

 Sarah Bush Lincoln

# Health *styles*

## In this edition:

### A NEW RHYTHM

A former roadie rediscovered rest after years of sleepless nights.

### BREATHTAKING RECOVERY

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### FROM LOSS TO TRIUMPH

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AMERICAN NURSES  
CREDENTIALING CENTER

  
May 2025  
Northern Edition





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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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Health System

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Volume 36 | Number 2

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## Sarah Bush Lincoln Welcomes

Amir Ansari, DO, Pediatrics, and  
Hannah Burich, APRN, Family Medicine

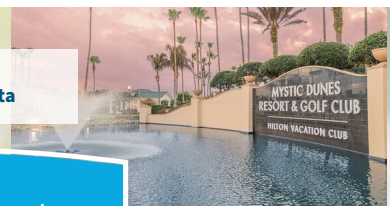
## SBL Surgery Clinic Welcomes

Mark Wolfe, MD, General Surgery

## Community Connection



Thanks to:  
Mike & Jayne Genta



2025 Golf Raffle

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36<sup>th</sup> Annual  
**Sarah Bush Lincoln**

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*Net proceeds support SBL's Greatest Needs.*

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



# A Season of Momentum

**Sarah Bush Lincoln is celebrating growth, recognition and 48 years of care.**

Spring always brings a sense of momentum—an energy that builds as the days grow longer and farmers return to the fields to plant the season's first crop. Here at Sarah Bush Lincoln, we are feeling that same energy as we continue to grow both the services we offer and the people who provide them.

Over the past several weeks, we have welcomed a number of new providers who are already making meaningful impacts. Our specialty services are expanding with the addition of Ali Warda, MD, in Pulmonology and Sleep Medicine, and Belen Lawless, MD, in Neurology. Anthony Guarino, MD, joined the Interventional Pain Management Clinic in Effingham, and Priya Verma, MD, brings new expertise to the Infectious Disease team.

Later this fall, we are very excited to welcome Electrophysiologist Mohamed Labedi, MD, who will expand our cardiology services. He specializes in diagnosing and treating problems with the heart's electrical system—such as irregular heartbeats (arrhythmias)—using advanced tests and procedures that improve the outcomes and quality of life for patients. Additionally, later this summer, we are excited to welcome Podiatrists Charles Kind, DPM, and Lauren Kind, DPM, who will provide specialized foot and ankle care to meet a growing need in our community. Taylor Johnson, APRN, and Megan Wascher, PA-C recently began seeing patients in our Gastroenterology Clinic. We will also welcome Radiologist Adam Held, MD, who specializes in musculoskeletal radiology, this summer.

In primary care, we recently welcomed Internist Shemariah Israel, MD, to Family Medical Center in Mattoon, Taylor Cook, APRN, to the Sullivan Clinic, and Jessica Lee, APRN, to Martinsville. Laura Hardiek, APRN, will soon be seeing patients in Charleston East.

I'm so proud of how each of these individuals contributes to our mission of making high-quality care more accessible to the people we serve.



We have also received exciting national recognition. Sarah Bush Lincoln has earned two 2025 Women's Choice Awards—one for Best

Hospitals for Outpatient Experience and another for Best Hospitals for Orthopedics. These honors are based not just on clinical excellence but on what matters most to patients: being heard, cared for and respected. That's a direct reflection of the exceptional work our team does every day, and I couldn't be more grateful.

As we celebrate our 48th anniversary on May 10, I am reminded of just how far we have come—and how much more we're capable of achieving together. Thank you for being part of the Sarah Bush Lincoln community. We're growing right alongside you.

Warmly,  
**Kim Uphoff**  
President & CEO







# A New Rhythm

**A former roadie  
rediscovered rest after  
years of sleepless nights.**

**F**or Mike Ziebka, going to bed was different from going to sleep. Restorative sleep was hard to come by. But thanks to support from the Sarah Bush Lincoln Sleep Disorders Center, both Mike and his wife, Jan, are sleeping better than they have in a long time.

Mike's sleep had been problematic for years—partly because of undiagnosed sleep apnea (a potentially serious disorder in which the breathing repeatedly stops and starts) and partly because his job required him to travel across the country—working until 3am—setting up and tearing down stages and sound systems for live music performances. That schedule went on for decades,

and it made establishing and maintaining a consistent sleep schedule exceedingly difficult.

