

Sarah Bush Lincoln

Health *styles*

BACK IN THE DRIVER'S SEAT

Hip replacement surgeries help Don Madlem continue his journey.

ROLLING ALONG

Injury does not slow down Teutopolis native.

WIRE AND FIRE

Car enthusiast organizes fundraiser in his wife's memory to benefit Lincolnland Hospice.

EXERCISING THE PAIN AWAY

Healthy living exercise program helps Joyce Baker live pain-free.



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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.

For more information or to request a change of address, contact:

Sarah Bush Lincoln
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www.sarahbush.org

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June 14, 2019
Meadowview Golf Course



Net proceeds support the new SBL outpatient Surgery Center.

For more information, contact the SBL Health Foundation at
217 258-2511 or **klockart@sblhs.org**.

SBL Breaks Ground on New Surgery Center

Construction is underway on a new outpatient surgery center on the Health Center's main campus.

The four-suite surgery center is being built to accommodate the surgery schedules of the orthopedic surgeons at the SBL Bonutti Clinic and the SBL ENT physicians. The 18,000-square-foot facility, which is situated just east of Prairie Pavilion 1, is expected to take about a year to build.

SBL Director of Planning Erica Stollard explained that the acquisition of the Bonutti Clinic in early 2018 is expected to bring several new orthopedic surgeries to SBL over the next

five years, while new ENT surgical cases are expected to grow in the same time frame.

Additionally, many of the outpatient surgeries currently performed in the Health Center, including ophthalmologic, orthopedic and ENT surgeries, will be performed in the new center. Shifting outpatient surgeries to the new center will open space in the Health Center for physicians to perform surgeries that require hospitalizations.

For more information, contact Erica Stollard, 217 258-2106.

Effingham Expansions

SBL Effingham Clinic

905 N. Maple St., Effingham

Louis Schwing, MD – Internal Medicine (217 540-6122)

Paul Oltman, MD – Family Practice (217 347-7776)

Douglas Kabbes, MD – Walk-In Clinic (217 540-6123)

SBL Evergreen Clinic

1104 W. Evergreen Ave., Effingham

Effingham General Surgery Clinic

217 347-2500

Kevin Malone, MD

James Flaig, DO

SBL Bonutti Clinic

1303 W. Evergreen Ave., Effingham

217 342-3400

Orthopedics

Joseph Ajdinovich, MD

Peter Bonutti, MD

Michael Chioffe, MD

Kayla Deters, APRN

Stacia Fallert, APRN

Timothy Gray, MD

Jennifer Hess, APRN

Frank Lee, MD

Didi Omiyi, MD

Nick Williams, PA-C

Tom Williams, PA-C

Luke Zumbahlen, APRN



For more on SBL growth and expansion photos and stories, please go to www.sarahbush.org/growth.





Back in the *Driver's Seat*

Hip replacement surgeries help Don Madlem continue his journey.

Don met his wife, Phyllis, of 55 years when they were first-graders at Lincoln Elementary School in Charleston. They went all the way through school together, yet Don described having to “get up the nerve” to ask Phyllis out on a date their junior year of high school. Looking back, it seems the couple was destined to be together.

After Don and Phyllis graduated from Charleston High School in 1963, Phyllis insisted that they delay their marriage plans for a year until she completed nursing school. Two days after Phyllis received her LPN certification, the couple married.

Don and Phyllis worked as a team to raise their three children, and they shared hobbies over the years, as well. The Madlems were looking forward to retirement, to traveling and to pursuing the kinds of big dreams that are put on hold when people are working and raising families, but their plans were interrupted by significant health issues.

To begin, Don's heart valve had to be replaced to correct a congenital issue. Then a serious infection dealt them an unexpected blow, forcing another valve replacement, an aorta arch replacement and a triple bypass. Phyllis said, "He wasn't given much hope of surviving," but the fighter in him pulled through. As time passed, it became obvious that Don needed hip replacement surgeries on both hips. Years of wear and tear as a truck driver— including both driving and jumping on and off of flatbed trucks— had taken their toll. (During that time, Don also served for 25 years as a volunteer with the Lincoln Fire Protection District, including leading the group as the chief.)

