

MEMORIAL HOSPITAL'S *The* LAMP QUARTERLY NEWSLETTER

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Managing Your Health Doesn't Have to Be a Roller Coaster

The last few years, the roller coaster of COVID-19's spikes and dips has many of us putting the breaks on our routine healthcare checks. This can be dangerous in the long run and put us at a greater risk for complications and deathly diseases in our futures. You can prevent sharp turns and inversions in your care with routine check-ups and screenings.

Wellness Checks & Physicals

An age specific wellness exam, annual physical, or well woman exam with your primary care provider can supply you with general vital sign checks, tests, and age appropriate examinations and vaccinations that ensure you are in good health. These check-ups can also bring to light any issues that may be starting to arise.

What you may feel is a minor dip in your health can lead to climbing complications in the long run. High blood pressure can lead to a heart attack or stroke, heart failure, kidney problems, eye problems and more. Elevated glucose, or blood sugar, can indicate pre-diabetes which, can lead to heart disease, stroke, eye damage, limb amputation, and kidney failure as well. One abnormal result could start a whole cascade of problems. So catching these things early helps decrease your risks of obstacles down the track.

Some health problems can be easily corrected with small lifestyle changes or maintenance medications. Additional testing, screening, or imaging may be ordered to help determine the severity of any signs and symptoms, to help better your diagnosis. The key is to catch issues early so they can be better managed, and you aren't thrown for a loop.

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Blood Drives
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Community Fun Run/Walk



RURAL HEALTH CLINICS

FAMILY HEALTH CARE Newborn Through Geriatrics

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

CHESTER CLINIC

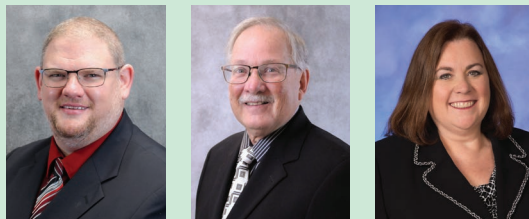
2319 Old Plank Road - Chester, IL 62233

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.
Valerie Blechle, APN, FNP-BC
Cassandra Chambers, FNP-C
Mindy Dudenbostel, FNP-C • Angela Albertini, PA-C

With You For All the Milestones

Memorial Hospital's Rural Health Clinics provide care for infants as young as 3-5 days and continues care throughout you and your child's lifetime.

The [American Academy of Pediatrics](#) (AAP) recommends you take your baby to the doctor for 10 checkups during their first 2 years. Recommended Ages are 3-5 days, 1 month, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, & 24 months. Well Baby Check-Ups Include:

- Weight, length, and head circumference
- Heartbeat and breathing
- Hips, legs, arms, back and spine
- Eyes
- Ears and nose
- Mouth and throat
- Neck and underarm lymph glands
- Skin for birthmarks and rashes
- Stomach
- Additional age specific assessment to check to see if your baby is meeting the developmental milestones for their age group

Each baby is different and may achieve milestones at a different pace. Providers track expected behaviors and skills appropriate for your baby's age to check to see if there are any delays or areas of concern. During each well baby check-up they will assess their developmental milestones including:

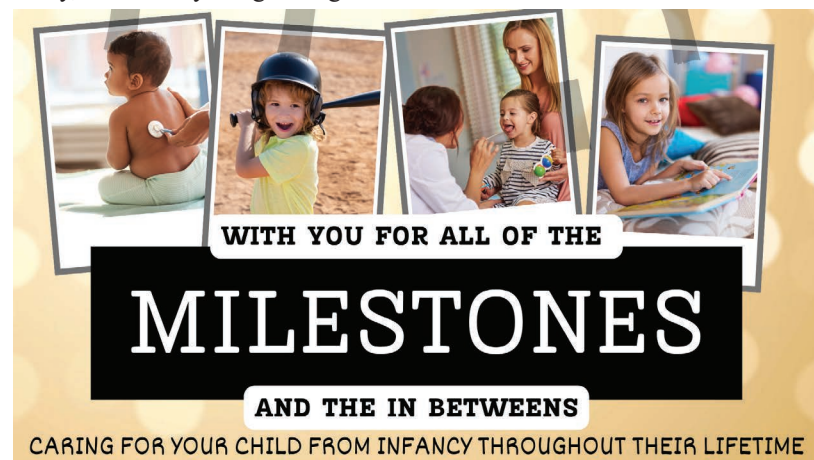
- Observe child's behaviors
- Ask you about your baby's age-related accomplishments
- Ask about how you and your baby are doing, and about their feeding, sleeping and development

The CDC recommends a dosing schedule to help protect children against diseases. Vaccinations are given at their recommended times upon parent consent. Recommended infant vaccinations include:

- Hepatitis B
- Rotavirus
- Diphtheria (DTaP)
- Hib
- Pneumococcal Conjugate
- Polio
- Influenza
- COVID-19

Chester Clinic participates in the Vaccines for Children (VFC) program which offers vaccines at no cost to eligible children through health care providers enrolled in the program.

Schedule your child's well check with one of our clinic locations. Don't delay, ensure they are growing well!



Did You Know Your Primary Care Provider Can Do That?

The Chester Clinic and Steeleville Family Practice provide a variety of in-office procedures that can be performed during a scheduled doctors visit. Before you schedule an appointment with a specialist, talk with your family provider to see if they can care for your health need at one of Memorial's clinic locations.

In-Office Procedures offered at Memorial's Rural Health Clinics include:

Trigger Point Injections

Trigger points are painful "knots" in your muscles. They form when a muscle can't relax. Sometimes you can feel these knots when you rub your muscle. A trigger point injection can help soothe muscle pain, especially in your arms, legs, lower back and neck. It also can be used to treat fibromyalgia, tension headaches and myofascial pain. Injecting small amounts of anesthetic and steroid into the trigger point can help alleviate the pain. Trigger point injection may be right for you if your muscle pain has not improved with other treatment, including pain medication and physical therapy.

Cryosurgery

Cryosurgery is a technique for removing skin lesions that primarily involve the surface of the skin, such as warts, seborrheic keratosis (non-cancerous skin growth), or actinic keratosis (a rough, scaly patch on the skin caused by years of sun exposure.). Liquid nitrogen needs to be applied long enough to freeze the affected skin. By freezing the skin, a blister is created underneath the lesion. Ideally, as the new skin forms underneath the blister, the abnormal skin on the roof of the blister peels off. Occasionally, if the lesion is very thick (such as a large wart), only the surface is blistered off. The base or residual lesion may need to be frozen at another visit.

