistant **Jennifer Sanders, DMSc, PA-C**, to our Convenient Care walk-in clinic.

Jennifer's background in healthcare started

in 2014 as a special procedures radiologic technologist in the cardiac catheter lab. In 2019, she began graduate school at Southern Illinois University School of Medicine Department of Physician Assistant Medicine, achieving a Masters of Science in 2021 and Doctor of Medical Science in 2022. After completing the physician assistant program in 2021, Jennifer worked in outpatient and inpatient general, interventional, and structural cardiology. In 2024, she moved to academics as an assistant professor at her alma mater, Southern Illinois University Physician Assistant program in Carbondale, Illinois, and currently continues in that role.

Jennifer looks forward to working in the convenient care setting and pursuing her passion to educate patients. As a clinician, she enjoys making a difference in patient lives, and finds great reward in helping

the patient feel heard and cared for during unexpected health concerns. Her healthcare experience and accomplishments have helped her grow as a professional, strengthening her confidence and clinical decision-making skills in practice.

Jennifer is Certified by the National Commission on Certification of Physician Assistants (NCCPA) as a physician assistant, and a member of American College of Cardiology (ACC), American Academy of Physician Associates (AAPA), and Illinois Academy of Physician Assistants (IAPA).

Jennifer will begin onboarding in May 2026 and will see patients in Memorial's Rural Health Clinic Convenient Care starting this summer. She is excited to work in the clinical setting again and looks forward to seeing patients in convenient care when she is available outside of her academic role.



## PICK THE RIGHT PLACE FOR YOUR HEALTH NEEDS

[mhchester.com](http://mhchester.com)



### PRIMARY CARE

For care and treatment of routine or immediate needs that are not life-threatening.

**MON-FRI 8A-5PM**

CHESTER CLINIC - MEDICAL OFFICE BUILDING  
STEELEVILLE FAMILY PRACTICE

 Allergies	 Back Pain	 Women's Health
 Asthma	 Diabetes	 Vaccinations
 Ear Pain	 Stomach Issues	 Well Baby Care
 Headaches	 Rashes	 Preventive Care
 Runny Nose or Congestion	 Sore Throat/Cough	 School or Sports Physicals
 Cold & Flu Symptoms	 Routine Well Visits	 Chronic Aches and Pains
 Medication Refills/Questions	 Animal or Insect Bite	 Urinary Tract Infection

Start with your primary care provider for any non-emergency concern. They know your medical history best and can guide your care.



### CONVENIENT CARE


For immediate but not life-threatening needs, when your Primary Care provider is unavailable.

**MON-FRI 8A-5PM | SAT 8A-1P**

MEMORIAL HOSPITAL MEDICAL OFFICE BUILDING

 Nausea and Vomiting	 Back Pain	 Infections
 Asthma Attack	 Broken Finger/Toe	 Pink Eye
 Ear or Tooth Pain	 1-4 Stitches	 Minor Burns
 Migraine/Headache	 Rashes	 High Fever
 Minor Head Injuries	 Sore Throat/Cough	 School or Sports Physicals
 Cold and Flu Symptoms	 Sprains and Strains	 Mild Allergic Reaction
 Animal or Insect Bite	 Moderate Stomach Pain	 Scrapes/Scratches

We encourage patients to first reach out to their primary care provider during office hours. If they cannot assist, our Convenient Care walk-in clinic is a convenient option for same-day care.




















### EMERGENCY CARE

For any life or death emergency or urgent after-hours needs.

**OPEN 24/7**

MEMORIAL HOSPITAL ER ENTRANCE

 Vomiting Blood	 Rapid Bleeding	 Bad Falls
 High Fever	 Suicidal Feelings	 Sudden Change in Vision
 Severe Sudden Pain	 Severe Asthma Attack	 Severe Head, Neck or Back Injury
 Severe Chest Pain	 Convulsions or Seizures	 Severe Stomach Pain
 Broken Bones	 Severe Burns	 Stroke Symptoms
 Fever in Newborn (under 2mo of age)	 Suspected Drug Overdose or Poisoning	 Sudden Dizziness or Loss of Consciousness

You should follow up with your primary care provider after a visit to an emergency room.

# Memorial Hospital

# SAFETY Advocates



L-R Back Row: Zach Dunker, Leah Freytag, Amanda Johnson, Ryan Petrowske, Sara Harris, Sarah Rathert, Laurie Treece. L-R Front Row: Maribeth Golding, Mariah Bargman, Martha Wingerter, Chris Goetz, Not Pictured: Angie Schoenbeck, Marci Klein, Brittany Casarez, and Amy Kirkland.

Memorial Hospital recognized Patient Safety Awareness Week, held March 8–14 and led by the Institute for Healthcare Improvement (IHI). This annual observance serves as an opportunity for healthcare providers, patients, and families to reflect on progress, learn from one another, and renew commitments to reducing preventable harm and strengthening the culture of safety.

This year’s national theme, “Team Up for Patient Safety”, highlights the power of collaboration: within care teams, between departments and organizations, and in partnership with patients and families. The “Patient safety is everyone’s responsibility and together, we continue to build a culture where every patient, visitor, and staff member feels protected and supported,” said Martha Wingerter, Director Safety, Risk Management & Professional Services.

In celebration of Patient Safety Week, Memorial Hospital employees were invited to nominate peers who exemplify extraordinary dedication to safety. Fourteen employees across the health system were recognized as Patient Safety Advocates, reflecting the diverse roles and teamwork required to protect patients every day.

Here are the 2026 honorees and the words of praise shared by their colleagues:

### Amanda Johnson, LPN, Nurse Manger Rural Health Clinics

“Patient safety is always Amanda’s priority. She regularly assesses processes and procedures to make improvements as needed to ensure a safe and overall positive experience for our patients.”

### Amy Kirkland, RN, House Supervisor Medical Surgical Unit/Emergency Department

“Amy is the night shift fall champion for the new FALLS T.I.P.S. program on Med-Surg. This includes monthly chart audits to ensure compliance. As the night shift supervisor, Amy fully supports patient safety.”



### Angie Schoenbeck, RN, House Supervisor Medical Surgical Unit

“Angie is the day shift fall champion for the new FALLS T.I.P.S. program on Med-Surg,



completing monthly chart audits to ensure staff compliance. As the day shift supervisor, Angie fully supports patient safety.”

arise—planned or unexpected. Safe staffing is always a priority for Maribeth.”



