

# The Advantage

## COVID-19 Drive-Thru Testing Site

The testing garage at SBL is located in the parking lot of the Center For Healthy Living, located on the east side of the Health Center. Enter via the Loxa Road entrance. Call **217 258-7490** to pre-register for a test.

## Who should be tested for COVID 19?

- Anyone scheduled to have surgery or surgical procedure.
- Anyone with symptoms of COVID-19 such as fever, cough, shortness of breath.
- Anyone who has been exposed to someone with COVID-19, regardless if they have symptoms.

To learn more:

[www.sarahbush.org/dailyupdates](http://www.sarahbush.org/dailyupdates) for COVID-19 information.



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

## Celebration is now The Advantage

Welcome to "The Advantage," our new and improved newsletter for AdvantAge 50. In addition to a new name, you will receive the newsletter four times a year, instead of two.

Little did we know at our kick-off party in February that we would not be able to travel this year due to the pandemic. We made the decision to cancel all bus trips for the year. We thank you for your continued interest and hope to bring back some of the 2020 trips in 2021.

At Sarah Bush Lincoln your health, safety and well being are our first priority. Our employees wear masks and we require everyone who enters our buildings to wear a mask. When you visit our facilities our screeners will take your temperature and ask you a few questions regarding COVID-19.



## Food for Thought

*"Humans have always been hunters and gatherers until modern times. To be healthy, you have to move and be as active as you can be. Move it or lose it, it's never too late! The type of food you eat can cause, worsen and or prevent or improve most diseases. Real food – food that is not processed or packaged – can improve all aspects of your life, physically and mentally. Food preparation and cooking fresh foods at least four days a week, can keep you healthy along with increasing your daily activity."*

– Marisa Friscia, MD, Internal Medicine

Dr. Friscia cares for patients at the SBL Family Medical Center in Mattoon. Prior to coming to SBL, she spent more than 16 years providing medical care to people in rural Vermont. She called herself a true "country doctor" who made house calls. She credits her grandmother for her early interest in medicine. Look inside for Dr. Friscia's healthy Roasted Potato recipe.



## Check Out Our Podcasts

Health *styles*



Did you know Sarah Bush Lincoln has a podcast series called *Health Styles*?

### *What's a podcast?*

Think of podcasts as a television series, but in audio form. Podcast shows, like television shows, cover

a wide range of topics and styles, from science and mystery to hobbies and fashion. *Health Styles* is an interview-style, podcast that features conversations with our providers and clinicians. Shows address topics such as heart issues, exercise, orthopedics and mental health. Each show ranges from 10 to 30 minutes in length and provides the listener with medical information in a manner that is easy to understand.

To listen to a podcast, all you need is Internet and either a cell phone, tablet or computer. Some people like to use a podcast app on their cell phone or tablet. Popular apps include Apple Podcast, Google Podcast, Spotify and Stitcher. If you use these apps, you can download podcasts to your device and listen to them later. To find *Health Styles*, search Sarah Bush Lincoln on the app.

Another way to listen to *Health Styles* is directly from our website at [www.sarahbush.org/podcasts](http://www.sarahbush.org/podcasts). We continually add new podcasts and hope you'll listen the next time you're in the car, taking a walk, waiting for an appointment or just sitting in your favorite lounge chair at home.



**Coming Soon Virtually**

Stay tuned to [www.sarahbush.org](http://www.sarahbush.org) for details.



## What causes a heart attack?

### **B. Lakshmi, MD**

SBL Cardiologist

When Dr. Lakshmi sat down to record a series of short podcasts on heart issues, he was eager to talk about what

causes a heart attack. It was believed that heart attacks were the result of progressive narrowing of the arteries that close completely over time, resulting in a heart attack.

Doctors and researchers now know that a heart attack is the result of plaque rupturing in the coronary artery. The plaque grows inside the artery over time. Smoking, high blood pressure and excessive stress causes the plaque to eventually rupture, which leads to artery blockage and a heart attack. Immediate treatment to open up the blockage is key to surviving a heart attack. Want to learn more? Listen to Dr. Lakshmi on our *Health Styles* podcasts.

## Construction Plans Underway



Sarah Bush Lincoln submitted a certificate of need application to build an expanded replacement building for the SBL Bonutti Clinic in Effingham.

"We're pleased to further invest in Effingham with this long-term commitment to provide excellent medical care," SBL President and CEO Jerry Esker said. In all, Sarah Bush Lincoln employs 354 residents of Effingham County.

The proposed project is a \$35 million replacement building for the deteriorating SBL Bonutti Clinic in Effingham. The 65,400-square-foot building will house the Bonutti Clinic and other SBL clinics in Effingham.





## Medicare Annual Wellness Visit

Preventive care is not the same for everyone. What's best for you depends on your medical history, your family's medical history, and how you live.



Preventive care is what we do to prevent or delay medical problems. Getting preventive care saves you the time, money, and the worry that comes with medical problems. If you avoid medical problems, you may be more independent and have a better quality of life for a longer time.

### **Medicare pays for the entire cost of this visit if:**

- You have had Medicare Part B coverage for more than 12 months.
- AND you have not had a Medicare initial preventive physical examination or an annual wellness visit within the last 12 months.

If you're not sure if these are true for you, please ask your primary care provider. Medicare Annual Wellness visits are available through your SBL primary care provider.

### **Dr. Marisa Friscia's**

## **Oven Roasted Potatoes**

- Preheat oven to 400 degrees.
- Clean and dry three medium potatoes. Leave skin on and slice the potatoes thinly about 1/4 inch, trying to get potatoes close to the same thickness. If you have a mandolin or potato slicer, this will help. On a foil-lined large baking pan, lay all slices flat, don't overlap.
- Sprinkle all the potatoes with olive oil, then lightly sprinkle with sea salt. Grate parmesan cheese over the potatoes and sprinkle with garlic powder and pepper to taste.
- Bake for 25 minutes. This will make enough for several meals and can be reheated in oven or microwave.



## Renovation Updates

Renovation of **Entrance A** at the Health Center will be complete this fall. A larger drive-up canopy will accommodate more cars for pick-up and drop-off. AdvantAge 50 members will have available parking spaces closest to Entrance A. Valet parking services are on hold during COVID. Our Welcome Assistants will help you find your way or assist you to your destination.

The **SBL Urology Clinic** and **Advanced Wound Center** reception areas are undergoing a facelift and expansion. The Advanced Wound Center has been temporarily relocated to **200 Professional Plaza** located on the street north of Prairie Pavilion 2. The hyperbaric oxygen chamber remains in the Health Center.

The **Emergency Department Entrance** is also being renovated. Use the temporary, covered walkway when coming to the ER. If you need assistance, use the phone at the entrance to connect you with staff.





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## Inside the SBL Surgery Center

Located on the Health Center's main campus, the SBL Surgery Center is where many outpatient surgeries are performed including ENT procedures, eye and some orthopedic surgeries. The center opened in February and features four surgical suites, pre-op and post-op areas and a comfortable reception area for patients and families. A convenient drop-off and pick-up area makes it easy for patients to enter and leave the center.



Connect with Sarah Bush Lincoln



[www.sarahbush.org](http://www.sarahbush.org)