Health Styles

Sarah Bush Lincoln



From the Sidelines to the Starting Line

Newton student Owen Schackmann overcame a season-ending football injury with help of SBL Orthopedics.

Driven by Expert Care
Edward Rath found the advanced heart care he needed with SBL Electrophysiologist Abraham Kocheril, MD.

Symptoms, Treatment and Screening for Osteoporosis.
A conversation with Margo McMahon, APRN.

MAGNET RECOGNIZED

November 2026

Sarah Bush Lincoln
Trusted Compassionate Care

2 — **National Lung Cancer Screening Day**

3 — **Driven by Expert Care**
Champaign resident Edward Rath found the advanced heart care he needed with SBL Electrophysiologist Abraham Kocheril, MD.

5 — **15 Minutes that Matter**
SBL Mobile Mammography unit brings critical breast health screening right to your neighborhood

7 — **From the Sidelines to the Starting Line**
Newton student Owen Schackmann overcame a season-ending football injury with the help of SBL Orthopedics, paving his way to collegiate track and field.

9 — **Osteoporisis: A Conversation with Margo McMahon, APRN**

11 — **Welcoming our Newest Providers**
– Kevin Black, MD
– Alex Brewer, DO
– Thomas Rutherford, DO
– Brian Singh, MD

14 — **Courses, Classes, Support Groups**

President and Chief Executive Officer
Kim Uphoff

Communications Director
Jenny Osborn

Graphic Designer
Stuart Bushur

Writer
Dillan Schorfheide

Health Styles provides general information on health-related topics. It is not intended to be a substitute for professional medical advice, which should always be obtained from your physician.

For more information or to request a change of address, contact:
Sarah Bush Lincoln
1005 Health Center Dr., Suite 208
Mattoon, IL 61938
217-258-2420

©2026 Sarah Bush Lincoln Health System



The lights at the Health Center will be on through the New Year.

NATIONAL **LUNG CANCER SCREENING DAY**



BREATHE EASY

WHO SHOULD BE SCREENED?

People age 50 to 80 who:

- Are current smokers or former smokers who have quit within the past 15 years.
- Have a "20 pack" history (smoking one pack per day for 20 years or two packs per day for 10 years).

HOW IS THE SCREEN DONE?

The screen is a quick and painless CT scan that uses a low dose of radiation to make detailed images of the lungs.

WHY GET A LUNG SCREEN?

Lung cancer is the leading cause of cancer death. Lung cancer often has no symptoms in the early stages, and early detection significantly improves the chances of successful treatment and cure.

The scan might also show other conditions or diseases, such as early-stage heart disease or chronic obstructive pulmonary disease that need to be treated.

SCREENING DAY

8 AM - NOON
Saturday, November 14

SBL Bonutti Clinic - Diagnostic Imaging
1303 W. Evergreen Ave, Suite 102, Entrance B
Effingham, IL 62401



APPOINTMENT REQUIRED

Call (217) 238-4490 to be pre-screened and make your appointment.

Medicare and most insurance carriers cover annual screenings for those eligible.

Sarah Bush Lincoln
Trusted Compassionate Care



Driven by Expert Heart Care

Champaign resident Edward Rath found the advanced heart care he needed with SBL Electrophysiologist Abraham Kocheril, MD.

Champaign resident Edward Rath had never stepped foot in a Sarah Bush Lincoln facility prior to meeting with SBL Electrophysiologist Abraham Kocheril, MD, and after receiving treatment from him, Ed is happy to have chosen Sarah Bush Lincoln and Dr. Kocheril for his most recent heart procedures.

"When my wife and I pondered where I should go for this care, we had to ask ourselves if this is what we should do," Ed said. "We must drive a little further for my appointments and his specific treatments, but I do it for Dr. Kocheril's care. He's that good."

Ed's heart was beating strong after a heart attack in the mid 90s, but recently, he experienced some symptoms that required examination. "I had shortness of breath, trouble sleeping and this panicky feeling," he explained. "Then I began seeing lights more brightly than usual, and when I visited the emergency room, they told me I was suffering from atrial flutter."

