

MEMORIAL HOSPITAL'S *The* LAMP QUARTERLY NEWSLETTER

Vol. 2 Issue 2 - April 2021

COVID-19 Vaccination



As of April 20, 2021, Randolph County was reporting 23.28% of the population fully vaccinated, which is equal to 7,475 FULLY vaccinated persons.

How many people need to get a COVID-19 vaccine for herd immunity?

Herd immunity means that enough people in a community are protected from getting a disease because they've already had the disease or they've been vaccinated. Herd immunity makes it hard for the disease to spread from person to person, and it even protects those who cannot be vaccinated, like newborns. While experts don't yet know what percentage of people would need to get vaccinated to achieve herd immunity, vaccination is a safer way to build protection than getting sick with COVID-19. Have a question about COVID-19 vaccines? See answers to our most frequently asked questions: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>

What are the benefits of Getting a COVID-19 Vaccine?

The Randolph County Health Department has released the following information from the CDC regarding the benefits of getting a COVID-19 vaccine:

COVID-19 vaccination will help keep you from getting COVID-19

- Based on what we know about vaccines for other diseases and early data from clinical trials, experts believe that getting a COVID-19 vaccine also helps keep you from getting seriously ill even if you do get COVID-19.
- Getting vaccinated yourself may also protect people around you, particularly people at increased risk for severe illness from COVID-19.

Once you are fully vaccinated, you can start doing more

- After you are fully vaccinated for COVID-19, you may be able to start doing some things that you stopped doing because of the pandemic.

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Upcoming events:

COMMUNITY BLOOD DRIVES

- May 5 | 8:00am-2:00pm - Chester High School
 - May 11 | 1:00pm-6:00pm - Chester VFW
 - June 1 | 1:00pm-6:00pm - Chester American Legion
- Schedule your appointment at [RedCrossBlood.org](https://www.redcrossblood.org) or by calling 1-800-RED CROSS (1-800-733-2767).

PRENATAL CLASS

April 24 | 8:00am-12:00pm

Location: Memorial Hospital

Pre-Registration Required - In-Person/Zoom Options
Call 618-826-4581 ext. 1223

PREDIABETES/WEIGHT LOSS GROUP

Once a Week | April through July

Twice a Month | August to March

Wednesdays – 8:30am-9:30am

Ask to join the Memorial Hospital Weightloss Facebook Group at: www.facebook.com/groups/MHweightloss

DIABETES CONVERSATION MAP® GROUP

Once a Week | 4 Consecutive Weeks

April | June | August | October

Wednesdays – 10:00am – 11:00am

BABYSITTING COURSE

May 26 | 8:00am-2:00pm

Location: Memorial Hospital

Pre-Registration Required - Class Size is Limited
Call 618-826-4581 ext. 1373

MEMORIAL HOSPITAL

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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



Patient Portal: Your Healthcare on the Go

As a patient at one of Memorial Hospital's locations, including our rural health clinics, you can have access to your health information whenever and wherever you need it with our Patient Portal. Designed to give you ease of access to your health records, appointments, and more, our Patient Portal is your digital tool to make your healthcare easier.

The Patient Portal gives you the flexibility to access your health information and other resources on your time and between visits to Memorial Hospital. You can also use the patient portal to access information for family members and individuals for whom you provide care if given permission.

The Portal works in conjunction with Memorial's health information system, allowing patients the ability, through a secure password, to view their own private information.

What are the benefits of the Patient Portal?

- View Appointments
- Make On-line Payments
- Request Appointments With the Family Practice Providers
- Send Clinical Questions to the Rural Health Clinic Staff
- Access Office Visit Summaries
- View Your Medication List
- Review Your Lab Results
- Update Personal Information
- See Visit History and Discharge Information

The Patient Portal is completely secure, so you can be confident that your private information is protected.

How do I sign-up for my Patient Portal?

You can sign-up on-line at: www.mhchester.com/patient-portal

Download the app: **HealtheLife**

Or Contact one of our locations for assistance:

Memorial Hospital 618-826-4581

Chester Clinic 618-826-2388

Steeleville Family Practice 618-965-3382

Johnson is Care Coordinator Certified



Amanda Johnson, LPN, Care Coordinator

In the 2015 report *Policy Agenda for Nurse-Led Care Coordination*, published jointly by the American Academy of Nursing and the American Nurses Association, it was noted that "Nurses have been and continue to be pivotal in the development and delivery of innovative care coordination practice models." As innovative models are implemented into the workflow of coordinating patient care, primary clinical care staff must continue to be knowledgeable and have the skills and abilities to use them effectively.

The Illinois Critical Access Hospital Network (ICAHN) organized a Care Coordination Certificate class for rural health care coordinators which educated students on the "Seven Domains of Care Coordination in the Primary Care Setting" by Kristy Baker, APRN-CNP, a Duke-Johnson & Johnson Nurse Leadership Program Fellow. The program is designed to improve care coordination for patients with chronic conditions, behavioral health issues, and teaches healthcare workers how to incorporate health promotion into their practice.

Amanda Johnson, LPN at Memorial Hospital's Rural Health Clinics took the 16 week on-line course and successfully completed her education with an ICAHN Care Coordination Certificate. During the course, Johnson learned how to improve care for her patients

with multiple conditions and create a "care team" approach. By utilizing different resources throughout the community she is able to promote the patient to utilize a healthier lifestyle.

"Care coordination keeps patients active in their care, assists them with reaching goals they help set, encourages making healthy informed decisions and focuses on proactive care,"

explains Johnson. The course provides healthcare workers with the skills and understanding to better help the patient as a whole.

Extensive literature is studied during the program that teaches population health management, comprehensive assessment and care planning, motivational interviewing, interpersonal communication, and coaching techniques to prepare the coordinator for working with a wide spectrum of individuals with different care needs and temperaments. The patient needs to trust that the coordinator has their best interest in mind and feel that they have a voice in their care. The later part of the course focuses on the tools and resources needed to properly coordinate the best care including: health insurance and benefit services, identifying community resources, developing preventative care plans, and understanding advanced care planning.

Throughout the course Johnson had the opportunity to connect with other care coordinators and learn about their processes. "We were able to use real patient situations and help them to reach health goals." Students also learned about resources that can be used in their rural communities.

Memorial Hospital encourages every patient to play an active role in their healthcare. Working with trusted Care Coordinators the patients are able to feel confident that they have an entire team helping them to achieve their health and wellness goals. They work with their providers and coordinators to develop a plan and then have the support they need to execute it and live a healthier, fuller life.

Family Planning

One plan doesn't fit all, especially when it comes to family planning and the correct contraceptions. Plan your family on your terms. Memorial Hospital's Rural Health clinics offer the following family planning services:

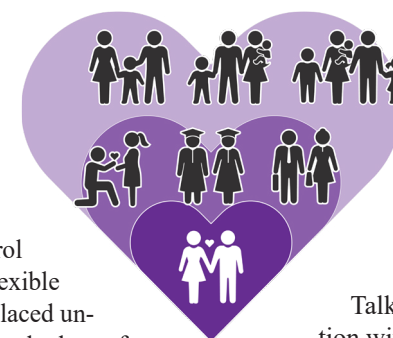
- Gynecological Exams
- Birth Control Counseling
- Subdermal Birth Control Implants

Contraceptive implants are a long-term birth control option for women. A contraceptive implant is a flexible plastic rod about the size of a matchstick that is placed under the skin of the upper arm. It releases a low, steady dose of a progestational hormone.

