

Culbertson CONNECTION

Your Health. Your Hospital.



What's a "Swing Bed Stay"?

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What's a "Swing Bed Stay"? Your Step Between Hospital & Home

A "Swing Bed Stay" is a valuable service we provide through the Swing Bed Program at Culbertson for patients who have been hospitalized for an acute condition and are stable but not quite ready to return home. This transitional care program allows the patient to "swing" or transition from the acute care setting to a transitional care bed where they receive skilled nursing care and rehabilitation services to gain strength and independence.

During a "Swing Bed Stay", the healthcare team regularly reviews the patient's needs and plan of care to create individualized goals to aide in their successful recovery. The patient's primary care physician (with admitting privileges at Culbertson) or a Culbertson Hospitalist will oversee

their care. While physician visits are less frequent than at the acute level, the nursing staff keeps the physician notified on the patient's status between visits. Additionally, if the need for nursing and medical supervision increases, the patient can be re-evaluated to determine the need for a level of care change.

The Referral Process

When you or a loved one has been hospitalized at another facility and needs short-term skilled nursing care or rehabilitation before returning home, ask your discharge planner to contact the Culbertson Memorial Hospital Patient Care Coordinator regarding placement in our Swing Bed Program. Your referral will be reviewed to see if you meet criteria for admission.

Ask your Discharge Planner to contact:

Melinda Murk, Patient Care Coordinator
238 South Congress Street, Rushville, IL
62681
217-322-4321 x 5378 |
217-322-5288 (Fax)



Melinda Murk, Patient Care Coordinator
Cathy Rigg, Licensed Clinical Social Worker
Rhonda Briney, RN, Med-Surg Supervisor
Kathy Eckroy, Occupational Therapy Assistant
Stephanie Carithers, Occupational Therapist
Cathy Wilson, Physical Therapist
Lynn Henderson, Dietician

By offering Acute and Swing Bed Stays, Culbertson Memorial Hospital cares for you in times of illness or injury, from onset through recovery.

Qualifications

A Swing Bed Stay is available to patients who have been hospitalized at Culbertson Memorial Hospital or another facility and need short-term nursing and/or rehabilitative services.

Criteria for admission to the Swing Bed Program includes:

- A consecutive three-day acute care hospital stay within the past 30 days
- Stable medical condition
- A skilled care need related to the acute care hospitalization
- Participation in Medicare Part A, or other qualified insurance plan, or ability to private pay for services

Eligibility is reviewed on a daily basis. To remain in the program, the patient must be participating and making progress in their plan of care, in addition to meeting the criteria above.

Skilled Care Services

Examples of skilled services include, but are not limited to:

- Physical, occupational and speech therapy following surgery, a stroke or an illness or injury
- IV medications, such as antibiotics
- Wound management/sterile dressing changes
- New ostomy or stoma care and education

Your Care Plan Team

A multidisciplinary team approach is used to develop a personalized discharge plan for each patient. Along with the Patient Care Coordinator, members of the team include staff from therapy, nursing, pharmacy, social service and dietary.

A care plan meeting is held at the patient's bedside each week to set goals and discuss patient progress and discharge needs. The patient is encouraged to invite family or friends to attend as well.

Discharge Planning

Our Patient Care Coordinator can assist with arranging for needed services upon discharge, such as:

- Home Health Care
- Outpatient Therapy Services
- Safety Alert Systems
- Assistance with Activities of Daily Living (Housekeeping, Meals, Transportation & Supervision)
- Senior Life Solutions Program
- Outpatient Chronic Care Management
- Arrangements for Assisted Living or Long-Term Care

Melinda Murk, Patient Care Coordinator shared, "This is a great program where families can bring their loved ones for short stays. Discharge planning is built on continuity of care that includes identification, assessment, goal setting and coordination of services they are going to need, all setup before the patient leaves Culbertson."

Your Room

Patients are assigned a room on the hospital's acute care floor. If the patient is currently a Culbertson acute care patient, we allow the patient to stay in the same room whenever possible when they transition to our Swing Bed Program

Activity Program

Swing Bed patients will be offered a daily activity to address their social, mental and

emotional needs while in the hospital.

They may also use items from our activity cart which include magazines, books, stationary, puzzles, games, music and craft items. Personal care items such as nail care and hair products are also available.


Meals

Meals are prepared by the Culbertson Dietary staff. They work with patients to provide the nutritional foods they need and enjoy according to their specified diet. Families can bring in outside food if approved by the physician.

