

Culbertson CONNECTION

Your Health. Your Hospital.



CATCH

CULBERTSON AS THE CHOICE HOSPITAL

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Update from the Executive Director

For generations, Culbertson Memorial Hospital has been a familiar part of our lives; a steady presence quietly woven into the fabric of the community. Whether you're heading to the local grocery store, attending a Rockets game, or just enjoying a peaceful night at home on the front porch, Culbertson has been quietly supporting families and neighbors for decades. Most people don't think much about their local hospital until the moment they truly need it. And then suddenly, its importance becomes unmistakable.

Culbertson isn't just where you go for care; it's been part of this community's story for decades, and the community is genuinely part of ours. In a world that's constantly changing, there's something deeply comforting about having dependable care close to home and delivered by people who know your family, your town, and your needs. That's the quiet power of a community hospital. The hospital has grown and continued to modernize over the years, but the heart of the mission has stayed the same: serving the community with compassion, skill, and a personal touch you don't always find elsewhere.

One of the most remarkable aspects of Culbertson is the deeply personal nature of its care, where staff often serve people they know creating a healthcare experience defined by greater understanding, trust, and heart. Culbertson Memorial Hospital keeps care right here in Rushville: close, convenient, and familiar, while also serving as a powerful economic engine that fuels stable jobs, supports local businesses and contractors, strengthens the tax base, and sustains vibrant community life — because when Culbertson does well, surrounding families and businesses do too.

Culbertson is not a hospital that appears only in moments of crisis; it shows up every day through community education like Cooking with Culbertson, health-focused events such as Pampered Pink, and outreach that introduces local students to healthcare careers, building lasting relationships and supporting the well-being of the entire community. It is also a place where people build long-term careers as local students return after college or technical school to work here, strengthening family ties and helping Rushville thrive. This is all made possible by the community's longstanding trust and support that allow the hospital to grow, modernize, and remain responsive to local needs.

Choosing a hospital is about more than convenience or proximity; it is about investing in the health, strength, and future of the place you call home. By choosing Culbertson, you are choosing trusted care, meaningful relationships, and a healthier, more resilient Rushville for generations to come. Thank you for choosing Culbertson as your hospital of choice.

Gregg Snyder

Executive Director, Culbertson Memorial Hospital



Gregg Snyder
Executive Director

Laser Healing

Outpatient Procedure Provides Relief from Varicose Veins

Are bulging veins in your legs causing physical discomfort and preventing you from enjoying your everyday activities? Twisted, knotted, and swollen veins called varicose veins affect millions of Americans each year. Left untreated, they can cause more serious vascular conditions in the future. Thankfully, local, outpatient treatment can provide a minimally invasive solution and help patients regain their motion and improve their quality of life.

