

MEMORIAL HOSPITAL'S The LAMP QUARTERLY NEWSLETTER

Vol. 3 Issue 1 - January 2022

New Units Now Open



Pharmacy: Chris Barthol, Pharmacy Tech.; Kathy Winkler, Pharmacist and Director of Pharmacy; Jennifer Colvis, Pharmacy Tech.; Amy Kloos, Pharmacist.

Growth and development has continued at Memorial Hospital throughout 2021. Even through the challenges of the pandemic, our staff have worked diligently with contractors and design teams to ensure nothing stops us from "building for your future" and a healthier tomorrow. The corridor on the West Wing (old medical surgical unit) is NOW OPEN!

The newly remodeled space, now houses the Pharmacy, Cardiopulmonary Department, and Nuclear Medicine.

Moving two of these departments from basement locations to main floor access for patients is just one of the ways we are improving our model of care. Each new unit provides additional space for services, a bright inviting atmosphere, improved workflows for staff, and a new waiting room.



Cardiopulmonary: Janine Leclerc, Respiratory Therapist

To access the new cardiopulmonary unit, patients will no longer have to walk to the opposite side of the basement. All services have been moved closer to the entrance for patient convenience. Less stress on our patients means better treatment and care. These two things always remain top priority, how can we better treat and care for our community? Georgia Allen, Director of Cardiopulmonary also points out, that, "the new location offers staff quicker access to our Medical-Surgical floor and ER, making care for the patients quicker." Quick response times are essential when a patient is struggling to breathe or is having a cardiac event. Having the ease of rolling vital equipment just a few steps during an urgent event, streamlines their access to the patient in need.

Nuclear Medicine remains located within the Cardiopulmonary Department but, also has its new location on the main level, bringing it closer to the Diagnostic Imaging department as a whole. Nuclear Medicine looks at the physiology of the body rather than the anatomy. *(Continued on Page 17)*



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Upcoming events:

CHESTER COMMUNITY BLOOD DRIVES

- February 16 | 12:45pm-5:45pm - American Legion
 - March 15 | 11:30am-4:00pm - Memorial Hospital
 - April 13 | 12:45pm-5:45pm - American Legion
- 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

February 25 | March 25 | April 22 8:30am-3:00pm

Location: Sparta Community Hospital
Auxiliary Room B at Broadway Plaza

Registration Required: kkennedy@comwell.us



WEIGHT LOSS GROUP

NEW GROUP STARTING THIS SPRING

Need help managing your prediabetes, diabetes, or weight loss?

Contact Melissa Soellner, Registered Dietitian Nutritionist, to register for the group. 618-826-4581 ext.1170

MEMORIAL HOSPITAL

—Since 1962—

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

3 STEPS TO A HEALTHIER YOU IN 2022: HOW TO MAKE A PLAN AND STICK WITH IT

"New Year. New You!" So many of us start off the New Year with a plan to do all of the things we know we should be doing to stay healthy, but after a couple weeks, we have reverted back to old habits. So how do we make a plan that we can stick too? Let's start with what those health habits are and then analyze each aspect to make a plan.

1. Exercise Regularly

The [American Heart Association](#) recommends 150 minutes of weekly exercise. Exercising is shown to reduce stress, improve your mood, and improve cardiovascular and muscle health which, helps fight disease. Along with 150 minutes (30 minutes/5 days) of moderate aerobic exercise, at least two days of muscle-strengthening activities are recommended. When broken down into small pieces, working your 150 minutes of exercise into a week can be easy.

- **Take two 30-minute walks.** Do this over a lunch hour, with a friend, or listen to a book/music while you walk.
- **Perform two sessions of 30-minute strength training.** Do this while watching TV or listening to a book/music. Don't have weights? Can goods and water bottles can be used for beginners. The use of resistance bands or your own body weight can also be effective for strength training. View simple home exercises you can do here: <https://bit.ly/32P7lgq>
- **Move for 15 minutes two time a day.** Do jumping jacks or jump rope 15 minutes in the morning and evening to add up to 30 minutes of exercise for the day.
- **Take three 10 minute exercise breaks** throughout your day to get your heart rate up.

MAKE A PLAN: To keep yourself on your exercise track, look at your week, and schedule time for fitness. Remember 10 minutes, 3 times a day is all you need to meet your goal for the week. Schedule reminders in your phone or place post-it notes on your bathroom mirror to remind you to move each morning and each night. Find a friend to walk with 2-3 times a week and keep each other accountable. When we have someone counting on us to show-up we often don't miss that appointment. Get your family moving with you. Make it a competition to see who can meet their goals each week. Make moving fun and get others to move with you.

2. Eat Smart

If you find it hard to stick to a strict diet, make healthier decisions and create a plan that works for you and your lifestyle. The [American Heart Association](#) recommends eating an overall healthy dietary pattern that focuses on the following:

- Eat a wide variety of fruits and vegetables
- Consume whole grains and products made up of mostly whole grains
- Choose healthy sources of protein such as, legumes, nuts, fish, seafood, low-fat or nonfat dairy, and lean or unprocessed meat and poultry
- Use liquid non-tropical vegetable oils
- Minimize processed foods
- Minimize added sugars
- Prepare food with little or no salt
- Limit or do not consume alcohol

MAKE A PLAN: Make a weekly menu that consists of healthy food choices, focusing on the items listed above. Preparing your own meals can be healthier and more cost effective than eating out. Shop for ingredients and read labels, looking for lower amounts of added sugars, sodium and saturated fat and no trans fat amounts. When you choose healthy options to stock your fridge and pantry, you are less likely to consume empty calories and more likely to make healthier choices. Having the ingredients needed to prepare healthier meals leads to less stress during meal preparation. Think ahead and meal prep other items for the week. Having chicken twice this week? Cook double the amount on day one and safely store the rest for the meal later in the week.

3. Get Enough Sleep

It is critical to overall health to get about 8 hours of sleep a night. A good night's sleep boosts our immune system, keeping us healthy, and gives our brains a rest to keep us mentally keen.

MAKE A PLAN: Establish a bed-time and wake-up-time and stick to it. A few hours before bed-time, begin to limit electronics and media consumption, signaling to your body that it is time to wind down for the day. Avoid caffeine later in the day, limit or cut out alcohol, and exercise regularly to help keep your body on its sleep schedule. Preparing the optimal sleep environment is important as well, ensure your sleeping space is quiet, minimizes light noise, and is hot/cool enough to keep you comfortable throughout the night.

STICKING TO THE PLANS

Find Your "Why" & Write it Down

You've made the plans, now how to stick to them. Be honest with yourself on what you want to change and why.

Why do you want to exercise more?

Why do you want to eat better?

Do you want to be healthier to lose weight, or is there a more intimate reason?

Do you want to be able to go for a hike with your kids?

Do you want to improve your health condition to be present for your grand kids future?

Find your **TRUE WHY!** Then write it down. Journaling can be an important and effective tool when making a plan for a healthier you. It will help keep you focused on your goal, help you check-in with yourself regularly, and track your progress to reward your wins.

