

Culbertson CONNECTION

Your Health. Your Hospital.



GROWING OUR TEAM FOR YOU!

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Culbertson Welcomes Dr. Vardaros & Dr. White!

Our newest primary care and orthopedic providers are now accepting new patients.

At Culbertson Memorial Hospital, we're constantly striving to bring you the best healthcare providers who can offer more specialized services close to home.

That's why we're proud to welcome two new providers to the Culbertson team — Dr. Drake White and Dr. Isidoros Vardaros.



Dr. Drake
White, MD

Dr. White specializes in orthopedics and practices out of the Outpatient Specialty Clinic, 238 S. Congress St. He graduated from

"Dr. White is an excellent provider specializing in Orthopedics and we are pleased to welcome him to the Culbertson Surgical Team."

the University of Minnesota School of Medicine in 1989 and completed a general surgery internship with the University of Minnesota. He completed his orthopedic surgery residency at Wayne State University.

"Dr. White is an excellent provider specializing in Orthopedics and we are pleased to welcome him





to the Culbertson Surgical Team,” said Culbertson Chief Nursing Officer Leah Wilson, BSN, RN. “We look forward to growing his practice to serve the patients in our communities.”

A member of the American Board of Orthopedic Surgeons, Dr. White is board-certified and seeing new patients on the first and third Mondays of the month to treat fractures, dislocations, sprains, osteoarthritis, and rheumatoid arthritis.

“Orthopedics is a valuable service for Culbertson Memorial Hospital to offer to a rural area as most families at one point or another find themselves in need of these services,” Wilson said. “Dr. White comes to us with an established patient base, and he is very excited to expand his practice here.”

To make an appointment with Dr. White, call (217) 322-5271.

“Dr. Vardaros is accepting new patients and looking to grow his practice providing healthcare to the adult population of the communities we serve.”

Dr. Vardaros is a Primary Care physician practicing out of Rushville Family Practice, 233 S. Congress St. He attended Saint Matthews University School

of Medicine in Grand Cayman, Cayman Islands, and completed his residency at the Southern Illinois University Center for Family Medicine in Quincy.

“Dr. Vardaros is accepting new patients and looking to grow his practice providing healthcare to the adult population of the communities we serve,” Wilson said.

“Excited to care for the families in our service area, Dr. Vardaros has already become a valuable resource for many of our mid-level providers and clinic staff.”


A member of the American Academy of Family Physicians and the Illinois Academy of Family Physicians, Dr. Vardaros is board-certified and accepting new patients with office hours every Tuesday and Thursday at Rushville Family Practice.

To make an appointment with Dr. Vardaros, call (217) 322-3345. ♡



Get Your Screenings Back on Track

Let's be honest — we all probably haven't been too great with our regular health screenings lately. It's OK to admit it. With the world rapidly and drastically changing to suit ongoing public health concerns, scheduling our regular health screenings has probably taken a back seat to more pressing issues. Here's the thing, though — we can't put those screenings off forever. At some point or another, we all need to get back into the habit of regularly scheduling appointments with our healthcare providers. This is especially true in children. Children across the United States are falling behind on their vaccinations, which can lead to serious health problems in small pockets of the country — including right in our own backyard.

But which screenings should we schedule, and how often? This can vary by age and sex, but thankfully we've compiled a list of regular health screenings for men and women along with helpful guides for each age range. There's no time like the present — see where you land on our helpful chart and call your healthcare providers today to schedule your next screening! 