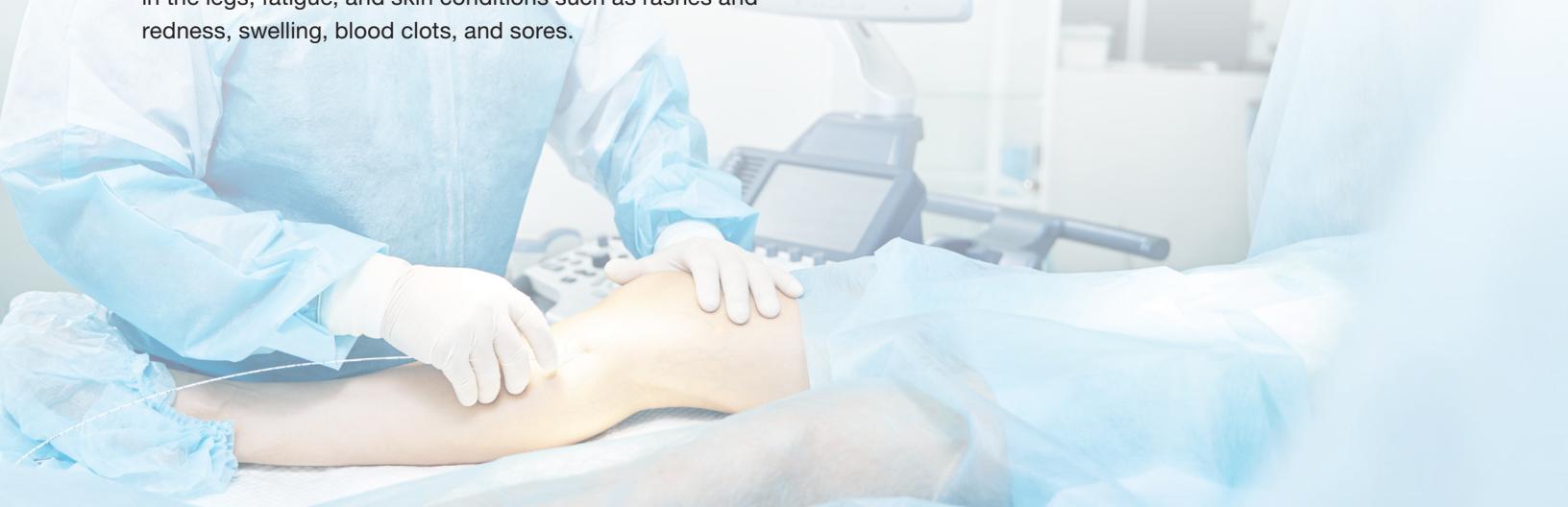
What Are Varicose Veins?

According to the Society for Vascular Surgery, varicose veins are twisting, bulging, and blue veins appearing underneath the skin. Caused by a combination of high blood pressure from damaged or nonfunctioning valves and gravity putting added pressure on the veins, varicose veins affect about 40 million Americans each year. This condition can cause pain in the legs, fatigue, and skin conditions such as rashes and redness, swelling, blood clots, and sores.

Symptoms include:

- Veins appearing like ropes under skin on legs
- Swelling
- Night leg cramps
- Legs that feel heavy or achy

Varicose veins are most common in patients between the ages of 30-70, though 50-55% of American women experience varicose veins during pregnancy; most of the time, the veins return to normal after birth, but women who have had multiple pregnancies may develop permanent varicose veins. Patients on hormone therapy or birth control pills are also at higher risk of developing varicose veins. Additionally, family history, weight, and standing or sitting for extended periods of time can also affect one's risk for developing varicose veins.



About Laser Therapy

Endovenous laser ablation is a minimally invasive, outpatient procedure during which providers use a laser or radiofrequency waves to close off varicose veins, after which blood flow is redirected to healthy veins. During the procedure, the vein is numbed with a local anesthetic and a small fiber is inserted into the vein. As it's slowly removed, the fiber carries lasers or radiofrequency waves inside, which generates heat and seals the veins.

Treatment can take about an hour, though the procedure itself only takes a few minutes. Patients may return home immediately after, though they may experience side effects like bruising and soreness. Patients may return to work the next day, but more strenuous physical activity may require a sign-off from their provider.

Dr. Stephen M. Ryan provides endovenous laser ablation at the Culbertson Specialty Clinic. For more information or to learn how to schedule an appointment, contact the Culbertson Memorial Hospital Patient Access Department at (217) 322-4321, ext. 5271.

Continuous Care

Nurse Bedside Shift Report Keeps Providers in the Know

During an inpatient stay, continuity of care is vital to ensuring a speedy recovery. Of course, individual nurses can't be on duty 24/7/365 — at a certain point, their shifts end and the patient's care must be handed off to another member of the nursing team. In these instances, the nurse bedside shift report ensures the provider taking over knows the next steps to take.

Occurring every morning and evening between 6:30-7, the nurse bedside shift report occurs when nurses going off and coming on duty meet by the patient's bedside to discuss their care. During this time, patients can meet the nurse taking over and ask them questions or share information about care received to that point. Family and friends may sit in for the report if the patient consents.

Nurses coming on duty will begin by introducing themselves and writing their name on the room's whiteboard. Patients will then be asked to participate in the report, during which the nurse will discuss the patient's health, including the reason for hospitalization and care to that point. Nurses will consult the patient's chart and review medicines being taken. IVs, injuries, and bandages will be checked, and nurses will also follow up on any tests or lab work performed.

