



MEMORIAL
HOSPITAL'S
The LAMP
QUARTERLY NEWSLETTER



L-R: Cindy Snider, FNP-C, Angela Albertini, PA-C, and Jamie Hess, PA-C

Memorial Hospital Announces CONVENIENT CARE Provider Team

Memorial Hospital is pleased to welcome three exceptional providers to its new Convenient Care clinic, opening February 2026 in the Medical Office Building addition on the hospital campus. The expanded walk in clinic will enhance access to timely, patient centered care for families across the region.

Leading the Convenient Care team is Cindy Snider, FNP-C, a familiar face to many in the community. Cindy began her healthcare career at Memorial Hospital nearly three decades ago and is grateful for the opportunity to once again care for the community she calls home. Known for her warm approach and deep compassion, Cindy values building meaningful connections with patients and finds great purpose in helping others feel better, faster.

Joining Cindy are two well known providers who have long served Memorial Hospital patients: Angela Albertini, PA-C, and Jamie Hess, PA-C.

Angela has been part of the Memorial Hospital family since 2009, caring for patients in both family practice and the Wound Clinic. She is appreciated for her steady presence, her ability to put patients at ease, and her commitment to providing thoughtful, thorough care.

Jamie, who also joined Memorial Hospital in 2009, previously cared for patients in the Rural Health Clinics for 12 years. She is known for her calm, reassuring approach and her ability to help patients navigate sudden or urgent health concerns with confidence. Jamie values listening closely, easing worries, and providing clear

next steps so patients feel supported and understood. A longtime resident of the region, she is grateful for the opportunity to once again care for her local community.

“We are thrilled to welcome Cindy, Angela, and Jamie to our new Convenient Care clinic,” said Torrie Davitz, Rural Health Clinic Director. “Their compassion, experience, and dedication to patient care will strengthen our ability to provide accessible, high quality services to the communities we serve.”

The new Convenient Care clinic will offer walk in access for minor illnesses, injuries, and other non emergent needs — giving patients a convenient option for care without the need for an appointment. This expansion reflects Memorial Hospital’s ongoing commitment to providing comprehensive, close to home healthcare for the region.

Memorial Hospital looks forward to celebrating the opening of the new clinic in February 2026 and welcoming patients to meet the providers who will be caring for them.

The new Convenient Care clinic will offer walk in access for minor illnesses, injuries, and other non emergent needs, expanding Memorial Hospital’s commitment to convenient, comprehensive care close to home.

Memorial Hospital looks forward to celebrating the opening of the new clinic on February 9 and welcoming patients.

See details on the new walk-in clinic on page 2.



FAMILY HEALTH CARE

Newborn Through Geriatrics

Immunizations
- VFC Provider

Injection Therapy
Family Planning

DOT Physicals

Minor In Office
Procedures

Same Day Appointments

School & Sports
Physicals

CHESTER CLINIC

1900 State Street - Chester, IL 62233

618-826-2388

STEELEVILLE FAMILY PRACTICE

602 W. Shawneetown Trail - Steeleville, IL 62288

618-965-3382



Dr. James Kirkpatrick, M.D.

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

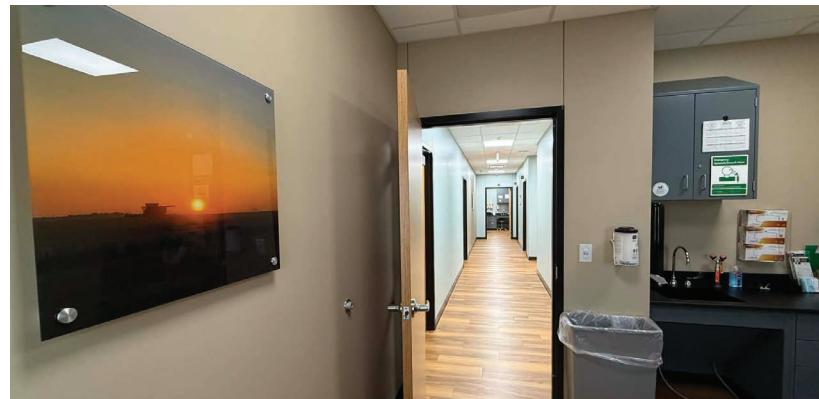
Dr. Joseph Molnar, D.O. • Dr. Zachary Orme, D.O.

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

Cassandra Chambers, APRN, FNP-BC

Mindy Dudenbostel, APRN, FNP-C

Convenient Care Moves to Medical Office Building on February 9



Memorial Hospital is excited to announce that Convenient Care will open in its new location on February 9, 2026, inside the Medical Office Building addition alongside the Chester Clinic. While Convenient Care has long been a trusted service for our community, this move brings a fresh, more comfortable space and greater convenience for patients.

For years, Convenient Care operated within the Emergency Department. Relocating the clinic gives patients a calmer, more efficient experience, without the need to wait alongside emergency patients who must take priority.

Why Choose Convenient Care?

Convenient Care is designed to meet the needs of busy families and individuals who want timely, affordable care for minor illnesses and injuries. Many patients find it to be a great care option because:

- **It's more affordable.** Convenient Care visits are billed at a lower rate than Emergency Department visits.
- **Insurance denials are less likely.** ER claims can be denied if the visit is deemed "non-emergent," leaving patients responsible for the bill.
- **You're seen quickly.** Convenient Care is ideal for minor issues that don't require emergency treatment.
- **Saturday hours add flexibility.** Care is available even on weekends.
- **It keeps your care close to home.** With access to lab work, imaging, and follow-up care right next door at Memorial Hospital, patients benefit from seamless, local support.
- **It supports continuity of care.** Providers can easily coordinate with your primary care team, ensuring your health history stays connected and up-to-date.
- **It offers a more comfortable experience.** The new clinic features larger, private exam rooms and a spacious waiting area designed with patient comfort in mind.

"We are thrilled to welcome Convenient Care into our Rural Health Clinic space," said Torrie Davitz, Rural Health Clinic Director.

"This move strengthens continuity of care for our patients by keeping their walk-in, primary, and follow-up services under one roof."



Hours of Operation

Monday–Friday

8:00am–11:30am | 12:00pm–5:00pm

Saturday

8:00am–11:30am | 12:00pm–1:00pm



"Having immediate access to diagnostic services like lab work and imaging right next door means our patients receive faster answers and a smoother overall experience. We're proud to offer a space that is not only more convenient, but also more comfortable and patient-centered."

How the Walk-In Clinic Works

Memorial Hospital's Walk-In Clinic is open Monday through Saturday, and no appointment is needed.

- Upon arrival, a clinical assistant will complete an initial assessment.
- Based on your symptoms, the clinical assistant or medical provider will determine whether Convenient Care is the right setting for your needs.
- If your condition qualifies, you'll be seen at the Convenient Care rate. If a higher level of care is needed, you'll be directed to the Emergency Department. Any lab work, imaging, or medications will be billed separately — and all are conveniently located just steps away.
- To keep Convenient Care affordable, patients are asked to pay their Convenient Care co-pay at the time of service.

What Can Be Treated in Convenient Care?

