

MEMORIAL HOSPITAL'S *The* LAMP QUARTERLY NEWSLETTER

Vol. 3 Issue 3 - July 2022



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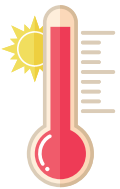
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Preparing now, can help keep you and your family safe while you enjoy your outdoor fun.

Knowing what to do and having the supplies you need to prevent emergencies can help keep you calm and ready to react when the time arises. In the

Midwest, our summers and winters can reach extreme temperatures, storms producing excess rain and tornadoes can be frequent, and power outages due to wind or ice storms are common. Not only do we face natural disasters, but sweltering temperature and more frequent time outside during the seasonal months can introduce us to insects that carry disease or allergic reactions and poisonous plants. Use these tips below to protect your family while outdoors from weather conditions, the sun, and insects and plants that could cause harm.



Preparing for Extreme Heat

"Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days," according to Ready.gov. At these extreme temperatures your body needs to work harder to maintain a normal temperature. This added stress on the body can

lead to death. "Extreme heat is responsible for the highest number of annual deaths among all weather-related hazards."

Children, older adults, and sick or overweight individuals are at a greater risk of heat related illnesses or death from extreme temperatures. The high humidity that often accompanies the high temperatures in our area increases the feeling of heat and can make extreme temperatures even more dangerous.

How can you protect you and your loved ones from extreme heat?

1. Recognize the signs of heat illness

- Extremely high body temperature (above 103° F)
- Red, hot and dry skin with no sweat
- Rapid, strong pulse
- Dizziness, confusion or unconsciousness
- Muscle pains or spasms in the stomach, arms or legs
- Heavy sweating, paleness tiredness, weakness, headache, or vomiting



If you suspect someone is experiencing a heat related illness, call 9-1-1 or get the person to a hospital. Apply cool compresses or move to an air conditioned space until help arrives.

[*\(Continued on Page 14\)*](#)

MEMORIAL HOSPITAL

—Since 1962—

RURAL HEALTH CLINICS

FAMILY HEALTH CARE

Newborn Through Geriatrics

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

CHESTER CLINIC

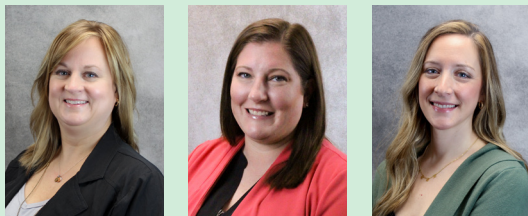
2319 Old Plank Road - Chester, IL 62233

618-826-2388

STEELEVILLE FAMILY PRACTICE

602 W. Shawneetown Trail - Steeleville, IL 62288

618-965-3382



James Kirkpatrick, M.D. • James Krieg, M.D.
 Lisa Lowry-Rohlfing, M.D. • Joseph Molnar, D.O.
 Stephen Platt, M.D. • Valerie Blechle, APN, FNP-BC
 Mindy Dudenbostel, FNP-C • Angela Albertini, PA-C

Welcome New Nurse Practitioner



Mindy Dudenbostel, FNP-C

Memorial Hospital's Rural Health Clinics are proud to welcome Family Nurse Practitioner, Mindy Dudenbostel to their healthcare team.

Mindy began her career as a Nursing Assistant and later a Licensed Practical Nurse at the former St. Ann's Healthcare Center in Chester. In 2007, she earned her Associate Degree in Nursing and became a Registered Nurse. In 2011, she earned a Bachelor of Science in Nursing from McKendree University, Lebanon, IL. As a Registered Nurse Mindy worked at Southern Illinois Healthcare (SIH) in Murphysboro and In Carbondale, IL. In

2016 she earned a Master of Science in Nursing as a Family Nurse Practitioner from Walden University in Minneapolis, MN. She has been employed as a Family Nurse Practitioner at SIH in Murphysboro and Southern Illinois University in Marion, IL.

Mindy is a member of the American Association of Nurse Practitioners. She finds the most rewarding part of her career the use of evidence-based practices to provide excellent care to her patients. Her areas of interest are acute injuries and occupational health. Ultimately, she enjoys the variety of patients she cares for as a family nurse practitioner.

Mindy's first day at the Rural Health Clinic is August 1, 2022.

SCHEDULE NOW

BACK TO SCHOOL PHYSICALS

Contact Memorial Hospital's Rural Health Clinic in Chester or Steeleville to schedule your child's school physical.

Chester Clinic
 618-826-2388
 Steeleville Family Practice
 618-965-3382

www.mhchester.com

Cranium Caution: Watch for Concussions

Children and teens can be susceptible to head injuries while playing sports or participating in physical activities. It is important to know the signs and symptoms of a concussion and know when to seek medical attention.

Concussion signs to watch for:

- Trouble recalling what happened prior to or after a hit or fall.
- Appears dazed or stunned.
- Confusion, trouble answering simple questions
- Moves clumsily.
- Answers questions slowly.
- Loss of consciousness, even briefly.
- Changes to mood, behavior, or personality.