Set Goals & Take Action

Make a list of your goals and create an action plan. For each goal, break it down into smaller parts that appear more achievable. Instead of listing "exercise 150 minutes a week", dedicate yourself to two 15 minute workouts a day.

What will your work out be?

What time of day will you do it?

What will you need to complete your work out (i.e. weights, running shoes, a walking partner)?

What healthy foods do I like?

What recipes can I make with them?

What items do I need to buy to make those recipes?

Make sure to set reminders, schedule time on the calendar, and

list the items you will need to reach your goals each day. These items could include snacks, meal items, fitness equipment etc. The day before, review your list and make sure all items are set out, ready to go, or on hand. Then when the time comes to pre-prepare the healthy meal, or go for a walk, you won't procrastinate or have excuses. You will be prepared and ready to reach your goals for the day.

Treat Yourself

Treat yourself for reaching your small goals. Create incentives for yourself and when you reach your goal, reward yourself. Do you have a new pair of jeans you want to buy? Set a goal to lose 5-10 pounds before you buy them. When you reach that goal, buy the jeans and feel accomplished when you wear them. They may not be your ultimate goal size yet, but they are a step to that new you and you should be proud of that.

Build a Support System

Share your goals, plan, and accomplishments with others. Find a close friend who will encourage you and support you or find a social group online that will keep you accountable. Many fitness groups exist on Facebook that are full of positivity and encouragement. Remember your why and use that as your motivation to keep working on your goals. Make a plan and stick to it!

Talk to Your Doctor

Talk to your doctor about your health, lifestyle and how you can make a plan to live a healthier life.

Try a few of these tips to build up your willpower so you can keep positive habits going strong.

Arrange your environment.

- **Clean:** Get rid of your temptations, so you don't have to resist them.
- **Commit:** Make plans with a friend who can hold you accountable.
- **Optimize:** Time tasks so they align with your willpower – like grocery shopping when you're already full.

Boost your willpower in the moment.

- **Postpone:** Say "not now, maybe later" to get the devil off your shoulder when you're tempted.
- **Distract:** Give your impulse a chill pill by focusing on something else for a few minutes.
- **Hide:** Remove the temptation from plain sight or remove yourself from the situation.

Strengthen your ongoing willpower.

- **Meditate:** A 10-minute mindful meditation session every morning can help improve impulse control over time.
- **Sleep:** Think of rest as a shield from temptations – the more you sleep, the stronger it gets.
- **Stop Swearing:** Changing a speech pattern, like avoiding expletives, can help you learn to extend your willpower.

Excuse your setbacks.

- **Forgive Yourself:** You're human, after all! Give yourself a break when you deviate from the path, and you'll be more likely to get back on it.

Get more wellness tips at
heart.org/HealthyForGood

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833 Lehmen Drive - Chester, IL 62233

618-826-4588

**Caring for you throughout
your life span.**

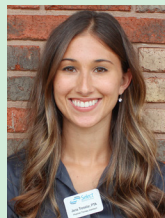
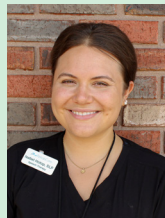
**Treating pediatrics, youth, adults,
and geriatrics.**

**SPECIALIZED
SERVICES:**

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

**SPECIALIZED
EQUIPMENT:**

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



*Ryan Schaal, Doctor of Physical Therapy &
Program Director*

Elphie Busayong, Physical Therapist

Isabel Hotop, Speech-Language Pathologist

Anita McDonough, Physical Therapist Assistant

Megan Stewart, Occupational Therapist

Jena Tressler, Physical Therapist Assistant

WELCOME: RYAN SCHAAL, DOCTOR OF PHYSICAL THERAPY & PROGRAM DIRECTOR



Memorial Hospital's Therapy & Sports Rehab Center is proud to welcome Ryan Schaal, Doctor of Physical Therapy and new Program Director, to their rehab team.

Ryan graduated from Graceland University in Lamoni, IA in 2008. He then attended the University of Missouri and graduated in 2011 with a Doctorate of Physical Therapy. He has been a staff therapist at hospitals and clinics, as well as a network development coordinator, general manager, and program director at locations throughout Mis-

souri. He joined the Memorial Hospital, Therapy & Sports Rehab Center as a DPT and Program Director in December of 2021.

He loves helping people and seeing patients progress through their programs and meet their goals. He is passionate about physical fitness and overall wellness, loves football and being active outdoors fishing, hunting, and spending time with his family.

OCCUPATIONAL & PHYSICAL THERAPY LEADS TO QUICKER STROKE RECOVERY

Every year more than 795,000 people in the US have a stroke. (CDC) American Stroke related deaths per year tally 140,000. On average, one American dies every four minutes from a Stroke.

These are frightening statistics. Most US citizens know family members, friends or community members whom have been affected by a Stroke. The major risk factors are life style choices, high blood pressure, elevated cholesterol, smoking and inactivity.

Know the Signs & Symptoms of a Stroke:

- Sudden numbness or weakness of the face, arm or leg
- Sudden confusion or trouble speaking or understanding others
- Sudden trouble seeing in one or both eyes

Memorial Hospital is a certified Stroke Ready hospital and the team of doctors and nurses are ready in any stroke emergency. After a stroke though, extensive rehab may be needed to regain cognitive skills, speech, and to re-learn basic everyday tasks, this is where the Therapy & Sports Rehab Team steps in. The team of experienced professionals help create a unique rehabilitation plan that focuses on the patient's ability, needs, and goals. With Occupational and Physical Therapy is essential to helping the brain re-learn skills that were lost due to damage during a stroke. Through rehab, patients can regain their quality of life.

STROKE: REHABILITATION

Rehabilitation is Key to Recovery

After a stroke, rehabilitation is key to recovery. Physical, occupational and speech therapies can help you relearn lost skills or help you change how you live to adapt to your new normal.



STROKE REHAB MAY INCLUDE:

- Training to improve mobility and ability to do daily tasks
- Tailored post-stroke exercise program
- Access to cognitive/engagement activities (books, games, computer)
- Speech therapy, if stroke caused difficulty speaking or swallowing
- Eye exercises, if stroke caused a loss of vision
- Balance training for those with poor balance or with a fall risk
- Adaptive strategies to help you function within a “new normal”



If you would like to learn more about
Memorial Hospital's Stroke Rehab Program,
call the Therapy and Sports Rehab Center
for more information, 618-826-4588.

Welcome Dr. Matthew Gaeta, Gastroenterologist

Memorial Hospital Welcomes Dr. Matthew Gaeta, specializing in gastroenterology, to our Specialty Clinic Team.

Dr. Matthew Gaeta specializes in Gastroenterology. He completed undergraduate studies at Washington University in St. Louis, Missouri earning a Bachelor of Science degree in biological sciences. He received his medical doctorate at University of Missouri School of Medicine in Columbia, Missouri. Dr. Gaeta completed an Internal Medicine residency at University of Colorado Health Sciences Center in Denver, Colorado. He then returned to Columbia, Missouri where he completed a Categorical Internal Medicine

residency followed by a Fellowship in Gastroenterology. He is board certified in Gastroenterology.

