

MEMORIAL HOSPITAL'S The LAMP QUARTERLY NEWSLETTER

Vol. 2 Issue 4 - October 2021



Over the past 18+ months many new words have entered the vocabulary of the public, such as pandemic, PPE, community spread, “herd immunity”, droplet transmission, asymptomatic, isolation, quarantine, and antibody. When listed together, these words can seem big, and threatening, so it is important to educate ourselves on what they really mean and understand them. Medical professionals and scientists use these words often as part of their language to communicate to each other, but when these words are broadcast across the news, social media, and cover newspaper headlines they can be scary to the rest of us.

So let's recap what we know...

Pandemic: By now, most of us know what a pandemic is; we have been making history living through one after all. The CDC defines a pandemic as an epidemic, or increase, often sudden, in the number of cases of a disease above what is normally expected in that population in that area, that has spread over several countries and continents, usually affecting a large number of people. Hence the current global state of our COVID-19 pandemic.

PPE: PPE is an acronym used every day in the medical field, which is short for personal protective equipment. Doctors and nurses have been using PPE for years to protect themselves from bodily fluids while treating patients. Standard supplies include gloves, masks, gowns, hair covers, face shields or eye protection, and shoe covers. The pandemic now requires that more extreme precautions are taken, at all times, by all, medical staff. Often the use of N-95 masks or respirators will be worn with full cap and gown garb to protect caregivers from infected patients.

Herd Immunity: Community spread and herd immunity are often mentioned in news stories sharing the latest reports on infection or vaccination numbers. Community spread is the circulation of a disease among people in a certain area with no clear explanation of how they were infected – they did not travel to an affected area and had no close link to another confirmed case. This means they may have contracted it while running errands or being in a large group of people. Herd immunity, or community immunity, is our protection against community spread. This happens when a sufficient proportion of a population is immune to an infectious disease *(Continued on Page 13)*

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Upcoming events:

CHESTER COMMUNITY BLOOD DRIVES

- **November 19 | 12:00pm-5:00pm - VFW**
- **December 15 | 12:45pm-5:45pm - American Legion**
- **January 14 | 1:00pm-6:00pm - VFW**

Schedule your appointment at [RedCrossBlood.org](https://www.redcrossblood.org) or by calling 1-800-RED CROSS (1-800-733-2767).

MENTAL HEALTH FIRST AID TRAINING

Presented by ComWell in partnership with Randolph County 708 Board

**November 10 | December 3 | January 28
8:30am-3:00pm**

Location: Sparta Community Hospital
Auxiliary Room B at Broadway Plaza

Registration Required: kkennedy@comwell.us

DENTAL SAFARI

**November 29 - Chester High School
November 30 - Chester Grade School**

*Exams, cleanings, fluoride, & sealants for all children.
Cash, private insurance, and IL Medical Card accepted.*

Register Online at: www.DentalSafariForms.com

PRENATAL CLASS

January 22, 2022 | 8:00am-12:00pm

Location: Memorial Hospital, Conference Room

Pre-Registration Required, Call 618-826-4581 ext. 1223



RURAL HEALTH CLINICS

FAMILY HEALTH CARE

Newborn Through Geriatrics

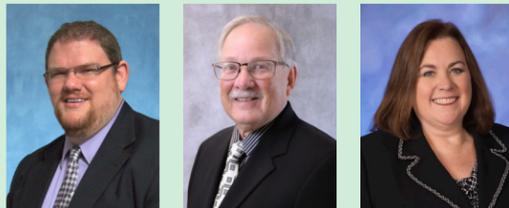
Medicare Wellness Visits	Minor In Office Procedures
Immunizations – VFC Provider	DOT Physicals
Age Specific Wellness Exams	Same Day Appointments
Injection Therapy	School & Sports Physicals
Family Planning	Patient Portal

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. • Angela Albertini, PA-C
Valerie Blechle, APN, FNP-BC • Jamie Hess, PA-C

Be a Flu Fighter: Get Vaccinated!



The best way to protect yourself and your loved ones against influenza (flu) is to get a flu vaccine every flu season. Flu is a contagious respiratory disease that can lead to serious illness, hospitalization, or even death. CDC recommends everyone six months and older get an annual flu vaccine.

What are some key reasons to get a flu vaccine?

- Every year, flu vaccination prevents illnesses, medical visits, hospitalizations, and deaths.
- Flu vaccination also is an important preventive tool for people with chronic health conditions. For example flu vaccination has been associated with lower rates of some cardiac events among people with heart disease.
- Vaccinating pregnant women helps protect them from flu illness and hospitalization, and also has been shown to help protect the baby from flu infection for several months after birth, before the baby can be vaccinated.
- A 2017 study showed that flu vaccine can be life-saving in children.
- While some people who get vaccinated still get sick, flu vaccination has been shown in several studies to reduce severity of illness.

Why is it important to get a flu vaccine EVERY year?

- Flu viruses are constantly changing, so flu vaccines may be updated from one season to the next to protect against the viruses that research suggests will be common during the upcoming flu season.
- Your protection from a flu vaccine declines over time. Yearly vaccination is needed for the best protection.

Is the flu vaccine safe?

Flu vaccines have a good safety record. Hundreds of millions of Americans have safely received flu vaccines over the past 50 years. Extensive research supports the safety of seasonal flu vaccines. Each year, CDC works with the U.S. Food

and Drug Administration (FDA) and other partners to ensure the highest safety standards for flu vaccines. More information about the safety of flu vaccines is available at www.cdc.gov/flu/protect/vaccine/vaccinesafety.htm.

What are the side effects of flu vaccines?

Flu shots: Flu shots are made using killed flu viruses (for inactivated vaccines), or without flu virus at all (for the recombinant vaccine). So, you cannot get flu from a flu shot. Some minor side effects that may occur include soreness, redness and/or swelling where the shot was given, low grade fever, and aches.

Nasal spray flu vaccines: The viruses in nasal spray flu vaccines are weakened and do not cause the severe symptoms often associated with influenza illness. For adults, side effects from the nasal spray may include runny nose, headache, sore throat, and cough. For children, side effects may also include wheezing, vomiting, muscle aches, and fever.

If these problems occur, they are usually mild and go away on their own, but serious reactions are also possible. Almost all people who receive flu vaccine have no serious problems from it.

When and Where to get vaccinated:



You should get a flu vaccine by the end of October. However, as long as flu viruses are circulating, vaccination should continue throughout flu season, even in January or later.

Memorial Hospital's Rural Health Clinics are currently scheduling appointments for flu vaccines now. You can contact the Chester Clinic or Steeleville Family Practice to schedule you and your family member's vaccinations.

For more information on the flu vaccine, visit: www.cdc.gov/flu or call 1-800-CDC-INFO



BE A FLU FIGHTER

Schedule Your Flu Shot Today!

Chester Clinic 618-826-2388
Steeleville Family Practice 618-965-3382

*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



Elphie Busayong, *Physical Therapist*

Isabel Hotop, *Speech-Language Pathologist*

Anita McDonough, *Physical Therapist Assistant*

Megan Stewart, *Occupational Therapist*

Jena Tressler, *Physical Therapist Assistant*

SPEECH THERAPY AND EXPIRATORY MUSCLE STRENGTH TRAINING

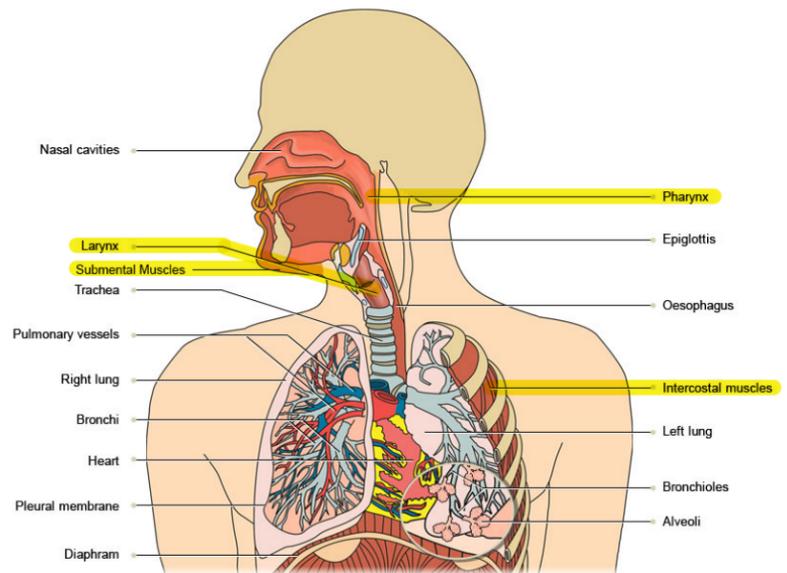
History of EMST

Expiratory Muscle Strength Training (EMST) was developed about 20 years ago at the University of Florida. It initially began as a collaborative effort between exercise physiologists, neurologists and engineering, but later involved key professors/researchers in speech pathology.