Some injuries to the head or neck may go unwitnessed. If a child reports an injury that you did not see occur, be sure to ask the following questions or be observant of the following symptoms.

Concussion Symptoms:

- Headache or "pressure" in the head.
- Nausea or vomiting.
- Dizziness or balance issues, double or blurred vision.
- Sensitivity to light or noise.
- Feeling tired, hazy, or groggy.
- Confusion or trouble concentration, memory problems.
- Just not "feeling right" or "feeling down."



If a head or neck injury is believed to have occurred, seek a medical screening. Signs and symptoms generally show up soon after the injury, however some side effects may be serious and could go undetected until hours or days later. Continue to observe the child for signs and symptoms for a few days after the injury. If the condition worsens, take the child to the emergency department right away.

To protect a child from injury, ensure they are wearing the proper protective gear while participating in sports or physical activities. Helmets should always be worn while riding bikes, scooters, skateboard, or roller blades. A child should never practice a contact sport without the proper equipment. Talk to coaches about the proper equipment your child may need to keep them safe from injury.



HAPPY RETIREMENT



Anita McDonough, Physical Therapist Assistant at Memorial Hospital's Therapy and Sports Rehab Center retired on July 1, 2022. Anita was employed in the therapy department at the hospital in April 1998. In January 2010, services were contracted by RehabCare. She worked with them until retirement. Thank you Anita for 24 years of continued care to our community.

Well wishes in your retirement!

MEMORIAL HOSPITAL TSORC THERAPY & SPORTS CHESTER, ILLINOIS REHAB CENTER

833 Lehmen Drive - Chester, IL 62233

618-826-4588

*Caring for you throughout
your life span.*

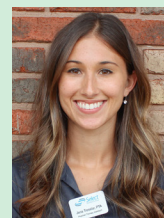
*Treating pediatrics, youth, adults,
and geriatrics.*

SPECIALIZED SERVICES:

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

SPECIALIZED EQUIPMENT:

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



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

Elphie Busayong, *Physical Therapist*

Isabel Hotop, *Speech-Language Pathologist*

Megan Stewart, *Occupational Therapist*

Jena Tressler, *Physical Therapist Assistant*

Welcome New Rheumatologist

Memorial Hospital Welcomes Dr. Richard Brasington, M.D., to our Specialty Clinic Team.

Dr. Richard Brasington is a nationally and internationally known clinical Rheumatologist. He has authored several articles in medical journals and Rheumatology textbooks, received the Distinguished Fellowship Program Director Award from American College of Rheumatology, and has been honored as one of America's Best Doctors for many years. Dr. Brasington is Board Certified in Rheumatology by the American Board of Internal Medicine and was previously a Professor of Medicine at Washington University School of Medicine. He is currently a specialty provider of the

Premier Specialty Network. Dr. Brasington completed his undergraduate degree at Harvard University followed by Medical Doctorate at Duke University of Medicine. He completed residency in Internal Medicine and Rheumatology fellowship at the University of Iowa Hospitals.

Dr. Brasington treats arthritis, bursitis, carpal tunnel syndrome, osteoporosis, psoriatic arthritis, and more. He will begin seeing patients at Memorial Hospital's Specialty Clinic on Tuesdays beginning in August 2022.

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



Dr. Richard Brasington, M.D.

Tribute to Amy Brown



We are deeply saddened by the sudden loss of our co-worker Amy Brown. Amy was the Supervisor and Staff Member of the Memorial Hospital's Specialty Clinic. She started at Memorial in 2011 and was promoted to Specialty Clinic Supervisor in 2016. She was an active participant in the Memorial Hospital Relay for Life Team, regularly participated in hospital activities, and spread joy to her co-workers daily.

Amy was the daughter of the late William Copple, who passed in 2018, and Patricia Olson (Retired Director of Environmental Services at Memorial Hospital). Amy and her husband Steve have two children; Olivia and Scott and she loved spending time with them and their dog Jasper.

Amy touched many lives through her years in the medical field and will be greatly missed by her patients and their families, her co-workers, her family and many friends. Please continue to keep them in your thoughts during the healing months and years to come.



Know the Signs and Symptoms of Ovarian and Prostate Cancer

Ovarian cancer is a group of diseases that originates in the ovaries, or in the related areas of the fallopian tubes and the peritoneum. Women have two ovaries that are located in the pelvis, one on each side of the uterus. The ovaries make female hormones and produce eggs for reproduction. Women have two fallopian tubes that are a pair of long, slender tubes on each side of the uterus. Eggs pass from the ovaries through the fallopian tubes to the uterus. The peritoneum is the tissue lining that covers organs in the abdomen.

When ovarian cancer is found in its early stages, treatment works best. Ovarian cancer often causes signs and symptoms, so it is important to pay attention to your body and know what is normal for you. Symptoms may be caused by something other than cancer, but the only way to know is to see your doctor, nurse, or other health care professional.

