

Sarah Bush Lincoln

health**styles**



The Holiday Magic Continues

Santa and Mrs. Claus keep their holiday tradition with help from SBL Orthopedics and Sports Medicine

Double the Confidence

Father and son feel stronger after each experiences a heart health scare

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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Health System

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SBL EVENTS



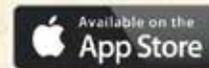
The new **SBL Events** app keeps users informed about upcoming events, fundraisers and other happenings at Sarah Bush Lincoln. Annual featured events include:

- Festival of Trees
- Cheers!
- Lincolnland Binga
- Fall Market
- Paint the Town 5K
- Races for All Paces
- SBL Golf Benefit

Users can view information about upcoming and past events, register for events and view photos and videos from past events.

SBL Events also features a section on WomenConnected, a philanthropic woman's giving circle within the SBL Health Foundation. Users can also support SBL through a "Donate" section that allows people to make monetary donations, contribute to the Grateful Patient Program and view volunteer opportunities.

Available on



Center for Healthy Living

This 120-day Healthy Living Medical Exercise program is a custom-designed exercise and lifestyle program to help participants achieve their goals and manage chronic illnesses.

- High blood pressure
- High cholesterol
- Chronic pain
- Depression
- Cancer
- Osteoporosis
- Postpartum
- Arthritis
- Rehabilitation from injury or surgery
- Weight reduction

A provider-signed referral is needed to begin the medical exercise program.

Center for Healthy Living / YMCA Access Agreement

People who are members of the Mattoon Area Family YMCA can select to use the Center for Healthy Living as their fitness center through a joint agreement.

For more information, please call the Center for Healthy Living at **217-238-3488** or contact the YMCA at **217-234-9494**.

Center for Healthy Living

1004 Health Center Drive, Suite 110 • Mattoon



The Holiday Magic Continues

Santa and Mrs. Claus keep their holiday tradition with help from SBL Orthopedics and Sports Medicine

Jim and Linda Morgan are in the Christmas spirit year-round.

And why shouldn't they be? For the last 18 years, the Windsor couple has been known as Santa and Mrs. Claus, as they have dressed like the jolly couple and entertained hundreds of children and adults alike at countless area events. "It makes you feel good if you can bring a little joy to someone," Jim said.

Linda agrees. "It's fun watching all the faces light up – from babies to great grandparents."

Jim got his start playing Jolly Old Saint Nick at a company party for Justrite, his workplace at the time. After driving her husband to various gigs the first year, Linda decided to join the act. It didn't take long before playing Santa and Mrs. Claus consumed most of their free time over the holidays.

The jovial couple hates to slow down, even when the rigors of the busy holiday season start to take a toll on them physically. They are grateful to Sarah Bush Lincoln Orthopedic Surgeon Louis Mendella, DO, who they credit for keeping them active and on their feet.

When years of scrubbing floors on her hands and knees as a housekeeper took their toll on Linda, she sought help from Dr. Mendella. Her knee pain had become so debilitating that she could hardly walk. Linda was impressed by the way Dr. Mendella immediately put her at ease. “He’s very caring, and he gave me his personal cell phone number on the first visit,” she said.

Linda didn’t hesitate when Dr. Mendella recommended knee replacement surgery. She underwent surgery to replace her left knee in 2013, and she had a second surgery in 2015 to replace her right knee. Determined not to be down long either time, she was diligent about attending physical therapy sessions and exercising at home.

Linda’s goal was always to be able to ride her bicycle again, something she has done for 30 minutes every day since she was 16 years old. Practicing on a stationary bicycle in her bedroom after each surgery, she was back on the road after two months each time.

Linda also turned to Dr. Mendella for help alleviating the throbbing pain in her wrist that was making it difficult for her to crochet or sew. For years, Linda has had fun making the couple’s many costumes, and she loves crocheting for family and friends. Thankfully, Linda underwent successful carpal tunnel surgery on her right wrist in 2015, so she is back at it! In fact, last winter she crocheted and donated 70 hats for people undergoing chemotherapy at Sarah Bush Lincoln’s Regional Cancer Center.