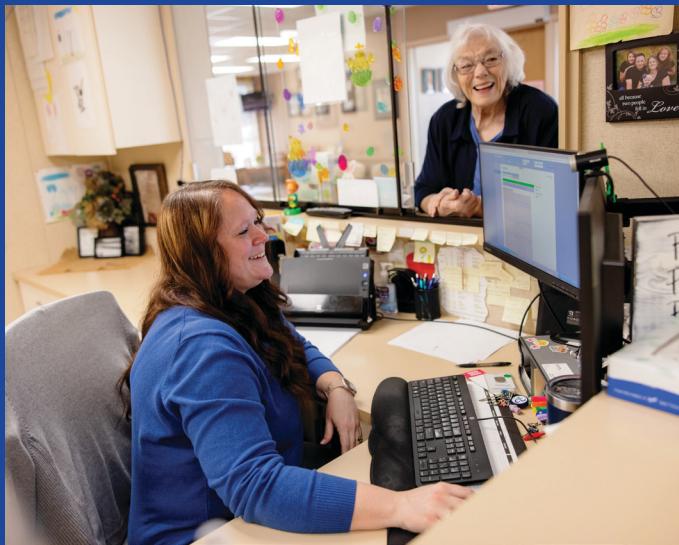
Patients may be asked what could have gone better during the last shift and expectations for the next shift. The oncoming nurse will help patients meet whatever goals they have for the next shift, whether it's getting out of bed and moving around or simply sleeping through the shift. Nurses will also encourage the patient to ask questions and share concerns; the oncoming nurse may also return after the bedside shift report for a more thorough conversation.

As the bedside shift report progresses, patients should do the following:

- **LISTEN.** Providers want to ensure every patient has complete and timely information regarding their care.
- **SPEAK UP.** If some aspect of the patient's care is not satisfactory, providers can't know unless they're informed. Questions or concerns should be brought up at this time.
- **ASK QUESTIONS.** Does something not make sense? Are some medical terms confusing? If the nurses say something you don't understand, feel free to ask for clarification so you're 100% clear on next steps.

If you have any concerns about the quality or safety of your care during your hospital stay, please let your doctor or nurse know. For care concerns, call Patient Care Advocate Christina Hardy at (217) 322-5292. If your nurse bedside shift report does not occur, call the nurse manager at (217) 322-5264.





Updates to No-show & Cancellation Policies

Sarah D. Culbertson Memorial Hospital and our rural health clinics want to ensure each patient receives the care they need when they need it. But when an appointment is missed or canceled at the last minute, that time can't always be given to another patient, especially someone who may be waiting for an urgent visit. To help our providers better serve everyone, we ask you to let us know as early as possible if you can't make an appointment.

This helps us:

- Offer that time to another patient who needs care
- Reduce wait times
- Make the best use of our staff and resources

If you're unable to keep an appointment, just give us a call — we're here to help you reschedule.

A patient no-show is defined as follows:

- When a patient calls to cancel an appointment with less than 24-hour notice
- When a patient arrives late to a scheduled appointment and must be rescheduled
- When a patient fails to show up for their scheduled appointment

Updates to Rural Health Clinics No-show/Cancellation Policy

- If a patient who incurs two (2) documented no-shows in a 12-month period, the patient will receive a letter informing them if they incur another no-show in the next 12-month period, their scheduling privileges will be revoked.
- If a patient incurs three (3) documented no-shows in a 12-month period, the patient will receive a letter informing them that their scheduling privileges have been revoked. The patient can still be seen in the clinic, but only on a walk-in basis.

Updates to Outpatient Specialty Clinic No-show/Cancellation Policy

- If a patient incurs two (2) documented no-shows in a 12-month period, the patient will receive a letter informing them if they incur another no-show in the next 12-month period, they will be terminated from the medical practice.
- If a patient incurs three (3) documented no-shows in 12-month period, the patient will receive a letter notifying them they have been terminated from the medical practice.