To say Don and Phyllis had been looking forward to a two-week winter vacation to Florida for more than a year was an understatement. Yet, it was not to be. Instead, Orthopedic Surgeon Donald Sandercock, DO, performed an outpatient hip replacement surgery using the anterior approach. The surgery was a success, but Don contracted an infection once he returned home in January 2018.

Eight months later, Don returned to have his right hip replaced, knowing fully what to expect. He sailed through the surgery and walked out of the hospital later that day. "It felt so good to go home and be in my own surroundings," he conceded.

Phyllis took precautions to reduce the risk of infection while Don's incision healed, and their daughter, a Sarah Bush

Lincoln surgical nurse, came by the house to change the bandages and "watch over him," Phyllis said.

"I started physical therapy [PT] the following week, and my goal was to walk into Dr. Sandercock's office two weeks later with just a cane," Don said. "I loved those PT ladies. I walked in and Dr. Sandercock could hardly believe it. I was reminded of 'safety first.' I'm not hurting now!"

Don and Phyllis celebrated their many blessings, including Don's improved health, with that two-week winter vacation to Florida, where he was able to walk on the beach, something he wasn't able to do the previous year.

Their plans for the summer include attending antique tractor shows, at which they'll display some of their more than 30 Massey Harris tractors. Don's most prized possession is the 1940 Massey 101 Senior that belonged to his parents. He spends his time rebuilding tractors and getting them back into show condition. "It's a family thing," he explained. "We go to these shows for the fun of it. We love to get together with other collectors and have a good time."

Phyllis is thrilled to have her husband back, so they can continue their life-long journey together. Reflecting on the surgical experience they had with Dr. Sandercock and the Physical Therapy and Rehabilitation Department, Phyllis said, "He just had excellent care."



For more information or to make an appointment with any of the Sarah Bush Lincoln orthopedists, call **217 238-3435** for SBL Orthopedics & Sports Medicine or **217 342-3400** for the SBL Bonutti Clinic.



Rolling

Along

Injury does not slow down Teutopolis native.

When Tammy (Kroeger) Smith was in fifth grade, she fell while roller skating and broke her right wrist. Her mom told her to never get on roller skates again.

Fast-forward 38 years to Tammy roller skating with her kids in their school gym. She took a turn a little too fast, lost her balance, fell backward and broke her fall with her elbow. As she lay there, the directive Tammy's mom gave her decades prior reverberated through her head: never get on roller skates again!

Tammy's husband, Shannon, was out of town, so she had to place the inevitable call to her mom for help getting medical care. "I was dreading that call!" Tammy said. "At 49 years old, all I could hear my mom say was, 'I told you never to skate again,'" she said laughing.

The Teutopolis native went to Bonutti Clinic in Effingham for an evaluation because she knew and trusted the care she would receive there. An X-ray revealed that Tammy needed to see an orthopedic surgeon. "One of my friends had spoken very highly of Dr. (Frank) Lee at the clinic, so I went to see him," she said.

“I am really grateful to him (Dr. Lee) for giving me back my mobility.”

—Tammy (Kroeger) Smith

“Dr. Lee told me in advance [of the surgery] that he couldn’t guarantee how much flexibility I would regain. He said that I may never swing a golf club again,” Tammy recalled, remembering she felt fairly depressed about that news.

Dr. Lee stabilized her break with a six-inch metal plate and 14 screws. Following surgery, she wore a removable cast. “He was phenomenal!” Tammy said. She completed several weeks of physical therapy thereafter, yet Tammy struggled to bend her arm; Dr. Lee performed a minor procedure to release the scar tissue and return her mobility.

“My kids and husband helped me so much,” Tammy said. “You don’t really think about all of the things that you naturally do with your arm, like reaching for items or even getting dressed.” She is thankful for her then 11-year-old daughter, Halle, and 9-year-old twin sons, Colton and Callaway, who pitched in to help her out.

Four years have passed and Tammy has just a faint scar underneath her forearm to provide evidence of her skating mishap.

“I saw Dr. Lee at a golf tournament and I made a point to show him that I could swing a club again,” Tammy said mischievously. “I am really grateful to him for giving me back my mobility.”

Tammy has— at least for now— hung up her skates.

Expanding Orthopedic Care

Sarah Bush Lincoln orthopedists are expanding their service areas in an effort to create greater access to care and lessen transportation time for area residents.



