



CULBERTSON CONNECTION



Greater Healthcare Access for Women


Having exceptional care close to home is invaluable – and even more so for today’s busy moms, aunts and grandmas. That’s why Culbertson Memorial Hospital has partnered with other area hospitals to make quality healthcare more accessible to women with OB/GYN clinics in Beardstown and Rushville.

Beardstown

Passavant obstetrics & gynecology physicians currently see patients at Elmer Hugh Taylor Clinic in Beardstown every Monday, Tuesday and Thursday. Alexander Hrynewych, MD; Peter Trace, MD; and Neelam Verma, MD; offer solutions for women in every stage of life, including pregnancy, birth, menopause, mammograms and more. With the most advanced screening technologies and a wider array of medical specialists, they provide routine, preventive and specialty care. Prenatal care, exams and ultrasounds are also provided at Beardstown, while patients deliver their babies at Passavant Area Hospital. To schedule an appointment, call 217-243-8455.

Rushville

Board certified Obstetrician Tamara Smith, D.O., F.A.C.O.O.G., a member of the McDonough Medical Group, provides outpatient services in Rushville at Culbertson Memorial Hospital. Dr. Smith offers comprehensive obstetrical/prenatal care for routine and high-risk pregnancies including standard tests and ultrasounds throughout pregnancy. Patients then deliver their babies at McDonough District Hospital. Dr. Smith also offers an array of general, preventive and specialized gynecological care, such as minimally invasive surgery, outpatient hysterectomies, the latest laparoscopic/hysteroscopic techniques, family planning services, annual exams and more. Dr. Smith sees patients at Culbertson on the first and third Tuesday of each month. To schedule an appointment with Dr. Smith in Rushville, call 309-836-6937.

In addition to these services, don’t forget you can see any of our nine family practice providers for your women’s healthcare needs. 



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

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Quality Care for the Whole Family Just Got Easier

You're always on the move. Going to work, taking kids to and from their activities, running to the grocery store... the list goes on, and your calendar (and odometer) is set to full speed ahead. Wouldn't it be nice to know you didn't have to run all over the area for quality healthcare? Take a break from the busyness and know you can receive great medical care for your entire family at the same facility. With Culbertson Memorial Hospital and our family practice clinics, you can!

Three New Providers Join Your Healthcare Team

We understand access to timely care close to home is important. That's why Culbertson Memorial Hospital continues to grow our healthcare services. We offer family practice care at our clinics in Astoria, Beardstown and Rushville. Plus we've added three new nurse practitioners to our team – making quick trips for sore throats, bumps, scrapes and yearly physicals even easier. Our new nurse practitioners are seeing patients of all ages at Elmer Hugh Taylor Clinic in Beardstown.

- Courtney Elliot, CPNP-PC
- Danielle Pray, FNP-C
- April Summers, FNP-C

One Health Team from Childhood to Adulthood

The great part about going to a family practice clinic is our doctors and providers get to see you grow from a child, into adulthood, through maternity and on into parenthood. We are familiar with your health history, as well as your family's. We've been with you through all the injuries and illnesses, and are more alert to any changes that may take place in your health. We get to know you, and you can count on us for:

Well baby and child checks
X-rays Injuries Immunizations
Sutures Physical exams Lab testing
Flu and colds Lesion removals
Sports & school physicals
And more



Vaccines for Children Program

Vaccines are not only beneficial to your child's health... they must have them before they go off to school. In fact, Culbertson Memorial Hospital and our family practice clinics stand behind vaccines so much we offer the Vaccines for Children (VFC) program at Elmer Hugh Taylor Clinic in Beardstown. This program makes it possible for kids without the ability to pay to get key immunizations they need for a healthy childhood. Babies, kids and adolescents will gain protection 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)
- Varicella (chickenpox)
- Human Papillomavirus (HPV)

These vaccines are available at no cost to qualifying patients. Kids can receive the vaccines during their well-baby, well-child, yearly or physical exams. **+**



Make an appointment today.

