

Culbertson CONNECTION

Your Health. Your Hospital.

ALL ABOUT AQUATICS

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Heal Through The Power Of The Current

Do you ever feel as though you would benefit from physical therapy, but the physical stresses that come with it may be too much to handle? Then aquatic therapy may be right for you. Like other forms of physical therapy, aquatic therapy is designed to help patients heal or regain mobility. However, as the name suggests, aquatic therapy takes place entirely in water with patients floating, partly submerged, or completely submerged in a pool while participating in a broad range of exercises and therapies.

“Aquatic therapy is one of many tools physical therapists can use to aid in healing and restoring function and mobility,” said Cathy Wilson, Director of Therapy at Culbertson Memorial Hospital.

“This evidence-based treatment can improve or sustain muscle strength, flexibility, coordination, gait, endurance, balance, posture, pain, and inflammation.”


Wilson said aquatic therapy is ideal for patients who may benefit from the buoyancy provided by the pool. Because it takes place in a pool, patients can move around easier with their bodies supported by the water.

“When working in the water, the buoyancy reduces the body weight, allowing the patient to exercise and move in a way that may not be possible on land due to compressive forces of gravity,” Wilson said.

“The average water temperature is close to 88 degrees, which allows relaxation, decreased pain, and freedom of movement. Patients usually feel a sense of relief in the pool.”

Culbertson aquatic therapy takes place at the Rushville Fitness & Community Center, 120 Rodewald Drive in Rushville. Sessions are held in the indoor pool, which is leased to the hospital several afternoons per week based on need, Wilson said. While there’s no checklist of conditions to qualify a patient for aquatic therapy, Wilson said a referral is needed.

“Aquatic therapy is initiated after a referral from a provider and after a completed physical therapy evaluation in the clinic,” Wilson said. “It also needs to be approved by the payor source. Aquatic therapy is provided by a qualified physical therapist and/or a physical therapist assistant, who specifically tailor treatments according to each individual patient needs and personalized plan of care. It can be utilized in addition to land therapy as one of many therapy tools to achieve goals.”

Think aquatic therapy may be right for you? Contact your healthcare provider. If you have any questions or need more information, call the Culbertson Memorial Hospital Therapy staff at (217) 322-5286. 



Changes Coming To Culbertson Memorial Hospital

John Kessler Resigns As Culbertson CEO

On Aug. 11, Culbertson Memorial Hospital CEO John Kessler announced his resignation effective Oct. 30. Kessler has decided to pursue an opportunity outside of the Rushville area that is beneficial for his family.

“It was with a very heavy heart that I made the decision to resign as CEO of Culbertson Memorial Hospital. I did so with great sadness and a feeling of loss as my wife and I have greatly enjoyed our time here and I have enjoyed working with the staff over the last three years,” Kessler said. “This decision was based solely on my role as a father and not as CEO of Culbertson Memorial Hospital.”

Kessler was named CEO of Culbertson Memorial Hospital on Sept. 4, 2018. Kessler previously served 18 years in hospital management positions around Illinois and Missouri. He will continue to operate as normal in his role as CEO until the end of October, at which time the Board of Directors will work with Kessler, the management team, and our team of consultants to secure new management and ensure a seamless transition. In the meantime, Board Chairman Gregg Snyder will serve as acting CEO as voted by the Board of Directors.

“We are very appreciative of all the hard work Mr. Kessler has done over the past three years, and we wish the entire Kessler family the best,” Snyder said. ♡



Culbertson Pain Management Program Opens

Chronic pain is an issue that affects millions of Americans every year. Now, however, managing that pain will be much more accessible for our patients and our service area. Culbertson Memorial Hospital will open its Pain Management program late fall/early winter. The program will be run by Culbertson Nurse Anesthetists Jill Whiteside and Sue Jennette. ♡

Welcome, Dr. Petty & Dr. Zwick!