Dr. Gaeta joins Memorial Hospital's team of specialty providers offering Gastroenterology services beginning January of 2022. Outpatient clinics will be available every other week along with same day surgery procedures.

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



Dr. Matthew Gaeta

Memorial Hospital Recognized for Excellence in Quality of Care



The Illinois Critical Access Hospital Network (ICAHN) recently recognized Memorial Hospital, Chester, for its ongoing commitment to exceptional quality of care, during a ceremony held November 18th at the I-Hotel and Conference Center, Champaign, IL.

Memorial Hospital's Environment of Care and Patient Safety Committees meet monthly to work on maintaining and executing top performance in the four domains of quality outcomes laid out by the Federal Office of Rural Health Policy Medicare Beneficiary Quality Improvement Program (MBQIP). As a Critical Access Hospital (CAH), Memorial voluntarily participates in the four defined domains of quality outcomes, which includes: Patient Safety/Inpatient; Patient Engagement; Care Transitions; and Outpatient Measures.

Memorial Hospital was recognized for being in the top 10% of all critical access hospitals in the country for influenza vaccination coverage among healthcare personnel as part of the Patient Safety/Inpatient Domain. It was also honored for being in the top 10% of all CAHs in the country for exceptional care of emergency department

transfer patients as part of the Care Transitions Domain. "Here at Memorial, the patient is always our first priority," says Brett Bollmann, CEO. "All of our employees are dedicated to ensuring a safe and healing environment for our community and making certain that those who need care that is more advanced are transitioned quickly in order to receive needed treatment as fast as possible."

The Medicare Beneficiary Quality Improvement Program began in 2011 as a way for critical access hospitals to demonstrate the quality of care that they provide. This program has continued to evolve, adding new measures and removing outdated ones. The Illinois Critical Access Hospital Network (ICAHN), located in Princeton, IL, is a network of 57 small rural Illinois hospitals dedicated to strengthening the operations of its member hospitals through collaboration. The organization is composed of Illinois hospitals who have earned critical access hospital designation by the Center for Medicare and Medicaid Services. ICAHN is recognized nationally for its work with rural healthcare and administers several state, federal, and private healthcare programs.

CommonWell: "For the Best Care, Enroll to Share"



FOR THE BEST CARE, ENROLL TO SHARE

Join CommonWell and give your doctors more secure access to your health records, no matter where the information is. They'll be able to make better decisions by sharing information about your health so you get the care you deserve.

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Patients visiting one of Memorial Hospital's locations may be asked to enroll in CommonWell during registration. CommonWell Health Alliance® Services provide access for health care providers to your health information that they may need to care for you. Not be confused with ComWell, which provides mental health, substance misuse and developmental disability care throughout Randolph County. CommonWell is a secure, electronic record of your health history that can be accessed nationwide.

How many times have you had to list your allergies, medications and medical history? With CommonWell, doctors have instant and secure access to your medical information. You no longer have to carry health records back and forth from appointments

or remember what your lab results were or what medications you were prescribed. Through CommonWell's secure medical record network, your health information is available to your doctors regardless of where you received care.

All you have to do is say, "YES" when you are asked to enroll.

How Does CommonWell Help You?

Helps your doctors share information – Primary care providers, specialists, hospitals and more can have more secure, and nearly instant access to your health information.

Gets you faster, better care – less time is spent on paperwork and tracking down records and more time can be spent on your personalized care.

Supports you in case of an emergency – In times when you may not be able to gather your health information, medical staff will be able to look up your allergies, medications, and health problems to better care for you without delay.

Protects your data – CommonWell's electronic sharing is more secure than a fax or paper file. Paper records can easily be misplaced or viewed by others with no tracking of who access that paper record.

Reduces paperwork and hassle – Save time and the hassle of filling out the same health history forms over and over when you see new doctors or go to a specialist in the CommonWell network. Your most up to date health information will be right at their fingertips.

How Does it Work?

Ask to sign-up at any Memorial Hospital location or participating provider location. Enrollment is quick and easy.

Find a list of providers using CommonWell services on the Who is Connected page of the CommonWell site (www.commonwellalliance.org/who-is-connected) or ask your health care provider if they are connected to the CommonWell network.

Community CARE

Memorial Hospital Employees, Out & About in Our Community

Santa's secret shoppers were hard at work again this year, providing Christmas surprises for 41 little girls and boys. The elves (Amy Eggemeyer, Kari Schaefer, and Tom Colvis) loaded up the sleigh and delivered packages to the North Pole for Christmas Delivery! Thank you to all of our employees who contributed to bringing joy and happiness to so many little girls and boys again this year!



VACCINES & BOOSTERS

WHAT IT ALL MEANS AND WHO IS ELIGIBLE



What is in the vaccine?

The COVID-19 vaccines are made of mRNA (messenger ribonucleic acid), a single-stranded piece of genetic material. The mRNA is packed in lipids (very small fat droplets) to help our cells absorb it.



Are the vaccines safe?

YES! The vaccines have been approved by the FDA and CDC. The mRNA vaccines do not contain a live virus so they do not cause infection, and are broken down in our cells naturally.



How do the vaccines work?

The mRNA gives your body instructions to make a viral protein. After your body creates the protein, your immune system recognizes it shouldn't be there and learns how to fight it. This process teaches your body how to protect you from COVID-19. Both mRNA and proteins do not last or persist in our bodies, making it very safe.



Why should children get vaccinated?

While COVID-19 tends to be milder in children compared with adults, it can make children very sick and cause children to be hospitalized. In some situations, the complications from infection can lead to death.



Possible Side Effects

Minor pain, redness, or swelling may occur on the arm where you got the shot. Other common side effects include tiredness, headache, muscle pain, chills, fever, or nausea. Most side effects should go away in a few days.



What is the difference in doses?

The Pfizer-BioNTech Vaccine for children ages 5 through 11 years has the same active ingredients as the vaccine given to adults and adolescents. The dose for children ages 5-11 is one-third of the adults dose. (Smaller needles, designed specifically for children are also used.) Unlike medications, COVID-19 vaccine dosage does not vary by patient weight, but rather by age. Booster doses contain a micro-dose of the original full dose series.



How Many Doses Are Needed?

The Pfizer and Moderna vaccine are two dose vaccines, whereas the Johnson & Johnson vaccine is a single dose vaccine. All first series doses of the vaccine contain a full concentration of the vaccine. People with moderately to severely compromised immune systems should receive an additional dose of Pfizer-BioNTech or Moderna at least 28 days after the second dose.

For a child 5-11 years to be fully vaccinated, they will need to receive two doses of the Pfizer vaccine. Their second dose should be administered 3 weeks after their first dose.

Booster doses are recommended for those 16+ (Pfizer) 18+ (Moderna and Johnson & Johnson). Booster doses contain a micro-dose of the original full dose series.