MEN'S SCREENINGS:	Ages 18-39	Ages 40-49	Ages 50-64	Age 65 and older
GENERAL HEALTH & WELLNESS	Discuss with healthcare providers	Discuss with healthcare providers	Discuss with healthcare providers	Discuss with healthcare providers
BLOOD TESTS & URINALYSIS	Every 3 years	Every 2 years	Every year	Every year
BLOOD PRESSURE TEST	At least every 2 years	At least every 2 years	At least every 2 years	At least every 2 years
CHOLESTEROL TEST	Patients with known risks for coronary heart disease start at age 20; starting at age 35, every five years	Every 5 years	Every 5 years	Every 5 years
PROSTATE DIGITAL RECTAL EXAM (DRE)	n/a	Discuss with healthcare providers	Discuss with healthcare providers	Discuss with healthcare providers
COLONOSCOPY	n/a	Discuss with healthcare providers	Every 10 years	Every 10 years
EYE EXAM	Get checked if you have visual problems or visual changes	Every 2 to 4 years	Starting at age 55, every 1 to 3 years	Every 1 to 2 years
HEARING TEST	Starting at age 18, then every 10 years	Every 10 years	Discuss with healthcare providers	Discuss with healthcare providers
ORAL/DENTAL HEALTH EXAM	1 to 2 times every year	1 to 2 times every year	1 to 2 times every year	1 to 2 times every year
MENTAL HEALTH EXAM	Discuss with healthcare providers	Discuss with healthcare providers	Discuss with healthcare providers	Discuss with healthcare providers
INFLUENZA VACCINE	Every year	Every year	Every year	Every year
PNEUMOCOCCAL VACCINE	n/a	n/a	n/a	1 time only
TETANUS-DIPHTHERIA BOOSTER	Every 10 years	Every 10 years	Every 10 years	Every 10 years
BREAST EXAM	Monthly self-exam and part of a general checkup	Monthly self-exam and part of a general checkup	Monthly self-exam and part of a general checkup	Monthly self-exam and part of a general checkup

WOMEN'S SCREENINGS:	Ages 18-39	Ages 40-49	Ages 50-64	Age 65 and older
GENERAL HEALTH & WELLNESS	Discuss with healthcare providers	Discuss with healthcare providers	Discuss with healthcare providers	Discuss with healthcare providers
BLOOD TESTS & URINALYSIS	Every 3 years	Every 2 years	Every year	Every year
BLOOD PRESSURE TEST	At least every 2 years	At least every 2 years	At least every 2 years	Every year
CHOLESTEROL TEST	Patients with known risks for coronary heart disease start at age 20	Starting at age 45, every 5 years	Every 5 years	Every 5 years
MAMMOGRAM	Monthly self-exam; discuss with healthcare providers	Every 1 to 2 years	Every 1 to 2 years	Every 1 to 2 years
CERVICAL CANCER SCREENING.	Starting at age 21, pap test every 3 years; starting at age 30, HPV test every 5 years	Pap test every 3 years; HPV test every 5 years	Pap test every 3 years; HPV test every 5 years	None needed if 3 negative tests received in previous 10 years
COLONOSCOPY	n/a	Discuss with healthcare providers	Every 10 years	Every 10 years
EYE EXAM	Get checked if you have visual problems or visual changes	Every 2 to 4 years	Starting at age 55, every 1 to 3 years	Every 1 to 2 years
HEARING TEST	Starting at age 18, then every 10 years	Every 10 years	Discuss with healthcare providers	Discuss with healthcare providers
ORAL/DENTAL HEALTH EXAM	1 to 2 times every year	1 to 2 times every year	1 to 2 times every year	1 to 2 times every year
MENTAL HEALTH	Discuss with healthcare providers	Discuss with healthcare providers	Discuss with healthcare providers	Discuss with healthcare providers
INFLUENZA VACCINE	Every year	Every year	Every year	Every year
PNEUMOCOCCAL VACCINE	n/a	Discuss with healthcare providers	Discuss with healthcare providers	1 time only
TETANUS-DIPHTHERIA BOOSTER	Every 10 years	Every 10 years	Every 10 years	Every 10 years

BIRTH TO 15 MONTHS VACCINES	Birth	1 Month	2 Months	4 Months	6 Months	9 Months	12 Months	15 Months
HEPATITIS B (HEPB)	1st Dose	2nd Dose			3rd Dose			
ROTAVIRUS (RV)			1st Dose	2nd Dose	Final Dose (Discuss with healthcare providers)			
DIPHTHERIA, TETANUS, & ACELLULAR PERTUSSIS (DTAP)			1st Dose	2nd Dose	3rd Dose			4th Dose
HAEMOPHILUS INFLUENZAE TYPE B (HIB)			1st Dose	2nd Dose	Discuss with healthcare providers		3rd or 4th Dose (Discuss with healthcare providers)	
PNEUMOCOCCAL CONJUGATE (PCV13)			1st Dose	2nd Dose	3rd Dose		4th Dose	
INACTIVATED POLIOVIRUS (IPV: < 18YRS)			1st Dose	2nd Dose	3rd Dose			
INFLUENZA (IV)					Annual vaccination, 1 or 2 Doses			
MEASLES, MUMPS, RUBELLA (MMR)					Discuss with healthcare providers		1st Dose	
VARICELLA (VAR)							1st Dose	
HEPATITIS A (HEPA)					Discuss with healthcare providers		2-Dose series	
MENINGOCOCCAL (MENACWY-D ≥ 9 MOS; MENACWY-CRM ≥ 2 MOS; MENACWY-TT ≥ 2 YRS)			Discuss with healthcare providers					

