

MEMORIAL HOSPITAL'S *The* LAMP QUARTERLY NEWSLETTER

Vol. 6, Issue 3 - July 2025

Early Detection Gives You the Power to Fight Back Against Breast Cancer: SUSAN'S STORY



Mammography Technologists: Heather Williamson, Wesleyan Fidler, & Rhonda Mann

Susan Diddlebock, Chief Nursing Office and Breast Cancer Survivor



316,950
in the U.S. will
be diagnosed
with invasive
breast
cancer in
2025.

women

2,800
men

Early detection is the single most powerful advantage in the fight against breast cancer.

In 2025, an estimated

316,950 women and 2,800 men in the United States will be diagnosed with invasive breast cancer, and when the disease is found at a localized stage the five-year relative survival rate is about 99 percent. Because screening can find changes before symptoms appear, many experts support the option to begin annual mammography at age 40 after discussing personal risk with a healthcare provider. Men can and do get breast cancer as well, so anyone who notices unusual breast changes should speak with their clinician promptly. At Memorial Hospital, that first step, an order from your physician and a scheduled mammogram, is the beginning of a care pathway designed to move quickly, gently, and effectively from screening to treatment when needed.

Susan Diddlebock, Chief Nursing Officer at Memorial Hospital, knows this truth intimately. What began as a routine mammogram became the moment that altered her life and set her on a path from shock to action. "I walked in for something I thought was routine, and suddenly my life changed," she remembers. "Finding it early gave me the power to fight. I wasn't facing the unknown alone, I had a plan, and people who believed in me." Those words hold the complex mixture of fear and relief that many patients feel when facing a diagnosis. Early detection provides them a gift though: time and options.

The mammography experience at Memorial is built to be clear, respectful, and efficient. The hospital uses 3D mammography, capturing multiple images of the breast to improve diagnostic accuracy and reduce unnecessary callbacks.

[*Continued on Page 8*](#)



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

Your Immunization Guide: Vaccines, Who Needs Them, When, & How Often

Keeping up with recommended vaccines is one of the simplest, most effective ways to protect yourself, your family, and your community. Memorial Hospital Rural Health Clinics offer a full range of routine and age-based immunizations for infants, children, adolescents, adults, and older adults. Below is a clear guide to the vaccines we provide, who should get them, and what diseases they prevent.

CHILDHOOD PRIMARY SERIES

HEPATITIS B (HEPB)

What it protects against:

Hepatitis B virus, which can cause acute and chronic liver disease, cirrhosis, and liver cancer.

Who should receive it:

All newborns beginning at birth, unvaccinated children, and adults at increased risk such as healthcare workers and people with diabetes.

Schedule: Typically a 3-dose series over six months.

HAEMOPHILUS INFLUENZAE TYPE B (HIB)

What it protects against:

Invasive Hib disease including meningitis, epiglottitis, and severe pneumonia.

Who should receive it:

Infants according to the routine schedule (2, 4, [6], and 12–15 months depending on the vaccine brand).

Schedule: 3- or 4-dose series depending on product.

DTAP AND TDAP/TD

What it protects against:

Diphtheria, tetanus (lockjaw), and pertussis (whooping cough).

Who should receive it:

DTaP for infants and children; Tdap recommended for adolescents, adults who have not previously received Tdap, and pregnant people during each pregnancy. Td boosters every 10 years.

Schedule: DTaP series; single Tdap then Td boosters as needed.

POLIO (IPV)

What it protects against:

Poliovirus, which can cause paralysis and respiratory failure.

Who should receive it:

Children at routine intervals; certain adults traveling to areas with poliovirus risk.

Schedule: Four doses by school entry.

MMR AND VARICELLA

What they protect against:

Measles, mumps, rubella, and chickenpox.

Who should receive them:

Routine childhood series with two doses; susceptible teens and adults without immunity.

Schedule: Two doses for lifetime protection.

PNEUMOCOCCAL CONJUGATE FOR CHILDREN

What it protects against:

Pneumococcal disease including pneumonia, meningitis, and bloodstream infections.

Who should receive it:

Infants on schedule and children with certain high-risk conditions.

Schedule: Series in infancy with boosters as indicated.

ADOLESCENT AND ADULT VACCINES

HPV (HUMAN PAPILLOMAVIRUS)

What it protects against:

HPV types linked to cervical, throat, anal cancers and genital warts.