**Brittany Casarez RN, House Supervisor  
Medical Surgical Unit/Emergency Department**

“As weekend House Supervisor, Brittany encourages staff to use SafetyZone to report safety events, helping to build a stronger safety culture.”

**Chris Goetz, CNA, Patient Care  
Technician  
Medical Surgical Unit**

“Chris is dedicated to fall prevention on Med-Surg. Any safety concerns are promptly brought to management’s attention. Chris is extremely passionate about patient safety. Her commitment to excellence makes a meaningful impact every day.”

**Laurie Treece, CNA, Patient Care Technician  
Medical Surgical Unit**

“Laurie has been a safety champion on MSU for many years. She goes above and beyond when it comes to patient safety. She recently caught an error on an admission that resulted in a ‘good catch’ on MSU. Her eye for detail and use of appropriate patient identifiers do not go unnoticed.”

**Leah Freytag, LPN, Convenient Care Lead  
Convenient Care**

“Leah demonstrates exceptional attention to detail, proactively identifies potential safety concerns, and speaks up to ensure best practices are followed. Through thorough assessments, clear hand-offs, and collaboration with team members, she keeps safety at the forefront. Leah encourages open dialogue, supports coworkers, and leads by example—truly reflecting the spirit of Patient Safety Awareness Week.”

**Marci Klein, RN**

**Medical Surgical Unit/Emergency Department**

“Marci is the ‘go-to’ ER nurse for many coworkers. She has great knowledge of ER policies and procedures and is always willing to help or answer questions. She is reliable, collaborative, and a trusted partner during critical situations.”



**Mariah Bargman, Marketing &  
Community Relations Manager  
Marketing and Public Relations**

“Mariah always makes patient safety a priority! Working behind the scenes, she ensures appropriate signage and publications are deployed across the website, Facebook, and throughout the hospital. Whether masking guidance, visitor restrictions, or department relocations, Mariah uses creativity and communication skills to keep patients informed and safe.”

**Maribeth Golding, RN, Discharge Planner &  
Swing Bed Coordinator Nurse  
Medical Surgical Unit**

“Maribeth consistently supports safe staffing 24/7 on MSU, ER, and ICU. She goes above and beyond when staffing needs

**Ryan Petrowske, Maintenance and  
Craftsman Technician II  
Maintenance Department**

“Ryan keeps the grounds safe during inclement weather and remains mindful of patients in work areas.”

**Sara Harris, RN, MSU and  
Cardiac Pulmonary Rehab Nurse Manager  
Nursing Administration**

“Since joining MHC in September as Infection Control Nurse, Sara has quickly implemented initiatives that enhance patient safety. From Curoso caps and fall-prevention efforts to preparing for an ICAR survey, improving blood administration documentation, and assisting with ER safety measures, she has shown strong commitment to safety and quality improvement.”

**Sarah Rathert, RN, Quality &  
Clinical Compliance Manager  
Performance Improvement**

“Sarah has improved our fall prevention program by developing a new FALL T.I.P.S. program involving patients and families. She has collaborated on infection prevention initiatives, created a Suicide Prevention team, researched safety solutions, and is developing a new sitter pool. Sarah is also working to launch a Care Companion program to help reduce falls and meet patient needs promptly. She strives to maximize safety without increasing workload or cost.”

“Since beginning in September, Sarah has led several safety initiatives that have positively impacted the hospital. She oversees the FALL T.I.P.S. program, leads the Fall Prevention Committee, conducts mock tracers, and is developing an ER sitter pool to support behavioral health patient safety.”

**Zach Dunker, RN, Nurse Manager of  
Peri Operative & Infusion  
Surgery Department**

“Since starting as OR and Infusion Nurse Manager in January 2026, Zach has implemented safety improvements in the OR with surgical smoke evacuators, in Infusion with disposable blood pressure cuffs, and in the community with the addition of Car Seat Safety checks.”

*Memorial Hospital celebrates these dedicated team members for embodying the spirit of Patient Safety Awareness Week. Their vigilance, compassion, problem-solving, and teamwork drive safer outcomes and support the hospital’s mission of providing high-quality, patient-centered care.*

## CPRC Adds New Exercise Equipment Thanks to Auxiliary Donation



Sara Harris, RN, CPRC Nurse Manager; Melissa Soellner, RD EP; Amy Mathis RN CPRC Supervisor

Memorial Hospital’s Cardiac Pulmonary Rehabilitation Center has enhanced patient care with the addition of a SciFit Pro2 Total Body Exerciser, donated by the Memorial Hospital Auxiliary. Installed on March 26, the equipment is already being used in rehabilitation programs.

The SciFit Pro2 is a versatile exercise system for cardiac and pulmonary patients. It can be used as an upper body pedaler, a recumbent bike, or a total body exerciser, allowing rehabilitation plans to be customized to each patient’s abilities.

“The flexibility of the SciFit Pro2 allows us to safely challenge patients while meeting them where they are in recovery,” said Amy Mathis, RN, CPRC Supervisor. “This is especially helpful for patients recovering from heart or lung surgery or those with limited upper body strength.”

The upper body option helps patients regain strength after chest or heart procedures, while the recumbent bike features adjustable pedals and bi directional resistance to improve range of motion

and engage more muscle groups. As a total body exerciser, the system activates both upper and lower body muscles at the same time. Patients with upper body weakness can use leg strength to assist arm movement, promoting circulation and strength with less strain.

The new equipment supports Memorial Hospital’s Phase 2 Cardiac Rehabilitation Program, considered the standard of care following a cardiac event. Studies show participation can reduce mortality by more than 45 percent and lower the risk of future heart attacks by over 30 percent. The SciFit Pro2 also strengthens the hospital’s Pulmonary Rehabilitation Program, which improves survival, reduces hospital readmissions, and enhances quality of life for patients with chronic lung disease.

“We are incredibly grateful to the Memorial Hospital Auxiliary for their continued commitment to advancing patient care,” said Sara Harris, RN, CPRC Nurse Manager. “This donation gives our team advanced tools to deliver safer, more effective rehabilitation.”

The Memorial Hospital Auxiliary supports equipment purchases through community fundraising efforts, including the Tree of Remembrance, Gift Shop sales, and charitable events, helping expand access to high quality rehabilitation services close to home.

**UPCOMING SESSIONS:**  
**APR 28**  
**MAY 26**

**CONNECT, SHARE, &  
 STAY MOTIVATED  
 in your health journey!**



# Beat, Breathe, Thrive

## SUPPORT GROUP

Join our monthly accountability group at Memorial Hospital’s Cardiac & Pulmonary Rehab Center in Chester, IL. Sessions may include a guided topic discussion and all will allow time for Q&A, fostering support and inspiration.



