

# Culbertson CONNECTION

Your Health. Your Hospital.



**New Logo.  
New Brand.  
New Care Delivery.**

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# What is a brand?

**A brand is more than a logo. It's beyond the colors and typefaces. It's even bigger than a website or a tagline. IT'S ABOUT YOU.**



## Empowering Your Health and Healing

**O**ur brand is our voice in the communities we serve and represents the value and character behind our service offerings to all patients that trust in us. To better represent our community growth, we refreshed our brand to communicate our mission and to reflect our 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 Memorial Hospital. 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.

### Our Brand Promise and Culbertson Brand Story...

Sarah D. Culbertson Memorial Hospital opened its doors in 1921. From the beginning, we've been dedicated to knowing you well so that we can keep you well. From the smiling faces of our dedicated employees, to our capable providers and 24/7 emergency services, you'll find people you know providing compassionate healthcare. We strive to provide the best possible outcomes for every patient, every time, in every community we serve. When it comes to choosing your healthcare provider, you will not have to compromise as we deliver cutting edge technology, close to home with YOU at the center of your care. We live and breathe this community - just like you. At Culbertson Memorial Hospital, we **Empower Your Health and Healing.**


### Culbertson's care delivery truly stands out from other healthcare choices due to our community connection.

From community events to local ball games and volunteer opportunities, Culbertson is there. Our employees are the face of Culbertson in the communities we serve. Those friendly, familiar faces bring comfort to our patients in their most vulnerable times. Through close knit community relations, we also become aware of the specific problems impacting our community, allowing us to develop effective plans for prevention and treatment.

### From 24/7 emergency services to same-day urgent care appointments at our Culbertson Clinics, we promise high-quality healthcare.

We pledge to be a consistent and trustworthy advocate to empower your health and healing. The Care Coordination Program assists patients with keeping their healthcare regimens centralized and team focused. Many Culbertson providers and caregivers grew up in the communities we serve and are now giving back by caring for their patients.

### Culbertson promises big city medicine with a small-town drive.

No long commute means patients do not need to take a day off work or from life to see a provider. The opportunity for a working family to have their children seen locally by a skilled provider is a highly valued commodity. Plus, it allows elderly adults to maintain their independence with relative ease of access to their appointments. We're local people - taking care of the patients in the communities we live in by delivering compassionate healthcare. 




# A Believer in Culbertson and in Giving Back.

## Early Diagnosis and Seamless Coordination was Life Saving for Bob Jones.

**R**ecently retiring after a successful career as an attorney in Rushville, in the Spring of 2019 Bob Jones was diagnosed with esophageal cancer. He credits his doctors, Rushville Family Practice, and the Gastroenterology and Oncology Clinics at Culbertson Memorial Hospital for helping save his life. When Bob experienced worsening acid reflux type symptoms, Brittney Taylor, Nurse Practitioner with Rushville Family Practice, referred him to Dr. John Bozdech with the Gastroenterology Clinic. Dr. Bozdech performed an endoscopy at Culbertson which revealed the cancerous tumor. Dr. Bozdech, in turn, referred Bob to Dr. Vitor Pastorini with the Oncology Clinic. Bob has also been seen by Dr. Koduru and Dr. Khoury as part of their rotation at Culbertson Oncology Clinic. Receiving a diagnosis of cancer is difficult, but the support Bob needed was readily available at Culbertson.

"The Oncology Clinic at Culbertson Memorial Hospital is fighting cancer right here in our community with a caring, compassionate staff," said Jones. Culbertson was also instrumental in referring Bob to Barnes Jewish Hospital in St. Louis for major surgery. 2019 was a very difficult time for Bob, but because of the early diagnosis at Culbertson and the seamless coordination of the various Culbertson Clinics, he is confident of a full recovery.