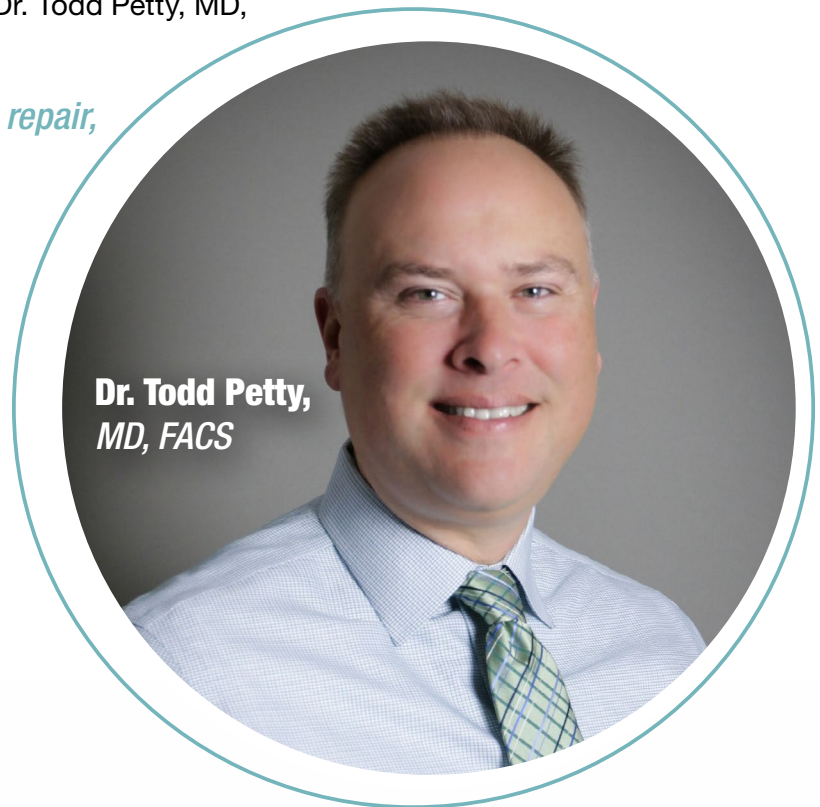
Expanding Our Surgical Team to Care for You.

Culbertson Memorial Hospital is proud to welcome two outstanding new surgeons to our General Surgery team — Dr. Todd Petty, MD, FACS, and Dr. Christian Zwick, DO!

With clinical interests in cancer surgery, hernia repair, and minimally invasive laparoscopic surgery, Dr. Petty is certified by the American Board of Surgery and holds the title of fellow with the American College of Surgeons and the American Medical Association.

A 1997 graduate of the University of Iowa School of Medicine, Dr. Petty served his residency at Geisinger Medical Center in Danville, PA. In his free time, Dr. Petty enjoys hiking, home improvement projects, landscaping, and computers.


**Both Dr. Petty and Dr. Zwick
are accepting new patients.**



Specializing in general surgery, Dr. Zwick boasts a wide range of medical interests including breast cancer, carotid vascular disease, circulatory problems, gallbladder surgery, general surgery, hernia repairs, laparoscopic procedures, oncoplastics, port placement, skin cancer, varicose and spider veins, and venous disease.

Dr. Zwick is board certified by the American Osteopathic Board of General Surgery & Vascular Surgery and is a member of the American Osteopathic Association American College of Osteopathic Surgeons.

A 1987 graduate of the Kirksville College of Osteopathic Medicine in Kirksville, MO, Dr. Zwick served his residency at the Flint Osteopathic Hospital in Flint, MI. In his free time, Dr. Zwick enjoys gardening, camping, travel, and fitness.

Dr. Petty and Dr. Zwick are accepting new patients at the Outpatient Specialty Clinic, 238 S. Congress St. in Rushville. For more information or to schedule an appointment, call (217) 322-4321. 



Dr. Christian Zwick, DO

About Dr. Petty

Medical Specialties:

General Surgery

Clinical Interests:

Cancer Surgery | Hernia Repair

Minimally Invasive Laparoscopic Surgery

Education:

*University Of Iowa School of Medicine,
Iowa City, IA Class of 1997*

About Dr. Zwick

Medical Specialties:

General Surgery, Vein Institute

Clinical Interests:

Breast Cancer | Carotid Vascular Disease

Circulatory Problems | Gallbladder Surgery | General Surgery

Hernia Repairs | Laparoscopic Procedures | Oncoplastics

Port Placement | Skin Cancer | Varicose & Spider Veins

Venous Disease

Education:

*Kirksville College of Osteopathic Medicine,
Kirksville, MO Class of 1987*

West Wing Construction Begins

Culbertson Memorial Hospital is Moving Ahead with Its Long-Awaited Renovation Plans!

In August, construction began on the hospital's six-phase renovation plan to modernize the interior of the hospital, beginning with the renovation of the West Wing. Erik Price, Facilities Maintenance Manager at Culbertson Memorial Hospital, said Phase 1 of the project will be split into two parts to continue operations on whatever side of the building is not under construction. Price added that areas under construction will be isolated from the rest of the building.