**CARDIAC  
 PULMONARY  
 REHAB CENTER**  
MEMORIAL HOSPITAL

**Fourth Tuesday of  
 Every Month** | **1PM**

JOIN AT ANYTIME

**Memorial Hospital**  
 Conference Room  
 1900 State Street  
 Chester, IL 62233

Pre-Register Online at: [www.mhchester.com/calendar-of-events](http://www.mhchester.com/calendar-of-events)  
 or call 618-826-4581 ext. 1373



## Operating Room Flooring Gets an Upgrade



OR staff gather on the new surgical suite flooring following a successful upgrade. Back Row L-R: Sharon Dickerson, Robin McMurtry, Haley Fulmer, Zach Dunker. Front Row L-R: Adrienne Caby, Jessica Rock, Deana Tudor

Memorial Hospital has completed an improvement project in its Operating Rooms with the installation of new flooring in both surgical suites. This upgrade supports infection prevention efforts and reinforces the hospital's ongoing commitment to

providing the highest quality patient care.

The project was driven by the OR team's proactive commitment to maintaining a safe, high-quality surgical environment. Staff worked collaboratively to prepare

the operating rooms for the upgrade while ensuring all equipment, procedures, and standards continued to be met throughout the process.

"This was truly a team effort," said OR Manager Zach Dunker. "Our staff, maintenance team, and the flooring company worked seamlessly together to ensure the work was done right while keeping patient care and safety our top priority." The flooring company demonstrated professionalism and expertise while working in a hospital environment, and the collaboration across departments allowed the project to be completed in a timely manner.

Hospital leadership expressed appreciation for the OR and maintenance teams for their flexibility, communication, and dedication throughout the process. This improvement is one of many renovations and upgrades ongoing at Memorial Hospital, reflecting the organization's continued investment in its facilities, staff, and the rural community it serves. Memorial Hospital remains committed to growing, thriving, and ensuring patients receive safe, high-quality care close to home.

## Laboratory Expands Services with New Partnership & Advanced Technology

Memorial Hospital's Laboratory Department continues to invest in innovation and efficiency to better serve patients and providers. Recent upgrades include a new partnership with Labcorp for reference laboratory services and the installation of a state of the art chemistry analyzer—both designed to deliver faster, more accurate test results.

Memorial Hospital has transitioned its reference laboratory testing to Labcorp, a nationally recognized diagnostic leader. This partnership expands access to specialized testing and enhanced clinical support while maintaining seamless workflows and dependable turnaround times for patient care.

"Our goal is always to improve how we support our providers and patients," said Mike Whitt, Laboratory Director. "Partnering with Labcorp gives us access to broader testing options while maintaining the efficiency and quality our community expects."

In addition, the laboratory recently completed a major equipment upgrade, transitioning to the Vitros 7600 chemistry analyzer. This advanced system has significantly improved turnaround times for common tests such as glucose panels and metabolic panels, helping clinicians make timely decisions. The



Lab staff with new chemistry analyzer behind them. L-R Back Row: Chris Yankey, Abigail White, Jason Springs, Sarah Dickerson, Mike Whitt, Brandon Misselhorn. L-R Front Row: Nichole Clifton, Summer Hassebrock, and Lyssa Muckensturm-Wolf

analyzer also improves workflow by reducing downtime, requiring smaller sample volumes, and minimizing daily maintenance.

The upgrade has already allowed the laboratory to expand in house testing. Soon, testing will include Gentamicin levels, which help providers safely monitor antibiotic treatment, and High Sensitivity Troponin testing used to rapidly assess potential heart injury in patients with chest pain. These

new testing capabilities further strengthen Memorial Hospital's ability to support critical patient care on-site.

"These enhancements reflect our ongoing commitment to efficiency, accuracy, and continuous improvement," Whitt added. "By investing in both technology and trusted partnerships, we're ensuring our lab is well positioned to meet the needs of our patients today and into the future."

## Pharmacy is Enhancing Medication Safety with New Pyxis MedStations



Maribeth Golding, RN; Jennifer Colvis, Pharmacy Tech.; Paige Gendron, RN; Meredith Klausung, Pharmacist.

Memorial Hospital is proud to celebrate Patient Safety Week by announcing the successful installation of new Pyxis MedStations; advanced medication dispensing systems now serving the Medical-Surgical Unit, Emergency Room, Operating Room, and Infusion & Chemotherapy Departments. These upgraded systems replace older machines that will no longer be supported by the hospital's electronic medical record system, ensuring that Memorial Hospital continues to provide safe, reliable, and efficient care for the community.

This project was a large, multi-department undertaking that required months of detailed planning and close cooperation across the hospital. Pharmacy Director

Amy Kloos shared that pharmacy, nursing, and respiratory staff participated in multiple days of hands-on training in February, where they attended classes and practiced in a testing environment with the guidance of a Pyxis training representative. When go-live day arrived, teams worked together seamlessly. Nursing staff continued to care for patients while welcoming new equipment into their departments, and pharmacy staff worked tirelessly to transition medication inventory into the new MedStations. Throughout the process, everyone remained focused on patient safety, demonstrating flexibility, collaboration, and dedication to the hospital's mission. "It was truly a team effort," said Kloos. "We are so thankful for the strong working relationships

across departments at Chester Memorial Hospital."

The new Pyxis MedStations enhance patient safety through improved accuracy, security, and workflow efficiency. The system supports bar code scanning to ensure correct medication stocking and dispensing, while secure, single-item access and CUBIE® pocket technology help protect high-risk medications and reduce the possibility of errors or diversion. Built-in safety alerts notify staff of potential concerns, particularly with look-alike or sound-alike medications, and automated workflows reduce the time required for medications to reach patients while ensuring accuracy every step of the way. Integration with Memorial Hospital's electronic medical record system helps guarantee that the right medication reaches the right patient at the right time, and additional safeguards help prevent issues such as "wrong drug in drawer" errors. These combined features significantly strengthen Memorial Hospital's ability to maintain safe medication practices and protect patients from avoidable harm.

Memorial Hospital remains committed to investing in tools, training, and technology that promote safe, high-quality care. The installation of the new Pyxis MedStations reflects the hospital's ongoing dedication to patient safety and reinforces its mission of providing exceptional healthcare to the community. "We appreciate the opportunity to upgrade our systems and continue offering care that our patients can trust," said Kloos.