18 MONTHS TO 18 YEARS VACCINES	18 Months	19-23 Months	2-3 Years	4-6 Years	7-10 Years	11-12 Years	13-15 Years	16 Years	17-18 Years
HEPATITIS B (HEPB)	3rd Dose								
ROTAVIRUS (RV)									
DIPHTHERIA, TETANUS, & ACCELLULAR PERTUSSIS (DTAP)	4th Dose			5th Dose					
HAEMOPHILUS INFLUENZAE TYPE B (HIB)				Discuss with healthcare providers					
PNEUMOCOCCAL CONJUGATE (PCV13)				Discuss with healthcare providers					
INACTIVATED POLIOVIRUS (IPV: < 18YRS)	3rd Dose			4th Dose					
INFLUENZA (IIV)	Annual vaccination, 1 or 2 Doses					Annual vaccination, 1 Dose only			
INFLUENZA (LAIV4)			Annual vaccination, 1 or 2 Doses			Annual vaccination, 1 Dose only			
MEASLES, MUMPS, RUBELLA (MMR)				2nd Dose					
VARICELLA (VAR)				2nd Dose					
HEPATITIS A (HEPA)	2 Dose series (Discuss with healthcare providers)								
TETANUS, DIPHTHERIA AND ACCELLULAR PERTUSSIS (TDAP ≥ 7 YRS)						TDAP	Discuss with healthcare providers		
HUMAN PAPILLOMAVIRUS (HPV)					Discuss with healthcare providers	Discuss with healthcare providers			
MENINGOCOCCAL (MENACWY-D ≥ 9 MOS; MENACWY-CRM ≥ 2 MOS; MENACWY-TT ≥ 2 YEARS)	Discuss with healthcare providers					1st Dose		2nd Dose	
MENINGOCOCCAL B (MENB)					Discuss with healthcare providers				
PNEUMOCOCCAL POLYSACCHARIDE (PPSV23)			Discuss with healthcare providers						

Sources: Illinois Department of Public Health, MedlinePlus.gov, and CDC.gov.




Call (217) 322-4321
to Make Your Appointment Today

Culbertson OB/GYN Clinic Re-Opens

Culbertson Memorial Hospital is excited to announce the grand re-opening of the OB/GYN clinic at the Culbertson Outpatient Specialty Clinic in Rushville. Dr. D. James Lee, along with Mary Thompson, APRN, are currently accepting new patients with availability on the third Tuesday of every month.

“Bringing OB/GYN outreach back to Rushville is vital to the health and wellbeing of the women in the communities we serve,” said Culbertson Chief Nursing Officer Leah Wilson, BSN, RN, adding that the inclusion of services such as ultrasound and 3D mammography is invaluable to women in Schuyler County and surrounding areas.

Dr. Lee, who is board-certified by the American Board of Obstetricians and Gynecologists, is a graduate of the University of Illinois Chicago School of Medicine and completed his OB/GYN residency at Blodgett Memorial Medical Center and St. Mary's Health Services in Grand Rapids, MI. 



Women's health services offered by the Culbertson Outpatient Specialty Clinic include:

- Nexplanor insertion and removal
- Colposcopy
- Hysterectomy*
- Laparoscopy*
- Tubal ligation*
- IUD insertion and removal
- Loop electrosurgical excision procedure*
- Women's health
- Obstetrics management and postpartum care
- Infertility management

For more information or to schedule an appointment, call (309) 836-6937.

** Surgeries performed at McDonough District Hospital in Macomb.*

Hit the Links

CMH Foundation hosting 16th Annual Dr. Russell Dohner Memorial Golf Outing.