Sarah Bush Lincoln Advanced Practice Provider Michael Heise, PA-C, referred Mike to the SBL Sleep Disorders Center in November, where a sleep study revealed sleep apnea as the cause of Mike's snoring. Mike is grateful for how simple and efficient the test was. "They put sensors on my body, showed me everything available in the room and let me sleep," he said.

Mike received a CPAP (continuous positive airway pressure) machine to regulate his breathing while he sleeps. Since then, Mike has slept much better. "I can get four to six hours of continual sleep before I wake up for a

“At some point, I had learned to cope with the sleeplessness, so I could ensure the concerts and shows went fine.”

—Mike Ziebka



Mike Ziebka with SBL Sleep lab staff members: Lexi Himes, Josh Nichols, RPSGT, and Eric Burns.

Mike reflected on his past difficulties. “At some point, I had learned to cope with the sleeplessness, so I could ensure the concerts and shows went fine,” Mike said. What he did not know, however, is the far-reaching impact that sleep deprivation has on the body. In fact, it negatively affects—in multiple ways—these body systems: endocrine, immune, respiratory, digestive, cardiovascular, and central nervous. It was Jan who convinced Mike to finally seek help; his snoring impacted her sleep too much to ignore.

“We were on a cruise a few years ago. That first night, she used her phone to record me, and I finally understood what she had been describing to me,” Mike said. “I realized that now that I’m retired, she’d have to deal with that more often.”

bit, and that seems like an eternity from what it used to be,” he explained.

With improved sleep, Mike has more energy and wakes up ready for the day. He also has a fresh perspective. “We have seven grandkids now, and I want to be a part of their lives,” he said. “I want to be in as good of shape as possible, so I can be with them for a long time.”

Mike is grateful to Sleep Lab Supervisor Eric Bruns, Administrative Assistant Lexi Himes and Registered Sleep Lab Technologists Rodney Wildman, Josh Nichols and Rachelle Hendrickson for their care and support. “They were all spectacular. They assured me that I wasn’t a bother and that I can always come back to them if I have any questions,” he said.



For more information about the SBL Sleep Disorders Center, call **217 238-4908**.





With support from SBL's pulmonology and medical exercise teams, farmer Zane Tally got strong enough for a life-saving lung transplant.

**C**orrina Tally credits Sarah Bush Lincoln for saving her husband's life.

Zane Tally, a Kansas, IL resident, began showing signs of pulmonary problems in 2017, but with the help of SBL pulmonology and medical exercise staff, he was able to get a life-saving lung transplant.

A lifelong farmer, Zane never wanted to be out of commission for long because he had a farm to manage and, thankfully, his body cooperated. "I grew beans and corn my whole life, and for a long time I also had cattle,"

# Breathtaking

# Recovery

“Most importantly, I have the ability to spend time with my children and grandchildren and not need a tank of oxygen to keep up.”

—Zane Tally

Zane explained. “I needed to be able to work. The most in-depth medical care I ever needed was getting stitches.”

So, when he needed extensive care for his lungs in late 2017, Zane was treading in unfamiliar waters. During harvest season that year, Zane did not feel well and it was taking him a long time to finish his work. After the season, he asked Corrina to take him to the SBL Emergency Department. Corrina reflected, “They initially thought he had pneumonia, but when he followed up with pulmonology a few days later, his lungs had not cleared up. They tried washing out his lungs, and food particles exited his lungs when they did.”

During Zane’s hospitalization and follow-up treatment, Pulmonologist Danish Thameem, MD, oversaw his care. With the discovery of food particles in his lungs, a gastroenterologist diagnosed Zane with achalasia, a disorder of the esophagus where the lower esophageal sphincter does not function, preventing food from entering the stomach.

In 2019, a minor operation opened Zane’s esophageal sphincter so that food properly reached his stomach. Unfortunately, the damage was done. “Dr. Thameem had told me in 2017 that I would likely need a lung transplant,” Zane said. “Dr. Thameem followed my progress for the next few years, and even though I took medication to slow the pulmonary fibrosis’ progression, it became clear I needed the transplant.”

Zane tried to convince everyone he was fine. “I felt a lot better than I did before they washed out my lungs and opened my sphincter,” he said.