Some mutations (changes in genes) can raise your risk for ovarian cancer. Mutations in the breast cancer susceptibility genes 1 and 2 (BRCA1 and BRCA2), and those associated with Lynch syndrome, raise ovarian cancer risk.

Ovarian cancers come in a variety of different tumor types. The most common tumor type is high-grade serous carcinoma, occurring in about 70% of ovarian cancer cases.

Many men with prostate cancer—especially those with tumors that have not spread beyond the prostate—die of other causes without ever having any symptoms from the cancer. Overall, about 96% of men who are diagnosed with prostate cancer are still alive five years later.

All men are at risk for prostate cancer. Out of every 100 American men, about 13 will get prostate cancer during their lifetime, and about 2 to 3 men will die from prostate cancer.


The most common risk factor is age. The older a man is, the greater the chance of getting prostate cancer.

Some men are at increased risk for prostate cancer. You are at increased risk for getting or dying from prostate cancer if you are African-American or have a family history of prostate cancer.

A blood test called a prostate specific antigen (PSA) test measures the level of PSA in the blood. PSA is a substance made by the prostate. The levels of PSA in the blood can be higher in men who have prostate cancer. The PSA level may also be elevated in other conditions that affect the prostate.

Talk to your doctor about any cancer symptoms you may have.

OVARIAN CANCER



Who's at risk? Females

When? At any age


Currently there is no early detection test for ovarian cancer. An annual pelvic exam is recommended for as preventative health. Pay attention to the symptoms of ovarian cancer.

Symptoms

<input type="checkbox"/> Abdominal Pain	<input type="checkbox"/> Sudden Weight Loss
<input type="checkbox"/> Fatigue	<input type="checkbox"/> Bloating
<input type="checkbox"/> Upset Stomach	<input type="checkbox"/> Difficulty Eating
<input type="checkbox"/> Heartburn	


If these symptoms occur for more than 2 weeks and are new or unusual for you, see a gynecologist and ask about ovarian cancer.

Increases Risk




Family History or breast, ovarian or colon cancer.
Genetic Mutations, like BRCA
Post-Menopausal
Increased Age

Decreases Risk



Pregnancy
Breast Feeding
Oral Contraceptive Use
Having your "tubes tied" or a hysterectomy

PROSTATE CANCER



Who's at risk? Men

When to get screened? Age 50
For those with a family history, recommended age is 40.

How often should I be screened?
Every 4 years

Early Symptoms


☐ None

Advanced Symptoms

<input type="checkbox"/> Trouble having or keeping an erection
<input type="checkbox"/> Blood in the urine
<input type="checkbox"/> Pain in the spine, hips, ribs, or other bones
<input type="checkbox"/> Weakness or numbness in the legs or feet
<input type="checkbox"/> Loss of bladder or bowel control

If these symptoms occur for more than 2 weeks and are new or unusual for you, see a doctor and ask about prostate cancer.

Increases Risk



Family History
Increased age
More common in African-American men

Source: CDC.gov

Suicide Prevention Month: Be the One to Help Save a Life

September is Suicide Prevention month. Sadly, suicide was the 12th leading cause of death in the US according to the CDC Data & Statistics Fatal Injury Report for 2020. There were an estimated 1.2 Million suicide attempts that year.

On July 16, 2022, the Illinois Department of Human Services/ Division of Mental Health (IDHS-DMH) launched 988, a national three-digit dialing code for the Lifeline and for calls. Individuals experiencing a crisis or any other kind of emotional distress—whether that is related to suicide, mental health and/or substance use crisis can dial 988 for support. The Lifeline provides information and support to concerned family, friends, and caregivers.



988 is a direct access point to compassionate care by trained professionals.

IDHS-DMH's vision for 988 includes partnering with the six existing Lifeline call centers in Illinois, as well as building upon the existing crisis care continuum into a robust system that links callers to community-based providers who can deliver a full range of crisis care services.

YOU can be the one to help connect someone to the help they need if they are having thoughts of suicide. Through simple actions, you can make a BIG difference.

ASK: "Are you thinking about killing yourself?"

Don't be afraid to ask the tough questions. When someone you know is in emotional pain, ask them directly if they are thinking about killing them self. Research shows people who are having thoughts of suicide feel relief when someone asks after them in a caring way. Acknowledging and talking about suicide may reduce rather than increase suicidal ideation

BE THERE: Listen without judgment and with compassion and empathy.

If your friend is thinking about suicide, listen to their reasons for feeling hopeless and in pain. Individuals are more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful by after speaking to someone who listens without judgment.

KEEP THEM SAFE: Separate them from anything they are thinking of using to hurt themselves.

If your friend is thinking about suicide, ask if they've also thought about how they would do it. Then isolate them from any lethal means. When lethal means are made less available or less deadly, suicide rates by that method decline, and frequently suicide rates overall decline.

HELP THEM STAY CONNECTED: Connect to a support system.

Help your friend connect to a support system so they have others to reach out to for help. Helping someone at risk create a network of resources and individuals for support and safety can help them take positive action and reduce feelings of hopelessness.

FOLLOW UP: Check in with the person you care about on a regular basis.