Elmer Hugh Taylor Clinic

101 West 15th St., Beardstown
217-323-2245
M-Th: 7 A.M. – 7 P.M.,
Friday 8 A.M. to 5 P.M.

S.K. Kanthilal, M.D. - Patients 6 and up
Marguerite Taillefer, M.D. - Patients from newborn and up

Joe Friday, PA-C - Patients two and up
Danielle Pray, FNP - Patients newborn and up

Courtney Elliot, CPNP-PC - Patients from newborn to 21

April Summers, FNP - Patients newborn and up

Rushville Family Practice

233 South Congress St., Rushville
217-322-3345
M-F: 8 A.M. – 5 P.M.

Daniel DiIorio, M.D. - Patients from newborn and up

Brittney Taylor, FNP-C - Patients from newborn and up

Community Medical Clinic

135 West Broadway, Astoria
309-329-2926
M-F: 8 A.M. – 5 P.M.

Cindy Chaffin, APN-C - Patients from newborn and up

A New Shoulder to Lean On

Everyone needs a friendly shoulder to lean on at times. That's why the Elmer Hugh Taylor Clinic now offers Therapy and Counseling Services every Friday with Cathy Rigg, LCSW (licensed clinical social worker). We work with individuals, families and children to provide guidance and support as they set new goals on their journey to happiness.

We help those dealing with depression and anxiety as well as those who are having a difficult time coping with life's many changes:

- Relationship challenges
- Depression
- Anxiety
- Stress
- Chronic pain management
- Marital counseling
- Divorce recovery
- ADHD evaluations
- And more

Cathy sees patients every Friday from 9 a.m. to 4 p.m. All commercial insurances and public aid are accepted. To schedule an appointment, call 217-323-2245. 🏥

Colorectal Surgery and Treatment with Better Results & Better Recoveries



While surgery of any kind can be scary, board certified surgeon Dr. Harsha Polavarupa strives to address every patient's unique concerns and conditions. Understanding how overwhelming these medical conditions can be, Dr. Harsha specializes in minimally invasive surgery for colon and rectal cancer and other diseases.

Dr. Harsha's philosophy is to provide the most advanced technology while providing full support of patients' medical and personal needs along the way. In addition to colorectal surgery, he also provides colonoscopies and advanced treatments for inflammatory bowel disease, diverticulitis, hemorrhoids and fecal incontinence.

Dr. Harsha sees patients at Culbertson Memorial Hospital the second and fourth Thursday of the month. To schedule an appointment with Dr. Harsha, please call the Registration Department at 217-322-5271. 🏥

FACT: 7 out of 10 people with colon cancer have no symptoms. Ask Dr. Harsha how you can be screened!



Protecting Yourself Against the Silent Killer

While many medical conditions show warning symptoms before impacting your health significantly, high blood pressure has earned the nickname “the silent killer” for its unfortunate tendency to reveal no symptoms, resulting in deadly consequences. That can mean heart attack, stroke, heart failure, kidney failure and even death. More and more people are diagnosed with high blood pressure (also called hypertension) – 80 million adults in the U.S. – and Culbertson Memorial Hospital physicians say the numbers in our local area are also on the rise. So how do you protect yourself and your loved ones?

First, understand what numbers represent high blood pressure:

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120-139	or	80-89
High Blood Pressure (Hypertension) Stage 1	140-159	or	90-99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertension Crisis (Emergency care needed)	Higher than 180	or	Higher than 100

Starting at age 20, have your blood pressure checked every two years. Culbertson Memorial Hospital offers periodic screenings – you can find dates on our website (www.cmhospital.com) – or see your physician.

Next, know your risk. High-risk groups include African-Americans, women age 65 and older, obese and overweight persons and smokers. If you have a family history of high blood pressure, you’re more likely to develop it. Other impacting factors include age, lack of physical activity, poor and high-salt diets, excessive alcohol consumption, stress and sleep apnea.

How can you prevent high blood pressure?

1. Stay active – at least 30 minutes a day.
2. Maintain a healthy weight.
3. Eat a balanced, heart-healthy diet rich in fruits, vegetables, whole-grain foods and protein.
4. Manage stress.
5. Avoid tobacco.
6. Consume alcohol in moderation.
7. Follow prescription medication instructions.

Living well and healthy helps to avoid hypertension – wellness starts with you! 

The “Magic” Behind Imaging

Ever wondered how an X-ray, CT scan, MRI or other imaging tests give you the detailed, accurate results that come from our Radiology Department? We asked our Imaging Manager Christy Sims to give us a behind-the-scenes look at the imaging process to help patients understand not only what to expect when they come in for a test, but also what happens after that.

“Radiology technicians will perform the tests. These are highly skilled professionals with at least two years of training,” says Sims. “Some Culbertson technologists also maintain additional certifications, with specialization in CT scans, mammography and vascular ultrasound.”