Who should receive it:

Routine at 11–12 years with catch-up through age 26; select adults 27–45 after shared decision-making.

Schedule:

2 doses if started before 15; 3 doses if started at 15 or older.

INFLUENZA (FLU)

What it protects against:

Seasonal influenza A and B viruses that cause respiratory illness and can lead to hospitalization.

Who should receive it:

Everyone 6 months and older annually.

Schedule:

Once every year, ideally before flu season peaks.

SHINGLES (SHINGRIX)

What it protects against:

Herpes zoster and postherpetic neuralgia.

Who should receive it:

Adults 50 and older.

Schedule:

Two doses, 2–6 months apart.

PNEUMOCOCCAL VACCINES FOR ADULTS

What they protect against:

Pneumococcal pneumonia and invasive disease.

Who should receive them:

Adults 65+ and younger adults with certain chronic conditions; consult your provider for the appropriate product and timing.

RSV VACCINE

What it protects against:

Severe respiratory syncytial virus illness.

Who should receive it:

Older adults and those with chronic cardiopulmonary conditions as recommended by current guidance.

Schedule:

Typically a single dose per season when recommended.

MEMORIAL COMMUNITY PHARMACY
Offers the Following Vaccinations:

Flu Shot (Flucelvax/FluAd)
Pneumococcal
RSV
Shingles (Shingrix)
Tdap & Tetanus

GET YOUR SHOT

CLICK OR

SCAN



FLU - RSV - PNEUMONIA - SHINGLES - HPV - AND MORE



MEMORIAL
– COMMUNITY PHARMACY –

Walk-Ins Welcome | Appointments Recommended

Adult Vaccines (Age 18+)

Monday – Friday 7:00 AM–5:30 PM

618-826-6134



Appointments Required | Child and Adult Vaccines

CHESTER CLINIC

Mon, Wed, Fri 8:30 AM–4:30 PM

Tues & Thurs 7:00AM–4:30PM

** Vaccines for Children (VFC) Program available at Chester Clinic only

618-826-2388

STEELEVILLE FAMILY PRACTICE

Monday - Friday 8:30 AM–4:30 PM

618-965-3382



833 Lehmen Drive - Chester, IL 62233

618-826-4588

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

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

**SPECIALIZED
SERVICES:**

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

**SPECIALIZED
EQUIPMENT:**

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



Ryan Schaal, *Director of Therapy
& Physical Therapist*

Kristyn Riley, *Physical Therapist*

Megan Stewart, *Occupational Therapist*

Isabel Hotop, *Speech-Language Pathologist*



Robin Pratt, Occupational Therapist and Certified Hand Therapist

TSRC Welcomes Robin Pratt, New Certified Hand Therapist

We were proud to welcome Robin Pratt to Memorial Hospital's Therapy & Sports Rehab Center in September as an Occupational Therapist and Certified Hand Therapist. She brings focused expertise in hand, wrist, and upper-extremity care and sees patients on Wednesdays. She adds a highly specialized skill set to the team through advanced certifications and a patient-centered approach to restoring function and reducing pain.

Robin earned her Certified Hand Therapist credential in 2018 and is also a Certified Ergonomic Assessment Specialist. She has concentrated her practice on orthopedic hand conditions and complex upper-extremity diagnoses, combining manual therapy, evidence-based modalities, and custom orthopedic devices to help patients recover strength, dexterity, and independence. She values continuous learning and professional growth, and she cites earning her Hand Therapist Certification as her proudest accomplishment. She is one of 7,322 worldwide according to HTCC.



Robin's clinical scope includes a broad range of hand and upper-extremity conditions:

- **Nerve compression syndromes** such as carpal tunnel, cubital tunnel, and radial tunnel.
- **Fractures and post-surgical rehabilitation** for the hand, wrist, and arm.
- **Tendon injuries and transfers** and complex post-operative tendon reconstruction.
- **Arthritis management and arthroplasty care**, including CMC (base of thumb) arthroplasty and other joint replacement rehabilitation.
- **Tendonitis presentations** including lateral epicondylitis (tennis elbow), medial epicondylitis (golfer's elbow), and De Quervain's tenosynovitis.
- **Amputation care and adaptive fabrication** to restore function and support vocational needs.
- **Custom splinting and orthotic fabrication** tailored to protect healing structures, position joints for function, or enhance participation in daily activities.

