

Sarah Bush Lincoln

healthstyles

Heartfelt Gratitude

Teresa Samsil continues learning through grief and a heart scare.

Serve. Protect. Take Time.

Travis Easton reaches new heights after routine physical leads to early detection.

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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Saturday, October 13

Pre-run starts 8 am • Run starts 9 am

Run starts and ends on Broadway behind KC Summers in Mattoon.

- 5K Color Run
- Run or walk in honor or memory of family and friends
- Food, music, activities, bounce houses
- Yoga and group stretching with SBL Center for Healthy Living trainers
- Cancer warrior recognition

\$20 Registration Fee

Includes a shirt and medal. Proceeds support SBL Regional Cancer Center.

Register at www.sarahbush.org

For more information, contact Angela Hampton, PR specialist, at 217-258-4011 or ahampton@sblhs.org.

Heart Health Toolkit

DOWNLOAD OUR NEW APP

The Heart Health Toolkit provides you with resources to keep your heart healthy. With educational materials and access to your portal at your fingertips, you'll always be in the know.

- Track medical appointments
- Record blood sugar readings
- Track your blood pressure
- Record your oxygen levels
- Keep a personal exercise log
- Track and take photos of your medications
- Find a physician
- Read reliable healthy living information



For more information, contact Angela Hampton, PR specialist, at 217-258-4011 or ahampton@sblhs.org.

Heartfelt Gratitude

Teresa Samsil continues learning though grief and a heart scare.

While motivated by concern and the desire to serve, nurses are notorious for neglecting themselves while attending to others. This was certainly true of Teresa Samsil, a nurse for 30 years, a wife, mother and grandmother.

The Hidalgo resident was getting ready for church last March when she felt tightness in her chest. The pain worsened and then radiated through her neck and down her arm. “This was serious,” she recalled. After dialing 911, Teresa was transported to the Sarah Bush Lincoln Emergency Department where it was identified that she was having a heart attack. She was then airlifted to HSHS St. John’s Hospital in Springfield. She underwent a cardiac cath, but her condition did not call for surgical intervention. In Teresa’s case, medication, diet and lifestyle changes were determined to be the best first course of intervention.

Teresa began cardiac rehabilitation through Sarah Bush Lincoln’s METS (Monitored Exercise Testing Services) program. METS offers cardiac and pulmonary exercise and education to people who are recovering from illnesses or surgeries, to those who are at risk of developing illnesses and to people who are battling chronic illnesses or diseases of the heart or lungs. A team of doctors, nurses, exercise physiologists, respiratory therapists, dietitians and certified diabetes educators help participants get back on their feet to create lasting, healthy lifestyles.

While Teresa was initially engaged in METS, she didn’t have the energy she had hoped for, but she chalked it up to grief. Not long before, Teresa’s husband of 42 years, Tom, had died after an extended illness.

One day, Teresa began having chest pain while exercising in METS. She had been a participant for two months. Cardiac rehab nurse Paula Enstrom, RN, gave her a “time out” and a nitroglycerin tablet for angina. “Paula knew something was wrong and exactly what to do for it,” Teresa explained. “When my chest pain stopped, I was allowed to walk slowly again on the treadmill, but the pain came back. Paula stopped me again and gave me a second nitro, but my pain continued to worsen. They then took me to the Emergency Department.”

Before long, Teresa was being wheeled into the cardiac catheterization lab for a balloon angioplasty and stent insertion to open up the artery. Prairie Heart Institute Interventional Cardiologist Amit Dande, MD, explained that the first option of medication, diet and lifestyle change was a good one, but it wasn’t working for her. “I am grateful for Dr. Dande’s knowledge,” Teresa said. “I feel so much better now. From the moment I met him, I always felt like I was in good hands. I knew he was doing what was best for me.”