Impressed by the care his wife received, Jim didn’t hesitate to seek care from Dr. Mendella when his hip pain continued to worsen – though Jim admits that he waited as long as he could before undergoing hip replacement surgery. “It hurt so bad one Christmas that I was dragging my leg behind me when I walked,” he recalls. He suffered a fall years ago while he was working as a meat cutter, and he had just dealt with the pain. “I don’t like the down time (of any surgery), so I appreciate the way Dr. Mendella works with me by offering other treatments first. He waits until I’m ready, and then he’ll schedule the surgery,” Jim said.

Jim was surprised to be on his feet the same day he had surgery. “It was such a relief because it hurt me for so long. I was never really down, but I had to have help getting out of bed,” he said. “You can tell Dr. Mendella is really good at what he does, and we like that he’s so personable. He turned out to be great for both of us.”

Jim is currently seeking injection treatments from Dr. Mendella for knee pain and plans to have knee replacement surgery in January.

“He wants to be able to perform,” Linda said. In addition to their passion for putting on the holiday magic, Jim loves performing as a musician at area nursing homes and restaurants, and Linda entertains by telling jokes and stories. The couple is very busy, having made 68 appearances throughout Central Illinois one holiday season, including gigs at daycares, nursing homes, retirement centers, holiday parties and more.

Playing Santa has become part of Jim’s identity and people recognize him as Santa all year round, even when he’s not in costume, his wife said. And thanks to the skills of Dr. Mendella, Jim and Linda are looking forward to making appearances as Santa and Mrs. Claus this holiday season.



“It’s fun watching all the faces light up – from babies to great grandparents.”

Linda Morgan



For more information about SBL Orthopedics and Sports Medicine, or to make an appointment with Dr. Mendella, call **217-238-3435**. Dr. Mendella also works with Orthopedic Surgeons Michael Chioffe, MD, James Kohlmann, MD, Donald Sandercock, DO, AOA, Jeremy Stevens, MD, and Neurosurgeon Emilio Nardone, MD.



Double the Confidence

Father and son feel stronger after each experiences a heart health scare

After surviving an incredibly stressful year, Claude Earp and Dave Earp are adopting a healthier lifestyle thanks to the education they are receiving through Monitored Exercise Testing Services (METS) at Sarah Bush Lincoln. Both the father and son suffered heart episodes months apart and now appreciate growing together in their improved health and fitness.

“I actually feel better than I have in a long time,” Claude said. His son, Dave, agrees. “The confidence this program has given me to stay active and workout without worry is unbelievable,” he said. “I feel great.”

Dave suffered several bouts of heavy breathing, dizziness and numbness in his arm that sent him to the emergency rooms of various hospitals when he was on the road with the Lake Land College men’s basketball team. Doctors initially thought the assistant basketball coach was suffering from panic attacks.

When an emergency room physician in St. Louis reluctantly released Dave after he promised to seek further care at home, Dave immediately called his trusted Family Physician Gary Mikel, MD, at SBL Family Medical Center. Dr. Mikel arranged for Dave to see Prairie Heart Cardiologist Thomas Cahill, MD, at Sarah Bush Lincoln the same day. Dave was immediately impressed with the attentive care. “Dr. Cahill is one of the most personable doctors I’ve ever met,” he said. “He’s extremely thorough, and he doesn’t seem like he’s in a huge hurry. He’s there for you to address your concerns throughout the visit.”

For further assessment, Dave had a cardiac catheterization the following day. During the procedure, Prairie Heart Interventional Cardiologist Amit Dande, MD, FACC, FSCAI, discovered a 75 percent blockage in Dave’s left anterior descending artery, and he inserted a stent – a tiny metal mesh tube that improves blood flow.