Making contact with a friend in the days and weeks after a crisis can make a difference in keeping them alive. Brief, low cost intervention and supportive, ongoing contact may be an important part of suicide prevention, especially for individuals after they

have been discharged from hospitals or care services.

Warning Signs

Some warning signs may help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change. If you or someone you know exhibits any of these, seek help by calling the Lifeline at 988.

- Talking about wanting to die or to kill themselves.
- Looking for a way to kill themselves, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing their use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or isolating themselves.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

Suicidal thoughts can seem like they will last forever – but for many, these thoughts and feelings pass. Having a plan in place that can help guide you through difficult moments can make a difference and keep you safe. Ideally, such a plan is developed jointly with your counselor or therapist. It can also be developed with a Lifeline counselor who can help you write down actions to take and people to contact in order to feel safe from suicide.

Safety Plans Work

There is hope.



1. Write 3 warning signs that a crisis may be developing.

2. Write 3 internal coping strategies that can take your mind off your problems.

3. Who/What are 3 people or places that provide distraction?
(Write name/place and phone numbers)

_____	Phone _____
_____	Phone _____
_____	Phone _____

4. Who can you ask for help? (Write names and phone numbers)

_____	Phone _____
_____	Phone _____
_____	Phone _____

5. Professionals or agencies you can contact during a crisis:

Clinician: _____	Phone _____
Local Urgent Care or Emergency Department:	
Address _____	Phone _____
Call or text 988 or chat 988lifeline.org	

6. Write out a plan to make your environment safer.
(Write 2 things)



Modified from Stanley & Brown (2021)

PEP22-08-03-007

Community CARE

Memorial Hospital Employees, Out & About in Our Community

Memorial Hospital was honored to present at the Chester Chamber of Commerce lunch program on May 10. Brett Bollmann, CEO, presented on the improvements that have been made over the last 10 years and we are headed in the future.



Buena Vista National Bank in conjunction with Memorial Hospital Chester held its 26th annual Health Fair on Friday, May 13. Twenty-eight participants received testing for Cholesterol, Glucose and Blood Pressure. Staff members from Memorial Hospital's Lab, Nursing, Pharmacy, and Diabetic & Nutrition departments were present to provide information to participants, along with the Southern Illinois Substance Abuse Alliance. All organizations are glad to be able to offer these services to the community.



Addington Place of Sparta, treated employees to a "SEAS THE DAY" Luau Block Party in June. They handed out Hawaiian Leis, treated staff to shaved ice, and had lots of laughs and great conversations! The special treat was in appreciation for all the care Memorial gives to their residents and in thanks for trusting them with our wonderful referrals.



The Popeye Pedalers, Pedal the Cause team, hosted a bakes sale on June 30 to raise funds for the event they will be participating in on September 24. 100% Of the Proceeds support Pedal the Cause in our goal to live in a world without cancer! Learn more about the team at www.mhchester.com/popeye-pedalers

The Chemotherapy & Infusion Department, along with Dr. Floyd and the Specialty Clinic Staff, celebrated Cancer Survivor Day on June 30. They look forward to displaying the new collaborative artwork so many helped create.



Employees, Medical Explorers along with family and friends soaked up the sun and heat on July 4th and participated in the annual Steeleville 4th of July parade. They had fun tossing our items promoting the new pharmacy, candy, and goodies to the large crowd in attendance.



Upcoming *community* Events



August 17, 12:30-5:30pm - American Legion, Chester
September 16, 11:30am-4:00pm - Hospital Conference Room
October 19, 12:50-5:30pm - American Legion, Chester
Sign-up to Donate: www.redcrossblood.org



Open House Registration and Career Exploration Event
August 24, 4:00-6:00pm
Cost: FREE High School Freshmen to Age 21
Memorial Hospital - Conference Room
Download registration forms: www.mhchester.com/exploring



Aug 26 | Oct 14 | Dec 7 8:30am-3:00pm
Cost: FREE Anyone is Welcome to Attend
Memorial Hospital - Conference Room, Presented by ComWell
To register email kkennedy@comwell.us
Sometimes, first aid isn't a bandage, or CPR, or calling 911. Sometimes, first aid is YOU.



August 27 | November 12
8:00am-Noon | Cost: FREE
Memorial Hospital - Conference Room
Register Online at: www.mhchester.com
Presented by Jill Arbieter, RN



August 29 - "Stories from Your Past, A Legacy for the Future"
September 19 - "Someday is Today: Live Your Bucket List"
October 31 - "Finding Your Get Up and Go"
10:30-11:30am & 6-7:00pm | Cost: FREE | Open to Anyone
Memorial Hospital - Conference Room | *Register Online at: www.mhchester.com*
Presented by the University of Illinois Extension Office



1st Annual Memorial Hospital Fun Run/Walk
October 7, Registration 4:30-5:00pm
Fun for All Ages | Attendance Prizes
Cohen Complex, Chester
Watch our Facebook Page and Website for
Registration Information and more details.

What happened last quarter?

