

Celebration

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

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Sarah Bush Lincoln Named Best in Nation

Highlighting its nationally recognized achievements in patient safety and quality, Sarah Bush Lincoln was named a Top Rural Hospital nationally by The Leapfrog Group. This prestigious recognition ranks Sarah Bush Lincoln’s safety and quality performance better than the top 6 percent of hospitals in the nation.



The Leapfrog Top Hospital award is one of the most prestigious honors a US hospital can receive. The Top Rural Hospital designation is awarded by The Leapfrog Group, a national watchdog organization of employers and other purchasers focused on health care safety and quality. Only one other Illinois hospital earned this honor.

Erica Mobley, Leapfrog vice president of administration, explained in the Chicago Tribune, “These are really hospitals that have demonstrated exceptional, stellar performance. It’s not always necessarily the big-name, brand hospitals that are excelling at all these metrics.”

Sarah Bush Lincoln President and CEO Jerry Esker said, “It is exciting to be named one of the best hospitals in nation. This prestigious award is widely acknowledged as one of the most competitive honors American hospitals can receive.”

Esker added, “Our first priority is the health and safety of all our patients. We are always looking for ways to ensure our community receives excellent care, and we have implemented several improvements in a greater effort to provide the best care possible. Everyone who works in our health system plays a role in our patients’ safe care. This Top Rural Hospital designation is a credit to their commitment to our community’s health.”

The Top Rural Hospital Award comes following the Sarah Bush Lincoln’s “A” Hospital Safety Grade, also from The Leapfrog Group. About 2,100 hospitals were considered for the award. Among those, Sarah Bush Lincoln received a Top Rural distinction. A total of 120 hospitals in the nation were selected as Top Hospitals, including:

- 10 Top Children’s Hospitals
- 37 Top General Hospitals
- 18 Top Rural Hospitals
- 55 Top Teaching Hospitals

Performance across many areas of hospital care is considered in establishing the qualifications for the award, including infection rates, practices for safer surgery, maternity care, and the hospital’s capacity to prevent medication errors. The rigorous standards are defined in each year’s Top Hospital Methodology.



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

Heart²Heart

A screening program for heart disease

Heart to Heart is a screening program designed to help protect the hearts of people in our community. It offers men and women an opportunity to have several cardiopulmonary screens performed that may reveal interrelated and potentially life-threatening diseases. The cost of the program is \$95.

Heart to Heart offers the following screens for **\$95**

- blood sugar
- blood pressure
- body mass index
- cardiac CT-calcium scoring
- coronary risk profile (cholesterol)
- electrocardiogram (EKG)
- kidney function



For an additional **\$95**, the following screens are offered to detect peripheral vascular disease:

- abdominal aortic ultrasound
- ankle brachial index
- carotid ultrasound

If you are interested in participating in Heart to Heart, contact Sarah Bush Lincoln at **217-238-4957**.

A Message from Janet

Another year is upon us. I hope that you and yours had a wonderful holiday season and very Happy New Year. Mine was filled with grandchildren including a new member of our family and it was absolutely wonderful!

Beginning in March, we will again travel to some fun and interesting places. A complete list of events is included in this newsletter, as well as a registration form. 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 interested to you.

Janet

Healthy Recipe

Turkey White Chili

INGREDIENTS

2 tablespoons canola oil
1/2 cup chopped onion
3 garlic cloves, minced
2-1/2 teaspoons ground cumin
1 pound boneless skinless turkey breast, cut into 1-inch cubes
1/2 pound ground turkey
3 cups chicken broth
1 can (15 ounces) garbanzo beans
or chickpeas, rinsed and drained
1 tablespoon minced jalapeno pepper
1/2 teaspoon dried marjoram
1/4 teaspoon dried savory
2 teaspoons cornstarch
1 tablespoon water
Shredded Monterey Jack cheese and sliced red onion, optional

DIRECTIONS

1. In a large saucepan or Dutch oven, heat canola oil over medium heat. Add onion; saute until tender, about 5 minutes. Add garlic, and cook 1 minute more. Stir in cumin; cook 5 minutes. Add turkey; cook until no longer pink. Add broth, beans, jalapeno, marjoram and savory. Bring to a boil. Reduce heat; simmer, covered, for 45 minutes, stirring occasionally.
2. Uncover; cook 15 minutes more. Dissolve cornstarch in water; stir into chili. Bring to a boil. Cook and stir 2 minutes. If desired, serve with cheese and sliced red onion.