**Learn More or Sign-up**  
[mhchester.com/exploring](http://mhchester.com/exploring)

**MEMORIAL HOSPITAL**  
**MEDICAL**  
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Chester, Illinois

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**ALL HIGH SCHOOLS IN AREA**  
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**2026-2027**  
**REGISTRATION**  
**NOW OPEN!**  
Closes September 1, 2026



# 2026 Prenatal Class Dates Announced

## New On-Line Option Available



Jill Arbeiter, RN and Julie Hartman, LPN

Memorial Hospital is pleased to announce the upcoming 2026 dates for its free Prenatal and Family Education Classes, offering parents to be an engaging and confidence building learning experience. This year's in person classes will be held on April 11, July 18, and October 3, from 8:00 a.m.–Noon in the Memorial Hospital Conference Room. Pre registration is required and can be completed online at [www.mhchester.com/calendar-of-events](http://www.mhchester.com/calendar-of-events) or by calling 618 826 4581 ext. 1373.

These well loved classes are guided by longtime instructors Jill Arbeiter, RN, and Julie Hartman, LPN, who bring a combined 75 years of experience in obstetrics and family education. Their deep knowledge, practical guidance, and down to earth

teaching style have helped families for decades to feel prepared, empowered, and excited as they welcome a new baby.

Memorial Hospital has provided prenatal education since the late 1970s, and while the format has evolved, from six night sessions to today's convenient half day class, the heart of the program remains the same: to equip expectant parents with essential knowledge, tools, and reassurance. Living in a rural community shouldn't mean having limited access to prenatal education; although Memorial does not currently provide OB/GYN services, many local patients travel nearly an hour for appointments, making it harder to attend classes or find time to learn what to expect during pregnancy and childbirth.

These classes bring that support closer to home, connecting families with local resources and evidence based information so they can feel confident no matter where they deliver. As Chief Operating Officer Susan Diddlebock notes, "The program helps fill a vital gap in care and strengthens community health by ensuring every parent has the tools needed for a safe, informed, and supported birth experience."

Topics include maternal nutrition, pregnancy complications, infant feeding, child safety, newborn care, growth and development, discipline and bringing up baby, cesarean sections, epidurals, Lamaze breathing, and relaxation techniques. Throughout the session, participants are encouraged to ask questions and get personalized answers to support their pregnancy, delivery, and parenting journey. All participants receive educational booklets to take home.

In addition to the in person sessions, Memorial Hospital offers a hybrid option as well as a fully online course. The virtual program provides nine months of access to educational videos, printable materials, and more; available anytime throughout the year. The online class is offered in multiple languages and provides a certificate upon completion, and the hybrid option pairs the virtual content with a focused in person session for hands on practice and Q&A.

Whether attending in person, online, or a combination of both, families can expect supportive, practical instruction rooted in decades of hands on experience. As instructor Jill Arbeiter shares, "Parenting is the most important job any of us will ever do and giving birth is just the beginning." To reserve a spot in an upcoming class, visit [www.mhchester.com/calendar-of-events](http://www.mhchester.com/calendar-of-events) or call 618 826 4581 ext. 1373.

# FREE

# PRENATAL CLASS

**JUL 18 or OCT 3**

**8 AM - NOON**

Memorial Hospital: Conference Rm

REGISTER HERE:

[www.mhchester.com/prenatal-classes](http://www.mhchester.com/prenatal-classes)

ONLINE CLASS

(6-8 Hrs. at Own Pace)

HYBRID CLASS

(Online + 2 Hour In-Person)

IN-PERSON CLASS

(4 Hour Class)

# Community CARE

Memorial Hospital Employees, Out & About in Our Community



In January Mariah Bargman, Medical Explorers Director attended the Coulterville Career, Job, and College Fair at their High School. Information was shared on the Medical Explorers Program as well as healthcare career information.



Memorial Hospital is a proud partner with the Randolph County StartUP. This program accepts high school applicants throughout the county and during the 9 month program they receive school credit while learning about business. They create their own businesses and have the opportunity to learn from many local professionals and organizations. During their February 26 morning meeting at the hospital, Mariah Bargman, Marketing & Community Relations Manager, presented on Branding and Marketing. The students learned dos and don'ts of logo design, how to style their brand, finding their target audience, and where to market their business.



In conjunction with Buena Vista National Bank we held our 30th annual Health Fair on Friday, March 13, at Buena Vista National Bank. Sixty seven participants received testing for Blood Pressure and a Complete Blood Count for Cholesterol and Glucose, along with several PSA screenings. Staff members from Memorial Hospital's Lab, Nursing, Diagnostic Imaging departments, and Therapy & Sports Rehab Center were present to provide information to participants along with staff from Randolph County Health Department and ComWell Veterans Services. Staff from Bridges of Hope/Hoyleton Youth and Family Services were on hand to help with translation services for the Spanish-speaking community. The Lions of Illinois Foundation Mobile Screening Unit was on hand to provide free hearing and vision tests and were able to provide 20 hearing and 23 vision tests. All organizations are glad to be able to offer these services to the community.



On Friday, March 27, Chester High School hosted a career fair for all students. Over 20 vendors were present and covered a wide range of career fields. Memorial Hospital had multiple departments attend, including Human Resources, who shared information regarding all health care careers and current need, Kristyn Riley, Physical Therapist, who provided a grip strength challenge, Mariah Bargman, who shared information about the Medical Exploring Program, and Kelly Jany, Sarah Rathert, and Zach Dunker who explained all things nursing. Students were able to walk through and interact with the vendors to learn more about the businesses and possible career opportunities.





Mariah Bargman, Marketing & Community Relations Mgr., attended the Healthy Communities Alliance Grounds for Youth Prevention Conversations event in Steeleville on March 27. This important community gathering brought together individuals committed to supporting youth and strengthening prevention efforts. Resources were shared with those in attendance that supported building healthy communities.



The Chester High School freshman students received their annual CPR training during health classes with Mr. Bainter on April 23. BLS instructor Mariah Bargman provided education on proper, high-quality CPR techniques, how to use an AED, and hands-on practice. These life-saving skills are part of the school's annual curriculum and help prepare students to respond confidently in emergency situations both in school and in the community.



Memorial Hospital's Therapy & Sports Rehab Center Staff were invited to participate in the Chester Grade School's Celebrate Fitness Day on April 23. Students spent the day rotating from station to station. They learn health and wellness tips, participated in interactive activities, and had a fun day staying active.