By the end of June, Teresa was attending the METS cardiac rehab program three times a week for 45 minutes. She had worked up to exercising 8.5 minutes on the elliptical machine and she had lost 40 pounds. “All of the staff has been incredibly encouraging. Paula has given me the basics and the drive to improve. She has helped me understand angina better,” Teresa said. “I have a long way to go to a healthier lifestyle, but I am doing more things and working out on my treadmill at home, doing yoga and becoming more active in my church.”


Teresa considers herself a life-long learner and is now studying her own health! She is paying attention to her body and is learning to distinguish between physical ailments and symptoms that might be exacerbated by stress. “It is amazing what grief can do to your body,” Teresa said. “I thought the physical pain was part of my grieving process. I was depressed and didn’t want to do anything, but I kept trying to keep myself busy. I thought I was more prepared for Tom’s death, but once it happened, I learned I was so unprepared.”

While living on her family’s homestead with her grandson, Teresa finds peace in mowing the lawn and tending to the flowerbeds that her mother nurtured over the years. “If it hadn’t been for God, I wouldn’t have made it,” she said. “That’s where I got my strength. I depend on Him for everything. I feel His presence in the deepest, darkest places and find strength to go on.”

Teresa expresses her feelings of loss in a grief journal, her feelings of appreciation in a gratitude journal (this is where she celebrates the joy her three daughters and their families bring), and her caloric intake in a food diary. She has continued exercising two to three times weekly in the METS Phase 3 cardiac rehab program where she enjoys the ongoing support of the METS staff and other patients. Teresa rejoices in her improved health and the life that’s ahead of her.



For more information about the The Heart Center, call **217-238-4960** or go to **www.sarahbush.org**.



*“It is amazing what
grief can do to your
body. I thought the
physical pain was
part of my grieving
process.”*

Teresa Samsil

Serve. Protect. Take Time.

Travis Easton reaches new heights after routine physical leads to early detection.

Hiking the Appalachian Trail requires strength, endurance and perseverance. Travis Easton knew that having a pre-hike physical was an important step in preparing himself for a long hike on the trail, so he visited Sarah Bush Lincoln Family Physician, Lucas Catt, MD, in April 2017 so he could mark “physical” off of his preparation checklist. Travis quickly learned that he needed to prepare for a journey much more difficult than hiking.

Travis had watched his father fight prostate cancer in 2014, so he knew it was important to visit his doctor regularly, but as a husband, father and career law enforcement officer, he didn’t carve out the time. The Appalachian Trail trip was the motivation he needed to schedule his overdue physical.

During the appointment, Travis shared his family health history with Dr. Catt and asked whether a blood test should be ordered to check his prostate specific antigen (PSA) levels. While the blood test is usually performed after age 50, Dr. Catt agreed that Travis’ family history justified testing him before age 50. The next day, Dr. Catt called Travis to report that his PSA levels were significantly elevated.

Travis and his wife, Jamie (a registered nurse), were shaken by the news. They have three children: Maddie, 21, Trevor, 20, and Aly, 17. “Even though we had seen my Dad fight and win this battle, it was still such a shock to be a healthy 46-year-old father and to find out that I had [prostate cancer],” Travis said. “It was almost like time stood still that day.”

As is true of any cancer, early diagnosis is key to successfully fighting prostate cancer. More than 192,000 cases are diagnosed each year, and prostate cancer is second only to lung cancer as a cause of death among men in the US.

As a police officer and former marine, Travis is no stranger to difficult situations. His experience and training helped him focus on the battle at hand. “I went through the stages of grief like most people do,” Travis said. “I felt angry, but then I accepted it and knew I had to make a game plan and take action.”

The path through cancer diagnosis and treatment is rarely clear and easy. For the Eastons, the next two months were filled with blood tests, doctor visits, research and, eventually, surgery. “The hardest part was the waiting period between diagnosis and surgery,” Travis said. “I researched my options, and even though I didn’t like some of them, I had to put faith in the professionals. I knew I could deal with any potential lifestyle changes as long as I could be around to experience life with my family and friends.”

Travis credits Jamie for her steadfast support throughout his diagnosis and treatment. “She was the rock,” he said. “She stayed strong and focused, which helped me do what I needed to do.”