Bruises, Sprains, & Pulled Muscles

Colds, Flu-Like Symptoms, and Fever

Earaches and Sore Throats

Small Cuts Needing Four Stitches or Fewer

Minor Burns

Back Pain

Headaches (previously evaluated)

Scrapes, Scratches, Mild Rashes

Insect Stings or Mild Reactions

Urinary Tract Infections Without Fever or Vomiting

Eye Scratches or Foreign Objects in the Eye

Objects Stuck in the Nose or Ears

Sinus Infections

School, Sports, and Employment Physicals

(payment due prior to exam)



833 Lehmen Drive - Chester, IL 62233

618-826-4588

Caring for you throughout your life span.

Treating pediatrics, youth, adults, and geriatrics.

SPECIALIZED SERVICES:

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

SPECIALIZED EQUIPMENT:

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



Ryan Schaal, *Director of Therapy & Physical Therapist*

Kristyn Riley, *Physical Therapist*

Megan Stewart, *Occupational Therapist*

Isabel Carron, *Speech-Language Pathologist*

From First Words to Recovery: Full-Spectrum Speech Therapy Services



Clear communication and safe swallowing are essential parts of everyday life. At Memorial Hospital's Therapy & Sports Rehab Center in Chester, Speech-Language Pathologist Isabel Carron, M.S., CCC-SLP, provides personalized care to help children, adults and seniors strengthen their speech, language, voice and swallowing skills.

Helping Children Find Their Voice

Isabel supports children with speech and language delays, articulation challenges and childhood apraxia of speech. Her sessions include motor-planning exercises, play-based learning and family coaching to build confidence and communication skills. She also provides articulation therapy for sound production.

Fluency, Clarity and Confidence for All Ages

For children and adults who stutter or clutter, Isabel offers fluency-shaping techniques, stuttering modification and strategies to improve speech rate and clarity.

Voice Therapy and Vocal Wellness

Individuals with voice disorders, such as dysphonia or muscle tension dysphonia, receive targeted treatment, vocal hygiene education and techniques to reduce strain and improve vocal quality.

Support After Stroke or Brain Injury

Isabel helps stroke and brain injury survivors rebuild communication and thinking skills through vocabulary practice, narrative skills, memory strategies, and problem-solving exercises.

Swallowing and Age-Related Communication Needs

For older adults with dysphagia, Isabel provides swallowing evaluations, diet recommendations and exercises to strengthen the muscles involved in safe eating and drinking.

Autism, Social Communication and AAC

Isabel works with individuals on the autism spectrum to build social communication skills and supports nonverbal clients through augmentative and alternative communication (AAC) devices.

Partnering With Families Early

Early intervention makes a powerful difference. Isabel guides families through developmental language delays and home strategies that encourage communication growth.

At Memorial Hospital's Therapy & Sports Rehab Center, Isabel Carron delivers compassionate, evidence-based care designed to help every patient unlock their potential.

To schedule an appointment, call 618-826-4588.



Memorial Hospital is alerting our community to an increase in phone scams that appear to come from local phone numbers. These calls are designed to trick individuals into sharing personal or financial information. While these calls may look legitimate, they are not from the listed number.

What to Watch For

Phone scams often include the following warning signs:

- The caller asks for personal information such as your Social Security number, passwords, or bank information.
- The caller pressures you to act quickly or claims there is an urgent problem.
- The caller refuses to let you hang up or insists you stay on the line.
- The caller's tone or message feels unusual, unexpected, or "off."
- You are not expecting a call from that number.

If something doesn't feel right, trust your instincts.

How to Handle a Suspicious Call

- Do not share your personal information if you feel it is a scam call.
- Hang up immediately.
- Call the listed person/business directly using the number listed on their website or your billing statement to confirm whether the call was legitimate.
- Report the call to the business so they can track ongoing activity.

Reporting suspicious calls helps protect the entire community.

If You Have Already Shared Personal Information

If you believe you may have given out personal details during one of these calls, there are steps you can take right away to protect yourself:

- Consider enrolling in an identity protection or credit monitoring service.
- Monitor your bank accounts, credit cards, and insurance statements for unusual activity.
- Contact your financial institution if you shared banking information.
- Review your credit reports for any unfamiliar accounts or inquiries.

Taking action quickly can help reduce the risk of identity theft.

Cardiopulmonary Receives New Pulmonary Function Testing Machine



Georgia Stipe, Director of Cardiopulmonary and Kenneth Stout, Respiratory Therapist with new PFT machine.

Memorial Hospital is proud to announce the installation of a new PowerCube+ Series Pulmonary Function Testing (PFT) machine, manufactured by Ganshorn, in the Cardiopulmonary Department. Installed on January 27, this state-of-the-art system replaces equipment that has served the community for more than 25 years; bringing a new level of precision, comfort, and diagnostic capability to patients.

PFTs are a group of noninvasive breathing tests that measure how well the lungs are working. They play a vital role in diagnosing and monitoring conditions such as asthma, COPD, emphysema, and other respiratory diseases, as well as helping providers evaluate how well

treatments or medications are working. At Memorial Hospital, all PFT results are over-read by Dr. Spence, Pulmonologist, ensuring expert interpretation and continuity of care.

The new PowerCube+ system uses ultrasonic technology, which allows for exceptionally precise measurement of lung volumes, airflow, and gas exchange. This level of accuracy supports earlier detection of respiratory issues and more tailored treatment plans. This is an important advantage for patients managing chronic lung conditions.

For patients, this means:

- More accurate results, leading to clearer diagnoses
- Better monitoring of disease progression and treatment effectiveness
- A smoother, more comfortable testing experience

For clinicians and staff, the system's user-friendly design streamlines the testing process, reduces setup time, and enhances workflow. Georgia Stipe, Director of Cardiopulmonary, noted that the installation was quick and the team has found the system intuitive and efficient to use.

By investing in this advanced technology, Memorial Hospital continues its commitment to offering high-quality specialty services close to home. This is an important benefit for individuals with chronic breathing issues who may already face mobility or fatigue challenges. With enhanced diagnostic capabilities and improved patient experience, the Cardiopulmonary Department is better equipped than ever to support the long-term lung health of our community.

WELCOME NEW EXECUTIVES AND DEPARTMENT LEADERS



L-R: Kelly Jany, Susan Diddlebock, Sara Harris, Andria Zveigart



Memorial Hospital is announcing multiple key leadership transitions that reflect the organization's continued commitment to strong, experienced leadership and high-quality patient care. The Memorial Hospital Board of Directors has approved the appointment of Susan Diddlebock, RN, BSN, MHA, RHCNOC as the new Chief Operating Officer. Diddlebock has served as Chief Nursing Officer since 2013, guiding Memorial's nursing teams with steady leadership and a deep understanding of rural healthcare. She recently completed the Rural Hospital CNO Certification Program, a specialized curriculum created by rural hospital CNOs to equip leaders with the knowledge and skills essential for navigating the complexities of rural healthcare delivery.

Over the past decade, Diddlebock has helped lead Memorial Hospital to a 5 Star patient rating, coordinated patient care during major remodels across Same Day Surgery, Infusion, MedSurg, ICU, and the Cardiac Pulmonary Rehab Center, and managed operations for all units throughout the COVID 19 pandemic. She has also collaborated closely with the CEO for 12 years to develop and execute Memorial's long term strategic plan and organizational vision. Reflecting on her new role, Diddlebock shared, "I am incredibly proud of what our teams have accomplished together. My focus has always been on inspiring and retaining great people and building trust throughout our community. I look forward to continuing that work as we advance Memorial's mission."