"The best-case scenario is how I would describe my mother's experience in the Swing Bed Program at Culbertson. Following a broken hip, mom recovered with the help of the Swing Bed personal care. It was a comfort to her and our family to know she was close to home in a spot where people really cared. They went above and beyond each day. From the food, to the PT, to the nursing care, it was all excellent. I know one of the big reasons Mom was able to go back to her own home at almost 90 years of age, is the Swing Bed care she received at Culbertson!"

— Jane Henry

Temporary Leave

Patients may take a temporary leave of absence from the hospital to attend an appointment or a social event if approved by the physician. 

To learn more, visit:
www.cmhospital.com/swingbed



**Give today. Be part of
the power of community.**

Culbertson Memorial Hospital Foundation Annual Appeal

The Culbertson Memorial Hospital Foundation continues to lead the communities we serve in charitable giving to fund the latest in sophisticated technology. Each fall, we select a project for a three-month campaign (December to February). This year's Appeal is to raise money for new equipment in the Culbertson Therapy Services department. Their services meet the needs of our communities by providing occupational, physical or speech therapy, with the goal of helping each patient achieve full functional potential. To meet the therapy needs of today's patients, Culbertson Therapy Services has identified new equipment critical to the level of services required.

"This is the first time Culbertson Therapy Services has been the recipient of our Annual Appeal", said Tim Ward, Foundation Director. "These services touch many lives and help many people in our communities regain skills needed to succeed in life. Culbertson Therapy Services is a very visible service line, reaching a lot of people in our communities", added Ward.

"We are very excited to be chosen as the recipients of this year's Annual Appeal", said Cathy Wilson, Culbertson Therapy Services Director. "Some equipment will benefit the OT and PT patients, while the VitalStim Plus is geared for speech and swallowing. All equipment will be used regularly, as we are fortunate to work with a large variety of patients with specific challenges. The new equipment offers advanced tools for our therapists' "toolboxes" to assist in positive results, goals met and eventually therapy success stories!", added Wilson.

THE NEW EQUIPMENT...

E-Stim/Ultrasound Combo Unit

State-of-the-art 4 channel combination electrotherapy and therapeutic ultrasound unit is used for injured areas, post-op joints, pain management and muscle reactivation/re-innervation. Our current unit is over 12 years old. New unit can be used in conjunction with almost 30 – 40% of all PT Plans of Care.



Bi-Directional Resistance Bike

SciFit® Bi-Directional Resistance Bike offers a seat designed for great balance versus typical bike seats. Used for lower extremity strength, power and mobility. It is more user-friendly to a broader patient population, because of the more functional and supportive seat with built-in adjustability. Bi-Directional resistance allows users to exercise both forward and reverse, changing directions at any time.



Versatile 4-Section, Electric Traction Table

Used for Lumbar or Cervical traction. The table offers a new treatment option for mechanical traction, in addition to current manual techniques. Adjustable for varying sizes and needs, offering added comfort to patients, as well as objective information for payers.



Vital Stimulation & BioFeedback System

VitalStim Plus Electrotherapy & SEMG Biofeedback System

by Chattanooga® from DJO® is a state-of-the-art system for speech therapy. A substantial upgrade to our current, outdated unit used over the last 6 years. VitalStim Plus provides the biofeedback feature, providing speech patients with the treatment they deserve and therapists an opportunity to not only manage their patients' difficulties, but also overcome them.




According to Wilson, "All of the new equipment comes highly recommended by colleagues. Our team is excited to learn and use this new technology to assist patients in meeting personal goals. New equipment is a win-win for patients and therapists. At Culbertson Therapy Services, we are like a bunch of kids eager to open presents at Christmas! We will be very excited to put the new equipment to work."

Make a gift today! Any amount helps.

Gifts can be made online, or send a check to:

Culbertson Memorial Hospital Foundation
ATTN: Annual Appeal
238 S. Congress, Rushville, IL 62681

In addition to tax-deductible donations, the Culbertson Memorial Hospital Foundation can accept a gift of securities, real estate or personal property, as well as planned gifts through a bequest, living trust or other means. 

Why give to this Appeal?

Wilson and Ward want donors to know, "The four new therapy items will offer state-of-the-art treatment tools for our therapists when coordinating individualized treatment plans. Patients will benefit from increased comfort and adaptability from shiny, new equipment with all the bells and whistles."

