

# Culbertson CONNECTION

Your Health. Your Hospital.

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## SAFE, EFFECTIVE RELIEF

Culbertson Offers Botox for Chronic Migraine Attacks *See Page 3*

# A Message from Our CEO



**Gregg Snyder**  
CEO


There's a saying I've come to know that's frequently used in the ranks of hospital administrators: "Your primary care providers and Emergency Department are the front doors to your hospital." From routine wellness to acute emergencies, these two departments are where patients decide if Culbertson will supply the high level of care their health

requires. In these two areas, you have the greatest opportunity to lose or gain the trust of the communities you serve. I would like to share some of the things we're doing to ensure we have high quality and high satisfaction at our front doors.

In May, we changed the physician partner group in our Emergency Department. After many months of research, interviews, and background checks, we chose to move forward with NES Healthcare. NES is a premier, national provider of Emergency Department physician services. Along with the new provider came a new set of expectations in both quality and patient satisfaction. I'm happy to say three months into our relationship, NES is providing high-quality physicians to meet our expectations.

After the complete implementation of our new electronic medical records system in November, we'll have access to data our current systems simply didn't provide. ED wait times, entry to discharge times, quality measures, etc., will be available and shared with the public so you have the visibility and forms of measurement to evaluate how we're performing.

Our other front door is located at our Rural Health Clinics and the providers who deliver your primary care. We must recognize in the past couple years, there has been a lack of continuity of care in our Rural Health Clinics. We've had two established providers leave the organization and we closed the Table Grove Medical Clinic. I will be the first to acknowledge the sting and unease of changes like this. However, through this transition, we have built a high-quality, cohesive team that is invested in the long-term success of Culbertson and the patients we serve.

Our goal has been and will remain to be the hiring, support, and retention of providers who want to be part of the Culbertson family. To this note, you'll see expanded clinic days from Alexis Murk, Heidi Greer will be joining the organization in October as a nurse practitioner, and Dr. Deseray Aguirre will start a bilingual family practice at Elmer Hugh Taylor Clinic in Beardstown. In addition to the ED and Rural Health Clinics, we're continually improving processes and adding services across the organization. Every day we continue striving to be your choice hospital. 

Thank you,

**Gregg Snyder**

CEO, Culbertson Memorial Hospital

**CATCH**  
**CULBERTSON AS THE CHOICE HOSPITAL**



# From the Medspa to the Neurologist

## Botox for Chronic Migraines and Pain Now Available at Culbertson Specialty Clinic

A migraine can strike from nowhere. One minute, you're going about your daily activities as normal. Then, with no warning, you feel lightheaded. Your vision is blurred and random spots appear in your peripherals. Before you know it, you feel like your head is being squeezed in a vice. Light and sound exacerbate pain so agonizing, it twists your stomach.

Affecting 39 million Americans each year, according to the American Migraine Foundation, a migraine is a common yet disabling headache disorder that strikes people from all walks of life and prevents those impacted from enjoying everyday activities from jobs or education to social obligations. For those suffering from chronic migraines — i.e., those with at least 15 headache attacks per month — a well-known yet surprising treatment may offer some relief.

### ABOUT BOTOX

Botox — or botulism toxin — is a neurotoxin that is purified and used in very small doses to reduce muscle contractions for up to three months. Though commonly associated with cosmetic treatments in reducing wrinkles, Botox has been shown to relieve migraine symptoms for adults 18 and older.

“Botox is a medication derived from a purified bacteria found in nature, so it's safe and FDA approved in many different areas of the body,” explained Dr. Daniel Kimple, MD, a Neurologist at the Culbertson Specialty Clinics. “At Culbertson Memorial Neurology, we use Botox to treat many different conditions of muscles and glands, including headaches and migraines, neck pain from muscle spasms, spasms in the face and eyes, excessive sweating, and muscle tightness or spasticity in arms and legs.”

Dr. Kimple added neurological applications for Botox operate in a similar manner to cosmetic uses. Where it may be used to relax wrinkles in small doses, Botox also relaxes spastic muscle tightening that causes pain. Once injected, Botox enters nerve endings around the injection site and blocks chemical signals causing the contractions associated with pain, offering a more direct treatment for pain than oral medications.