“He was not fine,” Corrina retorted. “I knew he needed that transplant.”

Zane eventually received a double lung transplant in St. Louis in October of 2023, but he had to get in shape prior to the operation. “I had to meet certain fitness standards to qualify for the surgery,” Zane explained. “Early in 2023, I weighed approximately 250 pounds and could hardly breathe.”

Beginning in February of 2023, he trained at the SBL Center for Healthy Living, under supervision of exercise specialists. During that time, he also followed up with SBL Pulmonology. He is grateful for the staff of both departments for their care.

That year, Zane lost 50 pounds, and since his transplant, he has lost another 40 pounds. He feels like a new person. “I can walk a mile and have no trouble breathing,” Zane said. “Most importantly, I have the ability to spend time with my children and grandchildren and not need a tank of oxygen to keep up.”

“I truly believe that the care he received from Sarah Bush Lincoln in 2017, and especially before his transplant in 2023, saved his life,” Corrina said. “If he didn’t get that care, I don’t know what would have happened.”



For more information about SBL Pulmonology, call **217 258-4158**. For more information about the SBL Medical Exercise Program, call the SBL Center for Healthy Living at **217-238-3488**.





# From Loss to Triumph

**A Metcalf woman lost 125 pounds and regained her ability to walk with help from the SBL Bariatric Program.**

**F**or years, Lisa Steeples' goal had been to lose weight. Despite difficult odds, she made a promise to herself and to her mother that she would do it. The Sarah Bush Lincoln Bariatric Program helped Lisa fulfill that promise, even though her mom did not live to see Lisa reach her final goal.

"I lost close to 50 pounds before she passed away last February, but I wish she was here to see what I've



“I feel so much better than I have in a long time. I have more energy, and I’m maintaining a healthy weight.”

—Lisa Steeples

accomplished,” Lisa said. “She always told me that I needed to lose weight and become healthier, and I’ve finally done so.”

Through the SBL Bariatric Program, the Metcalf resident lost 125 pounds and now weighs approximately 160 pounds. “I probably haven’t weighed this since I was a teenager, and I plan to stay around this weight,” Lisa said.

After doing research, Lisa discovered SBL’s Bariatric Program and started it in May of 2023. The program offers medically supervised exercise and nutrition counseling to build healthier habits. After showing a commitment to good habits, losing weight and keeping it off, patients can receive bariatric surgery as the last step of the program.

Registered Dietician Michelle Schultz helped Lisa build and maintain better eating habits, which was especially helpful for Lisa. “I never really ate breakfast. I always had quick and unhealthy lunches at work, and I was a night eater,” Lisa said. “Now I eat better food and smaller portions.”

Andrew McDevitt, APRN, oversaw Lisa’s progress and care, and Surgeon Todd Bierman, MD, performed the sleeve gastrectomy in November of 2023. “Andrew was just amazing through the whole process, and the surgery went so smoothly with Dr. Bierman,” Lisa said. “I’m so grateful for them and the entire staff who helped me through the program.”

Lisa’s need to lose weight became crucially important after her right leg was amputated in 2020 for an adverse reaction to medication she received while hospitalized in Springfield for a blood clot. Called Heparin-Induced Thrombocytopenia (HIT), the drug caused more clots in her leg, so it had to be amputated.

That, along with a cancer diagnosis and caring for her mom in the final years of her life, led Lisa to one conclusion. She was ready for a change. “I wanted to walk again, and I wanted to be healthier for myself and my family,” Lisa said.

Following the bariatric surgery, Lisa decided to get a prosthetic leg so she could regain her ability to walk. McDevitt advised Lisa on the process for getting a prosthetic leg, which she received last year.

With the help of the SBL Bariatric Program, Lisa accomplished her goal to not only become healthier, but to walk again. Lisa also uses a motorized chair and a walker to complete everyday tasks.

Lisa is proud of who she has become. “I feel so much better than I have in a long time. I have more energy, and I’m maintaining a healthy weight,” Lisa said. “I’m doing this for myself, but I’m still doing this for my mom, too. She was my rock, and I love her so much and miss her.”



For more information about the SBL Bariatric Program, call **217 238-4961**.





