


Sarah Bush Lincoln

healthstyles



Plans, Hope and a Future

Kyle Banks finds providence in life-changing diagnosis of testicular cancer.

Having Faith and Fun

Despite life's ups and downs, Jack and Jan Little try to find the purpose and fun in everything.

health styles

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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.

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Take Down Heart Disease



6 to 8 pm
Thursday, February 22
Brick House Bar & Grill, Charleston

Two Free Drink Tickets / Appetizers
Yeti Cooler Door Prize

This event is for men only.

Prairie Heart Cardiologist Thomas Cahill, MD, will speak on risk factors of heart disease. A variety of SBL health professionals will answer your questions about fitness, tobacco cessation, weight management, sleep disorders and diabetes.

Register by February 17

This event is **FREE**,
but reservations are needed.

Call **217-258-2420**
Email **jtruesdale@sblhs.org**



Featuring Guest Speaker
MARK BRIGGS

Mark Briggs has served as a military police officer, SWAT team and local police officer. In 2002, he discovered the Beachbody workout program, and it changed the course of his life. Mark has traveled the globe with Tony Horton as a founding Team Beachbody coach in support of the troops, and was a cast member in P90X+, P90X2, P90X3, and 22 Minute Hard Corps workout videos. If you haven't heard Mark's transformational story, you'll definitely want to hear it now. Mark's passion is helping people develop their health and fitness to become who they want to be.



Plans, Hope and a Future

Kyle Banks finds providence in life-changing diagnosis of testicular cancer.

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

Jeremiah 29:11

These are the words that Kyle Banks goes to when he thinks about his five months of treatment for testicular cancer. “It wasn’t fun, or enjoyable, but I believe God has His own plans, and I don’t understand the plan, but I had to trust in Him,” he said. “I am thankful that I’m alive and can talk with others who are going through cancer treatment. I don’t believe in coincidences... everything happens for a reason.”

On October 28, 2016, Kyle arrived home from work not feeling well, but he woke up the following morning feeling fine. He went into work at Rural King, where he was in charge of e-commerce, to prepare for the busy holiday season. By 10 am, he had excruciating pain in his lower back, side and stomach, so he drove himself to Sarah Bush Lincoln with thoughts that he was having appendicitis or a kidney stone. A CT scan revealed a mass. A second CT and an ultrasound confirmed the mass was cancerous. At just 29 years old, Kyle was diagnosed with testicular cancer.

That evening, Kyle and his wife, Vanessa, were set to represent Rural King at a donor reception for the new Sarah Bush Lincoln Regional Cancer Center, as the Infusion Room was named for Rural King. Their plans changed quickly.

Instead, Kyle contacted his uncle who is a surgeon in the Chicago area for advice about his next steps. Kyle’s uncle mentioned that his colleague, Surgeon Amrit Mangat, MD, is married to SBL Urologist David DiDomenico, MD, DO, FACS, and wondered if Kyle would give them permission to consult on his case. They put their heads together, and on Monday morning Dr. DiDomenico removed Kyle’s testicle.

By Wednesday, Kyle had met with Medical Oncologist Abdur Shakir, MD, who discussed the extensive treatment plan. “I remember he said, ‘You have a curable cancer. Let’s cure it!’ That was reassuring. He has a great demeanor, and he’s smart and has a great personality too.”

While Dr. DiDomenico recommended the new Regional Cancer Center for Kyle’s treatment, he also suggested that Kyle seek a second opinion from Indiana Health, Indianapolis – the top testicular cancer center in the nation. The specialist at Indiana Health concurred with Dr. Shakir’s treatment plan.

With the Sarah Bush Lincoln Regional Cancer Center just three miles from Kyle’s house and its doctors offering the exact same treatment as the top facility in the nation, Kyle opted to receive treatment locally. He was one of the first patients the Regional Cancer Center staff saw when the new facility opened. “There are great people who work in the Regional Cancer Center and at Sarah Bush Lincoln making things a lot easier for people – from the greeter at the front door asking if we need

help to the staff who joked and laughed with us. Laughter really is the best medicine,” Kyle said.