A month earlier, Claude had had a stent placed in the same artery to open an 80 percent blockage. He had been busy tending to his wife, who was battling cancer at a St. Louis hospital, when he started experiencing chest pains. He recounted staggering to the emergency room and then undergoing both a stress test and an emergency cardiac catheterization within hours of the onset of pain.

Sadly, both men’s episodes occurred just weeks before they experienced tremendous personal losses. Claude’s wife (Dave’s mother) succumbed to cancer, and 30 days later, Dave lost his mother-in-law to cancer as well. “It was a stressful time for the family,” Dave said. “My wife, Lisa, rushed from my bedside to her mother’s bedside in St. Louis on the day that I got my stent.”

While still grieving, Claude and Dave are also now paying more attention to their health. They are grateful to METS staff members, whom they credit for giving them the strength and confidence to stay active.

“I was petrified to start METS,” Dave said. “I was literally making myself sick thinking, ‘What if something happens while I’m there? Is my heart going to hold up?’” Dave said. “It helps knowing there are medical professionals monitoring you at all times. After a while, you start to realize, ‘Hey! I’ve got this! It’s working and I’m going to be fine.’” Dave said.

“I run in there now, and I’m going as fast as my legs will let me go,” Dave said. “It’s a strain sometimes, but it feels great. I have a new level of energy.”

Claude added, “It’s not just an exercise program. It’s a training opportunity – a learning opportunity. You don’t just go out and get on a bike or a treadmill. They’re actually instructing you on things you need to know and do.”

At 44, Dave is thankful for the wake-up call. “I’ve lost 16 pounds and changed my eating habits. It’s given me a chance to change my lifestyle and, hopefully, to extend my life.” As a diabetic, he has also cut his insulin intake in half and reduced his cholesterol medications.



“The confidence this program has given me to stay active and workout without worry is unbelievable.”

Claude Earp (left)

“It helps knowing there are medical professionals monitoring you at all times. After a while, you start to realize, ‘Hey! It’s working and I’m going to be fine.’”

Dave Earp



To learn more about The Heart Center, call **217-238-4960**.
For more information about METS, call **217-258-2177**.



(Left to right) Stephen, Ann and Jacob Hilgendorf with Hospice nurse Cassie Burnett, RN.

Touching Lives with Joy and Tears

Tuscola family grateful for support from Lincolnland Hospice in easing son's final journey

Joel Hilgendorf wanted to live more than anything, but as the end of his life neared, he focused his energy on bringing joy to others.

“He wanted more time, but, at the end, he was really more concerned about everyone else,” his mother, Ann Hilgendorf, said. “He wanted to do things for people and tell them what they meant to him.”

After a valiant cancer battle, the 28-year-old Tuscola man passed away peacefully on July 9, surrounded by family and friends. His family credits Lincolnland Hospice of Sarah Bush Lincoln for helping him live life to the fullest, even though he wasn't ready to give up.

“Joel was a strong-willed person and he was tough,” Ann said. He had conquered a major battle with acute myeloid leukemia when he was a student at Eastern Illinois University, and he was just six months shy of celebrating his five-year cancer-free anniversary when doctors discovered cancer in his lungs in April 2015.

Joel and his family were blindsided by the diagnosis. “Lung cancer is the last thing you expect in someone that's 25 years old and who's never smoked or been around someone that has smoked,” his father, Stephen Hilgendorf, said. Unfortunately, Joel's cancer was already stage 4 and had spread to his bones when it was discovered.



“At the end, he was really more concerned about everyone else. He wanted to do things for people and tell them what they meant to him.”

Ann Hilgendorf, Joel's mom.

Joel defied the odds for more than two years by undergoing an aggressive treatment regimen at the Sarah Bush Lincoln Regional Cancer Center. He knew the staff well as Medical Director and Oncologist Abdur Shakir, MD, had overseen his care for leukemia through the years. “He trusted Dr. Shakir so much,” Stephen said. “They were very close, but Joel was always quick to ask questions and he had different ideas about the direction of his treatment at times.”