# Back

# on her Feet

**After years of shared history, an Effingham woman once again counted on Dr. Bonutti for expert orthopedic care.**

**W**hen Effingham native Kathy Witkowski needed another knee replacement in 2023, she knew exactly who to call.

She relied on the same doctor who had replaced her left knee years earlier and who had also placed a rod in her leg when she broke it: SBL Orthopedic Surgeon Peter Bonutti, MD.

"After the rod placement and replacement of my knee, I made full and quick recoveries and was able to get back



to my business as soon as possible,” Kathy explained. Kathy knew she could trust Dr. Bonutti to provide her with the best care possible.

Kathy has known Dr. Bonutti since the 1990s. That is when he opened his practice in Effingham and she began catering many of his business and personal events from her home-based business, Unique Country Catering. In 2007, she opened Witt's Smokehouse.

In 2022, Kathy joined Kirby Foods as the restaurant/deli manager and catering coordinator. “I often work long hours and am on my feet all the time,” Kathy explained. “My right knee gave me troubles in the past, and it wasn't long before it started hurting again.”

Dr. Bonutti had told Kathy years earlier that she needed it replaced because it was rubbing bone on bone, just like her other knee had. Since she had just started at Kirby Foods, she did not want to leave work right away, so she received cortisone shots every three months instead. “I got those shots all of 2022 and most of 2023, until Dr. Bonutti said, ‘No more shots. We really need to get this knee replaced,’” Kathy explained.

In December of 2023, Kathy had her right knee replaced by Dr. Bonutti, and Advanced Practice Provider Nick Williams, PA-C, oversaw Kathy's care before and after the surgery. Kathy is very grateful for Nick's knowledgeable and personal care throughout the entire process. “Nick is so personable and able to connect with you and explain things so that you are able to understand,” Kathy said. “If I ever had a question, I could always call the clinic, and he would talk with me any time he was available.”

Though she was already familiar with Dr. Bonutti's work, she was once again grateful for his care. “He is not only good at being a surgeon, but he is such a good person,” Kathy said. “He will take the time to explain the procedure



with you and answer any of the questions you may have. Effingham is very lucky to have him!”

Kathy also underwent physical therapy at the SBL Bonutti Clinic, with Physical Therapist Lindell Richards overseeing her recovery. “I just can't say enough good things about Lindell,” she said. “I am so grateful to him as he helped me regain my full mobility and got me back to work quickly!”



To make an appointment or for more information about the SBL Bonutti Clinic Orthopedics in Effingham, call **217 342-3400**. For SBL Orthopedics & Sports Medicine in Mattoon, call **217 238-3435**, and for SBL Physical and Occupational Therapy, call **217 258-2530**.



# Sarah Bush Lincoln



## Aamir Ansari, DO Pediatrics

Aamir Ansari, DO, did not have the ideal first day of rotations in medical school, but despite the chaos of the day, he was inspired to become a pediatrician.

“It was the worst possible first day you could have. That day, we saw a lot of children, and there was a lot of noise,” he said. “My ears were ringing when I left, and when I got home, I immediately fell asleep in my work clothes. Somehow the next day I was still excited to go back, and that is when I knew pediatrics was for me.”

His experiences led Dr. Ansari to Sarah Bush Lincoln where he is excited to provide comprehensive care to children in the community.

## Welcomes

“It is very humbling to impact the health of babies, young children and teenagers,” Dr. Ansari said. “You may see a child with an illness, and after a few days or weeks he or she comes back feeling better. It’s an honor for me to help.”

Being able to establish a rapport with children when they are young and educate them about healthy habits as they grow makes up a significant portion of Dr. Ansari’s passion for pediatric care.

“The lifestyle advice and education you can instill in children when they are young can lead to profound changes in their health as they get older,” he said. “It is important to build those habits early on and offer the preventive care needed before issues become worse when they are older.”

Dr. Ansari is especially happy to practice in a rural setting and provide important care for families close to home. As a Chicago native, he experienced small-town living as a student at the Kentucky College of Osteopathic Medicine (KYCOM) in Pikeville, Kentucky, so he understands what it means to practice in a tight-knit community.

“You would think the big city kid wouldn’t have adjusted well to that change in scenery, but I loved being in a smaller community and embracing the warmth and compassion from the residents there,” he said. “It was hard leaving that community once I graduated, so I’m excited to establish myself here at SBL and to get to know people in the community.”