Memorial Hospital CEO Brett Bollmann expressed his support for her transition, noting that, “her experience, dedication, and ability to lead through change make her exceptionally well-suited for the COO role.”



With Diddlebock's transition, Memorial Hospital is proud to announce that Kelly Jany, BSN, RN has been named the new Chief Nursing Officer. Jany has served as Medical Surgical Unit Manager since 2023 and also led the Cardiac Pulmonary Rehab Center when it opened in 2024. Her connection to Memorial spans three decades, beginning in 1996 as a nursing assistant. She earned her RN in 1999 and worked at Memorial until 2006 before expanding her career into

Case Management, Public Health, Risk Management, and Patient Relations. Jany also spent many years as a nursing assistant instructor and was deeply involved with Health Occupations Students of America (HOSA)—Future Health Professionals, serving on the Illinois HOSA Board of Directors and continuing to support the Illinois HOSA Scholarship Program. Reflecting on her new role, Jany shared that “my favorite part of serving as CNO is the opportunity to lead a dedicated team of nurses and nursing assistants who take great pride in caring for the community, as well as the collaboration with department heads, providers, and hospital leadership to continually improve patient care.”



Stepping into Jany's previous roles, Memorial Hospital welcomes Sara Harris, BSN, RN as the new Nurse Manager. Harris brings eight years of CNA experience and ten years of RN experience, including extensive work in ICU and Emergency Room settings. She shared that she has “always valued helping patients and families during their most vulnerable moments” and appreciated “the unpredictability

and critical thinking required in ICU and ER environments.” Her clinical background and commitment to patient care make her a strong addition to Memorial’s nursing leadership team. Ariel Blair, RN, will be stepping into the role of Infection Control Nurse to fill Harris' previous position.

Memorial Hospital is also pleased to announce that Andria Zweigart, Director of Radiology, has expanded her leadership responsibilities to include serving as Health Information Management Director. Zweigart has been with Memorial since 2013 and holds a Bachelor of Science in Radiologic Sciences from Southern Illinois University Carbondale and a Master of Business Administration from Webster University. She has extensive expertise in Memorial’s Electronic Health Record systems, including utilization analysis and report building for 340B, health equity, social determinants of health, and department-specific needs. She also provides essential EHR data to support management decisions and serves as a project management lead on multiple capital and departmental initiatives.



These leadership transitions reflect Memorial Hospital’s ongoing commitment to strengthening its foundation and supporting the professionals who carry out its mission of delivering exceptional care. During the announcement, CEO Brett Bollmann highlighted the importance of these changes, sharing that

“Each of these leaders brings exceptional skill, dedication, and heart to their roles.”

reinforcing how their combined experience will continue to benefit patients, staff, and the community. Together, these leaders help position Memorial Hospital for continued growth, stability, and excellence.

OUR MISSION

The Memorial Hospital Team is committed to professional excellence in providing safe high quality health care, compassion and service to patients, the community and each other.

Welcome New Cardiologist



Memorial Hospital's Specialty Clinic would like to welcome Dr. M. Adil Sheikh, MD to the Cardiology team of providers.

Dr. M. Adil Sheikh specializes in interventional cardiology with expertise in treating complex coronary artery disease and structural heart conditions.

Dr. Sheikh earned his medical degree from Dow University of Health Sciences in Karachi, Pakistan and completed residency in Internal Medicine at Wayne State University – Detroit Medical Center in Detroit, Michigan. He then joined the Department of

Internal Medicine faculty at the University of Michigan Medical School as a Clinical Assistant Professor. In 2024, Dr. Sheikh completed fellowship in cardiovascular disease at Southern Illinois University in Springfield, followed by a fellowship in interventional cardiology at the University of Pennsylvania in Philadelphia. He is board certified in Internal Medicine.

Dr. Sheikh joined the Prairie Cardiovascular team of cardiologist at the O'Fallon, Illinois location in 2025.

He joins the team of Memorial Hospital specialty providers, offering outpatient cardiology clinics on Mondays beginning February 2 2026.

Memorial Hospital Congratulates Becky Bunselmeyer on Retirement and Welcomes Sarah Rathert as Quality & Clinical Compliance



Becky Bunselmeyer and Sarah Rathert.

Memorial Hospital is proud to celebrate the remarkable career of Becky Bunselmeyer, Director of Performance Improvement, as she is preparing to retire after 33 years of dedicated service.

Becky joined Memorial Hospital in September 1992 as the Business Office Manager. Over the years, she embraced new roles, expanded her education, and played a key part in major organizational transitions, from early billing systems and the adoption of Meditech in 1996 to the hospital's move to Oracle Cerner in 2018. Her work has supported Memorial Hospital's ongoing commitment to innovation and high quality patient care.

Beyond her professional contributions, Becky fondly remembers hospital events. From parade floats and Community Walk/Run events to the unforgettable outfits at this year's Hospital Party. "What I will miss most are my co workers and the friends I've made along the way," Becky shared. "They are my work family, and I will always treasure the time I had with them."

In retirement, Becky looks forward to catching up on rest, tackling home projects, volunteering with the Jackson County Historical Society, reconnecting with old friends, spending more time with her grandson, taking restoration classes, and continuing her family history research.

As Becky steps into this new chapter, Memorial Hospital is pleased to announce that Sarah Rathert, RN, has been selected to serve as the hospital's new Quality and Clinical Compliance Officer.

Sarah brings a strong clinical background and a deep connection to Memorial Hospital. A 2016 graduate of Rend Lake College, she began her nursing career in the Emergency Department at Memorial Hospital of Carbondale. She later joined Chester Memorial Hospital in 2018 as a PRN nurse in both the ER and ICU, gaining valuable experience while building strong relationships with the nursing team.

Transitioning into Quality and Compliance has been a meaningful shift for Sarah. "Over the past few months, I've learned so much from Becky," she said. "She has been not only a mentor, but a friend. One of the most rewarding parts of this role is contributing to patient safety and seeing the bigger picture of how our nurses' work impacts the entire patient experience."

Memorial Hospital extends its gratitude to Becky for her decades of service and warmly welcomes Sarah into her new role. The hospital is confident that Sarah's clinical expertise, passion for quality care, and commitment to the community will continue the strong foundation Becky helped build.

Medical Explorers Continue Their Journey at Memorial Hospital



Back L-R: Claire Deterding, Megan Moeller, Katie Deterding, Eli Congiardo, Amelia Meyer, Kaylee Cowell, Kaila Jerkatis, Alayna Schmoll, Ella Tripp, Emily Melching, Maribeth Strate, Kamryn Patterson, Brenna Hammel, and Mariah Bargman, Program Director. Front L-R: Kylie Zipfel, Jaimy Duran, Hadlie Cushman, and Rylee Shemonic. Not Pictured: Morgan Absher, Taylor Absher, Allie Bainter, Emma Batson, Aaliyah Berkuegler, Logan Brace, Abby Carter, Hillarie Cowan, Ava Deterding, Karlie Kranz, Isabela Rafael, Kaylee Rogers, Lexi Smith, Aaron Steenson, Kenna Thompson, Karsen Wedemeyer, and Camryn Wolff.