Joel was adamant about exhausting every option, but it took a tremendous toll on his body. He reluctantly agreed to accept hospice care when he found himself back in the hospital after yet another treatment option had failed to improve his worsening condition.

“The first thing he wanted to do after making that difficult decision was to say goodbye to everyone at the Cancer Center,” Ann said. “It was very important to Joel. He had been there for six years and they meant a lot to him.” Upon discharge, Joel was being transported home via ambulance, so he instructed the ambulance driver to stop at the Regional Cancer Center entrance so he could thank the staff before heading home.

“They came out and greeted him a couple [of people] at a time,” Ann said. “They told us how meaningful his gesture was because they often don’t get an opportunity to say goodbye.” Touched by the gesture, Dr. Shakir said, “Joel was an amazing young man with a passion for life. He was not a patient, but a friend, to myself and the entire cancer center team.”

Once home, Joel developed a great rapport with Lincolnland Hospice nurse Cassie Burnett, RN. “She made an immediate connection with Joel,” Ann said. “It was nice to see how at ease and comfortable he was with her, and she helped him kind of forget about what was going on and how he was hurting. They just carried on like all the other friends that were here.” Joel’s

family – especially his parents, his brother (Jacob), his aunt (Mary Hilgendorf) – and many extended family members and his closest buddies rarely left his side, and he cherished their time together.

Joel engaged his visitors in jigsaw puzzles and kept them on their toes with his dry sense of humor. Yet, he could be stubborn at times, Ann said. “He wanted to do all the things he used to, but he physically couldn’t, and that’s what frustrated him the most,” she remembered. Hospice staff proved to be invaluable support.

Joel’s caregivers helped fulfill his dream to take a final ride on the family’s boat at Lake Sara in Effingham. “They set up our place at Lake Sara with all his medical supplies and helped us figure out a safe way to get him down to the boat,” Stephen said. “I think we picked the hottest day in June to go, but we were able to get him out on the boat for an hour and a half when it cooled off in the evening.” Joel was grateful for the experience.

Learning that Lincolnland Hospice offers a Grant-A-Wish program to terminally ill patients, Joel decided to use his wish to have custom-fit golf clubs made as a wedding gift for one of his closest friends. Hospice arranged for the fitting to occur at Joel’s house so he could watch. “Joel had a great time critiquing his friend’s swing and joking around,” Ann said. Giving away his wish brought Joel joy.

“He wanted to let people know how he felt,” Ann said. “And he made sure to tell them.” One of the last things he did was nominate hospice nurse Cassie Burnett, RN, for the DAISY Award for Extraordinary Nurses. He wanted reassurance before he passed that she would be receiving the award – and receive it she did, just one month later. Looking back, Burnett cherishes the close relationship she developed with Joel and his family, and she credits the entire hospice team for helping to provide exceptional care. “It was a privilege to care for Joel, but it was also challenging because he was young and wanted to do so much. He was a friend and we wanted to do everything we could possibly do for him,” she said.

“For a long, long time, he wouldn’t go to sleep at night because he was afraid he wouldn’t wake up,” his father said. “But I think he finally made peace and he let himself rest. He touched a lot of people with his attitude and his desire to live and to fight.”



Lincolnland Hospice cares for people in 20 counties in East Central and Southern Illinois, regardless of their ability to pay, plus it provides comprehensive bereavement services. For more information about Lincolnland Hospice, call **1-800-454-4055**.



“By living and working in the community, I hope to bring consistency and trust to people for their medical care.”

Adree Venatta, MD

Welcoming Dr. Adree Venatta Family Practitioner

Family Physician Adree (Long) Venatta, MD, may be one of the newest doctors at Sarah Bush Lincoln, but she’s a familiar face to the people of Cumberland County.

