

The Advantage

April/May/June 2023

Walk-In Clinics

Charleston Walk-In Clinic
2040 Lincoln Ave., Suite 100
217-345-2030

Effingham Walk-In Clinic
1303 West Evergreen Ave.
Entrance B
217-540-6123

Mattoon Walk-In Clinic
200 Dettro Drive
217-238-3000

Tuscola Walk-In Clinic
1100 Tuscola Blvd.
217-253-4764

7 am – 7 pm
Monday through Friday

8 am – 3 pm
Saturday and Sunday

COVID-19 Testing

Mattoon Walk-In Clinic
8 am – 4 pm
Monday through Friday

To make an appointment,
please call **217-238-3000**.

COVID-19 Vaccines

**Charleston, Mattoon and
Effingham Walk-In Clinics**
No appointment needed.

 **Sarah Bush
Lincoln**
AdvantAge 50

Contact us at:
217-258-2422
or email
advantage50@sblhs.org

In this edition of *The Advantage*, we'll tell you more about our expanded cardiology services in Mattoon and introduce you to three new Advanced Practice Providers: Monica Scott, Katie O'Halloran and Kendal Butler. Learn more about our new services on page 3, as well as important ways to stretch to avoid injuries.



SBL Cardiology Services

Having expert cardiac care, close to home is important. To keep pace with the cardiology needs of the region, the Heart Center, has welcomed two new providers: Monica Scott, APRN, and Katie O'Halloran, FNP-BC.

Scott has a passion for cardiology that dates back to high school. Recalling her grandparents' heart disease and bypass surgeries, she said, "We spent a couple Fourth of July holidays at the hospital while they were recovering from heart surgeries. I felt a need to learn more about it — for example, their health needs and what I could do to help."



Monica Scott, APRN

After working as a registered nurse, Scott became a certified nurse practitioner to care for and provide education to people with cardiovascular issues. She recently joined the Sarah Bush Lincoln Cardiology Clinic at The Heart Center.



Katie O'Halloran, FNP-BC

As a provider with Sarah Bush Lincoln Cardiology Clinic, O'Halloran calls on her nursing background to help people with cardiovascular illnesses. She also relies on her early psychology experience to provide excellent care. "I think somebody's psychological state and how it affects their health is intertwined in every disease process, in every medical specialty," O'Halloran explained. "My psychology studies helped me understand individuals and what they're going through."

O'Halloran believes building trust is important when providing healthcare, and her background allows her to do so in an interesting way. Before O'Halloran started nursing school, she was a psychology major. Since childhood, O'Halloran has wanted to help people, and nursing presented the right opportunity.

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To make an appointment with either provider, contact The Heart Center at **217 238-4960**



Kendal Butler, PA

SBL Orthopedics and Sports Medicine



When Kendal Butler's mom had cancer during his fifth-grade year, it changed the trajectory of his life.

"My mom's cancer opened my eyes to a career in medicine. It made me realize how much I wanted to be in medicine — on the front

lines helping people," Butler said. Butler is a certified physician assistant working in SBL Orthopedic & Sports Medicine with Orthopedic Surgeon Lou Mendella, DO.

While Butler and his two brothers played most sports while growing up in Toledo, after a year of playing football at Eastern Illinois University, he knew his future wasn't in his beloved sport. "I went into pre-med. I definitely knew I wanted to work in medicine, maybe as a practitioner or a pharmacist." He transferred to Franklin College in Franklin, Ind. "It was a better route for me to get into medicine," he added. Butler earned his master's degree in Physician Assistant Studies at Trevecca Nazarene University in Nashville, Tenn.

During his final year at Trevecca Nazarene, he completed his clinical rotations which included orthopedics. He found it to be a perfect blend of his love of sports and helping people through medicine. Following graduation, Butler spent two years working in a busy sports orthopedic urgent care center that prepared him for his new role in SBL Orthopedics & Sports Medicine. For the last two years, Kendal has worked in Emergency Department and as a Hospitalist at Sarah Bush Lincoln.

Butler and his wife are pleased to have returned "home" after living in Indianapolis and Nashville. "Our kids will grow up near family, including both sets of grandparents," he said. "Being close to family is immensely important to me and my wife, Hannah."

To make an appointment with Kendal, please call

SBL Orthopedics and Sports Medicine
1004 Health Center Drive, Suite 100, Mattoon
217 238-3435

News and Updates



Coffee Break

Located in the main lobby of the Health Center at Entrance A, the Bristro Brew will open later this spring. The coffee shop will feature a variety of speciality coffee drinks, salads and sandwiches.