Memorial Hospital is pleased to share a mid year update on the 2025–2026 Medical Explorers Program, now in its seventh year of inspiring local students to explore careers in healthcare. Since its launch, the program has welcomed more than 140 students, with 42% choosing to participate for two to three years, demonstrating strong interest and continued engagement. Open to students from their freshman year of high school through age 20, the program has historically included participants from Chester, Trico, Steeleville, Sparta, Gibault, Red Bud, Southwestern Illinois College, and home school programs.

The program provides hands on learning, department tours, and direct interaction with healthcare professionals who are passionate about mentoring the next generation. This year's cohort includes 34 students from six area high schools, representing grades 9–12. From Chester High School, participants include Morgan Absher, Taylor Absher, Allie Bainter, Aaliyah Berkuegler, Logan Brace, Abby Carter, Kaylee Cowell, Hadlie Cushman, Jaimy Duran, Brenna Hammel, Emily Melching, Isabela Rafael, Kaylee Rogers, Rylee Shemonic, Kenna Thompson, and Camryn Wolff. Steeleville High School students include Emma Batson, Hillarie Cowan, Karlie Kranz, Kamryn Patterson, Lexi Smith, Ella Tripp, and Karsen Wedemeyer. From Gibault High School, participants are Eli Congiardo, Kaila Jerkatis, and Amelia Meyer. Red Bud High School is represented by Ava Deterding, Claire Deterding, Katie Deterding, Megan Moeller, Alayna Schmoll, and Kylie Zipfel. Trico High School is represented by Aaron Steenson, and Coulterville High School by Maribeth Strate.

Throughout this program year, participants have the opportunity to engage with professionals from Memorial Hospital's Cardiac Pulmonary Rehab Center, Rural Health Clinics, Memorial Community Pharmacy, OR, MSU and ER Nursing, Anesthesia, and Diagnostic

Imaging Departments. The program welcomes the following outside health and wellness organizations Rheinecker Chiropractic, ComWell, Chester Family Dental, MedStar Ambulance, Southern Illinois Eyecare, AirEvac, and Area Health Education Centers (AHEC). These sessions allow students to observe real world medical environments, ask questions, and gain insight into the skills and dedication required in healthcare careers.

Benefits of the program include hands on demonstrations, observation of clinical procedures, and learning directly from providers across multiple specialties. The program also emphasizes career exploration through job shadowing, giving students the chance to discuss educational pathways, job responsibilities, and the realities of working in rural healthcare. Students in their Senior year of high school or enrolled in a college or university can apply for a Medical Explorer Scholarship offered by the Memorial Hospital Auxiliary.

As part of the program's long term impact, Memorial Hospital has proudly hired 12 former Explorers or 8% of all past participants, with additional students serving as interns and completing a clinical rotations. Alumni have gone on to pursue a wide range of healthcare and service oriented careers, including Occupational Therapy, Social Work, Speech Language Pathology, Nursing, Health Administration, Labor and Delivery Nursing, Pharmaceuticals, Physician Assistant studies, Surgery, and various military career paths.

Memorial Hospital remains committed to supporting the health and vitality of the region by investing in future healthcare professionals. Programs like Medical Explorers help strengthen the local workforce pipeline and inspire students to consider meaningful careers in medicine, allied health, and community wellness right here in the places they call home.

SLEEP

better

LIVE

better

The New **ENEMIES** of Sleep



DIGITAL OVERLOAD

Late-night scrolling, binge-watching, and constant notifications overstimulate the brain.



STRESS & HUSTLE CULTURE

Work emails, financial worries, and "always-on" lifestyles keep minds racing.



ENVIRONMENTAL FACTORS

Bright lights, noisy neighborhoods, and irregular schedules disrupt natural rhythms.



HEALTH HAZARDS

Poor sleep is tied to high blood pressure, heart disease, anxiety, and workplace accidents.

Your **ALLIES**

For Restful Nights



SET A CONSISTENT SCHEDULE

Go to bed and wake up at the same time, even on weekends.



DIGITAL CURFEW

Power down screens at least 1 hour before bed. Blue light tricks your brain into staying awake.



CREATE A SLEEP SANCTUARY

Cool, dark, quiet rooms promote deeper rest. Consider blackout curtains or white noise.



MINDFUL WIND-DOWN

Try journaling, light stretching, or meditation instead of doomsurfing.



LIMIT STIMULANTS

Cut caffeine after 2 p.m. and avoid alcohol close to bedtime.



MOVE YOUR BODY

Regular exercise improves sleep quality, but avoid intense workouts right before bed.



In today's always-on world, getting a good night's sleep can feel harder than ever. Many of us face "new enemies of sleep": late-night scrolling, constant notifications, work stress that follows us home, noisy environments, and lifestyle habits that keep our minds and bodies wired long past bedtime. These modern disruptors don't just make us tired the next day. Poor sleep is linked to serious health concerns, including heart disease, anxiety, chronic fatigue, and even a higher risk of workplace accidents. When our sleep suffers, our overall well-being suffers too.

But the story doesn't end there. Just as there are enemies of sleep, there are also powerful allies that can help restore balance and bring rest back into reach. Simple habits like keeping a consistent sleep schedule, creating a calming bedtime routine, limiting caffeine later in the day, and unplugging from screens before bed, can make a meaningful difference. Building a sleep-friendly environment with cool temperatures, soft lighting, and minimal noise can also help your body settle into deeper, more restorative rest. These small steps add up, giving you tools to reclaim your nights and improve your health.

And when healthy habits aren't enough, Memorial Hospital's Sleep Center is here as your strongest ally. Our accredited Sleep Center offers both home sleep studies and in-lab diagnostic testing to evaluate conditions such as sleep apnea, insomnia, restless legs syndrome, chronic snoring, and other sleep-related concerns. With guidance from experienced sleep specialists, patients receive personalized care designed to uncover the root cause of their sleep challenges and support long-term improvement. Whether you're struggling with daytime fatigue, loud snoring, or nights spent tossing and turning, our team is ready to help you fight back against the enemies of sleep.

Talk to your provider for a referral to our Sleep Center if you need help fighting your sleep enemies. Together, we can help you rest easier and wake up ready for the day ahead.

HOME NOCTURNAL SLEEP STUDY

Easy-to-use portable monitor with full setup and instruction by a sleep specialist, done in the comfort of your home.

IN-LAB SLEEP STUDIES

Monitors brain waves, breathing, heart rhythm, oxygen levels, and more to diagnose sleep disorders.

EXPERT CARE

Accredited sleep lab with registered polysomnographists, part of the American Academy of Sleep Medicine, and Board Certified Sleep Physician.

CONDITIONS TREATED

Sleep apnea, insomnia, restless legs, chronic fatigue, snoring, and more.

COMMUNITY PARTNER

Proud partner of the National Sleep Foundation, raising awareness about healthy sleep and member of AAST, American Association of Sleep Technologists

Community CARE

Memorial Hospital Employees, *Out & About in Our Community*



The Memorial Hospital STRIVE Team would like to thank our generous employees who collectively donated \$705 for the Chester Food Pantry in November. The STRIVE Team organized a competitive donation event that awarded the department with the highest giving percentage a prize. Our Materials Management/Environmental Services Department was the team with the highest contribution per staff. Every dollar given helps feed and support our local community and we thank the Memorial Hospital Staff for their kindness and caring. Amanda Rhyne, RHC Administrative Assistant, and STRIVE Team member delivered the donation to Kathy Albrecht, Food Pantry Volunteer.