One reason the birth control implant is so effective is that it's easy to use. Advantages include:

- one of the highest levels of effectiveness of all contraceptives
- no need to worry about birth control for three years
- fertility returns as soon as the implant is removed
- appropriate for women who can't use birth control that contains estrogen

Talk to your physician about it. To schedule an evaluation with a Memorial Hospital Provider contact one of our Rural Health Clinic Locations.



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and geriatrics.*

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SERVICES:**

Sports Rehab

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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



Ethan DuClos, Doctor of Physical Therapy

Heather Huck,

Occupational Therapist/Rehab Clinical Leader

Heather King, Speech-Language Pathologist

Anita McDonough, Physical Therapist Assistant

Brandi Salger, Physical Therapist Assistant

Cheryl Sauerhage, Physical Therapist

WELCOME NEW PHYSICAL THERAPIST



Ethan DuClos, Doctor of Physical Therapy

in developing individualized exercise plans, manual therapy, aquatic therapy, and inpatient rehab.

Ethan states that his favorite part about his job is,

"Being able to educate and improve my patient's mobility. Physical therapy is an opportunity to give back to communities. My favorite part about being a physical therapist is connecting with individuals to help them achieve their functional goals."

During his free time, Ethan enjoys all outdoor activities, including sports and camping. He also enjoys running and spending time with family.

Memorial Hospital's Therapy & Sports Rehab Center is proud to welcome Ethan DuClos, Doctor of Physical Therapy, to their rehab team.

Ethan graduated from Maryville University, St. Louis in December 2020 with his Doctorate in Physical Therapy. Prior to graduating from Maryville, Ethan completed his clinical rotations in Southern Illinois. From Red Bud, Ethan is passionate about working with athletes and orthopedic conditions. A member of the American Physical Therapy Association, Ethan completed an orthopedic mentorship program through the APTA. Ethan has experience

HEALING THROUGH REHAB

Each year more than four million adults survive a stay in the Intensive Care Unit (ICU). Following discharge, many experience new or worsening physical disability, mental health problems and/or cognitive impairments, known as post-intensive care syndrome (PICS).

Characteristics of PICS include:

- Cognitive impairments
- Anxiety/depression
- Physical impairments
- Neuromuscular complications that often result in poor mobility and falls

Without intervention, these complications can last for months or years. Many ICU survivors, including those recovering from COVID-19, could benefit from physical, occupational and speech therapy services after hospital discharge. ^{*1}

Post-Acute COVID-19 Rehabilitation

Complications from COVID-19 can often lead to admission to an Intensive Care Unit (ICU). A common assumption is that once a patient is discharged from the hospital and tests negative for COVID-19, the problem is resolved. But physical complications after critical illness may occur in approximately 70% of people and include pain and impairments in:

- Skeletal muscle strength
- Pulmonary function
- Walking ability
- Activities of daily living (ADL's)
- Instrumental activities of daily living (IADL's)

Along with inpatient healthcare utilization, survivors of critical illness also frequently require ongoing outpatient medical and rehabilitation services.*

Healing Through Rehab

Rehabilitation has a positive effect on health outcomes of patients with COVID-19 and can include physical, occupational and/or speech therapy for impairments related to:

- Long-term ventilation
- Immobilization
- Deconditioning
- Other related impairments—respiratory, neurological, musculoskeletal, cognitive

While monitoring the patient's respiratory and hemodynamic state during rehabilitation, specific interventions can include:

- Active range of motion followed by progressive muscle strengthening
- Neuromuscular electrical stimulation to help with strengthening
- Aerobic reconditioning with walking, cycle or arm ergometer, Nu-Step or similar crosstrainer
- Progressively increasing aerobic exercise
- Education on energy conservation and behavior modification
- ADL retraining
- Cognitive Retraining

Through a holistic approach, the physical, occupational and speech therapists at Memorial Hospital's Therapy and Sports Rehab outpatient center can help address the physical, cognitive, psychosocial and sensory aspects of recovery from long stays in the intensive care setting and the aftermath of COVID-19.

SOURCES:

1. *James M Smith, Alan C Lee, Hallie Zeleznik, Jacqueline P Coffey Scott, Arooj Fatima, Dale M Needham, Patricia J Ohtake Home and Community-Based Physical Therapist Management of Adults With Post-Intensive Care Syndrome Physical Therapy, Volume 100, Issue 7, July 2020, Pages 1062-1073, <https://doi.org/10.1093/pt/pzaao59>
2. *van der Schaaf M, Beelen A, Dongelmans DA, Vroom MB, Nollet

F. Poor functional recovery after a critical illness: a longitudinal study. J Rehabil Med. 2009;41:1041-1048
 3. *Ruhl AP, Huang M, Colantuoni E., et al. Healthcare utilization and costs in ARDS survivors: a 1-year longitudinal national US multicenter study. Intensive Care Med.2017;43:980-981



MEMORIAL HOSPITAL
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YOUR ARTHRITIS**

Occupational therapy practitioners engage clients in programs that increase their knowledge about the disease process, show them how to manage pain and related manifestations, and promote their ability to participate in meaningful activities

INTERVENTION STRATEGIES:

- Physical agents to help manage pain (i.e. hot/cold)
- Techniques to manage inflammation
- Therapeutic activities and exercise to promote motion, strength, endurance & control
- Training to help protect the joints
- Ergonomic assessment and activity modifications



Welcome New Orthopaedic Specialty Providers

Memorial Hospital Welcomes Dr. Robert Golz, MD and Robert Deaton, FNP-C to the team of Orthopaedic Specialty Providers from the Orthopaedic Institute of Southern Illinois.

Dr. Robert Golz graduated from Southern Illinois University and the University of Illinois School of Medicine. He completed residencies in Family Practice at SIU – Carbondale and Orthopaedic Surgery at Tulane University School of Medicine in New Orleans. Dr. Golz began practice with The Southern Illinois Orthopaedic Clinic in 1992, and is currently the Medical Director of the Orthopaedic Institute of Southern Illinois (OISI) and a Clinical Assistant Professor with the SIU School of Medicine. He is affiliated with Carbondale Memorial Hospital, Herrin Hospital and Heartland Regional Medical Center. As a general orthopaedic surgeon, his practice encompasses the breadth of orthopaedics including trauma, sports, and reconstructive surgery. He has specific interest in minimally invasive joint replacement, arthroscopic procedures and fracture care.