Updates to Echocardiogram, Nuclear Medicine Test, & Magnetic Resonance Imaging (MRI) No-show/Cancellation Policy

- If a patient incurs two (2) documented no-shows in a 12-month period, the patient will receive a letter notifying them that if they incur another no-show in the following 12-month period, their scheduling privileges will be revoked.
- If a patient incurs three (3) documented no-shows in a 12-month period, the patient will receive a letter informing them that their scheduling privileges have been revoked.

A surgical no-show is defined by:

- Patient calls to cancel an appointment six (6) days or fewer from the date the procedure is scheduled
- Patient arrives late to a scheduled procedure and has to be rescheduled
- Patient fails to show up for their scheduled procedure
- Eating prior to a scheduled procedure resulting in canceled procedure
- Failure to complete surgery preparation resulting in canceled procedure

Updates to Surgery No-show/Cancellation Policy

- If a patient incurs two (2) documented no-shows in a 12-month period, the patient will receive a letter notifying them if they incur another no-show within the 12-month period, their scheduling privileges will be revoked.
- If a patient incurs three (3) documented no-shows in a 12-month period, the patient will receive a letter informing them that their scheduling privileges have been revoked.

Patient Reinstatement:

Twelve months after the patient's revocation/suspension, the patient may petition the medical practice to be reinstated.

For more information, contact Culbertson Memorial Hospital at (217) 322-4321. To cancel or reschedule an appointment, contact your provider as soon as possible and a representative will work with you to reschedule.

Culbertson in the Community

Outreach Programs Connect Hospital & Residents

Culbertson Memorial Hospital isn't just a place for you to come to when you're sick. Our providers and staff members are passionate about reaching out to our communities. From offering helpful advice in a casual setting to providing a fun night out with friends and neighbors, our outreach programs provide an excellent opportunity for us to connect with our communities in times of wellness and establish ourselves as your go-to resource for medical-related questions.

Check out some of our favorite recurring events. And clear your calendar — we'd love to see you at future gatherings!

Pampered Pink

Pampered Pink is an event that brings women together each October to celebrate their well-being and highlight the unique ways medical conditions affect women throughout life. By addressing age-related changes and offering guidance on preventive care, screenings, and healthy lifestyle choices, the event empowers women to take control of their health and improve long-term outcomes. Alongside educational sessions, attendees can enjoy massages, spa services, nail art, and shopping with local vendors.

“My girls enjoy the Pampered Pink event; we look forward to it every year! It's a girls' night out where we learn different content from the speakers each year. I wish there were more events like this! Thank you, Molly, for doing an exceptional job!”

Jackie Edwards

“The Pampered Pink event is invaluable to us women in the community. Beyond the fabulous meal, it's a great way to network and meet not only new women in the community who share the same health concerns, but also a great way to connect with local vendors. Thank you, Molly, for all that you do!”

Libby White



Cooking with Culbertson

Cooking with Culbertson is a series of classes and workshops designed to improve dietary habits with easy and affordable tips for cooking and shopping. Classes are held every 10-12 weeks and have been held in Rushville, Mt. Sterling, and Beardstown.

Smart Bites for Any Celebration

Join Registered Dietitian Katie Horstmeyer for a fun, hands-on cooking class. Explore easy, nutritious snacks and appetizers perfect for any gathering. Discover how healthy party food can be both delicious and effortless with flavorful, crowd-pleasing bites made from simple, wholesome ingredients. In this interactive session, learn how to prepare a variety of nutrient-packed appetizers and snacks that work for any occasion. Leave with fresh recipes, practical tips, and creative ideas for offering lighter options that still shine on the table. Whether you're hosting a celebration or simply looking to elevate your everyday snacking, this class will equip you with delicious, confidence-boosting inspiration.