Employee of the Quarter

Brett Bollmann, CEO at Memorial Hospital named Melissa Collins Employee of the Quarter for the Second Quarter 2022 on July 14.

Collins, Operating Room Technician, has worked at Memorial Hospital since September of 2016. When asked what she likes most about working at Memorial Hospital, Collins replied, “My co-workers! They are always willing to help. I have learned so much from each of them. We are more than just a team, we are family. I love speaking with patients and being able to provide them with great care.”

Her co-workers who nominated her wrote, “Melissa is a wonderful co-worker. She is willing to learn new tasks, flexible with her schedule and offers to help others with call coverage/coming in early or staying late. She shows great respect to other staff and patients and is will to help in other departments when needed due to low staffing.”

Collins resides in Chester, IL with her husband Shawn and their two kids Sydney and Nick. In her free time she enjoys camping and being outdoors with her family.

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, Kaitlynn Smith, RN; Tabatha Colvis, LPN; Mary Lynn Eaton, Admitting Representative; and Kristen Reinier, Phlebotomist at the Rural Health Clinic, were the winners of a monetary award for their star nominations.



Melissa Collins and Brett Bollmann, CEO

Child and Babysitter Safety Certified

Memorial had the opportunity to provide three Child and Babysitting Safety Courses (CABS) this summer. Thirty-five young adults were trained and certified to be responsible and safe sitters. The class covers education on what it means to be a babysitter, what parents expect out of a good babysitter, and business skills on treating babysitting like a real job. The class also covers first aid, choking first aid, CPR, and what to do in an emergency.

Each year the program is offered to boys and girls ages 11-14 years. Often these young teenagers are given the responsibility of watching younger siblings or relatives for brief amounts of time. With this course, parents can be confident that they are living their young child with someone who is mature, responsible, pays attention, and knows what to do in an emergency.

For information on next year's summer courses, be sure to watch our website or Facebook page.



What happened last quarter?

Ludwig is Medical Explorers Scholarship Recipient



Macey Ludwig and Mardell Granger, Memorial Hospital Auxiliary President

Macey Ludwig, daughter of David and Robin Ludwig, of Chester was named the 2022 recipient of the Memorial Hospital Auxiliary Medical Explorers Scholarship. Macey has been in the Medical Explorers Program since its beginning in September 2019. The scholarship opportunity was offered to High School Seniors and College age students in this year's 2021-2022 program. Applicants commit to 6 hours of job shadowing and write an application essay and reflection essay upon completion of their time.

Macey is currently enrolled at Southwestern Illinois College and is working on an associates degree in Business. She plans to transfer to Southeast Missouri State University in the Fall of 2023 to obtain her bachelors in Healthcare Management. "Over the course of my three years with the Medical Explorers Program I have been able to identify exactly the path I want to take into furthering my education," says Macey. "In the beginning I was unaware if the hospital atmosphere was for me, but after seeing all the different occupations a hospital has to offer, I can confirm there is something for everyone!" The program opened her eyes to the important roles

everyone plays in a healthcare system. "I knew early on in my education that I wanted to help make a difference in people's lives; this program has given me the opportunity to find an occupation that will allow me to do just that."

Macey's interest in the business side of healthcare has been evident since the beginning of her Medical Explorers time. She spent time shadowing several business departments from Medical Records to Human Resources. She kept finding herself returning to the Safety and Risk Management Office and says, "It is something I could see myself doing someday. I greatly appreciated the hours taken to sit down with me multiple times to answer all my questions." Every department Macey encountered during the program was eager to assist her and encouraged her to reach out if she ever had any questions.

Macey is a 2021 graduate of Chester High School. She enjoys shopping, traveling, crafting, being outdoors and most of all spending time with family. She was grateful for the volunteer time that the Medical Explorer's Program offered to her as well. She enjoyed participating in community activities and helping with parades. She is also an active volunteer in her church youth group and looks forward to becoming more involved with her community in the future.

The Medical Explorers Program offers many more opportunities to students beyond an annual scholarship. While in the 9-month program students are introduced to a variety of careers throughout healthcare, this includes jobs within the hospital, clinics, and outside organizations such as first response medical services, and mental health services. The goal of the program is to introduce young adults to the many career opportunities that are available in their rural communities and start them out on a path that will lead them to a successful future.

Draves Certified as CAH Coding & Billing Specialist



Amanda Draves, RHIT, CAH-CBS

Amanda Draves, Registered Health Information Technician, at Memorial Hospital, recently completed her certification as a Critical Access Hospital Coding and Billing Specialist (CAH-CBS) on May 27th, 2022. The Critical Access Hospital Online Self Study program is a 90-day course offered through the Illinois Critical Access Hospital Network (ICAHN) and ArchProCoding. Memorial would like to congratulate Amanda on her recent certification and thank her for the dedication she shows to caring for the patients we serve. She has been an employee in the Health Information Management Department since 2016.