Robin couples precise assessment with individualized treatment plans to address pain, range-of-motion limitations, weakness, scar management, and functional deficits. Her practice emphasizes measurable goals that align with each patient's daily demands and life roles.

Robin provides ergonomics services that help local workers stay safe and productive. Her offerings include:

- **Functional capacity evaluations** to objectively measure a patient's ability to perform work tasks.
- **Job function development testing and implementation**, designing task-specific assessments that translate directly to workplace requirements.
- **Body mechanics training and injury prevention programs** that reduce the risk of re-injury and help employers meet occupational safety goals.

These services support both injured workers returning to duty and employers seeking proactive strategies to maintain a healthy workforce.

Robin's greatest reward is helping patients return to the activities they love; she finds deep satisfaction in guiding them from pain to independence.

"I am passionate about my patients' care, their progress, and seeing them achieve their goals,"

she says. Combining technical skill with creative problem-solving, she has fabricated finger extensions from splinting material for a patient with amputations so he could type and resume his job. She embraces evolving techniques to relieve stubborn pain: "I have learned some new techniques to even get patients out of pain and back to function especially with lateral epicondylitis."

Robin appreciates Memorial's collaborative culture and the small-town atmosphere: "It is a great atmosphere to work in. Everyone is so willing to help out." She finds the friendly environment supports both patient care and interdisciplinary teamwork. Though new to the team, she values the clinical variety she encounters and the challenge that comes with managing diverse diagnoses.

Robin's specialized skills offer practical benefits to patients across ages and occupations: faster, safer recovery after hand surgery or injury, targeted strategies to manage chronic tendon and nerve conditions, customized splints that restore function, and workplace evaluations that support safe return-to-work transitions. Her combined expertise in hand therapy and ergonomics positions her to address both the clinical and vocational aspects of recovery.

**Request a referral to
Memorial Hospital's
Therapy & Sports Rehab
Center
with
Robin Pratt, OTR/L, CHT**



New Providers Joining the Memorial Hospital Specialty Clinic Team



Heather Cheaney, APRN, FNP-BC

We are pleased to welcome **Heather Cheaney, APRN, FNP-BC**, to the Specialty Clinic team. Heather partners with Dr. Samuel Medaris to provide ENT clinic visits. She started September 8, 2025, and sees

patients on Monday mornings every 2nd and 4th week. Heather has been a registered nurse since 1999, holds an ASN and BSN from Southwest Baptist University, and earned her MSN (Family Nurse Practitioner) from Southeast Missouri State University in 2016; she is board certified as a Family Nurse Practitioner.

We are also pleased to welcome **Rece Portell, PA-C**, who will join the Prairie Cardiovascular team working with Dr. Fredrick Ochieng' and begin seeing patients at Memorial Hospital's Specialty Clinic on Monday, November 10, 2025. Rece holds a BS in Integrative Biology from the University of Illinois Urbana-Champaign (2021) and completed her Master of Science in Physician Assistant Studies at Southern Illinois University Carbondale in August 2025; she is board certified by the NCCPA and active in national and state professional organizations.

Adding Heather and Rece expands local access to ENT and cardiovascular specialty



Rece Portell, PA-C

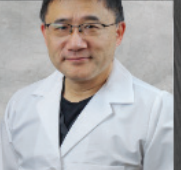
care, enhances coordinated care between visiting physicians and advanced practice providers, and reinforces Memorial Hospital's mission to deliver excellent care right here, close to home.



MEMORIAL HOSPITAL
— Since 1962 —
Chester, Illinois
mhchester.com

QUALITY CARE

CLOSE TO HOME

 Ziya Baghmanli, M.D. General Surgery	 Margret De Guzman, M.D. General Surgery & Wound Care Center	 Vamsi Chilluru, M.D. Nephrology	 Justin Floyd, D.O. Oncology/Hematology	 Michelle McQuillan, DNP, FNP-BC Oncology/Hematology
 Robert Bell, M.D. Orthopaedic Surgeon	 John Groll, M.D. Cardiology	 Frederick Ochieng', M.D. Cardiology	 Amanda Hart, D.P.M Podiatry	 C. Joseph Hopper, IV, AuD Audiology
 Wesley Howell, PAC Urology	 Samuel Medaris, M.D. Otolaryngology/ENT (Ear, Nose & Throat)	 Heather Cheaney, APRN, FNP-BC Otolaryngology/ENT (Ear, Nose & Throat)	 Tong Zhu, M.D. Pain Medicine, Physical Medicine, & Rehabilitation	 Angela Albertini, PA-C Wound Care Center