Memorial Hospital | 1900 State Street - Chester, IL | 618-826-4581 | www.mhchester.com

	Pfizer	Moderna	Johnson & Johnson
Who?	Who is <u>eligible</u> for the COVID-19 Vaccine?		
	Anyone 5+	Anyone 18+	Anyone 18+
	Who is <u>eligible</u> for an Additional Primary Dose?		
	Immunocompromised or High Risk, 5+	Immunocompromised, 18+	No Recommendations at This Time
	Who <u>should</u> get a BOOSTER? Adults 18 years and older.		
When?	Who is <u>eligible</u> to get a BOOSTER?		
	Anyone 12+	Anyone 18+	Anyone 18+
	When should I schedule my SECOND DOSE?		
	21 Days After 1st Dose	28 Days After 1st Dose	No Second Dose Needed
	When should I schedule my ADDITIONAL PRIMARY DOSE?		
What?	28 Days After 2nd Dose	28 Days After 2nd Dose	No Second Dose Needed
	When should I Schedule my BOOSTER?		
	5 Months After Primary Series	6 Months After Primary Series	2 Months After 1st Dose
	Can I Mix & Match Vaccines? It is recommended that <u>first and second doses of your vaccine regimen remain the same</u> . (i.e. if you receive Moderna for your first dose, you will need to receive Moderna for your second dose.) Eligible individuals may <u>choose which vaccine they receive as a booster dose</u> . Some people may have a preference for the vaccine type that they originally received, and others may prefer to get a different booster. CDC's recommendations now allow for this type of mix and match dosing for booster shots.		
Where?	VACCINE CLINICS IN RANDOLPH COUNTY, IL		
	Randolph County Health Department Time: 8:30 am – 11:30 am		
	Please call Health Department at (618) 826-5007 to schedule an appointment. First, second, third for 5 years and older as well as booster doses of the COVID vaccine.		

	Month of 2nd Dose	Month Eligible for Booster*		Month of 2nd Dose	Month Eligible for Booster*		Month of 1st Dose	Month Eligible for Booster*
Pfizer	January	June	Moderna	January	July	Johnson & Johnson	January	March
	February	July		February	August		February	April
	March	August		March	September		March	May
	April	September		April	October		April	June
	May	October		May	November		May	July
	June	November		June	December		June	August
	July	December		July	January		July	September
	August	January		August	February		August	October
	September	February		September	March		September	November
	October	March		October	April		October	December
	November	April		November	May		November	January
	December	May		December	June		December	February

*Not everyone is eligible for a booster at this time. Please reference "Who" is eligible on accompanying sheet. Or visit www.cdc.gov for current guidelines.

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ISOLATION

HOW TO KEEP YOU AND OTHERS SAFE

If you tested positive for COVID-19 or have symptoms,
regardless of vaccination status

CALCULATING ISOLATION

Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first full day after your symptoms developed or your test specimen was collected. If you have COVID-19 or have symptoms, isolate for at least 5 days.

STAY HOME FOR AT LEAST 5 DAYS

- Stay home for 5 days and isolate from others in your home.
- Wear a well-fitted mask if you must be around others in your home.

ENDING ISOLATION

IF YOU HAD SYMPTOMS

End isolation after 5 full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.

IF YOU DID NOT HAVE SYMPTOMS

End isolation after 5 full days after your positive test.

IF YOU WERE SEVERELY ILL WITH COVID

You should isolate for at least 10 days. Consult your doctor before ending isolation.

TAKE PRECAUTIONS UNTIL DAY 10



WEAR A MASK

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.



AVOID BEING AROUND PEOPLE WHO ARE AT HIGH RISK

AVOID TRAVEL

RESULTS

The Illinois Department of Public Health (IDPH) Surge Center is now assuming all contact tracing and case investigation responsibilities. Positive Covid-19 cases will receive an automated message asking you to participate, if you do not participate, "Opt-In", you will not receive any communication or correspondence.

If you have not been contacted with your results **AFTER 3 days**, you can call the hospital for results at 618-826-4581 ext. 1349 Monday-Friday 7a-3p and ext. 1235 after hours and on weekends. If you **need a copy of your COVID-19 Results** you can request a copy of results from Memorial Hospital, call 618-826-4581 ext. 1241 or 1247.

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Medical Explorers are Back in Action



Back L-R: Abby Bollmann, Madison Kribs, Abigail Heinen, Daniel Jones, Jada Long, Macey Ludwig, Mariah Bargman. Front L-R: Annaliese Corbin, Abigail Zweigart, KayLynn Bowerman, Elseah Congiardo, Julia Venus. (Not Pictured: Josalynn Anaya, Kyler Bowerman, Hanna Colvis, Camryn Luthy, Mia Masterson.)

Memorial Hospital welcomes 16 students into this year's Medical Explorers program. Beginning in 2019, the program year was cut short with the events of 2020. At the start of the 2020 program year in September, the post had a virtual start and by the end of the program year, was able to invite students into the building during the summer months for job shadowing. As Memorial starts their third year of the program, they are hopeful to provide a full year of in-person and hands-on exploring in healthcare.

The Memorial Hospital Medical Explorers is a registered post of the nationally recognized branch of the Boy Scouts of America (BSA). Exploring is part of the Learning for Life's career education program for young men and women by the BSA. The program welcomes young adults ages 14-21 who have an interest in healthcare careers. During the program at Memorial, students meet once a month and hear from different departments throughout the hospital, rural health clinic, rehab center, and other community healthcare professionals including first responders. They are also provided hands-on to activities that help them better understand the tasks that healthcare professionals perform each day.

The purpose of the program is to provide experiences to help young people mature and to prepare them to become responsible and caring adults. Memorial's Medical

Exploring Program is designed to create a unique, hands-on structure that provides learning activities for the participants' special interests and help guide them to a future career in the healthcare field.

This year's Explorers include the following students from the listed schools: Chester High School – Josalynn Anaya, Abby Bollmann, Hanna Colvis, Madison Kribs, Camryn Luthy, and Julia Venus. Sparta High School – Annaliese Corbin, Abigail Heinen, Jada Long, Abigail Zweigart. Steeleville High School – Mia Masterson. TRICO High School – KayLynn Bowerman, Kyler Bowerman, Daniel Jones. Gibault High School – Elseah Congiardo. Southwestern Illinois College – Macey Ludwig.

This year students will hear from familiar departments such as Human Resources, Diagnostic Imaging, Nursing, and the Rehab Center. New additions to the program include presentations from the Rural Health Clinic, OR Nursing, Pharmacy, ComWell, and AirEvac (EMS Aid Medical Team). "The goal is to add different and new things each year," says Committee Chairperson, Mariah Bargman. "We want to make the program engaging for students who are in the program more than one year. We have four students in the program this year who have been an Explorer since 2019. So it is important to us that they don't see the same thing each year and are always learning



Kathy Winkler, Director of Pharmacy, teaches students how to read and fill a prescription.



Valerie Blechle, Family Nurse Practitioner teaches students how to use a blood pressure cuff.

new aspects about healthcare and career options."