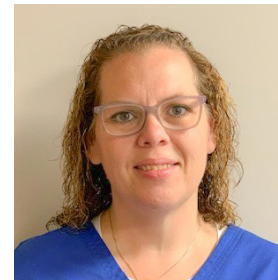
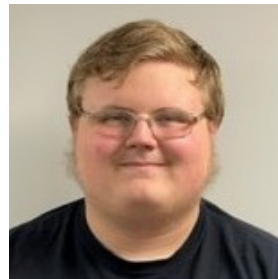
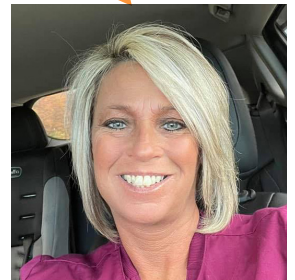
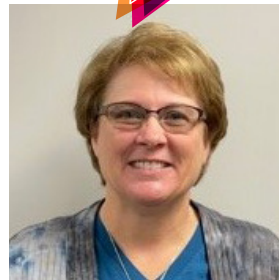
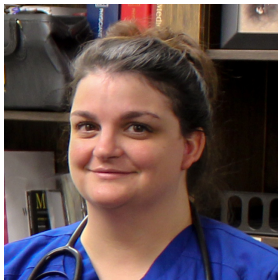
ICAHN offered 10 scholarships this year for the ArchProCoding program through the use of Flex grant funds. Amanda was one of the 10 applications selected

for the program. She was thankful for the self-study program opportunity. It allowed her to further her education on coding within a Critical Access Hospital specifically and provided her the flexibility to work the lessons into her schedule.

ICAHN, located in Princeton, IL, is a network of 57 small rural Illinois hospitals dedicated to strengthening the operations of its member hospitals through collaboration. The organization is composed of Illinois hospitals who have earned critical access hospital designation by the Center for Medicare and Medicaid Services. Memorial Hospital of Chester is an active member of ICAHN with department leaders participating in regular training sessions, webinars, in-person conferences and educational/networking events throughout the year.

What happened last quarter?

Star Employees of the Past Quarter



Thank you to our “Star” employees! Their co-workers submitted “star cards” in their honor for going above and beyond. Memorial Hospital employees are encouraged to nominate “Star” employees each quarter. At the end of the quarter, ALL star cards are put into a drawing for monetary prizes.

Congratulations to our “Stars” for the quarter!
(L-R,T-B): Jarina Reese, RN; Beverly Froemling, Coder RHC; Heather Wingerter, Medical Assistant, RHC; Julie Riggins, Phlebotomist; Heide Knop, Rn; Jennifer Diercks, Surgical Housekeeper; Lenet Gibbs, Phlebotomist; Treva McDonough, Cook; Sarah Beam, CNA; Brayden Ridings, Food Preparer/Tray-Passer; Megan Steinmentz, Rn; Jonathan Takahashi, IT Tech 2; Alicia Heinemeyer, LPN.

Chadderton is CT Certified

Amy B. Chadderton, Radiologic Technologist, at Memorial Hospital, passed her CT (Computed Tomography) registry on May 17th, 2022. She attended Southern Illinois University of Carbondale during the fall of 2021 to complete her CT structured education requirements. She then completed her clinical education at Memorial Hospital. She is continuing her education by working on her venipuncture competency, which will allow her to obtain intravenous access for the purpose of diagnostic imaging.

Amy is delighted to have a feeling of

accomplishment in completing her most recent certification. She started working in the Diagnostic Imaging Department at Memorial as a Radiologic Technology student in 2019 while she was attending Southwestern Illinois College (SWIC). She is excited to be completed with studying for now and looks forward to applying the knowledge she has gained. She has plans to pursue her MRI credentials in the future.

The diagnostic imaging department celebrated her achievement on June 14 with a BBQ lunch.



Amy B. Chadderton, R.T. (R)(CT)

What happened last quarter?

Employees Celebrate Hospital Week

Memorial Hospital staff celebrated Hospital Week in May with a week full of fun dress-up theme days, activities, games, prizes, and special treats. Departments were also invited to participate in a department decorating contest, with many staff members getting extra creative in showing off their departments.

Monday was Mahalo (Gratitude) Monday. Staff sported their Hawaiian attire to celebrate.

Teamwork Tuesday allowed staff to sport their favorite team apparel. On Wednesday employees celebrated the kick-off of the 60th Anniversary of Memorial Hospital. "60 Years of Caring for the Community". Everyone wore their 60th anniversary t-shirts and posed for photos in front of their respective locations.

On Thursday employees wore tie dye and neon colors to celebrate our bright future that lies ahead of us.

And on Friday, they rocked Healthcare Heroes day. Costumes, capes and masks could be spotted at each location.

Winners of the department decorating contest were:

- Most Creative – Admitting
- Above and Beyond – Diagnostic Imaging
- Minimal Yet Marvelous – Business Office
- Best Healthcare Spirit – Chester Clinic

Winning departments were given "100 Grand" candy bars.