Rushville Fitness & Community Center

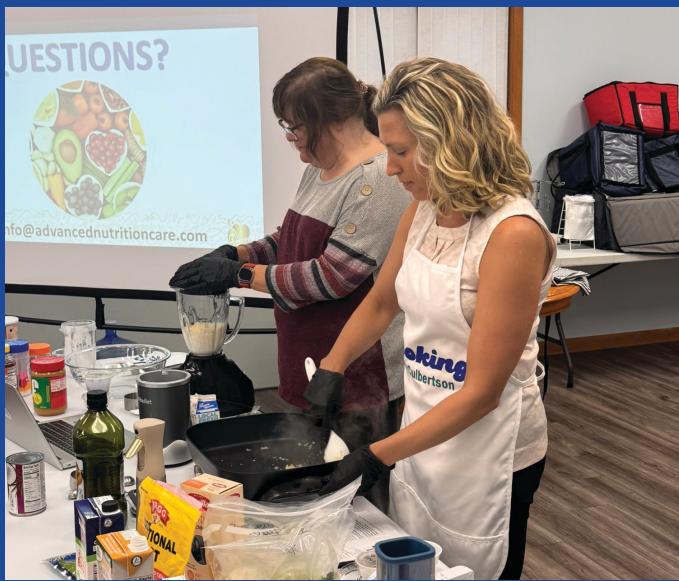
120 Rodewald Drive, Rushville
5-7 p.m. | Thursday, Jan. 29

“I love Cooking with Culbertson. We get to try the recipes, so we know if we want to make it at home — many of which I have! And everyone is so friendly. They answer our questions with a smile no matter how many they have to answer!”

Sandy Dickason

“We are fortunate to have the opportunity to attend the Cooking with Culbertson events. These sessions are well presented and very informative. Registered Dietitian Katie Horstmeyer and her team make learning fun and provide us with valuable information regarding healthy choices and preparation techniques. They remind us healthy can be delicious!”

Janel Lassig, Jennifer Stambaugh, & Beth Stambaugh



Healthcare Discovery Program

The Healthcare Discovery Program is designed to help Rushville-Industry High School students decide if a career in healthcare might be right for them. Students learn about the patient care journey and tour the hospital, during which they see what each clinical career does. Students can explore hands-on activities and learn about educational requirements, salary ranges, and the benefits and rewards of working in healthcare. Participating students are eligible to join Culbertson during their senior year for the Career Connect Program.

Caregiver Support Group

The Caregiver Support Group is geared to all the caregivers in our communities to help provide emotional and practical support for individuals caring for a loved one. This group offers a safe space for caregivers to share their experiences, learn coping strategies, connect with others facing similar challenges, receive information and resources, and benefit from peer acceptance and recognition. The program helps caregivers understand symptoms, develop effective coping strategies, and learn how to safely care for a loved one. Meetings are held at 3 p.m. the first Thursday of each month at the Therapy Gym in the Culbertson Specialty Clinic. To sign up for the group meetings, call (217) 322-5201.

Stroke Support Group

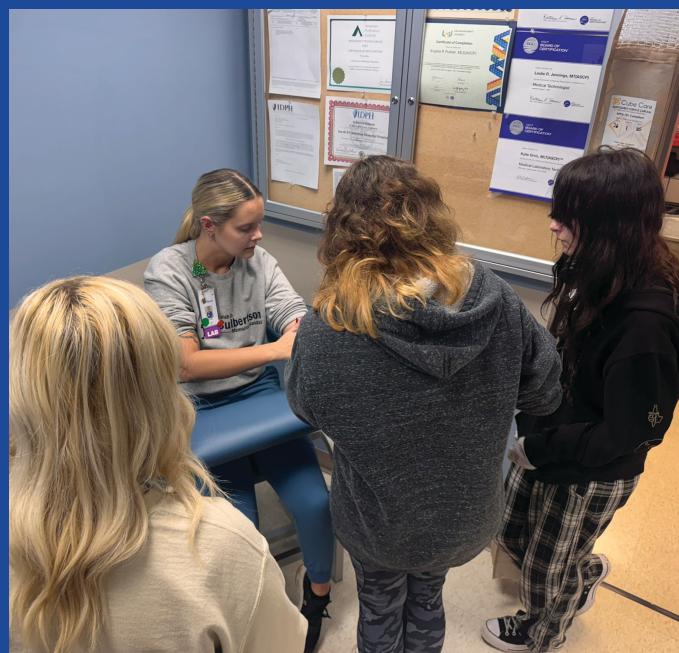
The Culbertson Stroke Support Group is open to stroke survivors and their family members, friends, and caregivers throughout the community. The group provides a welcoming space to learn more about strokes, share personal experiences, and find encouragement for life after a stroke. Ultimately, the group helps motivate people to move from feeling like passive patients to becoming thriving survivors who take an active role in their recovery. Meetings are held six times a year — February, April, June, August, October, and December — at 3 p.m. the third Wednesday at the Therapy Gym in the Culbertson Specialty Clinic. To sign up for the group meetings, call (217) 322-5286.