Dr. Ansari earned a Bachelor of Science degree from DePaul University in 2017, and he earned his medical degree from KYCOM in 2021. He completed his pediatric residency at OSF Children’s Hospital of Illinois in Peoria in 2024.



Dr. Ansari practices in the SBL Pediatric Clinic in Prairie Pavilion 1, located at 1005 Health Center Drive on the SBL main campus. To schedule an appointment with him, call **217 258-4006**.

## Hannah Burich, APRN

### Family Medicine

A medical career was always intriguing to Advanced Practice Provider Hannah Burich, APRN, FNP-BC, but a career as a family medicine provider was not her original plan.

The birth of her son helped inspire her to pursue a healthcare career. “I had always thought about a medical career, but after our son was born, I knew it was what I wanted to do,” Burich explained. “He was born early and needed a lot of medical attention. Seeing how the staff cared for him was amazing.”

Today, Burich practices at the Sarah Bush Lincoln Family Medical Center in Mattoon.

A Windsor native, the advance practice nurse began working in the medical field as a phlebotomist in 2015. “The funny thing is, I was actually scared of blood as a kid,” Burich said. “I think that was because I was scared of shots in general, but as an adult I handled lab work just fine.”

Burich then worked as an electronic medical record technician and later as a nurse on a cardiac intensive care unit.

Shortly after earning a Bachelor of Science in Nursing degree from Millikin University in 2018, Burich worked as a public health nurse for the Coles County Health Department until 2022. During her stint there, she realized just how much she enjoyed caring for people in the community. “I wanted to be part of the bigger picture for someone’s health,” she said. “I wanted to help people achieve their goals and optimum wellness over a longer period of time.”



During her time at the Coles County Health Department, Burich earned her Master of Science: Family Nurse Practitioner degree, which she completed in 2021 at Purdue Global University – Indianapolis. Thereafter, she began working as a family nurse practitioner at a healthcare facility in Mattoon.

During her schooling, Burich thought she would become a neonatal nurse practitioner, but she was drawn to family medicine as she raised her family with her husband, Tyler.

“I enjoy the variety of family medicine. Every day I help people with different illnesses and health issues,” she said. “I’m able to impact people of all ages, and that’s a great feeling.”



Burich practices at SBL Family Medical Center in Mattoon, 200 Richmond Ave. East, Suite 2. To schedule an appointment with her, call **217 234-7000**.



# Sarah Bush Lincoln Surgery Clinic



## Mark Wolfe, MD

### General Surgery

New to the staff of Sarah Bush Lincoln, General Surgeon Mark Wolfe, MD, earned an undergraduate degree in mechanical engineering from Kansas University (KU) in 2007. An engineering course led him to the operating room, and it is that place he has called home for more than a decade.

“For my senior project, I worked with three other students, and we designed a tissue retractor for minimally invasive spine surgery,” he explained. “That exposed me to the operating room, and the environment was great.” By 2016, Dr. Wolfe had completed both medical school and a medical residency at KU.

## Welcomes

Because Dr. Wolfe had always enjoyed problem solving and working with his hands, surgery was the natural choice for him. “Part of engineering is looking at a problem, finding the underlying issue and resolving the situation; this also describes surgery very well,” he said.

After residency, Dr. Wolfe saw patients through a private practice in Manhattan, Kansas. He performed general surgeries such as upper and lower endoscopies, hernia repairs, plus breast, colon and skin cancer procedures, among others. He also trained to use the Da Vinci Robotic Surgical Systems.

“When I was looking at new opportunities, SBL’s reputation with its community was one of the things that drew me here,” he said. “The fact that SBL frequently utilizes two Da Vinci systems was something that made SBL stand out even more.”

Although Manhattan is a city of 50,000-plus people, many of Dr. Wolfe’s patients came from rural areas. “Providing life-changing care for people in rural areas is so important because it gives them a close-to-home option without having to travel a long distance,” he said. He looks forward to providing the same kind of care to patients in the Sarah Bush Lincoln service area.

Dr. Wolfe’s father spent much of his childhood in central Illinois, despite being a lifelong Kansas resident. He and his son, Dr. Wolfe’s brother, are both family practice providers. Dr. Wolfe’s great-grandmother attended medical school, and his grandfather was a radiologist; Dr. Wolfe’s mother is a nurse. You could say that medicine is in the blood.

Dr. Wolfe and his wife live in Charleston with their daughter.