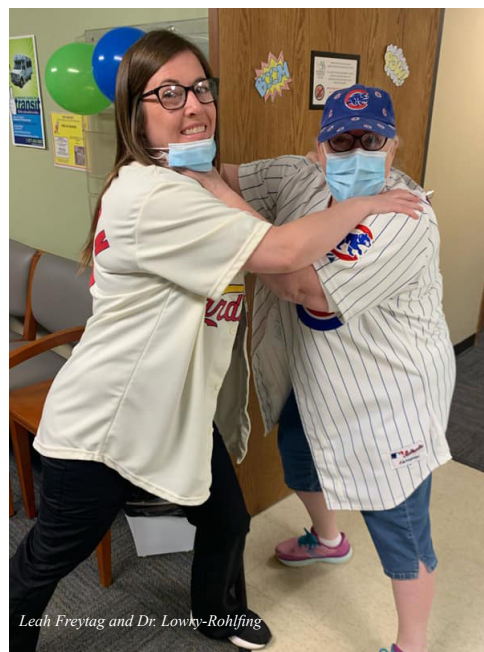
It was a fun week for employees to celebrate their health care careers and the hard work they put in everyday to keep our community healthy.



Tara Wittenborn, Carol Schulein, Lacey Hartman



Steeleville Family Practice Staff



Leah Freytag and Dr. Lowky-Rohlfing



Chester Clinic "Healthcare Heroes"



"Our Future is Bright" - Neon/Tie Dye Day Infusion & Chemo



Tia Reid

Jacinta Mulholland

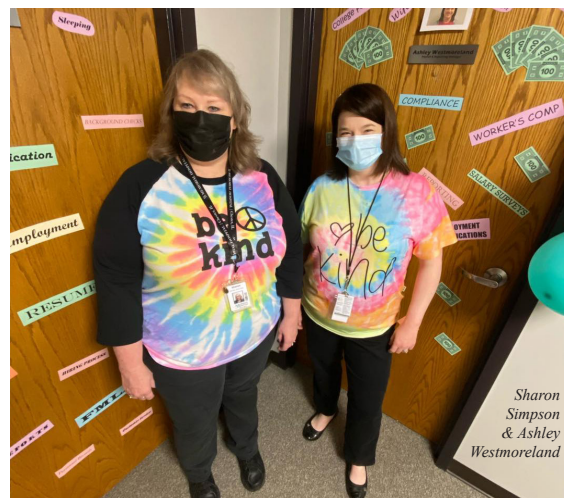


Steeleville Family Practice "Healthcare Heroes"



"Our Future is Bright" - Neon/Tie Dye Day

What happened last quarter?



Summer Fun Safety: Be Prepared

2. Identify Cooling Centers in your community where you can go to get cool. Your health department should have a list of places to stay cool. Do not rely on fans alone, they only move hot air around and do not reduce body temperatures.

3. Prepare your home: Cover windows with drapes or shades, weather-strip doors and windows, use window reflectors specifically designed to reflect heat back outside. Add insulation to keep the heat out.

5. Install window air conditioners and insulate around them



Sun Safety

There are benefits to being outside and enjoying the warm weather, but also precautions that need to be taken to protect your skin. Time outside is a great way to increase physical activity, reduce stress, and get Vitamin D, which improves your overall health. However, the sun produces harmful ultraviolet (UV) rays that radiate the skin and can cause cancer. Here are some sun safety tips from the CDC to protect your skin from damaging UV light.

1. Stay in the shade.

2. Wear protective clothing like long sleeves and pants. Look for UV certified clothing on tags.

3. Wear a hat. A large brim hat will protect the ears, face and neck from the sun.

4. Protect your eyes with sunglasses.

5. And always wear sunscreen. Sunscreen should be worn daily, year round and should have a SPF (sun protection factor) of 15 or higher.



Check for Ticks

If you love being outside in nature, you are bound to bring home a few tiny, unwanted guests. The wooded areas in and around Randolph County are home to multiple tick species and many carry illnesses and diseases. According to the Illinois Department of Public Health, there are a few precautions you can take to protect your family from ticks.

1. Conduct a thorough tick check after spending time in or near wooded areas.

2. Avoid trekking off of the beaten path. Staying on paths will keep you out of brushy areas where ticks live.

3. Wear light colored clothing to make spotting ticks and quick removal easier.

4. Wear EPA-registered insect repellent containing 20% DEET, picaridin, IR3535 or Oil of Lemon Eucalyptus.

5. Remove clothes once home and place them in the dryer on high heat for 10 minutes to kill any tiny pests.

6. Bathe or shower within 2 hours of coming home.

7. Learn how to safely remove ticks on the IDPH website.

Check out the IDPH Tick Surveillance Map to identify which ticks may be in your area and what diseases they carry.