Teddy Bear Clinic

Culbertson Memorial Hospital — in partnership with Schuyler-Industry School District, the Birth to Three Program, Schuyler County EMS, Schuyler County Fire Protection District, and Schuyler County Health Department — will host a Teddy Bear Clinic from 5-7 p.m. Thursday, March 12, at Webster Elementary School, 310 N. Monroe St. in Rushville. Children may bring their teddy bears to visit different medical specialties and receive medical treatment, helping ease their fear of medical procedures. The Schuyler County Health Department will also provide teddy bears with “vaccines” to keep them healthy. A “touch-a-truck” event will also be held courtesy of Schuyler County EMS and the Schuyler County Fire Protection District.

To explore upcoming community events and discover ways to get involved, contact Molly Sorrell at (217) 322-5269 or visit cmhospital.com/news-and-events.

“The Teddy Bear Clinic helps ease children’s fears of medical experiences while strengthening our community,” said Britney Trone, a nurse for Schuyler-Industry CUSD 5. “As a school nurse, I’m grateful to be the familiar, friendly face that helps connect the students and the medical world. My goal with the Teddy Bear Clinic is to help our students feel less scared when they have to visit a medical provider as well as adding another familiar and friendly face.”





Tele-Counseling for Seniors

Senior Life Solutions Adds Telehealth Capabilities from Dr. Christina Lynn

The challenges that come with aging can seem isolating, but they don't have to be faced alone. For years, Senior Life Solutions at Culbertson Memorial Hospital has offered specialized counseling services for older adults to learn healthy coping mechanisms to improve their quality of life and mental well-being.

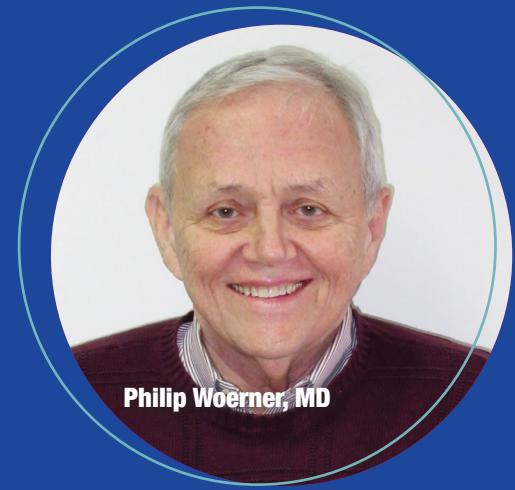
Now, a brand-new partnership will provide increased flexibility for local seniors seeking mental health support. Culbertson has partnered with UltraGroup Healthcare to provide telemedicine services from Christina Lynn, MD. According to Dr. Lynn, telehealth services will increase access to mental health services, allowing qualified providers to serve areas lacking specialized mental healthcare.

"Participating in telehealth sessions will be just like meeting in person; you will be able to see the provider and talk to them in real time. The session will occur while attending the program, so the staff will be there to make sure there are no issues with the equipment and can also assist with the session as needed," Dr. Lynn said. "Telehealth allows the entire treatment team to work together with the patient at once rather than experiencing delays in treatment."

Dr. Lynn said each session will include a combination of medication management and psychotherapy (i.e., talk therapy). The first sessions normally last an hour with each follow-up session lasting about 30 minutes.