Michael Chioffe, MD

SBL Bonutti Clinic

Michael Chioffe, MD, specializes in surgeries of the spine and cares for people at SBL Orthopedics & Sports Medicine in Mattoon and at the SBL Bonutti Clinic in Effingham. Dr. Chioffe also performs knee, hip and shoulder procedures. He is certified by the American Board of Orthopedic Surgery



Timothy Gray, MD

SBL Shelbyville Clinic

Orthopedic Surgeon Timothy Gray, MD, cares for people at the SBL Bonutti Clinic and the SBL Shelbyville Clinic. Dr. Gray treats a variety of orthopedic conditions and performs several orthopedic procedures, including knee and shoulder surgeries, arthroscopy, arthritis surgery and joint replacement. He is board certified by the American Board of Orthopedic Surgery.



Eric Brewer, DO

SBL Casey Clinic

Orthopedic Surgeon Eric Brewer, DO, cares for people at SBL Orthopedics & Sports Medicine in Mattoon and at the SBL Casey Clinic. Dr. Brewer specializes in total joint replacement and orthopedic sports medicine. Dr. Brewer is board prepared, American Osteopathic Board of Orthopedic Surgery.



For more information or to make an appointment with any of the Sarah Bush Lincoln orthopedists, call **217 342-3400** for the SBL Bonutti Clinic or **217 238-3435** for SBL Orthopedics & Sports Medicine.



Wire and

Fire

Car enthusiast organizes fundraiser in his wife's memory to benefit Lincolnland Hospice.

Doug and Cindy Hawkins were living the life of their dreams when a cancer diagnosis changed everything.

“I remember that morning thinking ‘Boy, life is great. I’ve got the job I want. We’re living where we want. The family is good.’ I was so happy I was near tears. By that night, I was near tears for another reason,” Doug said, reflecting on the day the love of his life was diagnosed with pancreatic cancer. It was November 14, 2014, an autumn day permanently etched in his mind.

The Hawkins had been Oblong High School sweethearts who’d married after Doug finished college and landed a job with General Motors. Doug’s job took the couple to New Jersey, Pennsylvania, Washington, DC, and Chicago before he had earned a position that allowed him to work remotely from anywhere. The couple packed up and returned home. It was 1996 and back to Oblong they went, this time to raise their two daughters on the family farm where Doug had grown up.

To Doug, that perfect morning in 2014 felt like “... the culmination of everything we’d worked for, and we got thrown a big curve ball that day,” he said. “We grew really close living in places where we didn’t know anyone. It was just the two of us supporting each other.”

With the diagnosis, the battle began. For four years, Cindy fought the cancer with courage, grace and dignity. She thought she had it beat after completing an aggressive treatment regimen—and a surgery she had had to fight to receive—when she was pronounced cancer-free in March 2016, following a scan. “It was a very happy day and we were praising the Lord,” Doug said.

“Hospice made it possible for us to keep Cindy home and in an environment where we could all be comfortable, and I want to do my part to make that service available to others.”

—Doug Hawkins

As soon as Cindy regained her strength, the couple started traveling again and enjoying time with their daughters and grandchildren. As avid car enthusiasts, they also had a blast driving their '72 Chevy Suburban through various states on a Hot Rod Power Tour. Sadly, the cancer returned in the fall of 2017 and, despite Cindy's determination, the



Doug with his wife Cindy

cancer prevailed. By August 2018, Cindy had exhausted all treatment options, so she and Doug turned to Lincolnland Hospice of Sarah Bush Lincoln for help.

Lincolnland Hospice helped the family make the most of their final days together. “We took our wedding vows very seriously and hospice helped us keep those vows,” Doug said, reflecting on how only death could separate him from Cindy. “It meant so much to be able to keep her home. We were unbelievably sad and overwhelmed, but hospice took away a lot of the burden by answering ‘How do we care for her?’ They prepared us for what was going to happen.”

The couple's journey was also eased by their strong faith. They found the talks with hospice chaplain Joy Starwalt especially healing, as well as the many prayers they received. “We needed those as much as anything,” Doug said. “Cindy didn't want us to be angry at God. She felt like she had lived a good life and she didn't want to be a burden on anyone.” Doug said he is also grateful for the tremendous support he received from friends and family. Cindy's

sister, Teresa, even moved in with the couple on more than one occasion to help with caregiving.