Rushville natives, Bob and Becky Jones, are well respected in the community and were instrumental in the planning for construction of the new Rushville community pool. Bob sits on the board for the newly constructed Rushville Fitness and Community Center (to be completed Spring 2020) and serves as a board member for Culbertson Memorial Foundation. Bob credits Becky as a big driver and motivator for both of them giving back to the community.

As a member of the CMH Foundation Board, Bob knows the direct impact a gift to the foundation can make. "While it's always sad when we lose a member of our community, I find it gratifying when we see the family of the deceased has designated Culbertson Memorial Foundation for a memorial. It allows us as donors to make a gift that not only honors the legacy of the deceased but make a gift with the confidence it will benefit a multitude of people for years to come," said Jones. 





# Neurology Services

Now Available  
in our **Outpatient  
Specialty Clinic.**

**S**arah D. Culbertson Memorial Hospital is pleased to welcome Dr. Daniel Kimple, Neurology from Quincy Medical Group. Dr. Kimple began seeing patients on February 18, 2020 and will be at Culbertson Memorial Hospital the third Tuesday of every month.

# What are the common reasons to see a Neurologist?

**Headache** - While most people with headaches don't have brain tumors, it can be a symptom in people with tumors. Up to 60 percent will develop headaches, according to "Neurology in Clinical Practice." Headaches (from frontal lobe tumors) can be dull or can be throbbing and worsen over time. Often most severe in the morning and worse if you change position, cough or strain. Sometimes are accompanied by nausea or vomiting.

**Seizures** - For some people, episodes of abnormal electrical activity in the brain are the initial symptom of frontal lobe tumors. The frontal lobe controls movement on the opposite side of the body, so a seizure confined to this area typically causes an arm or leg on the opposite side to twitch. If the abnormal activity becomes widespread, a grand mal seizure can occur, which is characterized by movement on both sides of the body and loss of consciousness.

## Changes in Brain Function -

Your frontal lobe serves many important functions and depending on the tumor's size and location, its effects will vary. For the affected area showing movement, there may be weakness on the opposite side or there may be changes in speech and sense of smell.

## Increased Intracranial Pressure -

Frontal lobe tumors can cause increased pressure within the skull since space inside the skull is more limited. If large, a tumor may block the flow of fluid that circulates around the brain, causing excessive fluid to build up. Increased pressure can produce nausea, vomiting, lethargy, double or blurred vision and trouble with balance or walking.

New-onset seizures also require emergency care. See your doctor if you experience worsening headaches, especially if worse in the morning or while coughing/straining, or if you have symptoms of brain function changes.

**It may be time to seek emergency medical attention if you have a headache accompanied with:**

- Nausea
- Vomiting
- Double vision
- Lethargy
- Balance/movement problems

Your personality may change – you could become apathetic, lose inhibition or experience moods. Problems with thinking and/or memory can be mild to severe.

*To schedule an appointment with Dr. Kimple at the hospital, please call the Registration Department at 217-322-5271. *

*"I'm pleased to offer appointments at Culbertson Memorial Hospital on the 3rd Tuesday of every month,"*  
– Dr. Daniel Kimple, MD





# Memorial DONATIONS

## 2019 Annual Appeal

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### **In Memory of Linda McDermeit**

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### **In Honor of the Business Office**

Mr. Ben Cox

A young child with curly hair is shown from the chest up, wearing a grey hoodie. They are using a nebulizer mask over their nose and mouth, which is connected to a clear plastic nebulizer cup held in their right hand. The child has a focused expression. The background is a soft, out-of-focus light color.

# Understanding What You Need to Know.

**A**sthma is a disease that affects your lungs. It is one of the most common long-term diseases of children, but adults can have asthma, too. Asthma causes wheezing, breathlessness, chest tightness, and coughing at night or early in the morning. If you have asthma, you have it all the time, but you will have **asthma attacks** only when something bothers your lungs.

We don't know all the things that can cause asthma, but we do know that genetic, environmental, and occupational factors have been linked to the development of asthma.