Dr. Wolfe practices in the SBL Surgery Clinic, Suite 401, located on the fourth floor of the Health Center. For more information, call **217 258-4020**.

# 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

This program is funded in part by WomenConnected, a women's giving circle within the SBL Health Foundation.

### First Aid for Emergencies; Adult and Pediatric CPR

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

■ 217 258-2403

### Hearing Aid Services

Offered at Sarah Bush Lincoln and SBL Effingham Clinic. 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, 2 pm every Tues. and Thurs. in the METS department.

■ Cathy Matheny, RTT, 217 238-4973

## Financial Assistance

### Affordable Care Act

Certified Application Counselors are available to help 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, Mon. through Fri.

■ 1-800-381-0040

■ Forms may be downloaded from [www.sarahbush.org](http://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 is available.

■ Allison Masse, RN, IBCLC, ICCE, 217 258-2229

■ [sarahbush.org/ohbaby](http://sarahbush.org/ohbaby)

## Support Groups

### Diabetic Support Group

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

### Ostomy Support Group

■ Evening meetings four times a year in Mattoon and Effingham. Call for dates, times and locations.  
■ Jenna Vogel, APRN, CWOCN, 217 238-4804

### Grief Support Groups

Two options for support groups open to anyone who has lost a loved one.

■ 6:30 to 8 pm, first Wed. of each month  
■ Prairie Pavilion 2 on SBL main campus  
■ SBL Hospice, 1-800-454-4055

■ 1 to 2:30 pm, third Wed. of each month

■ SBL Lincoln Avenue Building  
700 W. Lincoln Ave. - Charleston  
■ SBL Hospice, 1-800-454-4055

# Sarah Bush Lincoln Walk-In Clinics

**We're here when  
you need us.**

**No appointments.**

**7 am – 7 pm / Monday through Friday**

**8 am – 3 pm / Saturday and Sunday\***



### MATTOON

At its new location:  
Emerald Acres  
Sports Connection  
1201 Wooddell  
Lane, Suite B  
217-238-3000



### CHARLESTON

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



### EFFINGHAM

1303 West Evergreen  
SBL Bonutti Clinic, Entrance B  
217-540-6123



### TUSCOLA

1100 Tuscola Blvd.  
217-253-4764



### VANDALIA

1442 N. 8th St., Suite C  
618 283-0266  
\*Open 9 am to 4 pm on  
Saturday and Sunday.  
\*\*Wait time feature not available  
for this location.



Use your cell phone camera to scan this code to visit

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

Use the "Walk-In Clinic Wait Time" feature at the top of the webpage for current wait estimates at each of the walk-in clinic locations.\*\*



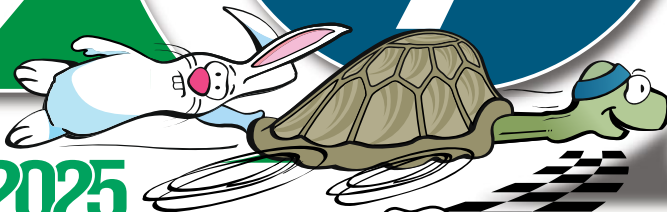


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SATURDAY  
**JUNE**  
**7**



**2025**

**Races<sub>for all</sub> Paces**

The races will begin and end on ELU's O'Brien Field track.

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

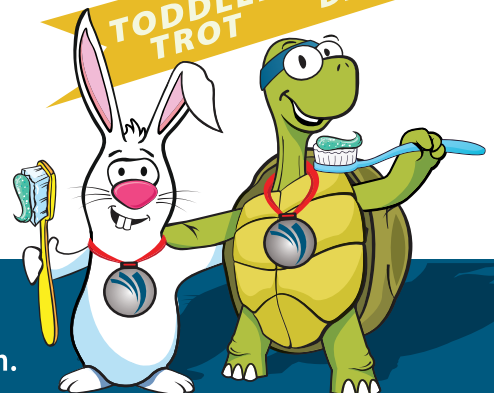
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**10K • 5K**

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**TODDLER TROT  
DIAPER DASH**



For additional information, contact Tracy Haddock at **217 345-6828**  
or **[thaddock@sblhs.org](mailto:thaddock@sblhs.org)**.

Proceeds from this family friendly event benefit the SBL Dental program.