Dr. Venatta grew up in Toledo, and she looks forward to reconnecting with and caring for people at the SBL Toledo Clinic. She will also travel to the SBL Casey Clinic, where she will work with Nurse Practitioner Diana Oakley, APN, to provide care. Dr. Venatta returns to the community after providing medical care for five years at Family Healthcare of Hoopeston, where she also offered obstetric care and delivered babies at Gibson Area Hospital.

“It’s kind of fun to move back,” she said, adding that she’s excited to raise her two sons in her close-knit hometown. “By living and working in the community, I hope to bring some consistency and trust to people for their medical care,” she said.

Dr. Venatta doesn’t recall a specific moment in her life when she decided to become a doctor – the first in her family – but she always knew something about it appealed to her. “I thought the science was fascinating and intellectually challenging, but I also wanted to do something with people. Medicine just seemed like a natural fit for me,” she said.

After graduating as valedictorian from Cumberland High School, Dr. Venatta received a bachelor of science in cellular and molecular biology from Bradley University in Peoria in 2005. A month prior to starting medical school at Southern Illinois University, she married, Jacob Venatta, a high school classmate. “It was a busy time!” she said. Dr. Venatta and her husband had their first son two weeks before she graduated from medical school in 2009.

During medical school, Dr. Venatta discovered that she enjoyed different aspects of all specialties and decided to pursue family medicine. “I like the fact that family medicine integrates many of the specialties. You have to know a little bit about everything, because you have to take care of all types of people – from the young and healthy to the older people who often have many different medical issues,” she said.

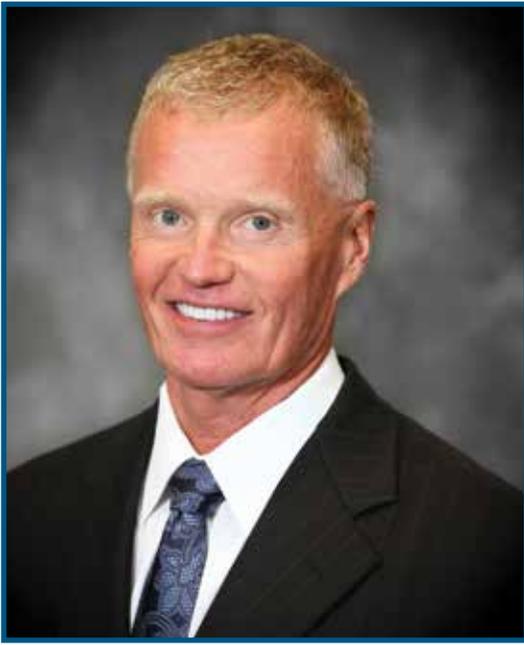
Dr. Venatta completed a three-year residency in family medicine at University of Illinois College of Medicine in Peoria, with a special focus in women’s health and obstetrics. “I like being able to combine maternity care as part of family medicine. I felt like I could take better care of mom if I was also able to take care of her kids,” she said. She gained experience caring for women throughout their pregnancies at a rural maternity care clinic in Havana. “I particularly enjoyed taking care of people in a rural community, and I think it helped prepare me for practicing in a rural environment,” she said.

While it was challenging completing a residency as a new mom herself, it also helped prepare her as a doctor. “It helped me become a better caretaker, especially of the kids. As a mom myself, I’m able to give that first-hand advice as well as provide medical advice,” she said.

Dr. Venatta is most excited about the prospect of establishing new relationships and being part of the community, although she no longer provides obstetrical care. “I enjoy building long-term relationships and educating people about all aspects of healthcare. I especially like helping people with chronic diseases understand how we can work together to improve their condition and seeing them grow and take better care of themselves. I see myself as their guide, and I like to do a lot of shared decision making,” she said.



To make an appointment with Dr. Venatta, call the **SBL Toledo Clinic** at **217-849-3151**, or the **SBL Casey Clinic** at **217-932-4061**, or go to www.sarahbush.org.



“As a family physician, I see myself as a kind of counselor to help people achieve better health.”