Memorial DONATIONS

In Memory of Ronald L. Greer

Mr. and Mrs. Dan Adams
Mrs. Marian Anderson
Ms. Tricia Anderson
Mrs. Norma Atwater
Ms. Barb Barclay
Mr. and Mrs. Mike Bartlow
Mr. and Mrs. Jim Blackburn
Mrs. Rose Blackburn
Mr. and Mrs. Kevin Bloomfield
Mr. and Mrs. DeWayne Bond
Mr. and Mrs. Todd Boyd
Mr. and Mrs. Melvin Briney
Mr. and Mrs. Kent Cox
Mr. and Mrs. Mike Crum
Mr. and Mrs. Richard Crum
Mr. and Mrs. Wayne Crum
Mrs. Pat Damman
Mr. and Mrs. Jeff Ervin
Mr. and Mrs. Dave Eyer
Mr. and Mrs. Mike Fretueg
Mr. Randy Greer
Mrs. Wilma Greer
Mr. and Mrs. Ron Haffner
Mr. and Mrs. Lowell Haschemeyer
Mr. and Mrs. Les Heffner
Mr. and Mrs. Dave Hester
Mrs. Mary Hughes
Mr. and Mrs. Bob Jones
Mrs. Judith Jones
Mr. and Mrs. Mike Kessler
Mr. and Mrs. Rick Kunkel
Mr. and Mrs. Carson Klitz
Ms. Shirley Kost
Mrs. Betty Langner
Mr. Terry Millslagle
Mr. and Mrs. David Mueth
Mr. and Mrs. Ronnie Murk
Mr. Charles Rebman
Mrs. Rose Rebman
Mr. and Mrs. Dean Rector
Mr. and Mrs. Leland Rector
Mr. and Mrs. Chad Russell
Mr. and Mrs. Jim Salrin
Mr. and Mrs. Doug Slayton
Mr. and Mrs. Phillip Slayton
Mrs. Donna Smith
Mr. and Mrs. Albert Snyder
Mrs. Dianne Snyder
Mr. and Mrs. Merlin Southerlan
Mr. and Mrs. Kelly Stambaugh

Mr. and Mrs. Ted Stambaugh
Mrs. Lydia Tolle
Mrs. Barb Vanbrooker and family
Mr. Kenny Walters
Ms. Stacy Ward
Mr. and Mrs. John Welch
Mrs. Bonnie Wells
Mr. and Mrs. Bing Welper
Mr. and Mrs. Dale Wheelhouse
Mr. and Mrs. Bruce Wilson

In Memory of Lois Henninger

Mr. and Mrs. Derrick Anderson
Mrs. Marian Anderson
Mr. and Mrs. Bob Baker
Mrs. Shirley Bartlow
Ms. Alberta Billingsley
Mr. and Mrs. DeWayne Bond
Mr. and Mrs. Todd Boyd
Mr. and Mrs. Phil Brown
Mr. and Mrs. Mike Burnham
Mr. and Mrs. Paul Burton
Honorable and Mrs. Scott Butler
Ms. Val Cox
Mr. Charles Dace
Mrs. Pat Damman
Mrs. Karen Diseron
Mrs. Jeannette Downs
Mr. and Mrs. Mike Dyche, Jr.
Mr. and Mrs. Butch Edlin
Mrs. Verna Goldsborough
Mr. and Mrs. Randy Gorsuch
Mr. and Mrs. Greg Greene
Mrs. Carol Greer
Mr. Darin Joos
Mrs. Betty Langner
Mr. and Mrs. Larry Lashbrook
Mr. and Mrs. Terry Layne
Ms. Jeanette Malafa
Mr. and Mrs. Steve O'Hara
Ms. Nancy Peak
Mrs. Phyllis Peak
Mr. and Mrs. Eddie Peterman
Mr. and Mrs. Larry Roberts
Mr. and Mrs. Gregg Roegge
Mrs. Betty Sargent
Mrs. Nancy Schisler
Mr. and Mrs. Kevin Shelts
Mr. and Mrs. Kelly Stambaugh
Mrs. Vera Street
Mr. and Mrs. Dennis Strong

Mr. and Mrs. John Sullivan
Mr. and Mrs. Kendall Taylor
Mrs. Rosie Taylor
Ms. Ann Tomlinson
Mr. and Mrs. Jerry Tomlinson
Mr. and Mrs. Tim Ward
Edie Williams Insurance Agency
Mr. Brent and Mrs. Liz Wood
Mr. and Mrs. Tim Wright

