

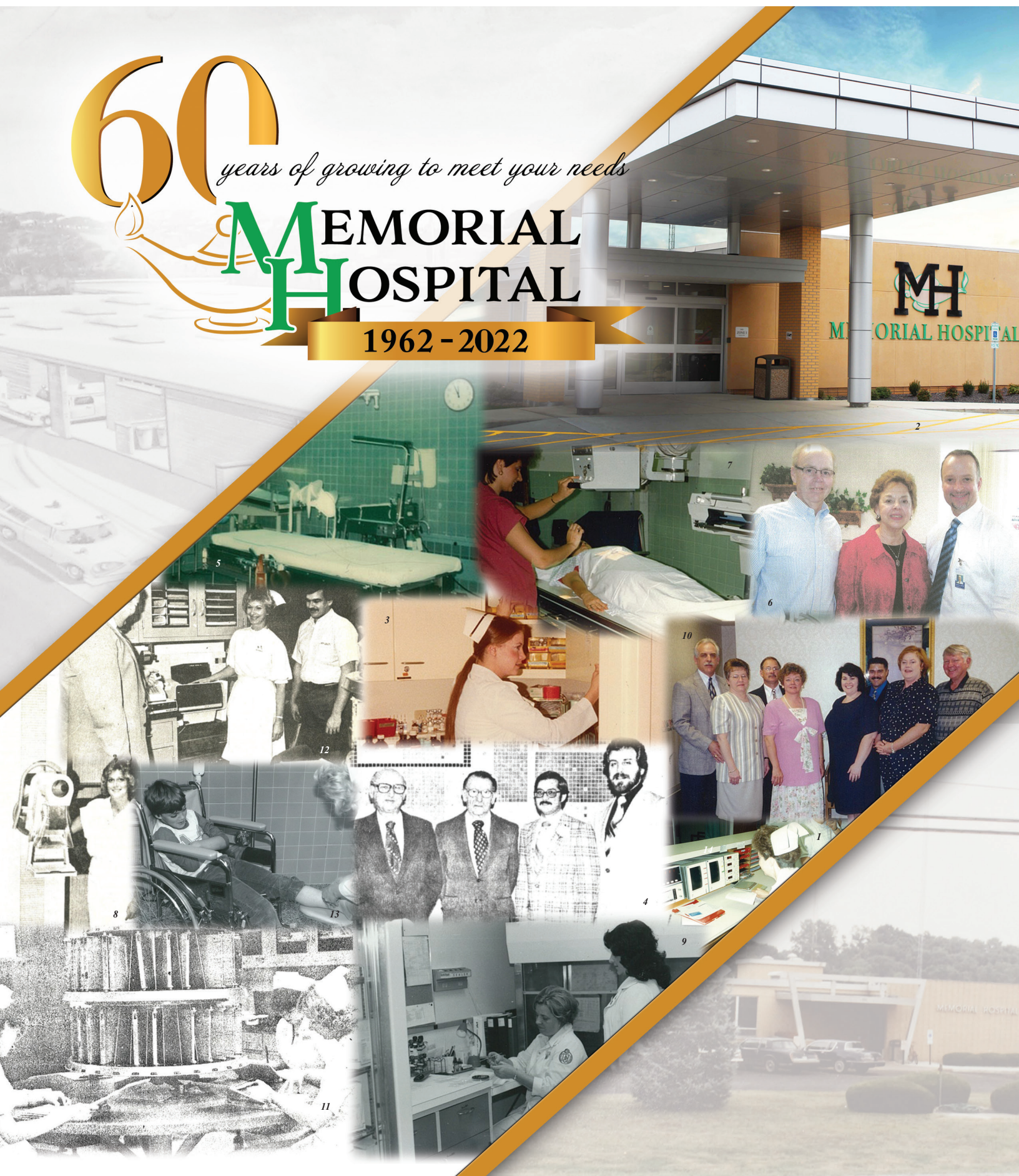
60 years

years of growing to meet your needs



**MEMORIAL
HOSPITAL**
1862-2022

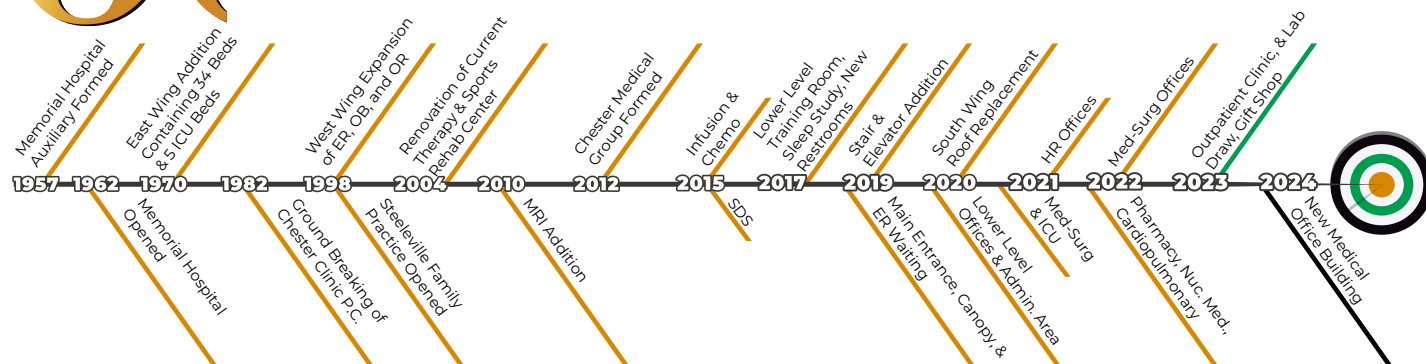
1962 - 2022



60

1962 - 2022

years of growing to meet your needs



As hospitals across rural America close their doors each year, Memorial Hospital in Chester has been a leader in healthcare in the region for 60 years and continues to thrive. Since the ground breaking on November 4, 1960, Memorial has been dedicated to growing for the future of healthcare to meet the community's needs.

The original building consisted of 45 beds, two emergency operating rooms and two major surgery rooms, x-ray facilities, two obstetrics delivery rooms and a nursery. The basement was used for storage and office space. Over the years, the bed count has been reduced to 25 and 2 ICU beds, but the services available have expanded and increased as technology, and healthcare has made innovative advancements. Many of the services offered now are outpatient; overnight stays in the hospital are not necessary for recovery like they were in the 1960s. As healthcare has changed, Memorial has adapted to continue to provide the best quality care possible for the people it serves.

A Seed is Planted: Where it Began

It all started with an idea from female community leaders in the Chester Women's Club.

On July 18, 1957, the Memorial Hospital Auxiliary was formed with the goal of one-day Chester having a community hospital. The

concept was brought to public attention when the Chester Women's Club, during the presidency of Mrs. Callie Smith, submitted the idea in a Community Improvement Contest sponsored by the Illinois Federation of Woman's Club. From this, the Memorial Hospital Auxiliary was formed. A Steering Committee headed by T.C. Search Sr. investigated the regulations and laws of building a community hospital and ways in which such a project could best be financed. They found this could best be accomplished by forming a Hospital District. A bond for \$850,000 was levied on January 30, 1960 and the seed of Memorial Hospital in Chester was planted and construction began on a donated 7-acre plot of land from Mrs. Austin Cole, Sr.

Key members in the conception of Memorial Hospital were two family providers who had been working in the area as early as 1939. Dr. I.D. Newmark, originally from London, England moved to Chester in 1933. He opened his first offices in the Michaelis Drug Store. In 1939/1940 the original Chester Hospital, located on Servant Street, was rented by Dr. Newmark and Dr. Sam Schneider who transformed the home into a 12-bed non-profit hospital. In 1942, this hospital location was forced to close when Dr. Schneider was called into the armed forces. In 1946, Dr. Milton Zemlyn came to Chester and Dr. Newmark and he established a new hospital location on George Street. This location is what many remember to be the "first" hospital in Chester with its 25-beds. This space later became clinic offices after Memorial Hospital opened.

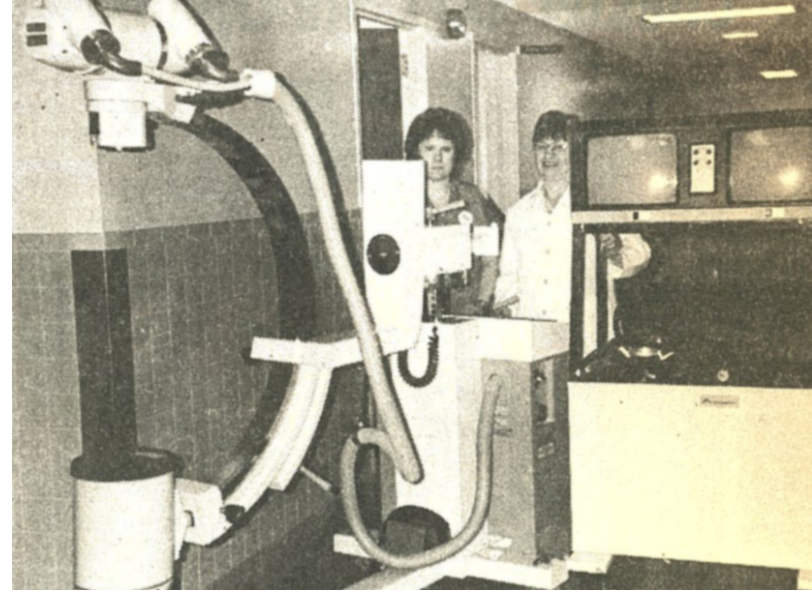


Above: Original Architect Rendering of Memorial Hospital in 1962.