His treatment included four three-week cycles. The first week, he received chemotherapy Monday through Friday for five hours a day. The second and third weeks, he received treatment one day a week, and then the cycle began again. The treatments wiped him out so much that he ‘lived’ on the family sofa for weeks, he said.

Following the 12 weeks of chemotherapy, Kyle underwent extensive surgery to remove 46 lymph nodes from his abdomen, to help ensure the cancer had not spread. That surgery meant another long recovery.

The journey was difficult, but Kyle credits his care team, including his wife, for helping him through. “Vanessa deserves a medal for what she went through. At the time, Asa was two-and-a-half years old, and Fiona was one year old, and with me, it was like she had three kids that she was taking care of for six months. I had a lifting restriction so I couldn’t pick up my kids. I just felt useless. And I had no energy so I wouldn’t move for hours at a time. She made special foods for me and made sure I was comfortable. I don’t know if I could have done it like she did,” he said. “One day I was sitting in chemo and the nurse told me to turn around and look out the window, and there was Vanessa and the kids with signs that said, ‘Go Daddy!’ She was a trooper!”

Always looking for the silver lining in life, Kyle said that he’s fortunate for the time he was able to spend at home with his family, watching his daughter take her first steps, and sharing a chair with his children, as he read countless books to them. “It taught me an invaluable lesson. I realized that I wasn’t in control of my life. I never really was. This was all part of His plan. I just didn’t know what the plan was.”

The cancer diagnosis also taught him how quickly circumstances can change your life. “It helped me change my focus on where I find value, and it reshuffled my priorities. My priorities were always on work, but this made me re-evaluate what defines me,” Kyle said. “I learned that work goes on, even when I am not there.” As the e-commerce manager, he became sick just prior to the biggest shopping time of the year, yet the organization made it through the holidays without him. Now Kyle is a buyer for the automotive area at Rural King and finds new challenges and joy in his work.

“Cancer kicks your butt, but be thankful for what you have in the moment and enjoy life. It could always be worse. Try to find the positive in it,” he advised “I’m still alive and I am thankful for my family and my supporters. It brought a lot of us closer together at a time that I would have never have spent with them.”



For more information about the SBL Regional Cancer Center, call **217-258-2250** or go to **www.sarahbush.org**.

Rejoining the World

Carol Lowry is enjoying life again after relief from severe pain.

Carol Lowry never imagined that pain could take over her life the way it did after suffering a fall in July.

She is grateful to the Center for Interventional Pain at Sarah Bush Lincoln for relieving that pain, so she could once again enjoy life. “That Pain Clinic is the best kept secret there is,” she said. “They gave me my life back.”

Carol was on a weekend getaway with friends when she fell backwards on her behind and hit her head on concrete stairs. “I was a mess and my head was all bloody, but I don’t remember being in a lot of pain at the time,” she said.

Carol was treated in the SBL Emergency Department following the incident, but she didn’t experience severe pain in her lower back and pelvis until a couple of weeks later. At that time, she visited both her primary care provider and her chiropractor for relief. An MRI revealed fractures on both sides of her sacrum, a large wedge-shaped vertebra at the base of the spinal column.



“Everyone told me it would take a long time to heal, but I don’t know how a person could live like that,” she said. “I was in excruciating pain – mind altering pain. I couldn’t sit, stand or lay comfortably. I couldn’t do anything. I don’t know how I survived those days. I truly don’t.”

Carol’s beloved friend and partner, Jerry VanBellehem, jumped into action on Carol’s behalf. He stopped in the Center for Interventional Pain at Sarah Bush Lincoln and asked if Carol could get an appointment. Nurse practitioner Heather Heicher, APN, overheard Jerry’s request and asked him more about Carol’s diagnosis. She then explained that there was a procedure that would relieve Carol of her pain. With Carol’s approval, Heicher immediately reached out to Carol’s primary care provider for a referral and then – along with Pain Specialist Ragai Mitry, MD – met with Carol later that day. “That was the first glimmer of hope I had of feeling like a human being again,” Carol said.

“Dr. Mitry was so nice to me and so compassionate, and his office staff treated me like I was their only patient. Everyone was so kind, and they truly wanted to help me,” Carol said.