Punch Biopsy

Primary indications for punch biopsies include suspicious skin growths and lesions. These include melanoma, carcinomas and various bullous or inflammatory skin conditions. Small pieces of skin from any part of the body are removed using a tube-shaped tool. It is rotated through the skin to the subcutaneous fat. The specimens obtained are sent for microscopic and histopathological examination, or bacterial and/ or viral cultures. While punch biopsies are capable of showing the full thickness of lesions, they are limited in terms of how much width they are able to display with respect to the specimen obtained. This limitation is crucial in the staging and prognosis of malignant lesions.

Well Woman Exams

Schedule a well-woman visit with your doctor or nurse every year. The well-woman visit is an important way to help you stay healthy. Well-woman visits include a full checkup, separate from any other visit for sickness or injury. These visits focus on preventive care for women, which may include:

- Services, like shots, that improve your health by preventing diseases and other health problems
- Screenings, which are medical tests to check for diseases early when they may be easier to treat
- Education and counseling to help you make informed health decisions

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

Excisions

"Excision" means the doctor uses a scalpel to remove something from the skin. Excisions are recommended for problem growths such as small cancers, atypical moles, and enlarging cysts. First, the growth is numbed with injectable anesthesia. The doctor then excises the growth and a narrow rim of normal-appearing tissue. The excised tissue is sent to a dermatopathology lab for final diagnosis which may take 1-2 weeks.

Childhood Immunizations

Vaccines can prevent infectious diseases that once killed or harmed many infants, children, and adults. Without vaccines, your child is at risk for getting seriously ill and suffering pain, disability, and even death from diseases like measles and whooping cough. On-time vaccination throughout childhood is essential because it helps provide immunity before children are exposed to potentially life-threatening diseases.

The Vaccines for Children (VFC) Program offers vaccines at no cost to eligible children through the Chester Clinic which is enrolled in the program. This program provides free vaccines to children who are eligible for Medicaid or are under-insured.

Adult Immunizations

You're never too old to get vaccines. In fact, sticking to an immunization schedule as you age gives you the best shot at long-term health. Recommended Adult Immunizations include: Flu, Tdap (tetanus, diphtheria, and pertussis or whooping cough), Hepatitis B, HPV (human papillomavirus), MMR (Measles, Mumps, Rubella), Chickenpox, and Shingles. Additional vaccinations may be recommended depending on your age and health history.

EKG - Electrocardiogram

An electrocardiogram records the electrical signals in your heart. It is a common and painless test used to quickly detect heart problems and monitor your heart's health. An electrocardiogram is a noninvasive way to help diagnose many common heart problems in people of all ages. Your doctor may use an electrocardiogram to determine or detect:

- Abnormal heart rhythm (arrhythmias)
- If blocked or narrowed arteries in your heart (coronary artery disease) are causing chest pain or a heart attack
- Whether you have had a previous heart attack
- How well certain heart disease treatments, such as a pacemaker, are working

Electrosurgical Procedures

Electrosurgery for dermatology procedures is the ideal method for removal of hemangiomas (bright red birthmarks) and pyogenic granulomas (skin growths that are small, round, and usually bloody red in color) due to their vascular nature and tendency to bleed. Electrosurgery is used to coagulate the tissue to prevent bleeding and destroy any foreign cells that may still exist.

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

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

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

**SPECIALIZED
SERVICES:**

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

**SPECIALIZED
EQUIPMENT:**

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



Ryan Schaal, *Director of Therapy
& Physical Therapist*

Kristyn Riley, *Physical Therapist*

Megan Stewart, *Occupational Therapist*

Isabel Hotop, *Speech-Language Pathologist*

Trouble Swallowing?

Cancer Patients & Dysphagia: There's Help!

The simple enjoyment of eating a meal or drinking can be disrupted with choking or coughing for some. Most of us never think about how we eat or drink until we experience dysphagia, or trouble swallowing.

Cancers in the mouth, throat or esophagus can make it difficult to swallow and can be the cause of dysphagia. Through treatment the cancer can be taken care of, but long term side affects from the radiation of the cancer can persist. "Almost all of the patients I see aren't aware that radiation can have long term effects that don't set in immediately after treatment," explains Isabel Hotop, Speech-Language Pathologist (SLP) at Memorial Hospital's Therapy & Sports Rehab Center. "It may be years after radiation, before a patient first notices changes in their swallow function due to the onset of radiation fibrosis, or thickening or scarring of the tissue." There are ways to prevent the effects of radiation fibrosis and a SLP can help when a swallowing issue develops or worsens.

Here are answers to some of the most common questions from patients with dysphagia.

What is dysphagia and why do I have it?

Dysphagia is the medical term for "having trouble swallowing." In cancer patients, it can be caused by the tumor itself (usually in head and neck cancers) — which blocks or narrows the food passage — or as a side effect of treatment.

A tumor in the head or neck can interfere with the ability of the lips, tongue, or throat muscles to move food around the mouth so that it can be chewed and passed to the esophagus. In other cases, the tumor may block the throat so that food and/or liquid cannot pass through it.

Radiation therapy can also cause swallowing problems. The effects of radiation — including scarring and fibrosis — build over time, and can reduce the ability of the throat muscles to function properly, even long after treatment is finished. Radiation can also cause narrowing of the swallowing passage — a problem known as "stricture."

Chemotherapy doesn't generally cause lasting dysphagia, but it can make the effects of radiation worse. And though chemotherapy can also affect a patient's appetite and desire to eat, those side effects are often temporary. The side effects of radiation are usually permanent.

Surgery can cause swallowing problems by removing structures in the head, neck or esophagus that normally allow food and liquids to pass through the system.

How is dysphagia diagnosed?

If you report trouble swallowing, your doctor will order tests to watch the food and water pass through your mouth and throat as you eat and drink. These tests may use imaging (such as X-rays during a modified barium swallow study) or a flexible scope to look inside your throat.

The degree of your dysphagia will be rated on both the efficiency and the safety of your swallows.

Swallowing efficiency is how quickly and effortlessly you're able to swallow. "Inefficient" swallowing results in food being left behind in the mouth or throat. It might take a long time for you to eat, or feel like something's been "left over" or "stuck" in your throat after each bite.

Swallowing safety is the ability to eat and drink without anything entering the airway, also known as "aspiration." Food and liquid that enter your airway can cause pneumonia. So, it's important to undergo a swallowing examination that evaluates your ability to protect the airway.



How might dysphagia affect my ability to eat?

Certain types of food, such as solids or those with grainy textures, may be harder for you to swallow than others. This can limit your diet. Some patients find that drinking liquid supplements — such as shakes and smoothies — helps them maintain their weight when swallowing is difficult. In other cases, you may need a feeding tube to ensure you're receiving adequate nutrition while you heal.

In situations where swallowing a pill becomes impossible, ask your doctor to prescribe a liquid version of the medication, if it's available. Or, ask your pharmacist if your medications can be crushed.

