

# Celebration

Sarah Bush Lincoln Health System **AdvantAge 50** Newsletter

## Inside this issue:

- Message from Janet .....2
- Free Apps .....2
- Walk-In Clinics .....2
- Fayette County Hospital .....3
- Center for Healthy Living ....3
- New Doctors .....4
- Surgery Center .....5
- Advanced Wound Center .....5
- Trips/Programs .....6
- Registration Form .....7
- Benefits .....8



## Sarah Bush Lincoln Designated Acute Stroke-Ready Hospital

Sarah Bush Lincoln was recently certified as an Acute Stroke-Ready Hospital by the Illinois Department of Public Health (IDPH).

This certification means that people, who present in the Emergency Department or as inpatients with stroke-like symptoms, will receive the best care possible with all resources coordinated and readily available.

Emergency Department Director Eli Heicher, RN, explained that as soon as a patient presents to the Emergency Department with stroke-like symptoms, the clock starts ticking. To determine if it is a stroke, a CT scan of the brain and lab work must be done quickly and the results provided within 45 minutes of the tests. In the event it is a stroke, when appropriate, the medication, tPA, a drug that dissolves blood clots, will be administered within 60 minutes to minimize the lasting effects of a stroke. He added that stroke is in the top five leading causes of morbidity and mortality in the United States, and at Sarah Bush Lincoln, every day patients are evaluated with stroke symptoms.

To become an Acute Stroke-Ready hospital, staff members received education regarding strokes and stroke protocol so they could create a coordinated effort to bring necessary care to patients in an expedient manner. Additionally, quality metrics were submitted to IDPH that demonstrated among other items, door-to-brain imaging, door-to-medication therapy, if applicable, and door-to-transfer from emergency department, if necessary.

The initial assessment begins by EMS personnel when they respond to ambulance calls. An ER room is specially prepared in anticipation of the patient’s arrival and staff is alerted.

SBL Neurologist Fatima Alao, MD, praised the staff for its effort, noting that it took a coordinated effort to achieve this three-year designation. She added by being an Acute



**For further information call Janet Truesdale, AdvantAge 50 coordinator, at 217-258-2422.**

## How to identify a stroke and how to react

**F**  
Face Drooping

**A**  
Arm Weakness

**S**  
Speech Difficulty

**T**  
Time to call

## Stroke-Ready Hospital...cont. from p. 1

Stroke-Ready hospital, more people can receive this crucial care right here instead of being transferred to another facility.

She reminds the community members that they can help by remembering the acronym, FAST, to help spot people experiencing a stroke. FAST stands for Facial drooping; Arm weakness; Speech difficulties; and Time.

"If you recognize possible signs or symptoms of a stroke, call 911 for an ambulance so the assessment can begin immediately," Heicher said.

## Download our Apps



### Cancer Toolkit

- Easy-to-use tools and resources to help you understand and manage your care.
- Keep track of appointments, procedures and medications, and get more information on your diagnosis.
- Connect with your care team and support services to help you understand and cope with your diagnosis and treatment.



### Heart Health Toolkit

Track all the following pieces of information in one location:

- Appointments
- Blood sugar and blood pressure readings
- Exercise log and oxygen levels
- Healthy living information for patients with COPD, diabetes and Heart Failure



### Orthopedic Toolkit

- Prepare for total knee and hip replacement surgery – what to expect and what to do weeks prior to surgery.
- Track your rehab exercises
- Access to SBL Orthopedists, Lincolnland Home Care and Home Equipment
- Find physical therapy locations
- Register for Joint Camp, a class in preparation of surgery

## A Message from Janet

Summer has finally arrived and it sure has been a soggy one. Many thanks to everyone who took the AdvantAge 50 survey. The information we received will help us provide new opportunities for our members. There is still availability on some of our trips. We no longer take reservations over the phone but as always, a \$25 deposit will hold your seat. I hope that some of what I am offering is of interest to you.

*Janet*

## Sarah Bush Lincoln Walk-In Clinics

### Charleston

2040 Lincoln Ave.

*just east of IL Route 130*

217-345-2030

### Mattoon

200 Dettro Drive

*Mattoon Marketplace*

217-238-3000

### Tuscola

100 Tuscola Blvd.

*US Route 36 in front of the Outlet Mall*

217-253-4764

7 am to 7 pm  
Monday - Friday

8 am to 3 pm  
Saturday - Sunday

### Effingham

905 N. Maple, Ste. D

217-238-3435

10 am to 8 pm  
Monday - Friday

# Sarah Bush Lincoln Acquires Fayette County Hospital

Fayette County Hospital District selected Sarah Bush Lincoln of Mattoon to oversee its operations.