Nutrition Facts

1 cup: 288 calories, 12g fat (2g saturated fat), 73mg cholesterol, 635mg sodium, 15g carbohydrate (3g sugars, 3g fiber), 29g protein. Diabetic Exchanges: 3 lean meat, 1 starch, 1 fat.

SBL Offers Robotic-Arm Assisted Joint Replacement

Innovative Robotic Technology Allows Surgeons to Personalize Total Knee, Partial Knee and Total Hip Replacement Procedures to Each Patient

Sarah Bush Lincoln is offering robotic-arm assisted total knee, partial knee and total hip replacements with Stryker's Mako System. This highly advanced robotic technology transforms the way joint replacement surgery is performed, enabling surgeons to have a more predictable surgical experience with increased accuracy and a faster recovery for patients.



Mako System to create a personalized surgical plan and identify the implant size, orientation and alignment based on each patient's unique anatomy. The Mako System also enables surgeons to virtually modify the surgical plan intra-operatively and assists the surgeon in executing bone resections.

Sarah Bush Lincoln purchased two systems to help accommodate the busy orthopedic practices. The demand for joint replacements is expected to rise in the next decade. Total knee replacements in the United States are estimated to increase by 673 percent by 2030, while primary total hip replacements are estimated to increase by 174 percent.

"With Mako, we can provide each patient with a personalized surgical experience based on his or her specific diagnosis and anatomy," SBL Orthopedic Surgeon Peter Bonutti, MD, said. Prior to surgery, a CT scan is taken of the joint. The information is loaded into the Mako, which creates a clear picture of the bone and tissue that needs to be removed to implant a replacement joint. "Using a virtual 3D model, Mako allows surgeons to create each patient's surgical plan pre-operatively before entering the operating room. During surgery, we can validate that plan and make any necessary adjustments while guiding the robotic-arm to execute that plan. It's exciting to be able to offer this transformative technology to perform total knee, total hip and partial knee replacements."

Dr. Bonutti added that the key to its success is the combined precision of the CT scan and the Mako which allows less bone and soft tissue trauma. "It has proven to be less painful and provides a faster recovery than other manual replacement procedures. This is a great addition to our program," he said.

The Mako Total Knee application is a knee replacement treatment option designed to relieve the pain caused by joint degeneration due to osteoarthritis. Through CT-based 3D modeling of bone anatomy, orthopedic surgeons can use the

SBL Orthopedic Surgeon Eric Brewer, DO, explained that the Mako Partial Knee application is a treatment option designed to relieve the pain caused by joint degeneration due to osteoarthritis that has not yet progressed to all three compartments of the knee.

Following the personalized pre-operative plan, the surgeon guides the robotic-arm during bone preparation to execute the pre-determined surgical plan and position the implant. Dr. Brewer explained, "By selectively targeting only the part of the knee damaged by osteoarthritis, surgeons can resurface the diseased portion of the knee, while helping to spare the healthy bone and ligaments surrounding the knee joint. Studies have shown robotic-arm assisted partial knee replacement to be two to three times more accurate than manual partial knee replacement procedures."

The Mako Total Hip application is a treatment option for adults who suffer from degenerative joint disease of the hip. During surgery, the surgeon guides the robotic-arm during bone preparation to prepare the hip socket and position the implant according to the pre-determined surgical plan. In cadaveric studies, Mako total hip replacement acetabular cup placement has been shown to be four times more accurate and reproducible than manual total hip replacement procedures.

"We are proud to be to offer this highly advanced robotic technology in our area," Sarah Bush Lincoln Vice President Practice Management Greg Taylor said. "The addition of Mako to our orthopedic service line further demonstrates our commitment to provide the community with outstanding healthcare."

For more information, go to www.sarahbush.org.



SBL Welcomes New Doctors

Fernando Gonzalez, MD, SBL Urology Clinic



With more than 26 years' experience in helping people with all types of urological concerns, Urologist Fernando Gonzalez, MD, is dedicated to providing personalized, compassionate care.

"My philosophy can be boiled down to one golden rule and that's to treat patients like I would like to be treated. If you're able to do that, then I think

you'll be a good doctor," he said.

Dr. Gonzalez comes to Sarah Bush Lincoln after practicing most recently in New Mexico, though he has also practiced at various locations in Illinois and Indiana since 1991. He is excited to fill a need for more urological providers in the area and is, therefore, seeing patients at the SBL Urology Clinic in Mattoon and the SBL Evergreen Clinic in Effingham.