In Memory of Iris Lang

Mr. Dean Houck
Mr. and Mrs. Allen Munson
ROHN Products
Mrs. Nancy Schisler
Mr. and Mrs. Barry Settles
Mrs. Mariolyn Wheeler
Mr. and Mrs. William Uphoff

In Memory of Linda McDermeit

Mr. and Mrs. Bill Worthington

In Memory of Mary Beth Owen

Ms. Tricia Anderson
Mr. and Mrs. Roger Baker
Mr. and Mrs. Ron Bartlett
Mrs. Shirley Bartlow
Ms. Mary Bishop
Mr. and Mrs. Jim Breedlove
Ms. Pat Clayton
Mr. and Mrs. Jim Devitt
Mr. and Mrs. Mike Fretueg
Mr. and Mrs. Virgil Gorsuch
Mr. and Mrs. Gary Holmes
Mr. and Mrs. Andrew Ingles
Mr. and Mrs. Randy Nichols
Mr. Jerry Owen
Mr. and Mrs. Roy Owen
Mr. and Mrs. Dennis Rebman
Mr. and Mrs. Roger Ritchey
Ms. Karen Severs
Mr. and Mrs. Kevin Shelts
Ms. Rena Kay Smith
Mrs. Nancy Toland
Mrs. Lydia Tolle
Mr. Ken Walters
Mr. and Mrs. Stephen Woodard
Mrs. Joan Woodworth

In Memory of Linda Peacock

Mr. and Mrs. Carson Klitz

Thanks to our partnership with Blessing Health System. Urology Services return to Culbertson Memorial Hospital!

Fellowship-trained Urologist, Dr. Tina Schuster, is now accepting patients at the Rushville specialty clinic

Through a partnership with Blessing Health System, Dr. Schuster is providing complete Urology Services with ongoing scheduled appointments.


You do not need to travel far away to get top urology care and leading-edge treatment. Fellowship training means your doctor has had additional, rigorous training

"We are so pleased to be able to provide this service to the community," said Leah Wilson, Director of Nursing.

in a specialty and has seen a high volume of people - treating everything from common problems to complex conditions. Urologic problems can be alarming and frustrating.

Dr. Schuster works to diagnose you quickly; through various tests performed right here in Rushville. Such as drawing blood, doing a urinalysis or performing imaging tests to confirm a diagnosis. Also, prostate biopsies or removing small samples of prostate tissue to check for cancerous cells.

Dr. Schuster's treatment philosophy is centered around education.

"Taking time to teach patients about their diagnosis and various treatment options is one of the most important aspects of what I do as a physician. Understanding what is happening and what tests or surgeries need to be done can alleviate a lot of the uncertainty and fear that often comes with a new diagnosis and allows patients to participate in their care plan," said Dr. Schuster. 

Services

- Minimally invasive surgery, including laparoscopic and robotic procedures
- Prostate, kidney, and bladder cancer
- Kidney stone removal and prevention
- Vasectomy
- Hematuria (blood in urine)
- Prostate Enlargement
- Prostate cancer screening/ elevated PSA

Call 217-214-3460 to schedule an appointment.

Dr. Tina Schuster

MEDICAL SCHOOL

University of North Texas Health Science Center - Texas College of Osteopathic Medicine

INTERNSHIP

Henry Ford Health System/Horizon Health System

RESIDENCY

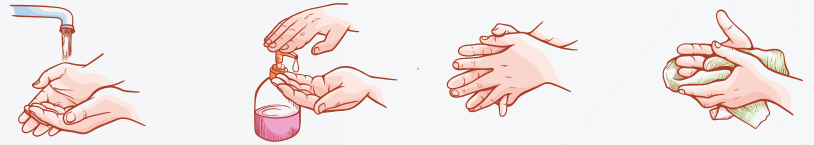
Michigan State University OPTI-POH Regional Medical Center

FELLOWSHIP

Endourology, University of Pittsburgh Medical Center

Infection Control & You!

Infection Control & Hand Hygiene



With soap and water:

1. Wet your hands with warm water. Use liquid soap if possible. Apply a nickel-or quarter-sized amount of soap to your hands.
2. Rub your hands together until the soap forms a lather and then rub all over the top of your hands, in between your fingers and the area around and under the fingernails.
3. Continue rubbing your hands for at least 15 seconds. Need a timer? Imagine singing the "Happy Birthday" song twice.
4. Rinse your hands well under running water.
5. Dry your hands using a paper towel if possible. Then use your paper towel to turn off the faucet and to open the door if needed.