Family and friends enjoyed spending time together at the house, and Cindy was alert most days to enjoy their company. “She never lost her sense of humor and positive spirit. Even when she was bedridden and could barely talk, she would thank her caregivers every time they came,” Doug said. “Being surrounded by such caring, compassionate people enabled our family to live each day to the fullest as a gift from God.” Cindy died peacefully on November 6, 2018, with her family by her side. She was 59 years old.

In gratitude, Doug and his fellow classic car enthusiasts organized a fundraiser in Cindy's honor that generated \$3,000 for services provided by Lincolnland Hospice. “When you rally everyone around a cause, you can get a lot of stuff done,” Doug said. “Hospice made it possible for us to keep Cindy home and in an environment where we could all be comfortable, and I want to do my part to make that service available to others.” The donated funds will help ensure that people without resources can have a similar experience.

Doug was touched by the outpouring of support from friends who travelled from near and far to support his January fundraiser: Wire and Fire. “Cindy was like one of the guys. She wasn't afraid to get her hands dirty and everyone loved her,” he said.

During the day-long event, “gear heads” worked to refurbish a 1948 Chevy Suburban, while other supporters sold specially designed t-shirts and raffle tickets for donated items. Cindy's sister organized a meal for participants, and more than 100 people stopped by to contribute. Doug hopes to make the fundraiser an annual event.

Lincolnland Hospice cares for people in 20 counties in East Central and Southern Illinois, regardless of their ability to pay, and it provides comprehensive bereavement services.



For more information about Lincolnland Hospice, go to www.sarahbush.org or call **1-800-454-4055**.



Exercising the Pain Away

Healthy Living exercise program helps Joyce Baker live pain-free.

After struggling for years with weight and chronic pain, Joyce Baker knew it was time to make a change.

“In my job, I am running constantly, so at the end of my day I was having pain so bad in my legs and feet that I was on pain killers. I took them pretty much every night,” she said. Her eating habits also suffered due to her hectic schedule. “I would get so busy that I would forget to eat and then I would grab a sandwich from a drive-through.” Though she wasn’t eating large quantities, she was still gaining weight.

Following a doctor visit, Joyce was referred to the Healthy Living Medical Exercise Program at Sarah Bush Lincoln. After a complete medical evaluation, she started working out with Exercise Specialist Adam Shook, who designed a plan to help keep her motivated while also providing realistic, achievable goals.

Fully committed from the start, Joyce faithfully attended training sessions at the Center for Health Living— three days a week for the duration of the 120-day program. She is amazed

with the results. “I was literally off the pain killers after the first month,” she said. “I couldn’t believe the difference in how I felt. The pain was going away.”

Joyce was especially surprised because she had been working out at a gym on her own for more than a year without seeing results. “I was going about it all wrong,” she said. “I was spending too much time on the treadmill and not using the equipment properly.” Joyce was impressed by her trainer who stressed strength training and found exercises that would strengthen her legs, hips, hamstrings and glutes. “Adam knows his stuff. Anytime I felt pain, he would tell me to stop and he would show me a different way to do something. He definitely knows how to go about everything to get the results that you need,” she said.

While results like Joyce’s are never guaranteed, “learning the technique and providing a little guidance can go a long way,” Shook said. “Support, education and accountability are the three biggest things that our program provides. Joyce was open to listening and learning, and that’s the bottom line. She stayed consistent and she worked really hard.”

Registered Dietitian Michelle Schultz, RD, provided nutrition counseling to Joyce, who made some small changes, like increasing her protein intake and eating more consistently. She kept a food journal and started packing healthy snacks for eating on the run. Joyce has lost 18 pounds while gaining muscle mass, though she is most excited about being pain-free. “There are a lot of benefits from weight lifting that I never knew existed. There was no other explanation for the pain relief [than gaining muscle mass], and I was in pain every day for months. That was a big deal for me,” she said.