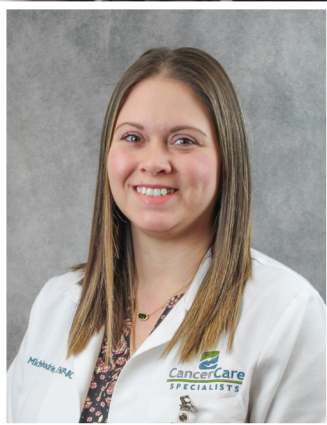
SPECIALTY CLINIC PROVIDERS

Chemotherapy and Infusion Care at Memorial Hospital

Dr. Justin Floyd, D.O.



Michelle McQuillan, DNP, FNP-BC



At Memorial Hospital, our Chemotherapy and Infusion Center is where clinical expertise meets genuine compassion. Whether you need chemotherapy, immunotherapy, blood transfusions, port-a-cath or PICC line care, long-term antibiotic therapy, or injections and infusions for a range of medical needs, our fully equipped center provides thoughtful, personalized care designed to make each visit as comfortable and reassuring as possible.

From the moment you arrive, our Certified

Nursing Staff focuses on your comfort and safety. Treatment chairs are heated and massaging, each station has a personal TV and free Wi Fi, and our team moves with efficiency, so you spend less time commuting and more time resting with loved ones. The team coordinates closely with family physicians, labs, imaging, and specialty providers so appointments, results, and follow-ups happen smoothly.

Memorial's Specialty Clinic providers work hand in hand with the Infusion Center

to deliver coordinated care close to home. Dr. Justin Floyd, D.O., leads with both skill and heart. "Helping patients and families daily navigate the cancer journey reminds me why this work matters," he says. "Catching cancer early typically improves outcomes, and we're here to listen, answer questions, and build a plan that fits your life." Michelle McQuillan, DNP, FNP-BC, sees patients alongside Dr. Floyd to support symptom management, education, and continuity of care.

Through Dr. Floyd and the team at Cancer Care Specialists of Illinois, patients are offered access to clinical trials. Memorial Hospital also offers nutrition counseling, social work support, and rehabilitation services so care addresses the whole person, not just the diagnosis. Affiliations with regional centers strengthen the care available locally and help chart a path for expanded services in the future.

Patients tell us the difference is the people. "Everyone is very nice and courteous... I would rate this center as one of the Best," one patient shared. Another family wrote, "Everyone in infusion is so kind and caring. They make the experience so much better."

If you or a loved one need infusion or oncology care, Memorial Hospital is here to support you every step of the way.



Michelle Tripp, RN; Carrie Jo Dierks, Infusion Nursing Assistant; and Deb Stenberg, RN.

SUSAN'S STORY

Continued From Page 1



SCAN OR CLICK
TO VIEW
SUSAN'S VIDEO



Rhonda Moti, Mammography Technologist performs Susan's mammogram.

These practical tips make the mammogram easier:

- Schedule a few days after your period if possible
- Wear a two-piece outfit
- Avoid deodorants or powders on exam day
- Bring any prior imaging or relevant health history

During the screening a technologist positions you between the machine's plates while compression spreads tissue for clearer images; each view takes only seconds, and most appointments run 15–30 minutes. If an area of concern appears, the team coordinates follow-up imaging or consultation promptly so patients aren't left waiting in uncertainty.

For Susan, that coordinated response mattered more than she could have known. A flagged scan was followed by fast, compassionate communication and clear next steps.

"They answered my questions, held my hand through the next steps, and made sure I understood what was happening,"

she says. That human connection changed the experience of diagnosis into the first step of a plan. It's the difference between feeling adrift and feeling supported.

When treatment became necessary, Susan found steady guidance in Memorial's Surgical Department and Oncology Specialty Clinic and Chemotherapy & Infusion Center. Dr. Justin Floyd, Oncologist, and a multidisciplinary team, care focused on evidence-based therapies balanced with attention to Susan's daily life and responsibilities. "Helping patients and families daily navigate the cancer journey reminds me why this work matters," Dr. Floyd says. "Catching cancer early typically improves outcomes, our job is to listen, answer questions, and build a plan that fits each person's life." That team-based approach means labs, imaging, primary care, and specialty providers collaborate closely to create individualized plans without unnecessary delay.