If someone in your immediate family has asthma, you are more likely to have it. "Atopy," the genetic tendency to develop an allergic disease, can play a big part in developing allergic asthma. However, not all asthma is **allergic asthma**.



# Asthma.

Being exposed to things in the environment, like mold or dampness, some allergens such as dust mites, and secondhand tobacco smoke have been linked to developing asthma. Air pollution and viral lung infection may also lead to asthma.

**Occupational asthma** occurs when someone who never had asthma develops it because he or she is exposed to something at work. This can happen if you develop an allergy to mold or if you are exposed to irritants such as wood dust or chemicals at work over and over at lower levels or all at once at higher levels.

## How Can You Tell if You Have Asthma?

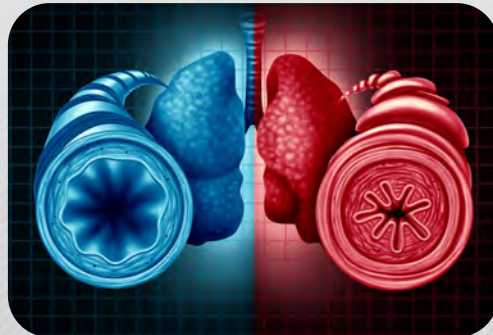
It can be hard to tell if someone has asthma, especially in children under age 5. Having a doctor check how well your lungs work and for allergies can help you find out if you have it.

During a checkup, a doctor will ask if you cough a lot, especially at night. He or she will also ask whether your breathing problems are worse after physical activity or at certain times of year. The doctor will then ask about chest tightness, wheezing, and colds lasting more than 10 days. He or she will ask whether anyone in your family has or has had asthma,

allergies, or other breathing problems. Finally, the doctor will ask questions about your home and whether you have missed school or work or have trouble doing certain things.

The doctor may also perform a breathing test, called **spirometry**, to find out how well your lungs are working by testing how much air you can breathe out after taking a very deep breath before and after you use asthma medicine.

## What Is an Asthma Attack?



An asthma attack may include coughing, chest tightness, wheezing, and trouble breathing. The attack happens in your body's airways, which are the paths that carry air to your lungs. As the air moves through your lungs, the airways become smaller, like the branches of a tree are smaller than the tree trunk. During an asthma



attack, the sides of the airways in your lungs swell and the airways shrink. Less air gets in and out of your lungs, and mucous clogs up the airways.


You can control your asthma by knowing the warning signs of an asthma attack, staying away from things that cause an attack, and following your doctor's advice. When you control your asthma:

- You won't have symptoms such as wheezing or coughing
- You'll sleep better
- You won't miss work or school
- You can take part in all physical activities
- You won't have to go to the hospital

## What Causes an Asthma Attack?

An asthma attack can happen when you are exposed to **"asthma triggers."** Your asthma triggers can be very different from someone else's asthma triggers. Know your triggers and learn how to avoid them. Watch out for an attack when you can't avoid your triggers. Some of the most common triggers are tobacco smoke, dust mites, outdoor air pollution, cockroach allergen, pets, mold, smoke from burning wood or grass, and infections like the flu.



Culbertson Memorial Hospital offers a **Pulmonology Clinic** twice a month at the hospital. 



*"Asthma is very commonly misdiagnosed, and the most important step is getting a correct diagnosis."*

*– Alex Murk, DNP-FNP,  
Taylor Clinic.*

A close-up photograph of a young child with brown hair, wearing a red shirt and a grey patterned car seat, being buckled up by an adult's hands. The child is looking down at the black plastic buckle. The background is slightly blurred, showing the interior of a car.

# Keep Kids Safe in the Car!

## What Do You Need to Know?

**A**ccording to Illinois State Law, all children under the age of 8 years old must be in an appropriate safety restraint for their height and weight. Depending on their age, the appropriate car seat may be a rear-facing car seat, a forward-facing car seat or a booster seat. Illinois' child safety laws aren't the strictest in the nation, but every new Illinois parent should know the ins-and-outs of these laws and any additional steps they can take to keep their children safe.