From the Cover: 1 - Memorial Hospital 1997. 2 - Memorial Hospital 2019. 3. Gloria Davis, RN - 1981. 4 - Dr. Milton Zemlyn, Dr. I.D. Newmark, Dr. James R. Krieg and Dr. Stephen Platt 1980. 5 - Delivery Room 1998. 6 - Eric Freeburg, Virginia Rowold and Brett Bollmann 2014. 7 - Rhonda Mott in X-ray 1998. 8-First Mammomat self-contained x-ray unit (Mammogram) 1985. 9 - Lab technicians 1982. 10 - Dr. & Mrs. Stephen Platt (Diane), Dr. & Mrs. James Krieg (Betty), Dr. Lisa Lowry-Rohlfing (Rodney), Dr. Susan Carr (Dennis) 1998. 11 - Barbe Ohlau, Rosemary Oetting and Debbie Denton charting in 1983. 12- Rosemary Oetting shows off new Lifeline equipment 1985. 13 - Mary Rosendahl, RN in Emergency Room 1981. 14 - ICU Nurses Station 1982.



Medical Records Department 1987: Left to right, standing, Joyce Reitz, Brenda Zeidler, Rita Walters, Donna Young, Ruth Garniss, Shirley Colvis, Janet Bargman* and Sue Robinson*. Seated, Norma Grecco, Medical Records Supervisor, Carol Ehlers and Sandy Otten. *Still Currently Employed at Memorial Hospital



1989 - Newly acquired Diconic C-Arm equipment which allowed physicians to obtain instant x-ray images during surgical procedures.

Memorial Hospital opened its doors on October 12, 1962. The first active Medical Staff was appointed on September 20, of that year and was made up of I.D. Newmark, M.D., and Milton Zemlyn, M.D., both of Chester; C. Mayfield, M.D., and Egon Schneider, M.D., both of Steeleville; and Ralph Kuhlman, M.D., of Red Bud.

Growing to Meet Healthcare Needs

May 1970, eight years after the first patients were accepted, an addition was added onto the east wing of the hospital that created an expansion containing 34 beds and 5 ICU beds. In 1973 and 1974 the basement level of the hospital was renovated to provide a new and expanded Laboratory, Physical Therapy Department, Respiratory Care Department, Nuclear Medicine Department, Maintenance and Engineering quarters, Linen Room, Eye Clinic, ENT Clinic, EEG Facility, Personnel Office and additional classroom area.

Dr. Stephen Platt joined Dr. Newmark and Dr. Zemlyn in Chester in 1977 with Dr. James Krieg following in 1980. Together these four family healthcare providers broke ground in 1982 on the Chester Clinic P.C. located on Old Plank Road. The original facility included a laboratory, x-ray unit, and space for physical therapy and minor surgeries. The Chester Clinic is still in use today but no longer offers on-site x-ray, or physical therapy, and only conducts small procedures in two procedure rooms at the clinic. The Clinic is now primarily a Family Practice with a focus on providing continuing and comprehensive health care for individuals across all ages and treating the whole patient. Doctors at the clinic, practice traditional medicine, which means they continue to provide care for their

patients during their stay at Memorial Hospital. This continuum of care provides patients with comfort, knowing their family doctor will also be overseeing their advanced care at the hospital.

The next expansion at Memorial Hospital did not happen until 1997-1998 when the Emergency Room, Obstetrics, and Operating Room departments were expanded on the west end of the hospital. About a year later, the family providers expanded their practice with the Steeleville Family Practice location that opened on April 13, 1998 and remains active today providing the same quality care a patient would receive at the Chester Clinic.

The final purchase of property for Memorial Hospital was in 2004, when the once "Oogies's Restaurant Building" at 833 Lehmen Drive was purchased. The new location was remodeled to house the Therapy and Wellness Center, which was located in the lower level of the hospital at that time. After much renovation, the department moved in May 2007 from its 2,800 square foot space at the hospital to their current location, which offers 9,000 square feet of private treatment rooms, a full gym, large therapy room, and aquatic rehab pool. The Therapy & Sports Rehab Center currently provides physical therapy, occupational therapy, and speech-language therapy in out-patient settings at the facility and provides in-patient care at the hospital.

The last expansion to the hospital prior to current renovations was in July 2010 when the addition next to the ER entrance was added to house the new MRI unit.

ADMINISTRATORS

Marie Dubs 1962-1966
Ray Allford 1966-1972
Gerald E. Almond 1973-1983
William W. Vonderlage 1984-1988
Eric Freeburg 1988-2008
Steve Hayes 2008-2013
Brett Bollmann 2013-Current

FOUNDING BOARD MEMBERS

Mrs. T.C. Search, Sr., Chairman
Mrs. Ralph Darling, Secretary
Mrs. William H. Welge, Treasurer
Mrs. Austin Cole, Sr.
Raymond Eilers
John C. Galeski Jr.
Lenus Wingerter
Robert Clendenin
Graydon Fink

CURRENT BOARD MEMBERS

Tom Search, Chairman
Mike Vasquez, Vice Chairman
Evelyn Schuwert, Secretary
Dan Colvis, Treasurer
Mary Sulser
Casey Parker
Mary Brown
Grant Deterding
Gregory Crain



Top, L-R: Main Entrance Lobby 1982 and 2022. Bottom, L-R: ICU 1982 and MSU Patient Room 2022

HISTORY HIGHLIGHTS

Up until 1979, Schroeder and Welge Funeral Homes provided ambulance services for the hospital.

In October of 1982, the first CT scanner was installed.

Medical Air Rescue Corps (MARC) was the first helicopter ambulance service at Memorial in 1979.

Memorial Hospital provided a Mobile Meals program to Chester residents from 1984 through 2001. This program was run by volunteers.

"Lifeline", an emergency communication system between subscribers and the hospital was initiated. A unit was attached to the person's phone and by pushing a button; the phone system would dial the hospital. Hospital personnel then would call the person to see if help was needed. By 1990, 35 residents were subscribed to the system. 911 has replaced the need for this system.

In 1985 the first Mammomat self-contained x-ray unit or, Mammogram machine was purchased.

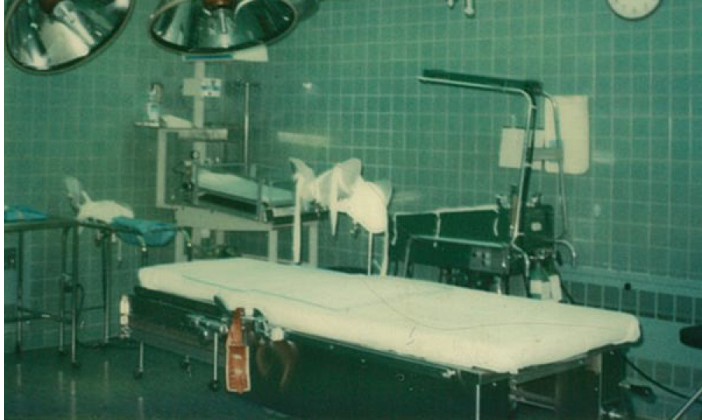
The surgical department acquired its first Diasonic C-Arm in March 1989. C-arms are still used in the OR today with more advanced imaging that allows x-ray images during surgical procedures.

Convenient Care became available in 1992 and was available Monday-Friday from 9am-5pm. It is now available 365 days a year from 8am-8pm.

Growing Stronger Together

In February 2012, the Chester Medical Group was formed which, comprised of the Chester Clinic P.C. and the Hospital's medical staff: Dr. Allan Liefer, General Surgery and Chief of Staff; Dr. Stephen Platt, Family Medicine; Dr. James Krieg, Family Medicine; Dr. Lisa Lowry-Rohlfing, Family Medicine; Dr. Scott Hinze, General Surgery; and Dr. Joseph Molnar, Family Medicine. By combining the Chester Clinic and Steeleville Family Practice under Memorial Hospital, all three locations could work seamlessly together to provide a continuum of care for their patients. Current providers include Dr. Platt, Dr. Krieg, Dr. Lowry-Rohlfing, Dr. Molnar; Dr. James Kirkpatrick, Family Medicine; Dr. Margret De Guzman, General Surgery; and Dr. Ziya Baghmanli, General Surgery.

Memorial's more recent construction has included the remodel of Same Day Surgery and the Infusion and Chemotherapy Departments in 2016. In 2017, improvements were made in the lower level of the hospital to add an employee training room, new Sleep Study rooms, IT Department and restrooms. The main entrance of the hospital received a face-lift in 2018 with the complete renovation of the main entrance and registration area, outside canopy drop off, and improved ER waiting room and registration area. In 2019 a new double elevator and stair addition was added. In 2020, the lower level of the northeast wing was renovated to improve office spaces for the Medical Records department, Business Office, Administrative Staff and Boardroom. Even during a pandemic, in 2021, Memorial held strong and moved forward with renovations to the new Medical Surgical Unit and ICU, which now occupies the upper level of the south wing. Most recently, in 2022, the new Memorial Community Pharmacy was added in the west wing along with a newly renovated location for Cardiopulmonary and Nuclear Medicine. If you have been in the hospital recently you have noticed how walls continue to move and new hallways seem to sprout up overnight. We thank you all for your continued patience as our crews work vigorously to build for your future.