“Many people try oral medications to control the pain of muscle spasms, but this method allows medicine to circulate

throughout the body, affecting other unaffected parts,” Dr. Kimple said. “Botox injections, on the other hand, are only injected into the muscles causing pain; the muscles in turn hold the Botox in place.” About four injections are required per year, but patients may return to their normal lives immediately after each treatment. Patients report few side effects, with most finding injections quick and tolerable.

**Are you suffering from chronic migraine attacks? Get convenient, local help — Dr. Kimple sees patients on the second and third Tuesdays each month at the Culbertson Specialty Clinic. To schedule an appointment, call (217) 322-5271.**

### MEET DR. KIMPLE!

#### Education:

Bachelor of Science, Biology, Kansas State University (Manhattan, KS); MD, University of Kansas School of Medicine (Kansas City, KS)

#### Residency:

West Virginia University School of Medicine, Neurology (Morgantown, WV)

#### Fellowship:

University of Kansas School of Medicine, Neurophysiology (Kansas City, KS)

#### Certifications:

American Board of Psychiatry & Neurology

#### Memberships:

American Academy of Neurology, American Medical Association





## Brighten Those Smiles! Fluoride Tooth Varnishing Now Available at the Taylor Clinic

**F**or the children of families on Medicaid, access to local dental clinics is few and far between — those who find providers must negotiate long waits. Add to that families who rely on bottled water instead of fluoridated tap water. Many have no choice but to make long, inconvenient trips out of town just to receive proper dental care. Thankfully, affordable, convenient care is now available close to home. Courtney Elliott, CPNP-PC provides pediatric tooth varnishing at the Elmer Hugh Taylor Clinic, 100 W. 15th St. in Beardstown.

“In the past, many children have had to go to Chicago for dental surgery because there are no dental offices that offer these extensive health services in our area and take Medicaid, which is a huge cost and inconvenience for my patients and their families,” Elliott explained. “I am hoping this new service can greatly reduce the hassle by leading with dental prevention.”

Fluoride varnishing is an easy, painless procedure during which a thin coat of 5% sodium fluoride varnish resin is applied to children’s teeth to prevent tooth decay and cavities. Teeth are cleaned with a dry gauze before the fluoride varnish is applied using a small brush. Over time, the varnish releases fluoride, which strengthens and re-mineralizes the teeth.

“Tooth varnishing reduces or prevents cavities in children’s primary teeth and may also stop early active enamel lesions,” Elliott said. “The strongest preventative effect occurs when fluoride varnish is applied before the onset of detectable tooth decay in high-risk populations.”

This service is available at all well baby and well child visits — once teeth have come in — up to four times a year for all children under 3 years old per Illinois eligibility guidelines. Parents should let the provider know if their child has had fluoride applied within the last three months elsewhere as it will not be necessary the day of the well child visit. After the treatment, parents should not brush their children’s teeth until the next day. Eating and drinking can resume right away, but avoid hard, crunchy, or hot foods.

**Take care of your kids’ smiles! Schedule their fluoride tooth varnishing today — call the Taylor Clinic at (217) 323-2245.**



# The Blue Choice Hospital

## Culbertson Memorial Hospital Now Accepting BCBS Blue Choice PPO Plans

**H**ealthcare services at Culbertson Memorial Hospital and the Culbertson Clinics are now more accessible than ever! We're proud to announce our providers now accept Blue Choice PPO plans from Blue Cross Blue Shield, expanding our services to countless patients. Blue Choice features a comprehensive network of providers and hospitals across the state with lower out-of-pocket costs for patients, ultimately reducing the total cost of medical services.

**“We’re very excited to expand our medical services to Blue Choice PPO enrollees.” – Gregg Snyder, CEO**

“We’re very excited to expand our medical services to Blue Choice PPO enrollees,” said Culbertson CEO Gregg Snyder. “By adding our providers to the select list of medical professionals around Illinois, we hope to establish Culbertson as the choice hospital for an even wider segment of the population.”