After graduating from Harvard University, Dr. Gonzalez earned his medical degree from Northwestern University School of Medicine in Chicago, where he discovered an interest in urology. Dr. Gonzalez completed six years of intense and comprehensive residency and surgical training at New York University–Bellevue Hospital Center in New York City. During that time, he also received urological cancer training at the world-class Memorial Sloan Kettering Cancer Center.

Dr. Gonzalez offers appointments on Mondays, Wednesdays and Fridays at the SBL Urology Clinic, 1000 Health Center Dr., Suite 305, Mattoon (217 258-4186). On Tuesdays, he is at the SBL Evergreen Clinic, 1104 West Evergreen Ave., Effingham (217 347-2500).

Didi Omiyi, MD, SBL Bonutti Clinic



Growing up in Nigeria, Orthopedic Surgeon Didi Omiyi, MD, learned early in life the importance of helping others, as he witnessed his parents often helping others in need. "It feels good making someone else feel better," he explained.

Dr. Omiyi said that part of the reason he went into medicine was to fulfill a desire to make connections with people. Quick to offer a smile or even a hearty laugh, Dr. Omiyi lives out his dream and the values his parents instilled.

When it came time to select a college, Dr. Omiyi opted for the United States because it has some of the finest medical schools in the world. He chose Creighton University, Omaha, Neb., for an undergraduate degree in physics and biology, and he

earned a master's in biomedical sciences from Philadelphia College of Osteopathic Medicine.

Dr. Omiyi completed his medical training at Northwestern University's Feinberg School of Medicine in Chicago and he did orthopedic training at Howard University Hospital in Washington, DC. He went on to complete a fellowship in orthopedics and sports medicine at Insall Scott Kelly Institute for Orthopedics and Sports Medicine at Lenox Hill Hospital, N.Y., where he focused on adult reconstructive and sports medicine.

Dr. Omiyi treats disorders of the hip, knee and shoulder; specializes in hip and knee replacement and revision surgery; partial knee replacement and robotic surgery of the knee and hip; lower extremity trauma; and general orthopedics.

He is certified by the American Board of Orthopaedic Surgeons. To make an appointment with Dr. Omiyi, call the SBL Bonutti Clinic at **217 342-3400**.

Todd Bierman, MD, SBL Surgery Clinic



General Surgeon Todd Bierman, MD, is excited to return to his roots as he begins his medical career providing a wide range of surgical services to area residents.

He joined surgeons Curtis Green, DO, Kellie Jones-Monahan, MD, and Brad Wilson, MD, at the Sarah Bush Lincoln Surgery Clinic in September.

Dr. Bierman sees patients at the SBL Evergreen Clinic in Effingham, as well.

The youngest of five children, Dr. Bierman grew up on a farm near Dieterich, approximately 38 miles south of Mattoon. He graduated from Newton High School in 2006 and enrolled in Lake Land College.

Dr. Bierman enrolled in St. Louis University, from which he earned a bachelor's degree in biology. He then entered the University of Illinois Chicago Rural Medicine Program. During Dr. Bierman's family medicine rotation, he spent 16 weeks at Sarah Bush Lincoln, working alongside the much-loved but now-retired Family Practice Physician Robert Wochner, MD.

Dr. Bierman completed a five-year general surgery residency at the University of South Alabama Medical Center in Mobile, where he gained a vast amount of experience working in a Level 1 Trauma Center. He was selected by faculty as Administrative Chief Resident during his final year in 2018.

Dr. Bierman's goal is to be the best surgeon he can be, while educating people and helping them decide the best course of treatment. For more information or to make an appointment with Dr. Bierman, call the SBL Surgery Clinic at **217 258-4020**.

Free Colon Cancer Screen

Colon cancer is treatable in its earliest stages, and periodic screenings are needed for early detection. A limited number of free Hemosure colon cancer screening kits are available on a first-come first-served basis. This easy-to-do free screen is non-invasive and has a 97 percent accuracy rate!

Who should be screened?

- People between 50 to 75 years old
- People with a strong family history of colon cancer
- People who have never had a colonoscopy
- People with the following symptoms:
 - Diarrhea / Constipation
 - Rectal bleeding
 - Black or tarry stools
 - Weight loss / Bloating
 - Change in bowel habits

What is involved with the screen?