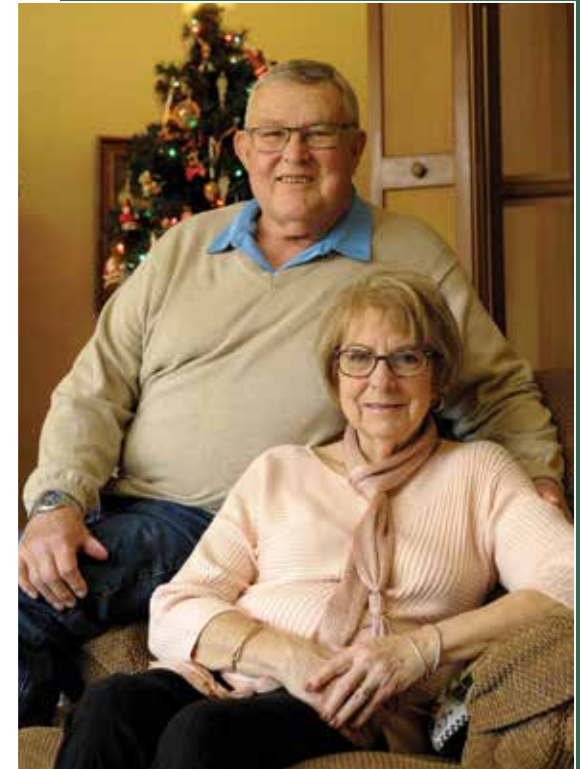
Two days later, Dr. Mitry performed a minimally invasive, image-guided procedure called sacral vertebroplasty to treat the pain. During the procedure, Dr. Mitry injected special bone cement into the fractures with the goal of stabilizing the fractures.

“I felt immediate relief. It was wonderful,” Carol said, thrilled with the results. Dr. Mitry performed an epidural two weeks later to take care of some unrelated back pain.

Dr. Mitry wants to make more people aware that this procedure is available, as traditional therapy for sacral fractures involves rest, pain medication and either crutches or a walker to support walking. Traditional treatment normally takes about three to six months to heal, but many fractures do not respond to it, he said.

“Thankfully, we were able to help Carol by giving her an option to bring back her quality of life,” Dr. Mitry said.

“It was so wonderful to find someone who cared. I feel so much better now,” she said. Ready to rejoin the world, Carol was happy to make it to her 55th high school class reunion in Stewardson-Strasburg in August. “I’ve been telling everyone I can about the Pain Clinic,” Carol said. “They were a Godsend to me.”



“I felt immediate relief. It was wonderful. I’ve been telling everyone about the Pain Clinic. They were a Godsend to me.”

Carol Lowry, with her friend and partner, Jerry VanBellehem.



“Thankfully, we were able to help Carol by giving her an option to bring back her quality of life.”

Ragai Mitry, MD



To make an appointment at the Center for Interventional Pain with Heather Heicher, APN, or Ragai Mitry, MD, please ask your primary care provider for a referral.



Having Faith and Fun

Despite life's ups and downs, Jack and Jan Little try to find the purpose and fun in everything.

Jack and Jan Little say they're having "too much fun" these days, and they credit their team of doctors at Sarah Bush Lincoln for helping them reach this stage of life.

Seventeen years ago, Jack and Jan were set up on a date. They say they used that first meeting to "test" each other on likes and dislikes, dreams and goals. From bucket-list trips to their favorite books, the pair immediately recognized that they had a shared vision of their future. To this day, Jan says she remembers exactly what she was wearing the day she met Jack. Seven months later, they were married, and their adventure began.

When they met, Jan was already a breast cancer survivor. Having been diagnosed in 1987 when she was a single mother of two young children, she moved to Mattoon to be closer to her family. She received her follow-up care at the Sarah Bush Lincoln Regional Cancer Center with Medical Oncologist Edward Hoppin, MD.

"Dr. Hoppin was a wonderful man," Jan remembered. "I was used to a fancy, big-city hospital, and then I moved here and saw this hospital in the middle of a cornfield, yet it [Sarah Bush Lincoln] was just as up-to-date. We have everything here that we need."