What is EMST?

EMST was originally developed to improve expiratory respiratory strength, or the expiration of air from the lungs as in a cough, but it was subsequently found to also strengthen some muscles of the upper respiratory tract.

EMST allows therapists to be specific about the muscles they target with exercise. The following muscles are all strengthened by EMST:



- The abdominal and internal intercostal muscles (between the vertebrae and the junction of the ribs) in the chest wall. They were the original primary targets of EMST.
- Submental (under the chin) muscles important in moving the larynx (area of the throat containing vocal cords and used for breathing, swallowing, and talking). Muscles that move the vocal folds, and
- Muscles of the pharynx (the hollow tube that starts behind the nose, goes down the neck, and ends at the top of the trachea and esophagus), larynx, and soft palate.

How Does EMST Work the Muscles?

EMST targets skeletal muscles. All skeletal muscles, over time, are going to degenerate and lose function, whether because of your age or a disease process. However, skeletal muscles have the ability to adapt. This ability to adapt is called neuroplasticity. In order to adapt though, they need to be able to generate force. An example of respiratory force is how strong you cough or are able to cough.

EMST uses a pressure threshold device. It works like weight lifting for your arms. It is not a resistance trainer. For example, blowing through a straw is a resistance exercise. You can change the resistance by blowing slower - but it won't actually build up strength in your respiratory muscles.

EMST relies on the release of pressure via a valve, inside the device. You can increase the pressure, like you would increase the weights you lift in a gym. So you can increase the pressure on your respiratory system muscles, and build up strength. Much like you would build up strength in your arms in a gym.

Skeletal muscles have both fast and slow twitch fibres. Fast twitch fibres generate force but are prone to fatigue (as in coughing). Slow twitch fibres are slow to contract but resistant to fatigue (as in posture). Respiratory Muscle Strength Training, in general, stimulates fast twitch fibres resulting in muscular enlargement or "hypertrophy".

With any exercise, there can also be a detraining effect (i.e. when your muscles go back to their original size after you stop exercising). Skeletal muscles generally return to pre-training levels within 1 month of exercise, however, respiratory muscle gains remain significantly higher than pre-training levels up to 8 weeks after training cessation.

What is the Benefit for Speech Therapy?

Improved Coughing

Overall, the research coming out of EMST studies is showing very good changes in muscle forces generating Maximum Expiratory Pressures (MEP). Increased expiratory pressure results in a better ability to produce a higher expiratory flow. A high expiratory flow is critical for coughing.

Coughing is important for preventing food and drink going into the lungs (aspiration), which could lead to a pneumonia (aspiration pneumonia). So if our cough is strong and operating efficiently, we can reduce our risk of aspiration and aspiration pneumonia.

Shortness of Breath

Subjects of various studies have also reported a decrease in the sensation of shortness of breath (dyspnea), which resulted in less anxiety around their shortness of breath and improved quality of life.

Improved Swallow Safety

EMST has been shown in several studies, to help improve the muscle force generation of the swallow muscles:

Increased submental muscle force generation results in increased hyolaryngeal complex movement, resulting in increased airway protection and upper esophageal sphincter (UES) opening.

The overall result is a "safer swallow".

Who Could Benefit from EMST?

Research has shown that EMST would benefit those with a spinal cord injury, ALS, MS, Myotonic Dystrophy, Parkinson's Disease, COPD, the sedentary elderly, clients with head and neck cancer, and more. Clients who may not be suitable for EMST include those with occurrence of acute stroke, untreated hypertension, untreated gastroesophageal reflux, reactive airway disease (like asthma) and women who are pregnant.

What are the Results?

In summary, the studies from EMST are generally showing:

- Improved maximum expiratory pressures
- Improved coughing ability
- Increased swallow muscle activity
- Improved swallow safety (in some diagnostic groups)
- Less deterioration in swallow muscle function, compared to control groups who did not do the exercise or who did a 'sham' exercise
- Increased neuroprotective benefits for swallowing and respiratory function
- Improved quality of life for those who followed the EMST training protocol

Isabel Hotop, Speech-Language Pathologist at Memorial Hospital's Therapy & Sports Rehab Center uses EMST with a variety of patients to help them reach goals including: increasing speech volume, cough strength, swallow safety, and breath/swallow coordination. "[EMST] involves forceful expiration against different levels of resistance. I can assist patients by determining their expiratory muscle strength and developing a training plan targeting their individual goals," says Hotop. "It is often a method of training I will use in conjunction with other therapy tasks depending on their goals."

Source: EMST (Expiratory Muscle Strength Training) and Speech Therapy - What and why? - Enable Speech Pathology. Author Lisa Vaughton. <https://www.enable-speech-pathology.com.au/post/emst-expiratory-muscle-strength-training-and-speech-therapy-what-and-why>

To learn more about EMST and other services offered by the Therapy & Sports Rehab Center call 618-826-4588.

WELCOME NEW TEAM MEMBERS



Isabel Hotop M.S., CCC-SLP

Isabel graduated with a Masters in Speech-Language Pathology, from Fontbonne University in St. Louis, in 2020. Isabel is from Perryville, MO and works at Memorial Hospital's Therapy Sports Rehab Center and St. Genevieve Hospital. She has experience working in skilled nursing facilities and hospital settings with inpatients and outpatients. She is skilled in working with communication and swallowing disorders.

Isabel says that she loves helping others achieve their goals. "Whether it's communicating better or swallowing safer, I enjoy empowering patients and families to be successful!"



Jena Tressler, PTA

Jena graduated with an Associates in Applied Science from Southern Illinois University. Jena has worked as a travel PTA throughout Texas in skilled nursing facilities and in outpatient therapy settings in Knoxville, TN. Her focus has been on orthopedics, balance training, and lots of neck and back pain. She is experienced in the McKenzie technique, which she finds to be very effective with decreasing pain. She says that she loves, "bonding with patients, watching progress, and helping take people's pain away."

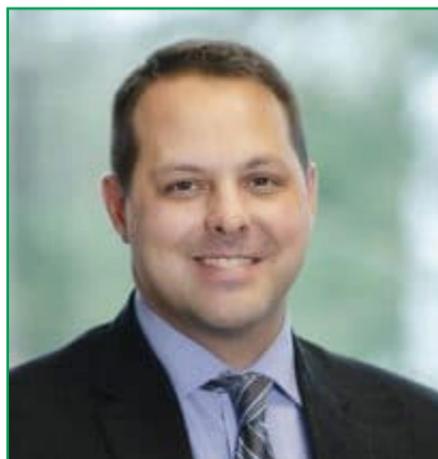
Welcome New Specialty Providers

Memorial Hospital Welcomes Dr. Samuel Medaris, Otolaryngologist/ENT and Dr. Vamsi Chilluru, Nephrologist with a specialty in internal medicine, to our Specialty Clinic Team.

Dr. Samuel Medaris, M.D.

Dr. Samuel Medaris specializes in Ear, Nose and Throat/Otolaryngology. He attended the University of Missouri-Columbia where he earned his Bachelors of Science in Biological Sciences, followed by medical school at the University of Missouri-Columbia School of Medicine where he achieved his Medical Doctorate. Dr. Medaris completed his internship in general surgery and residency in otolaryngology at the University of Nebraska Medical Center in Omaha, Nebraska. He then served four years in the United States Air Force at Offutt Air Force Base in Bellevue, Nebraska. He is board certified by the Academy of Otolaryngology.

Dr. Medaris joined Memorial Hospital's team of specialty providers offering outpatient ENT services beginning September 2021. Outpatient clinics are held twice a month on Fridays along with in-office and same day surgery procedures.



Dr. Samuel Medaris, M.D.

Dr. Vamsi Chilluru, M.D.