Randy Dudenbostel and Mariah Bargman, BLS Instructors, led CPR/AED recertification training for the Chester School District in January. Teachers in the district are required to renew their certification every two years. Memorial Hospital provides training every year to accommodate all staff in the district.



Memorial Hospital's BLS Instructor, Mariah Bargman, provided CPR and AED certification training to the Steeleville High School Health Class before Christmas break in December. The students learned lifesaving techniques for adults, children, and infants.



In January the STRIVE Team organized a Homeless Kit Drive to help restock the Healthy Communities Alliance's supply. The kits are handed out through the year to individuals throughout Randolph and Washington Counties. They provide essentials and help spread kindness to those in need.



Santa's Helpers showed up in full force again this year at Memorial Hospital with staff adopting 15 local children in the community. Their gifts help provide the children with a very Merry Christmas!! Thank you to Amy Eggemeyer, Maribeth Golding, and the nursing team for coordinating this annual activity.

Amy Mathis and Melissa Soellner with the Cardiac Pulmonary Rehab Center hosted the Chester Women's Club on January 23 at Memorial Hospital. Amy provided heart health tips and Melissa spoke about the MIND Diet. They shared information about the services offered at the Center and provided a tour of the space for the ladies.

Employees of the 3rd and 4th Quarter of 2025



Third Quarter: Brett Bollmann, CEO and Ashley Westmoreland

Third Quarter: Ashley Westmoreland

Brett Bollmann, CEO at Memorial Hospital, named Ashley Westmoreland Employee of the Quarter for the Third Quarter of 2025 on November 5, 2025.

Westmoreland serves as the Payroll and Reporting Manager in the Human Resources Department and has been part of the Memorial team since 2021. When asked what she enjoys most about working at Memorial, she shared: "Memorial Hospital is such a close knit, supportive place to work. Everyone here is focused on working together to give our patients the best care possible. As an HR staff member, I tend to work more behind the scenes. I find it very rewarding to support our staff that are working tirelessly on the front lines taking care of our patients. I love getting to use my background in accounting while also helping people. No two days are ever the same!"

Her nomination praised her exceptional professionalism, kindness, and dedication: "I recently had an event where paperwork was required to be filled out. This employee was a dream to work with. They made a daunting task seem seamless. This employee stayed on top of every step and went above and beyond to resolve any hiccups. They called to check in with me, always asking how I was. Was always patient with me, the physician's office, and any others she had to contact. This employee always was sure to call me with any status updates and was on top of any delays. They are a true asset to our hospital and the employees!"

Westmoreland resides in Perryville, MO with her husband, Kevin, and their two children, Maggie and Lane. Outside of work, she enjoys making special memories with her family—whether cheering at sporting events, enjoying family game nights, or relaxing together with a favorite show. The entire family shares a love of sports, especially football.

During the third quarter award presentation, four "star cards" were drawn to recognize additional employees who demonstrated outstanding teamwork and patient care. Honorees included: Amy Kirkland, RN House Supervisor, Kelly Jany, Medical Surgical Unit Nurse Manager, Jen Diercks, Surgical Housekeeper, and Maddy Ortiz, RN.



Fourth Quarter: Brett Bollmann, CEO and Rebecca Hahn

Fourth Quarter: Rebecca Hahn

Memorial Hospital is also pleased to announce Rebecca Hahn, Specialty Clinic Nurse Manager, as the Fourth Quarter 2025 Employee of the Quarter. Hahn joined Memorial in 2003 and has been a trusted and steady presence in the Specialty Clinic for more than two decades.

Her staff shared heartfelt praise in their nomination: "This employee is a trusted and inspiring leader who consistently puts the team's needs first. She is both motivating and encouraging, fostering an environment where all team members feel heard, valued, and empowered to provide the highest quality of care for patients. Her reliability, helpful nature, and team-first attitude are notable qualities that set her apart. She is always the first to volunteer assistance and provides guidance and mentorship, which has significantly strengthened the team dynamic and led to substantial staff growth. Her ability to listen and problem-solve makes her an incredible part of our team, inspiring many to lead with greater empathy and purpose."

Rebecca resides in Modoc. She enjoys being able to help our patients navigate their healthcare needs, improving patient outcomes, and providing person centered care. After 24 years of nursing, I still feel like I learn every day by working with each of our Specialty Clinic providers. I appreciate the collaboration and support from my coworkers and leadership and am grateful to serve our community. Outside of work, she can often be found hunting, volunteering or serving on the National Wild Turkey Federation Board. She also enjoys woodworking, crafting, baking, and anything outdoors with her family. Her family includes her husband Dan and their three children.

As part of the fourth quarter celebration, four additional employees will be recognized through randomly drawn "star cards" submitted by peers for exceptional teamwork and patient care. Fourth Quarter Star Card Recipients: Barbara Cagle, Specialty Clinic Medical Assistant, Ashley Nanney, Same Day Surgery LPN, Emily Colvis, Rural Health Clinic LPN, and Joetta McFarland, Operating Room RN.

What happened last quarter?

Memorial Hospital Newmark Award and Service Awards 2025



Dr. Lowry, Chief of Staff and Chris Yankey

Memorial Hospital hosted their Fall Party at the American Legion in Chester on Friday, November 7th. This year's 80's themed event was planned by the Laboratory Department.

Many employees were celebrated for their years of service. Brett Bollmann, CEO, presented the following employees with their Service Awards: 5 Years, Patricia Alvarado Hernandez, James Boucher, Jeanice Brandes, Kimberly Fulmer, Aleisha Garver, Alyssa Gibbs, Kathryn Guetersloh, Melissa Poe, and Chris Yankey. 10 Years, Reymil Alcala, Morgan Bendorf, Amanda Johnson, Marci Klein, Gretchen Kocian, Audrie Otten, Jerina Reese, and Michelle Tripp.



5-10 Years of Service: Jeanice Brandes, Chris Yankey, Melissa Poe, James Boucher, and Brett Bollmann, CEO



15+ Years of Service: Cam Doeding, Gretchen Kocian, Amanda Johnson, and Brett Bollmann

15 Years, Janine Leclere. 20 Years, Kathryn Sauerhage and Michael Whitt. 25 Years, Rachel Garniss. 30 Years, Brett Bollmann, Cheri Colvis, Cam Doeding, Ida Harriss, Angela Schoenbeck. 45 Years, Susan Robinson.

Following the Service Awards, the 2025 Retirees were recognized for their years of services as well. Those honored included: Tammy Light - 5 Years, Judy Springs - 17 Years, Chris Barthol - 18 Years, Sharon Simpson - 21 Years, Stan Gaertner - 27 Years, Kathleen Winkler - 32 Years, Jacinta Mulholland - 38 Years, Kimberly Fedderke - 40 Years, Dr. James Krieg - 45 Years, and Carol Schulein - 48 Years.