Specialty Clinic Appointment



Carrie Jo Dierks, Infusion Nursing Assistant, takes labs from Susan.



Ashlee Nanney, Same Day Surgery LPN, preps Susan for surgery.

Memorial's Infusion Center delivers a broad spectrum of services to support patients through treatment and recovery: chemotherapy and immunotherapy, blood transfusions, port-a-cath and PICC line care and maintenance, long-term antibiotic therapy, and injections or infusions for a variety of medical needs. Certified nursing staff provide symptom management, education, and compassionate bedside care in a soothing environment. Patients also have access to clinical trials through Dr. Floyd, nutrition counseling, social work support, and rehabilitation services so treatment addresses the whole person, not just the disease.

Equally important to the clinical services is the emotional landscape of care. A cancer diagnosis touches identity, family roles, work, and daily routines, and the quiet supports offered by Memorial matter in ways statistics cannot measure. Susan describes the relief of finding trust within her care team: "Knowing there were people who believed in me, even on the hard days, gave me strength to keep moving forward." Small acts of kindness, clear explanations, and the willingness to sit with difficult questions create spaces where hope can take root even amid uncertainty.

Access to local, high-quality care was central to Susan's recovery. Fewer long drives meant less fatigue and more time at home with family. Memorial's affiliations with regional centers and its collaboration with surrounding hospitals ensure patients can receive coordinated oncology and surgical services nearby, preserving energy for healing rather than travel.

Susan's advice is both practical and heartfelt: "Don't put it off. Get your mammogram. It could be the thing that gives you more time, more options, and the chance to keep living the life you love." Her story reminds us that screening is an act of care for yourself and those who depend on you.

Memorial Hospital's teams are ready to help, from scheduling a 3D mammogram to providing coordinated oncology and infusion care delivered with expertise and compassion.

Call (618) 826-4581 or visit www.mhchester.com. Memorial's commitment is simple and enduring: exceptional care, compassionate people, and support every step of the way.



HOW MAMMOGRAMS DETECT CANCER EARLY

GET YOUR ORDER

- Talk to your healthcare provider about your risk factors
- Obtain a physician's order for a mammogram

SCHEDULE & PREPARE

- Call Memorial Hospital Mammography at (618) 826-4581
- Wear a two-piece outfit and skip deodorant or powder

POSITION & COMPRESS

- Compression spreads breast tissue into a thin layer
- Flattens overlapping areas for clearer X-ray capture

LOW-DOSE X-RAY IMAGING

- Digital 2D and advanced 3D images taken from multiple angles
- 3D slices reveal tiny lumps and microcalcifications hidden in dense tissue

RADIOLOGIST REVIEW

- Expert technologists and radiologists examine every image
- Early clues, small masses, calcifications, architectural distortions, are flagged.

RESULTS AND NEXT STEPS

- Most reports return within 24-48 hours
- If all clear: continue annual screenings
- If follow-up needed: additional imaging or biopsy to confirm

99%

five-year survival when caught at a localized stage

Community CARE

Memorial Hospital Employees, Out & About in Our Community



A huge THANK YOU to our incredible Memorial Hospital staff who generously contributed to the STRIVE team's School Supply Drive! Thanks to their generosity, the new Early Childhood Center in Chester was stocked with much-needed supplies to kick off the school year in August. The Center now stands where the Chester Clinic once served our community, and we were honored to welcome their team to this meaningful location. It's inspiring to see a new generation of care and learning continue serving our community. We wish the Early Childhood Center staff a joyful, successful year ahead!



In October Memorial Hospital's BLS Educator, Mariah Bargman, was invited to teach two sessions to St. Mary's 3rd and 4th Grades Classes. They learned how to identify an emergency, when and how to call 911, along with infant and child CPR and choking rescue. Teaching youth how to be confident to take action in an emergency helps improve outcomes for their friends and loved ones.



The Memorial Hospital staff and Medical Explorers enjoyed a beautiful fall day in the Fall Festival Parade in Chester, in October. They enjoyed handing out candy and other goodies to parade goers along the route.