After a hiatus in 2020, the Culbertson Memorial Hospital Foundation is proud to once again host the Dr. Russell Dohner Memorial Golf Outing from **11 a.m. to 6 p.m. June 4** at Scripps Park Gold Course in Rushville.

Foundation Director, Molly Sorrell said the opportunity to get out and play golf is a step in the direction of normalcy after an extremely abnormal 2020 forced the cancellation of the beloved event. Though health experts agree golf can be a safe way to stay active amid the pandemic with some minor modifications, Sorrell said some public health precautions should still be observed.

“Fortunately, this year is looking brighter as we are moving forward with the planning of our 16th annual event,” Sorrell said. “While the sport of golf itself provides for adequate social distancing, we still want to make sure participants can maintain a safe distance from one another, so golfers will notice that we have made a few changes to the beginning and end of the outing for participants.”

This year, funds generated from the 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 with new, modern equipment,” Sorrell said. “The Dietary staff are 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.”

For more information or to register for the golf outing, call (217) 322-5269. 



Memorial DONATIONS

In Memory of Edna Louise Busen

Mr. and Mrs. Bill Worthington

In Memory of Karen McCombs

Mr. and Mrs. Michael Behl

Mr. and Mrs. John Corson

Mr. and Mrs. Lyle Sargent

In Memory of Randy Richey

Mr. and Mrs. Dan Adams

Mr. and Mrs. Jerry Bartlett

Mr. and Mrs. Matt Briney

Mr. and Mrs. Mike Ford

Mr. Richard Fowler

Mr. and Mrs. Lowell Haschemeyer

Mr. and Mrs. Mike Phillips

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Mr. and Mrs. Roger Ritchey

Mrs. Dianne Snyder

Mr. and Mrs. Brian Sorrell

Mr. and Mrs. Jon Thurman

Tomlinson Family, Limited

Mr. and Mrs. Mike Wise

In Memory of Mary Lou Sutton

Mr. and Mrs. Gerald Kirchgessner

Mr. and Mrs. Jon Thurman

In Memory of Rosie Taylor

Mr. & Mrs. John Sullivan

In Memory of David Weishaar

Mr. & Mrs. Mike Gadberry

2020-2021 Annual Appeal

Mr. and Mrs. Jerry Bartlett

In memory of Donald and Mae Egbert

Mr. and Mrs. Sam Benninghoff

Better Banks Astoria

Community Foundation —

Thankful Hearts Fund

Mr. and Mrs. Patrick Tracy

Mr. and Mrs. Ross Brockhouse

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G.M. Sipes Construction

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Rushville Rotary Club

Rushville Times

Mr. and Mrs. Charles Shelts

Mr. and Mrs. Ted Stambaugh

In memory of Wayne Baker

Mr. and Mrs. Bide Thomas

Toland, Inc.

John Tribbey, CPA

Mr. and Mrs. Jim Worthington

Mrs. Sheila Yates

What You Need to Know About the COVID-19 Vaccines

In the last few months, COVID-19 vaccination has gone from a hopeful future to a long-awaited present. As vaccines are distributed more widely, many are beginning to see to the light at the end of a long, dark tunnel. However, concerns remain surrounding the COVID-19 vaccines — sometimes stemming from misinformation about what the vaccines are, how they were made, or how they work.

At Culbertson, we recognize the importance of getting as many patients vaccinated as possible to make the pandemic a distant memory — but education is a vital part of achieving that goal. To that end, we've rounded up some common concerns and questions in order to help you make more informed decisions.

WILL THE VACCINES ALTER MY DNA?

One of the most common concerns healthcare professionals hear is, "Will the COVID-19 vaccine alter my DNA?" The reality is that's not how mRNA works. DNA lives inside the nucleus of our cells, which mRNA never reaches.

AM I BEING INJECTED WITH THE VIRUS?

No. The vaccines currently in use do not contain a live coronavirus, meaning you cannot contract COVID-19 from the vaccine. The mRNA contained in the Pfizer and Moderna vaccines provides a blueprint for our cells to generate a spike protein that the body can recognize and develop antibodies for. The Johnson & Johnson vaccine is a viral vector vaccine, which means it uses a modified version of a different virus (or the vector) to deliver similar spike protein instructions to our cells.