Memorial Hospital proudly announced the recipient of the 2025 Israel D. Newmark Memorial Award at the event. This year's honoree, Chris Yankey, received the award from Chief of Staff, Dr. Lisa Lowry-Rohlfing. The Israel D. Newmark Memorial Award, established in 1988 by the Newmark family, is a prestigious accolade given annually to an outstanding employee who has significantly contributed to the quality of patient care at the hospital. This award celebrates individuals who demonstrate dedication, positivity, exceptional work ethic, and a strong commitment to the hospital's mission and values.

Chris Yankey, Lab Administrative Assistant, who has worked in the IT Department and Laboratory Department since 2020, was praised by her colleagues for her exemplary service. Dr. Lowry shared their sentiments, stating, "This employee is incredibly hardworking and dedicated, the type of person who is always willing to help anyone with anything. Even though their job might not always seem glamorous, it's absolutely essential! This employee embodies the qualities recognized by the Newmark Award: dedication, teamwork, excellence, and service. The contributions have strengthened the department and improved hospital community as a whole. It would be an honor to see this employee receive this well-deserved recognition."

Memorial Hospital takes great pride in our dedicated employees and the community we serve. Their shared commitment to compassionate, high-quality care continues to earn top recognition, including a 5-star patient rating. This honor reflects the exceptional service delivered by every member of our team and the trust placed in us by those we care for. We take this time to share our gratitude for all of our employees at Memorial!



Retirees: Kim Fedderke, Carol Schulein, Stan Gaertner, Judy Springs, and Brett Bollmann, CEO

What happened last quarter?

Hands-On Nursing Skills Day Hosted by Memorial



Top Photo Left to Right: Bailey Misuraca, Anna Burnester, Stephanie Guethle, Kelly Jany, Adrienne Caby, Maribeth Golding, Sara Harris, Kim Ruebke, Amy Eggemeyer, Brooklyn Simmons, Charlie Bargman, Kari Schaefer, Sarah Rathert. Bottom Photos Left to Right: Amy Kirkland and Paige Gendron, Kim Ruebke and Ashton Jany, Laurie Freece, Brian Baum, and Lydia Pearce.

Memorial Hospital hosted Nursing Skills Days from December 2–4, 2025, bringing together RNs, LPNs, and CNAs from across the ER, ICU, MSU, Infusion, and OR for three days of immersive, hands-on training. Held in the hospital's conference room and key clinical departments, the event reinforced Memorial's commitment to clinical excellence, emergency readiness, and the highest standards of patient care.

The Skills Days featured a robust lineup of competency-based stations designed to refresh and validate critical nursing procedures. From high-acuity interventions like chest tube management, AutoPulse operation, intraosseous (IO) insertion, and central line/PICC/Midline/Port-A-Cath care, to essential safety practices such as N95 fit testing, PPE protocols, and restraint/seclusion procedures, the event ensured staff were prepared for any situation.

Additional training included:

- EKG interpretation, high-flow

- oxygen therapy, and Airvo systems
- Malignant hyperthermia response
- IV pump operation (primary, secondary, bolus)
- Blood administration
- Pharmacy compounding and Stericycle protocols
- Adult Foley catheter insertion
- Safe patient handling with slide boards, box lifts, gait belts, Hoyer/SLIPP, and the Med Sled
- Professional development and interdepartmental collaboration

"Skills Day 2025 brought together all nursing staff for three days of hands-on learning and competency validation," said Kelly Jany, Chief Nursing Officer. "With so many high-value stations offered, it was hard to choose just one highlight, but my favorite part of the experience was witnessing the staff practice and refresh critical skills in a hands-on environment. The balance of critical-care procedures, safety training, and

professional development made the experience not only educational but energizing for the entire nursing team."

The event's success was made possible by the dedication of clinical leaders and educators across the hospital. Special thanks go to Amy Kloos, Adrienne Caby, Kristyn Riley, Bailey Misuraca, Charlie Bargman, Emily McGeehan, Maribeth Golding, Amy Eggemeyer, Susan Diddlebock, Sara Harris, Sarah Rathert, Amy Mathis, Kim Ruebke, Madi Kribs, and Stephanie Guethle for their expertise and leadership.

At Memorial Hospital, training and education are not one-time events, they are a continuous investment in the safety, confidence, and excellence of our care teams. Skills Day is a cornerstone of that commitment, ensuring that every nurse is equipped to respond swiftly and skillfully in any emergency, and to deliver the highest quality care to our community every day.

What happened last quarter?

Torrie Davitz Earns CRHCP Credential



Torrie Davitz LPN, CRHCP, RHC Director

Memorial Hospital is proud to announce that Torrie Davitz, Rural Health Clinic Director, has earned the Certified Rural Health Clinic Professional (CRHCP) cre-

dential after completing the National Association for Rural Health Clinic Professional (NARHC) Academy course and testing on October 29, 2025. The CRHCP recognizes comprehensive knowledge of Rural Health Clinic operations, and Torrie's certification reflects her proficiency in federal and state regulations, billing and coding, financial management, human resources, compliance, and operational best practices.

"This course gave me the tools to be more efficient in my position as the RHC Director," said Torrie Davitz. The training prepares her to streamline clinic workflows, improve billing and revenue cycle accuracy, and apply current regulatory and compliance practices across Memorial's Rural Health Clinic network. These skills will increase clinic efficiency, strengthen staff development and retention, and expand patient access to timely, coordinated care

across the community we serve.

Memorial Hospital views continuing education and professional certification as priorities for delivering community-centered care. Investing in staff development ensures our clinical and administrative leaders have the knowledge and tools to meet evolving patient needs, maintain compliance, and steward resources responsibly.

Torrie's achievement reinforces Memorial Hospital's commitment to excellence in rural health. By applying the practices learned through the CRHCP program, she will drive operational improvements that benefit patients, staff, and the broader health of our rural service area, supporting Memorial's mission of professional excellence in providing safe, high-quality, compassionate care and service to patients, the community, and each other.

Holiday Spirit Week: Counting Down to Christmas

The last week before Christmas, Memorial Hospital staff had fun sharing some holiday cheer. They kicked off their dress-up week with the annual Wassail Party hosted by the Business Office and Health Information Management Departments. Each day following showcased a different theme including "Santa vs Grinch Showdown", "Santa's Little Helpers", "Christmas Movie Magic", and "Ugly Sweater Spectacular". Winners were voted on each day on our Facebook page with the following employees be named best dressed: Chris Goetz, Soliel Brunkhorst, Tiffany Couch, Ken Stout, Dr. Kirkpatrick, and Tabby Pinkley. It was a fun filled week!



What happened last quarter?

Emergency Preparedness Drill Conducted to Strengthen Readiness



Staff triage patients at main entrance and direct them to the appropriate locations based on their injuries.

Memorial Hospital successfully conducted a full-scale emergency preparedness drill on December 18, bringing together staff from across the organization, including participants from the Chester Rural Health Clinic, for a comprehensive training scenario designed to enhance readiness for real-world emergencies.

The simulated event centered on a multi-vehicle accident involving a 12-passenger van of students, creating a complex and fast-moving situation that required coordinated triage, treatment, communication, and family reunification efforts. Staff practiced critical skills including 2-way radio communication, first aid, patient tracking, and emergency room care. New employees also had the opportunity to take part in incident command operations, gaining hands-on experience in leadership roles during high-pressure situations.