As a wife and someone with medical knowledge, Jamie had a unique perspective on the diagnosis. “Sometimes knowing too much or having seen too much can be a negative,” Jamie said. “I was always hoping and praying for the best outcome, yet, in the back of my mind, I couldn’t help thinking about the worst possibilities.”





During his treatment period, Travis' daughter, Aly, said that her parents continued to focus on their children. "It was a confusing time because you don't expect to see your parents get sick, especially your Dad," Aly said. "He's the strong person in our house, so I never saw him cry, but they didn't hide anything from us. They were honest and set a good example for us for how parents should handle a crisis."

Now, one year after his surgery, Travis is healthier than ever. He hiked a portion of the Appalachian Trail in October of 2017 and he plans to hike another 40-mile section this year. "Cancer made me appreciate life," Travis said. "I went on that hike, surrounded by my friends, and the journey that I had to take to get there made the trip even more meaningful."

Travis often reflects on how his father's encouragement to ask for a simple test saved his life. He hopes to have the same influence on other men. He encourages his friends to make time for their annual exams and to be honest with their doctors about their family histories and health concerns. "You can't be afraid to ask the important questions," Travis said. "When you think about the possible consequences of avoiding the doctor, a quick visit and some blood work is no big deal."

Jamie whole-heartedly agrees. "If my husband had not gone in for a routine physical, his outcome might have been completely different. It is so important to not only see the doctor when you're having an issue, but to be sure to get preventive care as well. It really could save your life," she said.

"When you think about the consequences of avoiding the doctor, a quick visit and some blood work is no big deal."

Travis Easton



Pictured are Hollie and Jeremiah Angell and their daughter Mackenzie.

Providing the Best Birth Experience Possible

As obstetrical care has evolved significantly over the last decade, so has the Sarah Bush Lincoln Women and Children's Center. Significant change has enabled its staff to deliver the best possible healthcare to area families, while simultaneously meeting new parents' expectations for "creature comforts" at the time of their babies' deliveries.

A total remodel of the Women and Children's Center was completed in 2018. While the new floor allows every mother to have a private room with a spa-like feel (the use of essential oils during delivery and access to Bluetooth speakers are among the amenities), planning for safety was of utmost importance in the remodel.

To that end, every room is equipped with an electronic white board that team members use to track the health

of both mothers and babies. When staff members enter patients' rooms, their names and photos from their ID badges populate the white boards. "Our new electronic white boards not only make it easier for our staff to provide excellent personalized care, but they serve as an added safety measure and empower patients to play a role in their own healthcare," said Cindy Rivas, director of the SBL Women and Children's Center.

Additional steps were taken to ensure that women have a pleasant birth experience in any situation. While the cesarean section rate at SBL has decreased substantially over the last 10 years, some mothers still have the procedure because it's best for their health or their baby's. It's not uncommon for mothers to experience sadness or loss over not having had a traditional birth experience, however. One

The biliblanket allow parents to hold, feed and bond with jaundiced infants while fiber-optic cables deliver life-saving phototherapy through light-permeable fabric.

way the SBL Women & Children's Center helps mothers cope with disappointment resulting from cesarean section is by providing family viewing drapes during uncomplicated, scheduled C-sections. Parents can request clear drapes through which they can see their babies being born. Parents can also take still photography during the birth process.

"Our new cesarean section policies allow families who want to be active participants in the birthing process to be closer to the process during that moment when the baby enters the world," Rivas said. "Unexpected cesarean sections can lead to feelings of disappointment, so this provides a unique birth experience that can help combat those feelings."

Another evolution in the birthing experience happens during what researchers call "the golden hour." During the first hour of life, mothers are encouraged to hold their babies skin-to-skin as soon as medical staff has assessed the baby. This can help newborns adjust to life outside of the womb and to help increase the success of breastfeeding. Mothers who deliver at SBL are encouraged to have no loss of contact with their infants for either the first hour or until the first feeding is complete. This also applies to mothers who have had a cesarean section. "This immediate touch from mom helps improve bonding and healing in both the mother and the baby," Rivas said. "The benefits of skin-to-skin contact can't be overstated."