Ryan Schaal, Physical Therapist and Director, along with Baily Misuraca, Administration Manager shared a variety of movement activities and games with the students. Each age group was introduced to fun actions fitting to their age and abilities.



In all, it was a fun day interacting with students and staff and showing them how easily we can introduce movement into everyday.



RANDOLPH COUNTY, ILLINOIS  
**RESOURCE GUIDE** 2026-2027  
 FIFTH EDITION

SCAN FOR DIGITAL GUIDE

Bringing people and services together.

**SCAN CODE**

**WEB LINK: BIT.LY/21RCRG1**

PRINTED GUIDES WERE FUNDED BY COMWELL THROUGH THE RURAL COMMUNITIES OPIOID RESPONSE PROGRAM

# FREE CAR SEAT CHECKS

## WOULD YOUR CAR SEAT PASS THE CHECK?

When it comes to protecting children on the road, even well-cared-for car seats may not be as safe as they appear. Memorial Hospital is helping parents and grandparents take the guesswork out of car seat safety by offering free car seat inspections led by certified Child Passenger Safety (CPS) technician Zach Dunker.

Recently, Memorial Hospital nurses took advantage of the service, not because they doubted their setups, but because they wanted reassurance.

Kim Ruebke, ER Nurse Manager and grandmother to children ranging in age from 12 to 2, has always kept a car seat in her vehicle to safely transport her grandchildren. The seats looked great, had never been in an accident, and had been

stored carefully. What she learned during her inspection surprised her: the seats were expired. One by only a couple months, but it had hit its replacement date.

Many car seats expire after a certain number of years because plastic weakens over time due to exposure to heat, cold, and everyday wear, even when damage isn't visible. "Just because the seat looks fine doesn't mean it's safe," Kim shared. Her experience is a reminder to grandparents who may keep a car seat on hand "just in case" that age matters just as much as condition.

Sara Harris, Med Surge Nurse Manager and a mom of two, also had her children's car seats checked. Despite carefully reading the manuals and installing them correctly to the best of her knowledge, the inspection

taught her important details she hadn't previously considered, like how different brands have different expiration timelines and that accessories such as mirrors and cameras can pose safety risks in a crash.

Even with confidence in her installation, Sara found value in having a second set of trained eyes review every step. "There are so many components to car seat safety, it's easy to miss something," she noted, adding that having an expert confirm everything was set properly provided reassurance she didn't know she needed.

According to Dunker, car seats should be regularly checked for proper installation and expiration dates, even if they've never been in a collision. "All car seats have an expiration date, have you checked yours recently?" he said. Along with product inspection, Dunker provides a thorough examination of how your child is retrained in the car seat. Are the straps, positioning, and car seat itself the right fit for your child's height and weight. It is recommended that children attend the inspection, to make sure that they are buckled up properly and adjustments can be made for a secure fit.

Memorial Hospital offers free car seat checks on Fridays from 10:00 AM to 4:00 PM, by appointment only. These inspections include: a hands-on check of your car seat installation, verification of expiration dates and safety standards, education tailored to your child's age and growth, and answers to common car seat safety questions.

Whether you are a new parent, a seasoned caregiver, or a grandparent wanting to keep grandchildren safe, this service is designed for you. Free car seats can be scheduled under the events tab on Memorial Hospital's website, [www.mhchester.com](http://www.mhchester.com). Because when safety counts the most, what you don't know could matter.



# What happened last quarter?

## Employees of the 1st Quarter of 2026



Jennifer Donjon and Brett Bollmann, CEO

Brett Bollmann, CEO at Memorial Hospital named Jennifer Donjon Employee of the Quarter for the First Quarter 2026 on April 8, 2026.

Jennifer Donjon, Lab Lead Rural Health Clinic Phlebotomist at Memorial Hospital, has been employed at Memorial since November 2011. When asked what she likes most about working at Memorial, she replied, “The team I work with each day, including both providers and staff. I appreciate being part of a supportive environment where everyone is committed to quality care. It is especially rewarding to have the opportunity to help patients and make a positive

impact on their laboratory experience. The breakfast tornadoes are also top notch and a great highlight when available for the day!”

Multiple nominations were submitted on her behalf that expressed why Donjon was a valid candidate. She was praised by her coworkers across multiple departments for her exceptional knowledge, reliability, and dedication. “She is the person everyone turns to, whether it’s solving lab issues, helping with patient concerns, or supporting staff with questions. She approaches every situation with calmness, kindness, and professionalism.”

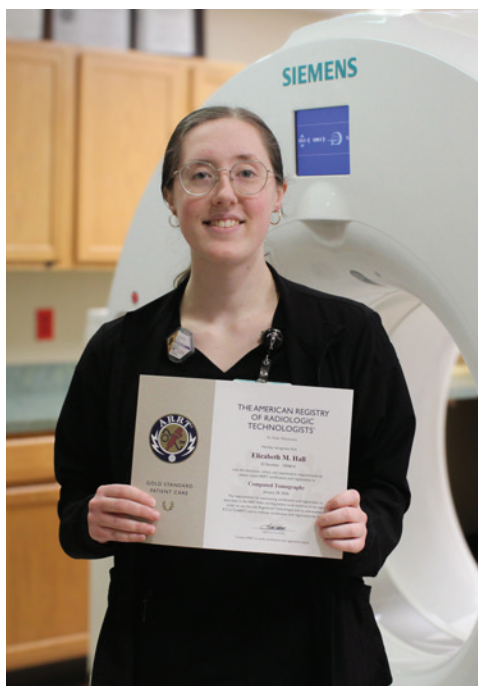
“She consistently goes above and beyond, stepping in wherever needed, often even outside her normal work hours. Her positive attitude lifts the entire team, and her compassion creates a comforting experience for every patient she meets.”

Jen embodies excellence in job performance, teamwork, and patient care. She makes her workplace stronger, kinder, and more supportive every single day and Memorial is honored to name her as the Employee of the Quarter.

Donjon resides in Prairie du Rocher, IL with her husband and their three daughters. When she is not at work, she loves spending time with family and friends; camping and making the most of pool days at home together.

Each quarter employees are encouraged to submit “star cards” for their co-workers who go above and beyond in their patient care or teamwork. Four random cards were drawn at the award presentation for Apryl Bradshaw, Administrative Assistant; Bernie Ernst, Floor Tech; Heather Phelps, RN; and Amy Mathis, Cardiac Pulmonary Rehab Nurse Manager.