ARE THE VACCINES REALLY SAFE IF THEY WERE DEVELOPED SO QUICKLY?

The relatively short time in which the COVID-19 vaccine was developed is unprecedented — that much is true. While this may raise suspicions in some people, what they fail to consider is that many government

Not sure where to receive the COVID-19 vaccine?

A number of sites in the Culbertson Memorial Hospital service area host clinics to provide COVID-19 vaccines to the general public.

Contact any of the following departments to schedule an appointment or find out when the next clinic will be open:

SCHUYLER COUNTY HEALTH DEPARTMENT

233 N. Congress St.
Rushville, IL 62681
(217) 322-6775

MCDONOUGH COUNTY HEALTH DEPARTMENT

505 E. Jackson St.
Macomb, IL 61455
(309) 837-9951

BROWN COUNTY HEALTH DEPARTMENT

120 E. Main St.
Mount Sterling, IL 62353
(217) 773-2714

FULTON COUNTY HEALTH DEPARTMENT

700 E. Oak St.
Canton, IL 61520
(309) 647-1134

CASS COUNTY HEALTH DEPARTMENT

331 S. Main St.
Virginia, IL 62691
(217) 452-3057

ADAMS COUNTY HEALTH DEPARTMENT

330 Vermont St.
Quincy, IL 62301
(217) 222-8440

agencies and private companies — not just in the United States — began vaccine research at the very beginning of the pandemic. According to the Centers for Disease Control (CDC), all vaccines are passed through three phases of clinical trials — while these phases usually happen one after another for most vaccines, the phases for the COVID-19 vaccine often overlapped to speed up the process.

I READ ON THE INTERNET THAT THE VACCINES CONTAIN MICROCHIPS/FETAL TISSUE/TOXIC METALS (MERCURY, ALUMINUM, LUCIFERASE, ETC.). IS THAT TRUE?

Unfortunately, social media websites are among the biggest spreaders of misinformation.

The fact is, materials like microchips and tissue are far too big to fit through the needles used to administer the vaccines — in fact, anyone concerned about microchips should consider the smartphones in their pockets that already track their movement.

In addition, the vaccines currently approved were tested using fetal cell lines, which are cells grown in a laboratory and derived from cells taken from elective abortions in the 1970s and 1980s — these laboratory-grown cells are generations removed from the original fetal tissue.

As far as toxic metals such as mercury, such claims are likely referencing the use of thimerosal, which contains some ethylmercury to prevent the spread of bacteria in vaccines and is easily eliminated by the body. However, none of the approved vaccines contain thimerosal or adjuvants such as aluminum. The vaccines also do not contain luciferase or luciferin, which are in fact harmless substances that allow fireflies to generate their glow.

SHOULD I BE WORRIED ABOUT SIDE EFFECTS?

Unfortunately, patients who receive the vaccines will experience some side effects, though they will be minor. Side effects may include:

- Pain, redness, or swelling at the vaccination site (upper arm)
- Fatigue
- Headache
- Muscle pain
- Chills
- Fever
- Nausea

WILL I DEVELOP BLOOD CLOTS?

As of April 21, nearly 8 million doses of the Johnson & Johnson/Janssen vaccine had been administered. Of those 8 million patients, 15 confirmed cases of thrombosis with thrombocytopenia syndrome (TTS) arose; 12 of these cases were cerebral venous sinus thrombosis (CVST). TTS is a clot that forms in a vein or artery, specifically with low platelets. All cases occurred in women ages 18-48 years old with no obvious patterns of risk. No cases have been linked to the Pfizer or Moderna vaccines.

Erring on the side of caution, the CDC and FDA recommended a temporary pause on the vaccine to review the cases and perform a risk-benefit analysis. That analysis showed 66% efficacy against COVID-19 infection and 100% efficacy in preventing death from COVID-19. This means 10 million doses would prevent about 1,500 deaths and 2,300 ICU admissions with an estimated 26 cases of TTS.

In short, the risk of COVID-19 infection is higher and more common than TTS.

