

Celebration

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

Inside this issue:

- Message from Janet2
- Healthy Recipe2
- Men’s/Women’s Heart Events2
- Women’s Imaging Center3
- “Being Well” Broadcast.....4
- Effingham Walk-In Clinic4
- Colon Cancer Screen4
- Trips/Programs5
- Registration Form7
- Benefits8



SBL Opens State-of-the-Art Heart Center

Sarah Bush Lincoln is pleased to provide state-of-the-art cardiac care close to home in its new Heart Center, which opened in early October.

The Heart Center offers a full range of cardiovascular services including diagnostic testing, treatments, screening programs, disease management and prevention. It is staffed by medical and interventional cardiologists with Prairie Heart Institute of Illinois. Some of the cardiologists have sub-specialties in electrophysiology and women’s cardiovascular health expertise that would normally require people from rural areas to travel to larger organizations for care.

The new Heart Center consolidates cardiac services that were located in different parts of the Health Center and it includes the addition of a second cardiac cath lab, 15 exam rooms for the cardiac and pulmonary clinics, rehab gym for Monitored Exercise Testing Services (METS), stress testing, echocardiograms, pulmonary function testing, EKG and nuclear medicine.

The second floor houses 21 private medical surgical rooms that are equipped to monitor patients on telemetry. The entire addition is connected to each adjacent floor of the Health Center, including a new elevator going to the third and fourth floors.

Erica Stollard, director of Planning, explained that through a partnership with Prairie Heart Institute of Illinois, the volume of cardiology services has grown greatly in the last few years. Interventional Cardiologist Amit Dande, MD, Cardiologists Michael LaMonto, DO, and Jason Trager, DO, and Allison Gough, APRN, currently staff The Heart Center. Cardiologist Thomas Cahill, MD, recently resigned his position at Sarah Bush Lincoln to work closer to home.

The addition features a drive-up canopied entrance (Entrance H) with a glass and metal façade on the west side and brick on the south and east sides.

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



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

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, friends and 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 the newsletter, as well as a registration form. Reservations are not taken 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.



Healthy Recipe

Oven Baked Salmon

INGREDIENTS

12 ounce salmon fillet, cut into 4 pieces
Coarse-grained salt
Freshly ground black pepper
Toasted Almond Parsley Salad (for serving)
Baked squash, for serving, optional

Toasted Almond Parsley Salad

1 shallot
1 tablespoons red wine vinegar
Coarse-grain salt
2 tablespoons capers, rinsed
1 cup fresh flat-leaf parsley
1/2 cup toasted almonds
Extra-virgin olive oil

DIRECTIONS

1. Preheat the oven to 450 degrees F.
2. Season salmon with salt and pepper. Place salmon, skin side down, on a non-stick baking sheet or in a non-stick pan with an oven-proof handle. Bake until salmon is cooked through, about 12 to 15 minutes. Serve with the Toasted Almond Parsley Salad and squash, if desired.

Toasted Almond Parsley Salad

3. Mince the shallot and add to a small bowl. Pour the vinegar over the shallots and add a pinch of salt. Let sit for 30 minutes.
4. Roughly chop the capers, parsley and almonds and add to the shallots. Add the olive oil, tasting as you go. Mix again and adjust the seasonings.

Take Down Heart Disease



6 to 8 pm

Thursday, February 21

Brick House Bar & Grill, Charleston

Men's Night Out

*Two Free Drink Tickets/ Appetizers
Yeti Cooler Door Prize*



Featuring Guest Speaker

Tom Michael

EIU Athletic Director

Tom Michael has served as Eastern Illinois University's Athletic Director since 2014, after serving as the Senior Associate Athletic Director at the University of Illinois. Michael, a former Fighting Illini basketball player, helped the team advance twice to the NCAA Tournament. Playing from 1991 to 1994, he still holds the Illinois single season record for 3-point field-goal percentage. Michael will share some of his experiences on the court, upcoming EIU athletic news and the benefits of leading an active life.

This events is FREE, but reservations are needed.