Ed received a subsequent diagnosis of atrial fibrillation, and was told he needed to find an electrophysiologist for consultation. "I had read about Dr. Kocheril, and I had attended a presentation on 'The effects of music on the heart' that Dr. Kocheril made on the UIUC campus," Ed said.



> **"I knew I was in good hands with Dr. Kocheril. His manner was great, and the preparation process was very thorough."**

"All this helped me decide that Kocheril was the 'go-to' specialist for me."

Ed initially saw Dr. Kocheril in Urbana, but when Dr. Kocheril joined the staff at SBL, Ed followed. During an appointment with Dr. Kocheril at the SBL Tuscola Clinic, Ed's care plan was mapped out.

Dr. Kocheril performed a cardioversion in June to shock Ed's heart back to normal rhythm, and in July, Dr. Kocheril performed a catheter ablation to destroy the tissues creating the faulty electrical signals that persisted.

Prior to the procedures, Ed did not have much energy. Now he feels more energetic, sleeps better and does everyday activities, like walking up stairs, with ease. Ed is grateful that he relied on SBL and Dr. Kocheril.

"Dr. Kocheril is just fantastic, and I was also very impressed with all the staff I met during my procedures at Sarah Bush Lincoln," Ed said.

Finding the Right Rhythm

"Atrial fibrillation is often an under treated condition that can cause significant limitations for patients. Especially when a patient has other serious conditions, atrial fibrillation can be overlooked. Although most healthcare providers are aware of the stroke risk and the need for anticoagulation, further management to alleviate symptoms is the part that is sometimes overlooked. A common symptom of atrial fibrillation is fatigue. As with this patient, individualized treatment, especially with rhythm control, can make a large difference in physical activity tolerance and overall quality of life.

I have done much research on atrial fibrillation over the years, including trials of catheter ablation to treat atrial fibrillation starting in 1998. Both the science and the technology available have advanced significantly. In the past, I have used radiofrequency ablation, cryoballoon ablation, and laser balloon ablation. At SBL, we currently use pulsed field ablation to perform pulmonary vein isolation; this appears to be a safer and more effective method.

This patient clearly has a music background. Part of my research focused on the effects of music on the heart, and one study focused on patients with atrial fibrillation. Listening to music is one piece of advice I don't have to give this patient."



Abraham Kocheril, MD
SBL Electrophysiologist



15 Minutes that Matter

Van brings critical breast health screenings to your area neighborhoods.

Breast cancer is the most common cancer in women in the U.S. besides skin cancers. Breast Cancer accounts for about one in three new cancers in women each year.

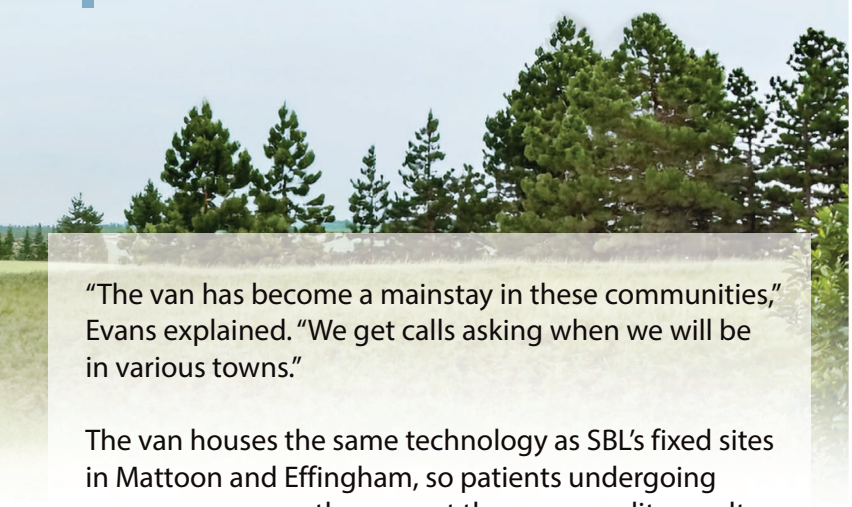
The Sarah Bush Lincoln mobile mammography van makes mammograms easily accessible to women in the region. This is important because the average risk for a woman to develop breast cancer sometime in her life is about 13 percent in the U.S. This means about one in eight women will develop breast cancer in her lifetime. However, each woman's risk of breast cancer varies based on her age, race and ethnicity and family history.