### About Illinois Car Seat Laws

Car seat laws in Illinois are written under the Child Passenger Protection Act, which is designed to ensure the safety of the state's youngest and most vulnerable vehicle passengers.

Understanding the booster seat laws and car seat requirements for Illinois is vital, even if you do not live in the state but will be driving through.

### What are the car seat laws in Illinois?

- Child car seat laws in Illinois are primarily based on age, with all drivers who are transporting children younger than eight years old being required to properly restrain those children. This could mean utilizing a car seat or a booster seat, based upon the age, weight and height of the child.
- Children between the ages of eight and 16 are legally required to use a seatbelt, the oversight of which is also the driver's responsibility.
- Under booster seat weight requirements, the law states that, "In vehicles that only have a lap belt in the back seat, it is acceptable for children weighing more than 40 pounds to use the lap belt. However, if a combination lap and shoulder seat belt is available, that child must use a booster seat instead."
- Booster seats have to be installed using the combination lap and shoulder belts."
- The car seat weight or booster seat weight limits indicated by the manufacturer must be followed diligently, in combination with the legal requirements.
- Note that any car seat or booster seat designed to restrain, seat or correctly position a child and that is approved by the U.S. Department of Transportation will be considered an appropriate child restraint system by law.

**Car seat safety is the responsibility of every driver who is transporting a child passenger.** Be sure to review the booster seat age requirements for older children, as well as the car seat ages listed below. The transition between types of child safety restraints can vary based on weight and height, but there are specific legal requirements for age as well.

Knowing the law will help you to make sure that your child passengers are as safe as possible and that you will not face any fines or penalties for failing to properly follow the law.

### Penalties for Violating Car Seat Regulations in Illinois

Any driver who fails to follow the child car seat safety rules set forth by the state is subject to a penalty fine, as well as court supervision for a properly installed child restraint system. An instructional course on using that system might also be required. A subsequent violation of these laws will result in a fine of \$200.

**NOTE: The parent or the legal guardian of any child younger than eight years old is required to provide an appropriate child restraint system to any other driver who transports his or her child. If you are babysitting and need to drive someone else's child, make sure you understand the booster car seat age and all other requirements before getting into the vehicle, and make sure you correctly install the appropriate seat into your own car if the child will be with you.**