"The first visit is always the hardest as patients get used to talking to someone on a screen, though smartphones have accustomed patients to video chatting. Through telehealth, we build the relationship the same as if you were in my office," Dr. Lynn explained. "Trust must be built; in the field of psychiatry, that takes time. The best part of these programs is my time is not rushed — I am not trying to see a high volume of patients in a day, so I really get the time to spend with each patient to get to know them."

For more information about Senior Life Solutions or to enroll, call (217) 322-5201.



Philip Woerner, MD

Thank You, Dr. Woerner!

After more than 13 years with the Culbertson Senior Life Solutions program, Philip Woerner, MD announced his retirement in December. Having made a profound impact in the lives of countless seniors in Rushville and surrounding communities, Dr. Woerner used more than 60 years of psychiatric experience to improve his patients' lives through comprehensive and compassionate mental health treatments.

Thank you, Dr. Woerner, for everything you've done for our communities, and congratulations on a well-earned retirement!

We're Here When You Need Us Most

Culbertson ED Provides Vital, 24/7 Care

When time is of the utmost importance and medical attention can't wait, the Culbertson Memorial Hospital Emergency Department offers compassionate, round-the-clock care in a local setting. No matter how severe the illness or injury, our ED providers can quickly diagnose patients and stabilize before admitting to inpatient care — or if needed, transferring to a larger facility.

"We are about an hour from Springfield and Quincy; for patients and families, that can be a long ride if someone is in distress. It can also be dangerous if the patient becomes more acutely ill," said Culbertson Chief Nursing Officer Kristi Hinegardner, DNP, MSN, RN. "Stopping at Culbertson can mean the patient is made more comfortable, stabilized, and readied to be transferred to the appropriate facility by air or ground. By stopping at Culbertson, the ED team can prepare the accepting facility for the needs of the patient and also help decide the appropriate transfer."

Patients at the Culbertson ED can expect an exceptional quality of care with lower wait times compared to emergency departments around the state as well as a door-to-doc time of under 20 minutes, Hinegardner said.

"We continue to drive process and metrics based on data, monitoring door-to-doc and door-to-discharge," Hinegardner said. "We evaluate our internal and external barriers to transfers. Our greatest strength is our ability to work effectively with limited resources. We have a small staff, but we still provide the care you would expect to see in any emergency department."

Additionally, the Culbertson ED uses state-of-the-art technology and services to broaden access to specialized health services. "The Culbertson ED partners with HSHS to provide bedside telestroke services, utilizing a telehealth approach to access a neurologist during an acute stroke to better assess and get the patient the treatment needed to eliminate or minimize the effects of a stroke," Hinegardner explained. "Other tools assist our providers with intubation and portable ultrasounds for a quick assessment to guide further testing."

If you or someone you know is suffering from a medical emergency, don't wait — call 911. For more information about Emergency Services at Culbertson Memorial Hospital, call (217) 322-4321 or visit cmhospital.com.

Meet Our Care Team!

Partnering with Concord Medical Group, Culbertson Memorial Hospital brings the highest-quality medical services to our Emergency Department with 24/7 telehospitalist services. Meet our providers who provide round-the-clock medical care when you need it most!

ED Physicians

Dr. George Geranios

Dr. Muhannad Kavali

Dr. Alex Merlo

Dr. Josephine Minnicino

Dr. Sergio Morales

Dr. Haresh Motwani

Dr. Onyekachi Nwabuko

Dr. Atif Raja

Dr. James Sibbett

Hospitalist

Elizabeth Birdsley, FNP

Telehospitalists

Dr. Joseph Agnew

Dr. Mohammad Alam

Dr. Charlton Collie

Dr. Amy Madril

Dr. Jose Ochoa

Not sure if your condition warrants an emergency?