"We want to meet women where they are and make it easier for them to get a mammogram done," Whitney Evans, SBL mobile mammography coordinator, said. "A lot of women tell us they wouldn't have gotten a mammogram done if we hadn't gone to them."

"If a woman is working or if she is taking care of her family, then it can be hard to find time to get a mammogram done," mammography technical specialist Ashley Daniels added. If we can save women some time to get this critical screening done, then that's what we're going to do."

Each month, the van visits between 10 and 20 locations (such as SBL clinics or local businesses), stretching from as north as Champaign, as west as Shelbyville, as east as Paris and as south as Mt. Vernon.

> **"Those 15 minutes are so important, so we make the process as comforting as possible."**
>
> Ashley Daniels
> Mammography Technical Specialist



"The van has become a mainstay in these communities," Evans explained. "We get calls asking when we will be in various towns."

The van houses the same technology as SBL's fixed sites in Mattoon and Effingham, so patients undergoing mammograms on the van get the same quality results. The van is staffed by the same technologists who women see on the main campus. It takes about 15 minutes from start to finish to have a mammogram.

"Whether you are 35, 60 or 90 years old, a mammogram offers a relatively quick diagnosis to either give you that first step toward treatment or peace of mind," Evans added. "Those 15 minutes are so important, so we make the process as comforting as possible."

The SBL Mobile Mammography van is the only one of its kind in Illinois outside of Chicago. Sarah Bush Lincoln has offered a mobile mammography service for approximately 25 years.

> **"A lot of women tell us they wouldn't have had a mammogram done if we were not providing this service."**
>
> Whitney Evans
> SBL Mobile Mammography Coordinator

Knowing Your Risk

Understanding personal risk factors is the first step toward early detection and peace of mind.

Average-Risk
Medical organizations recommend that women who are at average risk with no personal or family history of breast cancer start routine, annual mammograms **at age 40**.

High-Risk
Women with a known genetic mutation (like BRCA1 or BRCA2), or those with a close first-degree relative who has one, are considered high-risk. For this group, annual screenings often begin earlier, typically **at age 30**.

Age 25 Assessment
Leading medical experts recommend that all women have a personal risk assessment with their providers **by age 25**. This helps establish their baseline and dictates their future screening schedule.

Sarah Bush Lincoln
Mobile Mammography

The Mobile Mammography Unit travels to SBL extended campus clinics, county health department, banks, schools and businesses in communities within the 10-county service area.

Clark	Effingham
Coles	Fayette
Cumberland	Jasper
Douglas	Moultrie
Edgar	Shelby

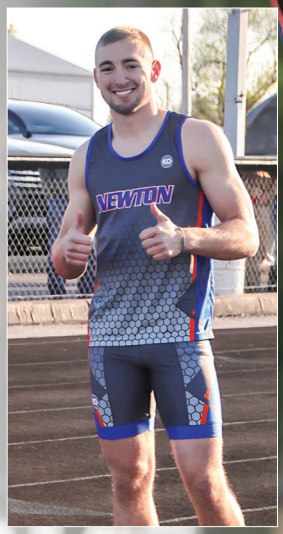
Schedule a Mammogram
217-258-2588

From the Sidelines to the Starting Line

Newton student Owen Schackmann overcame a season-ending football injury with the help of SBL Orthopedics, paving his way to collegiate track and field.