Register online at www.sarahbush.org/ For more information call **217 258-2420**

Women's Imaging Center Enhanced for Greater Privacy

Fear is such a strong motivator that it can prevent people from doing the right thing. In fact, the fear of having a mammogram can be so great for women – due to worry that it will be painful, embarrassing, or that it may reveal cancer or another problem – that they sometimes avoid it all together.

For those reasons, Sarah Bush Lincoln has transformed the mammography experience in the newly opened Women's Imaging Center, with the hope that more women will have annual mammograms.

The center, located on the first floor of the Health Center near the Gift Shop, allows women to bypass general registration and check in there. Spacious dressing rooms allow women to change and then relax in private, comfortable waiting areas before their scans.

All mammography units feature tomosynthesis, or 3D scanning, the most advanced technology available in the detection of breast cancer. Clinically proven to significantly increase the detection of breast cancers, tomosynthesis also decreases the number of women who are asked to return for additional testing.

"This 3D technology reveals invasive breast cancers in 41 percent more people than traditional 2D mammography reveals," Stacia Goings, director of SBL Diagnostic Imaging, said. "We are excited to provide advanced care to our



patients to give them the best chance of survival." The same technology soon will be available on a new mobile mammography van.

In conventional 2D mammography, overlapping tissue is a leading reason why small breast cancers may be missed and why normal tissue may appear abnormal – a common cause of unnecessary callbacks, she explained. The three-dimensional imaging that tomosynthesis offers can greatly reduce the impact of tissue overlap.

Along with the 3D technology, the Women's Imaging Center is equipped with curved paddles to offer greater comfort during exams. The center also offers DEXA scans (a technology that measures bone density and body composition) and breast ultrasound biopsy services if needed.

The Women's Imaging Center's breast nurse navigator, Retha Garver, RN, helps women, who have suspicious scans and breast cancer diagnoses, navigate next steps. Her support and guidance is invaluable for many women, especially those who do not have a strong or local support system. Garver accompanies women to tests and doctor visits, serves as a "second set of ears" and even interprets medical information so women better understand their options and can make informed choices.

For more information or to make an appointment for a mammogram, please call **217 258-2588**.

WEIU-TV Features Broadcast on Ear, Nose & Throat Care



Lori Cudone, MD

Tune into WEIU-TV's "Being Well" for an hour-long live broadcast on common ear, nose and throat ailments and hearing loss at 7 pm Tuesday, March 26.

Sarah Bush Lincoln Ear, Nose and Throat Physician Lori Cudone, MD, and Audiologist Jennifer Shunk will be on hand to answer questions about seasonal allergies, ear tubes, hearing devices and more. This hour-long live broadcast will give people the opportunity to call in or email

questions and have them answered on the air. To submit your questions please email them to weiu@weiu.net, or phone them in during the show at **1-877-727-9348**.

The ENT specialty covers a wide array of health problems including ear infections, hearing impairment, balance disorders, chronic nose bleeds, nasal congestion, deviated septum, breathing problems, allergies, sinus problems, injury to the throat, tonsil infection, adenoid infection, asthma, sore throat, voice or swallowing problems, hoarseness, GERD, and more.

ENT specialists are also trained to manage diseases, tumors, trauma, and deformities of the head, neck, and face. ENT specialists can perform cosmetic and reconstructive surgery in these areas. They can also manage problems with the nerves in the head and neck that control sight, smelling, hearing, and facial movements.

For more information or to make an appointment with Dr. Cudone, call **217 258-2409** in Mattoon, or **217 347-7077** in Effingham. For more information about hearing devices, call SBL Audiology at **217 258-2568** in Mattoon or **217 347-7077** in Effingham.

Walk-In Clinic and Primary Care Office Opens in Effingham

Sarah Bush Lincoln opened a Walk-In Clinic and a primary care office in its SBL Effingham Clinic at 905 N. Maple Ave., Effingham, in January.

The Walk-In Clinic is staffed by Family Physician Douglas Kabbes, MD, a life-long resident of Effingham. It is open from 10 am to 8 pm, Monday through Friday. Its hours will be extended as its use warrants it.



Douglas Kabbes, MD

Dr. Kabbes worked for many years in Emergency Medicine, caring for a wide array of acute issues and illnesses.