Robert Deaton has almost 30 years of experience in nursing. He completed the practical nursing program at Olney Cen-

tral College in 1991, and received an Associate Degree in Nursing from John A. Logan College in Carterville, Illinois in 1995. He attended SIU – Edwardsville where he received a Bachelor in Nursing in 1998, followed by a Master of Science in Nursing from Graceland University in 2003. Robert joined the Orthopaedic Institute of Southern Illinois in 2016. His background in orthopaedics prior to joining OISI includes his time as a Registered Nurse and Nurse Practitioner at Southern Illinois Orthopaedic Clinic and as a Nurse Practitioner in orthopaedics at Memorial Hospital, Carbondale.

Robert Deaton holds clinics at Memorial Hospital every other Thursday in Specialty Clinic 1 on lower level at Memorial Hospital. Dr. Golz performs surgical procedures at Memorial as well.

To schedule a consultation with one of Memorial Hospital's Specialty Clinic Orthopaedic providers call 618-997-6800, referral may be required depending on patient's insurance.



Dr. Robert Golz, M.D.

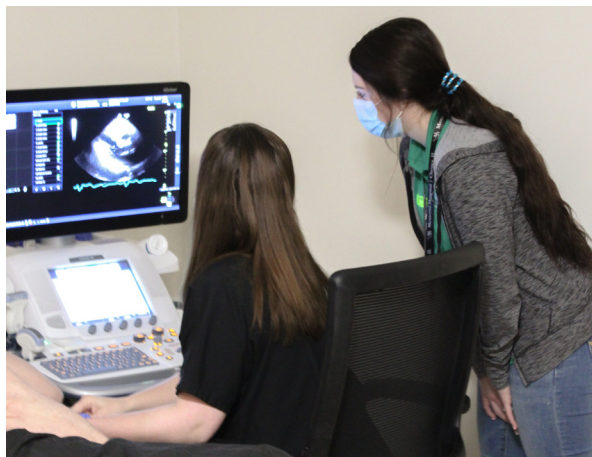


Robert Deaton, FNP-C

MEDICAL EXPLORERS BEGIN JOB SHADOWING

The Memorial Hospital Medical Explorers have been eager to start job shadowing since this year's program began in October 2020. Due to COVID restrictions students were not allowed in the hospital the first several months of the program year and met virtually via Zoom meetings. At each meeting a different department shared a virtual look inside their respective field.

In April 2021, with the positivity rates dropping, students were given permission to meet in person once again and to commence job shadowing. "Job shadowing is a vital part of the program," says Explorer chairman Mariah Bargman. "Shadowing and seeing medical professionals perform their healthcare jobs first hand is why so many Explorers sign-up for the program." Job shadowing provides the hands on experience these students are looking for to help them make decisions about their future career choices.

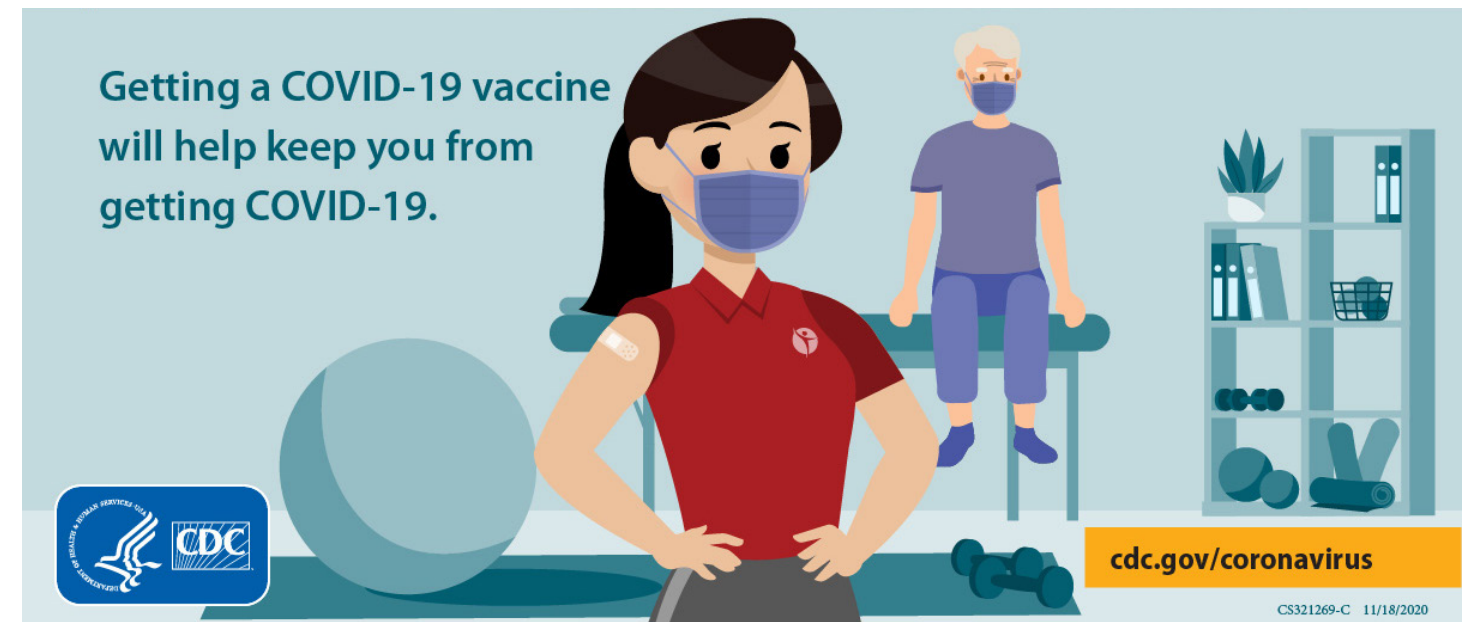


Kayla Bert, Explorer and College Freshman at SWIC observes Andria Zwiagart, Director of Diagnostic Imaging

Each Explorer is able to schedule as much time as they would like with a variety of departments throughout the MH locations. "So many enter the program thinking doctors and nurses make up a hospital, when there are so many other vital roles and departments that support the whole hospital system," says Bargman. One of the main goals of the program is to show the Explorers ALL the options and opportunities related to healthcare.

With the students getting a late start at job shadowing, they will be allowed to continue scheduling hours through the end of July. This allows them ample time to experience many departments throughout the Hospital, Rural Health Clinics,

and Therapy & Sports Rehab Center. Enrollment for the 2021-2022 program year will begin in August. Learn more at www.mhcheater.com/exploring.



COVID-19 Vaccination *(Continued from Page 1)*

For example, you can gather indoors without masks with other people who are fully vaccinated.

- We are still learning how vaccines will affect the spread of COVID-19. Until we know more about how vaccines will affect the spread of COVID-19, people who are fully vaccinated against COVID-19 should keep taking precautions in public places like wearing a mask, staying 6 feet apart from others, avoiding crowds and poorly ventilated spaces, and washing your hands often.
- People are not considered fully vaccinated until two weeks after their second dose of the PfizerBioNTech or Moderna COVID-19 vaccine, or two weeks after a single-dose Johnson & Johnson's Janssen COVID-19 vaccine. You should keep using all the tools available to protect yourself and others until you are fully vaccinated.