After Jan and Jack were married, they both worked with Sarah Bush Lincoln doctors to stay on top of their health. Their family practice physician, Bernie Rancho, MD, strongly recommended that they participate in the Heart to Heart program through Sarah Bush Lincoln. Shortly after they completed the program, Dr. Rancho asked them to come discuss the results. He informed Jack that his PSA levels were significantly elevated and referred him to Urologist David DiDomenico, MD.

"We have so much respect for Dr. Rancho," Jack said, "He is knowledgeable, approachable, concerned, calming and very honest. He gave us lots of options and was always open to us seeking a second opinion."

The initial testing found a small, low-grade prostate cancer, but follow-up scans found two spots on Jack's bones, which doctors feared meant that the cancer had spread. Jack and Jan initially attempted to schedule a consultation with an out-of-town facility, but when staff at that hospital failed to return Jan's phone call, she knew where to turn. "I knew we couldn't wait," Jan said, "so I went into the Sarah Bush Lincoln Regional Cancer Center and talked to the staff that Friday. They called me back that afternoon, and by Tuesday we were meeting with Dr. Cho (Radiation Oncologist Seong Cho, MD) and 'Jag' (Medical Oncologist Kuppuswamy Jagarlamudi, MD)."

"It felt great," Jack said of his first appointment with the doctors. "We got a great first impression (of the doctors), and we left that day with a plan in place to fight the cancer."

Jack underwent a special PET scan in Decatur, which did show suspicious spots on his bones, but his follow-up biopsy showed no bone cancer. As a Vietnam veteran who was exposed to Agent Orange, Jack and his doctors recognized that they would need to perform regular testing to ensure that the spots did not become cancerous, but Jack said that Dr. Jagarlamudi has never lost his focus on the treatment plan.



"Sometimes we live long enough to see the purpose, and sometimes we don't, but my faith plays a large role."

Jack Little

Jack recognizes that his history as a veteran and a cancer survivor make it even more important to stay on top of his own healthcare. "I look at it like preventive maintenance on a vehicle," he said. "It really takes no time, and you feel good in the end. I want to grow old with Jan, take trips together and see my grandkids grow up."

Even with their significant battles, including a melanoma diagnosis that Jack received in 2004, the Littles say that they don't let fear impact their decisions. "Life is going to give you a lot of things, but everything happens for a purpose and a reason," Jan said.

Jack agreed, "Sometimes we live long enough to see the purpose, and sometimes we don't, but my faith plays a large role. I know where I'm going, so I always have the realization that all is not lost."



For more information about the SBL Regional Cancer Center, call **217-258-2250** or go to **www.sarahbush.org**.



Back to Living without Pain

Teresa Annis thought there was no hope for excruciating back pain, but SBL Orthopedics & Sport Medicine proved her wrong.

Over the course of 30 years, Mattoon resident Teresa Annis was always on the go. She became a wife and a mother; she worked in home healthcare and was an elementary school supervisor. She loved hiking in the woods by her house, taking care of her animals and traveling, but for much of those 30 years, Teresa was in great pain. In fact, she believed she was beyond hope. Then she met Sarah Bush Lincoln Orthopedic Surgeon and Spine Specialist, Michael Chioffe, MD.

“The pain in my left leg had started during my pregnancies, but the X-rays didn’t show anything,” Teresa said. “At first, I managed it by going to the chiropractor, but then my back started going out.”

Teresa began getting injections to help her deal with the pain, but the relief only lasted a day or two. She avoided oral pain medications because she wanted to be alert and active for her children. Despite regular visits to multiple doctors, Teresa said she found no relief, and no answers. The pain was so severe that she couldn’t walk into her chiropractor’s office without assistance. “I did whatever I had to do to be a good mom, but I was in pain every single day,” she remembers. “It affected every aspect of my life.”

By the time an MRI revealed bulging discs, Teresa had gained weight because the pain had rendered her nearly immobile.



Michael Chioffe, MD

Theresa remembers Dr. Chioffe saying, “I can help you. I can make you feel better.”

She spent 80 percent of her time on the couch. In 2014, Teresa had an extensive back surgery that involved implanting screws, a mesh cage and cadaver bone in and around her spine. She vividly remembers the difficult recovery. “It was worse than my C-section,” Teresa said. “Everything made it worse, even walking. Physical therapy was almost unbearable.”