L-R, T-B: OB Delivery Room 1982; Dr Zemlyn, Dr. Platt, Dr. Krieg, 1980; Adrienne Caby, RN in OR with C-Arm 2021; Dr. Platt examines patient at Rural Health Clinic 2022.

Building for the Future

As you can see throughout Memorial Hospital's 60 years, there has been a focus of growing to meet the needs of our rural community. One thing that has remained constant, is the care and compassion we have for our patients. The WAY we care for them though, has progressed through advancements in medical technology and innovations. By incorporating the latest and greatest technology and equipment into our healthcare facility we are able to provide modern treatments to help our patients heal faster. Patients can receive many of the same advancements in care as they can in larger hospitals in St. Louis and surrounding metropolitan areas, right here in Chester. Improved diagnostic imaging software and equipment enables doctors to provide a better diagnosis which, leads to quicker treatment and healing. Upgrades in various equipment throughout the hospital from a new electronic health record system to safety features in patients' rooms help better connect our staff to our patients and ensure the patients' health and safety remain top priority.

Same Day Surgery

General surgeons and specialists at Memorial have advanced equipment available to them in the same day surgery department that allow them to perform many standard operations at the hospital. There is no need for area residents to travel away from home for these procedures. They can remain close to home with less travel time following their operations, so they can get back to healing faster. Many surgeries in our OR are now conducted laparoscopically, which requires a few minor incisions rather than a large opening that would put the patient at more risk for infection and take longer to heal. Through the small incisions, the surgeons are able to perform gallbladder and appendix removals, repair hernias, and perform various stomach and colon surgeries. Other surgeries performed at the hospital range from total knee and hip replacements to cataract surgery. Specialized equipment needed for ear, nose and throat procedures are also available.

Diagnostic Imaging

The Diagnostic Imaging department at Memorial continues to grow and keep up with advancements in technology. Ultrasound equipment has been upgraded multiple times within the past 10 years to improve software for better imaging and faster workflow, and provide disinfecting systems for equipment.

- In 2016 a new CT scanner, Siemens Definition AS 64 Slice Scanner, was installed which provides reduced radiation doses and improves image quality. With the addition of the new low-dose radiation machine, the department is able to participate in the Lung Screening Program. The program screens qualified patients for lung cancer annually, so treatment can start as soon as cancer is detected.
- In 2018, the department purchased a Shimadzu Portable X-ray MX8, which allows for equipment to be brought bedside. This saves time during critical diagnosis and physicians can view immediate images.
- In 2019 the Hologic's Selenia® Dimensions® mammography imaging system was added to the department with the advantage of offering 3D mammography.
- This year a new nuclear med imaging system, Discovery NM630, replaced an older model and the MRI scanner is scheduled to have an upgrade. The new Canon Vantage Orian machine, with contrast power injector, will increase productivity by 50% with faster scan times, and reduced noise for a better patient experience.

[*\(Continued Page 20\)*](#)

60
years

**GROWING FOR
THE FUTURE
MORE IMAGES ON
PAGE 20**

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

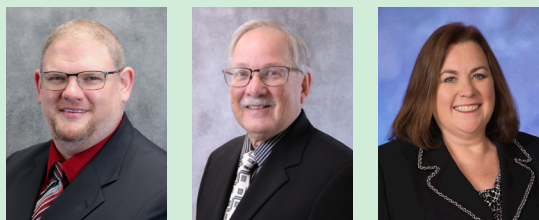
2319 Old Plank Road - Chester, IL 62233

618-826-2388

STEELEVILLE FAMILY PRACTICE

602 W. Shawneetown Trail - Steeleville, IL 62288

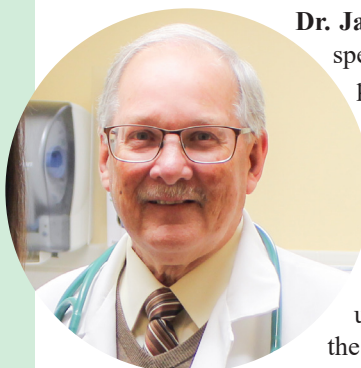
618-965-3382



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
 Angela Albertini, PA-C

Meet Our Family Providers

Dr. Stephen Platt is a family medicine specialist and ER physician at Memorial Hospital, Board certified by the American Board of Family Medicine. Dr. Platt chose Memorial in Chester after his brother opened his dental clinic here. He was attracted to the tertiary care environment that still allowed independence in treatment and care for patients. He enjoys the traditional model of care that allows him to care for his patients in an office setting and in-patient care at the hospital. This allows patients comfort and continuity, knowing their family provider will also be overseeing their hospital care. He feels the staff at the Rural Health Clinics maintain a focus on patient care, they are supportive, collaborative, and very professional. When asked what his favorite thing about Family Practice was, he stated, "the full spectrum of care and my patient relationships." The greatest reward in his career has been the appreciation and respect he has received from patients. This year he is celebrating his 45th year in the Practice at Chester. The practice was opened in 1968 and he has been instrumental in the growth, advancement, and implementation of new improvements at the Rural Health Clinics and the Hospital.



Dr. James Krieg is a board certified family practice specialist. He served two years as a U.S. Navy physician before joining the Chester Clinic and Memorial Hospital in 1980. Dr. Krieg chose Memorial Hospital due to the stability of the practice and the community. He enjoys being able to have the freedom to practice medicine as he wants. He considers his team at Memorial and the Clinics to be united. Everyone is cordial and interactive with the overall care of the patients served. He was attracted to Family Practice because of the variety. He says, "It is rewarding to make a difference with patients of all ages." When asked what he is most excited about, Dr. Krieg stated, "the ongoing Hospital improvements." In the years, he has been with the practice, Dr. Krieg has helped and supported the many advancements in healthcare throughout the Hospital and Rural Health Clinics.

Dr. Lisa Lowry-Rohlfing is a board certified family practice specialist. She received her Medical Degree from the University of Illinois College of Medicine, Peoria, where she also completed her Family Practice Residency. She has been on staff at the Chester Clinic and Memorial Hospital since 1994. She is a member of the American Medical Association, the American Academy of Family Physicians, the Illinois State Medical Society and the Randolph County Medical Society.



Dr. Joseph Molnar is board certified with the American College of Osteopathic Family Practice. He comes to Chester from Davenport, Iowa where he completed his graduate training and residency at Trinity Terrace Park Hospital. He graduated and received his Bachelor's Degree in 1996 from Northeast Missouri State University, Kirksville. In 2003 he received his Doctorate of Osteopathy from A.T. Still University, Kirksville College

of Osteopathic Medicine in Kirksville, Missouri. Dr. Molnar has been with Chester Clinic and on staff at Memorial Hospital since 2012. His knowledge and collaboration with his colleagues are valued by all of his co-workers.



Dr. James Kirkpatrick is board certified in family medicine and received his board certification in geriatrics in 2019. Dr. Kirkpatrick joined the Memorial Hospital team August 2017. He enjoys providing care to patients in the outpatient clinic, nursing home, and hospital setting, and is passionate about building relationships with his patients to bring about the highest quality health care. Dr. Kirkpatrick chose Memorial Hospital as his primary practice due to the autonomy and freedom he has in how he provides care for his patients. He feels support from his colleagues and staff. He enjoys living in Chester and being able to care for the community he lives in. When asked what his favorite thing was about the Family Practice, he summed it up in one word, "Community." For him, the greatest reward in his career is the successes he has had in treating patients.



Valerie Blechle is a Licensed Advanced Practice Nurse board certified by the American Nurses Credentialing Center and is a member of the American Academy of Nurse Practitioners and Sigma Theta Tau Nursing Honor Society. Valerie joined the practice in 2014. She is a Chester native and decided to continue her practice at Memorial due to the small town caring mentality. She loves the providers and Rural Health Clinic staff she gets to work with each day, "Because of them, coming to work each day is fun and they are always eager to help as much as possible." When asked to describe the Memorial Hospital team in one word, she choose, "Dedication." She feels there is a mutual respect among all providers. Each day brings new challenges and she welcomes the diversity in patients and health. She especially loves her well baby visits with newborns and work with lesions and abscesses. She feels blessed to love her career and be so close to home where she can still care for her three amazing kids. This year she is celebrating her 10th year as a Nurse Practitioner.

Angela Albertini graduated from McKendree University with a Bachelor of Science degree in Biology. She is a graduate of Southern Illinois University-Carbondale Physician Assistant Program. Angela joined the practice in 2009.



WHAT OUR PATIENTS ARE SAYING:

"I have been a patient at the Clinic for 50 years! Dr. Krieg is the best! All the employees are friendly nice and helpful! Wouldn't want to go anywhere else!"

"Dr. Molnar and his staff are great! I look forward to seeing him even when I'm not feeling well, because he is down to earth and takes the time to answer all of my questions and concerns. Thank you!"

"The nurses and doctors are top notch and I thank them for taking good care of my husband during his illness."

