



# CULBERTSON CONNECTION



Your Health. Your Hospital.

## Now An Emergent Stroke Ready Hospital!

Every minute counts with a stroke – and Sarah D. Culbertson Memorial Hospital is more ready than ever. The Illinois Department of Public Health has recognized Culbertson as an Emergent Stroke Ready Hospital (ESRH). This means no matter where you are in our service area, you have quick access to care within the narrow treatment window.

### What Does the ESRH Designation Mean?

This designation means you have access to the care you need the moment you arrive at Culbertson with symptoms of a stroke. You have the confidence of knowing the hospital is not only skilled and capable, but also ready to treat a stroke within the one-hour window doctors recommend. Hospitals with the ESRH designation must also measure their outcomes and times to treatment and are subject to random inspections by the state.

If a patient is having an acute stroke, EMS (emergency medical services) transports him/her to the closest hospital with the ESRH designation, according to an Illinois law that creates stroke systems of care. Now, with Culbertson's new stroke designation, you can be sure of fast, high-quality care right in your own community.


### 24/7 Connection to Neurologists

Culbertson also has a direct link to a neurologist through a telehealth connection at one or more larger Primary Stroke Hospitals in Illinois. Due to a shortage of neurologists, many rural areas don't have them on staff, so the telehealth connection ensures our skilled physicians can consult with specialists as needed.

### FAST Treatment Makes the Difference

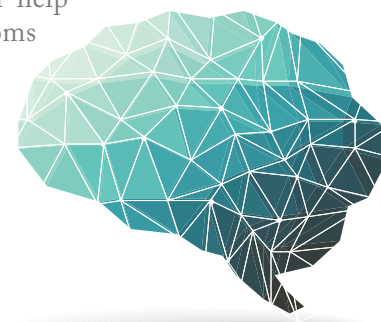
If the warning signs are recognized, strokes are treatable. That's why it's critical to know the symptoms of stroke and to have an Emergent Stroke Ready Hospital nearby.

*Think you're having a stroke? CALL 9-1-1 – don't wait!*

How do you know if you or someone around you is having a stroke? Think and act FAST, and you'll always remember. 

### F.A.S.T. Warning Signs

- F** – Facial drooping, weakness or numbness
- A** – Arm weakness, including the inability to hold both arms out from the body parallel to the floor
- S** – Speech difficulty, slurring, difficulty forming words or understanding the person
- T** – Time to call 9-1-1. Time is truly of the essence when it comes to stroke. Even if the symptoms go away, call for help and note when the symptoms first appeared.



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# Heart Health by the Numbers

Although you may know that heart disease is the nation's No. 1 killer, you may not know being inactive may be a primary factor. For the first time, research has linked excessive sitting to heart disease risk. But we're not talking about resting a few minutes here and there. After all, you sit for almost half of the time you're awake. But, we are talking about increasing the time you're active.

## 5 First Steps to Getting Active

- Stand up for two to three minutes every half hour
- Reduce sitting times by 15 to 20 minutes per day
- Increase your active time every week
- Make your goal two to three fewer sitting hours in your day
- Exercise for a half hour every day

Once you get started, you'll find activity comes more and more easily. Your ultimate goal should be a minimum of 150 minutes per week of moderate exercise. Factoring in heart rate, breathing rate, sweating and muscle fatigue, moderate exercise falls in the middle of a 1-20 scale.

## 8 Ways to Sneak in Exercise

- Take the stairs
- Walk the dog
- Play tag with the kids
- Go window shopping at the mall
- Pick the farthest spot from the door
- Swap chairs for stability balls
- Clean the house or wash the car by hand
- Do calf raises or squats while you wait – in line, for the microwave, for the kids

Of course, these activities should go hand in hand with healthy eating. But don't let better-for-you become intimidating. Like activity, healthy foods are easy to sneak in if you just know where to look.