Do you have any special dietary recommendations?

No, because not everyone with dysphagia can eat the same foods. It is crucial to receive proper guidance regarding the types of foods and liquids that are safe for you to swallow.

These recommendations should come from a speech-language pathologist with experience working with cancer patients. A knowledgeable dietitian can provide information on how to make sure your diet is meeting your nutritional needs.

When should I approach my doctor for help?

Ideally, you would meet with a speech-language pathologist who has experience working with cancer patients before starting treatment, so that you could receive the appropriate testing, counseling and information needed to prevent or lessen the severity of dysphagia.

Once you're actually having problems swallowing, you can still

seek help. However, in general, the earlier therapy starts, the better the outcome. Some aspects of the dysphagia may be irreversible.

How will my dysphagia be treated?

Dysphagia can be treated using a variety of methods, including exercises, postures (such as head turns or chin tucks), massage techniques and muscle manipulation. In some cases, a gastroenterologist may need to stretch or dilate a tight area of your throat or esophagus under sedation, to allow food to pass through more easily.

Are my cancer-related swallowing issues temporary or permanent?

They can be either. It depends on the type of tumor, the size of the tumor, the stage of your disease and the type of treatment you're getting. All of these factors play a role in determining the severity of dysphagia and your ability to recover from it. That's why it is critical to meet with an experienced speech-language pathologist before cancer treatment begins. This ensures you'll get the guidance needed to preserve as much swallowing function as possible.

What's the one thing I should know?

The enemy of swallowing is NOT swallowing, so strive to preserve as much function as possible. "Use it or lose it." Keep those muscles moving, whether the goal is to maintain normal function going into your cancer treatment or to restore function that has been lost during the process.

Source: Kate Hutcheson, Ph.D., is an associate professor in Head and Neck Surgery, and Chief of Speech Pathology and Audiology at MD Anderson. <https://www.mdanderson.org/cancerwise/dysphagia-in-cancer-patients--what-to-know-causes-diagnosis-prevention-treatment.h00-159305412.html>



SECOND HALF OF 2023

second half of 2023, were presented with a pin and certificate. The nominees were: Kimberly Fedderke, RN; Amy Kirkland, RN; Paige Gendron, RN; Dylan Dungan, LPN; Tabatha Colvis, LPN; Alicia Heinemeyer, LPN; and Erin Whelan, LPN.

Memorial Hospital's Daisy Award Honoree for the second half of 2023 is Ashlee Nanney, LPN. Ashlee, was nominated by a supervisor in regards to an email received by a patient, for her extraordinary comfort, care, and compassion to her patient. She received a handcarved, DAISY statue, certificate, and pin.

During the ceremony, Susan Diddlebock, Chief Nursing Officer at Memorial, expressed her gratitude to staff following the reading of nominations. "Thank you to our nurses and staff for your commitment to healing here at Memorial Hospital. We hope that you will wear your DAISY pins proudly."

Anyone can nominate a nurse for a DAISY Award. Nominations can be done at any time by paper or electronically at www.mh-chester.com/DAISY-nominations.

Memorial Hospital is a very proud partner with The DAISY Foundation to honor our extraordinary nurses.

The DAISY Foundation was established in 1999 by the family of Patrick Barnes. Patrick died at 33 from complications of the autoimmune disease ITP. During his hospitalization, the family was very impressed by the clinical care of the nurses who cared for Pat. So much that they created a foundation to thank nurses which, has grown to be international. This is their way of saying thank you to nurses for the extraordinary care they provide patients and families every day. DAISY is an acronym standing for Diseases Attacking the Immune System.

On December 14, Memorial held a reception to honor DAISY Award recipients for the 2nd half of 2023. Our nominees, for the



Ashlee Nanney, LPN

"I received an email from a patient Ashlee had taken care of. This is what they had to say:

I wanted to let you know what a great nurse Ashlee Nanney is. She was my nurse for a procedure I had 2 weeks ago. I was a little apprehensive about my post op, but she took the time to explain everything that would happen and what to expect. She was very attentive.

She told me that her daughter had the same procedure and tips and tricks they had to make her more comfortable during her recovery. She answered all my questions and addressed all of my concerns. She spent a lot of time making sure I was comfortable. She did a really great job! I just wanted to pass on some compliments because far too often we hear complaints instead of compliments. Thanks for all the great care."

"As a manager, it is rewarding to receive an email like this. I personally have witnessed Ashlee's fantastic bedside manner and care to her patients. For that reason, I am submitting Ashlee as a recipient of the Daisy Award."

Ashlee has worked at Memorial Hospital for 2 years as an LPN in the Ambulatory Surgical Center (ASC). When asked what she like most about her job she said she enjoys meeting new people and listening to their stories about their lives. "There are so many interesting people in the community," exclaimed Ashlee. "I'm grateful to work at a facility with so many other extraordinary nurses!"



Tabatha Colvis, LPN

"Tabatha Colvis is a very caring nurse. She has even brought in her scissors from home and has given several patients haircuts and trimmed beards. One patient's wife asked if she could cut her hair and she did. Tabatha goes the extra mile for her patients."

Dylan Dungan, LPN

"Sometime in May I believe, I came into the ER with very high blood pressure that wouldn't go down. I sat there for 3 hours wanting to go home but Dr. Rafati and staff would not let me go because I was at stroke risk. Dylan was very fast and efficient and waited on me and even got me something to eat, even when the kitchen was closed. Dr. Rafati and Dylan were very informative and reassuring that they would take care of this. Dylan is excellent. He is a very fast and friendly male nurse. P.S. The whole entire staff was great that day too."



Kimberly Fedderke, RN

"She treated me with patience and kindness even though I was a grumpy guy. I was discharged and a bit combative but she looked beyond that and treated me like I mattered."



Paige Gendron, RN

"I have worked in the ER for several years now and I have overheard Paige talking with a number of people, some of who were not very

kind. But Paige can go in a room and be so kind and understanding. The way she calms a person is unbelievable. A lot of times, Paige can calm a person when no one else can. She is so kind, not only is she kind to patients, she is kind to all the employees as well. Paige is a one of a kind nurse and we should be very happy to have her."

Alicia Heinemeyer, LPN

Tree nominations were made for Alicia. 1) "My 89 year old uncle had hearing difficulties. I took him to convenient care at Chester Hospital. Our nurse was Alicia Heinemeyer. She was absolutely wonderful with him. She explained everything about what she was doing with him, so I nominate her for the Daisy Award." 2) "I was in a lot of pain and she was so understanding and very helpful. A pleasant attitude that you don't always come across. She is definitely an asset to your hospital. Thanks so very much." 3) "She made my 6 year old daughter feel way less scared. She explained everything in terms my daughter could understand and even gave her a big hug when she was crying. Thank you Ms Alicia for being awesome."