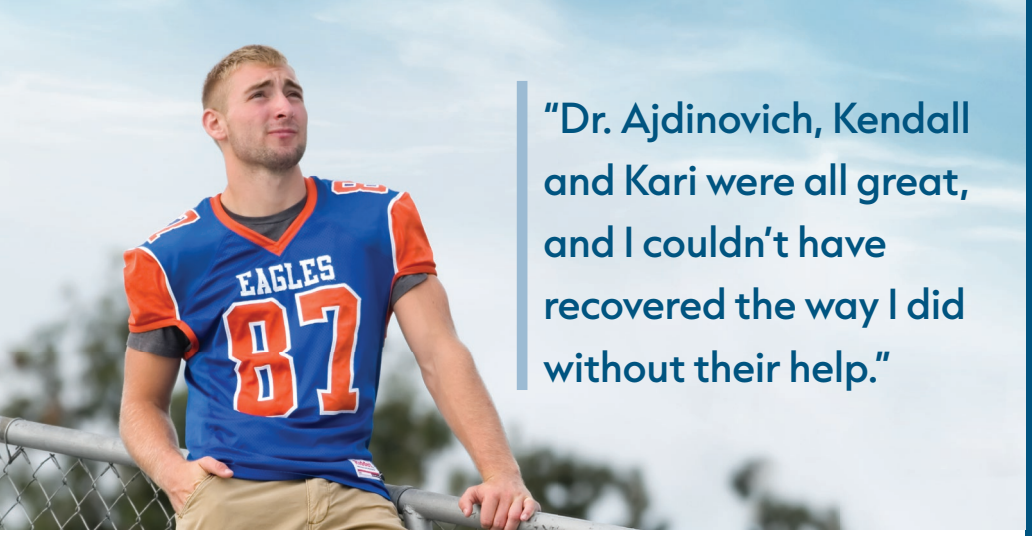
When a complete ACL tear, a partial meniscus tear and an MCL sprain to his left knee sidelined Owen Schackmann for most of the football season during his senior year, the Newton native knew doubling down on physical rehabilitation would be key to his recovery.

Now a runner at Illinois Wesleyan University, Schackmann said, "I'm extremely excited to compete at this level and work with my new teammates and coaches. I'm grateful to everyone at Sarah Bush Lincoln that helped me." He relied on support from SBL Orthopedics and Sports Medicine plus physical therapy staff to recover.



His problems started when he made a tackle in just the third game of the 2025 season. "After I came off the field when I hurt my knee, my dad and I both immediately asked if I would be okay for the track season," Owen said. "Then we got the diagnosis and were given a nine-month estimation to return to activity. I was determined to get back quicker than that."

"I felt like a terrible leader to the rest of the football team because I couldn't be out there with them," Owen remembered. "It was rough." Yet, he did not let the loss of his senior football season dampen the rest of his year.



"Dr. Ajdinovich, Kendall and Kari were all great, and I couldn't have recovered the way I did without their help."

On October 7, 2025, SBL Orthopedic Surgeon Joseph Ajdinovich, MD, performed surgery to repair Owen's knee. Three days later, Owen was crowned the Newton High School Homecoming King, and in the following weeks, he began his road to recovery.

"I did not want to also miss my senior track season, so I worked as hard as possible to recover and get back in time," he said.

From October to March, Owen went to the SBL Bonutti Clinic once a week for physical therapy with SBL Physical Therapist Kendall Giles, and he also worked every day at the high school with SBL Athletic Trainer Kari Nohren.

Owen's hard work paid off; in March, he began weight training and running again, and in April, six months after his surgery, he competed in a track and field competition. As part of the 4x800 relay team, he placed second in the conference meet, and he placed fifth in the 300m hurdles at the sectional meet.

"I had to work my tail off to get to that point, but I was happy that I did," Owen said. "Dr. Ajdinovich, Kendall and Kari were all great, and I couldn't have recovered the way I did without their help."

Owen is majoring in kinesiology/exercise science and is enjoying his time on the track and field team.

The Athletic Trainer's Perspective

Kari Nohren, ATC, SBL Athletic Trainer

"The night Owen was injured, my assessment confirmed a textbook ACL tear. We immediately started "pre-hab" because a patient can rapidly lose range of motion and quad contraction within days of a ligament tear. Before his surgery, we used E-stim therapy to retrain his quad and performed early exercises to maintain flexibility, setting him up for the best possible surgical outcome."