Outpatient

If you’re having an exam – such as an X-ray, CT scan or ultrasound – your doctor will schedule an appointment for you. Your exam will be sent digitally for interpretation by Clinical Radiologists in Springfield, one of the country’s leading radiology groups with more than 70 radiologists covering all subspecialties. “That helps ensure maximum accuracy, and you can be confident your exam is read by specialists who focus on that type of physiology every day, from Pediatrics to Neuroradiology to Mammography,” says Sims. Typically, your exam’s interpretation is complete and your doctor has a report and results within 12 hours.

ER

If you come into the emergency room, your exam also goes to Clinical Radiologists for interpretation, but with a STAT tag. Radiologists will read and return a report within 30 minutes. STAT Stroke patients – patients showing symptoms of a stroke – receive even more priority, with results back in less than 15 minutes.

Inpatient

If you’re a patient at Culbertson, your doctor will order the exam. Your results will typically be in your doctor’s hands within two hours, depending on your condition and the type of test your doctor ordered.

Mammography

Patients who arrive for a diagnostic (symptomatic) mammogram and/or breast ultrasound can be assured they will be given their results before leaving the Imaging Department that day. The Mammography Technologist is in direct contact with the Radiologist in Springfield during your exam. The Radiologist who is viewing and interpreting your breast images has had extensive training in breast imaging. “We feel so fortunate to have this capability for our patients. As you know, it can be very scary and stressful for women experiencing symptoms to come in for breast imaging,” says Sims.

The Imaging Department also performs screening mammograms which are often read and reported to your doctor within 24 hours. Patients receive a letter of their results from the Imaging Department. If you would like to schedule a mammogram, please call 217-322-4321, ext 5279. A physician’s order is required.

Whatever imaging test you need, Culbertson Memorial Hospital and our partners at Clinical Radiologists are available 24 hours a day, 7 days a week. We’re focused on providing the highest level of care and comfort for you. If you have any questions before your test, our Imaging Department encourages you to ask by calling 217-322-4321, ext. 5279. 🏥



Lacey (Haines) Crumrine, RTR, RVT, RDMS, has passed her boards and is performing sonography at Culbertson Memorial Hospital.

A Firsthand View of a Diagnostic Mammogram

At a recent yearly-check up with her OB/GYN, Stephanie Carithers, OTR/L, LPTA, found she had some suspicious lumps in her breast. Her nurse practitioner ordered a diagnostic mammogram. Being an employee at Culbertson Memorial Hospital, Carithers wanted to see about getting the mammogram done locally and was wonderfully impressed with the results and services offered.



Stephanie Carithers and her family

How quickly were you able to schedule your mammogram?

I called and spoke with someone in Imaging at 4:30 on Thursday afternoon, and the office staff called me back around 5 that same day. I was scheduled for my test the very next Tuesday, first thing in the morning. I was so happy I could get in quickly, and lucky me – I have an amazing boss who is very understanding and made sure I could arrange my work schedule in order to get this done ASAP!

What happened at your appointment?

Heidi Thomas completed my mammogram and explained the whole process to me, answering all my questions. I was a little nervous going in – just from hearing stories from others about how painful and rough a mammogram can be, but Heidi did such a great job! She was very gentle and did well to prepare me for the experience. I was amazed that, because of the technology and services we have here at the hospital, I was able to have my mammogram read by a Radiologist, remotely, as I was waiting! The Radiologist suggested a few additional views after the initial images were read, so Heidi explained this to me, then took the additional images needed. Again, the Radiologist was able to read these images right away and recommended I have an ultrasound to further investigate suspicious areas.

Did you have to make a second appointment?

No, Imaging Director Christy Sims took me to the ultrasound room right away to complete the test. She also did a great job of explaining everything to me. Once more, these ultrasound images were sent to the professional for reading, and I knew the results right away! In just a little over one hour, I had everything completed, I knew all of my results and I was back on my way to the rest of my work day.

How did the care you received differ from what you expected?