COVID-19 vaccination is a safer way to help build protection

- Clinical trials for all vaccines must first show they are safe and effective before any vaccine can be authorized or approved for use, including COVID-19 vaccines. The known and potential benefits of a COVID-19 vaccine must outweigh the known and potential risks of the vaccine before it is used under what is known as an Emergency Use Authorization (EUA). Watch a video explaining an EUA.

COVID-19 vaccination will be an important tool to help stop the pandemic

- A growing body of evidence suggests that fully vaccinated people are less likely to be infected without showing symptoms (called an asymptomatic infection) and potentially less likely to spread the virus that causes COVID-19 to others. However, further investigation is ongoing.
- Stopping a pandemic requires using all the tools we have available. As experts learn more about how COVID-19 vaccination may help reduce spread of the virus that causes COVID-19, CDC will continue to update its recommendations to protect communities using the latest science.

Who can get vaccinated?

Randolph County has opened up COVID-19 vaccinations to all individuals 16 years of age and up.

Where can I get vaccinated?

As more people become fully vaccinated and the demand for vaccinations decreases, Memorial Hospital, along with other Randolph County hospitals, will begin to slow the frequency of their vaccination clinics. Individuals wanting to be vaccinated will still have many options to receive their vaccine. We continue to ask for the community's patience as everyone works as efficiently as possible to administer the vaccinations.

Randolph County Health Department: (618) 826-5007, Option 8 M-F 8am-4pm

Jackson County: Carbondale Civic Center and the Banterra (formerly SIU) Arena. You can receive a vaccine by appointment by clicking on the following link: www.jchdonline.org

St. Clair County: Belle Clair Fairgrounds and is open to all individuals who live or work in Illinois, as long as they meet current vaccination criteria. Vaccine appointments can be made by clicking on the following link: www.co.st-clair.il.us/Departments/Health-Department/COVID-19-Information

Wal-Mart: Sparta Walmart Pharmacy is offering the vaccine. You will need to register on-line at www.walmart.com/cp/1228302

Which vaccine is best for me?

We encourage everyone to do their own research on the vaccines and discuss their options with their doctor. Learn more: www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines.html

What is the cost of the COVID-19 Vaccine?

There is no out-of-pocket cost to the consumer for the COVID-19 Vaccine. But, you may be asked for your insurance or Medicaid information during registration, and your provider may be billed an administration fee.

Are you still doing COVID-19 Testing?

Yes, Memorial Hospital is still testing for COVID-19. Testing hours are Monday-Friday 8:00am to 2:00pm and Saturday-Sunday 10:00am to Noon. Call to register for testing at 618-826-4581 ext 0 (zero).

Additional COVID-19 Vaccine Information:

- www.dph.illinois.gov/covid19/vaccine-faq
- www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html
- www.cdc.gov/coronavirus/2019-ncov/downloads/vaccines/toolkits/CBO-FAQs.pdf
- www.cdc.gov/coronavirus/2019-ncov/downloads/vaccines/facts-covid-vaccines-spanish-508.pdf

PRENATAL EDUCATION THEN AND NOW

Prenatal education has been a part of Memorial Hospital nearly from its beginning. Memorial was founded in 1962 and prenatal education has been a staple at the healthcare facility since the late 1970s. Obstetrics Supervisor, Evelyn Hecht along with other assistants taught the courses at Memorial for many years. In 1980, with the introduction of two new doctors, Dr. Stephen Platt and Dr. James Krieg, the OB department became very busy and enlisted the assistance of two nurses at that time, Jill Arbeiter and Sheila Rhodes to help teach an additional class.

During the beginning years of prenatal education at Memorial, it was the hospital's policy that the couple needed to complete a class to allow a coach in the delivery room. Each class was held for six evenings, two hours each. If the couple had taken a class with a previous pregnancy, they only had to attend three evenings. For many years, two classes were offered at Memorial to accommodate the number of birthing couples.

The classes helped educate the expecting parents and the doctors were pleased with their patients' knowledge of pregnancy, labor, and delivery. Epidurals were not available at that time so there was an emphasis on relaxation and Lamaze breathing. The pregnant mother's knowledge of relaxation techniques made the experience better for not only her but, her partner and everyone in the delivery room. A few years later, the hospital started allowing a support person in for C-Sections, if they had completed the class. The class helped prepare the coaches so they would be comfortable in the surgery department and could share in the birth experience.

In 2004, Memorial ended their OB services along with many small hospitals in the state. The high cost of malpractice insurance for practitioners' delivering babies forced the smaller hospitals to discontinue their labor and delivery units. However, administration saw the continued importance of public education for childbirth and decided to continue to offer the program at Memorial. The class went from a 6 session class, to a three evening class, and now has been condensed to a 4-hour Saturday morning class that is offered four times a year.

Chris and Briana Koeneman were delighted to take the class in 2018 when they were expecting their first child. Jill Arbeiter, RN, was the instructor of their class and was the same educator Chris' parents, Kyle and Paul Koeneman, had in 1986 & 1989 when they were pregnant with him and his brother respectfully. "I found the class to be extremely informative, and it gave me a boost of confidence going into parenthood," stated Chris. His wife Briana says that, "what [she]

liked most about the class was that it went above and beyond the labor and delivery process and gave great advice for all new parents."

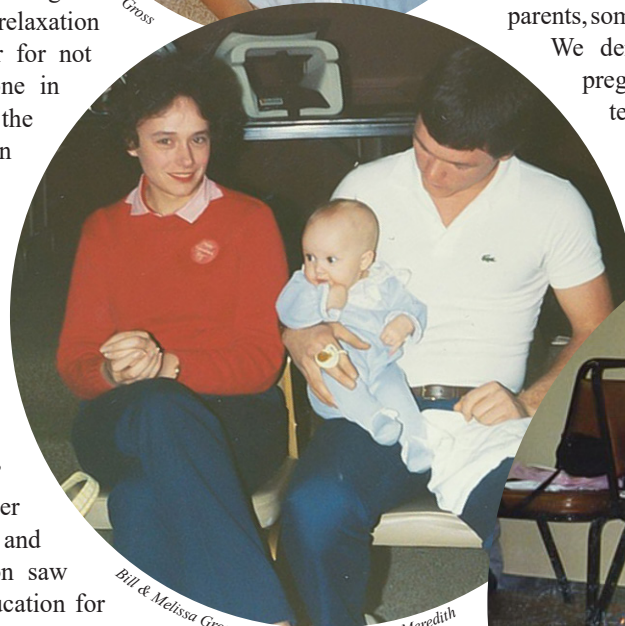
Many education topics have remained constant throughout the prenatal education classes such as pregnancy, labor, and deliveries with and without various medical interventions, C-sections, breast and bottle-feeding, newborn care and safety, and care of the mom. Some of the topic additions over the years have occurred due to hospital protocols changing and the introduction of epidurals. "Many patients now opt for an epidural, but they may not fully understand some of the discomfort they may experience for several hours prior to their injection," says Jill Arbeiter, RN and current class educator.