## 9 Tips for Heart-Healthy Grocery Shopping

- Shop for fresh fruits and vegetables
- Go for canned options with no added sugars, salt or fat
- Keep an eye on citrus – some cholesterol meds interact with grapefruit or pomegranate (ask your doctor)
- Choose "loin" and "round" cuts of pork and red meat – they're lowest in fat
- Pick poultry that's lean and mean – skinless breasts rather than fatty dark meat legs and thighs
- Look for baked goods made with reduced-fat or skim milk, egg whites and monounsaturated or polyunsaturated oils (or make your own)
- Make whole grains and high fiber a priority – look for breads with whole grains first in the ingredient list
- Avoid high saturated fat oils like cocoa butter, coconut oil, palm kernel oil, palm oil
- Opt for reduced fat or fat-free dressings and dips

When it comes to shopping, keeping a few foods on the list can give you a leg up on heart health. Expanding your repertoire and adding a few smart staples can put you on the delicious road to a long, happy, heart-healthy life. 🍀





## Not Sure How to Get Moving? Culbertson's CardioPulmonary Rehab Has the Answer

Recovering from heart and lung disease takes tremendous commitment and perseverance, and Culbertson's patients have a tireless ally in Vicki Reedy and the CardioPulmonary Rehabilitation team. For nearly two decades, they've worked to reduce the risk of death from these diseases and put patients on the path to normal lives.

The CardioPulmonary Rehabilitation Department focuses on total mind and body wellness, empowering patients with the skills and tools to get back to life. Patients leave with benefits including:

- Improved heart and lung functions
- Better blood pressure and diabetes control
- More mobility for arthritis sufferers
- Enhanced endurance
- Easier breathing
- Better sleeping

Specially trained teams personalize each program for the individual patient, and nurses closely monitor progress. Exercise and education go hand in hand at Culbertson's CardioPulmonary Rehab, with patients attending rehab classes several times each week. One-hour sessions include warm-up, stretching, exercise and cool down using advanced computerized equipment including treadmills, rowing machines, arm ergometers, stationary bicycles and free weights. A typical initial program runs eight to 12 weeks, with optional maintenance programs available afterward.

CardioPulmonary Rehabilitation hours are Monday, Wednesday and Friday from 6 a.m. to 2:30 p.m. and Tuesday and Thursday from 6:30 a.m. to 3 p.m. Physician referral is required. Cost is based on each session attended. Medicare generally covers at least 80% of the program, and Medicare supplemental insurance policies will usually pay the balance.

### Partners for Life

Not eligible for physician referral, but still want to put your heart into getting healthy? Culbertson's Partners for Life program is for you! Spouses, significant others or siblings of current CardioPulmonary patients can get fit right alongside their loved ones. You'll need physician authorization before having a staff evaluation and orientation of our equipment and services. As a Partner for Life, you'll be able to exercise during regular hours. Cost is \$32 for the initial evaluation, then \$32 each month thereafter. For more information or to enroll, contact the CardioPulmonary Department at (217) 322-4321, ext. 285. 🏠

# Memorial Donations



**FOUNDATION**  
Caring for today. Preparing for tomorrow.

## **In Memory of Shirley Rittenhouse**

Ms. Annetta Scott

## **In Memory of Maxine Kelly**

Anonymous  
Mrs. Judy Chipman  
Mrs. Linda D. Ward  
McClelland

## **In Memory of Marian Knott**

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Mr. and Mrs. Robert Lantz

## **Gift of Grain Program**

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Ward Farms, Inc

## **2014 Annual Appeal**

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In memory of Phil Allen  
Mr. and Mrs. Myrel Allen  
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In memory of Suzanne Bartlett

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Mr. William Bartlow  
In memory of Margie Bartlow

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Mr. and Mrs. Sam Benninghoff, In memory of all veterans

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Mr. F. Don Boehm  
Mr. and Mrs. Steve Boehm

Mr. and Mrs. Leroy Bollinger, In memory of loved ones

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In memory of M.I.A. John C. Kerska

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In honor of Tim Ward, Liz Wood and Pat Damman

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In memory of Connie Hulvey

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In memory of her family members

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In memory of Gloria Dace

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In memory of her loved ones

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In memory of Virgil and Helen Houston  
Mrs. Mildred Hunter

Mr. and Mrs. E.K. Hutter  
In memory of Karl and Geneva Strong

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In memory of Carroll Johnson

Mr. and Mrs. Garry Johnson  
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In memory of A.W. Bartlett  
Mr. and Mrs. Richard King  
In memory of Robert Tippey