As a resident services coordinator at an assisted living facility, “I run, run, run all the time, and I feel great,” Joyce said. “Working out with Adam has been the best thing I’ve done for myself.” Her newfound strength has also given her more confidence to help care for her disabled son, Brandon. “I don’t feel the pain in my wrist and joints when I walk with Brandon. I feel more secure holding him now,” she said.

Since completing the program in December, Joyce joined the Mattoon Area Family YMCA. She recently returned to the Center for Healthy Living through its partnership with the YMCA, and she is happy to be back. “I felt like I was coming home when I walked back into the gym,” she said. “The trainers are right here to answers our questions or to spot us if we need it.”

Shook applauds Joyce’s decision to continue working out. “People can lose weight in four months, but it’s keeping it off that’s the biggest factor – it’s the consistency. We want people to continue to use our support system,” he said.



“Support, education and accountability are the three biggest things that our program provides. Joyce was open to listening and learning, and that’s the bottom line. She stayed consistent and she worked really hard.”

—Adam Shook, Exercise Specialist



For more information about the Healthy Living Medical Exercise Program, call the Center for Health Living at **217 238-3488**.



Sarah Bush Lincoln

Welcomes

Mary Harvey, MD

Pediatrician

Mary Harvey, MD, considers it a privilege and a joy to care for children.

In fact, that's why she became a pediatrician. "It was just fun -- that's what swayed me," she said. "You have to have an upbeat attitude when you're working with kids. There is a lot of optimism in pediatrics."

Dr. Harvey recently joined the medical team at SBL Charleston Family Practice and looks forward to meeting new people and establishing relationships with area families. "I can't wait to get to know new families and get to know the community," she said.

Dr. Harvey was born and raised in Peoria, where she has worked as a pediatrician since 1994. She graduated first from Bradley University in Peoria and then from the University of Illinois College of Medicine. She completed a one-year internship in pediatrics at Mayo Clinic in Rochester, MN, and a three-year residency at the University of Illinois College of Medicine in Peoria.

After working for two years in a conventional pediatrics practice, Dr. Harvey taught pediatrics for 10 years at the University of Illinois College of Medicine. "It was so fun to work with residents. They're upbeat, positive and they're interested in what they are doing," she said.

During that time, Dr. Harvey also worked in the pediatric after-hours clinic affiliated with OSF St. Francis Medical Center. However, she missed providing one-on-one patient care, so she

"I really enjoy working with parents. Possibly one of the best things about pediatrics is that I am working with parents who care....It's a collaborative effort."

—Mary Harvey, MD

returned to private practice in 2007. "I was able to establish relationships with families again, which was really rewarding," she said.

Passionate about her profession, Dr. Harvey said her greatest joy is being able to follow her patients from infancy to adulthood. "I love watching the kids move through their major milestones like finishing high school, going on to college, making big decisions and accomplishing things," she said. "I really enjoy working with parents. Possibly one of the best things about pediatrics is that I am working with parents who care about my patient's (their child's) health more than they care about their own. It's a collaborative effort."

And being a parent has been a great asset. "It's offered me great perspective, so I feel a little more experienced from both ends," she said. "You have to be realistic. Kids are hard and being a parent is very difficult."

With her children now both in college, Dr. Harvey is excited to be caring for children in the Charleston and Mattoon area. She stresses the importance of preventive care and establishing healthy habits starting from a young age.



For more information or to make an appointment with Dr. Harvey, call **217 345-7700**.
The SBL Charleston Family Practice is located at 116 W. Buchanan Ave., Charleston.



Marisa Friscia, MD

Internal Medicine Physician

Internal Medicine Physician Marisa Friscia, MD, takes pride in learning everything she can about her patients.

For more than 16 years, she provided medical care to people in rural Vermont. “I had more than 2,500 patients and I probably know every detail about their children and grandchildren. I love learning about families. I love it!” she said. “I love the stories because, to me, if you know people and know who they are, then you know what’s going in their lives, including what makes it difficult for them to eat properly or exercise and or what hardships they have.”

Dr. Friscia is excited to get to know families in the Mattoon/Charleston area, having recently joined the Sarah Bush Lincoln Family Medical Center in Mattoon where she has taken over the practice of Family Physician Douglas Kabbes, MD. Dr. Kabbes is now caring for patients at the newly opened SBL Effingham Walk-In Clinic.