A key component of the drill focused on family reunification. Volunteers portraying parents and a spouse arrived at the hospital seeking loved ones, allowing staff to practice compassionate communication, verification procedures, and reunification protocols. The exercise reinforced the importance of both clinical and emotional support during crisis events.

Georgia Stipe, Emergency Preparedness Director at Memorial Hospital, facilitated the drill and praised the team's perfor-

mance. "These exercises are essential for ensuring our staff are confident, coordinated, and ready for anything," Stipe said. "Every drill teaches us something new, and I'm incredibly proud of how our team worked together. Their dedication to preparedness directly strengthens the safety of our patients and our community."

Hospital leadership noted that the drill ran smoothly, with staff demonstrating strong teamwork and adaptability. Lessons learned will be incorporated into future training sessions as Memorial Hospital continues its commitment to continuous improvement and emergency readiness.

Full-scale drills like this one play a vital role in preparing healthcare teams for real emergencies, ensuring that when seconds matter, staff are equipped with the skills, communication tools, and confidence needed to respond effectively.



Staff prepared and ready for patients during drill.



Patient checks in to holding area.



Patients check in to Emergency Room.



Mock patient being triaged by ER Nurse Manager Kim Ruebke.

What happened last quarter?

DAISY Awards Presented for Second Half of 2025



DAISY Award Nominees. L-R: Amy Eggemeyer, Care Coordinator Manager; Michelle Tripp, RN; Ariel Blair, RN; and Kelly Jany, Chief Nursing Officer. Not pictured, Valerie Blechle, APRN, FNP-C; and Jennifer Morgan, RN.

On December 22, 2025, Memorial Hospital of Chester held its DAISY Award for Extraordinary Nurses recognition ceremony. The DAISY Foundation was established in 1999 by the family of Patrick Barnes, who passed away at age 33 from complications of the autoimmune disease ITP. During Patrick's hospitalization, his family was deeply moved by the exceptional clinical care and compassion shown by the nurses who cared for him. Their gratitude led to the creation of the DAISY Foundation, which has since grown into an international program honoring nurses for the extraordinary care they provide to patients and families every day. DAISY stands for Diseases Attacking the Immune System.

Nominees for the second half of 2025 were presented with a pin and certificate. The nominees included Jennifer Morgan, RN; Ariel Blair, RN; and Michelle Tripp, RN from Memorial Hospital, and Valerie Blechle, APRN, FNP-C from the Rural Health Clinics.

Memorial Hospital's DAISY Award Honoree for the second half of 2025 is Michelle Tripp. Michelle was recognized for her extraordinary compassion, professionalism, and unwavering dedication to patient care.

During the ceremony, Kelly Jany, Chief Nursing Officer at Memorial, expressed her gratitude to staff following the reading of nominations. "Our nurses and staff embody

the heart of healing at Memorial Hospital. Thank you for the extraordinary care you provide and for the dignity and hope you bring to our patients. We hope you wear your DAISY pins proudly as a symbol of the impact you make."

DAISY Award Nominations:

Ariel Blair, RN - Our mother was hospitalized for about a month at Memorial Hospital. She received exceptional care during her stay at the hospital. One nurse in particular, Ariel Blair, our mom still talks about. Her kindness, patience, and professionalism made an incredibly challenging time so much easier. Ariel went above and beyond to ensure our mother's comfort and wellbeing. Her reassuring presence, attentive nature, and willingness to answer her questions gave our mother peace of mind when she needed it most. She just didn't just care of her physical needs but also took time to listen. She was very supportive and empathetic. We are truly grateful for everything the staff did for our mom. We will always remember everyone's kindness and wonderful care she received.

Valerie Blechle, APRN, FNP-C - Nurse



Valerie has been my nurse for years. She is so gentle and understanding. She has helped to keep me motivated to be better and keep me on the right path due to the death

of my son. Anything from grief, pain, anxiety to anger, she deserves this award and beyond. She is an amazing, kindhearted angel, who has been blessed with this profession.



Jennifer Morgan, RN

- Ms. Jennifer Morgan was super friendly and was just all around awesome and real respectful. It takes a special kind of person to deal with me and my goofiness, but she threw it right back at me and made me and my friend's day. Her demeanor really benefited my friend's recovery.

From the moment I walked in the ER, Ms. Jennifer was so kind and compassionate. She took excellent care of me until she had to leave. She listened to my concerns and worries and she did her best to help me through all of my concerns. Before she left, she stopped to check on me. I appreciate Ms. Jennifer for everything she did.

Michelle Tripp, RN - I am honored to nominate Michelle Tripp for her exceptional compassion, professionalism, and dedication to patient care. From the first moment I met her, I could tell nursing was not just a job but a calling. During my time working with Michelle, she went above and beyond to make sure every concern was heard and every need was met. She treats her patients just not as patients, but as people, showing empathy, patience, and kindness in every interaction. Beyond her clinical excellence, Michelle demonstrates a true heart for healing. She consistently uplifts patients and colleagues alike, bringing positivity and calms even the most stressful situations.

It is clear that her care extends far beyond medical treatment, it's about dignity, humanity, and hope. Because of Michelle's extraordinary care, infusion is filled with compassion and comfort. She truly embodies what the DAISY Award represents: dedication, advocacy, and compassion. It is with great pleasure I nominate Michelle Tripp.

Anyone can nominate a nurse for a DAISY Award at any time, either on paper or electronically at www.mhchester.com/DAISY-nominations

Hospital Auxiliary Tree of Remembrance



The Auxiliary is able to assist the hospital in purchasing needed equipment for various departments through the community's generous donations and memorials. Funds collected this year will be used to purchase a SciFit Pro2

Total Body Exerciser. The SciFit Pro2 Total Body Exerciser for the Cardiac Pulmonary Rehab Center is the industry's most versatile rehabilitation tool for an upper body exerciser and lower body recumbent bike making for a total body solution for the best Cardiac Pulmonary Rehab treatment. The funds will also be used to purchase new wheelchairs to help with patient transportation within the hospital.

The SciFit Pro2 Total Body Exerciser costs \$5,965 and funds above that will be used to purchase multiple wheelchairs for the Hospital, ER, and Medical Office Building.

The cost of these purchases is \$11,972. Funds raised to date are \$11,000.

Memorials received as of 1/28/2026 include:

- Pechacek Funeral Homes In memory of Ron Pechacek
- Beta Nu Chapter In memory of Sisters Passed
- Virginia Rowold & Family In memory of Ken Rowold, Otto Rowold Family, and the Wm. O. Welge Family
- Larry & Joyce Surman In memory of Lori Surman McCartney
- Mike Vasquez Family In loving memory of John & Rudelle Fulford and Dan & Blanche Vasquez
- The Guthman and Johnson families In memory of John & Jessie Guthman, Bonnie Jones, Donna Strothmann, and Debra Dudenbostel
- Sandra Starr In remembrance of Mark E. Starr
- Dan Colvis In remembrance of Paul Colvis
- Brenda Owen In remembrance of Betty & Roger Ohlau and Jane & Phil Owen
- Mary and Dave Verseman In remembrance of Roger, Ruth, and Brian Petrowske
- Joan Jones In remembrance of Claude Hasemeyer
- Shirley Hohgrefe In remembrance of Richard Hohgrefe
- Tommie Buatte In remembrance of Jim Buatte
- The Dudenbostel Family In remembrance of Debbie Dudenbostel
- The King Family In remembrance of Carl King
- Larry & Imogene McDonough In remembrance of loved ones
- Tom & Vickie Search In remembrance of Mildred Search and Betty Derickson
- Mildred Gregory In remembrance of James Gregory
- The honorable Richard Brown and Sons In remembrance of Barbara Brown
- Mary Alice Welge In remembrance of Mr. & Mrs. Brockey Childers; Donald E. Welge; Mr. & Mrs. Wilbur Saak; Francis Jarvis; 1st. Lt. Bruce R. Welge; and Mr. & Mrs. William Welge
- Linda Rader In remembrance of Russ Rader
- Jeanne Kleinschmidt In remembrance of the Jeanne Gordon Family
- Steven J. Sympson In memory of Aunt Martha Brelje and Uncle Terry Brelje
- Steven J. Sympson In Honor of Chester, Illinois and the Whole World
- Mary Brown In remembrance of Maev & Bus Brown; Art & Martha Maes; and Bruce Brown
- Mary Welge, Betty Surman, Elaine Kattenbraker, and Jean Jungewaelter In remembrance of Bonnie Jones
- Kelly Moeller In remembrance of James Gregory
- Jeff and Gail Kordys In remembrance of Harry and Bonnie Jones
- Darrel Ehlers In remembrance of Carol Ehlers
- Mardell Moeller Granger In memory of Ralph F. Granger, Gottlieb & Marie Moeller, and Frank & Emma Granger
- Carolyn Schwent In memory of Gary Schwent; Mike Jungewaelter; Karen

VOLUNTEER & AUXILIARY NEWS



Deppe; Rick Cash; and Mary Ann Stumpe

- "B.V. Gals" In memory of Rosie Craig; Marion Lutz; Millie Layton; Carole Malley; and Marlene Seymour
- Chris and Amy Mathis In memory of Rosemary Hamill and Solita Mathis

Donations received as of 1/28/2026 include:

- Evelyn Schuwerk
- Buena Vista National Bank of Chester
- Randolph County Abstract, LLC
- Chester Electrical Supply, Inc
- Chester Animal Hospital
- Fraternal Order of Eagles, Chester
- Chester Rotary Club
- Arbeiter Law Offices
- Randolph County Housing Authority
- Chester Masonic Lodge
- Donna Clendenin
- Alpha Upsilon Master Ma 1242
- City of Chester
- Chester VFW
- Virginia Rowold & Family
- Deepanjali Dummi
- Larry & Joyce Surman
- American Legion Auxiliary, Steeleville
- Kim Ruebke
- Eyecare Properties, LLC
- Mike Vasquez Family
- Dr. James and Betty Krieg
- Melissa Gross
- The Guthman and Johnson families
- Sandra Starr
- Dan Colvis
- Brenda Owen
- Mary and Dave Verseman
- Joan Jones
- Shirley Hohgrefe
- Ida, Gary, and Stan Gaertner
- Jill Arbeiter
- Tommie Buatte
- Dr. Lisa Lowry-Rohlfing & Mr. Rodney Rohlfing
- Dr. Stephen & Diane Platt
- Larry & Imogene McDonough
- Chester VFW Auxiliary
- Tom & Vickie Search
- Mildred Gregory
- The honorable Richard Brown and Sons
- Mary Alice Welge
- Linda Rader
- Jeanne Kleinschmidt
- Steven J. Sympson
- Steven J. Sympson
- Mary Brown
- Michael & Mary Sulser
- Judith Petrowske
- Dr. Allan & Mrs. Louise Liefer
- Sandra Benedict
- Mary Welge, Betty Surman, Elaine Kattenbraker, and Jean Jungewaelter
- Anonymous
- Kelly Moeller
- Jeff and Gail Kordys
- Darrel Ehlers
- Gerald and Gail Meyer
- Guice G. Strong III
- Susan Diddlebock

Upcoming community Events



WWW.MHCHESTER.COM/CALENDAR-OF-EVENTS



February 18, 2026 | 8:30am-3:00pm

Cost: FREE | Open to Anyone

Memorial Hospital - Conference Room, Presented by ComWell

Pre-Registration required; to register email bpangelinan@comwell.us

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

Fourth Tuesday of Each Month | Feb 24, Mar 24, Apr 28, May 26

1:00-2:00pm - Cost: FREE | Pre-Registration Recommended

Memorial Hospital - Conference Room

Pre-Registration and More Information at www.mhchester.com

February 26 | Doors Open 6:00pm, Dinner Served 6:30pm

Cost: \$30 | Pre-Registration Required

Chester Country Club - 1310 Lehmen Drive, Chester, IL

Guest Speakers: Dr. Melaina Hess, DMD, Amy Mathis Cardiac Pulmonary Rehab Center

Director, and Melissa Soellner, Registered Dietitian Nutritionist

Pre-Registration and More Information at www.mhchester.com

March 13 | 7:30am-11:30am

Cost: \$2 | Everyone is Welcome to Attend | No Apt. Necessary

Buena Vista National Bank 1309 Swanwick Street - Chester, IL

Cholesterol, Glucose, Blood Pressure Screening Included.

Lion's Club Sight and Sound Screenings Available on-site.

PSA (Prostate Screening) Available for Males for \$10 - Same day, same blood sample.

April 10 | August 21 | October 16 | December 18

11:30am-4:00pm - Memorial Hospital Conference Room

Sign-up to Donate: www.redcrossblood.org

April 11, 2026 | 8:00am-Noon

Cost: FREE | Pre-Registration Required

Memorial Hospital - Conference Room

Pre-Registration and More Information at www.mhchester.com

NEW Virtual Learning Option Available

Learn more at: www.mhchester.com/prenatal-classes

Details Coming Soon for Community Fun Run/Walk on April 24!

MEMORIAL HOSPITAL'S SERVICES

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

MEMORIAL HOSPITAL'S SPECIALTY PROVIDERS

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

- Audiology**
C. Joseph Hopper IV, AuD
- Cardiology**
Frederick Ochieng', M.D.
Rece Portell, PA-C
John Groll, M.D.
M. Adil Sheikh, M.D.
- General Surgery**
Ziya Baghmanli, M.D.
Margret De Guzman, M.D.
- Nephrology**
Vamsi Chilluru, M.D.
- Oncology/Hematology**
Justin Floyd, D.O.
Michelle McQuillan, DNP, FNP-BC

- Orthopedics**
Robert Bell, M.D.
- Pain Management**
Tong Zhu, M.D. PhD.
- Podiatry**
Amanda Hart, DPM
- Sleep Lab**
Terry Brown, M.D.
- Urology**
Wesley Howell, PAC
- Wound Center**
Margret De Guzman, M.D.
Angela Albertini, PAC

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

OUR MISSION

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

WE ARE HIRING

Come Join Our Team!

RECEIVE BENEFITS

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

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



MEMORIAL — COMMUNITY PHARMACY —

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

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

1900 State Street - Chester, IL

618-826-6134

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

Welcome New Employees

Craig Doeding
April Cadwell
Bonnie Christiansen
Cynthia Snider
Jamie Hess
Kylee Rhyne
Abrianna Shipley



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

APPLY TODAY



**SCAN
ME**

mhchester.com