Over time, the materials have adapted to include more modern techniques and practices such as many hospital's no longer requiring full surgical attire for a vaginal delivery and new moms no longer stay in the hospital for an extended period of time. Several up-to-date films compliment the current curriculum taught at Memorial and illustrate that new parents are encouraged and almost required to do all of the care for the baby's needs while in the hospital. "Parenting is the most important job any of us will ever do and giving birth is just the beginning," says Arbeiter. "Included in the class is a discussion of being parents, some discipline and other child rearing hints. We demonstrate conditioning exercises for pregnancy as well as relaxing and breathing techniques. We get on the floor with the couples and help them practice."

1983



Bill & Melissa Gross



Bill & Melissa Gross at Show & Tell with baby Meredith

1989

Chris Runge-Barthol, the first baby to be born at Memorial Hospital in Chester, IL in October 1962, attends the prenatal class with her husband Frank in 1989.



2021



Jill Arbeiter, RN and Julie Hartman, LPN still teach the class currently.

2018



Kyle and Paul Koeneman (left, center) attend the prenatal class in 1989. Their son Chris and wife Briana Koeneman (top) attending the class with the same instructor in 2018.

Prenatal education is not just about educating the parents on labor comfort techniques, it covers the many aspects of birthing and rearing a child. Through education, both the mother and father learn what is happening to the body as it progresses through pregnancy and into post-partum. Knowing what to expect and what is causing it, helps them to better prepare.

Jill Arbeiter, RN and Julie Hartman, LPN have taught the Prenatal and Family Education Class together for 28 years at Memorial Hospital. Both are able to continue their OB education by working part-time at other facilities including Perry County Memorial Hospital's OB department in Missouri, and Heartland Women's Healthcare in Sparta respectfully. When Jill was asked how many deliveries she has attended, she stated, "Hundreds, and if I wasn't there for the birth, I was with them sometime during their hospital stay. I have delivered at least 10 before the doctor

1991



Julie Hartman teaching breathing techniques.



Jill Arbeiter and Deb Mevert, Prenatal Class Instructors with cake.

1988

arrived. That can be stressful, but those fast deliveries are usually the babies who come out screaming and healthy!" These women have extended knowledge of the birthing process and what follows in the time after delivery. The education they are able to pass onto expectant mothers and the families is invaluable. Arbeiter sums it up best by stating, "I really love helping new moms learn how to get started with the most important part of their lives."

The next Prenatal and Family Education Class will be held at Memorial Hospital in Chester on April 24, 2021 from 8:00am to noon. The class will be offered in-person or there will be a virtual option. For those registering for the in-person session, masks will be required and social distancing precautions will be taken. To register call 618-826-4581 ext. 1223. Watch for future events on the Memorial Hospital website and Facebook page.

Dr. Platt models "the belly" after a class, while he enjoys some cake.



Community CARE

We are truly humbled by the out pour of support from our community! Your generosity and thoughtfulness is appreciated by all. We ask that everyone continue to do their part to remain healthy, slow the spread of COVID-19 and find ways to be kind to your neighbors. Stay positive! Stay safe! We are all in this together!



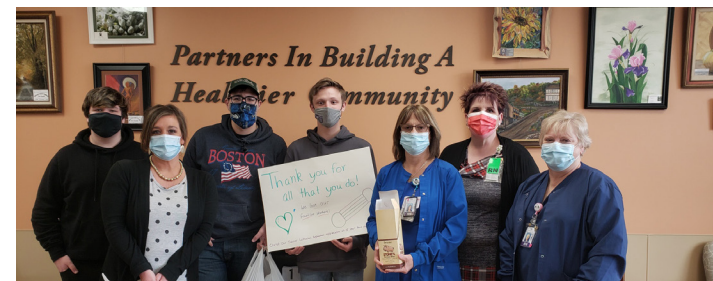
St. John's pre-school teacher, Ashley Lochhead, delivers care packages to Memorial Hospital (top). St. John's principal Kayla Powley delivers care packages to the Chester Clinic (bottom).

St. John Lutheran School in Chester celebrated National Lutheran Schools week the last week in January and St. Mary's Catholic School in Chester celebrated National Catholic School's Week the first week in February. Both schools decided to honor Memorial Hospital's Healthcare Workers with care package items for all of the team members at the hospital, rural health clinics and rehab center locations to enjoy.

The snacks, drinks, and self-care items were greatly appreciated by everyone. During a year of fighting to provide the best quality care for our community, the employees were delighted to receive these gifts of appreciation. Thank you to the schools, students and families for thinking of our staff.



St. Mary's student representative delivers a care package to the Chester Clinic (top) and Memorial Hospital staff (bottom).



(Left) Evansville's, Christ Our Savior Lutheran High Student Council delivered snacks to the frontline healthcare workers at Memorial Hospital in March to thank them for their dedication.



Nuance, the parent company of Memorial Hospital's Dragon for Speech Recognition Dictation product built into the electronic health record system used by the providers daily, sent small care packages to Memorial Hospital to say "Thank You" to the healthcare heroes and show their appreciation.

Community CARE

Memorial Hospital Employees, Out & About in Our Community



The City of Chester Parks and Recreation Committee hosted a ribbon cutting ceremony for the new Disc Golf Course at Cole Memorial Park in Chester on March 22.

With the help and vision of a young Chester resident, Jarrett James, and the collaboration of many groups including the Park Board, Rotary, Chamber, City Employees, City Council and Memorial's Community Health Needs Assessment Group this project quickly transformed from presentation, to final conception, and now installation in just a few short months. Even during times of social distancing all of these groups were able to work together to make this project happen. (Photo Credit: Richard Janssen)

CyBill DeRousse, LPN at Memorial Hospital's Rural Health Clinics donated convalescent plasma on January 23, 2021 at the American Red Cross in Cape Girardeau, MO. Plasma is the yellow liquid part of blood that contains antibodies and convalescent refers to anyone recovering from a disease.

After having COVID earlier in 2020, "I wanted to donate to help others with COVID," said DeRousse. It only took her 45 minutes to make a donation and her plasma will be used to help COVID patients currently fighting the virus recover.



The FDA has issued an emergency use authorization for convalescent plasma to be used in hospitalized COVID-19 patients according to information provided on the FDA website. If you are fully recovered from COVID-19 and would like to donate plasma you can find the nearest donation center near you at [RedCross.org](https://www.redcross.org) or by calling 1-833-225-8017.

FOR POISON EMERGENCIES

Make the right call.

1-800-222-1222

HRSA

Poison Help



Julie Stern, Director of Human Resources, at Memorial Hospital had the honor of speaking to the Randolph County StartUp group the first week in March. This group of future entrepreneurs learned about Human Resources in the business world.

Babysitting

COURSE

WEDNESDAY, MAY 26, 2021

8:00 AM - 2:00 PM

MEMORIAL HOSPITAL
CONFERENCE ROOM

\$15 • AGES 11-14YRS

*CLASS SIZE IS LIMITED!

Contact Mariah Bargman to register
618-826-4581 ext. 1373 or
mbargman@mhchester.com

Payment is required at time of registration.

What happened last quarter?