What I was expecting to be a long drawn-out process was all completed within one visit. I am sure I would not have been able to get all of this done and get my results so quickly at a bigger facility – or at least, it would have taken me all day. I really was expecting I would have the mammogram and get results in a week or so. The extra images and testing I needed could have also extended this entire process out for weeks. Having my test completed here saved me so much time – including time off work. More importantly, it saved me so much stress and worry. I am so happy to have had this personal experience as a patient. I highly recommend this service to anyone who may need it! Thank you all so much for making a stressful and emotional problem so much better! 🍀

Golf Outing Raises \$41,000

Thanks to the generosity of our community, sponsors and golfers, the CMH Foundation has surpassed its goal and raised \$41,000 toward renovating the X-ray room in the Imaging Department. Almost 20 years old, the current X-ray room will soon have new technology. While the actual X-ray process won't change for the patient, digital radiography will allow Radiologic Technologists to see images more quickly, with post-processing, such as lightening, darkening and compensating for errors in exposure... cutting down repeats and radiation doses for patients.



The new system will produce better image quality and the best possible interpretation by Radiologists. The new equipment will accommodate up to 650 pounds, compared to the current 350 pounds maximum. This new system is anticipated by September. With a cost of more than \$180,000, additional funds are still needed. To contribute, contact CMH Foundation Director Tim Ward at 217-248-7511. 🍀

How Farmers Can Sow Grains of Growth

You feed the world, but your biggest growth could be right here at home. With the CMH Foundation Give a Gift of Grain Program, you can donate grain directly to make an immediate impact in your own community. You'll reap the tax rewards and help your friends, family and neighbors by fostering the growth of your community hospital.

Central Illinois harvests many benefits from the Gift of Grain Program, which enables Culbertson Memorial Hospital to upgrade facilities and technology, attract top providers and serve more patients. Plan now to donate a portion of your fall 2015 harvest in 2015 or early 2016 – your biggest tax benefits will come when you donate crops produced in a previous tax year.

Every grain counts, and whether you own or cash rent your land, you can make a difference. As a cash farmer, you avoid including the sale of a cash crop in income, so you save on self-employment tax and federal income tax. And, you can still deduct the cost of growing the donated crop, as long as you donate the crop in a different year than it's grown.

Sowing the seeds of growth is easy:

1. Deliver the grain to your local elevator.
2. Request a warehouse receipt showing CMH Foundation as the owner.
3. Contact CMH Foundation and advise where the grain is stored.
4. CMH Foundation will order the sale with the original invoice.

Please consult your own tax advisor for the best tax options for your farm operation.
To find out more, call 217-248-7511 or 217-322-4321. 🌾

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Giving the Gift of Life (Insurance)

We hear a lot about giving back and dedicating part of our lives to others. But did you know you can set up a gift that keeps giving, even when you can't? By giving an irrevocable gift of an existing life insurance program, you ensure your community continues to receive the best quality care possible through Culbertson Memorial Hospital. That's the path Harold and Martha Davis took when they generously decided to make the CMH Foundation the beneficiary of Harold's life insurance policy. When Harold passed away this past spring, his estate made a gift of over \$21,000.

The couple raised three daughters in Rushville and were very active in church, school and many other community organizations. Culbertson Memorial Hospital was always important to them, so they decided to gift a policy to Culbertson in the early 80s. The Davis family is very proud to see their father's dedication and commitment to his community carry forward.


How does giving the gift of life insurance work?

Simply transfer ownership of a paid-in-full life insurance policy to the CMH Foundation. Contact your life insurance company and request a Change of Beneficiary/Ownership Form, then designate CMH Foundation as the new owner and beneficiary of your policy. The Foundation will have the option to choose whether to cash the policy in now or hold the policy.

Why consider this type of gift?

This process lets you use an asset you and your family no longer need. You can receive an income tax deduction equal to the cash surrender value of the policy. And you may be able to use the cash value of your policy to fund a gift that delivers income, such as a deferred gift annuity. For Harold, he valued the work being done at Culbertson Memorial Hospital and wanted to help continue that work as part of his legacy. Now the Davis family can continue to see Harold's gift as it impacts the community in a big way.

How do I set up my gift?

You can set up your gift in several ways, depending on your tax situation. You may choose to donate your policy while you're still alive. If so, you'll receive an immediate tax deduction for the current value of the policy. If you make the CMH Foundation the policy owner and still want to get the deduction, you make donations to the Foundation so we have funds to pay the insurance premiums. If you retain ownership of the policy, benefits payable at death can save you federal and state estate taxes depending on the size of your estate and where you live. However it's structured, your gift lives on – in a thriving hospital that lives to serve your community. For more information, contact Foundation Director Tim Ward at 217-248-7511 or tward@sdcmh.org. 



Culbertson Memorial Hospital recently received a generous life insurance gift from the Harold and Martha Davis Estate.