"Dr. Platt is an excellent physician, as are all of the providers at the Chester Clinic. They are always on time for their appointments, and they are close to home. We are blessed to have good physicians and a good hospital in our town."

"Valerie is very caring & thorough in assessing and handling health problems."

"Dr. Kirkpatrick always gives top notch service and care! Keep up the outstanding work!"

"We arrived early, were immediately called back, had our A1C tested and saw Dr. Lowry a few minutes before our scheduled time. The entire staff was friendly, efficient and professional. Dr. Lowry and staff, as always, were thorough and answered all our concerns fully."

"Angela did a excellent job taking care of my problems. Her nurse was excellent in what she did taking care of me."



833 Lehmen Drive - Chester, IL 62233
618-826-4588

*Caring for you throughout
 your life span.*

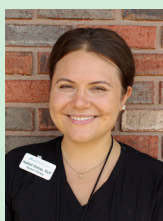
*Treating pediatrics, youth, adults,
 and geriatrics.*

**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*
 Anita McDonough, *Physical Therapist Assistant*
 Megan Stewart, *Occupational Therapist*
 Jena Tressler, *Physical Therapist Assistant*

GETTING BACK TO DOING THINGS

April is National Occupational Therapy Month. At Memorial Hospital's Therapy and Sports Rehab Center we provide Occupational Therapy services at the hospital and at our outpatient location for patients across their life span; from pediatric to youth, adult, and on to geriatric.

Our trained Occupational Therapist, Megan Stewart, helps develop a care plan to get you back to doing the things you enjoy. She assists patients with self-care, helps them prepare to return to work, and aids in increasing physical activity.

For those who experience a medical event such as a stroke, or become diagnosed with a degenerative disease such as Parkinson's, basic movements and tasks can be hard to manage. Through occupational therapy, you can get back to controlling your movements. Through adaptation, compensation, and remediation, Megan helps you relearn and strengthen skills or develop creative solutions to help you gain independence.

ADAPTATION

Modifying the setting or demands of a task to improve performance.

COMPENSATION

Finding strategies or techniques that work around limitations.

REMEDIATION

Restoring a skill or ability that is impaired.

Our OT uses a variety of treatment techniques that fit your individual needs. She creates individualized care plans to help each patient reach their goals and adapt to their daily routines and environments.

OT TREATMENT TECHNIQUES:

Range of Motion, Strength and Balance
Coping Strategies and Problem Solving
Physical Environment Adaptation
Devices to Facilitate Goal Achievement

Megan works with the patient and their family to help them understand their abilities and how to work within them and enhance them. She trains individuals on tasks that can enhance physical, cognitive, and mental performances to improve their quality of life and get them back to doing the things they enjoy. She helps each patient set goals and supports them along the way.

GETTING BACK TO DOING THINGS

ADAPTATION

modifying the setting or demands of a task
 to improve performance

COMPENSATION

finding strategies or techniques that
 work around limitations

REMEDIATION

restoring a skill or ability that is impaired



REHAB CENTER PRESENTS AT MARCH MEDICAL EXPLORERS MEETING

During the March Medical Explorer's Meeting, students learned about Physical Therapy, Occupational Therapy and Speech Therapy. Ryan Schaal, Doctor of Physical Therapy and Program Director explained the roles a physical therapist has in helping a patient recover from an injury. He demonstrated his process of patient assessment, diagnosis, and developing a treatment plan. Megan Stewart, Occupational Therapist, explained how occupational therapy differs from physical therapy. She also demonstrated the tools she may utilize while helping someone regain their independence to perform their daily tasks. Isabel Hotop, Speech-Language Pathologist shared with the students that her focus is on the space between the head and shoulders. Her profession doesn't only focus on verbal speech but how the muscles in the mouth and throat move during swallowing. Each therapist explained how they help their patients reach their rehabilitation goals, how they create a treatment plan, and the educational paths they took to get to where they are now. Students were then given a tour of the facility and got a closer look at the treatment rooms and equipment throughout the building.

Each month during the 9-month program, Explorers have the opportunity to learn from different healthcare professions to help guide them to a career that interests them. Learn more about Medical Explorers at: www.mhchester.com/exploring



Top: Speech-Language Pathologist, Isabel Hotop presents to Explorers with Ryan Schaal, Doctor of Physical Therapy. Bottom: Ryan presents with "model patient" Megan Stewart, OT on the table.

60 years

THERAPY & SPORTS REHAB THEN & NOW



New Physical Therapy & Wellness Center
Ribbon Cutting 2007



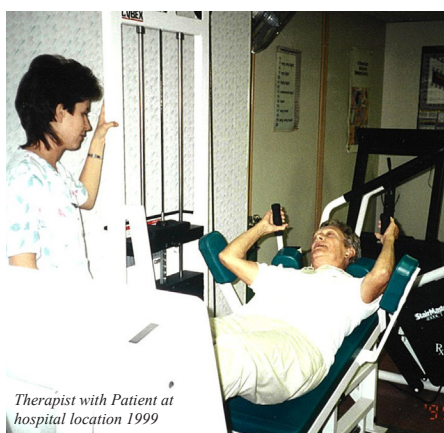
Fully Equipped Gym 2021



Therapy & Sports Rehab
Center 2021



Therapy Department in
Hospital Basement 1996



Therapist with Patient at
hospital location 1999



Physical Therapy Assistant, Anita McDonough poses
as model patient in the hospital location in 1999



MEMORIAL — COMMUNITY PHARMACY —

Memorial Community Pharmacy: NOW OPEN

The Memorial Community Pharmacy located in the west wing of the hospital is now open to the public. The Community Pharmacy provides prescription and over-the-counter medication retail services. Customers have easy access to services through the side entrance door by the west parking lot. There is also reserved parking for customers at this entrance with a Curbside Pick-Up location. Upon arrival, customers can call the number listed on the sign, 618-826-6134, and a staff member will deliver your medications directly to your vehicle and help you with payment processing.

As an added convenience, established customers, have access to the 24hr Pick-Up Locker located in the ER lobby. This feature allows customers to retrieve their medications during hours that fit their schedule. The electronic screen is quick and easy to use with payment accepted at the kiosk. Customers receive text or email notifications when their prescriptions are ready, they can pay online prior to pick-up or with a card during pick-up. Just another way Memorial is improving services to meet our customers' needs.

At your next doctor's visit, inform your provider that you would like to use Memorial Community Pharmacy for your prescription. If you have current maintenance medications you would like to move to the Pharmacy, notify the staff by calling 618-826-6134, and they will assist you in transferring your prescription(s).

To learn more about the services offered through the new Memorial Community Pharmacy or how you can utilize services visit our website at www.mhcheater.com/pharmacy or contact the pharmacy at 618-826-6134 with questions.



3 WAYS TO PICK-UP MEDICATIONS



COUNTER SERVICE

Located inside Memorial Hospital. Reserved parking and entrance on West end.



CURBSIDE PICK-UP

Located at West end of Memorial Hospital. Look for Reserved Parking sign.

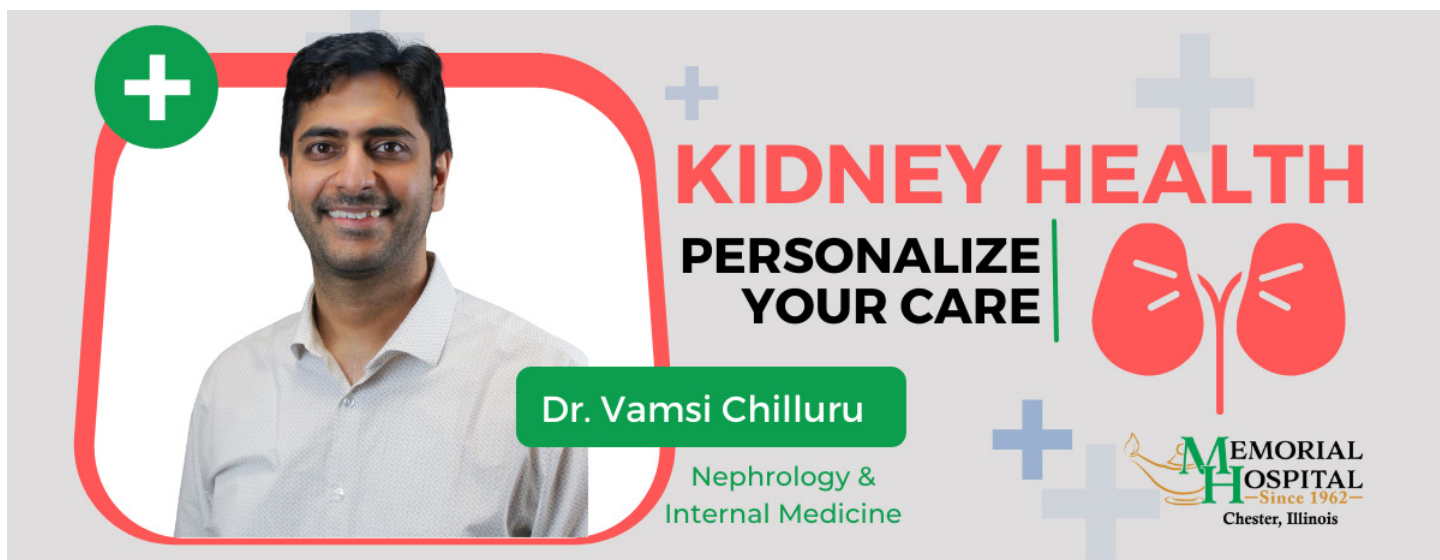


24/7 LOCKER PICK-UP

Available in ER Lobby at Memorial Hospital 24/7

(Following first initial visit and establishment of service with Memorial Community Pharmacy)

HOURS:
MONDAY-FRIDAY
7:00AM-5:30PM



If you suffer from chronic kidney disease, there are steps you can take to help protect your kidneys from additional damage. Taking action sooner rather than later is important to not only your kidney health, but overall health. Steps you take to improve your kidney function can also improve your heart health.