Amy Kirkland, RN

"My friend had just had a mastectomy and was vomiting frequently. We had explained to one nurse that a combination of medicines had helped the last time she had surgery so she didn't vomit. That nurse had tried but could not find it in the past medical record. Another nurse checked and couldn't find it either. In comes Amy.....she heard her vomiting and came in to check on her. I explained that we couldn't remember what combination of medicine was but it had helped so much and we really needed it again. Amy researched her old records and found it. It helped and we were so thankful."

Erin Whelan, LPN

"My cousin, who had been in the hospital for many weeks was not looking forward to going out of the house after being discharged, based on our many phone conversations. She was especially not looking forward to her follow up doctor visit. I spoke to her before she left for the visit and she sounded very depressed. As soon as her appointment was over, she didn't even wait to get home before she called me to tell me how it went. Her first words to me had nothing to do with herself or what the doctor had said to her. She was ranting and raving about this nurse she met at the clinic that had seen her first. My cousin said felt so comfortable with this nurse after telling her about the anxiety she was having going to this appointment. In my cousins words.....Nurse Erin was so professional and caring, knowledgeable, compassionate and with a great sense of humor and said it calmed her down so much. My cousin now looks forward to her appointments."



Managing Your Health Doesn't Have to Be a Roller Coaster

(Continued from Page 1)

Once you have scheduled your regular health check-up it is important to be prepared for the encounter with your provider. Here are some thing you can do before your appointment to be prepared.

Review your family health history.

Are there any new conditions or diseases that have occurred in your close relatives since your last visit?

Find out if you are due for any general screenings or vaccinations.

Have you had the recommended screening tests based on your age, general health, family history, and lifestyle? Check with your health care provider to see if its time for any vaccinations, fol-low-up exams, or tests.

Write down a list of issues and questions to take with you.

Have you noticed any body changes, including lumps or skin changes? Are you having pain, dizziness, fatigue, problems with urine or stool, or menstrual cycle changes? Have your eating hab-its changed? Are you experiencing depression, anxiety, trauma, distress, or sleeping problems?

Consider your future.

Are there specific health issues that need addressing concerning your future? Are you thinking about having infertility treatment, losing weight, taking a hazardous job, or quitting smoking?

Through regular check-ups and screenings you can take charge of your health. Talk to your provider about your health risks and whether or not you should be screened.

Stop putting your general care in the side-car, it's time to put it front and center. Annual check-ups and screenings don't have to be scary. Find comfort in knowing.

Should I Be Screened?

	WHO SHOULD BE SCREENED?	RISK FACTORS	HOW TO SCHEDULE A SCREENING
Abdominal Aortic Aneurysm Screening	Males 65-75 , who have smoked at least 100 cigarettes during their lifetime. OR Males and Females with a family history.	<ul style="list-style-type: none">• Smoking• High Blood Pressure• High Cholesterol• Emphysema• Obesity	Talk to your doctor about scheduling your Abdominal Aortic Aneurysm Screening or Bone Density scan. Chester Clinic 2319 Old Plank Road Chester, IL 618-826-2388 Steeleville Family Practice 602 W. Shawneetown Trail Steeleville, IL Practice 618-965-3382
Bone Density Screening	Females 65 and Males 70 with no risk factors OR Post-menopausal women younger than 65 with risk factors.	<ul style="list-style-type: none">• Fracture From Minor Trauma• Rheumatoid Arthritis• Low Body Mass Index• Corticosteroid Use• Alcohol Use or Smoking History• Endocrine Disorder• Physical Inactivity	
Breast Cancer Screening	Females Starting at Age 40	<ul style="list-style-type: none">• Age• Family History• Breast Density• Alcohol Use• Hormone Therapy• Obesity	Schedule Your Mammogram! Memorial Hospital 1900 State Street Chester, IL 618-826-4581
Lung Cancer Screening	Males and Females 50-77 <ul style="list-style-type: none">• Have smoked a pack of cigarettes a day for 20+ yrs.• Current smoker or quit in the last 15 years.	<ul style="list-style-type: none">• Exposure to Radon• Exposure to Asbestos• History of Head and/or Neck Cancer• Exposure to Cancer Causing Agents in the Environment Such as Arsenic, Chromium, Nickel, Cadmium, Beryllium, or Silica• Lung Scarring From Certain Types of Pneumonia or a Diagnosis of COPD• 1st Degree Relative, Such as a Parent or Sibling, Who Has Had Lung Cancer	To set up an appointment call, 855-399-LUNG (5864) and speak to our Nurse Navigator
Colonoscopy	Males and Females 45-75 Males and Females 76-85 Should talk to their doctors.	<ul style="list-style-type: none">• Obesity• Not Being Physically Active• Diet That's High in Red Meats• Smoking and/or Alcohol Use• Age• Personal and Family History of Colorectal Polyps or Cancer	Schedule Your Colonoscopy! Memorial Hospital 1900 State Street Chester, IL 618-826-4581

2023-2024 Medical Explorers



Memorial Hospital welcomes 40 students into this year’s Medical Explorers program. The Memorial Hospital Medical Explorers is a registered post of the nationally recognized branch of the Boy Scouts of America (BSA). Exploring is part of the Learning for Life’s career education program for young men and women by the BSA. The program welcomes young adults ages 14-21 who have an interest in healthcare careers. During the program at Memorial, students meet once a month and hear from different departments throughout Memorial and other community healthcare professionals.

The purpose of the program is to provide experiences to help young people mature and to prepare them to become responsible and caring adults. Memorial’s Medical Exploring Program is designed to create a unique, hands-on structure that provides learning activities for the participants’ special interests and help guide them to a future career in the healthcare field.

This year’s Explorers include the following students from the listed schools: Chester High School – Josalynn Anaya, Jordan Buskohl, Katelin Conway, Liberty McCormick, Mabry Wingerter, Beatriz DeGuzman, Emily Heinemeyer, Emma Murphy, Maggie Caby, Caleb Coffey, Callie Davis, Natalie Guetersloh, Madi Stauffer, Morgan Throop, Monica Anaya, Bailey Hartmann, Kylie Hicks, Aubrey Petrowske, Camdyn Quillman, Olivia Sellers, Amelia Terry, Taylor Throop, Breanna Tucker, and Katie Werner. Gibault High School – Elseah Congiardo. Sparta High School –Abigail Heinen. Steeleville High School – Audrey Gladson, Victor Mathis, Taylor Mortrud, Avery Roberts, Hannah Runyon, Kamryn Patterson, and Ella Tripp. TRICO High School – Lydia Williamson, Addyson McClaine, Makayla Gordon, Bevon Stewart, Aubrey Cotter, Madilynn Holt, and Graci Laffoon.