Rivas noted that some babies are born with elevated bilirubin levels, a condition that can lead to jaundice (yellowed skin and eyes) and even brain damage, if left untreated. In the past, the only option for babies who had elevated bilirubin levels was to

spend time in a bassinet with a 'bili light.' The special blue lights deliver phototherapy to combat jaundice, but the treatment can reduce bonding opportunities through touch and holding during the first week of life since infants are confined to the bassinet for several hours each day.

The SBL Women and Children's Center now offers families the option of a biliblanket for jaundiced infants. The blanket houses fiber-optic cables inside light-permeable fabric that deliver the same life-saving phototherapy as the bassinet, but parents are able to hold, feed and bond with their infants during the treatment.

And what new mother doesn't want access to a nurse 24/7? The SBL Women and Children's Center delivers! To begin, each expectant mother receives a call from the nursing staff to discuss the admission process prior to her arrival. The nurse answers questions about surgery, diet and packing, and responds to any other concerns from family members. At delivery, the same nurses follow the family until discharge: one for mom and one for baby. "Our nurses are engaged in their jobs and are passionate about providing excellent care," Rivas said. "We want women in our community to have the best labor and birth experiences possible."

Every room is equipped with an electronic white board that team members use to track the health of both babies and mothers.

Your Nurse:		OB Tech:	Mommy	Baby	Staff Visits:
 Kylie x3403	 Mandi x3693		Schedule: Discharge 3/22	Schedule: Bilirubin Check 3/21 Hearing Screen 3/21	
Mom's Provider:		Baby's Provider:	Notes: Please call if you need assistance	Notes: Born 3/20/18 @ 09:19 7 lbs., 3 Oz. 21 inches	
 M Fleming	 J Sandercock		Goals: Enjoy your baby!	Goals: Breastfeed 10-12 times per day & with feeding cues.	
			Diet: Regular Diet	Diet: Breastfeeding	
Tuesday, March 20th, 2018 12:49:33 pm					
Sarah Bush Lincoln			Good Afternoon! Test Patient		Room #: 250 Phone #: 238-4250
					Charge Nurse:  Haley



For more information about the SBL Women & Children's Center, call **217-258-2297** or go to **www.sarahbush.org**.

Back to Normal Living

Cathy Curl is enjoying life again thanks to pain-relieving procedure.

When Cathy Curl's debilitating pain became so severe that she could hardly walk, she knew she had to take action.

"I had major pain. It got to the point that it hurt no matter what I did, including walking, sitting and sleeping. The pain was intense, and it was always there," she said. "I'm single and I have to take care of myself, so I kept right on working, but it was a struggle." As time went on, it became nearly impossible for Cathy to keep up with her two jobs and stay active enough to enjoy her son's two boys who are 9 and 11 and live nearby.

Cathy initially thought her hip was the source of her pain. She had undergone hip repair surgery a few years prior, due to a fracture caused by osteoarthritis. While X-rays revealed her hip repair was intact, her doctor discovered deterioration in her spine and referred her to Sarah Bush Lincoln Neurosurgeon Emilio Nardone, MD.



"I cannot stress how grateful I am to Dr. Nardone. I feel like a new person. I feel 100 percent better."

Cathy Curl

Following an MRI, Dr. Nardone told Cathy that the cause of her back and leg pain and the numbness she experienced was a slippage of two vertebrae, also referred to as an unstable spine with compression of nerves. After exhausting non-invasive treatment options, Dr. Nardone recommended lumbar nerve decompression and fusion surgery.

Cathy appreciated the time Dr. Nardone took to explain the entire process to her. “He explained everything to me, even before I had the surgery, so I knew exactly what to expect,” she said.

Eager for relief, Cathy was confident and unafraid on the day of her surgery in June 2017. She is grateful to Dr. Nardone’s operating room staff for helping to lighten the mood before the procedure. “I had a blast joking around with them. They were absolutely fabulous,” she said.