Sarah Bush Lincoln recently purchased Heartland Health System Inc., the corporation that operates Fayette County Hospital and Fayette County Long Term Care. All employees will retain their jobs, including Greg Starnes, CEO, and Lionel Montoya, CFO. The sale will become final on July 1, 2019.



*Pictured left to right: Fayette County Hospital CFO Lionel Montoya, SBL VP Operations Kim Uphoff, SBL President & CEO Jerry Esker, Fayette County Hospital District Chairperson Nancy Pryor, Fayette County Hospital CEO Greg Starnes, and SBL CFO Dennis Pluard.*

District. This district board has spent many hours on this difficult decision. As a locally owned not-for-profit health system, we fully understand the impact these important decisions can have on the community's future healthcare and are grateful to have been selected."

Fayette County Hospital is a critical access hospital licensed for 25 beds, plus an 85-bed long-term care facility. It employees approximately 250 FTEs.

Fayette County Hospital District Chairperson Nancy Pryor said, "We talked with several other hospital organizations over the last six months, and unanimously agreed that the future of Fayette County Hospital would be best served by Sarah Bush Lincoln. We are very pleased with the decision."

Sarah Bush Lincoln President and CEO Jerry Esker said, "We are honored to have been selected by Fayette County Hospital

Fayette County Hospital District continues to own the building, and Heartland Health System, Inc., now wholly owned by Sarah Bush Lincoln owns the equipment and oversees the full operation of the hospital and long-term care facility.

For more information, contact Fayette County Hospital District, **618-283-5401**, or Sarah Bush Lincoln, **217 258-2424**.



## 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**.

## NEW AdvantAge 50 Offering

Starting in July, AdvantAge 50 is offering all members a one-time pass to check out the **Center for Healthy Living** (located alongside Prairie Pavilion 2 on the SBL campus). The center offers a wide variety of exercise equipment as well as an indoor walking track. If you enjoy your visit, one of our employees would be happy to assist you in becoming a member for a nominal fee. Simply clip the one-time pass and bring it to the center along with your AdvantAge 50 card to enjoy some exercising for free.

### Center for Healthy Living

*One-time pass*

Name \_\_\_\_\_

**Sarah Bush  
Lincoln**  
AdvantAge 50

*Call 217 258-2422 for more information.*

**Center for Healthy Living • 1004 Health Center Drive, Suite 110 • Mattoon**



# SBL Welcomes New Doctors

## Paul Oltman, MD, SBL Effingham Clinic



It's unlikely that many physicians were practically pushed through the front door of a medical school by a well-meaning monk who saw the young undergraduate's skill in the sciences and potential to impact people's lives, but ask Family Physician Paul Oltman, MD, how he came to be a doctor, and you'll learn that both serendipity and loving adults played roles.

"I am very thankful for my instructors and my advisor who saw something in me and pushed me in this direction," Dr. Oltman said.

He joined Sarah Bush Lincoln as a family practice physician at Sarah Bush Lincoln Effingham Clinic at 905 N. Maple Street, Effingham. He is certified by the American Board of Family Medicine and has a Certificate of Added Qualification in Sports Medicine. He also enjoys occupational medicine. His phone number remains the same, **217 347-7776**.

Dr. Oltman enrolled in Benedictine University in Lisle and was encouraged to go to medical school by one of the Benedictine Monks, Father Ted [Theodore] Suchy. Dr. Oltman now calls Family Practice his calling. He uses both the intellect and compassion that Father Ted identified in him, along with a lifetime of experiences, to provide care for a wide range of patients in his practice. He completed medical school at the University of Illinois in Chicago and Peoria, and he completed a residency at Illinois Masonic Medical Center, Chicago.

"I look forward to continuing to provide my patients with the best possible care. I'm excited to be a part of the Sarah Bush Lincoln team."

## Jim Flaig, DO, SBL Evergreen Clinic



General Surgeon James Flaig, DO, is devoted to providing quality and compassionate surgical care to Effingham area residents. After 13 years in private practice, Dr. Flaig has joined SBL's medical team and is caring for people at the newly established SBL Evergreen Clinic in Effingham, along with fellow surgeon Kevin Malone, MD.