Doug Kabbes, MD

Welcoming

Dr. Doug Kabbes Family Practitioner

Douglas Kabbes, MD, looks forward to helping people achieve their highest level of overall health and wellbeing.

He recently joined the medical staff at Family Medical Center in Mattoon, after working in emergency medicine for more than 30 years. Since 1998, Dr. Kabbes served as Medical Director of Emergency Services at St. Anthony’s Memorial Hospital in Effingham. “It’s a big change, but I’m looking forward to new challenges,” he said.

Dr. Kabbes is currently caring for people with longtime family physician Gary Mikel, MD, with plans to take over the practice upon Dr. Mikel’s retirement at the end of the year.

In the ER, Dr. Kabbes took care of people of all ages, including those facing the end of life, with every problem imaginable. In his new role, he hopes to have a big impact by establishing partnerships with people to help them prevent, understand and manage illnesses and set healthcare goals. “Family medicine is different than the ER in that way,” he said. “In the ER, I took action and got immediate feedback. As a family physician, I see myself as kind of a counselor to help people achieve better health.”

Dr. Kabbes plans to counsel people to make good lifestyle choices: to eat right, exercise, drink in moderation and not smoke. “My personal philosophy is to make exercise and healthy choices a lifestyle rather than a ‘one-month thing’ to lose weight, for example. I think many things can be addressed, even if they can’t be cured, with a healthy lifestyle – things like hypertension, diabetes, cancer and heart disease,” he said. And Dr. Kabbes walks the talk. He is fit and trim, and he works out for about two hours each morning.

An Effingham native, Dr. Kabbes was the first in his family to go to college, enrolling in the pre-med program at Southern Illinois University in Carbondale after high school. He said that the day he learned that he was responsible for paying his own tuition was between “the worst day and the best day of my life.” It drove him to work harder, and he was accepted into SIU School of Medicine at a time when just 35 percent of applicants made the cut. “When you’re invested and your money is on the line, you tend to focus a little bit more fully,” he said, explaining that he worked 60-hour weeks in the summers on the sealer crew for Effingham Asphalt to gather necessary funds.

Dr. Kabbes then completed a three-year family practice residency offered through SIU in Decatur, where he started working in the Emergency Department on the weekends. He was drawn to the fast-paced environment and later worked in various emergency departments in Illinois, including several years at St. Mary’s Hospital in Decatur and a year as a family practice physician in Marshall, before returning to his hometown hospital in Effingham.

Deciding to become a physician, he said, was the result of “a culmination of several things. I care about people and I want to take care of people.”

Ready for a change, Dr. Kabbes is impressed by the attitude and professionalism he has encountered at Sarah Bush Lincoln. He looks forward to being a doctor that people can count on and trust.



To make an appointment with Dr. Kabbes, call **217-234-7000** or go to www.sarahbush.org. His office is located at **Family Medical Center**, 200 Richmond Avenue East, Suite 1, in Mattoon.



“It’s rewarding to be able to help people get rid of their pain so they can live the lives they want to live.”

Eric Brewer, DO

Welcoming **Dr. Eric Brewer** Orthopedics & Sports Medicine

Orthopedic Surgeon Eric Brewer, DO, takes great pride in helping people return to doing the things they love.

He remembers rebounding from injuries as a student athlete during his tenure as a pitcher for the Saint Louis University Billikens, and it inspired him to become an orthopedic surgeon. “I had two surgeries on my elbow when I was in college, and I was able to come back and pitch. That experience helped me realize that I could help people get back to doing what they want to do at the same level,” he said.

Dr. Brewer recently joined Sarah Bush Lincoln Orthopedics and Sports Medicine and is excited to begin his practice working alongside Orthopedic Surgeons Michael Chioffe, MD, James Kohlmann, MD, Louis Mendella, DO, Donald Sandercock, DO, AOA, Jeremy Stevens, MD, and Neurosurgeon Emilio Nardone, MD.

