

CULBERTSON CONNECTION

Your Health. Your Hospital.



Always Striving for Better

Welcome Alexis Murk, DNP-FNP

We will always strive to perfect the patient experience. And with such an ambitious goal, we aim to provide high-quality, compassionate, and patient-centric care every day.

Our expert providers recognize the importance of teamwork to provide the expert care you've grown to love. So, it makes sense to constantly adapt to changing healthcare standards to match patient and provider expectations. Welcoming Nurse Practitioner Alexis Murk to the Culbertson family will help us accomplish those goals!

(Continued on page 2) >>>>

»»»» (continued from cover)

Why Nursing?

Becoming a nurse was no small feat. Alexis explains, "I always knew I wanted to be in the medical field and nursing just seemed like the best fit for me. It combines medicine with hands on patient care."

Alexis knew pursuing her dreams was worth the temporary discomfort of nursing school. Receiving her BSN from the University of Missouri - Columbia, Alexis grew to love her career path and how it led to some incredible opportunities. "With my experience in both primary care and emergency medicine, I've been able to see both sides of patient care—the preventative and acute settings side. So, it's great to be able to see how they worked together and use those skills for my new patients at Culbertson!"

"I always knew I wanted to be in the medical field and nursing just seemed like the best fit for me."

—Alexis Murk

Choosing Your Provider

As a nurse practitioner, Alexis describes her role as "a great middle ground." Since both medical doctors and nurse practitioners share the primary role in their patient's care, it's an effective partnership to maximize patient satisfaction. "I get to have a primary role in my patient's medical treatment, but it's also great working alongside the doctors to have that constant resource."

Choosing a provider is an important decision. Alexis recommends, "Find the right provider for you! Everyone practices medicine a little differently and it should be in a way you are comfortable with and fits you and your family's needs."

Behind the Scenes

A day in the life of a nurse practitioner means constantly building a stronger relationship with her patients as she helps them through their healthcare journey. Alexis explains, "I primarily spend my day listening and checking in with my patients."

I may also review lab work, x-rays, and procedures ordered for the patient, and even help determine the next steps in their healthcare plan."

Like all Culbertson providers, Alexis believes in holistic patient care. "As a rural health area, Culbertson is a great resource for patients and gives access to high-quality care. The outpatient clinics even make it possible for patients to see specialists without needing to travel long distances!"

You Come First!

Alexis believes patient access to quality healthcare allows continuity of care which ensures no major (or minor) healthcare changes occur without proper treatment.

Culbertson's diverse lineup of specialists and variety of convenient locations provide critical access alongside a friendly, welcoming atmosphere. 🏥

Sherry Wells, LPN
Alexis Murk, DNP-FNP
Mariah Callihan,
Patient Access



Get UP and Get Active



Finding it difficult to get your kids up and moving? Well you're not alone. Parents everywhere are struggling to balance their child's love for technology with a healthy, active lifestyle. It may seem harder to fit in more active playtime as the summer sun turns to classroom fluorescents. So, try any of these helpful tips to keep the energy high and excitement flowing throughout the school year!

1. Enroll your child into an organized activity. There's a variety of ways to stay active—even from the comfort of your backyard or local park! Organize a day of hopscotch, jump rope, dodge ball, golf, or your family's personal favorite!

2. The fun doesn't stop when the sun isn't out! Bad weather doesn't mean additional sedentary time. Plan trips to the local bowling alley, indoor rock-climbing wall, trampoline park, or roller-skating rink. There's many fun, weather-independent activities all around!

3. Join a competitive sport! There's no better time to let your kids explore new interests than in seasonal athletics. Jump into a youth soccer league or participate in competitive cheer or dance. Plus, as your kids grow, the sport can grow with them to keep their interest and activity levels appropriate for their changing bodies.



4. Get active as a family. Lead by example! Active play isn't just for kids. In fact, if you are willing to actively engage with your kids, you'll not only keep them moving, but you'll positively associate active playtime with family bonding. Plus, who doesn't want to feel like a kid again?

5. Chore time! Not only do chores help teach kids responsibility and life skills, but it can also get them moving to burn calories! Age-appropriate chores from cleaning up their toys, making the bed, sweeping the kitchen, organizing their rooms, clearing snow, or washing the car will show them the value of earning their keep & staying physically engaged.