Mr. and Mrs. Philip Koch  
KOHL Wholesale  
Mrs. Rosalee Kotter

In honor of my children:  
 Dennis and Bev Koller,  
 Mike and Karen Stauffer,  
 John and Malea Jessen,  
 Kraig and Pam Kotter  
 and their families  
 Mr. and Mrs. Rick Kunkel  
 Mr. Philip Krupps  
 Mr. and Mrs. Robert Lantz  
 Mr. and Mrs. Larry  
 Lashbrook  
 Laverdiere Construction,  
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 Ms. Carol Mohr  
 In memory of Mr. and  
 Mrs. Tom Cline  
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 In memory of Rosemary  
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 Mr. and Mrs. Dennis Orr  
 Mr. and Mrs. Alan Palo  
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 Doris Bedenbender  
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 In memory of Henry and  
 Lelin Sargent  
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 Mrs. Nancy Schisler  
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 Mr. and Mrs. Phillip  
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 Diseron  
 Mr. and Mrs. Bill Shenaut  
 In memory of Ernest and  
 Bess Daly  
 Mrs. Wandalee Shields  
 In memory of Willard  
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 Stambaugh, In memory of  
 Bruiser Knous and Randy  
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 Mr. and Mrs. Ted  
 Stambaugh, In honor of  
 Edie and Damian Cook

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 In memory of Raymond  
 and Helen Constable  
 Mr. and Mrs. William  
 Tolle  
 Mrs. Dorothy Tracy  
 In memory of Robert  
 Tracy  
 Mr. and Mrs. John  
 Tribbey  
 Mr. and Mrs. Orvall  
 Unger  
 In memory of our  
 fathers and mothers



# Memorial Donations cont.

Mr. Bryce Volk

In memory of Rozella Volk

Mr. and Mrs. Lawrence Volk

In memory of Leland and Wilma McCombs

Mr. and Mrs. Kenneth Walters

Mrs. Sara Ward

In memory of Stanley and Paula Ward

Mr. and Mrs. Tim Ward

Mrs. Jane Wendling

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Mr. and Mrs. Ken Wilson

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In memory of James "Bruiser" Knous

Mr. and Mrs. Brent Wood

Mr. and Mrs. Bill Worthington

Worthington Funeral Home

In memory of Edward, Mary Ann and Joseph

Worthington

Michael Yingling Agency, LLC

Ms. Betty Young

Due to the generosity of an anonymous gift of \$60,000, the Foundation has currently raised \$94,395 toward the purchase of a new communications system for the hospital. We thank you for your continued support of the CMH Foundation!



**Dr. Russell Dohner 11th  
Annual Golf Tournament  
June 5, 2015, 12:00 p.m.  
Scripps Park Golf Course**

To sponsor or register for a team,  
please call (217) 322-5269.

# Elmer Hugh Taylor Clinic Now Offers Vaccines for Uninsured Children

Children who might not be vaccinated due to inability to pay now have access to key vaccinations through the Vaccines for Children (VFC) program available at Culbertson's Elmer Hugh Taylor Clinic in Beardstown. The federally funded VFC program provides all infant and childhood vaccinations to qualifying patients, including uninsured, underinsured and Alaskan natives.

Getting vaccinated on schedule is key to good health and disease prevention, and the VFC program increases the chances for children to stay on the recommended schedule. Immunizations available through VFC protect infants, young children and adolescents against 16 diseases, including Diphtheria, Haemophilus influenzae type b (Hib), Hepatitis A, Hepatitis B, Influenza (flu), Measles, Meningococcal disease, Mumps, Pertussis (whooping cough), Pneumococcal disease, Polio, Rotavirus, Rubella (German measles), Tetanus (lockjaw) and Varicella (chickenpox). The Gardasil vaccine for Human Papillomavirus (HPV) is included in the VFC program and is available for male and female patients 11 and older.

Vaccines are available at no cost to qualifying patients through the VFC program. Children can receive the vaccines during their well-baby, well-child, yearly or physical exams. Vaccines cannot be provided without an office visit with their provider, and regular charges apply.

Elmer Hugh Taylor Clinic is located at 100 West 15th St. in Beardstown. For more information, call (217) 323-2245. 🏥



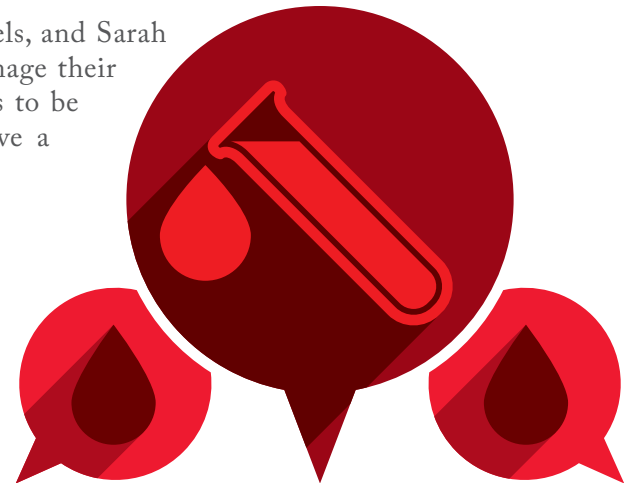
## Anti-Coagulation Clinic Empowers Patients