Employees of the Quarter



Tammy Light Employee of the Quarter - 4th Quarter 2020

On February 4, 2021 Memorial Hospital CEO, Brett Bollmann named Tammy Light Employee of the Quarter for the Fourth Quarter 2020.

Tammy has worked at Memorial Hospital since October 2019. She is a Housekeeper during the evening at the hospital. When

asked what she likes most about working at Memorial Hospital, Light replied, "My co-workers. No matter what department, they give their best to ensure each patient receives quality care." Her co-workers write, "She goes above and beyond in her nightly routine. She is always sure to check in with each unit to see if there are extra tasks to be complete. Whenever she is on call she is always willing to come in to clean a 'COVID' room with a smile on her face and never complains. Even with increased workloads due to COVID, she never voices any complaints. She is always eager to assist in every aspect of patient care from the smallest detail to the largest plan and with a cheerful attitude. Everyone really enjoys working with her and appreciates her very much!"

Tammy resides in Chester. In her spare time, she enjoys reading, photography and playing with her grandchildren. Light received a personal plaque, cash prize and parking spot of her choice for the next three months.

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, Lennet Gibbs, Phlebotomist; CyBill DeRousse and Heather Smith, CMAs at the rural health clinics; and Denise Wilson, Specialty Clinic Secretary, were the winners of a monetary award for their star nominations.



Brett Bollmann, CEO presenting award during a staff meeting.

Clayton Richelman (Tory Huggins). She has two grandchildren, Ember and Bryer. In their off the clock hours, the Motts enjoy spending time with their grandkids, children and parents. They love camping, jeep riding, and ranger riding with friends. Rhonda also enjoys taking photos to share with others and takes pride in bragging on her kids' and grandkids' accomplishments.

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, Laurie Richardet, LPN; Dr. Lisa Lowry-Rholfing; CyBill DeRousse, Medical Assistant; and Jen Donjon, Lab Lead; all staff members at the Rural Health Clinics, were the winners of a monetary award for their star nominations.



Brett Bollmann, CEO presenting award in Diagnostic Imaging Dept.

most about working at Memorial Hospital, Mott replied, "The small town atmosphere, and being able to offer top of the line equipment and services. I love the bond I have with my coworkers who I consider family. I love that my coworkers are a team and we are there to help and support each other through good and also the hectic days. I love when someone requests me by name, not because I do a better job than the others but because they are comfortable with me, I have been providing Mammograms, X-rays and Cat Scans to some of the same people for over 30 years." Her co-workers who nominated her wrote, "She exemplifies a star employee with her positive attitude and at times her much needed comedic relief during the difficult and stressful Covid pandemic. She has covered shifts for employees on short notice and never complained. She has an extremely caring and upbeat personality that patients and coworkers alike enjoy. This employee has also worked hard to reach out and get programs up and running again that had to be stopped due to the pandemic."

Mott resides in Chester with her husband Lorin and their son Connor. She has two grown children Jonavon Richelman (Taylor Phoenix) and



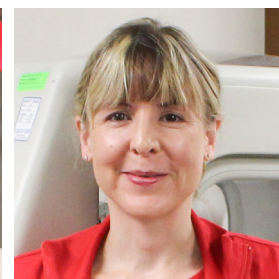
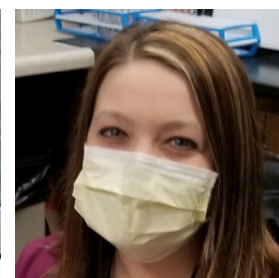
Rhonda Mott Employee of the Quarter - 1st Quarter 2021

Brett Bollmann, CEO at Memorial Hospital named Rhonda Mott Employee of the Quarter for the First Quarter 2021 on April 14.

Mott has worked at Memorial Hospital since 1988 in the Diagnostic Imaging Department, where she is currently a Chief Radiologic Technologist, Lead Mammographer, and SWIC Clinical Instructor. When asked what she likes

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): James Boucher, Cook; Debra Herring, Pharmacy Tech.; Kathy Winkler, Director of Pharmacy; Christine Barthol, Pharmacy Tech.; Amy Kloos, Pharmacist; Adrienne Caby, OR RN; Jennifer Donjon, RHC Lab Lead; Barbara Cagle, Specialty Clinic MA; Amy Brown, Specialty Clinic Supervisor; Jessica Valleroy, RHC LPN; Amanda Miers, Housekeeper; Janine Leclere, Respiratory Therapist; Tabatha Pinkley, RHC Receptionist; Denise Wilson, Specialty Clinic Secretary; Dr. Lisa Lowry-Rholfing; Michelle Bert, OR RN; Aaron Athmer, Purchasing Clerk.



What happened last quarter?

Classes Resume : Free Weight Loss Programs



Melissa Soellner, RDN, CDE

Class is back in session! Memorial Hospital's Registered Dietitian Nutritionist and Certified Diabetes Educator, Melissa Soellner, resumed Weight Loss Group Programs and Diabetes Conversation Map Group meetings in April. She is excited to get back to meeting in-person. The in-person meetings provide better conversation, collaboration, education, and accountability to help keep participants on track towards their wellness goals. Sessions suspended a year ago in

March of 2020 when the pandemic started. After a year of isolation, boredom, and reduction in activities, it has been a struggle for many to make their health and nutrition a priority. With the warmer weather coming, it is the perfect time to start setting new goals and be energized to improve your health.

Melissa is offering two classes, her Prediabetes/Weight Loss Group sessions and Diabetes Conversation Map® Sessions. Both group meetings will be held at Memorial Hospital and participants will be provided ample space between each other. Everyone will also be asked to wear a mask throughout the duration of the sessions to ensure the safety of all participants. To register for a free session contact Melissa Soellner at 618-826-4581 ext. 1170.



Prediabetes/Weight Loss Group

Once a Week | April through July
Twice a Month | August to March
Wednesdays – 8:30am-9:30am

Get the support you need to create a plan that works for you to help lose weight. Learn facts about food and develop a healthy relationship with it. Learn tips to solve problems that may slow your progress. Find ways to get active. Discover how to plan healthy meals and take charge of the things you can control.

To receive the full benefits from the program, it is encouraged that participants attend all sessions from start to end. If the current time or day does not work for you, follow the Memorial Hospital Weight Loss Group Facebook page for a summary of the group session. Upcoming groups will start on different days and times.



DIABETES CONVERSATIONS MAPS
LIFESTYLE • NUTRITION • RISK • MANAGEMENT

Diabetes Conversation Map® Group

Once a Week | 4 Consecutive Weeks
April | June | August | October
Wednesdays – 10:00am – 11:00am

Interactive conversation sessions engage participants in an exploration of their feelings, information, and the choices they face as it relates to managing their health. It gives participants the opportunity to discuss their choices with others who share their condition, and to express their feelings in a small group setting.

Groups begin in the months listed above and run four consecutive weeks. Participants are asked to commit to four consecutive weeks to receive the full education course.

To learn more about the diabetic resources at Memorial Hospital visit our website at: www.mhchester.com/diabetic-resources or contact Melissa Soellner, RDN, CDE, MS at 618-826-4581 ext 1170.