This year students will hear from familiar departments such as Diagnostic Imaging, Nursing, the Pharmacy, and first responders. One of the new professionals the Explorers will have present this

year is Rheinecker Chiropractic Care. Each year adjustments are made to programming to incorporate new careers and expand on what Explorers learned the year prior. “We have a large group this year which is exciting. Each year we strive to give students a look at the many healthcare related career options in our rural area and try to introduce them to a variety of professions,” says, Mariah Bargman, program director. “By introducing them to as many career paths as possible, we hope they will find one that piques their interest and helps them make a plan for their future.”

As an Explorer, students are given privileges to job shadow in many departments and with specialty providers. They also get the opportunity to build connections, and network with professionals throughout healthcare. This helps further their understanding of the daily demands different healthcare workers experience and help them make better decisions in a career path that may fit their abilities and interests. Explorers who are seniors in High School or attending college are able to apply for a scholarship. The scholarship application process includes extra job shadowing hours and short essays. A committee will then evaluate their performance and editorial pieces, and a \$500 scholarship is awarded by the Memorial Hospital Auxiliary.



Welcome New Specialty Provider



Dr. Robert Bell, M.D.

Memorial Hospital welcomes Dr. Robert Bell, M.D. to our team of specialty providers.

Dr. Robert Bell received his medical doctorate from the University of Missouri at Kansas City School of Medicine. He completed General Surgery internship at Medical College of Virginia, and returned to UMKC for orthopaedic surgery residency, followed by a combined sports and upper extremity fellowship at the University of Virginia in Charlottesville, and the

American Sports Medicine Institute in Birmingham, Alabama with renowned orthopaedic surgeon Dr. James Andrews.

After fellowship, Dr. Bell practiced for many years in El Paso, Texas. In addition to practicing as an orthopaedic surgeon, Dr. Bell

spent time as an Assistant Professor in the Department of Orthopaedics at Texas Tech University Health Service and served in various leadership roles, including President of El Paso Orthopaedic Surgery Group. Originally from Missouri, Dr. Bell returned to the Midwest in 2016, practicing in the St. Louis region and more recently the southwest Illinois area as a specialty physician of Deaconess Illinois. He performs consults for general orthopaedics, specializing in hand surgery and upper extremity conditions.

Dr. Bell is Board Certified by the American Board of Orthopaedic Surgeons, holding several professional memberships including American Association for Hand Surgery and American Academy of Orthopaedic Surgeons.

Dr. Bell is excited to begin seeing patients at Memorial Hospital Specialty Clinic. He is available for outpatient clinic consultations and ambulatory surgical procedures every other Tuesday.

Dr. Bell's first clinic is planned for March 5th, 2024.

Shemonic Pursues Career as Physician

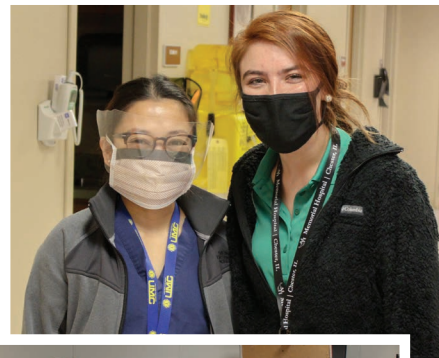


Amelia Shemonic, is currently a Junior enrolled at Southern Illinois University in Carbondale, IL and also works as a phlebotomist at Memorial Hospital. She is studying Biological Sciences with a minor in both Chemistry and Psychology. She hopes to one day be a physician.

educating herself on her interests. She was focused on learning all she could about the medical field. The Explorers Program started virtually that year, but by the Spring, Amelia was able to enter the facility and job shadow. She had the chance then to shadow with Dr. DeGuzman. Both experiences, then and now, were unique in their own way. As a past Explorer, employee, and college student working towards a healthcare profession, she has also spent time presenting to current Explorers at meetings. Her experiences are teaching students already, just as the providers' experiences are mentoring her.

Amelia is the daughter of John and Dee Shemonic of Chester and is a 2021 Graduate of Chester High School.

Right: Dr. DeGuzman and Amelia 2021. Bottom: Nicole Dethrow and Amelia present at Medical Explorer meeting in 2023 for the Laboratory Department.



While other students were enjoying the long awaited break during the recent holidays, Amelia was focused on her future career. She spent time job shadowing with multiple physicians at Memorial to help her get a closer look at the medical field. She spent time with Dr. DeGuzman, General Surgeon and Dr. Ellzey, Dr. Platt, and Dr. Sangoseni, ER Physicians. She had the opportunity to learn from a diverse group of professionals who each have different backgrounds and unique ways to care for their patients. "My favorite part of job shadowing so far is learning how each of the physicians has their own story and path to medical school as each of them is different from one another," exclaimed Amelia.

As an employee at Memorial, she has the opportunity to learn new things everyday. "My role at the hospital has given me an introduction into patient care hands-on as well as the background behind the process, which seems much simpler from the patient's side." The comfort and ease she has in her interactions with staff and patients seem to come naturally to her, but she has been familiarizing herself with the healthcare system since high school.

During her senior year of high school, Amelia was in the Medical Explorers Program. The 2020-2021 year proved to be challenging for students and healthcare facilities alike, as both battled many changes and had to adapt to new systems. While the world was trying to comeback from COVID, Amelia was pushing forward,



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tances to receive the quality care you deserve. With scheduled appointments, our providers see you in a prompt manner so you can get back to what matters.

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Talk to your primary care provider about a referral to one of the specialists at Memorial Hospital's Specialty Clinics. Learn more: mhcheater.com/providers **GET BACK TO WHAT MATTERS!**



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Community CARE

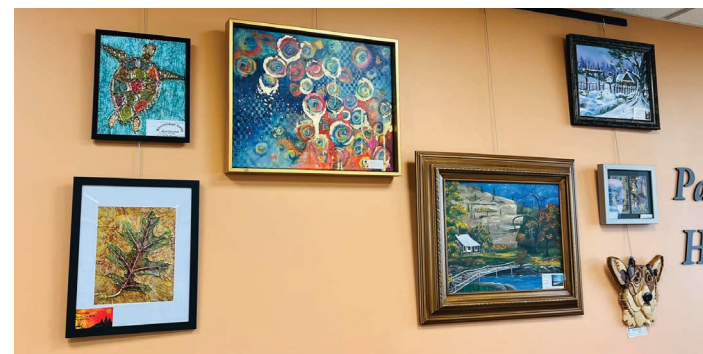
Memorial Hospital Employees, Out & About in Our Community



Memorial Hospital's STRIVE Team organized a Food Drive in November. A large amount of food items for the Chester Area Christian Food Pantry were collected and delivered. They were grateful to receive the items to help feed our community.