"Post-surgery, Owen balanced outside physical therapy with athletic training at school to monitor his return to track and field. Seeing him return to competition and set a personal record in the mile proved what is possible when an athlete trusts the recovery process. Owen never let this injury define his senior year."



SBL Effingham Athletic Trainers (left to right)
Kari Nohren, ATC, Lisa Hoene, ATC, Troy Van Blaricum, ATC, Suzy Wendt, LAT, ATC, CSCS

Rewarding Recovery

"When Owen first came to us with an ACL tear, partial meniscus tear and MCL sprain, his determination to return for his senior track season was clear," says Joseph Ajdinovich, MD, SBL Orthopedic Surgeon.

"Knee injuries of this scale require precise surgical intervention, but a true recovery relies heavily on a synchronized sports medicine team, physical therapy services and the patient's own work ethic. Restoring Owen's functionality and helping him transition seamlessly from a severe injury to collegiate athletics is the most rewarding aspect of what I do."

Joseph Ajdinovich, MD
SBL Orthopedic Surgeon





Osteoporosis

Sarah Bush Lincoln Family Medicine provider Margo McMahon, APRN, believes there is a condition often overlooked in annual physicals: osteoporosis.

"People think that if they have never broken a bone that they don't have to worry about osteoporosis," she said. "But whether you've broken a bone or not, most people need to be screened for osteoporosis."

McMahon encourages people to be proactive about their bone health by asking their primary care providers about it even if the topic has not yet come up. She offers insights to guide the conversation.

A conversation with **Margo McMahon, APRN**

Q ***What is osteoporosis?***

A It is a condition that is characterized by low bone mass that causes your bones to become weak and brittle, to the point where a fall or mild stress can cause a bone to break.

Q ***Who is at risk of an osteoporosis diagnosis?***

A Common risk factors include advanced age, high fall risk, chronic steroid use, being a long-term smoker or heavy drinker, having a family history of osteoporosis or a parent who has had a hip fracture.

In general, if you are a woman who is over 65 or under 65 with at least one risk factor, it is recommended that you get screened.

Men should get screened when 50+ with one risk factor or by age 70 if they have no risk factors.

Q ***Are there any symptoms or signs to indicate osteoporosis?***

A Osteoporosis is a "silent" condition, meaning there are no symptoms. We often only detect it after a fall resulting in a broken bone. Hip fractures are common in the elderly population. Often the hip bone is already weakened by osteoporosis, allowing it to break from even a short fall.

I encourage screening for osteoporosis, especially for an elderly person, because a broken hip, wrist or spine can be life-altering and result in chronic pain, loss of mobility and need for extra assistance with activities of daily living.

Q ***What does the screening entail, and what treatment is available for someone with osteoporosis?***

A At Sarah Bush Lincoln facilities in both Effingham and Mattoon we offer the DEXA scan which is the tool we use to diagnose osteoporosis. This is a painless and quick scan that measures bone strength. Treatment has improved and expanded to include oral medications, injections and IV infusions.

People should also make sure they get their recommended daily intake of calcium and Vitamin D, exercise regularly and avoid risk factors.

In summary, everyone should be screened for osteoporosis. All women over 65 and men over 70 are due for screening. Patients who have increased risk factors should be screened earlier. Start a conversation soon with your provider to discuss when osteoporosis screening is right for you.

To schedule an appointment with Primary Care provider Margo McMahon APRN, call

SBL Effingham Medical Clinic at Bonutti Clinic. | 217-238-4634



Welcoming

Our newest providers to the SBL team



Orthopedics

Kevin Black, MD

SBL Bonutti Clinic

1303 West Evergreen Ave., Suite 200 • Effingham, IL

217-342-3400

While their structural blueprints differ, engineering and orthopedic medicine are fundamentally about understanding forces and structures well enough to predict and prevent failure. New to the SBL Bonutti Clinic in Effingham, Sarah Bush Lincoln Spine Surgeon Kevin Black, MD, was educated in both.