Memorial Hospital employees wore red on February 5 to spread awareness about cardiovascular disease.
Click the image below to view their video.



What happened last quarter?

Patient Safety Week: Speak Up™ For Safe Surgery

Patient Safety Week was recognized March 7-13, 2021. During this week Memorial Hospital took the time to inform the community about the important role they play in their health care. You are encouraged to Speak Up™ about your healthcare.

Speak Up™ For Safe Surgery, learn about the different ways to plan for your surgery, what to do before and after your procedure, and what to expect regarding special COVID-19 pandemic safety procedures at your health care organization. As a patient, you can help ensure that your surgery is safe and successful by being an informed and involved member of the care team.

Speak Up™ For Safe Surgery



Patients can help ensure that their surgery is safe and successful by being an informed and involved member of the care team. Here's how.

Plan for your surgery



Talk to your doctor about:

- Your regular medications and if and when you should stop taking them.
- When you need to stop eating or drinking.
- If you should be on a specific diet in the days or weeks leading up to the surgery.
- Removing nail polish and makeup. Your nails show how much oxygen you are getting, and your skin shows how well your blood is circulating.
- What devices or items you need to bring with you for your surgery, such as a walker. Be sure to leave jewelry and other valuables at home.
- Your options regarding anesthesia or sedation.
- Your pain control plan.

- Documents stating your advance directives and naming your health care proxy.
- Other questions you have.

Have a friend, relative or patient advocate who can:

- Take you to and from the hospital or surgery facility.
- Be with you at the hospital or surgery facility.
- Communicate your patient directives to the care staff when you cannot.
- Remind you to ask questions which helps ensure you are getting the best care possible.

Tip: Find out if the hospital or surgery facility is accredited by The Joint Commission by visiting the Quality Check website at www.qualitycheck.org.

Before your surgery



You will be asked to sign an Informed Consent form. This form includes:

- Your name and other information that can help staff make sure you are receiving the right care.
- The type of surgery you are having and the exact location on your body.
- Any implants or devices you may have as a result of the surgery.
- Confirmation that you spoke to your doctor about any risks involved, different care plans available to you, and your post-surgery care plan.
- Your agreement to have the surgery.

Tip: Make sure the information is correct. If you have questions or if you do not understand something on the form, speak up!

- Someone from your care team will mark the spot that is being operated on.

- If you are having spine surgery, the Informed Consent, X-rays and other information will be used to confirm the exact place on your spine in the operating room after you are asleep. Prior to your surgery, check to make sure that your surgeon has all necessary spine imaging.
- Ask your surgeon if the care team will take a "time out" right before your surgery to make sure they are doing the surgery you agreed to on your Informed Consent form.

Tip: Marking usually happens while you are awake. However, if that's not possible, your patient advocate, family member or friend can ensure that the care team has marked the correct spot.

- Ask your surgeon about any incisions, drains or lines that may be made or inserted during your surgery and where they may be located.

After your surgery



- Let your doctor or nurse know if you are in pain.
- For any new medications, find out the dosage, how often you should take them, and side-effects.
- Let your care team know if you have any allergies or reactions to medications before taking them.
- You may be given intravenous fluids. These are liquids that drip from a bag into your vein. Ask how long the liquid should take to run out. Tell the nurse if it seems to be dripping too fast or too slow.

- Let your care team know immediately if you develop any signs of infection, such as:
 - o Fever, chills or fatigue.
 - o Redness, warmth or pain near any surgical incision sites.
 - o Discolored fluid exiting the surgical wound.
- Schedule your follow-up appointments, get prescriptions for new medications, and follow the instructions in your discharge plans.

Special considerations for COVID-19 pandemic



Find out about the hospital's or surgical facility's pandemic-related safety procedures, including:

- Wearing a face mask or covering when entering the facility.
- Cleaning and disinfecting protocols.
- What personal protective equipment will be used.

- How your care team will help protect you from the spread of the coronavirus.
- What to do if you develop a fever or cold symptoms the day before your surgery.

What happened last quarter?

Sleep Week

Millions of people suffered from insomnia before the coronavirus, and unfortunately, the pandemic creates a host of new challenges — even for people who previously had no sleeping problems.

- Disruption of Daily Life
- Anxiety and Worry
- Depression and Isolation
- Greater Family and Work Stress
- Excess Screen Time
- Stress-Related Fatigue

Sleep is a critical biological process, and as we juggle the mental, physical, and emotional demands of the pandemic, it's arguably more important than ever.

- Sleep empowers an effective immune system.
- Sleep heightens our brain functions, and our mind works better when we get good sleep.
- Sleep enhances moods.
- Sleep improves mental health

Experts agree that getting consistent, high-quality sleep improves virtually all aspects of health, which is why it is worthy of our attention during the coronavirus pandemic.

Guidelines to Sleeping Well During the Pandemic

- Set Your Schedule and Routine
- Reserve Your Bed for Sleep
- Expose Yourself to Light
- Be Careful of Naps
- Stay Active
- Practice Kindness and Foster Connection
- Utilize Relaxation Techniques
- Watch What You Eat and Drink
- Contact Your Doctor if Necessary

Don't just dream about getting a good night's sleep, do something about it! Ask your provider about a sleep study referral to Memorial Hospital's Sleep Lab.

FIND A BETTER NIGHT'S SLEEP.

Ask your provider for a referral to Memorial Hospital's Sleep Lab if you exhibit the following signs & symptoms of a sleep disorder:

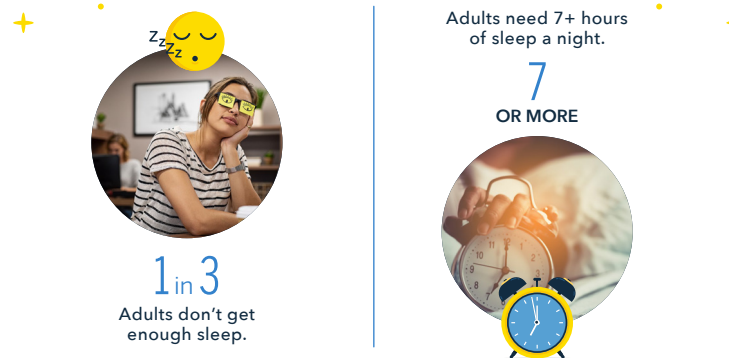
- Morning Headaches
- Irritability
- Daytime Fatigue/Sleepiness
- Snoring
- Waking Up Gasping For Air
- High Blood Pressure
- Anxiety and/or Depression
- Loss of Concentration

Source: https://www.sleepfoundation.org/sleep-guidelines-covid-19-isolation?fbclid=IwAR1mF-ntYUecUNSYu_n2SUnIXa1cQTzvvReH9kzWAPb67yDyRDx-QOLx4yQA

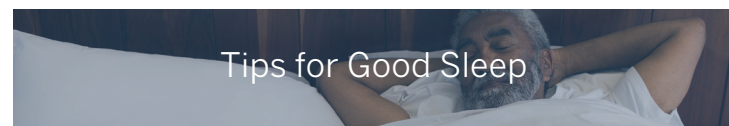
CDC's National Center for Chronic Disease Prevention and Health Promotion



Do You Get Enough Sleep?