Dr. Friscia was born and raised in New York City, where she worked as a pulmonologist and critical care specialist until her early 40s and lived a fast-paced lifestyle. She credits her grandmother for her early interest in medicine. “My grandmother came from Italy and, her entire life, she doctored us. We went to the doctor intermittently, but she doctored us, and she really knew about the body,” Dr. Friscia said. “I thought medicine was the only thing where you learn something new every day and it’s forever changing, and you meet all kinds of people.”

Dr. Friscia earned her medical degree from St. George’s University School of Medicine, where she completed one year

“I love the stories because, to me, if you know people and know who they are, then you know what’s going in their lives, including what makes it difficult for them to eat properly or exercise and or what hardships they have.”

—Marisia Friscia, MD

in Grenada, West Indies, and the remainder in the New York area. She completed an internship at Lutheran Medical Center in Brooklyn, NY, and a residency in internal medicine at Metropolitan Hospital Center in New York City.

Dr. Friscia then went on to complete fellowships in pulmonary medicine and critical care medicine at Albert Einstein College of Medicine in the Bronx. “I did a rotation in the ICU and I thought it was so exciting; I wanted to save lives,” she said. However, after 10 years in practice and having a daughter, she decided to switch gears.

“I started seeing things that could have been prevented, and I thought I needed to start from the beginning and help keep people out of the ICU,” she said. Dr. Friscia spent three years providing primary care, pulmonary care and critical care in the Chesapeake Bay area, where she moved with her husband and daughter.

Dr. Friscia and her family then moved to Vermont in 2003 in search of a more relaxed lifestyle, where she went into private practice. “I loved the change. I was really a country doctor. I went out to houses and made house calls,” she said. “I loved being a jack-of-all-trades— doing a little bit of everything.”

She continued, “Having a pulmonary background really helps me a lot because there are so many respiratory conditions that, a lot of times, I can treat them myself without needing a specialist.”

With her daughter now in college, Dr. Friscia is excited to be in the Midwest for the first time. She especially enjoys educating people to help them stay well, and she still shares some of her grandmother’s wisdom. “My grandmother felt that food, sleep and exercise were essential. I remember her dancing every day at 98 and she didn’t suffer from pain like arthritis, and I thought ‘I think she’s right.’”



For more information or to make an appointment with Dr. Friscia, call **217 234-7000**. Her office is located at SBL Family Medical Center, 200 Richmond Ave. East, Suite 1, Mattoon.



Sarah Bush Lincoln

Thanks

Long-serving Board Members

Sarah Bush Lincoln salutes Steve Wenté and Laurel Allenbaugh as dedicated members of the SBL Health Center board. Having served for 11 years and nine years respectively, they are retiring at the end of June.

“Our thanks and appreciation go out to Steve and Laurel for their work on behalf of Sarah Bush Lincoln. They have helped guide our organization down a path of expansion, which we will continue to follow for many years to come,” SBL CEO and President Jerry Esker said. “Each has had a tremendous impact on our board, and we are grateful for their dedication and generosity of time and talent.”

As board treasurer, Steve Wenté kept a keen eye on the financials, and he continually looked for ways to enhance operational efficiencies and move SBL forward. He helped guide the Health Center through a period of tremendous growth— one that included the renovation and expansion of the main campus and called for building the Regional Cancer Center, The Heart Center and the many primary care clinics.

“Sarah Bush Lincoln has a major impact not only in the community, but in the entire area. We’re a regional healthcare provider and we’re the county’s largest employer,” Wenté said. “I take great pride in playing a role in the decisions and actions that bring the finest quality medical care to Sarah Bush Lincoln patients. I’m especially proud of the Health Center’s mission to provide exceptional care to all – with the emphasis on ALL, regardless of one’s ability to pay. That’s something in which the board is particularly proud,” Wenté said.

Both Wenté and Allenbaugh provided strong strategic planning insight and made decisions to enhance the quality of care offered to area residents. Improvements in quality included reducing medical errors, enhancing technology and purchasing state-of-the-art equipment, so community members would have access to high-tech care without traveling.

“Until you experience the inside track of healthcare, you cannot possibly imagine or appreciate the associated complexities,” Allenbaugh said. “I have learned so much about what goes on behind the scenes, and I’m so impressed by the organization’s strong focus on safety.”