**For more information about Blue Choice PPO plans or to enroll, visit [bcbsil.com](http://bcbsil.com).**



**BlueCross BlueShield  
of Illinois**

### **MEDICAL SERVICES COVERED BY BLUE CHOICE PPO PLANS INCLUDE:**

- Preventative care services
- Doctor office visits
- Outpatient hospital services
- Outpatient surgery and diagnostic testing
- Maternity services
- Hospital emergency medical and accident treatment
- Out-of-state coverage
- Breast cancer screenings
- Occupational and speech therapy
- And more!



# Convenient, Compassionate Surgical Care

## Trust Your Local Surgeons at Culbertson

When surgery becomes a necessity, having a team of providers close to home who care about you can help put your mind at ease. That's the type of service you can expect when you put your trust in the expert surgeons at Culbertson Memorial Hospital. Offering a wide variety of procedures in a comfortable, familiar environment, our surgical team is committed to improving your quality of life and getting you back to enjoying your time with your loved ones as quickly as possible. With endoscopic, laparoscopic, and general surgical procedures available Monday through Friday, you can count on receiving the high-quality care you need without a long road trip. Learn more about the surgical services available at Culbertson and ask your primary care provider if surgery could be a solution for a new or ongoing condition or injury.



**DR. JOHN BOZDECH**  
*Sees patients each Friday.*

#### Gastroenterology

- Colonoscopy
- EGD (upper endoscopy)



**DR. PAUL CONRAD, FACS**  
*Sees patients on the 4th  
Wednesday of each month.*

- Adenoid removal
- Ear tube insertion
- Tonsillectomy
- Pediatric procedures coming soon



**DR. MATTHEW KNUDSON**  
*Sees patients on the 2nd and 4th  
Thursdays each month.*

#### Urology

- Cystoscopy (may include biopsy, stent removal, and urethral dilation)
- Prostate biopsy with ultrasound
- Circumcision
- Vasectomy
- Hydrocelectomy



**DR. TODD PETTY, FACS**  
*Sees patients on the 1st  
and 3rd Tuesdays each month.*

#### General Surgery

- Laparoscopic gallbladder removal
- Hernia repairs
- Excisions
- Biopsies
- Breast surgery
- Port Insertion



**DR. HARSHA POLAVARAPU**  
*Sees patients on the 1st  
and 3rd Wednesdays each month.*

#### General Surgery

- Laparoscopic gallbladder removal
- Hernia repairs
- Excisions
- Port Insertion

#### Colorectal Surgery

- Hemorrhoid removal and treatments
- Colonoscopy
- EGD (upper endoscopy)



**DR. DRAKE WHITE**  
*Sees patients on the 1st  
and 3rd Mondays each month.*

- Carpal tunnel
- Cubital tunnel
- Trigger finger
- Ganglion cyst removal

**The Culbertson Memorial Hospital surgery team  
works alongside the surgeons to care for patients  
while they're here.**



## CANTON, MISSOURI RESIDENTS THRILLED WITH COMPASSIONATE PATIENT CARE

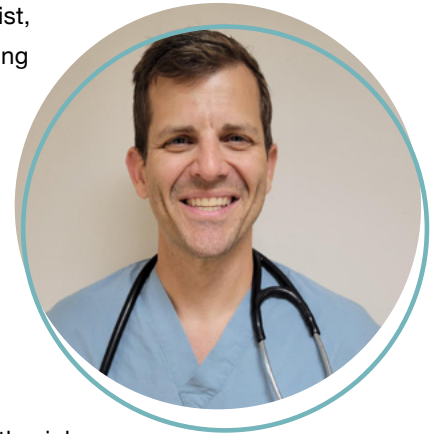
At Culbertson Memorial Hospital, we see all our successes as an opportunity to celebrate the incredible providers and staff who contribute to our proud culture of compassionate healthcare. In June, our staff received some kind feedback from Richard and Susan Buschling from Canton, MO, patients of Dr. Bozdech for the last three decades. The Buschlings recently tried to schedule an appointment with Dr. Bozdech in Quincy only to discover he now only practices in Rushville. Rather than find another provider, Richard and Susan made the two-hour trip to Rushville and were so pleased with their experience at the Culbertson Specialty Clinics, they sent us this wonderful testimonial and told us to share it everywhere we could!