Lack of sleep is linked to several chronic diseases and conditions, including:



Tips for Good Sleep



Learn more about good sleep habits at www.cdc.gov/sleep.



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion
@CDCChronic | www.cdc.gov/chronicdisease

What happened last quarter?



Health Care HR Week: March 15 - 19

HEALTH CARE HR
Strategic Partners for the Health Care Workforce

ASHHRA.org/HCHRWeek

Healthcare HR Week March 15-19

During March, Memorial Hospital celebrated Healthcare HR Week and recognized the HR team for their diligent efforts in helping our current employees navigate their payroll, benefit options and changes, and answering all of their HR questions. Also recognizing them for their efforts in recruiting and educating new team members to prepare them for a career in healthcare at Memorial Hospital.

This year the HR Department celebrated in their new office space. With their remodeled layout they wanted to include accommodations for an employee training space that brought new employees closer to them so they were available during their on-boarding to answer all of their questions. A training room equipped with the technology needed to better educate new staff members makes for a welcoming and quiet environment.

For the HR department, ALL of our staff members are their top priority! We thank them for their efforts year round in making sure every employee is informed about their rights and benefits.



Sharon and Julie show off their new employee education space.



2021 NATIONAL MEDICAL BILLER'S DAY
EST. 2007

Morgan Bendorf, CFO
Jan Koch, Bus Office Supervisor
Sarah Schenk, Patient Accounts
Rachel Garniss, Patient Accounts
Jane Prevaillet, Accountant
Carol Buckholtz, Accounts Payable

BILLERS:
Emily Schroeder
Aleisha Garver
Stephanie Knop
Addie Schultz

Lori Cushman
Jen Mehrer
Teresa Ball
Polly Bert

Medical Biller's Day

In March, Memorial Hospital's Business Office Team and Medical Billers were recognized. Our billing team offers expertise in carrier reimbursement requirements and helps to ensure that medical claims are accurately prepared. They strive to provide a high level of ethical, lawful and professional conduct throughout the industry and when working with patients to explain their medical billing. Thank you for the important role our Business Office team plays "behind the scenes" to make sure everything is accounted for and billed correctly.

MEMORIAL HOSPITAL TESTIMONIALS

SAY THANK YOU TO A HEALTH CARE WORKER

Did Memorial Hospital provide you and your loved one with compassionate, quality care delivered with dignity and respect?

WWW.MHCHESTER.COM/TESTIMONIALS

VOLUNTEER & AUXILIARY NEWS

Auxiliary Donates Patient Care Bags to Chemo/Infusion

Mardell Granger, Memorial Hospital Auxiliary President is seen handing a check for a total of \$9,000 to Tom Search, Memorial Hospital Board Chairman. The funds for the check were collected by the Auxiliary Tree of Remembrance Drive as well as gift shop sales and various donations received throughout 2020. This year the Auxiliary has decided to purchase 300 Patient Care Bags for our Chemo/Infusion patients. These bags will include comfort items such as a blanket, thermal mug, word search, Chapstick, hand sanitizer, and other items that the patients can use during their treatments that they will be receiving at Memorial Hospital Chemo/Infusion Department. These care bags will help make the patient's stay as pleasant and comfortable as possible.



Patient Care Bag (blanket not pictured)

Through the community's generous donations and memorials, the Auxiliary has been able to assist the hospital in purchasing needed equipment for various departments annually since 1983. In



Tom Search and Mardell Granger

the years past, the Auxiliary has helped raise funds for the purchase of smart TVs for the new Medical Surgical Unit, 4 new High-Lo Exam Tables for the Rural Health Clinics, a GE Ultrasound Upgrade for the Stress Echocardiogram in the radiology department, Chemo/Infusion patient chairs, ER Trauma Lights, Code Ready Defibrillator for the emergency department, Surgical Tables, Surgical Retractor and many more items.

This past year brought many fundraising challenges to the Memorial Hospital Auxiliary, but through the generous donations from the community they were able to exceed their fundraising goal for the year and provide these wonderful Patient Care Bags to the department. Thank you to the community for their contributions and memorials. Your generosity and support ensures we can continue to provide the best quality care possible for our community.

Memorial Hospital's Auxiliary Gift Shop Re-Opens!!

Auxiliary members have spent the last month, dusting off the shelves, re-organizing, and re-displaying items in the gift shop. The shop is freshly stocked with Spring items, Mother's Day gifts, bags, jewelry, decor, 25% off Easter items and so much more. Stop in and browse, just don't forget your mask and to continue to keep your distance while shopping. **Open Monday-Friday 10:00am-2:00pm.**



Brenda Ruroede, Gift Shop Manager and Apryl Bradshaw, Auxiliary CEO Liaison

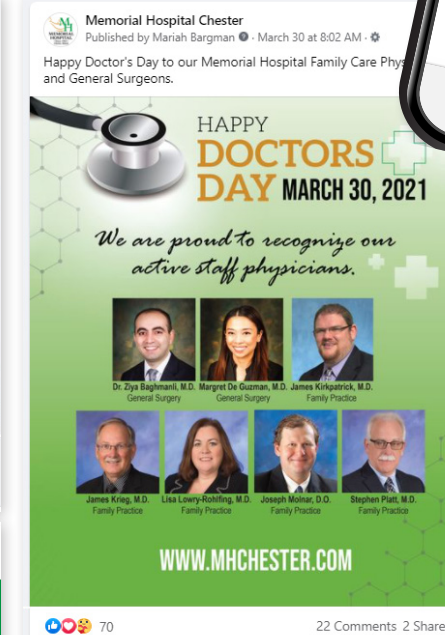


Auxiliary Members: Brenda Ruroede, Kathy Albrecht, Pat Koenegstein, Mardell Granger (not pictured) and Debbie Dudenbostel (not pictured) assisted with cleaning and restocking the gift shop.



Watch for **SALES** on **f**: **Memorial Hospital Auxiliary**

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



HONORS & AWARDS • UPCOMING EVENTS • SERVICES & PROVIDERS • HEALTHCARE NEWS

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.	Pain Management Paul Juergens, M.D.
Gastroenterology Charmaine Edwards, M.D.	Podiatry Amanda Hart, DPM Neil Ermitano, DPM
General Surgery Ziya Baghmanli, M.D. Margret De Guzman, M.D.	Sleep Lab Terry Brown, M.D.
Neurology James Goldring, M.D.	Urology Sam Stokes III, M.D. Wesley Howell, PAC
Obstetrics/Gynecology Elisabeth Beyer Nolen, M.D. Pamela Jellen, CNM	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

Maddie Wallace
Jennifer Ridings

Congratulations Retiree

Pam Schroeder

24 HOUR EMERGENCY ROOM SERVICE



CONVENIENT CARE

HOURS:

MONDAY-SATURDAY 8AM-8PM

SUNDAY 11AM-3PM

Except Holidays

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

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

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



JOIN OUR TEAM

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

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



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



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