Your friends at Culbertson Memorial Hospital understand even the best parents need support. Want some more helpful tips to keeping your child active and healthy? Contact us for more information. 🏥

KEEPING CANCER CARE CLOSE TO HOME

It's no secret receiving a cancer diagnosis can be difficult on the patient and their loved ones. Beyond state-of-the-art medical treatments, you need additional support from a wide range of specialists. Culbertson Memorial provides oncology services close to home with the same dedication, compassion, and experience as larger regional oncology centers.

Liz Wood, Patient Access Clerk, working with patients at Rushville Family Practice was initially diagnosed with pancreatic cancer. Unfortunately, it had also spread to her liver, "I had a scan in July and it showed a tumor on the outside of my liver had grown 60% in the last 3 months."

Looking for the best treatment center, Liz landed far from home, "I was receiving treatments from Siteman Cancer Center in St. Louis that is nearly 3 hours away." Eventually, the additional stress of constant travel and a desire to return home led Liz to transfer treatment to Culbertson Memorial Hospital.

And it's a relief to be back! Liz can now return to her normal routine while receiving advanced treatment from providers that care for her, "The staff treated me like their own family. Plus, I don't have to worry about a long commute!"

Working together, Dr. Karthik Kuduru of Quincy Medical Group Oncology contacted the providers at Siteman to keep Liz on the same track towards healing and recovery. Now, Liz is on the pathway

to success in the comfort of her hometown, "The oncology staff is awesome! In the morning, they call to remind me to take my pain pills to take the edge off before my treatment. It's the little things that make a big difference."

Liz trusts her Culbertson providers and wants others to appreciate the high-quality, convenient care, "I think Rushville and the

surrounding counties are very fortunate to have oncology services so close to home. I think the doctors and staff are excellent in their field and truly care for their patients' well-being."

You can expect nothing but the best care at Culbertson Memorial. Through advanced tests, accurate diagnoses, and additional support services, the oncology team works with you for the best possible outcome for your cancer diagnosis. +

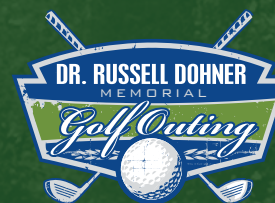
"The staff treated me like their own family. Plus, I don't have to worry about a long commute!"

— Liz Wood



Liz Wood

Front Row: Launi Klitz, CNA and Bertie Taylor, RN
Amy Moon, RN, Debbie Fuqua, RN and Jane Veith, RN



GOLF OUTING RAISES OVER \$41,000!

The 15th Annual Dr. Russell Dohner Memorial Golf Outing was held on June 7, 2019 at Scripps Park Golf Course. We had 34 teams who participated, 194 individual donors and sponsors, and over 30 volunteers who helped us raise \$41,430!



INTRODUCING THE 340B PROGRAM



Dr. Sarah Brockhouse
PharmD

A part of striving for the better means reevaluating current programs for their ability to make our patients' healthcare experiences more efficient, cost-saving, and enjoyable. We also look for ways to introduce new programs that will add to the expected patient experience of reliable, compassionate care.

What is the 340B Program?

Dr. Sarah Brockhouse, PharmD for Culbertson Memorial Hospital explains, "by participating in 340B, funds are generated for the hospital to maintain and potentially expand patient services. If a patient doesn't have prescription insurance or a medication is not covered, 340B could potentially help lower the out of pocket cost for that medication."

Who qualifies for 340B?

The qualification extends to any current or future patients of Culbertson Memorial Hospital or its affiliated clinics. The patient also needs to use any of the contracted pharmacies, which currently include the Rushville, Beardstown, Mt. Sterling, and Virginia locations of Moreland & Devitt Pharmacy.

How will this program benefit Culbertson patients?

Sarah explains, "Participating in the 340B program will allow Culbertson providers to continue to provide comprehensive healthcare services to our community and potentially expand services in the future."