The kit you receive allows you to easily collect a stool sample in a plastic container. You return it discreetly in a brown bag to any Sarah Bush Lincoln clinics or the hospital outpatient lab. Tests should be returned to Sarah Bush Lincoln by April 3, 2020.

How will I receive the result?

If your test result is negative, you will receive a letter in the mail from the Sarah Bush Lincoln Gastroenterology Clinic. If your test result is positive, you will receive a phone call from the SBL Gastroenterology Clinic, and a certified letter alerting you to the results and the actions you should take for further investigation.

Where and when can I get a kit?

Available while supplies last. Your kit must be picked up in person.

SBL Tuscola Clinic

Friday, March 6
11 am to 1 pm

Mattoon Rural King

(Interior Mall Entrance)
Friday, March 13
11 am to 1 pm

SBL Fayette County Hospital

(Main Lobby)
Friday, March 20
11 am to 1 pm

SBL Casey Clinic

Friday, March 27
11 am to 1 pm

For more information, call the SBL Gastroenterology Clinic at **217 258-4155**.

Join us...

AdvantAge 50 Kick Off Party

2 pm • Friday, February 14

Lumpkin Family Center for Health Education

To help you gain a better understanding of our destinations, we are hosting a Kick Off Party at 2 pm on Friday, Feb. 14, in the SBL Lumpkin Family Center for Health Education. Karen Noble and Troy Orwig from Good News Travels will be on hand to answer your questions. We hope you can join us and enjoy some light refreshments.

Please RSVP by calling **217 258-2422** or email Janet Truesdale at advantage50@sblhs.org. I'm looking forward to traveling with you again this year.



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**.

2019 upcoming programs/trips

Discover Springfield, IL

Thursday, March 19

\$164 per person

Spend your day exploring all the history in Springfield, IL. During the day, we will visit the Old State Capital Building, the Lincoln Presidential Library where we will see a presentation of "Stealing Lincoln's Body", and the Dana Thomas Frank Lloyd Wright Home. Also included in the day is a two hour city tour with a step-on guide. Horseshoe sandwich buffet at the library is included. The cost of the trip is all inclusive including tip for the driver. **Please note there will considerable walking involved on this trip.**



Explore New Harmony, IN and Azaleas

Thursday, April 23

\$129 per person

The Atheneum, the 'Historic New Harmony' Visitor's Center, houses exhibits on the communal history of New Harmony, and a large theater where an orientation film on the town is shown. There will be a tour of the New Harmony also. Lunch will be at the Red Geranium followed by time to shop the quaint shops in the town. Next stop is the Azalea Path Arboretum and Botanical Gardens. What began with 15 acres and a few azaleas and perennials in 1979 has grown to include more than 60 acres and more than 3,000 azaleas plus a large variety of unusual plants and native Indiana trees. The azaleas should be in full bloom and the trails on the property will help you explore this beautiful location. The cost of the trip is all inclusive including tip for the driver.

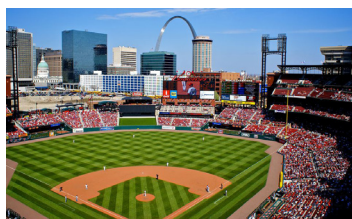


Take Me Out to the Ballgame St. Louis, MO

Tuesday, May 19

\$121 per person

Have you always wanted to sit in the Cardinals dugout? Well, here is your chance! This trip provides an opportunity to explore places you don't usually get to see at Busch Stadium. The tour includes visits to the Redbird Club, the broadcast booth, the Cardinals Club and the dugout. Lunch will be at Ball Park Village with meal money provided. The afternoon will be spent exploring Grant's Farm. Final stop will be Ted Drews, home of the famous frozen custard. The trip is all inclusive, including tip for the driver. **Please note that there will a considerable amount of walking on this trip.**



Shopping/Gambling in St. Charles, MO

Wednesday, June 24

\$112 per person

You can spend the day exploring the cobblestone streets and quaint shops of this historic old town or if you prefer, take the shuttle to the Ameristar Casino and try your luck. Lunch is on your own with meal money provided. Dinner will be at Blue Springs Café. The trip is all inclusive, including tip for the driver.



"Tribute to Frank Sinatra" Starved Rock State Park, Utica, IL

Tuesday, July 21

\$135 per person

If "Old Blue Eyes" was one of your favorite singers, then this trip is for you. Following a hot buffet, sit back and enjoy a tribute to the great singer. Following the show, board a trolley and enjoy a tour of the historic park. The trip is all inclusive, including tip for the driver.