"I was passionate about math and physics, so I pursued engineering at first," he explained. "While I was able to help people, I wanted to do something to impact them more directly." Dr. Black received his undergraduate degree in nuclear engineering and engineering physics at the Rensselaer Polytechnic Institute, Troy, NY, and then went on to medical school.

Now he treats patients who have spinal issues. "I always say that I treat anything from head to tail," Dr. Black quipped. "I can treat anything in your neck, in your lumbar spine and your thoracic spine, front, back or side."

Dr. Black performs minimally invasive spinal surgeries using the tubular method, which uses tubes to access the spine without cutting or tearing surrounding muscles. Through it, he can perform surgeries, such as fusions, while maintaining appropriate biomechanics.

"Everything you do, like sitting, standing or even lying in your bed, requires your spine to do some work," Dr. Black said. "Because the spine is so important, I want to make sure I educate patients about the care plan and how I can help them."

East coast born and raised, Dr. Black said he already loves the community and is happy to be part of Sarah Bush Lincoln.

"Everyone I have met has been very kind and welcoming. Sarah Bush Lincoln is committed to quality care and investing in the community, which is important to me," he said. "I am excited to be part of Sarah Bush Lincoln and serve the community."

In 2026, Dr. Black completed a spine and scoliosis fellowship at Virginia Tech University following an orthopedic surgery residency at the University of Pittsburgh Medical Center in 2025. He completed a post baccalaureate program in 2016 from the University of Connecticut before graduating from Wayne State University School of Medicine, Detroit, in 2020.



Orthopedics

Alex Brewer, DO

SBL Orthopedics, Sports Medicine and Podiatry

Prairie Pavilion 2
1004 Health Center Dr., Suite 100 • Mattoon, IL

217-238-3435

Sarah Bush Lincoln Orthopedic Surgeon Alex Brewer, DO, joined the family business: medicine. His older brother is SBL Orthopedic Surgeon Eric Brewer, DO. The surgeons' father was a family physician and their mother was a family nurse practitioner. His parents' impact on the rural town of Cedar Hill, MO, left a lasting impression on their sons.

"Every night at dinner they would tell us about their experiences, and I liked the idea of helping people feel better," he said. "Growing up in a rural setting, I understand the importance of accessible, quality care."

Joining his brother, Eric, to practice at Sarah Bush Lincoln was an easy choice. "I visited this area a lot when I was still training. I would stop by and see my brother since it was along the route I would take to visit my parents in Missouri," Dr. Brewer said. "Even on those short visits, everyone I met in the area was friendly, and my brother always said great things about Sarah Bush Lincoln."

Upon entering medical school, Dr. Brewer knew he wanted to perform surgeries, but he did not have a specialty nailed down; seeing his brother's orthopedic career take off gave him the idea to follow suit.

"I looked into orthopedics after my brother started practicing it, and I knew it was for me," Dr. Brewer said. "I've always been a fix-it person, so being able to use my hands and help people recover is gratifying."

At Sarah Bush Lincoln, Dr. Brewer offers care for the spectrum of orthopedic needs, including broken bones and joint replacements, plus robotic hip replacements.

Dr. Brewer earned his bachelor's degree from Missouri State University. He received his medical degree from the Lake Erie College of Osteopathic Medicine in 2021, and he completed his orthopedic surgery residency at the Cleveland Clinic – South Pointe Hospital in Warrensville, OH earlier this year.



Internal Medicine, Pediatrics

Thomas Rutherford, DO

SBL Medical Clinic at the Center for Healthy Living

1004 Health Center Dr., Suite 210 • Mattoon, IL

217-238-4961

"When I was interning in an emergency department, I got feedback that I was spending too much time with each patient," Internal Medicine-Pediatric Physician Thomas Rutherford III, DO, said, "and that's when I realized primary care would be better for me. I enjoy spending time with people to really get to know them. Assisting them in their health journeys over the course of months and even years is what I truly love doing."