For any questions or more information, please contact Dr. Brockhouse at 217-322-4321. +



Memorial Donations

2019 Annual Appeal

Mr. and Mrs. Jim Blackburn
In memory of Steve and Mark Blackburn
Ms. Jessica Hendricks
Mr. and Mrs. Tom Munson
In memory of Rosalee Kotter
Ellen Browning Scripps Foundation
Mr. and Mrs. Ted Stambaugh
In memory of Beverly Berry
Mr. Daniel Wagner

In Memory of Jeff Downs

Mr. and Mrs. Jeffrey Ahlers
Mrs. Shirley Bartlow
Mr. and Mrs. Mike Bartlow
Mr. and Mrs. Barry Beck
Mr. and Mrs. Dennis Billingsley
Mr. and Mrs. Chris Billingsley
Mr. and Mrs. Rick Boyd
Mr. and Mrs. Homer Briney
Mr. and Mrs. Matt Briney
Mr. Robert Burnett
Mr. and Mrs. Terry Cockerill
Mr. and Mrs. Wayne Crum
Mr. and Mrs. Tom Davis
Davis Electric, Plumbing, Heating & Cooling, Inc.
Ms. Shannon Deschamps
Ms. Stephanie Downs
Mrs. Lynn Durso
Mr. and Mrs. Mike Dyche Jr.
Mr. and Mrs. Mike Dyche Sr.
Mr. and Mrs. Jeff Ervin
Mr. and Mrs. Chet Esther
Mr. and Mrs. Don Fagan
Mr. and Mrs. Terry Frye
Mr. and Mrs. Donald Gragg
Mr. and Mrs. Ron Herr
Mr. and Mrs. Dave Hester
Ms. Debbie Hester
Mr. and Mrs. John Jessen
Mr. and Mrs. Bob Jones
Mr. and Mrs. Ken Keithley
Mr. and Mrs. Phil Koch
Mr. and Mrs. Rick Kunkel
Ms. Sandra Logsdon
Mr. Terry Millslagle
Mr. and Mrs. Mike Moore
Mr. and Mrs. Ronnie Murk
Mr. and Mrs. Ed Page
Ms. Nancy Peak

Mrs. Phyllis Peak
Mr. Gene Ralston
Mr. and Mrs. Stan Rebman
Mr. Richard Reese
Ms. Mary Alice Rexroat
Mr. and Mrs. Gerald Ruth
Mr. and Mrs. William Schramm
Mrs. Brenda Shelts
Mr. and Mrs. Michael Smith
Mr. and Mrs. John Stambaugh
Mr. and Mrs. Mark Thompson
Mr. and Mrs. Jon Thurman
Ms. Nancy Toland
Mr. and Mrs. Robert Tolles
Mr. and Mrs. Deano Trone
Mr. Ken Walters
Mr. and Mrs. Mike Winston
Ms. Sandra Wright

In Memory of Dorcas Herche

Mrs. Betty Langner

In Memory of Madelyn Kettering

Mr. and Mrs. Dan Adams
Mr. and Mrs. Daniel Amborn
Mr. Ted Baer and Mrs. Mariolyn Wheeler
Mr. Ross Baker and Ms. Carla Bahr
Mr. and Mrs. DeWayne Bond
Mr. and Mrs. Todd Boyd
Mr. and Mrs. Matt Briney
Mr. and Mrs. Phil Brown
Mr. and Mrs. Charles Burton
Mr. Dick Chockley
Mr. and Mrs. Robert Collison
Mr. and Mrs. Mitch Downs
Mrs. Kay Fitzjarrald
Mrs. Carol Fuller
Mr. and Mrs. Tom Henninger
Mr. and Mrs. Tom Howard
Miss Lindsey McClelland
Mr. and Mrs. Ronald McClelland
Mr. and Mrs. Marvin Phillip
Mr. and Mrs. Harold Sargent
Mr. and Mrs. Lyle Sargent
Mrs. Maxine Sargent
Mrs. Nancy Schisler
Mr. and Mrs. Barry Settles
Mrs. Kay Simpson
Mr. and Mrs. Phillip Slaton
Mrs. Dianne Snyder
Mr. and Mrs. Kelly Stambaugh
Mr. and Mrs. Harold Ward
Mr. and Mrs. Jerry Ward