Dr. James Kirkpatrick and his family joined the First Baptist Church in Chester at their Back to School Bash in August. It was a joy to join the celebration and help kick off the school year with some cool refreshments. Memorial Hospital wished every student a fantastic year ahead, full of curiosity, growth, and new adventures in learning!

What an incredible “pink wave” at the Chester High School Volleyball Pink Out event on October 6! Thank you to everyone who stopped by our table and donned pink at the game to celebrate survivors, uplift fighters, and honor those we’ve lost.

Your smiles in our photobooth remind us how powerful community can be. The Memorial Hospital Chemotherapy & Infusion staff along with the Diagnostic Imaging and Mammography staff enjoyed talking to patrons at the event, handing out information and free goodies and snapping photos of willing participants in their “wings of hope” photo booth.



We would like to thank the Chester Early Childcare Center for including us in their Family Fun Night event. They coordinated a “Touch-a-Truck” night at the Memorial Hospital Medical Office Building that allowed families to get up close and personal to first responders and explore their vehicles. The Chester Fire Department, Police Department and Randolph County Sheriff’s Department participated in the event. Our Rural Health Clinic staff enjoyed sharing valuable resource information and freed goodies with the families that attended the event.



Memorial's Pumpkin Patch Raises Funds for the Chester Food Pantry

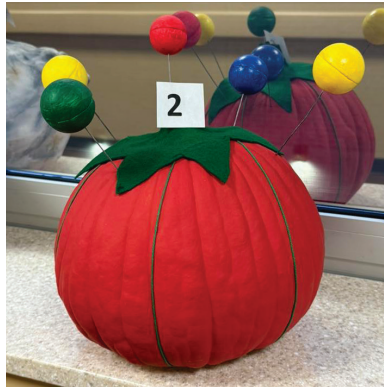
Memorial Hospital's departments participated in a pumpkin decorating contest the week building up to Halloween. Their creations were put on display at Memorial Hospital and people were invited to vote on their favorites. They could vote on the Memorial Hospital Facebook page or by placing a monetary donation in corresponding bins. The pumpkin that gained the most "likes" and most donations won a prize for their department.

**The winner was, the
Specialty Clinic with Pumpkin #4
Runner-Up was Dietary #7**

We want to thank everyone who participated in the contest and for those who made monetary donations. In all, \$200.00 was raised. All funds will be donated to the Chester Area Christian Food Pantry to provide much needed food items for their patrons in the upcoming months.



Administration



Operating Room Nursing



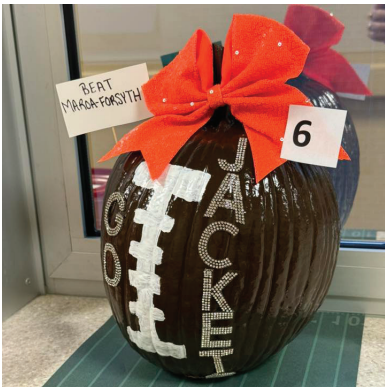
Medical Surgical Unit Nursing 1



Rural Health Clinic - Admitting



Diagnostic Imaging Department



Medical Surgical Unit Nursing 2



Emergency Room Nursing



Specialty Clinic



Dietary Department



Laboratory Department



Human Resources & Infection Control



Did You Know?

**95% of Websites Selling
Prescription Medicine Online are
Unsafe and Unlicensed***

Make Safer Choices
Choose a pharmacy that:

- Requires a doctor's prescription
- Has a licensed pharmacist on staff
- Has a physical address in the United States
- Is licensed by the state pharmacy board

www.FDA.gov/BeSafeRx

*Source: National Association of Boards of Pharmacies

What happened last quarter?

Memorial Hospital Earns ISHMPR Merit Award for Community Outreach



CARDIAC PULMONARY REHAB CENTER

MEMORIAL HOSPITAL

Memorial Hospital in Chester has earned the Merit Award in the Community Outreach category at the Illinois Society of Healthcare Marketing and Public Relations Fall Conference, held September 17 in Geneva, IL. The Merit Award represents the second highest honor in its category and recognizes the hospital's innovative campaign introducing the new Cardiac & Pulmonary Rehab Center to area residents. Mariah Bargman, Marketing and Community Relations Manager at Memorial, joined peers from across the state to accept the accolade and celebrate the team's dedication to patient education and community engagement.