Allenbaugh takes pride in serving on the board and in making decisions that have brought additional services and specialties to the area. “There has been so much change— so much growth!— in the nine years I’ve served. It’s amazing,” she said. “Serving on the board has been an honor. Board members come from different industries and backgrounds, so we see things from different vantage points. That enables us to make better decisions.”

Allenbaugh and Wenté were instrumental in guiding the Health Center through a \$41 million investment in technology by implementing Cerner, a sophisticated integrated electronic health records system now in use throughout the Health Center and in all of its clinics. The system allows caregivers to view results and documentation in “real time” so timely decisions can be made for ideal health outcomes.

Wenté served for two years as board chairperson (2016-2018), and as chairperson and vice-chairperson of the finance committee for seven years (2009-2016). At various times, he also served on the human resource and facility committee, corporate compliance, investment and board development committees. Allenbaugh served as vice-chairperson of the finance, human resources and facility committee (2012-2014) and as vice-chairperson of the human resource and compensation committee (2014-2016).

Steve Wenté is the managing partner of Doehring, Winders and Co. LLP, Certified Public Accountants, Mattoon. Allenbaugh is Executive Vice President, Chief Operations Officer, of First Mid Bank & Trust.

Courses, Classes and Support Groups

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 Living Nutrition

A weight-management program.

- 8 am and noon every Mon. and 5:30 pm every Tues. at the SBL Center for Healthy Living
- Michelle Schultz, RD, 217 238-3488

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

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

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

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

Prepared Childbirth

Oh, Baby! Prenatal Education

Oh, Baby! offers a variety of comprehensive prenatal and infant care educational classes to help expectant and new parents and their babies get off to a great start. Preregistration is required. Please check the website for the most current class schedule. Some classes have a fee. Financial assistance available.

- Allison Masse, RN, IBCLC, ICCE, 217 258-2229
- sarahbush.org/ohbaby

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

Sarah Bush Lincoln

Walk-In Clinics

7 am – 7 pm
Monday through Friday

8 am – 3 pm
Saturday and Sunday

MATTOON

200 Dettro Dr.
217 238-3000

CHARLESTON

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

TUSCOLA

1100 Tuscola Blvd.
217 253-4764

Effingham Walk-In Clinic

EFFINGHAM

905 N Maple St.
217 540-6123

10 am – 8 pm
Monday through Friday

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

Sarah Bush Lincoln

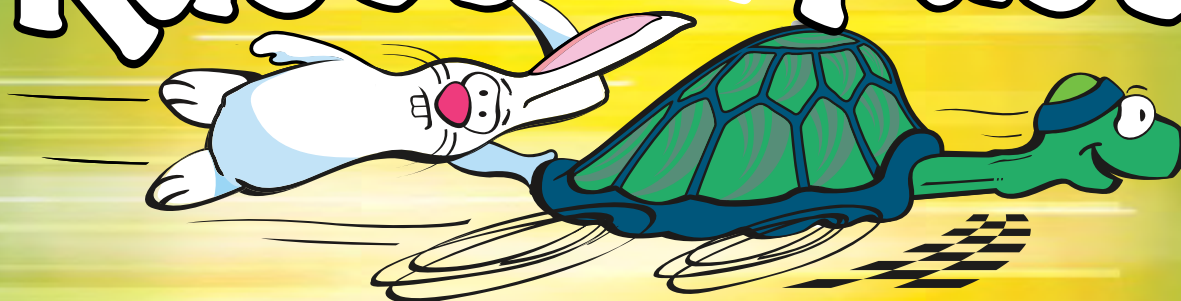
1000 Health Center Drive
PO Box 372
Mattoon, Illinois 61938-0372



 Printed on recycled paper.

REGISTER NOW!

2019 Races for all Paces



SATURDAY, MAY 11

www.sarahbush.org/races

The races will begin and end in O'Brien Stadium on the campus
of Eastern Illinois University.

7:00 a.m. Half Marathon
7:50 a.m. 10K Timed Run/Walk
8:15 a.m. 5K Timed Run/Walk
9:30 a.m. 1 Mile Fun Run/Walk
10:15 a.m. Toddler Trot / Diaper Dash

For more information call
217 345-6828