Dr. Flaig has interest and expertise across a broad range of surgical services including gallbladder removal, hernia repair, thyroid biopsy and removal, appendectomy, colon surgery and more. He is specially trained in laparoscopic surgery – which enables him to perform operations through smaller incisions

resulting in faster recover times. "The goal is always to get people back to feeling better and home to their families as quickly as possible."

Dr. Flaig grew up on a farm in rural Maryland and was the first in his family to go to college. He completed a bachelor's degree in biology at Salisbury State University, Maryland, before earning his medical degree at Philadelphia College of Osteopathic Medicine in 2001. He then completed his surgical internship and residency at the University of Medicine and Dentistry of New Jersey. He is certified by the American Osteopathic Board of Surgery.

Dr. Flaig said his goal is simply to be the best surgeon he can be, while educating people and helping them decide the best course of treatment. "It's important to help people understand their options in order for them to make decisions that they are comfortable with— what's best for them," he said.

## Kevin Malone, MD, SBL Evergreen Clinic



General Surgeon Kevin Malone, MD, has always enjoyed problem-solving, hands-on activities and anatomy. He's one of those doctors who can't remember a time when he didn't want to be a doctor, but because going to college wasn't an expectation in his family, he had to find a way to make his dreams take flight.

Dr. Malone, who grew up in a suburb of Detroit, first attended University of Michigan at Ann Arbor. Before entering medical school worked at Michigan Cancer Foundation doing breast cancer research. He then graduated from Wayne State University School of Medicine in Detroit, before completing a general surgery residency in Jacksonville, Fla.

"I've always loved working with the anatomy and solving problems, so surgery was a great choice for me. I consider it a great privilege and responsibility to operate on someone – that they trust me with their care," he said. "My promise is to always do my best work and to speak with my patients in terms that they understand. I strive for a quality outcome in every procedure that I perform," Dr. Malone added.

Although Dr. Malone had always lived in a large, metropolitan area, he and his wife, Traci, immediately felt at ease when they first visited Effingham.

Dr. Malone and his office partner, General Surgeon James Flaig, DO, are excited to begin a new stage in their careers at Sarah Bush Lincoln. Their new office is located at 1104 W. Evergreen Ave., Effingham. Their phone number is **217 347-2500**.

Watch for news about other specialists coming to Sarah Bush Lincoln including Rheumatologist Manoj Kohli, MD; Pain Specialist Brian Ogan, MD; and Urologist Fernando Gonzalez, MD.



## New Surgery Center Construction Underway

Construction is underway on a new 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.

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## Advanced Wound Center Awarded for Clinical Excellence

Sarah Bush Lincoln's Advanced Wound Center has been recognized with a prestigious national award for clinical excellence by Healogics, the Health Center's partner to provide highly specialized treatment for chronic wounds.

The Advanced Wound Center received the 2018 President's Circle Award for exceeding performance measures, and is one of only 29, out of 413 eligible Centers nationwide to be recognized as the "best of the best." For three consecutive years, the SBL Advanced Wound Center has also been recognized as a Robert A. Warriner III Center for Excellence, achieving patient satisfaction rates of higher than 92 percent and a healing rate of at least 91 percent in less than 30 median days to heal. The award is named for Dr. Robert A. Warriner III, a pioneer in wound care and the former Chief Medical Officer for Healogics.

Leaders, physicians and clinicians recently gathered to celebrate the national award. "We are proud to be able to offer such a vital service to the people of our community, and to be able to offer it with such a high level of excellence," SBL President and CEO Jerry Esker said. "We have an excellent team of doctors and clinical staff who are all dedicated to healing chronic wounds and improving the quality of life for people."

The Advanced Wound Center has been working to meet the area's growing needs for wound care treatment since July 2012.



*Pictured left to right are Greg Spillman, Clinic Director; Debbie Murray, RN; Nikki Heltsely, APRN; Sara Cremeens, RN; Katie Flach, LPN; Kelli Gullett; Robert Biggs, MD; Kelsey Wentz, RN; Bob Kinnison, Area Vice President Healogics.*

"We are able to offer wound care at the highest level," Advanced Wound Center Medical Director Robert Biggs, MD, said. "The Center's goal is to work with our patients to enhance their quality of life, and that's what we focus on when we treat their wounds."

The Center offers highly specialized wound care to people suffering from diabetic ulcers, pressure ulcers, infections and other chronic wounds, which have not healed in a reasonable amount of time. Some of

the leading-edge treatments offered include negative pressure wound therapy, debridement, application of cellular-based tissue or skin substitutes to the wound, offloading or total contact casts and hyperbaric oxygen therapy.