Dr. Chilluru specializes in nephrology and internal medicine. He received his license to practice medicine in India in 2010. He then completed his internal medicine residency at Creighton University in Omaha, Nebraska in 2015. He completed fellowships in nephrology at University Hospitals Cleveland Medical Center in Cleveland, Ohio in 2016 and at University of Nebraska Medical Center in Omaha, Nebraska in 2017, followed by a fellowship in interventional nephrology at



Dr. Vamsi Chilluru, M.D.

the University of Nebraska Medical Center in 2018. He is board certified in both nephrology and internal medicine

Dr. Chilluru holds outpatient clinics at Memorial Hospital once a month on Fridays, starting October 8, 2021.

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

MEMORIAL RECEIVES ISHMPR PINNACLE AWARD

Memorial Hospital was recognized at the Illinois Society of Healthcare Marketing and Public Relations' (ISHMPR), annual conference, in Alsip, IL on, October 14, with a Honorable Mention Award. An entry was submitted into the Physician Relations and Recruitment category by Community Relations and Marketing Manager, Mariah Bargman.

During 2020-2021 Memorial developed new tools to continue provider recruitment during the pandemic. With in-person meetings, tours, and interviews postponed, Martha Roth, Director of Professional Services, and Julie Stern, Director of Human Resources, worked with Bargman, to create provider recruitment advertising and digital resources to hold virtual interviews and virtual tours to candidates.

The recruitment package developed includes fliers for circulation to medical schools and larger hospitals. The fliers highlight the organization's achievements, improvements and accreditations, along

with benefit opportunities and community amenities and attractions. Single sheet info-graphics with answers to frequently asked questions were also developed for specific professions that were tailored to a potential provider's specialty.

The final piece was a digital presentation and tour of Memorial and our locations that could be shared with prospective providers in place of an in-person tour. The video highlights many of the newly renovated spaces at Memorial and features images and details for all medical departments, the Rural Health Clinic locations, and the Therapy and Sports Rehab Center.

Being a recipient of the Pinnacle Award represents the continued work and dedication our healthcare team of directors put into continuing provider recruitment even during a pandemic. When things stopped, the team found a way to continue and persevere to ensure Memorial is able to provide quality healthcare professionals to our community.



Mariah Bargman, Marketing & Community Relations Manager accepts the award in honor of Memorial Hospital at the ISHMPR conference.

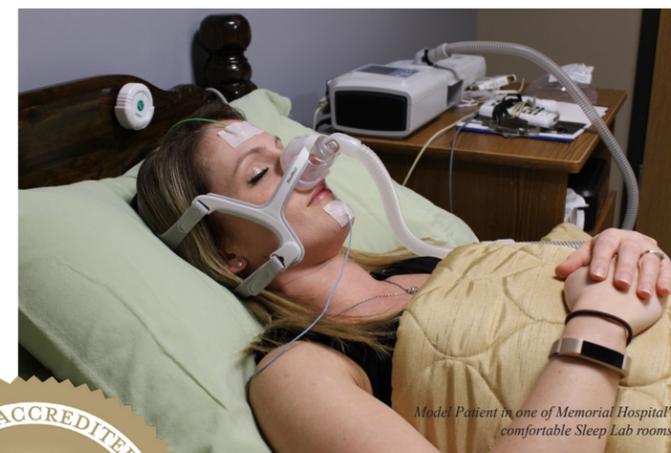
Sleep Lab Receives Re-Accreditation

Memorial Hospital's Sleep Lab is proud to announce it has achieved re-accreditation through Accreditation Commission for Health Care (ACHC) for its Sleep Lab.

Accreditation is a process through which healthcare organizations demonstrate compliance with national standards. Accreditation by ACHC reflects an organization's dedication and commitment to meeting standards that facilitate a higher level of performance and patient care.

ACHC is a nonprofit organization that has stood as a symbol of quality and excellence since 1986.

Memorial Hospital has been providing Sleep Diagnostic testing since 1998. Memorial provides services for sleep diagnostic testing and treatment of all sleep disorders, home sleep studies, education on the many sleep disorders, and support services for patients with CPAP systems.



Model Patient in one of Memorial Hospital's comfortable Sleep Lab rooms.



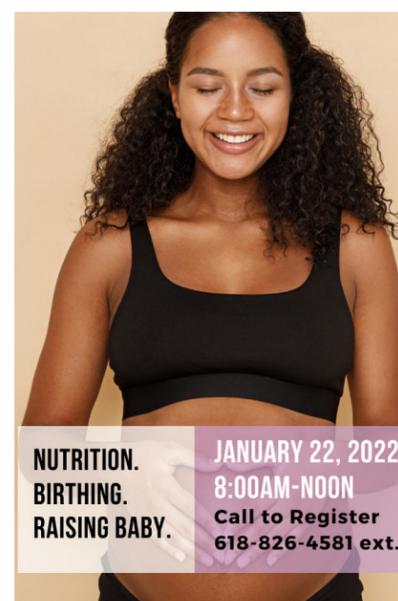
Sleep is more than a "time out" from your busy routine. Sleep is an important contributor to good health, mental and emotional wellness and safety. When you sleep well, you wake up feeling refreshed, alert and ready for your day. But when sleep is poor, it can have a big impact—not just on your daily routine, but on your overall health.

Do you find yourself struggling to feel rested? Do you have mood and memory problems?

Sleep apnea affects 18 million Americans—and there are certain characteristics that can put you at a higher risk for the disorder such as, a higher BMI, large neck circumference, snoring, smoking and alcohol use, and a small airway.

If you have a sleep problem that lasts for longer than a week, or if sleepiness is getting in the way of how you feel and function during the day, do something today to address it. Contact Memorial Hospital's Sleep Lab at 618-826-4581 ext. 1106. Learn more about the Sleep Lab and services offered on our website at www.mhchester.com.

PRENATAL CLASS



NUTRITION. BIRTHING. RAISING BABY.
JANUARY 22, 2022
8:00AM-NOON
Call to Register
618-826-4581 ext. 1223

For most pregnant women, even if you already have a child, the labor and birth process can be both overwhelming and joyful. Many women and their partners choose to attend childbirth classes to gather information and lessen their anxiety.

Our Curriculum Includes :
 • Lamaze & Relaxation Techniques
 • Pregnancy Complications
 • Cesarean Sections & Epidural Information
 • Maternal Nutrition & Infant Feeding
 • Child Safety, Growth, & Development
 • Discipline & Bringing Up Baby
 All prenatal classes at Memorial Hospital

are free. Jill Arbeiter, RN and Julie Hartman, LPN have taught the Prenatal and Family Education Class together for 28 years at Memorial Hospital. Both are able to continue their OB education by working part-time at other facilities including Perry County Memorial Hospital's OB department in Missouri, and Heartland Women's Healthcare in Sparta respectfully.

Classes are offered four times a year at Memorial with the next class being held on January 22, 2022 from 8:00am-Noon in the Conference Room. To register, call 618-826-4581. ext. 1233.

COVID-19 VACCINATIONS AND BOOSTERS Q&A

As scientists and doctors continue to learn about COVID-19, its variants, the effectiveness of vaccinations, and their prevention of the disease more and more information is being released to the public weekly, which leads to lots of questions. In the [April issue](#) of our quarterly publication of "The Lamp", we answered questions regarding COVID-19 vaccinations. We are using this issue to follow-up with more Q&A regarding the vaccines and booster shots.

What is the effectiveness of the COVID-19 vaccine?

Vaccine effectiveness studies provide growing evidence that mRNA COVID-19 vaccines protect as well in real-world conditions as they have in clinical trial settings. These studies show that the vaccines reduce the risk of COVID-19, especially severe illness, among people who are fully vaccinated.

The COVID-19 vaccines offer protection against symptoms, but also help avoid people get infected with the virus that causes COVID-19 at all. Vaccination can reduce the spread of disease, which helps protect you and the people around you.

- All COVID-19 vaccines currently available in the United States are effective at preventing COVID-19 as seen in clinical trial settings.
- [Research](#) provides growing evidence that mRNA COVID-19 vaccines offer similar protection in real world conditions.
- COVID-19 vaccination is an important tool to help stop the COVID-19 pandemic.
- COVID-19 vaccination helps protect people from getting sick or severely ill with COVID-19 and might also help protect people around them.
- To receive the most protection, people should receive all recommended doses of a COVID-19 vaccine.