Steps to Take to Help Manage Kidney Disease

1. Control blood pressure

Keeping your blood pressure under control helps, reduce damage to your kidneys. Talk to your doctor about what a healthy blood pressure range is for you. And set goals to keep your blood pressure within that range. The average range for a healthy adult is less than 140/90 mm Hg. The National Institute of Health (NIH) recommends the following steps to meet your blood pressure goals: eating heart-healthy and low-sodium meals, quitting smoking, being active, getting enough sleep, and taking your medicines as prescribed.

2. If you are diabetic, meet your blood glucose goals

If you have diabetes, it is important to meet your glucose goals and check your glucose regularly. Follow your provider's instructions on maintaining a healthy glucose level, with medications, food choices, and physical activity. Talk to your doctor about what your goals should be and develop a plan to meet those goals.

3. Build a healthy meal plan

Talk to your provider or a dietitian about the foods you should be eating to maintain healthy kidney function. Discuss the foods you like to eat and prepare a meal plan that allows you

to cook foods you enjoy at home. Preparing foods from scratch is often healthier.

4. Pick physical activities you can stick to

Being physically active is not only essential to kidney health but overall heart health and wellness. Finding physical activities you enjoy is important to keep active. Talk to your doctor about physical activities that are suitable for you.

5. Maintain a healthy weight

Creating plans for 1-4 can help you maintain a healthy weight.

6. Stop smoking

If you are a smoker, reducing or quitting smoking can help lower your blood pressure and improve your kidney health.

Dr. Vamsi Chilluru, specialty doctor at Memorial Hospital specializes in nephrology (study of the kidneys) and internal medicine. His areas of interest include Interventional Nephrology, electrolyte abnormalities, hypertension, chronic kidney disease, and glomerulonephritis.

His favorite thing about his specialty is helping his patients manage various complex medical problems within the scope of nephrology.

Don't suffer with kidney problems. Talk to a provider about a personalized plan to help you improve your kidney health.

Dr. Chilluru holds outpatient clinics at Memorial Hospital's Specialty Clinic on Fridays. To learn more about our specialists call Memorial Hospital Specialty Clinic at (618) 826-4581 ext. 1366 or visit www.mhchester.com/providers.



Meet Our 2022 Radiology Technology Students

Memorial Hospital partners with the Southwestern Illinois College, Radiology Technology program to provide clinical education for students in the accredited program. The SWIC RT program accepts 40 students each summer semester at their Belleville Campus and Memorial hosts a few students each year for clinicals.

During their clinical time at Memorial, students get hands on experience with all patient types - outpatients, ER, same day surgery, and inpatients. "This makes for a variety of patient care scenarios with the students learning how to obtain a good history, prep their patient for the exam, and transport/lift/positions as needed to image good quality radiographs for the radiologist to view and create a diagnostic report," explains Andria Zweigart, Director of Diagnostic Imaging. They learn various equipment including general x-ray equipment in 2 rooms, portable x-ray equipment for taking bedside x-rays, fluoroscopy (x-ray movie clips) for x-ray procedures in the department, and C-Arm fluoroscopy equipment in surgery. They also have the opportunity to observe advanced modalities such as CT, Ultrasound, and MRI to see if they have interest in furthering their career in radiology.

Taylor Fritts

Taylor is a 2017 graduate of Red Bud High School. After High School she continued her general education at SWIC. After completion of her Associates in Arts and Associates in Science she decided to pursue a career in Radiologic Technology.

She was drawn to radiology because of her love for helping people. "Just being kind, gentle, and caring can go a long way with the patients and it's very rewarding to see the little things make a difference in someone's day."

During her time at Memorial Hospital she has learned that this small hospital is a BIG family. "Every department helps out the others with smiling faces!" One of her favorite things is using the C-ARM in the OR during procedures. "Being in the operating room is a great educational experience.

She plans to complete the CT program at SWIC and work as a tech after graduation. Her advice for others is to choose a career you are passionate about. In radiology there are so many options for continued education and it is easy to find a modality you will love.

When she isn't pursuing her career, she loves hanging out with family and friends. "Spending time with people who support me the most keeps me going!"

Kaitlyn Dillow

Kaitlyn, completed her Associates of Arts degree at Kaskaskia College and then decided to apply for the SWIC Radiology program to pursue a career as a x-ray tech.

Her favorite part about radiology is getting to do and see so many different x-rays and cases throughout her clinical time at Memorial Hospital. Her experiences have provided her with

knowledge and experience to prepare her for graduation and entering the workforce. "The radiology department has taught me so many little tricks on doing the x-rays correctly. They have all been so nice and have taught me so much. I could definitely see myself working here one day."

After graduation, Kaitlyn would like to get her CT Certification and possible Mammography Certification as well. She hopes to obtain a position at a medium to large size hospital once she has completed her program, with the ultimate goal of returning to Memorial Hospital in Chester. Her advice for other students is, "to study a lot and take any advice from techs on how to do things."

Outside of studying and working towards her career goals, Kaitlyn likes to spend time with friends and family, especially her nephew Klay. She also enjoys side-by-side rides with her boyfriend Matt.

Samantha Matzig

Samantha started in the SWIC Associates Applied Sciences program in the summer of 2020. "There are lots of classes but they all build on one another. It gets easier the closer I get to graduation." Through her clinicals at Memorial Hospital, she has learned a lot from hands-on experiences, which has helped build her confidence.

During her time at Memorial, she has learned from the techs and has had the opportunity to observe how each tech does things a little differently. "Sometimes you have to get creative, when a situation gets difficult, to get a good image." Her clinical time has helped her learn creative ways to problem solve and adapt to each unique situation. She enjoys using the portable x-ray machine that can be used bedside to allow patients more comfort and less movement. She has a special interest in CT and Sonography and plans to complete certification in both modalities.

Her advice for others considering a career in radiology is, "It will get complicated and you will get through it. DO NOT GIVE UP & KEEP STUDYING! It will be worth it!"

When Samantha is not working towards her future goals, she enjoys bowling, baking, riding dirt bikes/four-wheelers, and cuddling her dog.

Her final thoughts are: "If you have any questions (whether you think they are dumb or not) ASK! No matter how small or big the question is, ask. This is your career!"



Kaitlyn Dillow



Taylor Fritts



Samantha Matzig

From Memorial's Sleep Lab: How to Spot Sleep Apnea Early

Sleep is more than a “time out” from your busy routine. Sleep is an important contributor to good health, mental and emotional wellness, and safety. When you sleep well, you wake up feeling refreshed, alert and ready for your day. But when sleep is poor, it can have a big impact—not just on your daily routine, but on your overall health. Memorial Hospital has been providing Sleep Diagnostic testing since 1998.

What We Offer:

- Sleep Diagnostic Testing and treatment of all sleep disorders
- Home Sleep Studies
- Education on the many sleep disorders
- Support services for patients with CPAP systems

Knowing When to Seek Help

If you have a sleep problem that lasts for longer than a week, or if sleepiness is getting in the way of how you feel and function during the day, do something today to address it. Contact your Family Physician to discuss your symptoms.

Do you find yourself struggling to feel rested?

Do you have mood and memory problems?

Sleep apnea affects 18 million Americans

In many cases, an apnea, or temporary pause in breathing, is caused by the tissue in the back of the throat collapsing. The muscles of the upper airway relax when you fall asleep. If you sleep on your back, gravity can cause the tongue to fall back. This narrows the airway, which reduces the amount of air that can reach your lungs. The narrowed airway causes snoring by making the tissue in back of the throat vibrate as you breathe.

Sleep apnea can make you wake up in the morning feeling tired or unrefreshed even though you have had a full night of sleep. During the day, you may feel fatigued, have difficulty concentrating, or you may even unintentionally fall asleep. This is because your body is waking up numerous times throughout the night, even though you might not be conscious of each awakening.

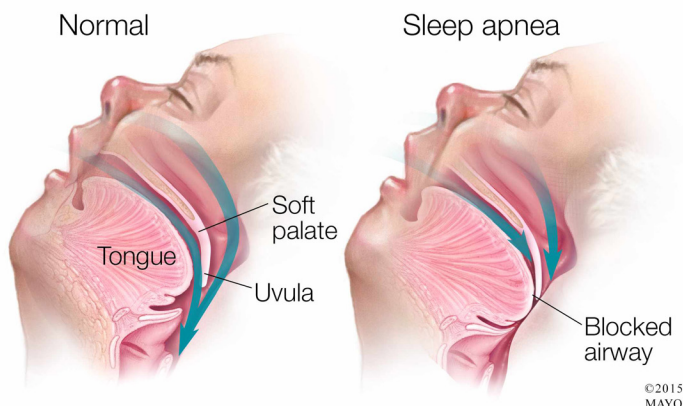
There are many people with sleep apnea who have not been diagnosed or received treatment. A sleep medicine physician can diagnose obstructive sleep apnea using an in-lab sleep study or a home sleep apnea test. Sleep apnea is manageable using continuous positive airway pressure (CPAP), the front-line treatment for sleep apnea. Oral appliance therapy or surgery may also be an option for management.

