

The Advantage

September 2021

COVID-19 Vaccines

FDA-approved Pfizer vaccines are available to people 12 and older at the **SBL Charleston and Mattoon Walk-In Clinics**. No appointment needed. This two-dose vaccine is available from **7 am to 7 pm, Monday through Friday, and 8 am to 3 pm, Saturday and Sunday**. There is no out-of-pocket cost.

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

Mattoon Walk-In Clinic
200 Dettro Dr.
217 238-3000

COVID-19 Testing

Community testing is available at the **SBL Mattoon Walk-In Clinic**.

Tests times are:
**8 am to 4 pm,
Monday through Friday**
To make an appointment call
217-258-7490.

Valet Parking

Monday through Friday
8 am to 4 pm
Entrance A

 **Sarah Bush
Lincoln**
AdvantAge 50

Contact us at:
217-258-2422 or email
advantage50@sblhs.org

Hello AdvantAge 50 members!

As we enter into fall and winter there are many exciting things happening at SBL including planning of two major construction projects on our main campus. In this edition of *The Advantage*, we'll introduce you to our newest providers and focus on diabetic foot care with Podiatrist, Kimberly Eickmeier, DPM, from SBL Podiatry Clinic. SBL is also offering a free class just for caregivers. Learn more about Powerful Tools for Caregivers and how to register for our November session.



Critical Care Unit Expansion



Sarah Bush Lincoln has plans to expand its Critical Care Unit (CCU) and the adjacent Step-Down Unit to add 20 new beds in total. 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. Along with the expansion of the CCU and Step-Down Unit, the project provides space on the ground floor to enlarge the Lumpkin Education Center.

The 58,000-square-foot project will take about 18 months to complete. Upon granting of a certificate of need by the Illinois Health Facilities and Services Review Board, construction may begin in early 2022.

"This is an exciting time for Sarah Bush Lincoln as more people choose us for their care. We want to ensure that we have the necessary space to accommodate the medical needs of the community," Kim Uphoff, SBL Vice President of Operations, said. "We are humbled and honored to care for them."

Over the last four years, SBL has experienced an increase in inpatient and observation days from 28,719 to 34,968 annually.

The exterior of the addition will be finished in brick and glass to blend the front of the building and other buildings on campus with the new expansion.

News & Updates



Sarah Bush Lincoln is building a **Hospice House** on the north side of the Health Center campus, near the east pond. The house will offer a peaceful home-like residence where terminally ill people can receive short-term hospice care.



Construction of the eight-room home will begin in early spring, with an expected opening in 2023. The Sarah Bush Lincoln Hospice House will be the first, fully dedicated inpatient hospice house in East Central Illinois. Each hospice patient will have a comfortable, private suite so their loved ones can remain at their bedside around the clock when time is precious.

To learn more, contact
Lincolnland Hospice 1-800-454-4055.

Renovations to the **Chapel**, located on the main floor of the Health Center near the CCU are complete.

New flooring, paint and a stone accent wall were installed. Funds for the renovation were generously donated by Dan and Jeanne Cunningham and Dr. Ned and Barbara Hoppin.



Physical and Occupational Therapy services will soon be available to the Altamont community. The newly renovated facility is located at 15 N. Main St., Altamont.

Health *styles* House Calls

Join us for a live and online **Zoom** presentation with Endocrinologist Sathya Subbiah, MD, **Noon to 1pm, Wednesday, September 22**

This online event is **FREE**.
Attend and be entered into a drawing for a \$25 gift card.

To receive your Zoom invite,
and send your questions in advance, email:

ckessler@sbllhs.org

Chris Kessler, SBL Community Outreach Service Representative



James Polek, MD

Internal Medicine/Pediatrics



We are pleased to welcome Internal Medicine Physician and Pediatrician James Polek, MD. Dr. Polek sees patients at SBL Family Medical Center in Mattoon.

Dr. Polek grew up in Rockford and attended medical school at the University of Illinois College of Medicine in Peoria. After medical school, he completed residencies at the University of Kentucky

Medical Center in both internal medicine and pediatrics.

“Practicing in internal medicine can sometimes be a puzzle, but being a good listener helps immensely. It’s very rewarding when I’m able to help my patients,” Dr. Polek said.

As an internist and pediatrician, Dr. Polek treats a wide range of diseases, from nerve pain to diabetes to chronic obstructive pulmonary disease and sinus infections, in patients of any age. Dr. Polek is excited to return to his Illinois roots, especially at a large, rural health system like Sarah Bush Lincoln.

“Honestly, I just fell in love with the place. When I visited, everyone I encountered seemed very invested in the Health System. I immediately understood that Sarah Bush Lincoln serves the community and takes that seriously,” Dr. Polek said.

In his free time, Dr. Polek enjoys hiking, gardening and cooking unique ethnic dishes.

To make an appointment with Dr. Polek, please call
SBL Family Medical Center
200 Richmond Avenue East, Suite 4 • Mattoon
217-234-7000

Welcome

SBL Southern Illinois Hand Center

Hand Surgeons Nash Naam, MD, FACS, Patrick Stewart, MD, FACS, and Lisa Sasso, MD, FAAOS, have joined the Sarah Bush Lincoln family.

The Southern Illinois Hand Center has earned a wide reputation for excellence and innovation through more than 30 years of providing expert care. In addition to surgical services the clinic also provides hand and occupational therapy service.

Welcoming new patients!

Please call **217 347-3003** for an appointment,
901 Medical Park Dr., Effingham



*Lisa Sasso, MD, FAAOS, Patrick Stewart, MD, FACS,
Nash Naam, MD, FACS*



To make an appointment with Dr. Eickmeier,
please call, SBL Podiatry Clinic
1000 Health Center Dr.
Suite 104 • Mattoon
217 238-4519

Diabetic Foot Care

Kimberly Eickmeier, DPM, SBL Podiatry Clinic

People with diabetes should pay extra attention to their foot health according to SBL Podiatrist Kimberly Eickmeier, DPM. Because of decreased circulation, minor foot problems can turn into major medical issues down the road. Dr. Eickmeier offers these recommendations.

- See your provider every three months if you have poor circulation or peripheral neuropathy or every six months if you do not have these issues.
- Check your feet daily, top and bottom. Look for ingrown toenails, swelling or redness. If you can't see the bottom of your feet, put a mirror on the floor or ask a family member to help you.
- Wear good quality shoes that meet the push-bend-twist test. Push: The heel counter should be sturdy enough that you cannot push it down to the insole. Bend: The shoe should bend where the toes bend. Twist: The shoe should not twist easily.
- Get fitted for shoes. Feet change as we get older. As arches fall, feet get bigger.
- Remove all of the stuffing and tissue paper from new shoes.
- At the end of each day, tap the back of your shoes on a hard surface and remove any stones or debris.
- Dry, cracked heels can lead to infection. Be sure to moisturize and avoid backless shoes as they can make the problem worse.



1000 Health Center Drive
 PO Box 372
 Mattoon, IL 61938

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RETURN SERVICE
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Powerful Tools for Caregivers Class

Tuesdays
 9 to 10:30 am

November 2 - December 7

Diagnostic Imaging Conference room - Entrance A
 Sarah Bush Lincoln

For more information, call 217 238-4524 or register online
www.sarahbush.org/calendar

This class will give YOU, the caregiver, tools to:

- Help reduce stress
- Communicate effectively with family members, doctors and caregivers
- Help reduce guilt, anger and depression
- Make difficult decisions
- Set goals and problem-solve

This is not a support group.



www.sarahbush.org