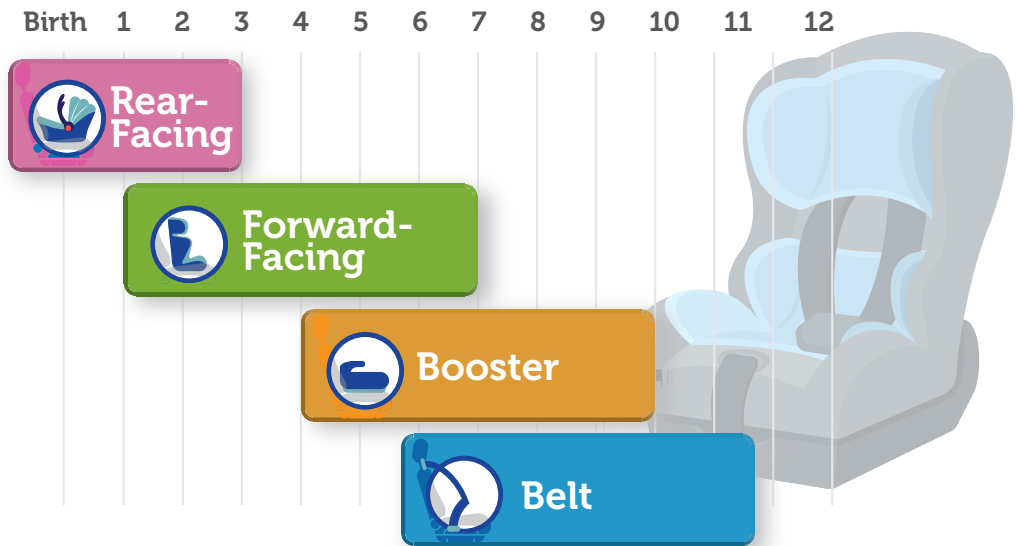
### Types of Car Seats

The best car seats to use tend to be made by the most popular brands on the market today, including Chicco, Evenflo and Graco. These brands are often rated among the safest car seats, but you should certainly confirm current ratings and testing before making a purchase.

Generally, the most common types of car and booster seats available are the following:

- **Rear-Facing Car Seat:** Sometimes referred to as an infant car seat, a rear-facing seat is advised for all newborns up through two years

## Recommended car seats based on your child's age and size



of age. In Illinois, any child younger than two is required to sit in a rear-facing seat, unless that child weighs more than 40 pounds or is taller than 40 inches.

- **Forward-Facing Car Seat:** Children who outgrow the rear-facing seat option should then switch to a forward-facing seat. Forward-facing seats and booster seats are both acceptable in Illinois after the age of two.
- **Convertible Car Seat:** These seats can be used as both rear-facing and forward-facing positions, so you can keep using the same seat for more years, depending on weight and height limits and any expiration date provided by the seat manufacturer.
- **Booster Car Seat:** A booster seat can generally be used for children after the age of four and until the child can safely use a regular seat belt. This means that the child can sit on the seat with his or her back against the seat back while his or her knees are comfortably bent over the seat edge. It also means that the shoulder strap of a seat belt is across the shoulder, not the face and not behind the arm.

### Choosing the right Car Seat


Select a restraint system that meets federal safety standards and is appropriate for your child's age and size – whether a car seat for an infant or a booster seat for an older child. The most important thing is that the car seat, booster seat or other restraint system is fitted to your child and installed correctly in the car. Measure your child's height and weight and check them against the manufacturer's guidelines to make sure a restraint system is appropriate for your child's current size.

### Get your car seat inspected

Whether you've just installed a car seat or need help installing or using one, get help from the trusted team at the Elmer Hugh Taylor Clinic. Certified technicians will inspect your car seat free of charge and show you how to correctly install and use it. Visit our clinic at:

**Elmer Hugh Taylor Clinic**  
**100 West 15th Street**  
**Beardstown, IL**

### Culbertson cares about the health & safety of kids of all ages.

Just another area of focus as we pledge to maintain the high-quality standard of care you expect here at Culbertson Memorial Hospital. 

**IT'S IMPORTANT TO REMEMBER:**  
**In Illinois, any child younger than two is required to sit in a rear-facing seat, unless that child weighs more than 40 pounds or is taller than 40 inches.**

# CMH Foundation 2020 Golf Outing to raise funds for new hospital beds.

## Play a round and raise some funds!

The CMH Foundation Dr. Russell Dohner Memorial Golf Outing has raised funds year after year for the health and safety of the communities we serve. In 2020, the acquisition of new hospital beds has been selected for the funds raised from the event. The mother of Becky Jones (wife of Culbertson Memorial Foundation board member, Bob Jones) recently passed away and Bob and Becky Jones's generous memorial gift in mom's honor kicked off funding for the new hospital beds project. A total goal of \$40,000 has been set. ♡



*"The addition of these state-of-the-art beds will allow Culbertson Memorial Hospital staff to provide the highest level of patient care,"*

*– Tim Ward, Foundation Director.*



*The New VersaCare™ Med Surg Bed*

## Join us June 5, 2020

### Rain Date - June 12, 2020

### Scripps Park Gold Course - Rushville, IL

### Noon Tee-off



For More Information, please call us at 217-322-5269.



238 S. Congress, Rushville, IL 62681  
217-322-4321  
cmhospital.com