As an Explorer, students are given privileges to job shadow in many departments and with specialty providers. This helps further their understanding of the daily demands different healthcare workers experience and help them make better decisions in a career path that may fit their abilities and interests.

New this year, Explorers who are seniors in High School or attending college will be able to apply for a scholarship. The scholarship application process includes extra job shadowing hours and short essays. A committee will then evaluate their performance and editorial pieces, and a \$500 scholarship will be awarded by the Memorial Hospital Auxiliary.



Andria Zweigart, Director of Diagnostic Imaging demonstrates sonography.



Any Wunderlich, with ComWell presented to the group on substance misuse and mental health careers

What happened last quarter?

Employee of the Quarter



Brett Bollmann, CEO present plaque to Carrie Jo Dierks

Brett Bollmann, CEO at Memorial Hospital named Carrie Jo Dierks Employee of the Quarter for the Fourth Quarter 2021 on February 10.

Dierks has worked at Memorial Hospital 23 years as a CNA with the last seven in the Infusion and Chemotherapy Department as a Nursing Assistant. When asked what she

likes most about working at Memorial Hospital, Dierks replied, "Taking care of my patients and their family to make them feel the best they can about their visit. I always try to treat my patients and their families like I would want my own to be treated. Working together as a family here at Memorial makes the challenging times better." Her co-workers who nominated her wrote, "Carrie Jo is always at the front making people and patients feel welcome and like they are in good hands. She is so comforting to help patients get through the difficult times. She is also great to work with as she does everything she can to accommodate her co-workers. She volunteers for many things in the community and has jumped in to do COVID testing outside on one of the coldest days of the year because we were overloaded. She is always considerate of the patient and family schedules when she is scheduling patient appointments. This employee is definitely outstanding!"

Dierks resides in Chester, IL. When she

is not affectionately caring for patients she enjoys spending time with her friends and family, playing Pinochle, and making memories that will last forever.

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, Jeanice Brandes, Cook; Tracy Loos, Radiology Technologist 4; Heather Smith, CMA at the Rural Health Clinic; and Ashley Schroeder, LPN at the Rural Health Clinic, were the winners of a monetary award for their star nominations.



Annual Newmark Award and Service Awards

Memorial Hospital presented service awards individually to employees during the week of November 1 in place of their annual large, in-person celebration. Brett Bollmann, CEO, presented recipients with their Service Awards.

The following employees received Service Awards: **5 Years** - Pollyanna Bert (not pictured), Soleil Brunkhorst, Melissa Collins, Amanda Draves, Wesleyan Fadler, Amy Mathis, Bailey McMurtry (not pictured), Ryan Petrowske, Amber Smith, Julie Stern, Lori Williams (not pictured), Rachel Young; **10 Years** - Amy Brown, Tifanie Conway (not pictured), Torrie Davitz, Jennifer Donjon, Beverly Froemling, Christine Goetz, Heather Smith, Lisa Wingerter; **15 Years** - Kathy Bohnert, Apryl Bradshaw, Susan McCoy, Linda Young; **20 Years** - Georgia Allen, Laura Cleiman, Kimberly Ruebke, Heather Williamson; **25 Years** - Carla Fedderke; **35 Years** - Jacinta Mulholland; **45 Years** - Carol Buckholtz and Carol Schulein.

Retirees from 2021 for this year received a gift commemorating their time at Memorial. Those honored, included: Ida Harriss – 26 years (not pictured), Reta Mott – 27 years (not pictured), Debra Herring – 42 years, Pamela Schroeder – 28 years, Lisa Austin – 39 years (not pictured).

The **2021 Israel D. Newmark Memorial Award** was presented by Chief of Medical Staff, Dr. James Krieg during a Medical Staff Meeting on November 17th. This year's recipient Amy

RETIREEES



Eggemeyer, Care Coordinator Manager at Memorial Hospital, was presented with a plaque. She has worked at Memorial for 4 years. Dr. Krieg read the following words from coworkers, "This employee makes each and every patient she comes in contact with feel like family. She shows compassion by comforting patients and their loved ones during some pretty stressful and complicated situations. She has a knack for remembering the names of patient's relatives, various appointments, patient likes/dislikes, etc. We believe it is because she genuinely cares for them. She is always professional and treats her peers with respect. Always upbeat and ready to boost morale. I have heard more compliments from our patients and families in the last couple of years since she has taken on her new role. She works

What happened last quarter?

extremely hard at what she does and takes pride in giving our community outstanding care during their stay. She makes sure that every detail of their care while at the hospital and when they return home are in order.”

Eggemeyer was honored to receive the award and had these words to say about her career at Memorial,

“I absolutely love my job at Memorial Hospital. I work with a fun bunch of people, not only nursing staff, but other departments as well. I love working with the community. There is nothing I love more than getting a phone call asking about our swing bed program and what I can do to help get either themselves or a family member in. I have a lot of pride in our hometown hospital. ”

NEWMARK AWARD



2021 SERVICE AWARD RECIPIENTS

What happened last quarter?

DAISY Awards



L-R: Susan Diddlebock, Chief Nursing Officer; Jerina Reese, RN; Kaitlynn Smith, RN; Lisa Wingerter, LPN; Marci Klein, RN; Kim Fedderke, RN; Heidi Knop, RN; Any Eggemeyer, Patient Coordinator Manager. Not pictured, Lane Gibbs, RN; Austin Gendron, RN; Audrie Otten, RN; and Vicki Hamer, RN

Memorial Hospital of Chester held its bi-annual DAISY Award® Ceremony on December 14, 2021. The ten nurses nominated for The DAISY Award® For Extraordinary Nurses were, Jerina Reese, RN; Kaitlynn Smith, RN; Lisa Wingerter, LPN; Marci Klein, RN; Kim Fedderke, RN; Heidi Knop, RN; Audrie Otten, RN; Lane Gibbs, RN; Austin Gendron, RN; and Vicki Hamer, RN. **Lisa Wingerter, LPN** at Memorial Hospital's Rural Health Clinics was honored with being recognized as the DAISY Award® recipient for the second half of 2021. The award is part of the DAISY Foundation's programs to recognize the super-human efforts nurses perform every day. Memorial joined the program in 2020 and holds an Award Ceremony two times a year to recognize their nurses who go above and beyond.



Wingerter, resides in Chester, IL and has been employed at the Rural Health Clinics since 2011. Wingerter received two nominations, one from a patient and one from her co-worker, which read:

"Every time I go to the clinic, Lisa is there to greet me with a smile. She is always in a good mood and quite wonderful at her job. I always like seeing her when I am there. She helps keep track of what I need and makes these visits enjoyable."

"Lisa is an amazing nurse and truly cares for her patients. She always goes above and beyond to make sure they are taken care of and understand the plan of care. A large majority of her patient population is elderly and need more time and more detailed explanations and Lisa always takes that extra time with them. Recently Lisa had a patient who had done multiple tests throughout the week to figure out what was causing them horrible pain. The final test result came back on a Friday afternoon that lead the patient needing an urgent referral and procedure. Due to insurance, this process became long and complicated. Lisa brainstormed with providers, co-workers in the clinic and multiple departments within the hospital to make sure this patient was able to have the procedure before the weekend. While juggling multiple phone calls and questions, Lisa continued to work on the floor with her provider to keep their scheduled patients flowing. Lisa is a great resource for her co-workers and always jumps in to help when needed."