"Everyone at the hospital is anxious and hopeful to see the newly renovated Phase 1A space that will include a brand-new cancer center and cardiac rehab area for patients," Price said.

"We are extremely fortunate to be able to perform this work now to better serve our patients."

Price said the St. Louis-based contracting firm Murray Co. has begun working on disconnects of plumbing, electrical, and mechanical that will be demolished during the first several weeks of construction.

Phase 1A is expected to last approximately seven months and will immediately transition into Phase 1B, which itself should last around six months, Price said.

The entire construction project is expected to wrap up in February 2027 around the hospital's 106th anniversary.



Current Registration Desk



New Infusion Bay Rendering

The other phases of the project are as follows:

PHASE 2: This phase will centrally locate and expand Laboratory Services and create a new main entrance to the hospital. In addition, the primary waiting area will be renovated, and a new Patient Access Area will be added in Phase 2.

PHASE 3: In the third phase, a dedicated Trauma Room will be built for isolation patients. Treatment rooms will be expanded from four rooms to five, and a brand-new, centrally located Nursing Station will be built. Phase 3 will also give Culbertson Memorial Hospital the ability to offer negative pressure rooms.

PHASE 4: The fourth phase will enable the Imaging Department to complete all Imaging testing in-house; the Imaging Department currently has testing sites located throughout the hospital.

PHASE 5: This phase will renovate nine patient rooms to add toilets, sinks, and showers to each room. Patient beds will be decreased from 22 to 12 with the creation of six private patient rooms and three semi-private patient rooms. During this phase, a dedicated staff lounge and staff training area will be created.

PHASE 6: In the final phase of construction, the hospital will add two new Surgical suites and one scope room. In addition, the hospital will establish a four-bed Post Anesthesia Care Unit (PACU). Six pre-procedure patient bays will also be created along with a centrally located nursing desk. ♡

A Year Of Celebrations!

Our 100th year has certainly been a memorable one!



Throughout the year, Culbertson Memorial Hospital has celebrated its 100th anniversary in some truly unique ways. In February, we celebrated with the community during the **100 TREATS FOR 100 YEARS CAMPAIGN**, giving away 100 ice cream cones at Dairy Queen, 100 coffees from The Local Brew, and 100 donuts at Roger's Bakery.

Then, in May, we hosted the **COMMUNITY COOKOUT**, where we grilled up some fantastic ribeye and pork chop sandwiches! In August, we treated residents to a free show with the **100 TICKETS FOR 100 YEARS PROMOTION**, giving away tickets to the Princess Theater in Rushville, and then kicked off the **100 TREES GIVEAWAY** on Sept. 1, partnering with Boehm's Garden

Center in Rushville. Hospital staff has also pledged **100 HOURS OF COMMUNITY SERVICE** — though we've more than tripled that commitment already!

Speaking of our staff, we couldn't have made it 100 years without their tireless dedication and service through the last century. As a big thank you for their hard work, we celebrated our accomplishments with a \$1 ribeye sandwich lunch in February, followed by a 100th birthday celebration complete with a gorgeous cake from Baker Street Sweets!

Employees have also been treated to snacks, donuts, and even an ice cream social to celebrate a century of service throughout the years. But our 100th anniversary celebration isn't over yet! Keep an eye on the Culbertson Memorial Hospital Facebook page for more information on upcoming events — we can't wait to continue the celebration with you!

Visit facebook.com/CulbertsonMemorialHospital for more information on upcoming events! 🍷



Get Up & Go — It's Healthy Aging Month!

When you picture getting up and getting active, what do you imagine? The plain and simple truth is a little physical activity is better than none. Although you may not be as limber as you used to be, but there are still plenty of ways to stay active.

In honor of Healthy Aging Month this September, check out some ways you can keep moving and keep physical activity as a regular part of your routine.

FAMILY OUTINGS

Have you been wanting to spend a little more quality time with the grandkids? Spending time with your family provides plenty of opportunities to get moving, especially when children are involved. Whether it's playing a few rounds of bags or tossing a ball around with the grandkids, a little time in the fresh air can make a world of difference. Go to the park! Pushing your grandkids on the swings, catching them as they come down the slides, or just going for a walk with them may not seem like a whole lot, but these activities add up over time and make a positive impact on your physical fitness.