During the Drug Take Back Day held on October 28 at the Memorial Community Pharmacy, a full box of medications was collected. Healthy Communities Alliance members attended the event to share prevention, support, and recovery resources, along with free Narcan and home drug disposal kits, with those who attended. This event was deemed a success in safely disposing of several pounds of medications that could be harmful to the environment or people.



Every quarter, the Mississippi Valley Art Guild provides new artwork for Memorial to put on display in their main entrance lobby. The pieces are created by local artists and help spread joy to all who enter the building.



Departments at Memorial helped make this a special Christmas for 21 kids in our community this year. Staff enjoyed picking out clothes and shoes for the kids to make it a VERY MERRY CHRISTMAS. Kari Schaefer, Discharge Planner, and Amy Egge-meyer, Care Coordinator Manager, helped to organize this gift giving event.



St. John's Lutheran School's 5th and 6th Grade Classes in Chester, IL learned basic first aid and infant Heimlich maneuver in November. Memorial's BLS Instructor, Mariah Bargman, provided the educational session and helped the students build a First Aid starter kit.



Popeye's Fall Festival Parade in Chester on October 22, 2023

What happened last quarter?

Employees of the Quarter: 3rd and 4th Quarters of 2023



Brett Bollmann, CEO and Maddie Wallace

Brett Bollmann, CEO at Memorial Hospital named Madison Wallace Employee of the Quarter for the Third Quarter 2023 on November 9, 2023 and Sarah Dickerson Employee of the Quarter for the Fourth Quarter 2023 on January 30, 2024.

Madison Wallace, Admitting Manager, has worked at Memorial Hospital since March of 2021. When asked what she likes most about working at Memorial, Wallace replied, "All of my wonderful coworkers who make every day more enjoyable."

Her co-workers who nominated her wrote, "Maddie is always willing to go the extra mile to ensure that all locations are following the same processes and to ensure a good outcome for other departments and patients. When Therapy came on as our staff, this employee stepped up to go out and train staff, helped find resources, and watched patient registrations to ensure timely changes were made to the accounts."

"When the Therapy Department was short

staffed, she assisted by taking care of tasks from the hospital to ensure the patients were taken care of. This employee has resource books to allow for quick access and training for new staff to refer to. She is able to train other staff off-site and manage her tasks and her staff. Her assistance made the transitions smoother."

Wallace resides in Smithton with her husband Zane and their two boys. In her free time, she enjoys gardening, yoga, crochet, and spending time with friends and family.

Sarah Dickerson, Lab Lead Phlebotomist, has worked at Memorial Hospital since August of 2021. When asked what she likes most about working at Memorial, Dickerson replied, "getting to be a part of our patients' lives. I hear about the newest grand baby, kids going off to college and their travels. I also like the people I work with and for. Getting through tough days is easier with people who care."

Dickerson's co-workers who nominated her wrote, "This employee is always willing to go above and beyond to get things done. She is very charismatic and enthusiastic about getting things done. She has been extremely helpful answering questions and helping to figure out tests. She is very encouraging to new employees, letting them know they are doing a great job and calmly advising them if there is a better way of performing the tests. We are very grateful for her positive attitude!"

"This employee is always willing to help those in need. Even on days where we are short staffed, she always steps up to help get the job done. She is an incredible advocate for



Brett Bollmann, CEO and Sarah Dickerson.

patients, assisting with their needs and wants, always with a smile and a true care for patient satisfaction."

Dickerson resides in Ellis Grove. She has three children, Destiny, Danny & Alexis. In her free time, she enjoys shooting pool, mushroom hunting, joking around with her co-workers, and spending time with her boyfriend and granddaughter.

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 at both award presentations, Emily Colvis, RHC LPN; Treva McDonough, Cook; Aaron Stern, IT Tech 2; and Heather Williamson, Radiology Tech 4; were the winners of a monetary award for their star nominations in November. In January the winners were, Tracy Loos, Radiology Tech 4; CyBill DeRousse, RHC Medical Assistant; Molly Ebers, RHC LPN; and Amanda Johnson, RHC Lead Care Coordinator.

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www.mhchester.com/pharmacy



What happened last quarter?

Memorial Hospital Earns 5-Star Rating & Reaccreditation

Memorial Hospital, is proud to announce it has received a Gold Seal of Approval® from The Joint Commission, following their survey in September 2023, and has been awarded a prestigious five-star rating by the National Rural Rating System (NRRS), a program recognizing excellence in rural healthcare.

The Joint Commission accredits and certifies over 22,000 health care programs worldwide and focuses on continually improving health care by setting the highest standards for health care quality worldwide. By meeting these standards, Memorial received an internationally recognized symbol of quality, The Gold Seal of Approval®.

The esteemed five-star NRRS designation is a testament to Memorial's dedication to delivering high-quality care and exceptional patient experiences. The NRRS evaluates hospitals based on rigorous standards, including patient satisfaction, quality of care, and overall hospital performance.

"We are proud of the hard work our health-care teams put in to ensure their departments provide the best quality care possible for our community," said Brett Bollmann, CEO upon receiving the honors. "We thank our staff for their commitment to patient safety and satisfaction, high standards, and dedication to caring for our patients."

Accreditation by The Joint Commission is considered the gold standard of health care. During the survey, health care professionals, who are experts in their fields, visited Memorial's facilities to conduct their reviews and monitor how well the staff:



"We thank our staff for their commitment to patient safety and satisfaction, high standards, and dedication to caring for our patients."



- Provide a safe environment for patient care
- Educate patients about the risks and options for their diagnosis and treatment
- Protect the patients' rights, including privacy rights
- Evaluate patients' conditions, before, during and after diagnosis and treatment
- Protect patients from infection
- Plan for emergency situations

The NRRS five-star rating reflects Memorial's ongoing commitment to meet the unique healthcare needs of the rural community it serves. This recognition highlights the hospital's success in providing outstanding medical services, despite the challenges often faced by rural healthcare facilities.

Brian Lee, Chairman of National Rural Rating System reflects, "This award is a

testament to their unwavering commitment, dedication, expertise and compassionate care provided to the community every day. In a rural setting, where healthcare challenges are unique and often complex, achieving this level of excellence signifies not just clinical capabilities, but also a deep connection to the community. This recognition reaffirms rural healthcare to be a beacon of health, hope, and healing."

Memorial Hospital extends its heartfelt thanks to its dedicated team of healthcare professionals, whose tireless efforts and unwavering commitment to patient care have made these achievements possible. As Memorial continues to grow and build for the future of healthcare, they plan to expand services, classes, and community programs to create an environment for a healthier community.