The award-winning campaign launched in June 2024, shortly after the center opened its doors in May. Faced with rising rates of respiratory and cardiac diagnoses, Memorial Hospital set out to bridge gaps in post-hospital care by bringing specialized rehabilitation services closer to home. The marketing initiative wove together warm photography of familiar faces, educational videos featuring Dr. John Groll, Cardiologist and Specialty Clinic physician at Memorial, along with print and digital materials designed to explain the recovery process and encourage referrals from providers.

Throughout the year, the hospital's Marketing Department and Cardiac & Pulmonary Rehab Center leveraged a multi-channel awareness campaign that included trusted voices and visual storytelling. The materials underscored Memorial Hospital's commitment to long-term wellness and health equity, ensuring that patients and families felt both

informed and supported from diagnosis through recovery.

By the end of its first year, the Cardiac & Pulmonary Rehab Center had served 22 patients, 18 completing the cardiac rehab program, two completing pulmonary rehab, and two receiving outpatient respiratory services. To sustain patient engagement beyond the campaign's launch, the Rehab Center has introduced monthly support sessions for program graduates and the public with their "Beat, Breathe, Thrive" meetings held the fourth Tuesday of every month. Staff have provided educational talks at senior centers and continue to reach out to the community at in-person events.

"Winning the ISHMPR Merit Award affirms our belief that heartfelt storytelling and community trust are vital in healthcare outreach," said Brett Bollmann, CEO



at Memorial Hospital. "Our Cardiac & Pulmonary Rehab Center campaign was built on empathy, clarity, and local connections. We're honored to be recognized and remain steadfast in our mission to help every patient heal and thrive close to home."

The Cardiac & Pulmonary Rehab Center offers personalized exercise programs, nutritional guidance, risk-factor education, and ongoing support for individuals recovering from heart surgeries, heart attacks, chronic respiratory conditions, and other cardiopulmonary events. For more information visit www.memorialhospital.org/CPRC or call (618) 826-4581.



Amy Mathis, Cardiac Pulmonary Rehab Nurse Supervisor; Melissa Soellner, Registered Dietitian Nutritionist; Kelly Jany, Nurse Manager; Brett Bollmann, CEO; Susan Diddlebock, Chief Nursing Officer; Mariah Bargman, Marketing and Community Relations Manager

What happened last quarter?

Memorial Hospital Hosts Emergency Decontamination Training



Sparta Community Hospital and Memorial Hospital Decon Teams with BJC EMA instructor.

On October 1, 2025, Memorial Hospital in Chester, hosted a comprehensive Emergency Decontamination Training session, welcoming both its own Decontamination team and three members from Sparta Community Hospital's Decon team. Led by Scott Klosterman of BJC Emergency Management Agency (EMA), the training provided critical education and hands-on experience to enhance regional readiness for hazardous exposure incidents.

Participants engaged in classroom instruction focused on identifying and

responding to chemical, biological, liquid, and radiological threats. The curriculum emphasized proper protocols for decontaminating patients exposed to hazardous materials, ensuring staff are equipped with the knowledge and confidence to act swiftly and safely in real-world scenarios.

A key component of the training involved mastering the use of specialized protective suits, including correct procedures for donning and doffing. Staff also practiced patient decontamination techniques using

Memorial Hospital's decontamination tent and equipment, gaining valuable experience in a controlled, realistic setting.

The immersive, hands-on nature of the training was well received by attendees, who appreciated the opportunity to refine their skills and collaborate across institutions. Memorial and Sparta Community Hospital remain committed to fostering preparedness and community resilience through ongoing education and inter-hospital partnerships.



Decontaminating victim.



Instructor decontamination check.



Removal of personal protective equipment.

What happened last quarter?

IHA Visits Memorial

The Illinois Health and Hospital Association staff visited with hospitals and health system members across southern Illinois in August to listen to concerns, gather information, and discuss opportunities for IHA to provide support. One of those stops included Memorial Hospital. Amy Barry and Paris Ervin with IHA met with Brett Bollmann, CEO, Susan Diddlebock, CNO, and Morgan Bendorf, CFO.

During the meeting challenges and successes of Memorial's were shared with IHA, who advocates for high quality, affordable and accessible healthcare for all Illinoisans. Memorial was honored to host IHA and to provide incite to healthcare in rural Illinois.



Paris Ervin, IHA, Amy Barry, IHA, Brett Bollmann, CEO, Susan Diddlebock, CNO, and Morgan Bendorf, CFO

Memorial Hospital Welcomes Beck School of Nursing LPN Students for Fall 2025 Clinical Rotations



BECK School of Nursing students and instructor.