Content source: Centers for Disease Control and Prevention, National Center for Emerging and Zoonotic Infectious Diseases (NCEZID), Division of Healthcare Quality Promotion (DHQP).

Practicing hand hygiene is a simple yet effective way to prevent infections. Cleaning your hands can prevent the spread of germs, including those resistant to antibiotics, which are becoming difficult, if not impossible, to treat.

Why do clean hands count for you?

Your hands can collect and spread germs, so protect yourself by cleaning your hands often.

When should you clean your hands?

- Before preparing or eating food
- Before touching your eyes, nose, or mouth
- Before and after changing wound dressings or bandages
- After using the restroom
- After blowing your nose, coughing, or sneezing
- After touching public surfaces such as doorknobs, remote control/phone in hotel rooms

How should you clean your hands?

With an alcohol-based hand sanitizer:

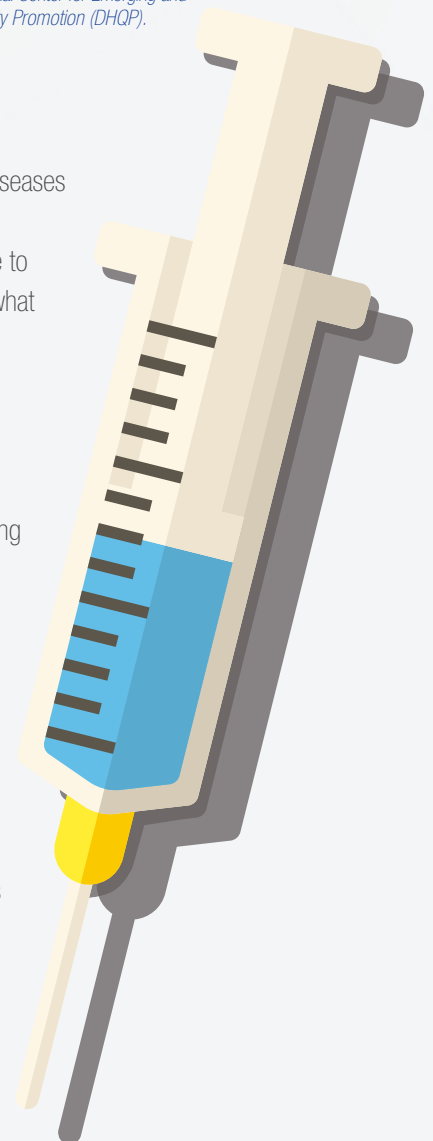
- Put product on hands and rub hands together
- Cover all surfaces until hands feel dry
- This should take around 20 seconds

Why get immunizations?

Immunizations protect us from serious diseases and also prevent the spread of those diseases to others. The goal of public health is to prevent disease. It's much easier and more cost-effective to prevent a disease than to treat it. That's exactly what immunizations do.

Adults are still skipping out on helpful vaccines. Centers for Disease Control and Prevention (CDC) releases guidelines for vaccinations, yet a significant percentage of U.S. adults are not getting recommended inoculations. Nobody likes getting stuck by a needle, but the CDC says we should get used to it.

Immunization is the most important way parents can protect children from serious diseases. The decision to immunize your child is important - there are no effective alternatives to immunization. Immunizations have saved millions of lives and prevented illness and lifelong disability as well. Without immunizations, serious outbreaks of many of the diseases we are now protected from can reoccur.



Why is it important to take your shoes off when you come home?

University of Houston Researchers found that about 40% of shoes were carrying the nasty “C.diff” bacterium (Clostridium difficile). These spores are not easy to treat. The study found that this C.diff was not only on shoe soles but also spread around other household areas such as toilets, countertops and surfaces, and wherever floor dust was found. These spores can live on dry surfaces for a long time. The problem with treating an infection caused by C.diff is that it is resistant to most antibiotics. This can cause the bacterium to proliferate and make recovery very challenging for the patient. This infection attacks the linings in the intestines, resulting in colitis. Removing your shoes inside your home, can help reduce the spread of this, and many other illness causing bacteria.

What else is on those shoe bottoms?

Most likely a disgusting quantity of dust, bird droppings, dog poop, leafy debris and other unwanted matter. The leafy stuff acts as a breeding ground for bacteria! 🦠

Content source: www.lifehack.org/317735/scientists-discover-why-you-should-take-off-your-shoes-before-entering-your-home.

Ultrasound-Guided Biopsies.

State of the art diagnostics at your local hospital.