Symptoms

The most common symptom of sleep apnea is snoring. However, not everyone who snores has sleep apnea. Snoring is likely to be a sign of sleep apnea when it is followed by silent breathing pauses and choking or gasping sounds.

People with sleep apnea often have daytime sleepiness or fatigue. Common symptoms of sleep apnea include:

- Loud or frequent snoring
- Silent pauses in breathing
- Choking or gasping sounds



- Unrefreshed sleep
- Daytime sleepiness or fatigue
- Insomnia
- Morning headaches
- Nocturia (waking during the night to go to the bathroom)
- Difficulty concentrating
- Memory loss
- Decreased sexual desire
- Irritability

Risk Factors

The major risk factor for sleep apnea is excess body weight. You are much more likely to have sleep apnea if you are overweight or obese. However, sleep apnea can occur in slim people too. Common risk factors for sleep apnea include:

- **Excess weight** - Your risk for sleep apnea is higher if you are overweight with a body mass index (BMI) of 25 or more or obese with a BMI of 30 or higher.
- **Large neck size** - Your risk for sleep apnea is higher if you have a neck size of 17 inches or more for men, or 16 inches or more for women. A large neck has more soft tissue that can block your airway during sleep.
- **Middle age** - Sleep apnea can occur at any age. However, it is more common between young adulthood and middle age.
- **Male gender** - Sleep apnea is more common in men than in women. For women the risk of sleep apnea increases with menopause.
- **Hypertension** - High blood pressure is extremely common in people who have sleep apnea.
- **Family history** - Sleep apnea is a heritable condition. This means that you have a higher risk of sleep apnea if a family member also has it. Inherited traits that increase the risk for sleep apnea include obesity and physical features such as a recessed jaw. Other common family factors - such as physical activity and eating habits - also may play a role.

Source: <https://sleepeducation.org/sleep-disorders/obstructive-sleep-apnea/>

Upcoming *community* Events



New Session Began in April, Mondays 9:00am | 5:30pm

Cost: FREE Anyone is Welcome, NOT TOO LATE

Memorial Hospital - Conference Room

To register call 618-826-4581 ext 1170

A lifestyle change program can help you make changes—and make them stick.



Friday, May 13, 2022 | 7:30am-11:30am

Cost: \$2 Anyone is Welcome to Attend

Buena Vista National Bank 1309 Swanwick Street - Chester, IL

Cholesterol, Glucose, Blood Pressure Screening Included.

PSA Vouchers Available for \$10. Free COVID-19 Home Test Kit for First 100



May 26 | June 24 | July 15 8:00 am-2:00pm

Cost: \$15 Boys and Girls Ages 11-14 Years

Memorial Hospital - Conference Room

Download a Registration Form Online at: www.mhchester.com

or call 618-826-4581 ext 1373



May 23 - Looking for the Funny Side: The Value of Humor

June 27 - Simplify Your Life By Clearing the Clutter

July 18 - I'm Positive, I'm Aging

10:30am | Cost: FREE | Open to Anyone

Memorial Hospital - Conference Room | Register Online at: www.mhchester.com

Presented by the University of Illinois Extension Office



June 25 | August 27 | November 12

8:00am-Noon | Cost: FREE

Memorial Hospital - Conference Room

Register Online at: www.mhchester.com

Presented by Jill Arbieter, RN



June 29 | 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.



July 16 - Chester Clinic 8:30am-11:00am

All Chester School District Students Elementary to High School

July 23 - Steeleville Family Practice 8:30am-11:00am

All Steeleville, St. Marks and Trico Students Elementary to High School

Cost: FREE No Appointment Necessary

Download Physical Form at: www.mhchester.com/free-sports-physicals

Past Explorers/Pathfinders, Now Employees

Memorial Hospital has been proud to offer programs for High School students throughout Randolph County for the past 5 years. The Pathfinder Program was created to provide a job shadowing experience for High School Seniors with a Scholarship Opportunity. Through the years, over 20 students have participated in the program with one scholarship recipient each year. In 2021 and 2022, Memorial was unable to offer the Pathfinder Program for safety reasons due to COVID. The Medical Explorers Program was an expansion on the Pathfinders Program and opened up job shadowing to all High School Students through students age 21. The Explorers Program also added a monthly meeting to the program schedule throughout the school year with hands-on presentations and activities from various departments throughout the healthcare field.

Both programs were designed to introduce students to the variety of health career options that exist in a rural community. Rural healthcare is in great need of professionals and these programs help prepare students for planning their careers with the hopes they will return to a small community as professionals.

This year, Memorial welcomed three past Explorers/Pathfinders as employees: Kayla Bert, Audrey Hopper, and Ashtyn Jany. Audrey and Ashtyn are in the nursing department and Kayla works in admitting. All three are still actively working on their education as they gain real-world experience.

Kayla Bert - Kayla is a graduate of Chester High School and lives in Chester. She was in the Medical Explorers Program in 2020-2021. She loved exploring all the different departments in the hospital. She currently works at the admitting desk in the ER and Main Entrance.

Audrey Hopper - Audrey is a graduate of Chester High School and is currently attending Southwestern Illinois College (SWIC) majoring in nursing. She was in the Medical Explorers Program 2019-2020. She enjoyed being able to see more in-depth things in each department. "I felt ahead of the game while in my classes [at SWIC] because I had hands-on background," says Audrey. "This program allowed me to do things that I would've



Kayla Bert - Medical Explorers 2020-2021, Employee 2022



Audrey Hopper - Employee 2022, Medical Explorers, 2019-2020



Ashtyn Jany - Pathfinder Scholarship Recipient 2019-2020, Employee 2022



never been able to do as just a normal high school student. Learning and doing activities and pushing me out of my comfort zone to do something I have such a passion for, really allowed me to solidify my decision in working in the medical field." She recently received her acceptance letter into the SWIC nursing program so she can obtain her Associates Degree. She plans to further her education with a BSN program and hopes to one day work in pediatrics.

Ashtyn Jany - Ashtyn lives in Chester, is a graduate of Chester high School, and is currently attending SWIC to obtain

a degree in Nursing. She was a Medical Explorer and in the Pathfinders Program in 2019. Her favorite thing about the programs was the opportunity to job shadow within the different departments, "it was nice to see all the different aspects of healthcare." She believes the programs had a positive impact on her career choice and helped her make the decision to pursue a career in nursing. She plans to graduate with a BSA in Nursing at McKendree University this upcoming year and then work on her Master's. "Everyone was so nice and helpful, I highly recommend participating in these programs," says Ashtyn.

Community CARE

Memorial Hospital Employees, Out & About in Our Community

The Southern Illinois Substance Abuse Alliance (SISAA) along with guest speaker Brent Swolsky, held an assembly for the Chester High School and Grade School 6th-8th grades in Juergen's Gym on March 21. Brent's presentation focused on, "You Matter." Memorial Hospital's Community Relations Manager and SISAA Chair, Mariah Bargman, welcomed everyone to the event and had the opportunity to introduce Brent.

Teachers and staff in attendance were provided wrist bands with the inscription "You Matter" on them and Suicide Prevention cards that provide contact numbers where teens can speak to professionals anonymously if they feel like they need support. Part of SISAA's efforts is to help teens recognize who their support system is and to turn to them when they need help instead of drugs and alcohol. The coalition also works to provide information to teachers, parents and adults on how to communicate with teens to have the hard conversations.



Photo Credit: SISAA



Popeye Pedalers team in 2018 at PEDAL the Cause in Chesterfield, MO

The Memorial Hospital Popeye Pedalers are ready to RIDE!

The Popeye Pedalers are signed-up for the PEDAL the Cause event in Chesterfield, MO on September 24, 2022. Anyone is welcome to join their team. Details can be found at www.mh-chester.com/popeye-pedalers.

The Inspirational Program and Taste of the Cause will be on Friday, September 23, in the evening with rides Saturday, September 24 and Sunday, September 25. There are courses for everyone, even spinning if you prefer stationary. You can ride either day or both days. If you have never been, the Taste of the Cause has wonderful food and drinks and the inspirational program, which features the researchers and what they have accomplished with the money raised, as well as the fighters who have benefited from their research. Overall it is a very moving program.

All proceeds go to Siteman Cancer Center and Siteman Kids at St. Louis Children's Hospital.

Randolph County

RESOURCE GUIDE 2022

NOW AVAILABLE

SCAN CODE

BIT.LY/21RCRG1

What happened last quarter?

Employee of the Quarter



Brett Bollmann, CEO presents plaque to Jeanice Brandes

Brett Bollmann, CEO at Memorial Hospital named Jeanice Brandes Employee of the Quarter for the First Quarter 2022 on April 13.

Brandes has worked at Memorial Hospital since October of 2020 as a Cook in the Dietary Department. When asked what she likes most about working at Memorial

Hospital, Brandes replied, "I feel appreciated. It has also been nice to find co-workers who are good at going with the ebb and flow of the ever-changing department."