- Some people who are fully vaccinated against COVID-19 will still get sick because no vaccine is 100% effective. Experts continue to monitor and evaluate how often this occurs, how severe their illness is, and how likely a vaccinated person is to spread COVID-19 to others.
- CDC recommends you get a COVID-19 vaccine as soon as one is available to you.

If I am pregnant or plan to get pregnant should I get vaccinated?

- COVID-19 vaccination is recommended for all people 12 years and older, including people who are pregnant, breastfeeding, trying to get pregnant now, or might become pregnant in the future.
- Evidence about the safety and effectiveness of COVID-19 vaccination during pregnancy has been growing. These data suggest that the benefits of receiving a COVID-19 vaccine outweigh any known or potential risks of vaccination during pregnancy.
- There is currently no evidence that any vaccines, including COVID-19 vaccines, cause fertility problems in women or men.
- Pregnant and recently pregnant people are more likely to get severely ill with COVID-19 compared with non-pregnant people.

Who is eligible for a COVID-19 vaccine booster shot?

Studies show that after getting vaccinated against COVID-19, protection against the virus may decrease over time and be less able to protect against the Delta variant. Although COVID-19 vaccination for adults aged 65 years and older remains effective in preventing severe disease, recent data suggest vaccination is less effective at preventing infection or milder illness with symptoms.

Data from a small clinical trial show that a Pfizer-BioNTech booster shot increased the immune response in trial participants who finished their primary series 6 months earlier. With an increased immune response, people should have improved protection against COVID-19, including the Delta variant. All three vaccines (Pfizer-BioNTech, Moderna COVID-19 vaccine, and Janssen [Johnson and Johnson] COVID-19 vaccine) have recently been approved for booster doses.

For Moderna COVID-19 vaccine, a single COVID-19 vaccine booster dose is recommended greater than or equal to 6 months after completion of an mRNA primary series. The Moderna booster dose is a smaller 50 micro-gram dose. For Janssen (Johnson and Johnson) COVID-19 vaccine, a single COVID-19 vaccine booster dose is recommended for persons aged 18 years and older, greater than or equal to 2 months after receipt of the initial Janssen dose, under the FDA's Emergency Use Authorization.

For individuals who received the **Johnson & Johnson COVID-19 vaccine**, booster shots are recommended for those who are 18 and older and who were vaccinated two or more months ago.

For individuals who received a **Pfizer-BioNTech** or **Moderna COVID-19 vaccine**, the following groups are eligible for a booster shot at 6 months or more after their initial series:

Adults 65 and older and 50-64 year old people with medical conditions. People aged 65 years and older and adults 50–64 years with underlying medical conditions should get a booster shot. The risk of severe illness from COVID-19 increases with age, and can also increase for adults of any age with underlying medical conditions.

Long-term care setting residents aged 18 years and older. Residents aged 18 years and older of long-term care settings should get a booster shot vaccine. Because residents in long-term care settings live closely together in group settings and are often older adults with underlying medical conditions, they are at increased risk of infection and severe illness from COVID-19.

People with medical conditions aged 18 years and older. People aged 18–49 years with underlying medical conditions may get a booster shot vaccine based on their individual benefits and risks. Adults aged 18–49 years who have underlying medical conditions are at increased risk for severe illness from COVID-19. However, that risk is likely not as high as it would be for adults aged 50 years and older who have underlying medical conditions. People aged 18–49 years who have underlying medical conditions may get a booster shot after considering their individual risks and benefits. This recommendation may change in the future as more data become available.

Employees and residents at increased risk for COVID-19 exposure and transmission who are 18 years and older. People aged 18–64 years at increased risk for COVID-19 exposure and transmission because of occupational or institutional setting may get a booster shot vaccine based on their individual benefits and risks. Adults aged 18–64 years who work or reside in certain settings (e.g., health care, schools, correctional facilities, homeless shelters) may be at increased risk of being exposed to COVID-19, which could be spreading where they work or reside. Since that risk can vary across settings and based on how much COVID-19 is spreading in a community, people aged 18–64 years who are at

increased risk for COVID-19 exposure and transmission because of occupational or institutional setting may get a booster shot after considering their individual risks and benefits. This recommendation may change in the future as more data become available.

Occupations at increased risk for COVID-19 exposure and transmission include front line essential workers and health care workers as previously detailed by the CDC:

- First responders (healthcare workers, firefighters, police, congregate care staff)
- Education staff (teachers, support staff, daycare workers)
- Food and agriculture workers
- Manufacturing workers
- Corrections workers
- U.S. Postal Service workers
- Public transit workers
- Grocery store workers

Can I "mix-and-match" which vaccines I receive?

According to an IDPH press release on October 22, 2021, the FDA and CDC have approved the mixing and matching of vaccines. In their statement they said, "The use of each of the available COVID-19 vaccines as a heterologous (or "mix and match") booster dose in eligible individuals, following completion of primary vaccination with a different available COVID-19 vaccine, is allowable. Allowing mixing and matching could alleviate supply issues, make the task of getting a booster simpler for Americans and allow people who may have had adverse reactions to the initial dose to try a different shot." Heterologous dosing may be considered for the booster dose only.

When can I get a COVID-19 vaccine booster if I am NOT in one of the recommended groups?

Additional populations may be recommended to receive a booster shot as more data become available. The COVID-19 vaccines approved and authorized in the United States continue to be effective at reducing risk of severe disease, hospitalization, and death. Experts are looking at all available data to understand how well the vaccines are working for different populations. This includes looking at how new variants, like Delta, affect vaccine effectiveness.

What are the risks to getting a booster shot?

So far, [reactions reported](#) after getting the Pfizer-BioNTech booster shot were similar to that of the 2-shot primary series. Fatigue and pain at the injection site were the most commonly reported side effects, and overall, most side effects were mild to moderate. However, as with the 2-shot primary series, serious side effects are rare, but may occur.

Am I still considered "fully vaccinated" if I don't get a booster shot?

Yes. Everyone is still considered fully vaccinated two weeks after their second dose in a 2-shot series, such as the Pfizer-BioNTech or Moderna vaccines, or two weeks after a single-dose vaccine, such as the J&J/Janssen vaccine.

Information in this article was provided by the CDC.gov website. For more information visit: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>

Vaccine Brand Name	Safe?	Effective?	Reduces your risk of severe illness?	Age group who can get this vaccine	How many shots you will need?	When you are fully vaccinated
				12 years and older	2 shots given 3 weeks (21 days) apart*	2 weeks after your second shot
				18 years and older	2 shots given 4 weeks (28 days) apart*	2 weeks after your second shot
				18 years and older	1 Shot	2 weeks after your shot

*You should get your second shot as close to the recommended 3-week or 4-week interval as possible. However, your second shot may be given up to 6 weeks (42 days) after the first dose, if necessary.



cdc.gov/coronavirus

VTF-008-02-03



Falls can lead to minor and major injuries, Hospitalization, and even surgery.

We take falls very **SERIOUS**



TAKING STEPS TO REDUCE FALLS

Falls can lead to minor and major injuries, hospitalization, and even surgery. At Memorial Hospital, we take falls very serious. Whether you are at a care facility or just roaming around your home, it is important to take the necessary steps and precautions to minimize your risk of falling.

At Memorial Hospital, we have our basic safety plan that involves transportation routes within the facility, fire exits, access, flooring, lighting, signage and prevention of slips, trips and falls. These signs and precautions are in place for everyone.

BASIC SAFETY PRECAUTIONS

- Hallways are clear of obstacles.
- Exit signs are visible.
- Handrails in hallways.
- Adequate lighting.
- Floors clean and dry.
- Non-slip footwear.
- Beds, stretchers and wheelchairs are locked and maintained.