## Hall Achieves CT Certification at Memorial Hospital



**Elizabeth Hall, Radiologic Technologist** at Memorial Hospital, has officially earned her CT (Computed Tomography) certification. This accomplishment highlights her dedication to advancing her skills and providing high-quality diagnostic imaging care to patients.

Elizabeth has been connected to Memorial Hospital since high school, beginning with her participation in the Medical Explorers program in 2022–2023. During that time, she took advantage of multiple job-shadowing opportunities, which solidified her interest in pursuing a career in radiology. In 2024, while attending Southwestern Illinois College (SWIC), Elizabeth joined the Diagnostic Imaging

Department as a Radiologic Technology student. She was hired by Memorial in 2025 and continued working while completing her advanced coursework. On January 28, 2026, she successfully passed her CT registry. She has enjoyed learning and growing alongside the Memorial team and is enthusiastic about continuing her professional development. Elizabeth plans to remain in the imaging field and is considering additional credentialing opportunities in the future.

Memorial Hospital congratulates Elizabeth on this significant achievement and celebrates her commitment to patient care and professional growth.

# What happened last quarter?

## Supporting Our Smallest Patients With Big Training Moments



Training educator and Memorial Hospital staff participate in hands-on training.

At Memorial Hospital, we're committed to making sure our teams are always prepared, especially when it comes to caring for children in emergency situations.

This February, our ER Trauma Room hosted a hands-on pediatric training led by Dana Rolland, RN from Cardinal Glennon in St. Louis. The session featured a mock pediatric code involving a 1-year-old child experiencing severe vomiting and diarrhea.

During the simulation, our ER nurses, Cardiopulmonary team, and OR Manager worked together to complete a rapid primary survey and respond to a life-threatening scenario. They practiced important skills such as early airway and breathing support, establishing an intraosseous IV, and using the Broselow tape to select correct medication doses and equipment sizes. They recognized critical symptoms, safely

administered fluids, medications, and blood products and provided continuous monitoring and team communication.

Because true pediatric emergencies are rare in our ER, this training offered valuable "real-feel" practice and boosted confidence for everyone involved. The class also included education on common childhood illnesses; what to look for and how to treat them quickly and safely.

Kim Ruebke, ER Nurse Manager, shared the importance of this experience, saying, "Giving our staff hands-on training is crucial. This simulation helped our team practice recognizing serious symptoms, choosing the right equipment, and working together to respond quickly. It was a valuable learning experience for everyone."

At Memorial Hospital, we're proud to invest in ongoing education that strengthens teamwork, enhances skills, and ensures we're ready to deliver the best care to every patient, big or small.



Memorial Hospital is proud to recognize **Adrienne Caby, RN, BSN, Vascular Access RN**, for earning the Nurse Lead III (Expert) designation through the hospital's Professional Practice Development Program. This honor marks a high level of professional growth and leadership in patient care.

Quality and safety are the foundation of Memorial Hospital's mission. The Professional Practice Development Program helps nurses grow in their everyday practice by advancing their skills, knowledge, and professional judgment so patients and families receive

## Caby Honored for Excellence in Professional Development

the safest, highest quality care. The program follows nationally recognized guidance from the American Association of Critical-Care Nurses (AACN) and the American Nurses Credentialing Center (ANCC), using the Synergy Model to look at eight core areas of nursing from clinical judgment and collaboration to teaching and continual improvement.

Together, these areas create a profile of each nurse's strengths and growth. Memorial Hospital organizes these competencies into nine progressive portfolio levels and uses a points system to recognize "above and beyond" professional contributions, supporting its pursuit of ANCC's Pathway to Excellence standards. Earning Nurse Lead III (Expert) reflects achievement at one of the program's highest levels.

Adrienne joined Memorial Hospital's surgery department in 2011. She provides direct care to surgical patients and offers advanced vascular access services. As Memorial Hospital's only advanced vascular

access provider, Adrienne makes this specialized care available close to home and creates learning opportunities for nurses across the organization.

"Adrienne serves as a clinical expert and resource to staff across departments, promoting best practices and ensuring high quality, patient centered care delivery. Her leadership and commitment elevate care for our patients and strengthen our team," says Kelly Jany, BSN, RN, Chief Nursing Officer.

Adrienne credits ongoing learning and teamwork for her success. "Nursing is a career built upon evidence based practice," she said. "I value the commitment to continued education, as well as providing education opportunities. In my experience, my nursing peers are the greatest resources."

Adrienne's achievement reflects the aspirations Memorial Hospital holds for every team member: to learn continuously, share knowledge generously, and deliver safe, compassionate care. We congratulate Adrienne on this well deserved honor.

# What happened last quarter?

## Evelyn Schuwerk Honored for 14 Years of Service



Tom Search, Board Chairman, Evelyn Schuwerk, Brett Bollmann, CEO

On February 3, 2026, Evelyn Schuwerk was presented with a plaque by Brett Bollmann, CEO and Tom Search, Board Chairman at Memorial Hospital, recognizing her exceptional, 14 years, of dedicated service as a Board Member. Evelyn was first appointed in March 2011 and chose to conclude her term in November 2025.

Evelyn accepted her appointment to the board after being encouraged by a County Board member. With prior experience in a hospital medical records department, she welcomed the opportunity to learn hospital operations from a new perspective and made a personal commitment to serve the organization and its patients.

Throughout her tenure, Evelyn has consistently praised the pro-

fessionalism and compassion of Memorial Hospital's staff. She noted, "As you look around the hospital, you can feel that sense of commitment in employees." She emphasized the hospital's welcoming atmosphere, high standards of cleanliness, and the way employees make patients and visitors feel comfortable. Evelyn also highlighted the strong teamwork across departments and pointed to the Auxiliary Gift Shop as an example of the hospital's attention to quality and community engagement. She credited the hospital's growth and ability to compete with larger facilities to effective leadership and collaborative governance, and said she valued the meaningful work and collegiate spirit of board service.

Brett Bollmann, CEO of Memorial Hospital, expressed appreciation for Evelyn's service and perspective, noting, "her steady presence and community-focused approach helped guide important decisions and supported the hospital's continued improvement. We are grateful for her contributions."

Evelyn's board seat was filled by Keri Sims, a board-certified clinical pharmacist who currently serves as Director of the American College of Clinical Pharmacy Foundation, Ltd.