Memorial Hospital is excited to welcome Licensed Practical Nursing (LPN) students from Beck School of Nursing to its facility for the Fall 2025 semester. Beginning this fall, students will complete clinical rotations every Wednesday, working 12-hour shifts alongside hospital staff to gain hands-on experience in patient care.

Throughout the semester, students will rotate through a variety of departments, including Chester Clinic, Specialty Clinic, Emergency Department, Infusion, Surgery, and Medical-Surgical. This broad exposure will allow students to develop essential nursing skills while experiencing the unique aspects of healthcare delivery in a

community hospital setting.

“We are proud to partner with Beck School of Nursing to help prepare the next generation of nurses,” said Susan Diddlebock, Chief Nursing Officer at Memorial Hospital. “These students bring enthusiasm, dedication, and fresh perspectives that benefit both our staff and the patients we serve.”

The partnership reflects Memorial Hospital’s ongoing commitment to supporting healthcare education and workforce development. By providing real-world training opportunities, the hospital ensures that students gain the knowledge and confidence needed to excel in their nursing careers.

Memorial Hospital welcomes the Beck School of Nursing LPN students and looks forward to a successful semester of learning, collaboration, and service to the community.

Upcoming *community* Events



WWW.MHCHESTER.COM/CALENDAR-OF-EVENTS

PRENATAL CLASS

November 1, 2025 | 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

MEMORIAL HOSPITAL AUXILIARY *Christmas* PREVIEW SALE

November 5, 7am-5pm

November 6, 7am-2pm

Open to Everyone | Holiday Decor & Gifts | Discount Deals

Memorial Hospital - Conference Room



Blood Drive

November 7

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

Sign-up to Donate: www.redcrossblood.org

ILLINOIS EXTENSION FALL CLASS *series*

November 7 - "Don't Go It Alone"

9:00-10:00am | Cost: FREE | Open to Anyone

Memorial Hospital - Conference Room, Presented by Robin Ridgley, U of I Ext. Educator

Pre-Registration coming soon! Register at: www.mhchester.com/calendar-of-events



Beat, Breathe, Thrive
SUPPORT GROUP

November 25 | No Meeting in December

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

Memorial Hospital - Conference Room

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



MENTAL
HEALTH
FIRST AID®

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.

MEMORIAL HOSPITAL
AUXILIARY

Pre - Christmas
SALE

CHRISTMAS DECOR | GIFTING ITEMS | CLEARANCE UPTO 50% OFF

Wednesday, November 5, 7am-5pm
Thursday, November 6, 7am-2pm
Hospital - Lower Level Conference Room

MEMORIAL HOSPITAL
AUXILIARY

TREE OF
Remembrance
2025



MAKE A DONATION IN HONOR
OF YOUR LOVED ONE

Contributions assist the Memorial Hospital Auxiliary 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.



Make a donation online, by scanning the code with the camera on your smartphone, or entering the Square web link below in a web browser.



Donations and memorials can be mailed to:
Memorial Hospital Auxiliary
ATTN: Tree of Remembrance
1900 State Street
Chester, IL 62233



SCAN THE CODE
TO DONATE.

square.link/u/Cs40Ejqm

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.

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.

Otolaryngology/ENT

Samuel Medaris, M.D.
Heather Cheaney, APRN, FNP-BC

Pain Management

Tong Zhu, M.D. PhD.

Podiatry

Amanda Hart, DPM

Sleep Lab

Terry Brown, M.D.

Urology

Wesley Howell, PAC

Wound Center

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

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



MEMORIAL — COMMUNITY PHARMACY —

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

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

1900 State Street - Chester, IL

618-826-6134

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

Welcome New Employees

Madison Valleroy

Sara Harris

Emily McGeehan

Taylor Hepp

Andrea Fricke

Keri Impastato

Summer Hassebrock

Dawn Marcinkowska

Robin Pratt

Kolbie Martin

Sarah Toth

Becky Hardy

Congratulations Retirees

Judy Springs

Sharon Simpson

Kimberly Fedderke



OUR MISSION

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

WE ARE HIRING

Come Join Our Team!

RECEIVE BENEFITS

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

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

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

APPLY TODAY



SC
AN
ME

mhchester.com