Be Aware of Poisonous Plants

Knowing how to identify potentially poisonous plants can keep you from contracting an itchy and uncomfortable rash and protect you from accidentally ingesting something you shouldn't. Never eat something if you are unsure what it is. Some plants are toxic to humans and can cause severe illness or even death. Other plants can cause very uncomfortable rashes that could last for days or weeks. Knowing how to identify these plants can keep you safe this summer. Poison.org lists a variety of plants that are harmful to humans on their website. If someone ingests a plant that you fear may be poisonous you can contact the Poison Control hotline at 1-800-222-1222. Here are guidelines from Poison Control on protecting your family from dangerous plants:

1. Call Poison Control if someone eats a poisonous plant.

2. Find out the name of the plant. They will need to know what it is to provide guidance on treatment.

3. Keep indoor plants out of reach of children and pets.

4. Keep an eye on young children while they are outdoors.

5. Teach children to ask an adult before touching, eating or drinking anything.

6. Purchase a field guide or download an app, to help you properly identify plants. If uncertain about the plant, never eat it!



Prepare a Storm Kit

Active weather producing severe thunderstorms and possible tornadoes can happen year round throughout Illinois.

Tips to stay safe during a storm

1. During severe weather, the safest place is indoors.

2. Stay alert to weather stations for severe weather updates.

3. Keep emergency electronic devices charged.

4. Avoid running water during a lightning storm, as it is a conductor for electricity.

5. Turn around, don't drown, if you encounter high water on a roadway.

Having a storm kit ready can keep your family prepared during a power outage or tornado. Work together as a family to prepare a Storm Kit. According to Ready.gov some items you should pack include:

- | | |
|---|---|
| • Water
(1 gal. per person, per day) | • Whistle |
| • Food
(a few days supply of non-perishable items) | • Dust Mask |
| • Battery-powered or hand crank radio | • Plastic Sheeting |
| • Flashlight | • Duct Tape |
| • First aid kit | • Moist towelettes, garbage bags and plastic ties (for personal sanitation) |
| • Extra batteries | • Multi-tool |
| | • Cell phone with charges and backup battery |

Sources:



Did you miss our Special Edition 60th Anniversary Issue?

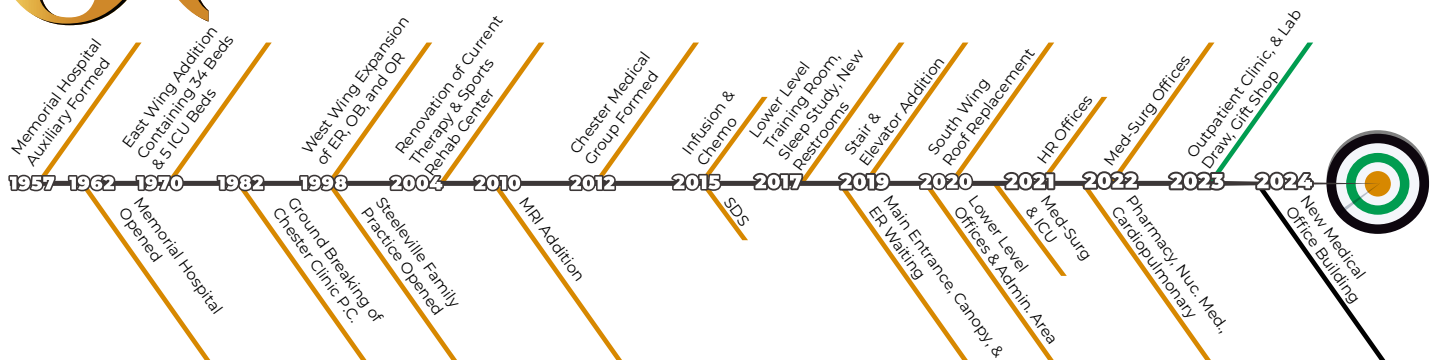
Click or Scan the QR Code
to View it:



This issued covered the
history of Memorial from
its conception in 1957 to
plans for the future.

HISTORICAL PHOTOS

Where it Began • Growing to Meet Healthcare Needs
Growing Stronger Together • Building for the Future
A Look Back at the Auxiliary



MEMORIAL HOSPITAL'S SERVICES

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

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so you don't have to travel away from home.***

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Cardiology John Groll, M.D. Raffi Krikorian, M.D. Gangadhar R. Malasana, M.D. Caitlin Edwards NP	Pain Management Tong Zhu, M.D. PhD.
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Neurology James Goldring, M.D.	Urology Sam Stokes III, M.D. Wesley Howell, PAC
Oncology/Hematology Justin Floyd, D.O.	Vascular Surgery Ricardo Rao, M.D.
	Wound Center Margret De Guzman, M.D.

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

Welcome New Employees

Kimberly Williams	Kyndle Stewart McDonough
Megan Berkbuegler	Jessica Romano
Ariel Blair	Amanda Cross
Kaitlyn Owens	Rachel Patterson
Sierra Behiter	Jilliyn Wunderlich
Amelia Shemonic	Jada Long

Congratulation Retirees

Susan McCoy	Anita McDonough
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24 HOUR EMERGENCY ROOM SERVICE



CONVENIENT CARE

HOURS:

SUNDAY-SATURDAY

8:00AM - 8:00PM

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

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

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



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- Paid Pension
- Tuition Reimbursement Program
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- Discounted services up to 60% off for services provided by Memorial Hospital, Chester.
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View current positions & apply at:
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