During the surgery, Dr. Nardone relieved the pressure on the problematic nerves in Cathy’s lower back, and he fused a segment of her spine with screws and rods to increase stability and help prevent future compression.

An unstable spine can result from an injury, disease or the natural aging process. Fusing the vertebrae stabilizes and aligns the spine, maintains the normal disc space between the bones, and it prevents further damage to the spinal nerves and cord.

Cathy felt an immediate improvement after surgery, and she returned home after an overnight hospital stay. “I still had a little pain, but it was so much better than it was before,” she said. “My daughter came to stay with me after the surgery, but I was ready to take over all of the day-to-day chores after one week. Dr. Nardone is absolutely amazing. I cannot stress how grateful I am to him. I felt like a new person.”

Feeling restless during her recovery, Cathy decided to make an impromptu drive to her daughter’s home in the mountains of West Virginia just six weeks after her surgery. “I felt great, but I was getting restless just sitting around. My daughter lives 11 miles up a mountain and it’s beautiful there. It was a nice retreat,” she said.

Cathy was eager to go back to work when she arrived home, so she convinced Dr. Nardone to allow her return to her desk job a little early. Cathy is again working at both jobs, including one as a home health care worker, and she loves spending time with her two grandsons.

She is free from pain, and the results from the surgery have “more than exceeded” her expectations. “It’s so good to feel normal again,” she said. “I feel 100 percent better.”

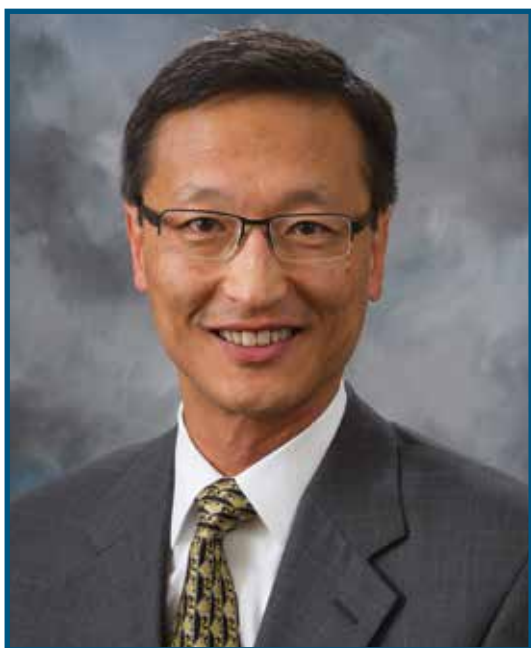


Dr. Emilio Nardone is a surgical neuro-oncologic specialist with added qualifications in skull base and complex spine surgery. His extensive fellowship training in neuro-oncology at MD Anderson Cancer Center in conjunction with both neuro and orthopedic surgeons has given him the ability and skills to manage especially challenging cases.

Dr. Nardone has a special interest in the treatment of primary and metastatic brain and spine tumors. He also has expertise in minimally invasive spine surgery. He routinely performs procedures for disc herniations, decompressive laminectomies and fusions through keyhole incisions that have greatly improved the success of spine surgeries, as well as patient satisfaction and recovery time.



To make an appointment at with Dr. Nardone at SBL Neurosurgery, please ask your primary care provider for a referral, or for more information call **217-238-4982** or go to **www.sarahbush.org**.



“By actively listening to patients, we can come up with the diagnosis in many cases and we can figure out how to optimize their outcomes.”

Frank Lee, MD, FAAOS

Welcoming

Dr. Frank Lee

Orthopedic Surgeon

Orthopedic Surgeon Frank Lee, MD, enjoys challenging himself professionally and personally.

Orthopedic surgery was a natural fit for him because he has always liked taking things apart and putting them back together. He currently enjoys “wrenching” on his Jeep and making cars go faster. His fascination with tools parallels his interest in learning new techniques in surgery and solutions for difficult problems. However, when it comes to surgical techniques, “I am quick to learn but slow to implement,” he said. “Patients don’t always like being guinea pigs when it’s their turn to have surgery.”