After a six-month recovery period, Teresa tried to modify her daily activities and return to work, but the pain was so great that she was forced to resign after only two weeks. “At that point, I thought there wasn’t any hope for me,” she recalls.

“Don’t give up. If it wasn’t for Dr. Chioffe, I don’t know where I would be.”

Teresa Annis

In early 2017, Teresa received a call from the SBL Orthopedics and Sports Medicine office inviting her to set up a visit with Dr. Chioffe, because he specializes in injuries and diseases of the spine. He was then new to the SBL medical staff. Her husband convinced her to give the doctor a chance. During her first visit, Dr. Chioffe requested several sets of X-rays and carefully reviewed each one, along with her previous MRI records. In a consultation with Teresa, he pointed out the places in her spine that could benefit from surgical intervention.

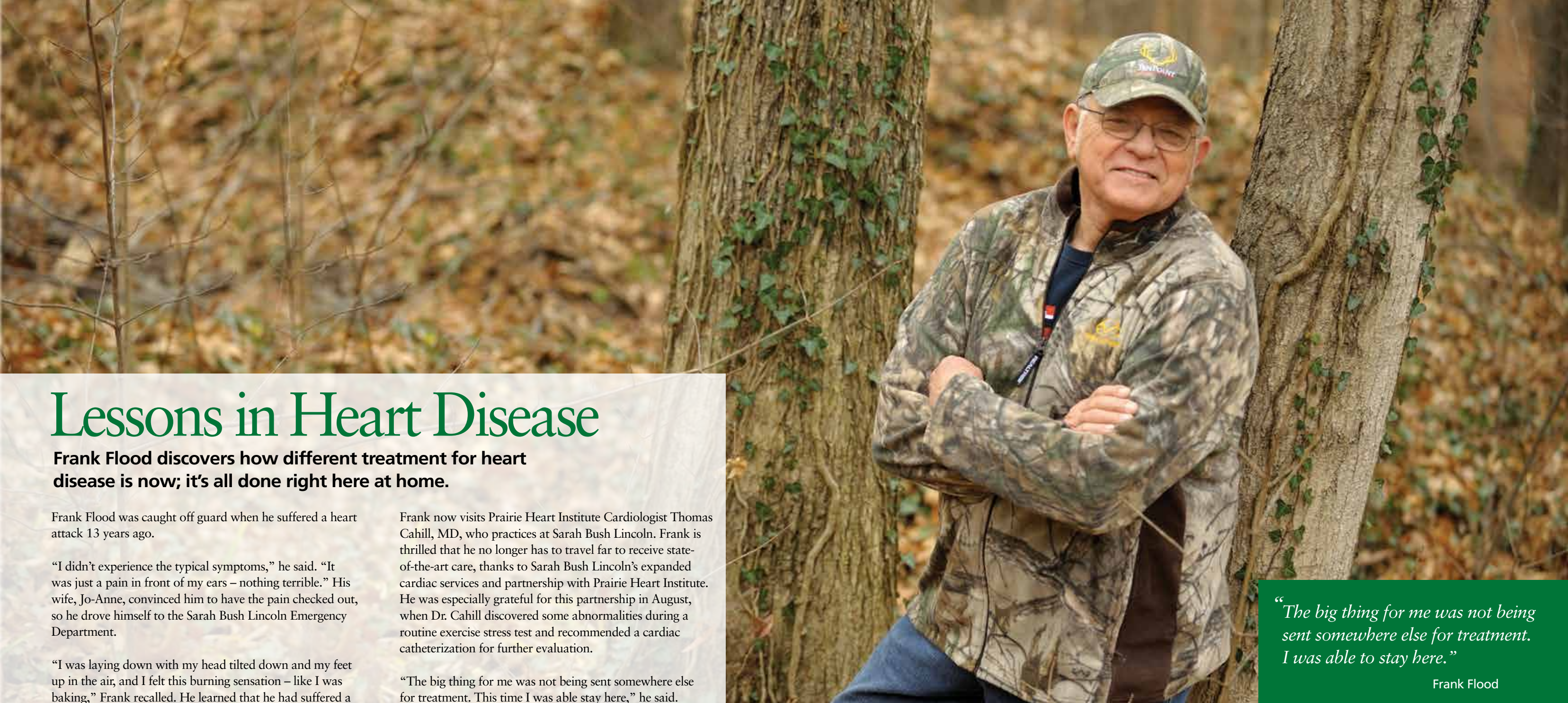
Teresa remembers Dr. Chioffe saying, “I can help you. I can make you feel better.” Since her husband had been a constant source of support over the years and could not attend that first visit, Teresa requested a follow-up appointment so her husband could hear Dr. Chioffe’s plan for her treatment. Teresa recounted how Dr. Chioffe patiently reviewed the X-rays again with her husband, pointed out where the problems were, explained his treatment plan and answered all of her husband’s questions. “He was so patient and very nice,” Teresa remembers of that second visit. “I felt, ‘Here is someone who actually cares.’ He showed compassion.”