Hyperbaric oxygen therapy is an essential part of chronic wound treatment plans. This type of medical treatment increases the amount of oxygen in the patient's blood, allowing oxygen to pass more easily through the plasma into wounds. In the chamber, the patient is surrounded with 100 percent oxygen at higher than normal atmospheric pressure. Throughout the treatment, the patient is supervised by a specially trained physician and monitored by a technician.

For more information or to make an appointment, call **217 238-4850** or go to **www.sarahbush.org**. A physician referral is not needed to make an appointment at the Advanced Wound Center.



# Mark Your Calendar

*Come for the fun, play for the cause.*



5:30 pm Tuesday, Sept. 10, at the Mattoon Eagles. For more information, call SBL Foundation office at (217) 258-2511. Net proceeds support Lincolnland Hospice programs.

## 2019 SBL Volunteer Guild



*Join us for a day of shopping in one easy location!*

10 am to 6 pm Friday, Oct. 18, and 9 am to 2 pm and Saturday, Oct. 19, in the Lumpkin Family Center for Health Education. All proceeds the Lifeline Grant Assistance Program.



## 21st Annual Holiday Festival

7 to 9 pm, Thursday, Nov. 21, "Friends Night Out;" 10 am to 8 pm, Friday, Nov. 22, and 10 am to 2 pm Saturday, Nov. 23, in the Lumpkin Family Center for Health Education.

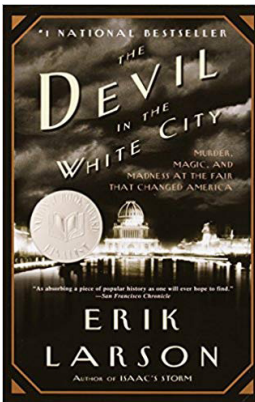
## 2019 upcoming programs/trips

### North Chicago Architectural Tour

Friday, August 16

\$175 per person

First stop will be the Museum of Science and Industry. Here you can walk through a coal mine, explore a submarine and much more. The building was built for the Chicago Columbian Exposition. Following lunch at Navy Pier with lunch money provided, we will enjoy a tour that explores the compelling true story told by Erik Larson in his bestselling book, "The Devil in the White City," about two simultaneous events in Chicago history: the World's Columbian Exposition of 1893 and the emergence of serial murderer Dr. Henry H. Holmes. The three and half hour tour will take us to various fair sights, past homes of the movers and shakers of the time and to the fair site at Jackson Park. This stop will have a short walking tour. The cost of the trip includes lunch and dinner on the return trip and tip for the driver. **Limited seating available.**



### Spirit of Peoria Riverboat Cruise

St. Louis to Grafton

Tuesday, September 24

\$199 per person; *Wait list only*

Join us for a trip from the historic Saint Louis levee to Grafton, IL. This day-long excursion includes breakfast, lunch, afternoon snack, non-alcoholic drinks, and entertainment. The cost of the trip includes morning snacks, and tip for the driver.

### The Best of St. Louis

Friday, October 4

\$140 per person

The day will start with a trip to the famous St. Louis Souldard Market where you can stock up on seasonal products, cheese and other goodies. We will enjoy lunch at Favazza's on the Hill before heading to the Best of Missouri Market at the Botanical Gardens and the Historic Shaw Art Fair. The Missouri Market is a juried show that showcases arts, crafts, wines, and much more all from artisans from Missouri. The Shaw Art Fair showcases products like clay digital drawing, pastels, fiber, art glass, jewelry, mixed media painting and much more. You can also spend time exploring the gardens. The cost of the trip includes snacks, lunch, and tip for the driver. **Limited seating available.**



## Exploring Nashville

Thursday, October 31, and Friday, November 1

\$472 per person, 2 persons/room; \$445 per person, 3 persons/room; \$430 per person, 4 person/room; and \$555 single

Enjoy two days exploring Nashville, TN, the home of country music. Our first stop is the Nashville Farmers Market where you can find fresh produce, artisanal food, restaurants, shops, crafts, classes and chef demos all year-round. Following lunch at the market with meal money provided, we will tour Nashville with a step-on guide. Dinner the first night is at Cock of the Walk followed by a delightful tour of the Opry Land Hotel fully decorated for Christmas. The second



day includes a visit to the Country Music Hall of Fame and a guided tour of the Ryman Auditorium. You will have free time to explore and shop on Broadway Avenue with meal money for lunch. The trip includes all meals, snacks and tip for the driver.