“This rare clotting event appears to be immune-mediated, so persons who have a history of an immune reaction such as Heparin-induced thrombocytopenia (HIT) should be offered another FDA approved COVID-19 vaccine for at least 90-180 days after their illness has resolved,” said Leah Wilson, BSN, RN, Chief Nursing Officer at Culbertson Memorial Hospital. “Experts do not recommend stopping or starting routine

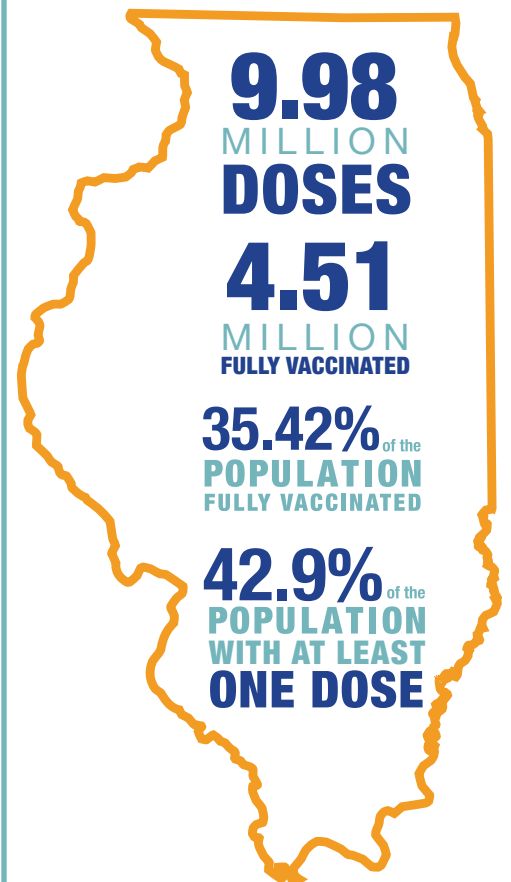
medications such as aspirin or other anticoagulants prior to vaccine administration.”

While TTS is rare, Wilson said, it can be life-threatening. Persons at risk and women under the age of 50 should be aware of the clotting disorder and make an educated decision on which vaccine they receive. ♀

VACCINATING ILLINOIS

Since the vaccine was first deployed in Illinois, distribution has widened from high-risk patients and healthcare workers to the general public.

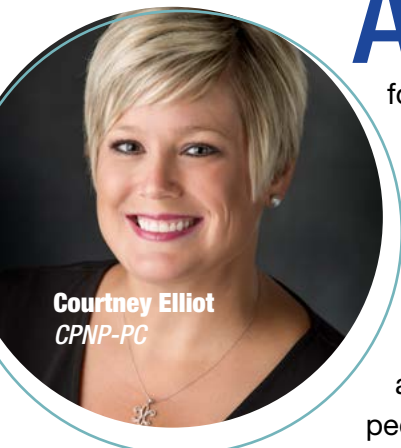
Here's a look at the vaccination numbers* in the Land of Lincoln:



Sources:

IDPH.illinois.gov & News-Leader.com
*numbers accurate as of May 11

Keeping Summer Fun Safe



Courtney Elliott
CPNP-PC

As the days get longer, we start heading outside for more entertainment and leisure activities under the warmth of the summer sun!

To protect your skin, it's common knowledge to apply sunscreen to your exposed areas. For older children and adults, it seems simple, but pediatric skin problems occur more frequently than one may think.

That means we need to be extra careful with sunscreen application—especially with our kiddos!

What are the risks of unprotected sun exposure?

There are many risks (both common and uncommon) associated with prolonged and unprotected sun exposure:

- Sunstans: An injury to the top layer of your skin.
- Sunburns: Too much sun exposure could lead to red, hot-to-touch skin.
 - First-degree burn: Only effects the outer layer of skin.
 - Second-degree burn: Blisters could form and risk for infection increases.
- Freckles: Monitor freckles for unexpected changes in shape/size or bleeding/itching.
- Skin cancer: If there's any suspicion of odd-looking moles or spots, see a doctor immediately.

What is the best way to protect my child from the sun?