Dr. Lee’s need to pursue precision is highlighted by his decision to specialize in hand surgery as well as by his enjoyment in the shooting sports. He practices regularly at the local indoor shooting range and is a member of the Effingham Sportsman’s Club. Dr. Lee recalled with a laugh, “One guy told me at the range that he would choose me as his surgeon because I shot out the bull’s eye that day!”

At the time that Dr. Lee was fulfilling his residency requirements, it was routine for doctors to work long hours and through the night; the endurance that helped Dr. Lee make

it through those tough shifts now helps him to train for triathlons. He is a latecomer to the sport, but Dr. Lee completed his first Half Ironman last year. Triathlon training helps Dr. Lee identify with patients who have exercise injuries and who don’t want to quit.

One of Dr. Lee’s residency trainers imparted on him the importance of listening to patients. “By actively listening to patients, we can come up with the diagnosis in many cases and we can figure out how to optimize their outcomes,” he said. Dr. Lee’s easygoing nature makes it easy for people to connect quickly with him. He tries to use as little medical jargon as possible when communicating with patients, and he provides every reasonable treatment option and expects patients to help choose what’s best for them.

Dr. Lee specializes in the upper extremity, which includes the area from the shoulder to the hand. He treats disorders such as arthritis, tendinitis, rotator cuff tears and fractures, plus carpal tunnel and other nerve problems.

Dr. Lee earned his undergraduate and medical degree in the Boston University Six Year Medical Program. The traditional time to earn both degrees is eight years. He completed his surgery internship and orthopedic residency training at Wayne State University School of Medicine in Detroit. He completed a hand surgery fellowship at the University of Arkansas for Medical Sciences.

Dr. Lee and his wife, Sally, have lived in Effingham for 20 years. They have three adult children: sons, Drake and Lynden, and daughter, Audrey.



To make an appointment with Dr. Lee, call the **SBL Bonutti Clinic** at **217-342-3400**, or for more information go to **www.sarahbush.org**.



“I try to keep my interactions with patients light-hearted and share information with them in a fun way to help them understand the situation or procedure. It’s their body and they have to understand the procedure.”

Timothy Gray, MD

Welcoming

Dr. Timothy Gray

Orthopedic Surgeon

Orthopedic Surgeon Timothy Gray, MD, was raised on a family farm in Cullom, Illinois, the youngest of six children. “My dad really valued education and he passed that value on to all of us. He said, ‘That’s how you get ahead,’” Dr. Gray recounted. “I knew that I didn’t want to work as hard as a farmer.” So he entered what had become the new family business: medicine.

Dr. Gray’s siblings were already forging their way; they would go on to become a hematologist/oncologist, ophthalmologist, veterinarian, chiropractor and nurse.

“I love working with my hands. I worked in construction in the summers framing up houses, being the ‘mud man’ on a bricking crew, and roofing, so knew I wanted to do something with my hands. Orthopedics is really just carpentry on people. I love my job!” Dr. Gray said.

To prepare, Dr. Gray attended University of Illinois at Champaign-Urbana and then University of Illinois College of Medicine Chicago Campus. During his residency, Dr. Gray was fortunate to rotate through five hospitals and learn from five attending physicians, all with different styles and characters.

Dr. Gray found his passion in general orthopedic surgery and now treats trauma; issues of the ankles, hips, knees and shoulders; long bone fractures and wrist fractures.

“I really enjoy the physical nature of the job, but the most rewarding aspect is when patients return for their six-week check-ups and they don’t need to be seen again,” he said.

Dr. Gray readily puts people at ease with his sense of humor, something that comes naturally to him. “I try to keep my interactions with patients light-hearted and share information with them in a fun way to help them understand the situation or procedure. It’s their body and they have to understand the procedure,” he said.