## Annual Christmas Shopping Trip Galleria, St. Louis

Thursday, December 5

\$50 per person

The annual shopping trip is to the Galleria in St. Louis where you can shop 'til you drop. Following the shopping, you will enjoy a drive through Tilles Park which is beautifully decorated for the Christmas season. The trip includes entrance into the park and a tip for the driver. Lunch is on your own. **Reserve your seat early as this trip always sells out.**

## General Trip Information

### Reservations:

Please mail your reservations with payment for trips and programs to AdvantAge 50. We apologize, but we do not accept telephone reservations. Please feel free to contact us for additional information on all trips.

### Payment:

Full payment is required two weeks prior to the trip. A \$25 deposit will hold your spot.

### Cancellations:

Day trips involving admission tickets are non-refundable, unless your ticket can be resold. Low-cost trip insurance is available on overnight trips upon request.

### General Trip Information:

Trip information will be mailed before each departure. Parking, departure and approximate return times, clothing suggestions and itinerary will be included. Please be sure to update your mailing address if it changes. We are always happy to answer any questions or address any concerns you may have. You can contact us at **217 258-2422**.

**Special Note:** If you have a special food requirement or physical need, or have food allergies please let us know when you register so necessary arrangements can be.

*Clip and complete to register for any of the programs*

**North Chicago Architectural Tour**

Friday, August 16, \$175

**Spirit of Peoria Riverboat Cruise**

Tuesday, September 24, *Wait list only*

**The Best of St. Louis**

Friday, October 4, \$140

**Exploring Nashville, TN**

Thursday & Friday, October 31 & November 1

\$472 per person/2 per room; \$445 per person/3 per room; \$430 per person/4 per room and \$555 single (circle one)

**Christmas Shopping Trip, St. Louis**

Thursday, Dec. 5; \$50

Name \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

email address (optional) \_\_\_\_\_

Return to:

AdvantAge 50, Sarah Bush Lincoln Health Center, 1005 Health Center Dr., Suite 208; Mattoon, IL 61938

Make all checks payable to **SBL AdvantAge 50**



1000 Health Center Drive  
 P.O. Box 372  
 Mattoon, IL 61938  
[www.sarahbush.org](http://www.sarahbush.org)

Return Service  
 Requested

Non-profit  
 Organization  
 U.S. Postage  
 PAID  
 Permit #109  
 Mattoon, IL

# What's the AdvantAge?

## FREE Member Benefits

### Prescription Discounts

A prescription discount is available to AdvantAge 50 members at SBL's Prairie Medical Pharmacy located off of the Main Lobby. Prescription items only. Discounts do not apply to over-the-counter items.

### Lincolnland Home Medical Equipment

Receive a 10 percent discount on all non-covered Medicare or insurance items at Lincolnland Home Medical Equipment, located in Mattoon and Effingham. Call 1-800-345-3191.

### Cafeteria Discount

Receive a 25 percent discount on your meals in the Health Center's cafeteria, The Basement Bistro, just by showing your card.

### Dial-a-Ride

Identify yourself as an AdvantAge 50 member and ride Dial-a-Ride at a reduced cost to and from all SBL locations in Coles and Douglas counties.

### Discounted Lifeline® Installation

We'll waive one-half of the installation fee for Lifeline®, our personal emergency response system.

### Gift Shop Discount

Receive a 10 percent discount at the SBL Gift Shop on every Monday of each month. The Gift Shop features beautiful and unique gifts. The 10 percent discount can be used on most items (excluding candy, cards and flowers).

### Convenient Parking

Priority parking is available in the front (south) parking lot of Sarah Bush Lincoln when you display your AdvantAge 50 tag in your car window. Free valet service is also available.

### Free Physician Referral

If you've got a questions about physicians, our physician referral service can put you in touch with local and area providers and answer your questions. Call 1-800-255-2944.

### Free Newsletter

Celebration, a newsletter for AdvantAge 50 members, provides current health information and lifestyle news.

### Free Center for Healthy Living Visit

Enjoy a free one-time pass to check out SBL's fitness center and learn about being a member.

## Free Valet Parking

We realize parking spaces, especially those close to the building, can be hard to find. Please don't hesitate to use our hassle-free valet service. When you visit the Health Center, drive up to Entrance A and take advantage of free valet parking (rain or shine). When you're ready to leave, your car will be brought back to the door for you.



Join us on Facebook,  
 Twitter, Pinterest and  
 Instagram

For further information call our AdvantAge 50 coordinator at 217-258-2422.