On July 17, Teresa underwent a second extensive back surgery. She said she was apprehensive about the pain reoccurring, but as soon as she woke up from surgery, she knew that her recovery would be different. After less than three weeks, Teresa was able to stop her pain medication and start aqua therapy in the SBL Physical and Occupational Therapy Department. “I was nervous,” Teresa said of starting physical therapy, “but the therapists listened to me and encouraged me.”

Today, Teresa is able to walk and sleep without pain. She is able to find joy and excitement in life again. To those who are experiencing back pain, Teresa has a message of encouragement and hope. “Do your research and don’t give up. There is someone out there who can help. If it wasn’t for Dr. Chioffe, I don’t know where I would be.”



To make an appointment with Dr. Chioffe, call SBL Orthopedics and Sports Medicine at **217-238-3435** or go to **www.sarahbush.org**.



Lessons in Heart Disease

Frank Flood discovers how different treatment for heart disease is now; it's all done right here at home.

Frank Flood was caught off guard when he suffered a heart attack 13 years ago.

“I didn’t experience the typical symptoms,” he said. “It was just a pain in front of my ears – nothing terrible.” His wife, Jo-Anne, convinced him to have the pain checked out, so he drove himself to the Sarah Bush Lincoln Emergency Department.

“I was laying down with my head tilted down and my feet up in the air, and I felt this burning sensation – like I was baking,” Frank recalled. He learned that he had suffered a full-blown heart attack. He was transferred by ambulance to St. John’s Hospital in Springfield, where doctors placed two stents to open blockages. A month later, Frank received a third stent to improve blood flow to his heart.

Thankfully, there was minimal damage to Frank’s heart, but the event was a huge wake-up call for him. Frank went through cardiac rehabilitation at Sarah Bush Lincoln’s Monitored Exercise Testing Services (METS) and learned that he needed to pay particularly close attention to his health because he also has diabetes. “I’m at a much greater risk for having heart problems because of the diabetes,” he said. Frank also learned that people with diabetes are more prone to suffer silent heart attacks, which might explain why his symptoms were subtle.

Frank now visits Prairie Heart Institute Cardiologist Thomas Cahill, MD, who practices at Sarah Bush Lincoln. Frank is thrilled that he no longer has to travel far to receive state-of-the-art care, thanks to Sarah Bush Lincoln’s expanded cardiac services and partnership with Prairie Heart Institute. He was especially grateful for this partnership in August, when Dr. Cahill discovered some abnormalities during a routine exercise stress test and recommended a cardiac catheterization for further evaluation.

“The big thing for me was not being sent somewhere else for treatment. This time I was able stay here,” he said. “The nurses in the cath lab are wonderful. They were very thorough in explaining what they were doing and the purpose.” Prairie Heart Institute Interventional Cardiologist Amit Dande, MD, FACC, FSCAI, performed the cardiac catheterization using the radial artery in Frank’s wrist. During the procedure, two coronary arteries showed significant blockages, so Dr. Dande opened the clogged arteries to restore proper blood flow to the heart. He also placed two stents to ensure that the arteries would stay open.

“I am amazed by how they did it. It’s almost shocking that there was no more to it than that. I went in at 8 a.m., and I was home by lunch,” he said. Doctors had previously gained access through an artery in his groin, but going through the wrist is an additional treatment option that

is more comfortable for people, safer and has fewer bleeding complications, according to Dr. Dande.