Avoiding the sun entirely during the summer season is virtually impossible, but here's a few tips to keeping yourself protected:

- Stay inside. Avoid going out into the sun during the hours of 10 a.m. and 4 p.m. when the sun's rays are the strongest.
- Lather up! Use a broad-spectrum sunscreen with SPF 30 or higher.
- Get shady. Wear hats, sunglasses, and clothes that cover up your exposed skin.
- Say no. Do not partake in tanning beds or sunlamp usage as it causes long-term damage.

How do I know if I chose the right sunscreen?

It's important to introduce sunscreen to children as early as 6 months old. When you're looking to purchase sunscreen for the family, double check that your selection has all of the following:

- First thing — make sure the bottle isn't expired.
- Look for "broad-spectrum protection" that protects against UVA and UVB rays.
- Don't be fooled by "water resistant" or "waterproof" labels.
 - No sunscreen is completely water or sweat proof, so it's always safer to reapply every two hours (or more frequently if partaking in water activities).
- Choose a sunscreen with a sun protection factor (SPF) of at least 30 SPF.

Where else can I learn about how to best protect my child from sun damage?

To learn more about pediatric skin care and sun damage prevention, schedule your appointment today with Courtney Elliott, CPNP-PC who specializes in Pediatric Services at Taylor Clinic in Beardstown.

Call (217) 323-2245 to schedule your appointment. ♡



HERE FOR YOU 24/7

Did you know you can pay your medical bills with just the click of a mouse?

The Culbertson Memorial Hospital online bill pay allows you to instantly pay your bills from your computer or mobile device. Just enter your payment amount and your billing information — and you're all set!

Visit cmhospital.com today and learn more about getting your bills paid whenever, wherever.

Kitchen Therapy

Red, White & Blue Cheesecake Bars

A healthier alternative cheesecake with a patriotic theme that's rich and creamy, just like the real deal!

Directions

1 Preheat oven to 375°. Line an 8-inch square baking pan with foil, letting ends extend up sides; coat foil with cooking spray. Remove pie crust from foil pan; break into fine crumbs into prepared pan. Press crumbs onto bottom of pan.

2 Place cottage cheese in a small food processor; process until smooth. Transfer to a bowl. Add cream cheese, sugar blend, lemon zest, lemon juice and vanilla; beat until smooth. In a small bowl, lightly beat egg whites and egg; add to cottage cheese mixture. Beat on low speed just until blended. Pour over crust.

3 Drop preserves by teaspoonfuls over filling. Cut through cheesecake with a knife to swirl. Sprinkle with blueberries.

4 Bake 25-30 minutes or until center of cheesecake is almost set. Cool 1 hour on a wire rack. Refrigerate 2 hours or until cold.

5 Lifting with foil, remove cheesecake from pan. Cut into 12 bars.

Recipe from tasteofhome.com.



Ingredients

- 1 graham cracker crust (9 inches)
- 3/4 cup 2% cottage cheese
- 1 package (8 ounces) reduced-fat cream cheese
- Sugar substitute blend equivalent to 1 cup sugar
- 1 teaspoon grated lemon zest
- 2 tablespoons lemon juice
- 1 teaspoon vanilla extract
- 2 large egg whites, room temperature
- 1 large egg, room temperature
- 1/3 cup reduced-sugar strawberry preserves
- 1/2 cup fresh blueberries

Yields: 12 Bars

Bake Time: 25-30 minutes

Chill Time: Approx. 2 hours



Giving Back to the Community

Culbertson marks 100 years with community service efforts.

For 100 years, the mission at Culbertson Memorial Hospital has been made possible by the generous contributions of the people we're so honored to serve. A century later, we're proud to celebrate by giving back to the community.

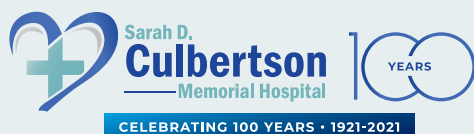


This year, the Culbertson staff is committed to pledging **100 hours of community service** around Schuyler, Brown, Cass, and Fulton counties.

Reach out!

Do you have any projects we can help out with? Or would you like to lend a hand yourself? Give us a call! Our team is eager to help out the community in whatever ways we can. No matter what your project is, no matter how big or small, feel free to contact us. It's the least we can do for all the support you've given us for the last 100 years.

To request our help or to volunteer, call (217) 322-5269! 



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217-322-4321
cmhospital.com