Ultrasound-guided biopsies are performed right here at Culbertson Memorial Hospital. This form of image-guided biopsy is performed by our radiologists. It is the most common form of

image-guided biopsy, offering convenience and real-time dynamic observation.

If your doctor has requested an ultrasound-guided biopsy, a sample of tissue is removed for testing in the laboratory.

A biopsy can help diagnose abnormalities such as infection, inflammation or malignancy. During your biopsy, a radiologist will use an ultrasound scanner to accurately guide a needle to the site of the biopsy.

“By performing diagnostic imaging procedures at our local hospital, not only are we providing an essential service

to the patients in this community - we are doing it in a way that is more comfortable and convenient for them”, said Dr. Patrick Rhoades, Clinical Radiologist

At Culbertson, we perform ultrasound-guided thyroid, breast, soft tissue mass, and lymph node biopsies as well as ultrasound-guided prostate biopsies. Ultrasound guided paracentesis and therapeutic joint injections are also performed.

“We are improving access to care by allowing patients to stay close to home and be cared for in a hospital that is familiar to them. This is especially important during a time of illness or uncertainty and can ease stress for both patients and their loved ones”, added Rhoades. 🦠



A Winter Delight

Cinnamon Apple Overnight Oats.



Ingredients

- 1/2 cup Almond milk
- 1/2 cup old-fashioned rolled oats
- 1/4 cup plain Greek yogurt
- 1/4 cup unsweetened applesauce or freshly grated apple
- 1/2 teaspoon ground cinnamon

Instructions

1. Add all ingredients to a container with a lid.
2. Fasten lid and shake until combined.
3. Refrigerate overnight, or for at least 3 hours.
Serve cold or warm!

Nutrition

Calories: 229kcal | Carbohydrates: 37g
Protein: 11g | Fat: 4g | Cholesterol: 2mg
Sodium: 184mg | Potassium: 262mg | Fiber: 5g
Sugar: 7g | Calcium: 239mg | Iron: 1.7mg

Source: tastesbetterfromscratch.com/cinnamon-apple-overnight-oats/

Pampered Pink in 2019.



126 Women attended this evening celebration!

Guests enjoyed a meal and desserts prepared by the Dietary Staff at Culbertson Memorial Hospital. They also enjoyed a wine or cake tasting, purchased clothing, jewelry, essential oils, wine, wellness products and wax candle melts while waiting for a massage or manicure.

Silent Auction proceeds benefit Hope Blooms - a local charity helping Oncology patients in our service area pay for treatments, prescriptions, transportation, wigs and much more. "Raising money for this program is a direct way for us to give back to the communities we serve," said Molly Sorrell, Director of Marketing and Community Relations.



What her nominators had to say about Liz:

I have never seen her with anything less than a big smile on her face. She truly cares about her friends and the people she is around and that is evident. She loves to have a conversation but would rather hear about what is new in your life or what you have been up to at work or how your family is doing, than talk about herself.

My sister, Liz Wood, (Gayle to our family) does not know the definition of "to quit". Since she was diagnosed with cancer over two years ago, she has not let the disease "define" her. She has followed doctor's orders to a tee, which includes many trips to St. Louis for numerous tests and treatments. All while taking care of her family Brent, Blake, and Grant. She not only works her job at the clinic, but also works at the family business. She attends the boys' games and school functions and takes her turn working in the concession stand. My sister has fought this horrible disease with determination, courage, and grace.

Throughout all of this and in spite of the physical pain that she faces daily, Liz has faced every hurdle with grace, dignity, and courage. She is someone I truly admire for her positivity, strength, and determination. She is kindhearted, generous, and thoughtful. She always thinks of others before herself. She is the type of friend I wish everyone could have. She has what it takes to fight cancer and win. 💙





New Logo. New Brand. New Care Delivery.

Culbertson is the heart of the communities we serve. As we introduce our new logo and a refreshed brand, we want you to know that we pledge to maintain the high quality standard of care you expect here at Culbertson. We continue to remain committed to “Our Care Promise”.

Our Care Promise...

- C**are that proves to our customers that we do our best to meet their needs.
- A**ttitudes that demonstrate that we are here to serve our communities.
- R**espect for all who enter our doors.
- E**xceed the expectations of our patients.

At Culbertson, you'll find community people you know caring for you and your family - providing excellent service for the best possible outcomes - close to home, with you at the center. We live and breathe this community, just like you. It is our goal to achieve superior customer service with **every customer, every time, always.**