What happened last quarter?

Annual Service Awards and Davtiz Honored with Newmark Award for 2023



L-R: Susan Diddlebock, Jennifer Mehrer, Ashley Homan, Amy Kirkland, Andria Zweigart, Brett Bollmann, CEO



L-R: Sherry Wilson, Aaron Athmer, Lacey Hartman, Donna Martin, Sharon Simpson, Jason Springs, Brett Bollmann, CEO



L-R: Anita McDonough, Martha Scott, Debbie Thurm, Brett Bollmann, CEO

Memorial Hospital hosted their Fall Party at the VFW in Chester on Friday, November 10th. Many employees were celebrated for their years of service. Brett Bollmann, CEO, presented the following employees with their

Service Awards

5 YEARS

Richard Clasen
Justin Davis
Bernie Ernst
Jessica Fleenor
Austin Gendron
Gregory Griffith
Brooke Hargis
Ashely Homan
Jennifer Mehrer
Anna Mueller
Austyn Phillips
Elizabeth Reese
Ashley Schroeder
Addie Schultz

10 YEARS

Susan Diddlebock
Amy Kirkland
Heather Wingerter
Andria Zweigart

15 YEARS

Aaron Athmer
Adrienne Caby
Lacey Hartman
Tia Reid
Sherry Wilson

20 YEARS

Amy Kloos
Donna Martin
Sarah Schenk
Sharon Simpson
Jason Springs

25 YEARS

Anita McDonough
Martha Roth

30 YEARS

Jill Arbeiter
Robin McMurtry
Debra Thurm

35 YEARS

Rhonda Mott

40 YEARS

Randy Dudenbostel

What happened last quarter?

Retirees

Following the Service Awards, the 2023 retirees were recognized for their years of services as well. Those honored, included:

Julie Riggins – 5 years
Janet Bargman – 45 years
Dr. Stephen Platt – 46 years
Marilyn Duensing – 50 years

Israel D. Newmark Memorial Award

The 2023 Israel D. Newmark Memorial Award winner was also announced. This year's winner, Torrie Davtiz, was presented with a plaque by Chief of Staff, Dr. James Kirkpatrick.

Davtiz has worked at the Rural Health Clinics, where she is a Nurse Manager, for 12 years. Dr. Kirkpatrick read the following words from her coworkers,

"This employee has contributed to the quality of Memorial Hospital in many ways. She is a wealth of knowledge and an immediate go-to resource for questions. When you ask for help from this employee you can be assured it will be taken care of. The providers think highly of her and put a lot of confidence in her; she is highly respected by all staff. The family culture that has been a part of the clinic for so many years continued due to the dedication and respect the clinic staff have for one another. Maintaining such a culture takes strong leadership and it is this kind of leadership that contributes to the quality of service our employees provide, and the quality of care our patients receive."

Davtiz, had these words to say about her career at Memorial, "It is an honor to receive this award. I feel very blessed to be part of a team that goes above and beyond for each other and their patients."



L-R: Rhonda Mott, Randy Dudenbostel, Brett Bollmann, CEO



L-R: Janet Bargman, Dr. Stephen Platt, Marilyn Duensing, Brett Bollmann, CEO



L-R: Torrie Davtiz and Dr. James Kirkpatrick, Chief of Staff

Hospital Auxiliary Tree of Remembrance

For the kickoff of Memorial Hospital Auxiliary’s 2023 Tree of Remembrance fund drive has raised a total of \$7,561. The Auxiliary is able to assist the hospital in purchasing needed equipment for various departments through the community's generous donations/memorials. Funds collected this year will be used to purchase an Eyecon Automatic Pill Counter for the hospital Pharmacy Department.

This piece of equipment takes an image of the pills, numbers them and stores it with the prescription so our pharmacy staff can refer back to it. Some of the features included is a drug identification software that matches the bar code on the prescription label to the shape and color of what is placing on the counter. After identification of the type of medication, the machine will then go on to count and double check the pills prior to dispensing into the prescription bottle. The Eyecon Automatic Pill Counter focuses on patient safety, enhances

- Memorials received to date include:**
- Pechacek Funeral Homes, in memory of Ron Pechacek
 - Memorial Hospital Auxiliary, in remembrance of Debbie Dudenbostel
 - Richard Allison, in remembrance of Reuel & Ruby Allison
 - Ida Gaertner, in remembrance of Paul Gaertner; Husband of Ida and Father of Gary and Stan.
 - Donna Eggemeyer, in remembrance of Roger & Ruth Petrowske; Brian Petrowske; and Gary Dale Eggemeyer
 - Dr. Allan and Louise Liefer, in remembrance of Sam & Mathilda Stermer; and Elsie & Elmer Liefer
 - Linda Rader, in remembrance of my husband, Rus Rader; brother, PFC Leonard Nitzsche; and brother-in-law, LCPL Charles Rader
 - Michelle Daschka, in remembrance of Don Daschka
 - Beta Nu Chapter, in memory of BSF Sisters
 - Mike and Janet Vasquez, in loving remembrance of the Michael and Janet Vasquez Families
 - Joyce and Larry Surman, in memory of our daughter, Lori Surman McCartney
 - Mary Alice Welge and Julia Saak, in memory of Mr & Mrs. Brockey Childers
 - Julia Saak and Mary Alice Welge, in memory of Frances Jarvis
 - Mary Alice Welge and Family, in memory of Donald E. Welge
 - Mary Alice Welge, in memory of 1st Lt. Bruce R. Welge
 - Mary Alice Welge, in memory of Mr. & Mrs. William H. Welge
 - Randy Dudenbostel, in loving memory of wife, Debbie Dudenbostel
 - Anonymous, in memory of Debbie Dudenbostel
 - Memorial Hospital Materials Management and Environmental Services Departments, in memory of Debbie Dudenbostel
 - The Honorable Richard A. Brown, in memory of Barbara Brown
 - Tom and Vicki Search, in honor of Frank & Betty Derickson and Ted & Angela Search
 - Gordon L and Barbara Ann Holley, in remembrance of our parents Gordon V and Roseanne Holley & Charles and Louise Hirte
 - Judi Hirte, in remembrance of parents, Berniece Van Sant and Ora Keith Rednour
 - Randal and Barbara Johnson and Family, in memory of Debbie Dudenbostel, John & Jessie Guthman, Bonnie Jones, and Donna Strothmann
 - Steven J. Sympson, in memory of Uncle Terry and Aunt Martha Brelje
 - Mary Welge, Betty Surman, Elaine Kattenbraker, and Jean Jungewaelter, in memory of Bonnie Jones
 - Mary and Dave Verseman, in memory of deceased family members
 - Linda Butler, in memory of Tony Beckner