The Memorial Hospital Board holds monthly meetings to review hospital budgets, plans, purchases, performance and other hospital business. Nine members sit on the board with diverse backgrounds, skills, competencies and experiences. Each member's contribution helps guide Memorial to positive outcomes of care for the community we serve. Thank you to all our board members who play active roles in helping us provide healthcare excellence to those we serve.

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— COMMUNITY PHARMACY —

**TESTIMONIALS**

www.mhchester.com/pharmacy

Google Reviews

**Kim customer**  
I used the hospital pharmacy for the first time yesterday. My prescriptions were ready in 10 minutes! Excellent service! I'll be back!  
★★★★★

**Daniel customer**  
Always a pleasant experience at the pharmacy. It's easy and professional.  
★★★★★

**Steve customer**  
Very quick and the staff are extremely helpful.  
★★★★★

**Jerry customer**  
They got my scripts ready so I could pick them up immediately. I want to thank the pharmacy for going above and beyond the call of duty! Treated liked family!  
★★★★★

# What happened last quarter?

## Memorial Hospital Hosts “Living Our Best Life” Go Red for Women Event



*Dr. Melaina Hess, DMD; Amy Mathis, RN; Melissa Soellner, RDN.*

Memorial Hospital hosted its annual Living Our Best Life: Go Red for Women 2026 event on Thursday, February 26, 2026, at the Chester Country Club, bringing together 98 women for an evening focused on heart health, education, and community connection. The event aligns with American Heart Month and the American Heart Association’s Go Red campaign, which raises awareness about cardiovascular disease; the leading cause of death among women.

Guests enjoyed a heart-healthy dinner and dessert prepared by the Chester Country Club staff, followed by exclusive wine samples provided by Eric Winters, National Wine Educator with PRP Wine. As part of the hospital’s ongoing commitment to community health, 15% of all wine purchases from the evening are donated to the Memorial Hospital Auxiliary to support essential equipment and patient-care needs.

This year’s theme, “Living Our Best Life,” encouraged attendees to explore small, practical lifestyle changes that can lead to long-term improvements in cardiovascular health. Speakers from Memorial Hospital and the local medical community shared insights tailored specifically to women.

Cindy Snider, FNP-C, from Memorial Hospital’s Convenient Care Center, opened the program by introducing the new care facility and highlighting services available to the community.

Amy Mathis, Nurse Manager of the Cardiac Pulmonary Rehabilitation Center, discussed women-specific cardiac risks, particularly those associated with life-stage changes, and offered actionable ways to reduce them.

Registered Dietitian Nutritionist Melissa Soellner presented an approachable introduction to the Mediterranean Diet, emphasizing that it is less about rigid rules and more about making simple, sustainable substitutions that fit easily into everyday American eating habits.



*Cindy Snider, FNP-C*

# What happened last quarter?

Rounding out the evening, Dr. Melaina Hess, DMD, of Chester Family Dental, shared how oral health is closely connected to cardiovascular health, reminding attendees that caring for the mouth is a critical element of caring for the heart.

Memorial Hospital remains committed to supporting community wellness through educational programs, events, and resources that help individuals take simple, manageable steps toward better health.

The Memorial Hospital Medical Explorers volunteered throughout the night, helping serve guests and support event operations.

“Every year, we look forward to hosting this event,” said Mariah Bargman, Marketing and Community Relations Director at Memorial Hospital and event organizer. “It’s a special opportunity for women to gather, take

a break from their busy lives, and focus on themselves, even if just for one evening. They enjoy a wonderful meal, connect with friends, and walk away with meaningful information they can use. Each year, attendees share such positive feedback about the speakers, the food, and the overall experience. It’s truly a night dedicated to empowering women to live their best, healthiest lives.”

Dr. Melaina Hess, DMD



Memorial Hospital Medical Explorers





Board Chairman Tom Search and Auxiliary President Mardell Granger

Memorial Hospital is pleased to announce a generous donation from the Memorial Hospital Auxiliary, supporting critical equipment upgrades that will enhance patient care across multiple departments.

At the March Board Meeting, Auxiliary President Mardell Granger presented a donation check to Board Chairman Tom Search, highlighting the organization's ongoing commitment to supporting the hospital through community-driven philanthropy. The contribution represents proceeds from the Auxiliary Gift Shop, Auxiliary Funds, and the annual Tree of Remembrance fundraiser.

The donated funds will support two major equipment purchases, a SciFit Pro2 Total Body Exerciser and four Staxi Patient Transport Wheelchairs.

The Exerciser will be purchased for the Cardiac Pulmonary Rehab Center. SciFit Pro2 is among the industry's most versatile

# VOLUNTEER & AUXILIARY NEWS

rehabilitation tools. Its dual-function design serves as both an upper-body exerciser and a lower-body recumbent bike, providing a comprehensive total-body solution for patients undergoing cardiac and pulmonary rehabilitation.

The wheelchairs will be used throughout the facility. These durable, easy-to-manuever wheelchairs will improve patient transport in the Hospital, Emergency Department, and Medical Office Building.

This year's Tree of Remembrance fundraiser, an annual tradition inviting the community to honor loved ones during the holiday season, served as the primary source of funds for the donation. In total, the Auxiliary committed \$13,845 toward these improvements, with \$11,251 raised from the Remembrance campaign and additional funds supplemented through Auxiliary resources.

"We are deeply grateful for the Auxiliary's dedication and the community's continued generosity," said Brett Bollmann, CEO. "These new equipment additions strengthen our mission to provide exceptional, compassionate care to every patient who walks through our doors."

The Memorial Hospital Auxiliary continues to support the purchase of needed equipment each year through donations, memorials, Gift Shop sales, and community events. Their long-standing service remains a vital part of the hospital's ability to offer high-quality healthcare close to home.