Her co-workers who nominated her wrote, "Jeanice has a knack for thinking outside the box when needed. She strengthens our team with her leadership and openly communicates well with all co-workers. Her willingness to listen to others and patience when training is highly appreciated. She can always be counted on to be on time, a team player and to help others in any way needed. She portrays exemplary behavior in all aspects of work and always goes above and beyond in her efforts to organize and make processes more efficient and clean. She is willing to help any co-worker when asked and is always professional and courteous when training new employees. Always friendly, kind and a strong leader."

Brandes resides in Chester, IL and has a son, daughter-in-law and grandson. In her

free time she enjoys going on motorcycle rides, doing home improvement projects, crafting, and most of all playing with her grandson.

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, Tara Wittenborn, Housekeeper; Jerina Reese, RN; Austyn Phillips, Craftsman/Maintenance Tech.; and Amanda Johnson, RHC Lead Care Coordinator, were the winners of a monetary award for their star nominations.



Dietary staff members and Jeanice's Daughter-In-Law and Grandson, during award presentation.

Memorial Celebrates Employee Appreciation Day

In March, Memorial Hospital celebrated Employee Appreciation Day. Staff were treated with a catered fried chicken dinner by Rozier's Country Market and the Chester Eagles, and cookies as big as their heads prepared by the Memorial Dietary Team.

This event also kicked off the celebration of Memorial's 60th year, "of growing to meet your needs." Employees were gifted commemorative t-shirts to wear that day and will be seen wearing them periodically throughout the year as we continue to celebrate our 60th year.

We appreciate all of our current employees and past ones who have helped Memorial provide quality healthcare for our community since 1962 to current, and look forward to the future with our dedicated employees. THANK YOU to our team for their continued hard work every day of the year.

Top-Bottom, Left-Right: Health Information Management & Business Office; Steeleville Family Practice; Therapy & Sports Rehab Center; Lisa Wingert, RHC LPN; Julie Riggins, RHC Phlebotomist; Materials Management; Dietary Department



What happened last quarter?

Preparing. Planning. Taking Action.

At Memorial Hospital the safety of our patients is always a top priority. Our employees and staff are trained to ensure a safe and healthy environment for care and healing.

Our Safety Committee members meet monthly and work collaboratively and proactively to maintain a safe environment for our patients. Each member, from departments throughout our hospital organization, supports our goal of providing the safest possible care to patients. Our committee members are engaged and arrive prepared and ready to report updates or accept new topics to research for our safety program.

Preparing. Planning. Taking Action.

Here are some things our departments are doing to ensure patient safety at Memorial...

Diagnostic Imaging

TECHNOLOGY UPDATES: Diagnostic Imaging Department strives to offer the latest and most up to date technology for patient safety.

TRAINING: Staff cross train and/or seek to obtain sub-specialized credentials so they can provide the highest quality and safest patient care.

Cardiopulmonary

NEW LOCATION: The relocation of our Cardiopulmonary Department to its new main level location, keeps patients from



Top: Diagnostic Imaging Department Staff Members - Tracy Loos, Rhonda Mott, Brooke Hargis, Andria Zweigart, Linda Young, Heather Williamson, Daysha Westerman. Bottom: Cardiopulmonary Employee - Janine Leclerc

Your safety is our #1 priority.

having to use stairs/elevators and having to walk the distance to the old location on the lower level. This improves accessibility for our patients, making their visits easier and less stressful.

Our critical staff members are also, now closer to the in-patients and ER, so it takes less time for response when minutes count. Thank you to our Cardiopulmonary team for their best efforts in providing a safe patient experience to our customers.



Employees Honor Norma Grecco-Woods With Memorial

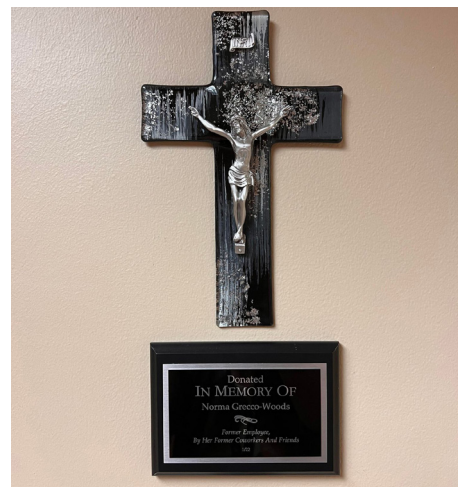


outside the entrance of the hospital chapel in January. Co-workers and friends felt the memorial cross honored her service to her church and caring mission in life.

Norma, age 87, of Cape Girardeau, MO and formerly of Chester, IL passed away on De-

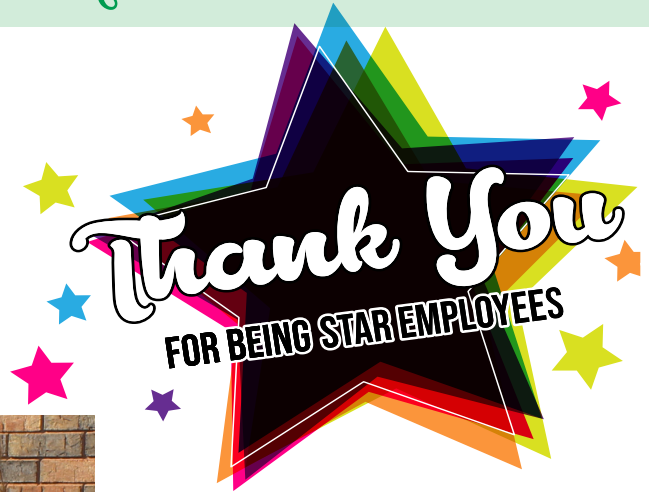
cember 26, 2021 at her home. Norma worked at Memorial Hospital for 45 years and was the director of medical records. She was very active in the Chester community, volunteering with the hospital auxiliary and nursing home auxiliary, a member of the Red Hat Society and the Rotary Club, and she attended and served at many local churches. (She is shown in this newsletter issue on [page 3](#) with co-workers in 1987.)

The memorial plaque reads: "Donated in Memory of Norma Grecco-Woods Former Employee, by her Former Coworkers and Friends"



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): Aaron Stern, IT Technician; Kathy Bohnert, Medical Records Clerk RHC; Erin Aitken, Radiology Technologist 1; Jeanice Brandes, Cook; Heather Smith, CMA RHC; Kristen Schwartz, Admitting Representative; Valerie Blechle, APN, FNP-BC; Sharon Simpson, HR Payroll & Education Specialist.

NUTRITION EDUCATION SERIES



- ✓ Nutrition Education
- ✓ Diabetes Management
- ✓ Personalized Plans & Goals
- ✓ One-on-One Consultations
- ✓ Group Education & Programs

Melissa Soellner

RDN, Certified Diabetes Educator

Memorial Hospital's Registered Dietitian Nutritionist, Melissa Soellner, has been the RDN for Memorial Hospital for over 20 years! She provides one-on-one consultation and education on nutrition and wellness for those with pre-diabetes and diabetes and instructs the Weight Loss Group at Memorial.

Melissa works with patients to help educate them on nutrition, what a healthy diet looks like, understanding portions, and being creative with healthy substitutions to fit their unique dietary needs.

To celebrate National Nutrition Month she put together a series of education videos on Nutrition. Each module focuses on a food group and she breaks down that category regarding portion sizes, how these correlate to different foods, what to look for on nutrition labels, and substitution options to meet dietary needs.

The entire series is available for viewing on our website: <https://www.mhchester.com/diabetic-resources>.



L-R, T-B: Ida Harriss, Medical Laboratory Technician, Heather Williamson, Radiology Tech 4, uses CT scanner; Allyson McGee, Housekeeper in OR Suite. Dr. Floyd & Chemo Therapy Infusion Department staff: Amy Brown, Specialty Clinic Supervisor; Carrie Jo Dierks, Infusion Nursing Assistant; Michelle Tripp, RN; Carla Fedderke, LPN; Janet Bargman, Specialty Clinic Assistant; Debra Stenberg, RN House Supervisor

60 Years of Growing for the Future

(Continued From Page 5)

As new and better imaging becomes available, the DI department ensures they have the top of the line equipment available to aid in patient diagnosis.

Cardiopulmonary & Sleep Lab

The Cardiopulmonary Department and Sleep Lab have been active in upgrading their technology as well. In 2015 they added Home Sleep Study equipment to the Sleep Lab which, allows patients to take the equipment home for sleep apnea screening. In the last two years they have added a variety of equipment to improve patient treatment and have relocated to a newly remodeled space on the main level for easier patient access. New equipment updates include:

- 2020 - Two, new Trilogy EV 300 Ventilators.
- 2021 - CPAP machine upgrade for the Sleep Lab to the Resmed Titration System.
- 2022 - Upgrade to Airview High Flow Oxygen system which allows for high flow humidified oxygen to patients who need it.
- 2022 - Updated sleep system to the Natus Sleep System.
- 2022 - New treadmill for stress test system to aid in screening patients for heart artery blockages and irregularities.