Frank once again returned to METS for cardiac rehabilitation. “I can tell that it strengthened me,” he said. “I feel better and my legs are stronger. I’ve been trying to exercise more at home, as well.”

Frank makes his health a priority so he can enjoy the things he loves, like hunting, fishing and spending time with family. Frank graduated from METS in November, but he continues to exercise daily on a stationary bike at home. Now retired, he enjoys serving as a master Illinois hunter safety education instructor in

“The big thing for me was not being sent somewhere else for treatment. I was able to stay here.”

Frank Flood

Cumberland County, which he has done for 20 years. “It’s been a successful program and I enjoy being out in the woods,” the 69-year-old Greenup man said.

Frank and Jo-Anne, now married 50 years, have changed their eating habits to stay healthy. “We don’t eat as much fried food, and we eat more fruits and vegetables. It’s a balancing act to control the blood pressure, cholesterol and blood sugar, but if you keep all those things in line, you do feel better,” he said.



For more information about The Heart Center, call **217-238-4960** or to **www.sarahbush.org**.

New SBL Neoga and Shelbyville Clinics

The Sarah Bush Lincoln Shelbyville Clinic is welcoming people at its new facility at 1215 West Main Street. It opened December 18.

The fully modern clinic, staffed by Family Physician Doris Bowers, MD, and Gary Hayden, PA-C, features nine exam rooms, a procedure room, laboratory and diagnostic imaging and an expanded reception area. The canopied entrance provides a convenient drop off for people who may have mobility issues and during inclement weather.

Also, the Sarah Bush Lincoln Neoga Clinic is nearing completion with plans to open in February. The clinic will be approximately 5,000 square feet and have a brick facade and a canopied entrance, similar to other Sarah Bush Lincoln clinics.

The clinic will also feature six exam rooms, a procedure room, laboratory and diagnostic imaging services and an expanded reception area. Family Practitioner Janice Vandever, MD, and Certified Physician Assistant Iven Boehm, PA-C, will continue to provide care at the new clinic.

SBL Practice Management Vice President Greg Taylor said, "Our staff is very excited to continue to care for the community in these beautiful new facilities. We think people will really be pleased with the new care environment and find it comforting and comfortable."

Women's Choice Award for Heart Care and Orthopedics

Sarah Bush Lincoln has been named one of America's Best Hospitals for Heart Care and Orthopedics by the Women's Choice Award®, America's trusted referral source for the best in healthcare.

The awards signify that Sarah Bush Lincoln is in the top 9 percent of 4,812 U.S. hospitals offering heart care services, and the top 11 percent of 3,229 U.S. hospitals offering orthopedics services. Sarah Bush Lincoln is one of 374 award recipients representing the hospitals that have met the highest standards for orthopedics care in the U.S. by the Women's Choice Award.

SBL President & CEO Jerry Esker said, "We are truly honored to receive these distinguished awards. It speaks volumes to the work of the people involved in our cardiology program and to our partnership with Prairie Heart Institute of Illinois. We are also honored to receive this significant orthopedics designation based on data from the Center for Medicare and Medicaid Services and patient experience. Our Orthopedic staff is excellent and has vast experience in diverse areas, and our surgical teams are superb as well."



Download our Latest Apps



SBL Babies

- Track your pregnancy
- Journal
- Health trackers
- Chart your kicks
- Feeding tracker

SBL Events

- Keep informed about upcoming events, fundraisers and other happenings at Sarah Bush Lincoln
- Register for events, view photos and videos
- Annual featured events include:
 - Festival of Trees
 - Cheers!
 - Binga
 - Fall Market
 - Paint the Town 5K
 - Races for All Paces
 - SBL Golf Benefit

wellness

Center for Healthy Living*

A medical center through which 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 & Pediatric CPR

Instructors certified by the American Heart Association. Scheduled periodically, \$50 fee for each class.

- Shirley Sherwood, 217-258-2403

Healthy Directions

A six-month weight-management program.