A practicing orthopedic surgeon since 1993, Dr. Gray appreciated being able to balance family and work commitments while his children were at home. “I work to live and have been able to modify my schedule to accommodate my kids’ school and activity schedules. I’ve never missed an event!” he said.

Dr. Gray and his wife, Diane, have four adult children – Natalie, Nicole, Nate and Naomi – and five grandchildren. They all live in Effingham.

Always on the go, Dr. Gray is a published author of fiction and an occasional stand-up comic. He also enjoys golf and snow skiing.



To make an appointment with Dr. Gray, call the **SBL Bonutti Clinic** at **217-342-3400**, or for more information go to **www.sarahbush.org**.



“I’d rather walk with you and hold your hand than tell you what to do. I’ll educate you and we can make the trip together.”

Jason Trager, DO

Welcoming

Dr. Jason Trager

Cardiologist

Cardiologist Jason Trager, DO, is curious by nature. He grew up in the Detroit suburbs – an ’80’s kid who built computers with the help of a neighbor, since YouTube “how to” videos hadn’t yet been invented. He enjoyed science and engineering, figuring out how things worked, programming and gaming.

With a dad as an internal medicine doctor, Dr. Trager’s path to medical school may have been paved from an early age. He earned undergraduate and medical degrees at Michigan State University. While in medical school, he played a game themed after a TV game show and hosted by one of his mentors: Who Wants to be a Cardiologist? “When I was in the hot seat, I did really well answering the questions,” Dr. Trager explained. “It just seemed to come naturally to me and that helped me realize I wanted to be a cardiologist.”

Dr. Trager’s education was through an osteopathic school that focuses on treating the entire body instead of individual organ systems. “I believe in non-pharmaceutical approaches to treatment whenever possible. For instance, in the treatment of high cholesterol, I would recommend diet and exercise changes in an effort to prevent other things from happening,” he said.

Recognizing that people cannot change their genetics, he explained that a low CT calcium score dictates more preventive actions such as diet and exercise, while a higher score can indicate coronary disease – and a more aggressive approach to treatment.

While Dr. Trager’s initial career plans included veterinary medicine, he quickly realized that he wanted to help people. “My dad was a doctor and I saw the impact he had on people. People have come to me and said that they wouldn’t be alive today without him. That really made an impact on me,” he said.

Dr. Trager’s philosophy is simple. “I’d rather walk with you and hold your hand than tell you what to do. I’ll educate you, and we can make the trip together,” he said of how he cares for his patients, adding that he is strongly committed to treating the disease and the patient.

Dr. Trager is board certified in internal medicine and nuclear cardiology, and he is a fellow in both the American College of Cardiology and the American College of Osteopathic Internists. He is board eligible in echocardiography and coronary CT angiography through the American College of Cardiology.

Dr. Trager is married to Stacy, who he met when they were summer camp counselors. They have two children: Matthew, 8, and Cori, 5. Dr. Trager practices with the Prairie Heart Institute team of cardiologists who staff the The Heart Center.



To make an appointment with Dr. Trager at The Heart Center, please ask your primary care provider for a referral, or for more information call **217-238-4960** or go to **www.sarahbush.org**.

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 flexible weight management program for adults that can be done at home or in the clinic.

■ 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, Sept. and Dec. at SBL

■ Cindy Foster, RD, certified diabetic educator, 217-258-2135

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-delivery-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 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, 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



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



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Lincolnland

BINGO

Featuring prize packages sponsored by area boutiques and consultants.

Come for the fun, play for the cause.

Tuesday, September 4

NEW LOCATION – **Mattoon Eagles Club** – 1917 Oak Avenue, Mattoon

Doors open 4:30 pm • Early-bird BINGO 5:30 pm • BINGO 6 pm

Admission \$10

For additional information or to purchase tickets, call **217-258-2511** or visit **www.sarahbush.org**.

Seating is limited. Food and beverages available for purchase.

Net proceeds support your community's hospice organization: Lincolnland Hospice of Sarah Bush Lincoln.