VOLUNTEER & AUXILIARY NEWS

customer satisfaction, and helps ease the workload on the Pharmacy Department. The cost of this purchase is \$11,415. Those wishing to make a donation or memorial contribution in honor of a loved one may do so by dropping the contribution in the Tree of Remembrance box in the hospital front lobby, online from the Memorial Hospital Website or Facebook page, or by mailing it to: Tree of Remembrance Chairman Apryl Bradshaw, Memorial Hospital, 1900 State Street, Chester, Illinois 62233

- Janice Dettmer and Gina & Shawn Straight and Family, in memory of John & Rose Leaders; Ray & John Dettmer; Herman & Louise Dettmer; and Mark McLeod
- Ron and Jill Arbeiter, in memory of Christy Wittenbrink
- The Ken Rowold Family, in memory of the Rowold and Welge family members
- Nathan and Julie Stern, in memory of Lloyd Stern
- Mike and Betty Welge, in memory of Mr. & Mrs William H Welge; 1st Lt. Bruce Welge; Mr. Donald Welge; Mr. & Mrs. Bernice Cushman; Mr. Michael Joseph Cushman; Mr. Herbert & Connie Holzum; Mr. & Mrs. Jerry Davitz
- Mardell Moeller Granger, in memory of Gottlieb & Marie Moeller; Frank & Emma Granger; and Ralph Granger
- Darrel Ehlers, in memory of Carol Ehlers
- Larry and Imogene McDonough, in memory of loved ones
- Jeff and Gail Kordys, in memory of Harry and Bonnie Jones
- Carolyn Schwent, in memory of Gary Schwent; Mike Jungewaelter; Karen Deppe; Rick Cash; Phil Fluck; Larry Costilow; and Mary Ann Stumpe.
- B.V. Gals, in memory of Rosie Craig; Marion Lutz; Millie Layton; Carole Malley; and Marlene Seymour.

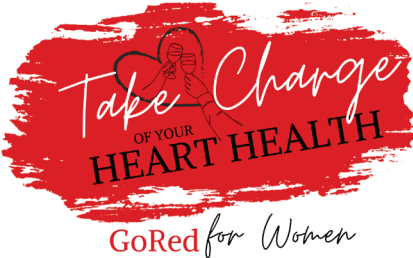
Donations received to date include:

Evelyn Schuwerk	Falkenheim Accounting and Tax Service, P.C.
Sandra Benedict	St. Johns Lutheran Church of Bremen Altar Guild
Mary and Michael Sulser	City of Chester
Eyecare Properties	Arbeiter Law Offices
Randolph County Abstract, LLC	Colvis Investment Services
Buena Vista National Bank of Chester	Randolph County Housing Authority
Dr. Robert and Pauline Platt	Chester Animal Hospital
Chester Masonic Lodge	Jeff and Diane Kerkhover
Fraternal Order of Eagles AERIE #3252	Judith Petrowske
Alpha Upsilon Master MA 1242	American Legion Auxiliary - Steeleville
The American Legion - Chester	William and Patty Nanney
Dr. Stephen and Diane Platt	VFW Post 3553 Chester, IL
Robert and Brenda Owen	Brett and Shirleen Bollmann

Upcoming community Events



February 16, March 15, April 12
11:30am-4:00pm - Memorial Hospital, Chester
Sign-up to Donate: www.redcrossblood.org



February 22 | Doors Open 6:00pm, Dinner 6:30pm
Cost: \$25.00
Wine Tasting, Dinner, Attendance Prizes, Guest Speakers
Chester Country Club - 1310 Lehmen Drive, Chester
Register Online at: www.mhchester.com
Limited Seating Available



March 8 | 8:30am-3:00pm
Cost: FREE | Open to Anyone
Memorial Hospital - Conference Room, Presented by ComWell
Pre-Registration required; to register email kkennedy@comwell.us
Sometimes, first aid isn't a bandage, or CPR, or calling 911. Sometimes, first aid is YOU.



March 8 | 7:30am-11:30am
Cost: \$2 | Everyone is Welcome to Attend | No Apt. Necessary
Buena Vista National Bank 1309 Swanwick Street - Chester, IL
Cholesterol, Glucose, Blood Pressure Screening Included.
PSA (Prostate Screening) Available for Males for \$10 - Same day, same blood sample.
.Additional Information: Diagnostic Imaging Screenings, Surgical Procedures, Wound Center, BMI Calculations and Recommendations, Cardiac Pulmonary Rehab Center COMING SOON.



March 22 | Registration 5:00pm, Fun Run/Walk 5:30-7:00pm
Cost: FREE | Open to Everyone and All Ages
Attendance Prizes - Local Business Giveaways & Info
"Get Movin' Randolph County" Fitness Challenge Kick-Off
Chester Cohen Complex | Inclement Weather Location: Chester High School
Pre-Registration Coming Soon at: www.mhchester.com
Register online and get inclement weather updates. Registration available at event.



April 13 | 8:00am-NOON
Cost: FREE | Open to Everyone
Memorial Hospital - Conference Room, Use ER Entrance Day of Class
Pre-Registration Required; Register Online at: www.mhchester.com
Presented by Jill Arbeiter, RN

WWW.MHCHESTER.COM/CALENDAR-OF-EVENTS

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Intensive Care Unit	Swing Bed Program
Lung Screening	Treadmill Stress Testing
MRI	Wound Center

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Allergy/Immunology Douglas Berson, M.D.	Oncology/Hematology Justin Floyd, D.O. Michelle Voudrie, DNP, FNP-BC
Audiology C. Joseph Hopper IV, AuD	Orthopedics Robert Deaton, FNP-C
Cardiology Frederick Ochieng', M.D. John Groll, M.D.	Otolaryngology/ENT Samuel Medaris, M.D.
Gastroenterology Matthew Gaeta, M.D.	Pain Management Tong Zhu, M.D. PhD.
General Surgery Ziya Baghmanli, M.D. Margret De Guzman, M.D.	Podiatry Amanda Hart, DPM
Nephrology Vamsi Chilluru, M.D.	Sleep Lab Terry Brown, M.D.
	Urology Wesley Howell, PAC
	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

Kimberly Clark
Emerald Royce
Emalie Chausse

Charles Bargman II
Lisa Wingerter
Uma Charles

Congratulations Retirees

Dr. Stephen Platt

Tia Reid

24 HOUR EMERGENCY ROOM SERVICE



CONVENIENT CARE

HOURS:

SUNDAY-SATURDAY

8:00AM - 8:00PM

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

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

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



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- Discounted services up to 60% off for services provided by Memorial Hospital, Chester.
- Fitness Program
- Deferred Compensation

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