- 6:30 pm, every Thursday at SBL
- Denise Bloemer, RD, LDN, 217-258-2199

Hearing Aid Services

Offered at Sarah Bush Lincoln, SBL Effingham Clinic, and the Paris Community Hospital.

- 217-258-2568

Living with Diabetes*

This program is for people with diabetes and focuses on managing it through nutrition and exercise.

- Paula Enstrom, RN, 217-238-4808

Step in the Right Direction*

A FREE six-month program for people with pre-diabetes.

- Paula Enstrom, RN, 217-238-4808

Pulmonary Rehabilitation

This program is for people with COPD, Pulmonary Fibrosis and other respiratory conditions.

- 11 am, 12:30 pm, 1:30 pm every Tues. and Thurs. in the METS department.
- Cathy Matheny, RT, 217-238-4973

Tobacco Cessation Services

A program to help people quit smoking or using smokeless tobacco.

- SBL Wellness Services, 217-258-2140

Weight Management Program

A clinically monitored weight management program for people of all ages.

- Kristina Adams, RD, 217-238-4774

support groups

A.W.A.K.E.

Open to anyone suffering from sleep disorders, primarily sleep apnea.

- 6 to 8 pm, first week of March, June and October
- Lumpkin Family Center for Health Education at SBL
- Rodney Wildman, RPSGT, 217-238-4908

Diabetic Support Group

- 7 pm, second Tuesday of the month in March, June, Sept. and Dec. at SBL
- Cindy Foster, RD, certified diabetic educator, 217-258-2135

Hopeful Horizons

A support group open to anyone who has lost a loved one.

- 1 to 2:30 pm, third Thursday of each month, Prairie Pavilion 2, at SBL Lincolnland Hospice
- 1-800-454-4055

Ostomy Support Group

- Evening meetings four times a year in Mattoon and Effingham. Call for dates, times and locations.
- Jenna Kreke, RN, 217-238-4804

Pathways Through Grief

A support group open to anyone who has lost a loved one.

- 7 to 8:30 pm, first Wednesday of each month
- Lumpkin Family Center for Health Education at SBL
- Lincolnland Hospice, 1-800-454-4055

prepared childbirth

Oh, Baby!

Course educates parents about the final months of pregnancy, labor-delivery-recovery, and the first months of babies' lives. Preregistration fee: \$30 per couple. Financial assistance available.

- 217-258-2229

Parent 2 Parent

A FREE service offering information, discussion and support about becoming a parent.

- 6 to 7 pm, first Tuesday of each month
- 217-258-2229

financial assistance

Affordable Care Act

Certified Application Counselors are available to help people with Marketplace enrollment in the following counties: Coles, Clark, Cumberland, Douglas, Edgar, Effingham, Jasper, Moultrie and Shelby

- 217-238-4994

Financial Assistance

If you have any questions about the SBL Financial Assistance Program, please call Patient Financial Services between 8 am and 4:30 pm, Monday through Friday.

- 1-800-381-0040
- Financial Assistance forms may be downloaded from www.sarahbush.org

Sarah Bush Lincoln

Walk-In Clinics

7 am – 7 pm
Monday through Friday

8 am – 3 pm
Saturday and Sunday

MATTOON

200 Dettro Drive
217-238-3000

CHARLESTON

2040 Lincoln Avenue
just east of IL Route 130
217-345-2030

TUSCOLA

1100 Tuscola Blvd
217-253-4764

* Funded in part by WomenConnected, a women's giving circle within the SBL Health Foundation.



Sarah Bush Lincoln

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



Printed on recycled paper.



Cheers!

**34th Annual Event to Fund
Healthcare Scholarships**

Saturday, March 3

Keller Convention Center, Effingham
6 to 11 pm

Cocktail Party with Heavy Hors d'oeuvres

*A dressy event with
an informal atmosphere.*

Tickets

\$75 donation per person

Net proceeds benefit the Guild Scholarship Program. To order tickets, call the SBL Health Foundation at 217-258-2511 by February 23, 2018. Invitations are open to the public. Reservations are required.

Hotel Information

Hotel Reservations can be made directly with the Effingham Holiday Inn at (217) 540-7777. Rooms will be held under Cheers! (group code SBL) until February 15, 2018.

Entertainment by Downtime from St. Louis