Board-certified in both internal medicine and pediatric care, Dr. Rutherford is new to the SBL Medical Clinic at the Center for Healthy Living.

Dr. Rutherford's parents' careers influenced his career path. His mother worked as a nurse before becoming a hospital administrator, and his father served as a firefighter and EMT. Dr. Rutherford worked as a nurse before he was a doctor.

Continued next page.

Thomas Rutherford, DO, continued.

"Because I had treated people of all ages, when I started primary care I wanted to be able to treat anyone," he said. "I've treated babies, and I've also cared for someone as old as 102."

The Decatur native makes it a point to treat people like his own family. "Whether someone is dealing with a specific issue or they come in for an annual checkup, I want to make sure I help them and make them feel comfortable and happy with their treatment," he said.

"Sarah Bush Lincoln's mission and culture is evident when you talk to people who have been around, and I want to help make an impact in the community we serve," he said. "Sarah Bush's growth and the way it invests in the community is something I really appreciate."

Dr. Rutherford earned his medical degree from Liberty University College of Osteopathic Medicine in 2018. He earned a Master of Science in Nursing from Millikin University in Decatur in 2012 and his bachelor's degree in 2007 from Excelsior University while serving in the Air Force.



Addiction Medicine

Brian Singh, MD

SBL Addiction Medicine Services

SBL Deerpath Medical
100 Deerpath Rd. • Charleston, IL

217-258-4042

New to Sarah Bush Lincoln, Brian Singh, MD, is an internal medicine physician who provides addiction medicine services, has a passion for helping people recover from addiction.

"People who suffer from substance use disorders can undergo life-changing events, such as perhaps losing a job, losing their house or other things," he said. "I want to be with them every step of the recovery process and assist them as they try to break the cycle of addiction."

Dr. Singh's brother is an addiction medicine physician in northern Illinois, and it is he who inspired Dr. Singh's choice of specialty. His approach is to not only treat the substance use, but the person as a whole.

"No one just decides to pick up a substance and start using it. They're using it to numb themselves of something else," Dr. Singh said. "Maybe they have trauma, depression or anxiety, but the substances are the coping mechanism they use. My objectives are to give them the resources to help with the addiction and to handle the root cause of the substance use."

Dr. Singh helps people at every stage of the substance use cycle: those who are currently using, those who are suffering withdrawal symptoms and those who have stopped and do not want to relapse. To some patients, he prescribes medicines to help in managing withdrawal symptoms and to help stop the substance use. No matter what substance someone may use, or what the exact type of help they may need is, Dr. Singh wants to support them on their path to recovery.

"There is still a stigma associated with substance use, and I want to dispel that stigma and empower people to get the care they need to recover," he said. "I want people to know that there are options and that I am going to be with them every step of the way."

One of the reasons Dr. Singh chose Sarah Bush Lincoln to practice is for its location. "I grew up on my parents' farm in Delaware, so living and practicing in a more rural setting is where I feel most comfortable," he said. "Going through school, I knew I wanted to practice in a rural area, so Sarah Bush Lincoln is a great place to make an impact."

Dr. Singh is board certified in internal medicine. He completed an addiction medicine fellowship at Virginia Commonwealth University Health System earlier this year following an internal medicine residency in 2025 at Geisinger Health System, Danville, PA. Dr. Singh earned his medical degree from American University of Antigua College of Medicine in 2022. Dr. Singh earned bachelor's degrees in biological sciences and psychology in 2014 from Virginia Polytechnic Institute and State University.



Walk-In Clinics

- Urgent healthcare near you
- Convenient, appointment-free
- Fast treatment for minor illnesses and injuries
- Accept most insurance plans

7 am – 7 pm
Monday to Friday

8 am – 3 pm
Saturday and Sunday

www.sarahbush.org

EFFINGHAM
SBL Bonutti Clinic
1303 West Evergreen Ave., Entrance B
217-540-6123

CHARLESTON
SBL Charleston Clinic East
2040 Lincoln Ave.
217-345-2030

MATTOON
SBL Mattoon Walk-In Clinic
Emerald Acres Sports Connection
1201 Wooddell Ln., Suite B
217-238-3000

TUSCOLA
SBL Tuscola Clinic
1100 Tuscola Blvd.
217-253-4764

VANDALIA
SBL Fayette County Hospital
Medical Center
660 West Taylor St., Suite 101
618-283-0266
8 am to 7 pm – Mon. to Fri.
9 am to 4 pm – Sat. and Sun.