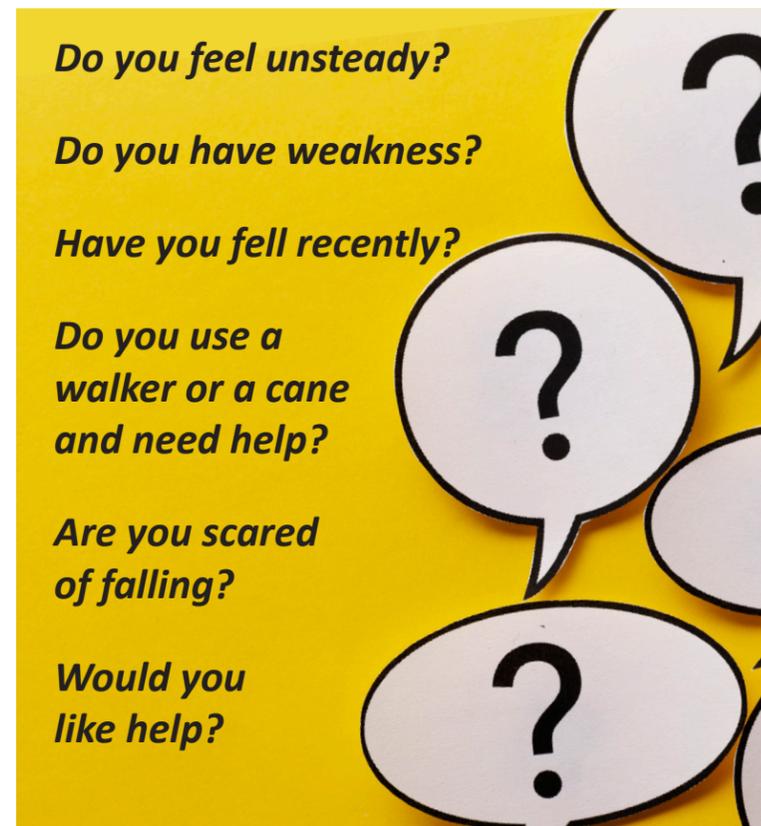
OUR PLAN

- Registration calls for assistance to escort patients if necessary.
- Patients being discharged from Surgery or Inpatient care are escorted to their vehicle.
- Staff report all unsafe and potentially unsafe conditions.
- All Nursing Departments use a Fall Risk Scale to determine patient risk.

OUT-PATIENTS/VISITORS

When patients come to our facility for outpatient procedures or visits we ask a few basic questions that will help us determine if you may need assistance while you are here. Here are the ques-

tions that we ask. Know yourself and be honest with your answers to our staff.



You can always just ask one of our staff if you need help, and we will be glad to assist!

IN-PATIENTS

People are at a greater risk of falling just being admitted to the hospital. Why is that? Because you are in unfamiliar surroundings; you do not have your normal items that you have at home; you may be taking medication that can make you confused or dizzy (pain medications can do this); you may be receiving treatment or testing that makes you weak, dizzy or unsteady; you may have an IV or monitor tubing and wires that could trip you up; and many more reasons.

What can you do to prevent a fall?

- Listen to staff suggestions
- Use your call light when you need assistance
- Do NOT rush to the bathroom yourself
- Let your nurse know if you notice a safety hazard
- Make sure your call light is in reach
- Have your visitors tell the staff that they are leaving
- Make sure your personal items are within reach
- Sit up in bed for a couple of minutes before standing.

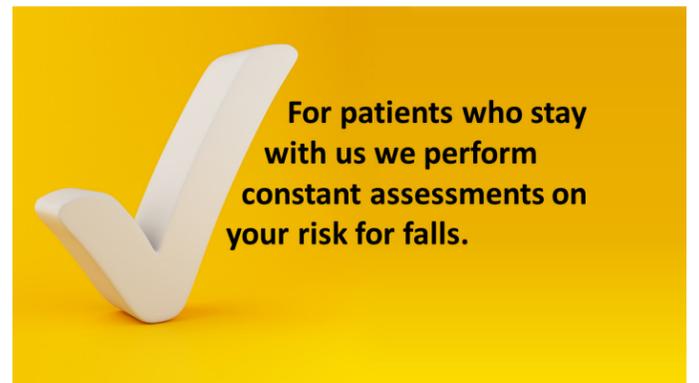
For patients who stay with us we perform constant assessments on your risk for falls. We have methods to help decrease your risk of falling while you are here.

What we do to protect you if you are a high fall risk:

- Educate you on how to use equipment, like sit-to-stand and regular lifts.
- Use a gait belt that aids the staff in anchoring you if you do become weak.
- Explain to you how we are going to do something before we do it. That way you know the exact process.
- Remind you where you are and what day it is.
- Assist you when moving from place to place.
- Use a personal alarm to make us aware if you try to get up without assistance.
- Stop in hourly to assess the 4 P's (Pain, Position, Potty and Personal Items)
- Use a bedside commode or a shower chair.
- Educate family and visitors on fall reduction.
- Apply an Orange Bracelet to you. This lets all staff members know that you are a High Fall Risk, so if they see you alone, they should stop and help you.
- Review your medications if one could be causing your instability.

Examples of why you would be a high fall risk:

- You have had a fall in the last 90 days
- You have more than 1 diagnosis for this stay
- You are on Bedrest
- You use an ambulatory aid (walker, crutches, cane)
- You have an IV site
- You are weak and need help moving
- You are on pain medication
- You had surgery
- Your mental status has changed
- If the nursing or medical staff feel that you may fall
- If you are under the age of 3
- If you have a seizure disorder
- You have dizziness or balance disturbances



The best thing that you can do to help us to protect you and to protect yourself is to Speak Up.

As a patient, it is your responsibility to:

- Provide information. Patients must provide to the best of their knowledge, accurate and complete information about present complaints, past illnesses, hospitalizations, medication and other matters relating to their health.
- Ask questions. Patients must ask questions when they do not understand their care, treatment and service or what they are expected to do.
- Follow instructions. Patients must follow the treatment plan developed. Patients should express any concerns about their ability to follow the proposed care plan.
- Accept consequences. Patients are responsible for outcomes if they do not follow the treatment plan.
- Follow the hospital policies and rules affecting their care and conduct while in the hospital.

We encourage all patients to:

- Be an active, involved and informed member of the health-care team by asking questions about their own health and safety.
- Remind staff to check their armband/patient ID prior to receiving any medication, blood/blood product or invasive procedure.
- Ask questions regarding medications given.

All employees at Memorial Hospital help to keep you safe during your visit.

You can do your part by speaking up and following our safety precautions.

TOGETHER, we can prevent falls.



BREAST CANCER: WE ARE HERE ALL YEAR

Every October, people all over the world show their support for those affected by breast cancer and much education and awareness is spread during the month. This all makes great strides in the fight against the disease but, breast cancer is a 24/7/365 fight for those who live with it. Memorial Hospital's Mammography and Chemotherapy teams are here to support women (and men, yes they can get breast cancer too) every day of the year. There are also things you can do throughout the year to help prevent the disease.

Be Aware

One in eight women will be diagnosed with breast cancer in her lifetime, with more than 281,550 new cases expected in 2021, according to the American Cancer Society. Breast cancer is one of the most common cancers among American women and affects all races. 75% of those with breast cancer, have no family history of the disease.

There are lifestyle changes and preventative measures you can take to help reduce your risk of breast cancer, they include:

- Performing a monthly self-breast exam
- Being physically active
- Maintaining a healthy weight
- Don't drink alcohol or limit the amount of alcohol you drink
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks
- Breastfeed your children, if possible

Know the Signs

Know the signs and symptoms of breast cancer and do a monthly self exam. If you notice any of the following, contact your doctor:

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

Keep in mind that these symptoms can happen with other conditions that are not cancer.

Get Screenings

Mammograms are the best way to find breast cancer early. With early detection, the disease is more treatable. Talk to your doctor about scheduling a mammogram, especially if you may be at high risk. The American Cancer Society recommends screening at the following ages:

- **Women ages 40 to 44** should have the choice to start annual breast cancer screening with mammograms if they wish to do so.
- **Women age 45 to 54** should get mammograms every year.
- **Women 55 and older** can continue yearly screening, and should speak with their provider about switching to mammograms every 2 years.

Memorial Hospital is pleased to offer our patients the Genius™ 3D



Mammography Technologists,
Heather Williamson & Rhonda Mott
with the Genius™ 3D Mammography™
Machine.



Michelle Tripp, RN; Carla Fedderke, LPN; Janet Bargman, Clinical Assistant; Deb Stenberg, RN, House Supervisor;
Amy Brown, Specialty Clinic Supervisor; Dr. Justin Floyd, Oncologist; Carrie Jo Dierks, Infusion Nursing Asst.