In Memory of Rosalee Kotter

Mr. and Mrs. Dan Adams
Mrs. Marian Anderson
Ms. Patricia Anderson
Ms. Karen Bockwitz
Mr. and Mrs. Richard Crum
Mr. and Mrs. Wayne Crum
Mrs. Pat Damman
Ms. Jean Dilworth
Mr. and Mrs. Jeff Ervin
Mr. and Mrs. Lawrence Hayes
Mrs. Norma Heitz
Mrs. Betty Langner
Mrs. Nancy Lashbrook
Mr. and Mrs. Mike Leahy
Ms. Joan Long
Mr. and Mrs. Leroy McClelland
Mr. Terry Millslagle
Mr. and Mrs. Harold Sargent
Mrs. Nancy Schisler
Mrs. Dianne Snyder and family
Mrs. Betty Sargent
Mr. and Mrs. Mike Wise
Mr. Brent and Mrs. Liz Wood

In Memory of Mary Lou Long

Mr. and Mrs. Derrick Anderson
Mr. and Mrs. Jerry Bartlett
Mr. and Mrs. Mike Bartlow
Mrs. Shirley Bartlow
Mr. and Mrs. Chris Billingsley
Ms. Karen Bockwitz
Mr. and Mrs. DeWayne Bond
Mr. and Mrs. Todd Boyd
Mr. and Mrs. Matt Briney
Mr. and Mrs. Harold Butler
Honorable and Mrs. Scott Butler
Ms. Pat Clayton
Ms. Nancy Dean
Mr. and Mrs. Steve Eyler
Mr. and Mrs. Don Fagan
Ms. Donna Farr
Mr. and Mrs. Corey Garrett
Mr. and Mrs. Ronald Greer
Ms. Teena Griffin
Mrs. Norma Herbster
Ms. Mary Carol Hughes
Mr. and Mrs. Mitchell Hynek
Mr. and Mrs. Charles Kirkham
Mrs. Amy Knox
Honorable Alesia McMillen
Mr. Bob Phillips
Mrs. Sally Poltawsky

Mr. and Mrs. Steve Quillen
Mrs. Judy Quillen
Mr. and Mrs. Bill Redshaw
Mrs. Betty Roberts
Mr. and Mrs. Gregg Roegge
Ms. Keatra Smith
Mrs. Norma Smith
Mrs. Nancy Toland
Mr. and Mrs. Bill Worthington

In Memory of Florence Ritchey

Mr. James Ritchey

In Memory of Marjorie Tyson

Mr. and Mrs. Ross Bartlett
Mr. and Mrs. Charles Cunningham
Mrs. E. Kay Fitzjarrald
Mrs. Norma Heitz
Mr. and Mrs. Ron Herr
Mr. and Mrs. Kent Paisley
Mrs. Nancy Schisler
Mr. and Mrs. Chad Skiles
Mrs. Nancy Toland
Mrs. Jane Wendling
Mr. and Mrs. Tim Wright

2019 Dr. Russell Dohner Memorial Golf Outing

Signature Sponsor

Precise Specialties
Ultra Group

Dinner Sponsor

AIMS of Rushville

Hospitality Sponsor

Intalere, Inc.
Dr. and Mrs. S. K. Kanthilal
Moreland and Devitt Pharmacy
Morton Buildings
Dr. and Mrs. William Payne
PrairieLand FS, Inc.
Rushville State Bank
Vermont State Bank

Putting Green Sponsor

Country Financial - Steve Butler

Lunch Sponsor

Altius Healthcare Consulting Group

Eagle Sponsors

Beardstown Savings
Mr. and Mrs. Matt Briney
Howard and Howard Attorneys at Law
Kerr Homecenter
Murray Company
City of Rushville
Rushville Times
Mrs. Norma Smith
Snyder Family
West Central Bank

Birdie Sponsors

Collection Professionals
First Bankers Trust
WIU Foundation

Team Sponsors

Area Disposal
Digital Copy Systems
ENTEC
Farmers State Bank
First Bankers Trust
Hart, LLC
Marine Bank
Napa
OSF Healthcare
RSM
Rushville Times
Skylar Advanced Nutraceuticals
Woodrum Automotive

Hole Sponsors

A.C. McCartney Equipment
Adams Electrical Cooperative
Adkisson Consultants
Better Banks - Astoria
Bickford Assisted Living
Mr. F. Don Boehm
Dr. and Mrs. John Bozdech
Briney Brothers
Brown County State Bank
Charles Burton - Attorney at Law
Casey's General Store
Cass Communications
Citizens for Hammond
City of Beardstown
Clinical Radiology
Concord Cabinets
Corbin Real Estate, LLC
Country Financial - Ciara Icenogle
CPSI
Crane Creek Restoration