Wingerter was surprised and honored to receive the DAISY Award®, she remarks, "I love being a nurse! This is such an honor and I feel blessed that his family has chosen to celebrate nurses in this manner. There are so many strong and wonderful nurses in the world that deserve to be acknowledged for what they do and how they care for patients. Nurses are a tight group and I love and appreciate all of the nurses that I have had the privilege to work with during my 20 years of nursing." She feels lucky to work in an office setting where she is able to get

to know her patients on a personal level. "I love when they come in for an appointment and are so excited to show me updated pictures of their grandchildren, vacation or pets." She is grateful that someone sees her as hope in their life when things are not going well. She loves the people she works with and says, "they are more like family and they make it fun to come in to work even on the tough days."

The additional nominations submitted, included the following:



Heidi Knop – submitted by a patient, "I came to the ER with what I suspected was diabetic ketoacidosis. After taking my vitals, the ER nurse had me wait in triage for a room with an attached bathroom. Nurse Heidi came into the triage room and knew right away I was in diabetic ketoacidosis. She immediately took me to get a gown on, into a bed, and started fluids on me. By the time I got the gown on, a room had opened up and she took me straight into the room. I credit her for saving my life because of the quick action she took to start my care as quickly as possible. I've told everyone I've talked to she was my guardian angel in the ER that day."



Marci Klein – submitted by a co-worker/patient family member, "Marci is a wonderful nurse and co-worker. When I brought my child into the ER because I was concerned about his breathing

due to being RSV positive, she did not hesitate to bring me straight back to a room. She checked his oxygen right away and let the doctor know what was going on. She made me feel more relaxed being there for me and my child and not only made sure he was taken care of but me too. She made sure we had everything we needed on discharge and even worked part of my shift the next day so I could be at home with him. I couldn't be more thankful for her care as a nurse and her consideration as a co-worker.

Kaitlynn Smith - received two nominations from co-workers, "A patient had been

What happened last quarter?



in the hospital for a few weeks with COVID and had several medication changes during that time. The patient wasn't quite sure what they had at home anymore and what they did not so after they were discharged there were about six medications on their list that they did not have. Their family member called the next day realizing that they didn't have these medications almost frantic. Kaity spent over an hour on the phone going through each medication with them and talking to the doctor and the pharmacy to make sure that they had everything that they needed. The patient had even lost the remainder of a 90 day prescription and was unable to fill it through insurance so Kaity looked on good RX and found it where they could get this medication for \$15.00 rather than the over \$200.00 that it would have cost for the cash price and then called that prescription to a pharmacy. At the end of this, over an hour-long ordeal, I could overhear how grateful the patient's family member was for Kaity taking all this time to help them and they thanked her profusely. Most impressively though, all Kaity had to say at the end of all of that was, 'Well, that's settled.' I was so proud of her patience and kindness."

"I want to nominate Kaity because of her dedication to her patients, especially how she has gone above and beyond for an emergency room patient who was recently referred to [extended care]. Katie, another employee and myself, were able to work together as a team to make sure that this particular client could access much needed resources in an area they were unfamiliar with and where they did not have much familial support. It is an amazing thing to see organizations work together so well to help our community and its citizens and Kaity showed amazing compassion and empathy."

Kaity feels honored to be nominated for the DAISY Award. She quotes Bill Belichick in stating, "On a team it's not the strength of the individual players, but it is the strength of the unit and how they all function together." She feels lucky to be able to work beside amazing team mates who support and encourage each other. She enjoys working

with her team and caring for the community.



Jerina Reese – Received a nomination from a patient's family, "Her patience and understanding dealing with my elderly father had no bounds. NONE!"



Kim Fedderke – Is a multi-nomination recipient and received a nomination this half of 2021 from a patient. "I came in to convenient care with a very sore neck. The pain came and went. Kim F. was very nice and helpful about what I was experiencing. After a short while, Kim told me Dr. Carr was working that evening. Dr. Carr was also very nice and helpful. Dr. Carr ordered a CT scan of my neck. Nurse Kim Fedderke helped me in whatever it was I needed. She was always very nice and friendly as to whatever I needed, asking if I needed a blanket and brought me water while being very pleasant and seeing to my needs while being very professional in her duties as my nurse. I would highly recommend nurse Kim Fedderke and want to thank her for everything she did for me. Kim has helped me before not too long ago. Again, she was very thoughtful while being very professional doing her duties as a nurse. May god bless you and your always, I know you'll keep up the great work. Thank you so much Kim Fedderke. She is a credit to her profession."



Audrie Otten – Received a nomination from a patient, "I went to the ER one morning. This nurse took my symptoms and got me in bed. She came back where I was and checked on me several times.

She was very comforting and optimistic about my condition, and explained all my meds before I went home. Also Dr. Britt explained everything well."



Lane Gibbs – Received a nomination from a patient, "I came into the ED with chest pains, Lane was my nurse, it turns out I was having a heart attack. Lane was kind, atten-

tive and communicative. If I had questions, Lane was prompt with answers. He made sure my family and I knew what and why all treatments were happening. I honestly felt that he cares about his patients and wants to make sure they get the best care possible. An extra note, all of the staff took my situation seriously and were beyond professional."



Austin Gendron – Received a nomination from a patient, "I was in the hospital for crisis and Austin was nice and put Netflix on for me on his laptop and we even played some card games. He was an awesome conversationalist in my time of waiting to be transferred. He was really awesome and super sweet."



Vicki Hamer – Received a nomination from a patient, "I came in not having any idea what was causing my pain. Vicki was great. She listened, explained things well and did a great job starting an IV. As a nurse myself, I couldn't have ask for better care."

Nurses at all of Memorial Hospital's locations, including the rural health clinics, can be nominated for the DAISY Award®. Patients, family members, and co-workers can request paper forms at any of our locations or visit our website at www.mhchester.com to nominate a nurse.

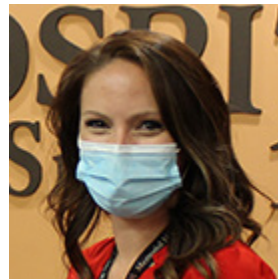
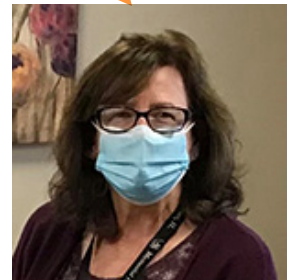
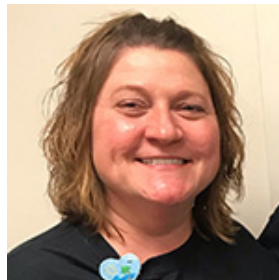
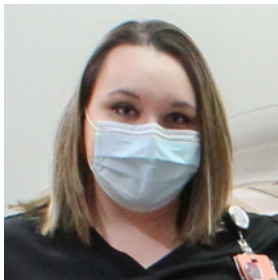
The not-for-profit DAISY Foundation is based in Glen Ellen, CA, and was established by family members in memory of J. Patrick Barnes. Patrick died at the age of 33 in late 1999 from complications of Idiopathic Thrombocytopenic Purpura (ITP), a little known but not uncommon auto-immune disease. The care Patrick and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient families.