GO FOR A WALK

You don't have to run a 5K to stay in shape — just going for a leisurely stroll is enough to keep you active. If you're able, look for walking paths or trails nearby that offer flat, smooth surfaces. For example, in Rushville, head down to Scripps Park and take in the natural beauty or take a walk around Rushville Town Square and take in the town's sights and sounds.

WORK AROUND THE YARD

Got some chores to do? While the weather's nice, why not get out and enjoy the sunshine and fresh air with some yard work?



Pull some weeds, cut the grass, or just tend to your garden — however you do it, taking care of your yard or doing some light landscaping can not only be a great way to stay active, but it can also become a fun hobby!

EXERCISE AND SPORTS

If you're feeling especially competitive or just want to loosen up your muscles, sign up for an exercise class or take up a new sport. Many gyms, such as the Rushville Fitness & Community Center, offer senior classes built around exercises that are easy on the joints. These classes typically go at a pace that's more relaxed but still get your body moving and energized. Playing backyard games like horseshoes, bocce, or croquet with your kids and grandkids also provides plenty of physical activity while also serving as memorable experiences with your family. Grab some friends and hit the links at the local golf course or just load up the boat and head out to the lake for some fishing.



Get Up & Go — It's Healthy Aging Month!

(continued)

ENROLL IN THE CARDIOPULMONARY REHABILITATION PROGRAM

If you've suffered a recent cardiac event or experience any other qualifying conditions and are concerned about restarting physical activity, the Culbertson Memorial Hospital Cardiopulmonary Rehabilitation Department may be perfect for you.



The Cardiopulmonary Rehabilitation Department places an emphasis on physical activity supplemented with emotional support from the Culbertson nursing staff. The program improves heart and lung function, helps control blood pressure and diabetes, and helps those with arthritis stay mobile. The program has proven successful in helping patients reach and maintain a healthy lifestyle, and many patients have said they had more endurance, could breathe easier, and could sleep easier throughout the program.

To enroll or find out if you qualify, call (217) 322-4321, ext. 5285. ♿

Memorial DONATIONS

2020-2021 Annual Appeal

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Mr. and Mrs. Doug Surratt
Mr. Daniel Wagner

In Memory of Ike Billingsley

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Mr. and Mrs. Tim Crumrine
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In Memory of James Meazell

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Mr. and Mrs. Joe Trone

2021 Dr. Russell Dohner Memorial Golf Outing

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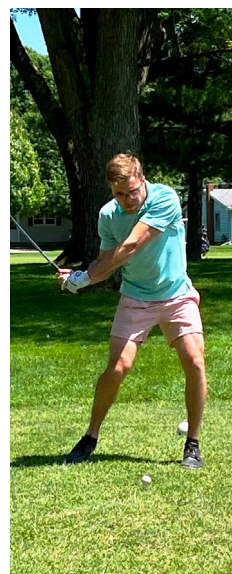
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Mr. and Mrs. Carson Klitz
Kunes Country
Angela Lafrenz, FNP-BC
Law Office of Charles Burton
Lawrence Group

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Golf Outing Raises More Than \$50,000

The 16th Annual Dr. Russell Dohner Memorial Golf Outing marked yet another success in the history of the beloved community event. This year, 34 teams participated in the event, held for the first time since 2019 after taking a hiatus last year due to the COVID-19 pandemic. Culbertson Memorial Hospital Foundation Director Molly Sorrell said the Golf Outing raised \$50,380 — and counting!

“After our 2020 Golf Outing had to be canceled due to COVID-19, we were unsure what this year’s event might possibly look like. Would businesses have the funds to participate? Would golfers be ready to hit the green with 144 golfers? Would we be able to get people to volunteer? What is a realistic fundraising goal for this year? Through all those conversations, we had no idea this would be our most successful golf outing yet!” Sorrell said.

“The continued success of this Golf Outing is and has been due to the many sponsors who supported the event and through community participation providing raffle prizes, playing in foursomes, and volunteering the day of the event.”

Funds generated from this year’s Golf Outing will benefit Culbertson Memorial Hospital Dietary Services, Sorrell said.

“The staff who provide meals for our employees, our patients, and all of our Foundation events do a fantastic job. We want to make sure they know just how valued they are by providing them new, modern equipment,” Sorrell said. “The Dietary staff is a group of women who are proud of the work they do and never ask for much in return. This year’s Golf Outing is a great way to show them how much we appreciate the work they do each and every day.” ♡