Mr. and Mrs. Wayne Crum
Culbertson Department Managers
Denman Services
Edward Jones, Cody Duffy
Elks Lodge 1007
ENTEC
Ramon Escapa, Schuyler County States Attorney
Esther Farms
Eyler Auto Center, Inc.
First National Bank of Beardstown
Mike and Tammy Gadberry
GM Sipes Construction
Hazel's Guest House
Mr. and Mrs. Dave Hester
Hickory Kerton Water
Jennings Beardstown
Bob Jones - Corbin Real Estate
KONE Elevator
Lipsticked Pig
Marine Bank
McDaniels Healthcare Marketing
McGlavery, LLP
Molyneaux
MNA Food Mart
Mt. Sterling Dental Center
Myers and Myers CPA
Peters Springdale Farms
Phillips Automotive
Pinecone Primitives
Pizza Unlimited
Reynolds Insurance
Rick and Rich's Tap
Roberts Seal Coating
Rushville Lions Club
Rushville Nursing & Rehabilitation Center
Dr. Jennifer Schroeder
Schuyler-Brown Land Title, Heidi Vincent
Schuyler Track and Field Association
Mr. and Mrs. Kelly Stambaugh
STL Communications
Mr. and Mrs. Gene Strode
Sullivan Auctioneers
Mr. and Mrs. John Sullivan
Toad Stool Pub
Mrs. Lydia Tolle
In memory of Bill Tolle
Senator Jil Tracy
John Tribbey, CPA
Trone Construction
Mr. Kenny Walters
Western Grain Marketing
Worthington Funeral Home

Memorial Donations (cont.)

Hole Contest Sponsors

Astoria Lions Club
Baker's Jewelry
Battery Specialists
Miss Carly Bigham
Dr. and Mrs. John Bozdech
Honorable and Mrs. Scott Butler
Concordance
DeMoss Ag, Inc.
DK Boutique
Kassing Lumber Company

Hole Contest Prize Sponsors

Los Charros
Molyneaux Insurance
Mr. and Mrs. Bill Redshaw
Rocket Cafe
State Farm, Carolyn Wright
Susan's Ultimate Salon
Mr. and Mrs. Bide Thomas
Mr. and Mrs. Bill Worthington
Vision Infrastructure Construction Corp.
Wenger Ag Solutions

Cart Sponsors

Adkisson Consultants
Mr. and Mrs. Rick Ashcraft
Bair Insurance Agency
Mr. and Mrs. Barry Beck
Boehm's Garden Center
Mr. and Mrs. Dave Morgan
Mr. Dean Ross
Mr. and Mrs. Chris Trone

In-Kind Sponsors

Corner Ice
Helena Chemical
County Market
M & M Vending
DOT Foods
Pepsi
Griffin Signs
Subway
Dean Heitz - KOHL's
Toland Inc.

Door Prize Sponsors

AmeriGas
American Solutions for Business
Mr. and Mrs. Todd Boyd
Concordance
Congress Street Crockoholics
Dairy Queen
Mr. and Mrs. Michael Hardy
Mr. and Mrs. Corey Garrett
Houser Meats
ILMO
Liberty Street Hairstylists
LulaRoe Andrea Ingles
R & R Golf
Lemonade - Abby Pherigo
Mr. and Mrs. Dave Schneider
Scripps Park Golf Course
State Farm, Carolyn Wright
Wilb's Car Beauty
Vic's Corner



"PAMPERED PINK"

WEDNESDAY
OCTOBER 23RD
5-8 PM

OLD HOMESTEAD BARN
21850 Beardstown Road,
Rushville

5 pm — Doors open
5-6:30 pm — Spa services,
vendor boutique &
healthcare exhibits
6:30-8 pm — Light dinner
& speakers



EAT, SHOP,
LEARN AND GET
HEALTHY!

FEED YOUR MIND

Alexis Murk, DNP-FNP
will be speaking on
Women's Health Guidelines.

Lynn Henderson,
Registered Dietician will be
speaking on Women's Unique
Nutritional Needs.

RESTORE YOUR SOUL

- Instant manicures
- Relaxing massages
- Shopping, door prizes,
chocolate & FUN
- Wine tasting