The body protects itself with blood clots, but sometimes it gets overzealous, and clots cause issues like strokes or pulmonary embolism. That's where the new Anti-Coagulation Clinic at Culbertson Memorial Hospital comes in, adding another layer to protect your health. "It's a delicate balance, because we still want the body to be able to protect itself and stop bleeding when it needs to, but we don't want the blood to clot unnecessarily," says clinic leader Sarah Brockhouse, PharmD.

With special training and certification through the Anti-Coagulation Therapy Management Program, Sarah provides extra support for patients managing their health after conditions such as atrial fibrillation, heart valve replacement, stroke, heart attack and even post-surgery for knee and hip replacements. These patients must manage the anti-coagulation drug warfarin (brand names include Coumadin and Jantoven), with careful monitoring and regular INR (international normalized ratio) blood tests that keep track of how long their blood takes to clot.

Many factors can impact warfarin's effectiveness and patients' INR levels, and Sarah works closely with them to not just educate but empower them to manage their health. "Beyond adjusting dosage as needed, we're talking about things to be careful of: dietary issues, side effects and which medications can have a dramatic effect on INR," she explains.

Consultations are available during regular business hours, often in conjunction with a patient's lab tests. There is no cost for the Anti-Coagulation Clinic, but physician referral is required. For more information on the Anti-Coagulation Clinic, call (217) 322-4321. 🏥



# Memory Support Services Now Available!

A certain amount of forgetfulness and confusion come with age, but if you or a loved one is experiencing pattern changes (forgetting something you do regularly), Culbertson Memorial Hospital is now offering top-notch Memory Support Services. Our Senior Life Solutions program has partnered with McDonough District Hospital, a designated Memory and Aging Network site, to bring the community the services.

Working closely and training with SIU School of Medicine staff, Memory Support Services professionals provide standardized testing and comprehensive analysis to help your physician make an accurate diagnosis. “There are 80 different causes of memory loss that are actual diseases,” says Kelly Shiraki, CHES, program coordinator. “Our testing and education can help determine what your specific issue may be, and then help you and your family deal with the diagnosis.”

Because so many elements – nutrition, sleep, age, environment and more – can factor into memory loss, the team’s assessment also includes detailed questions for friends and family who may notice changes before the patient does. “This gives us a background and helps us get a picture of what’s typical for each person,” says Kelly. “Then we send a detailed report the doctor combines with other tests, to make an accurate diagnosis.”

Education is also a huge part of Memory Support Services. This includes helping family members know what’s needed on a daily basis, helping patients understand their specific condition and ensuring caregivers have the support they need. With memory tied to so many other aspects of life, helping patients find the right help is also a key role for the team. Says Kelly, “If caregivers or individuals need additional resources, we partner with Culbertson’s Senior Life Solutions to provide a total package to meet their needs.”

The staff’s training and experience give them a unique perspective and expertise. They train extensively, including bachelor’s and master’s degrees as health educators, completing continuing education with SIU School of Medicine and getting certified as a CHES (certified health education specialist). And each has personal experience on the patient side too, with loved ones suffering from Alzheimer’s or other memory-related diseases. “We’ve seen both sides – as a family member and a professional – so we can help in several ways,” says Kelly.

Memory Support Services requires a physician’s referral. Appointments are available the second Tuesday of each month. For more information, call (309) 836-1584. 🏥



## Culbertson Memorial Hospital Congratulates Employee of the Year

Culbertson Memorial Hospital is pleased to announce Andy Ebey was selected as the 2014 Employee of the Year. Andy works in the Maintenance Department and has been a staff member at Culbertson for almost seven years. Originally selected as Employee of the First Quarter from nominations submitted by fellow co-workers, Andy’s attitude demonstrates he is here to serve our patients and community. He appreciates his job allows him to do something a little different every day and the ability to work in his hometown.

A lifelong resident of Rushville, Andy lives with his significant other, Kala Peacock, and their daughter, Annika. If you are looking for Andy during the nights or weekends, chances are you will find him on the golf course at Scripps Park or watching a movie with his family. 🏠