**“Richard has an extensive family history of colon cancer and we have been visiting with Dr. John Bozdech for 30 years. When we called to schedule our appointment, we were told he sees patients in Rushville. We drove two hours to Rushville to continue care with Dr. Bozdech and we were so pleased. Everyone was so nice and so professional. They all took good care of Richard and got us on our way quickly. We couldn’t have been any happier. We have told the whole family about it, and I wouldn’t be surprised if you see them coming over too!”**

**—Susan Buschling**

## WELCOME NICK COLLIER, NURSE ANESTHETIST!

Culbertson Memorial Hospital is proud to welcome Nurse Anesthetist, Nick Collier to our outstanding surgery team! A healthcare professional since 2000, Nick began as a registered nurse in the ICU at Saint Louis University Hospital in St. Louis, MO, before earning his Certified Nurse Anesthetist (CRNA) in 2003.



“I learned about nurse anesthesiology as a nurse aide student in high school observing in the operating room,” Nick said. “After speaking with the CRNA I was observing, I realized the field of anesthesia had a high job satisfaction rate with low turnover and burnout — all desirable attributes of a career worth pursuing.”

Nick earned a bachelor’s degree in nursing in 2000 and a master’s degree in nurse anesthesiology in 2003 from Southern Illinois University-Edwardsville. After graduation, he worked at St. John’s Hospital and Memorial Hospital — both in Springfield — providing anesthesia to patients of all ages, from neonatal to cardiothoracic patients. Nick has been involved with nursing education in a clinical setting since 2003, working in a simulated operating room on the SIUE campus since 2019. In 2021, he completed a dual degree of Doctorate of Nursing Practice (DNP) combined with a Master of Business Administration (MBA).

“My goal is to provide high-quality care in the most efficient and cost-effective manner. I utilize evidence-based practice in my care and change my practice based on emerging information and research,” Nick explained. “With the ongoing opioid epidemic, I prefer using opioid-sparing techniques for surgical patients, using alternatives and offering nerve blocks to minimize surgical pain. This reduces opioid requirements both during and after surgery.”

Additionally, Nick has been involved in numerous volunteer roles within the community. He has served with the Boy Scouts of America for several years, helping both his sons reach the rank of Eagle Scout. Nick also travels to Africa annually to provide anesthesia services and coordinating anesthesia supplies and personnel to underserved populations in Northern Ghana.





# Par for the Course

## Culbertson Golf Outing Raises \$59,410 for Laboratory Services

Culbertson Memorial Hospital staffers and members of the community hit the links for the 18th Annual Russell M. Dohner Memorial Golf Outing on Friday, June 2, at Scripps Park Golf Course in Rushville. Organized by the Culbertson Memorial Hospital Foundation, this year's outing brought 39 teams of 156 golfers — along with 40 volunteers — to raise \$59,410 for the hospital's Laboratory Services Department.

"I wish to give many thanks and my sincere appreciation to all of the sponsors, players, volunteers, and employees who made the Golf Outing an overwhelming success," said Molly Sorrell, Director of Development, Marketing, and Community Relations at Culbertson Memorial Hospital. "It amazes me that when the first golf outing was held in 2005, the goal was to raise \$5,000 for the Foundation. Now, here we are closing in on the \$60,000 range. We are truly fortunate to have the support of our community and business partners."

Funds raised from this year's Golf Outing will be used to upgrade equipment at the Culbertson Memorial Hospital Laboratory. According to Culbertson CEO Gregg Snyder, the hospital recently purchased Nova Prime Plus, a whole blood critical care analyzer, that will interface with the Cerner Electronic Medical Record system the hospital will implement in the fall.



**"The support we receive from the local communities and our supply partners is astounding. The contributions we receive from the Golf Outing truly move the needle on improving patient care," Snyder said. "Equipment upgrades such as these provide better outcomes for the patients we serve and help us live our mission of providing community access to quality care."**



“The Nova Prime Plus combines blood gases, electrolytes, and glucose and kidney function into a simple, compact device. Results are available in approximately one minute, which is significantly improved timing to obtain results,” said Culbertson Laboratory Manager Angie Prather. “The analyzer interfaces with Cerner and results will flow automatically to the patient record. It will also allow us to provide multiple additional tests that we currently have to send out to a reference lab.”