Dr. Brewer said he’s always had an interest in medicine, despite dreaming of becoming a professional baseball player as a child. “My father is a doctor and my mother is a nurse practitioner, so there was lots of medical talk at the dinner table,” he said.

A star high school pitcher, he accepted an athletic baseball scholarship to Saint Louis University where he earned a bachelor’s degree in biology in 2004. Following his interest in medicine and orthopedics, he entered Kirksville College of Osteopathic Medicine in Kirksville, Missouri, where he earned his medical degree in 2012.

Dr. Brewer completed a five-year orthopedic surgery residency in May at Lake Erie College of Osteopathic Medicine where he cared for people in four states including Pennsylvania, Ohio, West Virginia and New York. Working long hours and traveling to a new location every three months, Dr. Brewer gained experience performing total joint replacements, arthroscopic surgeries, repairing fractures and handling trauma cases.

“It’s rewarding to be able help people get rid of their pain so they can live the life they want to live,” Dr. Brewer said. While he enjoys working with people of all ages, he was thankful for an opportunity to work with elite athletes on minor league teams for the Detroit Tigers and the New York Knicks during his residency. “These athletes put their heart and soul into their sport, and they just want to get back on the field. It was a great feeling to be able to treat their injuries and watch them get back out and play again,” he said.

Dr. Brewer is eager to work with area residents to help them overcome obstacles that may be limiting them, whether it’s through surgery, medicine or injections. “I like to explore all options to help people get better before recommending surgery,” he said. “I care about my patients as people first and I want to give them the best possible outcomes.” Dr. Brewer specializes in total joint replacements and orthopedic sports medicine.



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



“I find working with all age groups rewarding, but the group that consistently grabs my heart are the seniors.”

Derek Phillips, Psy.D.

Welcoming Derek Phillips, Psy.D. Neuropsychology

Derek Phillips, Psy.D., has a passion for helping people and understanding how the brain and associated cognitive functions influence behavior.

He recently joined the medical staff at Sarah Bush Lincoln as a Clinical Neuropsychologist and uniquely adds a new dimension to the neurology team. “A neuropsychologist is someone who evaluates, diagnoses and treats any neurological condition that affects behavior or thinking skills,” Phillips explained. “There are several neurological conditions that fall under that category such as dementia, traumatic brain injury, epilepsy, ADHD and stroke.”

With a warm and compassionate approach, Phillips measures skills such as attention, memory, language, and problem-solving skills to get an overall picture of an individual’s cognitive function and determines what parts of the brain might be linked to certain problems. With this information, he can diagnose a disorder and provide targeted treatment to help that person recover or cope. He works in partnership with Neurologists Fatima Alao, MD, Anthony Collins, MD, and Nurse Practitioner Jill Thompson, APN, at Family Medical Center, Suite 3, in Mattoon.

“Neuropsychological evaluations can help differentiate between normal aging, mild cognitive impairment and

dementia,” Phillips explained. Results from the evaluation can be helpful in understanding the causes of memory and related functional decline. Phillips is excited to offer this service for the first time at Sarah Bush Lincoln.

A native of Casey, Phillips said his interest in the study of the brain and human behavior evolved over time. He initially planned to major in music after traveling with a show choir and playing the trumpet and piano, and singing in high school. While he also considered medicine, he graduated with a Bachelor’s degree in psychology and social work from Olivet Nazarene University.

With a desire to work in direct patient care, Phillips earned a Master of Arts in counseling psychology in 2012, followed by a Doctor of Psychology in clinical psychology with a concentration in clinical neuropsychology in 2015 from Adler University in Chicago. Curious to learn more, Phillips completed formal training in clinical neuropsychology, including a one-year internship followed by a two-year fellowship at Psychological and Neurobehavioral Services, P.A., in Lakeland, Florida.

During fellowship training, Phillips gained experience performing neuropsychological evaluations on people of all ages, including prison inmates, to determine their competency to proceed with trial. “Those were some of the most challenging emotionally for me,” he said.