Courses, Classes, Support Groups

WELLNESS

Center for Healthy Living
Participants receive a custom-designed exercise and lifestyle program to manage chronic illnesses. Provider referral is required.
● **217-238-3488**

First Aid for Emergencies; Adult and Pediatric CPR
Scheduled periodically, $50 fee for each class.
● **217-258-2403**

Hearing Aid Services
Offered at SBL Health Center in Mattoon, SBL Effingham Clinic and SBL Fayette County Hospital.
● **217-258-2568**

Living with Diabetes
This program is for people who manage their diabetes through nutrition and exercise.
● **217-238-4808**

Pulmonary Rehabilitation
This program is for people with COPD, Pulmonary Fibrosis and other respiratory conditions.
11 am, 12:30 pm, 2 pm | Every Tues. and Thurs.
The SBL Heart Center, METS program
● **217-258-7402**

FINANCIAL ASSISTANCE

Affordable Care Act
Certified Application Counselors are available to help with Marketplace enrollment in the following counties: Coles, Clark, Cumberland, Douglas, Edgar, Effingham, Jasper, Moultrie and Shelby. Assistance is provided by phone through a third-party partner.
● **Call 217-238-4994**

Financial Assistance
SBL offers financial assistance to help uninsured and patients with bills for medically necessary services. Call for more information. Applications may be downloaded at **www.sarahbush.org**.
● **800-381-0040**

PREPARED CHILDBIRTH

Oh, Baby! Prenatal Education
A variety of comprehensive prenatal and infant care educational classes help new parents and their babies get off to a great start. Preregistration is required. Check our website for the most current class schedule. Some classes have a fee. Financial assistance is available.
● **217-258-2229 | www.sarahbush.org/ohbaby**

SUPPORT GROUPS

Diabetic Support Group
7 pm | Second Tues. of the month in March, June, Sept., Dec. | SBL Health Center
● **217-258-2135**

Ostomy Support Group
Evening meetings occur four times a year in Mattoon and Effingham. Call for dates, times and locations.
● **217-238-4804**

Grief Support Groups
Open to anyone who has lost a loved one.
– 6:30 to 8 pm | First Wed. of each month
Lumpkin Education Center, Harvey Room
AND
– 1 to 2:30 pm | Third Wed. of each month
SBL Lincoln Avenue Building
700 W. Lincoln Ave., Charleston
● **800-454-4055** • SBL Hospice

Sarah Bush Lincoln

1000 Health Center Drive
PO Box 372
Mattoon, IL 61938-0372

www.sarahbush.org

Holiday Festival

Supporting ***Expanding Hope***, a campaign to expand the SBL Regional Cancer Center.

November 12—16
Online Auction | www.sarahbush.org/holiday-festival
OPENS – 8 am, Nov. 12 | CLOSES – 6 pm, Nov. 16
Features more than 80 items designed by SBL employees, area residents and businesses.

November 13
Open to the Public | Lumpkin Education Center
11 am to 7 pm
View stunning online and live auction items, and shop the SBL Gift Shop's Pop-Up Holiday Boutique.
3 to 7 pm | Cookies with Claus

November 14
Gala and Live Auction | Lumpkin Education Center
5:30 pm – Cocktail Hour
6:30 pm – Dinner
7 pm – Live Auction
An entertaining live auction featuring 30 elite items all designed/donated by local individuals and businesses. Ticket required.



217-258-2511
www.sarahbush.org/holiday-festival

In partnership with SC3F Wealth Management Group

Sarah Bush Lincoln Health Foundation