

# The Advantage

## Walk-In Clinics

**Charleston Walk-In Clinic**  
2040 Lincoln Ave., Suite 100  
217-345-2030

**Mattoon Walk-In Clinic**  
200 Dettro Drive  
217-238-3000

7 am – 7 pm  
Monday through Friday

8 am – 3 pm  
Saturday and Sunday

**Effingham Walk-In Clinic**  
905 North Maple  
217-540-6123

10 am to 8 pm  
Monday through Friday

## COVID-19 Testing

Available at the  
**Mattoon Walk-In Clinic**  
8 am – 4 pm  
Monday through Friday

To make an appointment,  
call **217-238-3000**.

 Sarah Bush  
**Lincoln**  
AdvantAge 50

Contact us at:  
**217-258-2422**  
or email  
[advantage50@sblhs.org](mailto:advantage50@sblhs.org)

In this edition of *The Advantage*, we'll introduce you to Kayla Deters, APRN. Kayla sees patients at the SBL Bonutti Clinic who are experiencing back pain. She helps find solutions that can include therapy, interventional pain or surgery. You'll learn more about volunteer opportunities at SBL and the return of a family-friendly event, coming in May.



## New SBL Bonutti Clinic Now open

After 18 months of construction, phases one and two of the SBL Bonutti Clinic are complete. At this time, patients coming to the clinic will enter the building through **Entrance B** on the northwest side. Staff is there to greet visitors and help them find their destinations. Wheelchairs are also available at the entrance.

The first floor is home to Diagnostic Imaging, and Physical and Occupational Medicine. The second floor is home to Orthopedics and Interventional Pain Management.

Phase three will wrap up in late summer. The front entrance with drive-up canopy will be complete, along with a large parking lot, where the old building once stood. An Internal Medicine Clinic, Pediatric Clinic, Walk-In Clinic, and the Laboratory will open at this time.



# News and Updates

## New Services in Altamont

Sarah Bush Lincoln is providing Physical and Occupational Therapy services to people in Altamont and the surrounding communities. Rehab Services will complement the care provided at the Altamont Medical Clinic, although any provider can refer their patients for care.

The newly remodeled location, located at 15 N. Main St., Altamont, is in the former Dollar General building. It is furnished with new equipment to provide the best in physical and occupational therapy services.

For more information, contact Altamont Physical



## Mask Requirements and Visitor Policies

As the COVID-19 surge of early 2022 has diminished, visitor restrictions have been lifted. All visitors and guests must continue to wear a surgical mask (not cloth) in healthcare settings. Masks are available at all entrances.

Special rules are in place for our Women & Children's Unit. Visit the site below for complete details. In accordance with our pre-pandemic policy, surgery patients may have two support people age 18 and older with them during surgery.

For more information visit [www.sarahbush.org/dailyupdates](http://www.sarahbush.org/dailyupdates).

## Celebrating 45 Years!

May of 2022 marks the start of our 45th year of serving the healthcare needs of the community.

*Thank you for choosing Sarah Bush Lincoln.*



## Kayla Deters, APRN Orthopedics



When she heard her six-years-older sister share trauma nursing stories growing up, Kayla Deters, APRN, knew healthcare would be her path as well. Her sister's experiences were both joyful and devastating, but despite that, Deters wanted to have a meaningful career in medicine.

The Neoga native earned her associate's degree at Lake Land College and then earned a bachelor's of nursing at Southern Illinois University Edwardsville.

Through her schooling, she was drawn toward orthopedic medicine. Her service on a post-operative floor at the local hospital opened her eyes to orthopedics.

"I loved that these patients' lives were able to improve so dramatically from orthopedic care. It was a rewarding area to work in, so I pursued further education," she recalled.

Her treatment philosophy involves a holistic approach. Deters explained that non-physical factors such as anxiety, depression, and stress can worsen a person's pain.

"These are not things that people often assume cause back pain, but they certainly play a role," Deters said.

She explained that sometimes patient's MRIs look fairly normal when they are still experiencing significant pain. In those cases, Deters digs deeper into the patient's background to determine other factors that may be contributing to their symptoms. Some of the most common factors include musculoskeletal pain, stress, anxiety or depression. By learning more about their history, Deters is able to then discern the best method of treatment moving forward.

"My care is very patient-centered. I listen and then educate, but I want patients to have an active role in their care. Figuring out ways to manage stress through exercise, medication or physical therapy can be a part of treatment plans. I love the complex nature of the spine. When people have pain, it's not cut and dry. It's very rewarding when I hear patients tell me that, under my care, they can play with their grandkids or walk with their dogs again," Deters said.

Off the clock, Deters loves to spend time with her husband and their two-year-old daughter by going on bike rides, golfing, visiting Lake Sara, and playing the piano and singing.

*To make an appointment with Kayla Deters, please call **217-342-3400**.*

SBL Bonutti Clinic  
1303 West Evergreen • Effingham



# Looking for a way to give back?

Consider becoming a volunteer

Volunteers have been a part of Sarah Bush Lincoln since opening in 1977. They are an important element in the total patient care program at SBL. While providing community services, volunteers often touch the lives of others during difficult times. In 2021, these men and women contributed more than **15,000** hours.

There are many opportunities for you to use your special skills and abilities while experiencing new and exciting challenges. Active membership in the SBL Guild involves a commitment of an average of three hours of service each month and a \$6 annual membership fee.

Volunteers can work in a variety of areas including, arts and crafts, clerical, gift shop, guest relations, pet therapy and more. To learn more, call Volunteer Services at **217-258-2500** or visit [www.sarahbush.org/volunteerservices](http://www.sarahbush.org/volunteerservices).



## Critical Care Unit Expansion

This spring marks the start of a major construction project at the main campus of Sarah Bush Lincoln. Located on the north side the Health Center, the project will expand the Critical Care Unit (CCU) and the adjacent Step-down Unit by adding 20 new beds. A step-down unit is where patients receive care when they are not ill enough to be in the CCU, but they are not well enough to be on a traditional medical surgical unit. CCU beds will increase from nine to 14.

During the construction, the CCU and some 2 South rooms will be relocated. Look for signage or ask our welcome assistants for directions.

### **2 South** – 9 rooms

Relocated on the first floor in 1 North. Use Entrance B, and the end of the hallway, turn right at the last intersection.

### **CCU** – 9 rooms

Relocated on the second floor in 2 South. Use Entrance B and take elevator B to access the second floor. Look for signs that will direct you to the CCU.

### **Entrance B**

*Open 5 am to 8:30 pm  
Daily*

### **Entrance H**

*Open 5 am to 5 pm  
Monday – Friday*



The project also includes an expansion of the Lumpkin Family Center for Health Education, pictured on the north side of the building.



1000 Health Center Drive  
PO Box 372  
Mattoon, IL 61938



## The Return of Races for all Paces!

Runners, walkers and people of all ages are encouraged to attend Races for All Paces. After a two-year hiatus, this family-friendly event is back with something for everyone.

**Saturday, May 14**  
**EIU's O'Brien Stadium**

To register visit [www.sarahbush.org/races](http://www.sarahbush.org/races).  
Registration includes t-shirt and finisher medal.

Events you can enjoy:

- Toddler Trot and Diaper Dash
- 1-mile walk/run
- 5K and 10K
- Half-Marathon

Also included are games for the kids,  
face painting and a free photo booth!