Said Bonnie Barnes, FAAN, CEO and Co-Founder of The DAISY Foundation, "When Patrick was critically ill, our family experienced first-hand the remarkable skill

(Continued on Page 16)

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): Amanda Springston, Receptionist - RHC; Greg Griffith, LPN; Kaitlyn Bindel, Radiology Tech. 2; Cambrea Doeding, Medical Lab Technician; Amber Smith, LPN; Kathryn Guetersloh, Cook; Peggy Williams, HIM Associate; Kim Jacoby, RN; Kathy Winkler, Director of Pharmacy; Apryl Bradshaw, Executive Assistant; Michelle Tripp, RN; Angela Mohring, Infection Control Nurse - RN; Katie Jones, Admitting Representative.



DAISY Awards

(Continued from Page 15)

and care nurses provide patients every day and night. Yet these unsung heroes are seldom recognized for the super-human work they do. The kind of work the nurses at Memorial Hospital are called on to do every day epitomizes the purpose of The DAISY Award.”

For a complete listing of healthcare organizations currently running the program, please go to <http://DAISYfoundation.org>.

In addition to the DAISY Award for Extraordinary Nurses, the Foundation expresses gratitude to the nursing profession internationally in over 4,600 healthcare facilities and schools of nursing with recognition of direct care Nurses, Nurse-led Teams, Nurse Leaders, Nurses Advancing Health Equity, Nursing Faculty, Nursing Students, Lifetime Achievement in Nursing and through the J. Patrick Barnes Grants for Nursing Research and Evidence-Based Practice Projects, Medical Mission Grants their new Health Equity Grant program. More information is available at <http://DAISYfoundation.org>.





Pharmacy Pick-Up Counter: Jerre Atchison, Pharmacist

(Above and Right)
Cardiopulmonary Waiting
Room: Georgia Allen,
Director of Cardiopulmonary.
Procedure room: Kenneth
Stout, Respiratory Therapist.



delivered bedside by staff, they can stop by the pharmacy before they leave, or they can pull around curbside at the designated parking spots and have their medications brought to them before they head home.

At Memorial, our patients and the healthcare of our community are top priority. We are excited about the many renovations, advancements, and improvements to patient and employee workflow we have completed and look forward to sharing with you the many more to come.

(Continued from Page 1)

New Units Now Open

Services of Memorial's Nuclear Medicine Department include, but are not limited to, cardiac studies, bone studies, gall bladder studies and infection studies. Nuclear medicine procedures can be used to diagnose hyperthyroidism (Grave's Disease), cardiac stress, orthopedic problems, abnormal function or blockages of gall bladder or liver, as well as for metabolic brain evaluations, and the staging of oncology patients.

At the far end of the hallway, visitors and patients will find the pharmacy. The pharmacy has always been an active part of hospital providing vital medication for in-patients, chemotherapy and infusion patients, drugs for operations, and various other procedures at the hospital. With their new location, the Memorial Community Pharmacy is excited to add a few other additional services to their line of care, one of which includes Meds-to-Beds program. This new service provides a convenience to patients at Memorial. "Prescriptions written at the hospital can be filled during our hours," explains Kathy Winkler, Pharmacist and Director of Pharmacy, "this way, patients don't have to make additional stops." While the patient is awaiting discharge, their medications can be filled, so when it is time to go home, they can do just that...go home...no additional stops along the way. Meds-to-Beds provides a convenient service to both the patient and the family unit. The patient is able to travel uninterrupted to their home to continue the healing process in a familiar environment. Medications can be

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.

”

VOLUNTEER & AUXILIARY NEWS

Tree of Remembrance



Memorial Hospital Auxiliary's 2021 Tree of Remembrance fund drive raised a total of \$8,483. 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. Auxiliary Board President, Mardell Granger presented a check for the purchase of two chairs to Board President, Tom Search at the February Board meeting. The Memorial Hospital Auxiliary Board would like to thank those who donated to the 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.

Thank You to This Year's Contributors

DONATIONS INCLUDE:

- Evelyn Schuerk
- Ron and Jill Arbeiter
- Danny and Marla Cowell
- Frank and Sandra Benedict
- Mary and Michael Sulser
- Chester Family Dental
- Arbeiter Law Offices
- The American Legion Alva Courier Post #487
- Colvis Investment Services
- Chester National Bank
- Chester Animal Hospital, LLC
- Chester Masonic Lodge #72
- Buena Vista National Bank of Chester
- Randolph County Abstract
- Dr. James and Betty Krieg
- American Legion Auxiliary Alva Courier Unit #487
- Dr. Robert and Pauline Platt
- Alpha Upsilon Master MA 1242
- Chester Women's Club
- Dieterich Bank
- Joan Jones
- City of Chester
- Ruth Petrowske
- James and Linda Sympson
- St. Mary's Knights of Columbus
- American Legion Auxiliary, Steeleville, IL
- Thomas and Vicki Search
- Andy's Auto Body of Chester
- Randolph County Housing Authority
- Larry and Melissa Soellner
- Dr. Stephen and Diane Platt
- Richard and Mary McDaniel
- State Farm Insurance Companies - Paul Gentry
- Anonymous
- VFW Kaskaskia Post 3553
- Retha Jones
- Donald Geraldine
- Chester Grade School "Positive Give Back to the Community" project
- Fraternal Order of Eagles, Chester, IL
- Dr. Lisa Lowry-Rohlfing and Mr. Rodney Rohlfing
- Dr. James and Betty Krieg
- Dr. Stephen and Diane Platt
- Dr. James and Sarah Kirkpatrick
- Shirley Hohgreffe
- Barbara Hall
- Thomasine Buatte
- Falkenheim Accounting & Tax Service, P.C.