While Phillips plans to work with mostly adults at Sarah Bush Lincoln, he also offers testing services for children 12 and older. “I find working with all age groups rewarding in some ways, but the group that consistently grabs my heart is the seniors. I love hearing their stories. They have such rich and important things to say. I also know that many do not have anyone to talk to and they want someone to listen, say that they understand what is happening, and to find out if they are getting dementia,” he said.

Phillips hopes to make people feel comfortable by being open-minded and offering an alternative perspective.



For more information, or to make an appointment with Derek Phillips for a neuropsychological evaluation, call the SBL Neurology Clinic at **217-234-7000**.



Strength and Independence

More than 40 years ago our community came together to build Sarah Bush Lincoln so our family, friends and neighbors could have access to exceptional healthcare right here. Every day, we live our mission to earn the trust of our community.

As we work to ensure our future, we must stay financially strong to be here when you need us the most. As you select health insurance coverage please know that Sarah Bush Lincoln contracts with 16 providers, and seven Medicare and Medicaid providers.

- | | |
|---|-----------------------------------|
| Aetna | Humana – Medicare |
| Aetna Medicare | Medicare |
| Beechstreet | Medicaid |
| BlueCross BlueShield | Meridian Medicaid |
| BlueCross BlueShield – BCE (Jan. 1, 2018) | MH Net Behavioral Health Services |
| CIGNA | Multiplan |
| Community Partners Health Plan | Private Health Care Systems |
| Consociate Care | Preferred Plan |
| Coventry Health Care Plan | United Healthcare |
| Coventry Medicare | United Healthcare Medicare |
| Healthlink | TRICARE |
| Healthcare's Finest Network | |

Sarah Bush Lincoln will not be a provider of Health Alliance Medical Plans effective June 30, 2018.

**Thank you for trusting us with your care.
It is our pleasure serving you.**

Did you miss your chance to enroll in health insurance last year?

We can help!

For more information, call the SBL Certified Application Counselor Program at

217-238-4994

Sarah Bush Lincoln counselors are available to help people in the following counties to enroll:

- | | |
|------------|----------|
| Clark | Edgar |
| Coles | Jasper |
| Cumberland | Moultrie |
| Douglas | Shelby |

Community members can request help at any Sarah Bush Lincoln clinic located in:

- | | |
|--------------|-------------|
| Arcola | Neoga |
| Arthur | Newton |
| Casey | Shelbyville |
| Charleston | Sullivan |
| Martinsville | Toledo |
| Mattoon | |



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 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 and September at SBL

■ Cindy Foster, RD, certified diabetic educator, 217-258-2199

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-deliver-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 in the following counties: Coles, Clark, Cumberland, Douglas, Edgar, Jasper, Moultrie and Shelby to enroll in health insurance. The healthcare insurance marketplace is open from Nov. 1 to Dec. 15, 2017.

■ 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

Sarah Bush Lincoln

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



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Festival of Trees

10 am to 8 pm

9 am to 1 pm

November 17 November 18

Lumpkin Family Center for Health Education at Sarah Bush Lincoln

Adults: \$3 ❄️ Children: FREE
(age 12 and under)

Friends' Night Out

6 to 8 pm • Thursday, November 16

Join us for an exclusive preview of all that this year's Festival has to offer and receive a **FREE** signature drink & glass!

\$10 Admission

Cookies with Claus

3 to 8 pm Friday and 9 am to 1 pm Saturday

Kids are invited to enjoy cookies, have their photos taken with Santa Claus, and have their faces painted by Wild Style Design.

Cookies donated by Mark's My Store

2017 Media Sponsor



2017 Gala Sponsors



2017 Memory Tree Title Sponsors



A
**Heartfelt
Christmas**

Visit www.sarahbush.org/festivaloftrees for more information, or contact Kim Lockart, event coordinator, at (217) 238-4765.

Sarah Bush
Lincoln
Health Foundation



Download the free **SBL Events** app to stay in touch.