Medical Surgical Unit & ICU

Patient safety features were highly considered during the remodel of the Medical Surgical Unit and ICU. The new space, completed in 2021, integrates a relaxed atmosphere with advanced tech to provide the optimal healing space. All patient beds have built in features including stand assistance, verbal cues for fall risk patients, safety lights and advanced controls. Smart TVs in each room include pillow speaker interface and the latest technology. The call system has been upgraded to include direct call buttons for specific items like medication, restroom assistance, and are sent directly to the caregiver responsible. An overhead ceiling lift implemented as part of the Safe Patient Handling Program has been installed to help achieve an even safer lifting environment for patients, reducing the risk of patient injury from transfers and movement, and reducing risk of injuries to staff. Negative airflow rooms in the MSU, ER, and ICU were added in 2021 to create a safe environment throughout the hospital during the treatment of COVID patients. Other improvements include:

- New Cardiac monitoring system throughout the hospital
- New vital sign machines
- IV pump safety software upgrades
- New electronic training system for employees
- Trauma training for nursing staff
- And the implementation of respirators to protect staff from COVID



Pharmacy

The new Memorial Community Pharmacy provides prescription and over the counter medication retail services. Customers have easy access to services through counter pick-up, curbside pick-up, and access to a 24/7 pick-up locker. (Learn more about all the features of the new Pharmacy on [page 10](#).)

Hospital Wide

Every department in the hospital follows suit with continued upgrades and technological advances. In 2018 the hospital and clinic locations switched to an electronic medical records system, Cerner, that allowed for integration of information among all facilities to create a better continuum of care for the patients. This new system provides a Patient Portal for patients so they can have secure access to their medical record information whenever needed. The new system was installed with patient medical record security and safety in mind. The Medical Records Department and physicians implemented a new dictation system in 2021, Dragon for Speech Recognition Dictation, which allows providers to provide dictation directly to the Cerner medical record system to simplify the process for patient documentation. All departments work together to help research and then integrate new technologies and equipment into the hospital system to improve patient care and employee workflows.

In May, Memorial Hospital is celebrating National Hospital Week. We will be taking this time to look back at “Then” and where we are “Now”. Follow our [Facebook page](#) as we travel through history and embrace how we got to where we are today. We will also take this time to highlight our employees. Enduring 60 years could not have been possible without the resilient spirit, teamwork, fluid innovation and dedication from our staff. The skilled workers at Memorial throughout the years have been the backbone of the organization. The care and compassion employees have shared with the community all these years has helped the organization grow, instilled faith and trust in our patients, and provided the resources to continue innovating. Patients at Memorial know that they can receive the quality care they need right here in their small town and all of that has been possible because of the employees and providers that call Memorial “family”.

60 years

GROWING FOR THE FUTURE



Left to Right, Top to Bottom: Pharmacist, Kathy Winkler mixing Chemotherapy drugs. ICU room. Boardroom. ICU Room with Nurses Station. Nuclear Medicine unit. Nurses Station in MSU. Pharmacy staff in new Pharmacy: Chris Barthol, Pharmacy Tech.; Kathy Winkler, Pharmacist; Jennifer Colvis, Pharmacy Tech.; Amy Kloos, Pharmacist. ER Admitting and Waiting Room with 24/7 Pharmacy Pick-Up Locker. Cardiopulmonary Department: Georgia Stipe, Director of Cardiopulmonary; Janine Leclerc, Respiratory Therapist; Kenneth Stout, Respiratory Therapist. Medical Surgical Unit patient room.

VOLUNTEER & AUXILIARY NEWS

Thank You To Our Volunteers



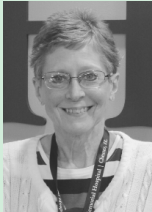
During April, Memorial Hospital took the time to say "THANK YOU" to all of our volunteers. These individuals provide valued service at the hospital each month by greeting visitors, providing directions and assisting patients to their destinations throughout the hospital. Their dedication to the hospital and the community they service is appreciated by staff and those Memorial cares for.



Meet some of our volunteers and read what they have to say about the value they find in volunteering:



Judy Burton: Judy has been a volunteer at Memorial for 2 years. She enjoys being an advocate for the hospital and feels our community is fortunate to have a facility that provides excellent medical care and a variety of services.



Greg Crain: Greg Crain has been a volunteer at Memorial Hospital for so many years, we have lost count, but we are certain it is over 20. He enjoys being of service at Memorial and giving something back to our health care community. He is also a Board Member for Memorial Hospital.



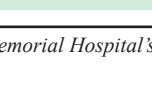
Steven Sympson: Steven has been a volunteer at Memorial Hospital for 7 years. He enjoys talking to and helping people. He also enjoys the environment.



Debbie Dudenbostel: Debbie is retired from the Memorial Hospital Diagnostic Imaging Department and has been a volunteer for one year. She enjoys giving back and being part of the community.



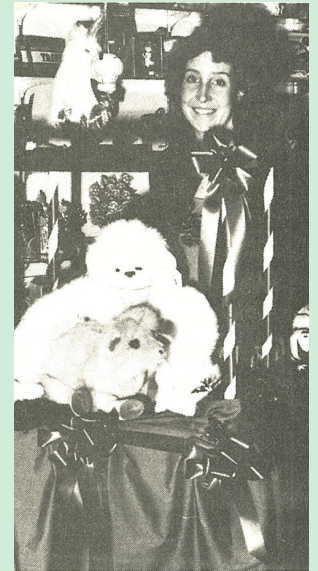
Bonnie Todd: Bonnie has volunteered at Memorial Hospital as part of the Auxiliary for many years. She enjoys taking patients to different parts of the hospital for appointments or treatment.



Art Frazier: Art has been a volunteer at Memorial Hospital for 10 years. He enjoys meeting different people.

Suzanne Hall: Suzanne has been a volunteer for 2 years and enjoys talking to people and assisting them however she can.

Spring Has Arrived in the Gift Shop



Left: Lisa Feldman, First Vice-President and Membership Chairman, models one of the fabulous purses available in the Auxiliary Gift Shop during her shift in March. Right: Lisa in 1985 pictured with stuffed animals for an Auxiliary Christmas raffle.

The Auxiliary Gift Shop is open Monday-Friday 10:00am - 2:00pm. The shop is fully stocked with spring decor items, gifts for adults and children, purses and bags, jewelry, and many other unique finds. Thank you to the Auxiliary Members who volunteer each month to assist customers with selecting fabulous pieces for themselves or for gifting to others. Stop in to check out our selection of ever changing items. The shop is restocked frequently and new items are added for each season and holiday.



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

Volunteers not pictured include:

Jan Crow
Brenda Ruroede
Ken Stout

Kathy Albrecht
Darrel Ehlers

60 years

AT LOOK BACK AT THE MEMORIAL HOSPITAL AUXILIARY

LEFT - Top to Bottom: Silver Tea on June 6, 1997 in Celebration of 40th Anniversary of the Memorial Hospital Auxiliary. Pictured L-R: Ruth Ann Coffey, Scholarship Chairman; Millie Layton, Gift Shop Treasurer; Helen Jane Nagel, Memorials Chairman; Ruth Welge, Treasurer; Kathryn Meyer, Secretary; Ruth Jung, President; Betty Wagner, First Vice President; Virginia Rowold, Gift Shop Chairman; and Hilda Fey, Blood Drive Co-Chairman. L-R: Ruth Jung, President, Kathryn Meyer, a member of the auxiliary's first board of directors; Claudie Schulte, the auxiliary's first treasurer; Aurelia Smith, the auxiliary's first president; and Irene Randolph, organizer of the auxiliary. 1980 - L-R Eileen Gordon, Ruth Welge, and Bertha Mae Blechle serving refreshments at an Open House.

RIGHT - Top to Bottom: 2006 - L-R Virginia Rowold, Gift Shop and Tree of Remembrance Chairman; Hulda Krantz, Auxiliary Treasurer; Louise Liefer, Auxiliary Charnian; and Eric Freeburg, Administrator. 1987 - L-R Auxiliary President Mrs. Patti Nanney, Mrs. Janie Cummins and Mrs. Vola Whitcomb at a bake sale. 1985 - L-R Norma Lee, Presdient; Marilyn Herschbach, First Vice President; Pat Nanney, Second Vice President; Ruth Welge, Treasurer, and Kathryn Meyer, Secretary. 1984 - L-R Evadine Waltemate, Auxiliary President Norma Lee, Carol Abell, and Helen Gerdemann serving food at a fish fry fundraiser at the Chester Knights of Columbus Hall.



MEMORIAL HOSPITAL'S SERVICES

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

MEMORIAL HOSPITAL'S SPECIALTY PROVIDERS

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

Allergy/Immunology Douglas Berson, M.D.	Oncology/Hematology Justin Floyd, D.O.
Audiology C. Joseph Hopper IV, AuD	Orthopedics Robert Golz, M.D. Robert Deaton, FNP-C
Cardiology John Groll, M.D. Raffi Krikorian, M.D. Gangadhar R. Malasana, M.D. Caitlin Edwards NP	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.
Neurology James Goldring, M.D.	Urology Sam Stokes III, M.D. Wesley Howell, PAC
	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

Lory Snider	Jennifer Diercks
Treva Mc Donough	Casandra Bishop
Ashtyn Jany	Susan Pfeiffer
Maeghan Fuller	Brayden Ridings
Sharon Rodgers	

Congratulation Retirees

Jill Arbeiter

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.



JOIN OUR TEAM

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

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