On the Move

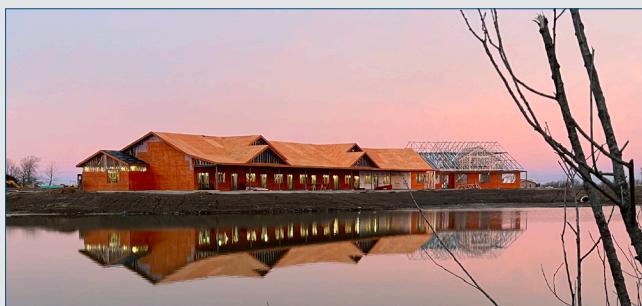
The SBL Altamont Medical Center is moving to a larger location, located at 5 East Cumberland Road. The new location features easier access, more parking and additional exam rooms. Call **618 483-6151** for more information.



Infusion Services Expands to Effingham

Beginning in July, SBL Infusion Services will be expanding to Effingham at SBL Medical Park Plaza, located at 901 Medical Park Dr., Suite 201, **217 258-4150**. The center will offer IVIG therapy, IV steroids, injections, iron infusions, antibiotics and more. People with anemia, autoimmune disorders, asthma and osteoporosis often require infusions to manage these conditions.

SBL Hospice House Update



The SBL Hospice House is taking shape. Located on the north side of the Health Center campus, the house will feature eight semi-private suites and is expected to open in late summer/early fall.



Take Time to Stretch

No matter what your fitness level, stretching is a valuable activity to add to your daily workout routine. Although stretching is simple to do, it's often the most ignored part of people's fitness routines. Stretching can reduce your risk for injury and help you become more limber, regardless of your age and physical condition. Stretching can improve your circulation and posture because it helps increase your range of motion, strength, coordination, and flexibility.

Regular stretching reduces muscle tension and promotes freer movement. It should be comfortable and relaxing. You should never stretch to the point of pain. When you stretch, work at your own pace and within your own limits.

As with any other fitness program, be sure to check with your healthcare provider before beginning a stretching routine. This is especially important if you have arthritis, joint dysfunction, or back problems. Stretching can be helpful to people with these conditions, but some exercises may overstress the joints.

- If stretching is the only kind of exercise you're able to do, stretch at least three times a week for at least 20 minutes each session.
- Do each stretching exercise three to five times during each session.
- Slowly stretch into the desired position, as far as possible without pain.
- Hold the stretch for 10 to 30 seconds. Relax. Repeat, trying to stretch a bit farther.



Open your phone's camera and point it at the code to learn more about stretches for the entire body.



Long-time AdvantAge 50 coordinator Janet Truesdale has retired (effective March 31.) Janet has been with Sarah Bush Lincoln for 25 years where she has served the Communications and Planning departments well. Please join us in wishing her well. If you want to send a card, please send to: Communications, 1000 Health Center Drive, Mattoon, IL 61938. We will make sure she receives it.

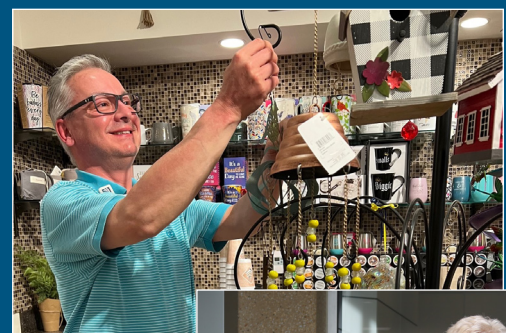


Have some time to spare? Consider becoming a volunteer

Volunteers have been a part of Sarah Bush Lincoln since opening in 1977. They led tours of the new hospital on opening day. Our volunteers are an important element in the total patient care program at SBL. While providing community services, volunteers often touch the lives of others during difficult times.

There are many opportunities for you to use your special skills and abilities while experiencing new and exciting challenges. Active membership in the SBL Guild involves a commitment of an average of three hours of service each month and a \$6 annual membership fee.

Volunteers of all ages can work in a variety of areas including, arts and crafts, clerical, gift shop, guest relations, pet therapy and more. We even have opprounites for you to volunteer from your home. To learn more, call Volunteer Services at **217 258-2500** or visit www.sarahbush.org/volunteerservices.





1000 Health Center Drive
PO Box 372
Mattoon, IL 61938

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RETURN SERVICE
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creating smiles for Miles



2023 Races for all Paces

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

www.sarahbush.org/races

1 Mile Walk/Run | 5K | 10K
Toddler Trot & Diaper Dash

Saturday, May 13, 2023 | EIU