## We have the best volunteers!

### FRONT DESK VOLUNTEERS

Kathy Albrecht  
Jill Arbeiter  
Rosemary Bert  
Tommie Buatte  
Carol Schulein-Buch  
Greg Crain  
Marilyn Duensing  
Darrel Ehlers  
Art Frazier  
Connie Gaertner

Stan Gaertner  
Mardell Granger  
Suzanne Hall  
Gail Meyer  
Mary Rosendohl  
Brenda Ruroede  
Don Stallman  
Ken Stout  
Steven Sympson  
John Watkins

### AUXILIARY GIFT SHOP VOLUNTEERS


Kathy Albrecht  
Tommie Buatte  
Donna Clendennin  
Marty Clevenger  
Marla Cowell  
Mardell Granger  
Melissa Gross  
Barb Johnson  
Diane Kelkhoff  
Diane Kerkhover  
Jeanne Kleinschmidt  
Emily Lyons

Imogene McDonough  
Gail Meyer  
Mary Pierce  
Linda Rader  
Ruth Rowley  
Brenda Ruroede  
Carolyn Schwent  
Linda Stallman  
Bonnie Todd  
Gennine Westerman  
Rhonda Wilson

## Thank You!



**VOLUNTEER WEEK - APRIL 19-25, 2026**

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

# Upcoming



## community Events

[WWW.MHCHESTER.COM/CALENDAR-OF-EVENTS](http://WWW.MHCHESTER.COM/CALENDAR-OF-EVENTS)



**Fourth Tuesdays of Each Month | Apr 28, May 26**  
**1:00-2:00pm - Cost: FREE | Pre-Registration Recommended**  
Memorial Hospital - Conference Room  
*Pre-Registration and More Information at [www.mhchester.com](http://www.mhchester.com)*



**City of Chester Family Fun Day**  
**May 2 | Registration 9:00am, Run/Walk 10:00am**  
**Cost: \$10-25 | Pre-Register or Register at Event**  
Chester Cohen Complex  
*Pre-Registration and More Information at [www.chesterill.com](http://www.chesterill.com)*



**June 12, 2026 | 8:30am-3:00pm**  
**Cost: FREE | Open to Anyone**  
Memorial Hospital - Conference Room, Presented by ComWell  
*Pre-Registration required; to register email [bpangelinan@comwell.us](mailto:bpangelinan@comwell.us)*  
*Sometimes, first aid isn't a bandage, or CPR, or calling 911. Sometimes, first aid is YOU.*



**June 15-17, 2026 | 8:00am-3:00pm**  
**Cost: \$35 | Boys and Girls Entering 6-8th Grade**  
Memorial Hospital - Conference Room  
*Pre-Registration required!*  
*Pre-Registration and More Information at [www.mhchester.com](http://www.mhchester.com)*



**June 25 | July 23 8:00am-2:00pm**  
**Cost: \$25 | Boys and Girls Ages 11-14 years**  
Memorial Hospital - Conference Room  
*Pre-Registration required!*  
*Pre-Registration and More Information at [www.mhchester.com](http://www.mhchester.com)*



### Blood Drive

**July 2 | August 21 | October 16 | December 18**  
**11:30am-4:00pm - Memorial Hospital Conference Room**  
*Sign-up to Donate: [www.redcrossblood.org](http://www.redcrossblood.org)*

### FREE PRENATAL CLASS

**Jul 18, 2026 | 8:00am-Noon**  
**Cost: FREE | Pre-Registration Required**  
Memorial Hospital - Conference Room  
*Pre-Registration and More Information at [www.mhchester.com](http://www.mhchester.com)*



**8:00am-11:00am - No Appointment Needed**  
**July 18 - Chester Clinic (Chester School District Only)**  
**July 25 - Steeleville Family Practice (Steeleville and Trico School Districts Only)**  
*A Signed Physical Form is Required - Parent/Guardian needs to sign prior to exam.*  
*Download form at: [www.mhchester.com/free-sports-physicals](http://www.mhchester.com/free-sports-physicals)*

## MEMORIAL HOSPITAL'S SERVICES

Bone Density Screening  
 Cardiac Pulmonary Rehab Center  
 Chemotherapy & Infusion Center  
 Diabetic Resources  
 ECG & EEG  
 Endoscopy  
 Intensive Care Unit  
 Lung Screening  
 MRI & CT

3D Mammography  
 Nuclear Medicine  
 Radiology/X-Ray  
 Same Day Surgery  
 Sleep Disorder Treatment & Lab  
 Sonography/Ultrasound  
 Swing Bed Program  
 Treadmill Stress Testing  
 Wound Center

## MEMORIAL HOSPITAL'S SPECIALTY PROVIDERS

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

### Audiology

C. Joseph Hopper IV, AuD

### Cardiology

Frederick Ochieng', M.D.  
 Rece Portell, PA-C  
 John Groll, M.D.  
 M. Adil Sheikh, M.D.

### General Surgery

Ziya Baghmanli, M.D.  
 Margret De Guzman, M.D.

### Nephrology

Vamsi Chilluru, M.D.

### Oncology/Hematology

Justin Floyd, D.O.

Michelle McQuillan, DNP, FNP-BC

### Orthopedics

Robert Bell, M.D.

### Pain Management

Tong Zhu, M.D. PhD.

### Podiatry

Amanda Hart, DPM

### Sleep Lab

Terry Brown, M.D.

### Urology

Wesley Howell, PAC

### Wound Center

Margret De Guzman, M.D.  
 Angela Albertini, PAC

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



## MEMORIAL — COMMUNITY PHARMACY —

**HOURS:**  
 Monday-Friday 7:00am-5:30pm  
 Saturday 9:00am-1:00pm

Drive Thru  
 24/7 Pick-Up Lockers  
 Curbside Pick-Up  
 Counter Service

1900 State Street - Chester, IL  
**618-826-6134**

*Questions about your medication costs, insurance coverage, and transferring your medications? Call us, we are happy to help!*

## Welcome New Employees

Zachary Dunker  
 Lyssa Muckensturm-Wolf  
 Erika Schwartz  
 Casey Hassebrock  
 Alexis Heggemeier  
 Vanessa Ward  
 Barbara Baughman  
 Hannah Congdon

Haley Fulmer  
 Harmony Boucher  
 Rachel Williams  
 Valerie Williams  
 Emma Eggemeyer  
 Dell Starks  
 Samantha Van Eck

## Congratulations Retirees

Rebecca Bunselmeyer

Mary Lynn Eaton

**OUR MISSION**  
 The Memorial Hospital Team is committed to professional excellence in providing safe, quality healthcare, compassion and service to patients, the community and each other.

# WE ARE HIRING

Come Join Our Team!

**RECEIVE BENEFITS**

- Health Insurance
- Retirement
- Discounted Care & Meds
- PTO (Personal Time Off)

Check out all of the clinical and non-clinical positions available at Memorial Hospital.

Be a part of our healthcare team working for at 5-Star Hospital. Employees at Memorial earn great wages, have excellent benefits for retirement, healthcare and clinical care.

**APPLY TODAY**

SCAN ME

[mhchester.com](http://mhchester.com)