Seek emergency care if you are experiencing any of the following:

- Asthma-related emergencies
- Broken bones and complicated fractures
- Consuming a poisonous substance
- Falls
- Head, spine, and other serious injuries
- Heart attack
- Pain in the abdominal area
- Persistent vomiting
- Profuse bleeding
- Severe burn
- Shortness of breath or difficulty breathing
- Stroke
- Sudden blurry vision
- Suicidal feelings as well as other mental distress symptoms
- Tightness or a painful feeling in the chest
- Traumatic injury



Memorials & Contributions

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Mrs. Linda Ward-McClelland
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A Towering Achievement Annual Appeal Raising Funds for Gastro & Laparoscopic Towers

Each winter from December to February, the Culbertson Memorial Hospital Foundation raises funds to purchase new medical equipment or building renovations to improve the quality of care for our patients. This year, the Foundation has selected new gastro and laparoscopic towers.

Essential to many procedures and exams performed by Culbertson physicians — including endoscopies, colonoscopies, and minimally invasive surgeries — these towers feature updated technology designed to improve patient safety as well as diagnostic accuracy and recovery outcomes. Today's gastro and laparoscopic towers offer:

Sharper visualization: Advanced 4K imaging allows physicians to detect even the smallest abnormalities, leading to earlier and more accurate diagnoses.

Improved safety and efficiency: Real-time feedback and enhanced precision reduce the risk of complications and shorten recovery times.

Expanded treatment capabilities: New systems support a broader range of procedures, ensuring more patients can receive the care they need right here in our community.

While providing modern, state-of-the-art equipment for our providers, these towers benefit our patients as well with each procedure utilizing these towers representing another life changed by our hometown hospital.

To donate to this year's fundraiser, visit cmhospital.com/foundation or call (217) 322-5269.



GET TO KNOW YOUR PROVIDERS!

Courtney Elliott, CPNP-PC

Hometown: Union, MO

When did you decide you wanted to pursue a career in healthcare?

I would say I decided this early on. My parents were both in education. My father transitioned to finance but still stuck with coaching our sports teams growing up to stay connected to working with kids. I always enjoyed lifeguarding and babysitting as jobs, so I knew working with kids was the route I wanted to go.

While some find children and adolescents intimidating, scary, and difficult to work with, I find them creative, energetic, and challenging in a fun way, but also very smart. If you're willing to get down to their level and really seek from them what is going on, they will try to find a way to let you know, even if they don't have the ability to verbalize it to you.

How would you describe your practice philosophy?

Patient- and family-centered care in pediatrics is based on the understanding that the family is the child's primary source of strength and support, but also that both the child's and family's perspective and information are mutually important in clinical decision making. I work hard to practice this philosophy while also practicing evidence-based and preventive medicine. Like most pediatric providers, I'm also a strong advocate for a preventive health model and vaccines. I encourage parents to stay on top of their children's well-baby and well-child visits while also requiring the mandatory school vaccinations unless a child is unable to receive them due to medical reasons.

What can patients expect during a visit with you?

I will do what is needed to make your child comfortable. I have been known to do an assessment in cars, when necessary, when a child is too afraid to make it into the building.

The parents and I will discuss whether any tests need to be done. If so, we'll run those in office or send you elsewhere, if required. The same goes for whether medication is needed. You'll always leave with instructions for next steps or recommendations to try, with instructions on when to follow up after a treatment.

Finally, the age-appropriate child can always expect a fruit snack, sucker, or popsicle at the end of the visit, if the parent allows. I always keep those stocked up. I keep a treasure chest stocked up with goodies for days they may get an injection or procedure done. If we must cause them a little discomfort, I don't want them leaving with that as their main memory; I'll let them have a little toy on their way out.

What are some of your favorite things about working in Beardstown?

I enjoy the diversity in patient population that working in Beardstown allows my practice. I love the ability to make the close connections with my patients and their families that you just don't get working in larger cities. I also enjoy all the activities the town offers, from festivals and markets up on the square to the different delicious food trucks.

What are your favorite hobbies outside work?

I enjoy going to St. Louis Cardinals games as well as hiking, jogging, and playing volleyball, softball, or basketball. I also love doing arts and crafts with my kids — no matter how bad I am at it — and sitting in my back yard with my family and our dog playing in the baby pools, a splash pad, and water slide on a hot summer day. Finally, I love taking a much-needed nap to catch up on sleep!