# Memorials & Contributions

## In Memory of Phil Brown

Mr. and Mrs. Jerry Bartlett  
Mr. and Mrs. Mike Bartlow  
Mr. and Mrs. Dennis Billingsley  
Mr. and Mrs. Jeff Billingsley  
Mr. and Mrs. DeWayne Bond  
Mr. and Mrs. Tom Busby  
Mr. and Mrs. Wes Dorman  
Mr. and Mrs. Ron Downs  
Mr. and Mrs. Jeff Ervin  
Ms. Susan Jurgens  
Mrs. Barb Kerr  
Mr. and Mrs. Tom Kerr  
Mr. and Mrs. Richard Leezer  
Mr. Dean Orr  
Mr. and Mrs. Kent Paisley  
Mr. and Mrs. Kirk Paisley  
Mr. and Mrs. Ron Peters  
Mr. and Mrs. Gregg Roegge  
Mr. Dean Ross  
Mr. Maurice Ross  
Mr. and Mrs. Harold Sargent  
Mr. and Mrs. Lyle Sargent  
Mr. and Mrs. Nancy Schisler  
Mr. and Mrs. Kelly Stambaugh  
Mr. and Mrs. Bide Thomas  
Mr. and Mrs. Jesse Wallace  
Mrs. Bonnie Wells  
Mr. and Mrs. Kenneth Wenger

## In Memory of Carol Haywood

Mr. and Mrs. Dan Adams  
Ms. Mariolyn Wheeler and Mr. Ted Baer  
Mr. Michael Bollinger  
Ms. Marsha Bolton  
Mrs. Betty Sargent  
Mrs. Dianne Snyder  
Mr. and Mrs. Jeff Shelts  
Mrs. Linda Ward  
Mrs. Charlene Wise  
Mr. and Mrs. Mike Wise

## In Memory of Zoe Ann Humphrey

Mr. and Mrs. Bide Thomas

## In Memory of Betty Langner

Mr. Rex Andrews and Janet Mihalovic  
Mrs. Shirley Bartlow  
Mr. and Mrs. DeWayne Bond  
Mr. and Mrs. Joe Burke  
Mr. and Mrs. Paul Burton  
Mr. and Mrs. Terry Cockerill  
Mr. Charles Dace  
Mr. and Mrs. Jim Devitt  
Mr. and Mrs. Jonathan Dunn  
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Mr. and Mrs. Dean Huston & Families  
Mr. and Mrs. Bob Jones  
Mr. and Mrs. Donald Koth  
Mrs. Nancy Lashbrook  
Mr. and Mrs. Morris McClelland  
Mrs. Judy Quillen

Mr. and Mrs. Joe Pleviak  
Mr. and Mrs. Dennis Rebman  
Mr. Dean Ross  
Ms. Donna Sargent  
Mr. and Mrs. Phillip Slaton  
Mrs. Dianne Snyder  
Mrs. Lydia Tolle  
Mr. and Mrs. Bob Ward  
Mr. and Mrs. Tim Ward  
Mrs. Betty Sargent

## In Memory of Larry Lashbrook

Mr. and Mrs. Kent Allen  
Mr. and Mrs. Ron Bartlett  
Mr. and Mrs. Larry Billingsley  
Mr. and Mrs. Dick Boehm  
Mr. and Mrs. DeWayne Bond  
Mr. Bill Boyd and Ms. Nancy Peak  
Mr. and Mrs. Scott Butler  
Mrs. Karen Diseron  
Mr. Phillip Dixon  
Ms. Kelley Dunning  
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Mrs. Barbara Kerr  
Mr. and Mrs. Tom Kerr  
Mr. and Mrs. Dennis Koller  
Mr. Gary Moore  
Mr. and Mrs. Jim Morrell  
Mr. Michael Myers  
Mrs. Judy Quillen  
Mr. and Mrs. Ron Peters  
Mrs. Ruby Rice  
Mr. and Mrs. Roger Ritchey  
Mr. and Mrs. Gregg Roegge  
Mrs. Betty Sargent  
Mr. and Mrs. Harold Sargent  
Mrs. Nancy Schisler  
Mrs. Barb Schoonover  
Mr. and Mrs. Randy Skiles  
Mrs. Dianne Snyder  
Mr. and Mrs. Mike Stauffer  
Mr. and Mrs. Denny Strong  
Mr. and Mrs. David Thomas  
Mr. and Mrs. Mark Thompson  
Mr. and Mrs. Jon Thurman  
Mr. and Mrs. Kenneth Wenger  
Ms. Mariolyn Wheeler and Mr. Ted Baer  
Mr. and Mrs. Terry Williams  
Mr. and Mrs. Mike Wise  
Mr. and Mrs. Bill Worthington