Mammography™ exam. Available on a Selenia® Dimensions® system from Hologic, it is revolutionizing how breast cancer is detected by providing a better option for women of all breast densities compared to 2D alone. Researchers have found that:

- The Genius™ 3D Mammography™ exam finds 20-65% more invasive breast cancers compared to 2D alone, an average increase of 41%.
- Only the Genius™ 3D Mammography™ exam is FDA approved as superior for women with dense breasts compared to 2D alone.
- The Genius™ 3D Mammography™ exam reduces call-backs by up to 40% compared to 2D alone.

Support & Healing

When times do get tough, you aren't alone. Memorial Hospital's Infusion and Chemotherapy Center is here for you throughout the treatments, the healing, and the fight. The highly trained nurses and providers offer compassionate care in a tranquil and accommodating environment, where one can relax while receiving treatment close to home. And when you have finished your treatments, Memorial's team of nurses and doctors celebrate with you as you ring "The Bell".



Joby Petrowske celebrating the end of her treatments, by ringing the bell, with her family and care providers.

(Continued from Page 1)

COVID-19: What We Know, & Antibody Treatments

(through vaccination and/or prior illness) to make its spread from person to person unlikely.

Droplet Transmission / Asymptomatic: We also know that COVID-19 is spread through droplet transmission, meaning the virus is passed from one person to another through a spray containing large, short-range aerosols (tiny particles suspended in air) produced by sneezing, coughing, or talking. And we know some people can have COVID-19 and be asymptomatic, or be a carrier of the illness but not show any symptoms.

Isolation/Quarantine: That brings us to isolation vs. quarantine. Isolation helps keep the healthy people from the sick people. For those who may not feel sick or have symptoms but have been infected with the virus they are encouraged to stay home and "isolate" themselves from others. Those who may have been in close contact with another are required to quarantine by many state and federal laws, unless they have been vaccinated.

So we have learned a lot since 2020 began about pandemics, how they spread, and what we should do to prevent spread. One other vocabulary word that you may be hearing a lot about is antibodies, and specifically monoclonal antibodies. *What are they? How do they help treat patients? What are the benefits? And who should get them? Let's answer some of these questions.*

What are monoclonal antibodies?

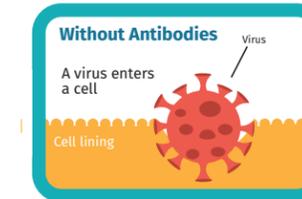
An antibody is a Y-shaped protein produced by B cells, which are part of the immune system. There are several different kinds of antibodies, and typically vaccines are designed to produce the antibodies that recognize and "tag" viruses as foreign invaders by binding to unique parts of a virus.

Antibodies that bind to the surface of a virus and block entry into a person's cells can actually prevent infection or disease: this is called neutralization. These antibodies, which occur naturally in some people after vaccination or infection, can be copied in the lab and then given to people as a prevention option or treatment. The term "monoclonal" refers to these laboratory-made antibodies.

Patients with COVID-19 can receive infusion treatments to help their bodies better fight the disease. These infusions include medications that act like human antibodies in the immune system to fight off harmful pathogens such as viruses. Monoclonal antibodies help by disrupting disease patholo-

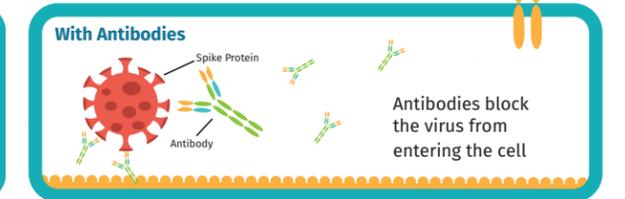
Monoclonal Antibodies

What are antibodies? Antibodies are naturally made in our bodies to fight infection.



Without Antibodies

A virus enters a cell



With Antibodies

Antibodies block the virus from entering the cell

What are MONOCLONAL ANTIBODIES?



Monoclonal antibodies (mAbs) are antibodies developed in a laboratory to help our bodies fight infection.

Nearly 100

mAbs are FDA approved to treat health conditions including cancers and autoimmune diseases.

mAbs are also being studied for the treatment and prevention of COVID-19.

Source: <https://coronaviruspreventionnetwork.org/coronavirus-vaccine-and-antibody-science/>

gy by blocking receptors or interfering with cell-to-cell transmission.

What are the benefits?

The use of dual monoclonal antibodies can benefit patients who have contracted COVID-19 and have co-morbidities, or pre-existing health conditions, that weaken their immune system. These patients have the potential to be at an increased risk for complications from the virus. The treatment may decrease the opportunity for advancement of COVID-19 in higher risk patients and it may shorten the length of time a patient will have symptoms.

Monoclonal antibodies are also able to provide immediate protection or treatment for those who are exposed and not yet vaccinated. Reducing the amount of virus load for patients can decrease the affects the virus has within the body.

Who should use this treatment?

Patients who are 12 years old/older, have a positive COVID test, are not hospitalized and do not require an increase in supplemental oxygen or do not routinely wear oxygen. Also those with pre-existing conditions including Pregnancy, Chronic Kidney Disease, Diabetes, on Immunosuppressive Disease or Treatment, Cardiovascular Disease including HTN and CHF, Chronic Lung Disease including Asthma and COPD, Sickle Cell Disease, Neurodevelopmental Disorders or have a Tracheostomy are at higher risk and should get antibodies.

What does treatment include?

Monoclonal antibodies are administered

through an IV infusion therapy. It requires the patient to have one dose (over 1 hour) by IV while monitored in the hospital setting. Patients are then monitored for an additional hour to observe for any possible allergic reactions. Patients remain on quarantine for the remainder of their time; Memorial Hospital's nursing staff reaches out to follow up with the patients at 24-48 hours and then again as needed. Patients are also monitored at two weeks, for conclusion of symptoms.

Where can I get Monoclonal Antibody Infusions?

Memorial Hospital provides infusion therapy Monday-Friday from 7:00am-7:00pm in our Infusion Center. Sparta Hospital and SIH of Carbondale are also offering this treatment. To schedule an infusion, a doctor's order is required. Patient's should contact their primary physician and discuss the need for this treatment. Providers will order therapy and forward the information to the infusion department and nursing will coordinate the treatment with the patient, **There is a time window to be treated. Patients should start treatment 10 days from the development of symptoms or a positive COVID test.**

What is the cost?

Insurances are asking for precertification, patients are not currently billed for the medication, only the equipment for administration and the nursing staff time.

To learn more about the fight and treatments for COVID-19, visit: coronaviruspreventionnetwork.org

Community CARE

Memorial Hospital Employees, Out & About in Our Community



Larry Burton and granddaughter Paige Thomas following the recognition ceremony at the CHS Volleyball Pink Out game.

The Chester High School Volleyball Team held a Pink Out Game on October 14th honoring fighters and survivors of cancer. They also honored Jennifer Strong in memoriam for her battle with the disease as she was a huge supporter and influencer to many team members at CHS. Memorial's Chemotherapy and Infusion Department was in attendance at the game to pass out goodies to fans and to support some of their current and past patients. Every person in attendance also received a complimentary mask with a pink ribbon on it to help spread breast cancer awareness and support their loved ones. Thank you to CHS for planning such a wonderful tribute to our community members and their families.

Memorial Hospital staff members and Medical Explorers enjoyed a beautiful weekend during the Fall Festival in Chester on October 15 and 16. The team handed out 100 Family First Aid Starter Kits at the fair grounds on Saturday and provided hand tattoos and stickers for the kiddos. On Sunday, the crew hit the parade route, tossing out lots of goodies to the bystanders. It was a great display of community and fun at the First Annual Fall Festival Parade.



Maddie Kribs, Mariah Bargman, Lacey Hartman, Olivia Brown, Macey Ludwig, Mia Masterson, Brett Bollmann (Photographer)

EMPLOYEE WELLNESS DAY

Memorial Hospital promotes health and wellness not only to our patients and community but to our employees. The Employee Health & Wellness program at Memorial encourages all employees to improve their physical, mental, or financial wellness each year. The Wellness Committee works to develop plans to help and communicate to staff members where to locate tools, classes, and online education to improve their desired area. Employees who have health insurance through Memorial have access to a huge array of virtual programs and coaching to improve their fitness and nutrition. Staff are also encouraged to take advantage of the many nutrition and education classes offered to the community. And educational videos on managing finance and handling mental health are provided on a workforce homepage for all staff to access at any time. These are just a few of the things the Wellness Committee helps promote to employees throughout the year.

