

WALK-IN CLINICS

Charleston
2040 Lincoln Ave., Suite 100
217-345-2030

Effingham
1303 West Evergreen Ave.
Entrance B
217-540-6123

Mattoon
200 Dettro Drive
217-238-3000

Tuscola
1100 Tuscola Blvd.
217-253-4764

7 am – 7 pm
Monday through Friday

8 am – 3 pm
Saturday and Sunday

Upcoming Holiday Events at Sarah Bush Lincoln

Holiday Festival, an on-line auction and gala returns November 10 - 13. More than 80 items will be up for bid including gift baskets, hand-made creations crafted by local residents, and more. Proceeds from this year's event will benefit SBL Behavioral Health Services.
www.sarahbush.org/holidayfestival



A Night of Lights will be held from 5 - 7 pm, November 16, in the Heart Center lobby at entrance H. This free event will kick off the much-loved holiday light displays at the Health Center. Kids will be able to visit with Santa and Mrs. Claus and enjoy a cup of hot cocoa. The SBL Gift Shop will be open and our comforting therapy dogs will also be on hand.

New Additions

Willow Breeze hospice house nears completion

From once open land on the north side of the Health Center campus, to a beautiful home-like setting, the Willow Breeze hospice house is nearing completion. A community open house is set for noon to 3 pm, Sunday, Oct. 22.

Willow Breeze is a sanctuary of comfort where physical, emotional and spiritual needs are met. Eight private tranquil suites with patios are thoughtfully furnished to create a serene atmosphere. They overlook a walking path and a beautifully landscaped pond. The house's furnishings encourage moments of connection and reflection. Willow Breeze embraces family and friends as an integral part of the care team. Communal living room, activity room, chapel, library, family room for overnight guests, and kitchen facilities are part of the house. The staff is comprised of exceptional hospice nurses and care providers who are present to help make people as comfortable as possible. Most insurance companies and Medicare pay for hospice care. They do not cover the cost of room and board. For those with limited funds, an endowment has been created to help offset these costs. To learn more about Willow Breeze well as other SBL Hospice services, call **1-800-454-4055**.



Increased ICU / PCU capacity; New Education Center

Located on the north side of the Health Center, the first phase of construction is complete on the new Intensive Care Unit (ICU) and Progressive Care Unit (PCU). This beautiful calming space with large rooms, is designed to accommodate modern equipment and a support person. The project increases the number of ICU beds from nine to 14. The adjacent PCU with 15 rooms will be used to care for people not quite ill enough for ICU, but not healthy enough for a medical-surgical bed.

Along with the creation of new bed space, the Lumpkin Education Center features a clinical training center, computer labs and seven meeting rooms.

All the projects await inspection by the Illinois Department of Public Health, and a few final touches.



PT vs. OT WHAT'S THE DIFFERENCE ?

Sarah Bush Lincoln provides physical and occupational therapy in the hospital, in six of our clinics and in the home. What is the difference? Think of it like this. Physical Therapy (PT) will help you walk down the hall. Occupational Therapy (OT) will assess the hall for potential tripping hazards and teach you ways to put on your shoes so you can walk down the hall to your destination. PT focuses on improving a person's ability to move their body, while OT focuses on improving a person's ability to perform activities of daily living.

OCCUPATIONAL THERAPY AT HOME

For Sarah Bush Lincoln Occupational Therapist Molly Bailey, her goal is to help people remain at home as safely and independently as possible, wherever that home may be. She teaches people how to adapt, by changing the environment around them to make it easier and safer to complete activities such as showering, dressing, and eating. Occupational Therapy (OT) uses everyday life activities (occupations) to promote health, well-being and independence.

There are several instances in which a person may benefit from OT in their home including, stroke recovery, increased pain, joint replacement, hospitalization resulting in loss of strength, recurring falls, COPD, heart failure, dementia and progressive diseases. A hospitalization is not a requirement for home OT therapy.

Medicare Part A covers in-home OT for those who meet the following requirements:

- **Home bound, defined as difficult/taxing for a person to leave home.**
- **Qualifying diagnosis such as those listed above with documented change from baseline.**

Private insurance and Medicare Advantage plans also typically cover home health care. Contact your insurance provider for specific coverage guidelines.

OT is prescribed by a medical provider. The process begins with an evaluation by one of Sarah Bush Lincoln's home care nurses who assesses for any nursing needs. If they feel the person would benefit and the provider didn't order it, they can request an order from the provider. If OT is ordered by the provider, Molly or another therapist comes to the home and gets to know the person to understand their goals. A thorough evaluation of a person's environment is conducted and potential safety hazards or suggested modifications to make mobility easier may be uncovered. The therapist works with people on routines and exercises to improve mobility and independence. "My goal is to keep people out of the hospital by teaching them skills and providing self-management education, such as weight monitoring and fall prevention. Those are two things that can escalate quickly and lead to a hospitalization. People who are successful in OT are directly involved in their own healthcare," Bailey explained.

Generally home OT is a short-term service lasting two to four weeks. OTs provide skills and education so people can live on their own. "Many people can benefit from OT. We can help in so many ways, so people can remain in their home and maintain independence."

For more information about Sarah Bush Lincoln Occupational Therapy, call **217 258-2530** or talk to your primary care provider.



WELCOME NEW PROVIDERS



Physician Assistant Kristin Haag, PA-C, is following in her father's footsteps, Gary Hayden, PA-C, a long-time SBL provider. Kristin started her medical career as a diagnostic imaging technologist. Today her focus is on family medicine caring for everyone, newborn and older.

SBL Charleston Clinic East
2040 Lincoln Ave., Suite 101
217 345-2211



Advanced Practice Provider Kaci Helfrich, APRN, has returned to her hometown and is welcoming new patients at the SBL Tuscola Clinic. Kaci brings her nursing experience to the clinic with a caring touch. She is looking forward to serving the healthcare needs of the people in Tuscola and Douglas County.

SBL Tucola Clinic
1100 Tuscola Blvd.
217 253-2020



Kara Jolly, MD, specializes in both pediatrics and adult medicine. She joins her husband, James Polek, MD, in Mattoon at Family Medical Center. After completing her residency program in Kentucky in June, Dr. Jolly is eager to care of people of all ages in Coles County and beyond.

SBL Mattoon Family Medical Center
200 Richmond Avenue East
217 234-7000



Sarah Bush Lincoln is investing in a robotics program to assist surgeons and enhance quality.

Robotic surgery has many advantages for appropriate patients, including smaller incisions and reduced recovery times. The da Vinci surgical system gives the skilled surgeon 100 percent control of the robotic-assisted system, which translates his or her hand movements into smaller, more precise movements of tiny instruments inside the patient's body.

Sarah Bush Lincoln orthopedic surgeons have access to a Stryker MAKO and the Zimmer ROSA for total knee and hip replacement operations. These innovative robotic technologies allows orthopedic surgeons to personalize total knee, partial knee and total hip replacement procedures to each patient.

Ask your surgeon about the technology.

Lost discount card or parking tag?
Need to update your address?

Call 217-258-2422 or email
advantage50@sblhs.org