Enjoy the Food of St. Louis

Tuesday, August 11

\$132 per person

Watch as your meal is prepared from start to finish at the Kitchen Conservatory and enjoy shopping in this unique kitchen store. The lunch menu includes Tuscan bread salad with tomatoes, rib-eye steaks with onion marmalade, new potato salad, Portobello mushrooms with balsamic glaze and fresh fruit with angel food cake and caramel sauce, all prepared on the grill. Following lunch we will enjoy a visit to Trader Joe's, An Olive Ovation shop and Chocolate, Chocolate, Chocolate factory tour. The trip is all inclusive, including the tip for the driver.



2019 upcoming programs/trips

Eat Your Way Down Mass Ave.

Indianapolis, IN

Wednesday, September 9

\$152 per person

The morning begins with a visit to the Indianapolis City Market. The afternoon will feature the Mass Ave. Food Tour, which combines a cultural, historic and architectural tour with a multi-course progressive meal. The result is a multiple-hour dining experience that will expand and challenge the palette with an array of flavors, tastes, and textures. Restaurants and menus have not been set yet but that information will be included in the July newsletter. The trip is all inclusive, including the tip for the driver.



It's A Mystery

Thursday, October 8

\$107 per person



Can't tell where we are going, but you will see some unusual things along the way. The trip is all inclusive, including the tip for the driver.

General 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.

"The Music of WWII"

Starved Rock State Park, Utica, IL

Wednesday, November 11

\$123 per person

If you are a veteran of WWII, then this show is for you. Following a hot buffet, the show will offer a wide variety of music from that era. The trip is all inclusive, including the tip for the driver.

Annual Christmas Shopping Trip

Thursday, December 3; Location TBD

Sign up early for this always-sold-out day of Christmas shopping.

Clip and complete to register

- Discover Springfield, IL**
Thursday, March 19, \$164
- Explore New Harmony, IN**
Wednesday, April 23, \$129
- Take Me Out to the Ballgame**
St. Louis, MO; Wednesday, May 19, \$121
- Shopping/Gambling in St. Charles, MO**
Wednesday, June 24, \$112
- "Tribute to Frank Sinatra"**
Starved Rock State Park; Tuesday, July 21, \$135
- Enjoy the Food of St. Louis**
Tuesday, August 11, \$132
- Eat Your Way Down Mass Ave.**
Indianapolis, IN; Wednesday, Sept. 9, \$152
- "It's a Mystery" Trip**
Thursday, Oct. 8, \$107
- "The Music of WWII"**
Starved Rock State Park; Wednesday, Nov. 11, \$123
- Christmas Shopping Trip;** Thursday, Dec. 3; TBD

Name: _____

Phone: _____

Address: _____

email address _____

Return to:

AdvantAge 50, Sarah Bush Lincoln Health Center,
1005 Health Center Dr., Mattoon, IL 61938
Make all checks payable to SBL AdvantAge50



1000 Health Center Drive
 P.O. Box 372
 Mattoon, IL 61938
 www.sarahbush.org

Return Service
 Requested

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

AdvantAge 50 Benefits

Parking

Priority parking is available to AdvantAge 50 members in the Health Center's front lot. Ask for a tag for your rear-view mirror.

Low-cost Health Screenings

Preventive health screenings are available to AdvantAge 50 members including:

- Mammogram discounts, \$5 off for people without Medicare or insurance

Free Pharmacy Consultation

PLUS a prescription discount at Prairie Medical Pharmacy for non-Medicare covered items

Cafeteria Discount

Receive a 25 percent discount on your meals in the Health Center's cafeteria, The Basement Bistro, just by showing your AdvantAge 50 card.

Discount in the SBL Gift Shop

You'll receive a 10 percent discount in the Sarah Bush Lincoln Gift Shop on Mondays on any item (excluding candy, cards & flowers).

Lincolnland Home Medical Equipment Discount

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

Discounted Lifeline Installation

We'll waive half of the installation fee for our personal emergency response system.

Dial-a-Ride Discount

Identify yourself as an AdvantAge 50 member and ride Dial-a-Ride at a reduced cost to and from the Health Center.

Free Newsletter

Celebration will keep you informed about what we're doing and events you won't want to miss.

Free Physician Referral

Our physician referral service can put you in touch with more than 100 area physicians.

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

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.



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 Twitter and Pinterest