On October 5 and 7 a Wellness Day was held at Memorial for all staff members to participate in. During the event each employee was given the opportunity to meet with Melissa Soellner, Registered Dietitian Nutritionist, schedule their annual wellness visit, get their an-



Amanda Rhyne, RHC Admin. Asst.; Melissa Soellner, Dietitian; Karen Wicklein, Cowell Ins. Agcy.; Julie Stern, Dir. H.R.; Apryl Bradshaw, Exec. Assistant.

nual blood work, meet with benefit providers, and learn about the new Wellness Program plan for 2022.

Those who attended were entered for wellness prizes including, yoga mats, fitness tools, soft coolers to store nutritious lunches and more. At Memorial we want our employees to be healthy and happy so they can continue to provide excellent quality care to our community. Helping them maintain a healthy lifestyle, ensures they can perform their jobs to the best of their abilities.

What happened last quarter?

Employee of the Quarter



Mary Lynn Eaton, Employee of the Quarter - 3rd Quarter 2021

Brett Bollmann, CEO at Memorial Hospital named Mary Lynn Eaton Employee of the Quarter for the Third Quarter 2021 on September 29.

Eaton has worked at Memorial Hospital since May of 2019 as an Admitting Clerk. When asked what she likes most about

working at Memorial Hospital, Eaton replied, "Chester Hospital has outstanding employees who really care about you. The concern, compassion and willingness to go the extra step is in every department. Not only the needs of the patient is taken care of but our hospital has always tried to help with the needs of the family who has a member here. The little things like 'Have a good day.' or 'Have a good sleep.' Makes a person's day. Positivity within our staff is shown here and is a must. I am very blessed to have been able to join such a great facility." Her co-workers who nominated her wrote, "Lynn is professional, kind, and caring to all patients and staff. She offers to help anyone who needs it and stays late to help when things are backed up with work. She helps ER nursing staff when they are overwhelmed with patients by copying papers for transfers, calling for patient updates for waiting family members, wiping down ER waiting rooms, going into the ER to register non-isolated patients, etc. She is

an amazing co-worker and deserves to be recognized for the positivity and teamwork she brings to her job."

Eaton resides in Willisville, IL and has three sons, Connally, Joshua, and Brad, and a "four-legged son" Butch. In her free time Eaton enjoys spending time with the family, watching Saluki Football, volunteering time to serve as a Perry County Mental Health Board member, helping with the Ava and Willisville Fire Departments, working with Sandra's Comfort for Cancer Patients, and taking hikes with her dog.

Each quarter employees are encouraged to submit "star cards" for their co-workers who go above and beyond in their patient care or team work. Four random cards were drawn, Addie Schultz, Third Party Biller; Kaitlynn Smith, RN; Peggy Williams, HIM Associate; and Sherry Wilson, CNA, were the winners of a monetary award for their star nominations.

LET US KNOW HOW WE DID

“ After your visit, provide feedback via the links in the text message you will receive.

Leave a patient testimonial on our website: www.mhchester.com

Did one of our nurses go above and beyond? Nominate them for a DAISY Award, scan the code, visit www.mhchester.com, or ask for a form.

”

Follow us on:



AWARDS
PROVIDERS
SERVICES
EVENTS
NEWS



What happened last quarter?



Star Employees of the Past Quarter



Thank you to our “Star” employees! Their co-workers submitted “star cards” in their honor for going above and beyond. Memorial Hospital employees are encouraged to nominate “Star” employees each quarter. At the end of the quarter, ALL star cards are put into a drawing for monetary prizes.

Congratulations to our “Stars” for the quarter! (L-R,T-B): Donna Schroeder, Medical Records Clerk - RHC; Deana Tudor, RN-OR; Marilyn Dunsing, LPN-OR; Rachel Young, RN; Jacinta Mulholland, Dietary Clerk; Beth Reese, Housekeeper; Gretchen Kocian, Medical Lab Tech.; Logan Colvis, CNA/Phlebotomist; Kellie Louveau, Radiology Tech. 4; Tammy Light, Housekeeper; Deb Mevert, OR Nurse Manager; Bernie Ernst, Floor Technician; Kimberly Fulmer, HIM Associate; Ashley Homan, LPN-OR.



Follow the Memorial Hospital Auxiliary Facebook Page for Gift Shop Sales and Fundraiser Information



Memorial Hospital Auxiliary
@MHChesterAuxiliary - Nonprofit Organization

What happened last quarter?

Debra Herring Retires After 42 Years of Service

Debra Herring of Chester, retired from Memorial Hospital on July 30, 2021 after 42 years of service. She was hired in March of 1979, as a Pharmacy Tech and spent her career in that position.

Over the years, she has witnessed many changes in the Pharmacy department from everything being done manually, to the introduction of multiple computer systems to improve workflow and processing. She remembers counting pills out of bottles of 1,000-5,000 and now several come in unit dose packages. When she began, the only electronic in the department was a typewriter and now the pharmacy has a prescription kiosk locker that dispenses medications to patients.

One of her favorite memories happened during a department relocation from the basement to the main floor. There was a salesman in the department that day that was persistent and she was instructed by her boss to ask him to leave due to their busy state. That salesman later became a per diem pharmacist in the department and

became part of their work family. She says, “Memories like this put a smile to my face.” Debbie states that she will never



Debra Herring, Retired Pharmacy Tech

forget the friendships that were developed with her co-workers, “I was around when they all gave birth to their children, and I have watched them grow into successful adults along the way. This is an extended family for sure.” She is looking forward to spending time with family at gatherings and sharing old stories. “Family, that’s what life is all about.” From getting stuck in the elevator on her first day of work and repeating the scenario, unexpectedly, on her last, she takes that as a sign, that the hospital says “good-bye”. At least she does not plan to try for a third go around.

During her time at Memorial, Debbie was a dedicated employee and all of her co-workers could see her passion for her job and her patients. Memorial Hospital thanks Debbie for her outstanding years of service, and her commitment to caring for our patients, employees, and community.

Zoellner is Medical Technologist Certified



Garrett Zoellner, MT Laboratory

Garrett Zoellner, MT at Memorial Hospital in the Laboratory Department, recently completed his accredited American Medical Technologist (AMT) Medical Technologist (MT) certification by passing his test on July 28, 2021. To be eligible for the test, one must have a Bachelor’s degree plus 2 years of experience as a laboratory technician. Zoellner is now a recognized MT across the country.

In August, the Laboratory Department celebrated Zoellner’s accomplishment with cake and congratulatory praises. He was grateful for the recognition from his co-workers and feels fortunate to have such an awesome and well-educated support group. “If it wasn’t for the people who have helped build up my education of this field over the past 3 years, I would not have been able to do what I’ve done. They have given me the knowledge and foundation needed not only to better myself but to be able to deliver better patient care, which is ultimately what it’s all about.” Nicole Dethrow, Laboratory Administrative Assistant,

expresses that the department is very proud of Garrett and what he has achieved, “He is always willing to help out his co-workers and in general is a very genuine and caring person. He is definitely a crucial part of the lab family.”

Memorial Hospital congratulates Zoellner on his achievements and thanks him for being a dedicated member of the Laboratory Team and always striving to learn more to improve the care for those whom he serves.



What happened last quarter?

MEMORIAL & COMWELL PARTNER TO BRIDGE GAPS IN HEALTHCARE CONTINUUM



In July 2021 ComWell and Chester Memorial Hospital joined forces to combine their quality care initiatives to bring Randolph County and surrounding areas a more comprehensive and effective approach to behavioral health care.

As the need for mental health and substance misuse services continues to increase, Chester Memorial Hospital and ComWell have worked side-by-side to provide healthcare workers and community members viable solutions that bridge the gaps in healthcare continuum.

"It is a privilege to partner with Chester Memorial Hospital to increase collaboration for behavioral health patients," said ComWell Executive Director, Shea Haury. "Primary care providers are responsible for treating an extensive amount of behavioral health conditions, especially in rural communities. Chester Memorial Hospital continues to implement innovative models and creative solutions to meet the needs of their patients, and we are proud to support their continued integration of high-quality behavioral services into primary care."