MEMORIALS INCLUDE:

- Beta Nu Chapter, In memory of BSF Sisters
- Mary Alice Welge and Julia Saak, In memory of Mr. & Mrs. Brockey Childers and Frances Jarvis
- Mary Alice Welge and Family, In memory of Donald E. Welge; Mr. & Mrs. William H. Welge; and 1st Lt. Bruce R. Welge.
- The Mike Vasquez Family, In loving memory of Dan & Blanche Vasquez and John & Rudelle Fulford
- Beverly Bollman, In memory of Donald Bollman
- Donna Clendenin, In memory of Leonard Clendenin, James Monfredini, James L. Monfredini, and Pansy Monfredini
- Russ and Linda Rader, Remembering our Brothers PFC Leonard Nitzsche and L/CPL Charles Rader
- Chester Electrical Supply, Inc., In memory of Willard & Elvera Rathert
- Pechacek Funeral Homes, In memory of Ron Pechacek
- Friends of Elaine McClure and her Daughter, In memory of Elaine McClure
- Dr. Allan and Louise Liefer, In memory of our parents, Sam & Mathilda Stermer and Elmer & Elsie Liefer
- The Manor at Craig Farms, In memory of beloved residents of the Manor at Craig Farms
- Darlene Gentsch, In memory of my parents Mr & Mrs Gale & Fleta Armes
- Janice Dettmer, In memory of Ray Dettmer and John Dettmer
- Janice Dettmer, In memory of Wilma Kothe
- Janice Dettmer, In memory of John & Rose Leaders and Herman & Louise Dettmer
- Ed & Kim Holsapple, In memory of Rev. George W. & Ida Farmer; Dale & Verna June Bierman; Claude Holsapple Sr.; Merlin & Wilma LaRose; and Ronda LaRose
- Dale & Marsha Link, In memory of Charles Link; Jeen Link; Harold Link; Ina Link; Jack Link; Ronald Link; Faye Magers; and Dan Magers
- Steven S. Sympson, In memory of Arnold E. Fey
- Steven S. Sympson, In memory of Uncle Terry and Aunt Martha Brelje
- Steven S. Sympson, In memory of Cousins Travis and Rebecca Young
- Patricia Friess Memorial for the Friess Family - John, Mary and Bob
- Ida Gaertner and Family; Gary and Stan Gaertner, In memory of Paul Gaertner
- Judith Petrowske, In memory of Don Petrowske
- Larry and Joyce Surman, In memory of Lori McCartner and Ronny Yankey
- Michael and Betty Welge, In memory of Mr. & Mrs William H Welge; 1st Lt. Bruce Welge; Mr. Donald Welge; Mr. & Mrs. Bernie Cushman; Mr. Michael Joseph Cushman; Mr. Herbert Holzum; Mr. & Mrs. Jerry Davitz
- Dave Holder and Dina Chandler, In remembrance of Jim and Darlene Holder
- Joe and Marla Johnson & Family, In memory of Cole Carnahan
- Norbert and Mary Stumpe In memory of Cynthia Baldwin and Joann Kastner
- Auxiliary Board of Directors, In memory of Ken Bollmann
- Mardell Granger, In memory of Gottlieb & Marie Moeller; Frank & Emma Granger; and Ralph F. Granger
- Derek's Lawn Service, In memory of Joe Niermann
- Dave and Mary Verseman, In memory of Roger Petrowske, Brian Petrowske and Donald Verseman
- The Kordys Family, In memory of Harry and Bonnie Jones
- Emily Lyons, In memory of Blasé, Camille & Al Lyons
- McFaddin's Kennel - Judith McFaddin, In memory of Elaine McClure
- Joan Barnes, In memory of Lester Tindall and Millie Layton
- Steve and Jane Stallman, In memory of Joseph T. Akers; Sylvia Akers; and Paul C. Stallman
- Judi Hirte, In remembrance of my parents - Bernice Van Zant & Keith Rednour and my life partner Quintin Huck
- Gordon & Barbara Holley, In memory of our parents Gordon V. & Roseanne Holley and Charles & Louise Hirte
- Steven J. Sympson, In memory of Grandparents Gerhard and Virginia Brelje
- Steven J. Sympson, In memory of Grandparents Paul and Wilma Sympson
- Elizabeth A. Reiss, In memory of my parents J.L. & Cecelia Montroy
- Lisa Feldmann, In memory of Bob, Dorothy and Boo Mueller, Jan Becker and Harold and Kenny Feldmann
- Larry and Imogene McDonough, In memory of loved ones
- Mr. Paul Zemlyn and Mr. & Mrs. Donald Meadows, In memory of Dr. & Mrs. Milton Zemlyn
- Bob and Linda Marcinkowska, In memory of our daughter Megan Marcinkowska
- Pat Olson, In memory of Dorothy Olson
- Carolyn Schwent, In memory of Gary Schwent, Mike Jungewaelter, Karen Deppe, Rick Cash, Phil Fluck, and Larry Costilow
- "B.V. Gals", In memory of Rosie Craig, Marion Lutz, Millie Layton, and Carole Malley.
- Barb & Keith Kittell, In memory of Kris and Kyle Kittell
- The Guthman Family, In memory of John and Jessie Guthman; Bonnie Jones; Harry M. Jones; and Donna Strothmann
- Ken & Virginia Rowold, In memory of WM. O. & Irene Welge, Robert C. Welge, and Otto & Mabel Rowold
- Mary and Glenn Long, In memory of all deceased family and friends
- Shelby Cushman, In memory of Fran Heggemeier
- Marvin Dudenbostel In loving memory of Shirley A. Dudenbostel
- Marvin Dudenbostel and Family, In loving memory of Shirley A. Dudenbostel
- Robert & Brenda Owen, In memory of Roger & Betty Ohlau; and Phil & Jane Owen
- Darrel Ehlers, In memory of Carol Ehlers
- Steven J. Sympson, In memory of My Cousin, Victor Cowell Brelje
- Memorial Hospital Auxiliary, In memory of Norma Grecco-Woods
- The Honorable Judge Richard Brown, In loving memory of Barb Brown

MEMORIAL HOSPITAL'S SERVICES

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

MEMORIAL HOSPITAL'S SPECIALTY PROVIDERS

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

Allergy/Immunology Douglas Berson, M.D.	Oncology/Hematology Justin Floyd, D.O.
Audiology C. Joseph Hopper IV, AuD	Orthopedics Robert Golz, M.D. Robert Deaton, FNP-C
Cardiology John Groll, M.D. Raffi Krikorian, M.D. Gangadhar R. Malasana, M.D. Caitlin Edwards NP	Otolaryngology/ENT Samuel Medaris, M.D.
Gastroenterology Matthew Gaeta, M.D.	Pain Management Tong Zhu, M.D. PhD.
General Surgery Ziya Baghmanli, M.D. Margret De Guzman, M.D.	Podiatry Amanda Hart, DPM
Nephrology Vamsi Chilluru, M.D.	Sleep Lab Terry Brown, M.D.
Neurology James Goldring, M.D.	Urology Sam Stokes III, M.D. Wesley Howell, PAC
	Vascular Surgery Ricardo Rao, M.D.
	Wound Center Margret De Guzman, M.D.

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

Welcome New Employees

Laurie Treece	Kayla Buch
Madeline Layton	Jennifer Morgan
Aaron Stern	Audrey Hopper
Megan Steinmetz	Tonya Farrar
Sarah Williams	Ashlee Nanney
Crystal King	Laura Nihells
Jonathan Takahashi	Kayla Bert
Brandon Misselhorn	

Congratulation Retirees

Lisa Austin	Diana Thompson
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24 HOUR EMERGENCY ROOM SERVICE



CONVENIENT CARE

HOURS:

SUNDAY-SATURDAY

8:00AM - 8:00PM

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

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

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



JOIN OUR TEAM

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

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