## In Memory of Gerald Pryor

Mr. and Mrs. DeWayne Bond

## In Memory of Rosemary Trimble

Ms. Ruthanne Burgard  
Mr. and Mrs. Joe Henninger  
Mrs. Nancy Lashbrook  
Mr. and Mrs. Marc Poling  
Ms. Nancy Schisler  
Mr. and Mrs. Larry Sikes

## In Memory of Robert Young

Ms. Lori Reese

## 2023/2024 Annual Campaign

Ms. Estella Hamilton  
Mr. and Mrs. Jerry Korsmeyer  
Tracy Family Foundation  
Mr. John Tribbey  
Mr. Daniel Wagner

## 2023 Dr. Russell M. Dohner Memorial Golf Outing

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Jill Tracy For State Senate  
Bide and Mary Nell Thomas

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Scott Bickerman  
Willard Britton  
Sarah Cooper  
Annika Ebey  
Butch and Marianne Edlin  
Dr. Mark Gerleman  
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Moreland & Devitt  
Pepsi  
Rosebud  
Schuyler Brown Probation  
Subway  
The 220  
The Shoppe  
Wenger Ag  
Wilb's Car Beauty

**Get to know us...** Our mission is to solicit and acquire funds from philanthropic sources to enable Sarah D. Culbertson Memorial Hospital to better meet the healthcare needs of the people and the communities it serves. Established in 1995 as a 501(c)(3) not-for-profit corporation, the Culbertson Memorial Hospital Foundation conducts various fundraising activities each year to improve the health and care of those served by Sarah D. Culbertson Memorial Hospital. All contributions are tax-deductible as allowed by law.



**Culbertson Memorial Hospital  
Foundation**  
— Caring for today. Preparing for tomorrow.

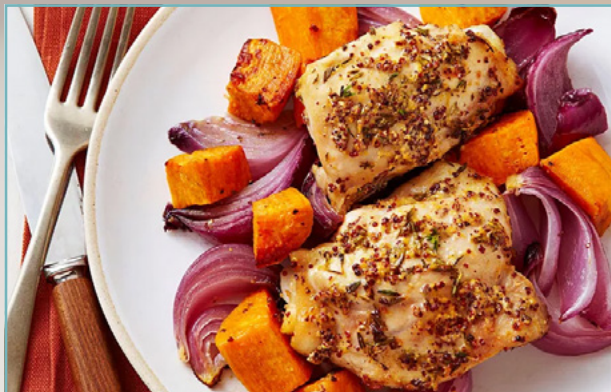
# Kitchen Therapy

## Roast Chicken & Sweet Potatoes

### DIRECTIONS

- 1** Preheat your oven to 450 degrees and place a large, rimmed baking sheet inside.
- 2** Combine mustard, thyme, 1 tablespoon of olive oil, 1/4 teaspoon of salt, and 1/4 teaspoon of black pepper in a bowl. Spread evenly on chicken thighs.
- 3** Toss sweet potato and onion pieces in a bowl with remaining olive oil, salt, and black pepper. Remove baking sheet from oven and spread vegetables on it. Place chicken on top.
- 4** Put the pan in the oven and roast for 30-35 minutes or until chicken's internal temperature reads 165 degrees. Stir vegetables halfway through cooking.

*Recipe from eatingwell.com.*



### Ingredients

- 1 1/2-2 pounds bone-in chicken thighs, skin removed
- 2 medium sweet potatoes peeled and cut into 1-inch pieces
- 1 large red onion cut into 1-inch wedges
- 2 tablespoons whole-grain or Dijon mustard
- 2 tablespoons fresh chopped thyme or 2 teaspoons dried
- 2 tablespoons extra-virgin olive oil, divided
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground black pepper, divided

**Pre-heat: 450 degrees**  
**Roasting Time: 30-35 minutes**