Through this collaborative care model, Chester Memorial welcomed ComWell Recovery Coach, Mary Holland, to their Care Coordination

and Case Management Team. Holland works closely with Physicians, Nurse Managers, Supervisors and Nursing teams to help improve patient outcomes and increased access to resources and behavioral health appointments. "ComWell partnered with Memorial's Care Coordination Team to bridge the gaps in healthcare," said Susan Diddlebock, Chief Nursing Officer at Memorial. "The program has improved the on-site resources for our patients which facilitate better outcomes faster."

Holland serves as an advocate to connect patients to care services that will benefit them beyond their doctor's visit. She is able to connect patients to ComWell services, which include psychiatric and counseling services, DUI and recovery services, developmental disabilities services, residential services, educational services, and more.

"It has been a privilege to be a part of this new collaboration between Chester Memorial Hospital and ComWell," said Holland. "Since joining the team at CMH, we have been able to increase access to mental healthcare for members of our community who may not have had the opportunity otherwise. We have improved their quality of care by streamlining communication and coordination. It is my hope that we will continue to build on and expand this program in the future, providing our community with the best care possible."

This continued outreach provides assistance beyond the patient's initial encounter with their physician. The resources Holland provides access to improve the quality of care the patient receives and in turn improves their quality of life.

REID RECEIVES ACCREDITATION WITH SMHP AND CERTIFICATION AS A NUTRITION NETWORK ADVISOR IN LCHF/KETO NUTRITION



Tia Reid, Director of Nutritional Services at Memorial Hospital, has completed her certification as a Metabolic Health Practitioner through The Society of Metabolic Health Practitioners (SMHP). She received her certification thru following the Nutrition Network Path and Advisor training in LCHF (Low-Carb, High-Fat)/Keto Nutrition. The Network is an education, connection and learning platform founded by The Noakes Foundation in partnership with an esteemed team of doctors and scientists. The platform covers the latest and most up-to-date science and research in the field of Low Carb Nutrition. The Advisor Training offered through the Network provides on-line LCHF education for those looking to acquire a professional accreditation in nutrition coaching.

Reid's goal is to be able to offer LCHF/Keto Nutrition as a choice to help others in their own journeys to wellness. "I see an opportunity to put together programs for wellness that include Therapeutic Carbohydrate Restriction (TCR) and in collaboration with education provided by Memorial Hospital's Registered Dietitian, Melissa Soellner." Both Reid's LCHF/Keto Nutrition Certification and Soellner's PreventT2, CDC's National Diabetes Prevention Program, provide guidance on managing diabetes, reading food labels, planning meals, overcoming obstacles, and improving physical activity. Together, the goal is to bring nutrition education, options, and support to those in the community who want to live a healthier and more active life, to help guide, motivate and inspire lasting change for wellness.

VOLUNTEER & AUXILIARY NEWS

Tree of Remembrance

The holidays are fast approaching and once again the hospital Auxiliary's attention is turned to its yearly project - the Tree of Remembrance.

The Auxiliary is able to assist the hospital in purchasing needed equipment for various departments through the community's generous donations/memorials. Funds collected this year will be used to purchase two Barrier-Free® Examination Tables for the Memorial Hospital Specialty Clinic.

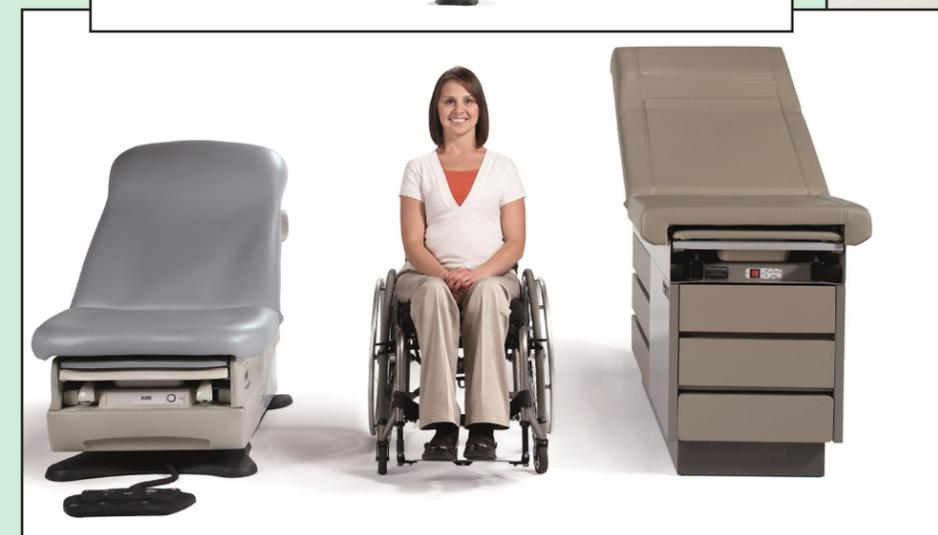
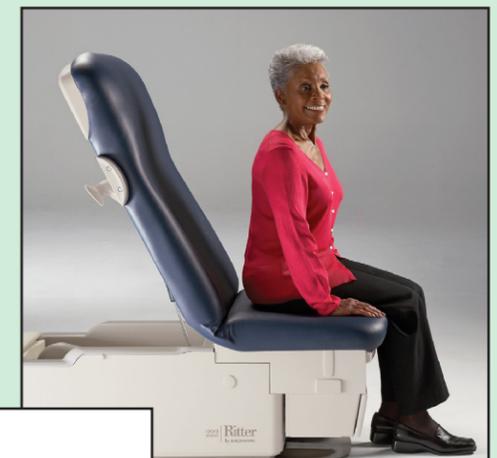
The year 2021 has brought many fundraising challenges to the community and the Memorial Hospital Auxiliary. Due to COVID-19 precautions the Gift Shop was closed periodically and the numerous bake sales and raffles usually held throughout the year were canceled. Our many fundraisers aid Memorial Hospital in ensuring patient care, convenience and the latest technology

are available to provide the best quality care possible. This year's Tree of Remembrance contributions will make up the majority of our fundraising for the year. Giving this year, is more important than ever. During the holiday season we invite you to make a contribution in honor of a loved one. Your contribution and memorial are recognized weekly in the Chester Herald Tribune. Donations and memorials can be mailed to:

Memorial Hospital Auxiliary
ATTN: Tree of Remembrance
1900 State Street - Chester, IL 62233

Funds collected this year will be used to purchase two Barrier-Free® Examination Tables for the Memorial Hospital Specialty Clinic. To really care for people, you must understand the patients you care for today—and tomorrow. With an increasingly aging population, our patients may need assistance with accessing the exam table. With an incredible 18 inch low height, Ritter Barrier-Free® Power Exam Tables are designed to make it easy for our Specialty Clinic to accommodate the elderly and patients with disabilities easily and efficiently. This table is designed to allow patients to feel more stable and relaxed while they're waiting or during their consultation as their feet rest comfortably on the floor.

On behalf of the Auxiliary, we thank you for your past interest and ask you to continue your support of the hospital Auxiliary's Tree of Remembrance.



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'S SERVICES

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

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.*

Allergy/Immunology

Douglas Berson, M.D.

Audiology

C. Joseph Hopper IV, AuD

Cardiology

John Groll, M.D.

Raffi Krikorian, M.D.

Gangadhar R. Malasana, M.D.

Caitlin Edwards NP

General Surgery

Ziya Baghmanli, M.D.

Margret De Guzman, M.D.

Nephrology

Vamsi Chilluru, M.D.

Neurology

James Goldring, M.D.

Oncology/Hematology

Justin Floyd, D.O.

Orthopedics

Robert Golz, M.D.

Robert Deaton, FNP-C

Otolaryngology/ENT

Samuel Medaris, M.D.

Pain Management

Tong Zhu, M.D. PhD.

Podiatry

Amanda Hart, DPM

Sleep Lab

Terry Brown, M.D.

Urology

Sam Stokes III, M.D.

Wesley Howell, PAC

Vascular Surgery

Ricardo Rao, M.D.

Wound Center

Margret De Guzman, M.D.

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

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



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

Welcome New Employees

Dasha Cross

Kaitlyn Pfeiffer

Brian Beam

Courtney Alms

Elizabeth Brown

Tom Colvis

Kelly Eaton

Mary Rosendohl

Ashley Westmoreland

Congratulation Retirees

Deb Herring

Ida Harris

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618-826-4581