A walk-in clinic cares for people of all ages who have minor medical problems including colds, sore throats, ear infections, cuts, sprains and strains. It also offers diagnostic services such as X-ray and simple blood and urine tests. It is not intended to treat chronic conditions or serious medical conditions. Babies must be at least three months old without a fever or six months old with a fever to receive care at the clinic. People are treated on a first-come, first-served basis. Anyone with a life-threatening injury or illness like shortness of breath, and chest pains should go to the nearest emergency department.

People may check www.sarahbush.org to check Walk-In Clinic wait times. The Effingham Walk-In Clinic phone number is **217 540-6123**. The cost of a walk-in clinic visit is approximately the same as a physician office visit. Sarah Bush Lincoln also has walk-in clinics in Mattoon, Charleston and Tuscola.



Louis Schwing, MD

Dr. Kabbes has been caring for people at Family Medical Center in Mattoon for the last year. Internal Medicine Physician Marisa Friscia, MD, is now caring for Dr. Kabbes' patients at Family Medical Center.

Effingham resident Louis Schwing, MD, opened an internal medicine practice at the same clinic on January 2. Dr. Schwing will care for people age 16 and older.

Dr. Schwing began his career as an internal medicine physician and gained vast experience as a hospitalist at HSHS St. Anthony and at Sarah Bush Lincoln. He said he is excited getting back to a medical practice where he can build long-term relationships with his patients.

"I think I'm a good listener and I spend a fair amount of time with patients to get to know their stories and to put together their problems," Dr. Schwing said. "It's amazing what people will open up and tell you if you have a good connection and they feel comfortable."

"It's certainly not a one-way conversation," he added. "Patients have a voice in the way their treatment options are pursued. I think of myself as a consultant."

To make an appointment with Dr. Schwing, call **217 540-6122**.

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 Hemasure 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 March 29, 2019.

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 Arthur Clinic

Friday, March 1
11 am to 1 pm

Charleston Rural King

Friday, March 8
11 am to 1 pm

SBL Effingham Clinic

Friday, March 15
11 am to 1 pm

SBL Toledo Clinic

Friday, March 22
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 • Tuesday, February 19
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 Tuesday, Feb. 19, in the SBL Lumpkin Family Center for Health Education. Troy Orwig from Good News Travels will be on hand to answer your questions. We hope you can join us to meet Troy 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.

2019 upcoming programs/trips

International Quilt Festival, Rosemont, IL
Thursday, March 28
\$135 per person

Calling all quilters. The International Quilt Festival will be held this year at the Donald E. Stephens Convention Center. The festival will feature hundreds of vendors, educational programs, and all kinds of new and exciting quilting items. This trip is sure to fill up fast so book your seat early. Lunch will be on your own with meal money provided. The cost of the trip includes snacks, dinner on the return trip and tip for the driver.



"It's a Mystery"
Wednesday, April 17
\$150 per person



Can't tell you where we are going, but it will be a fun day and you will learn a lot. The cost of the trip includes snacks, lunch, dinner and tip for the driver.

SBL Patient Portal Class
Wednesday, May 1
10 to 11:30 am, no charge

This class will allow you to get signed up on the Patient Portal. The portal allows you to review your test results, check your medications, request refills and request a provider visit and much more. The class will be held in the Cottonwood Room of Prairie Pavilion 2, second floor, enter through Human Resources. Limited seating is available, so reserve your seat early. **If you are not currently using the portal, you will need to bring your e-mail password to create an account.**

Pinterest 101
Wednesday, April 3, or Thursday, May 16
10 to 11:30 am, no charge

Learn what Pinterest is all about and how to create boards to pin, and organize and share all the things you find interesting. The class will be held in the Cottonwood Room of Prairie Pavilion 2, enter through Human Resources. Limited seating is available, so reserve your seat early. **If you are not currently using Pinterest, you will need to bring your e-mail password to create an account.**

Facebook 101
Wednesday, April 17, or May 29
10 to 11:30 am, no charge

Learn how to set up a secure Facebook page of your own to stay in touch with friends and family. The class will be held in the Cottonwood Room of Prairie Pavilion 2, second floor, enter through Human Resources. Limited seating is available, so reserve your seat early. **If you are not currently using Facebook, you will need to bring your e-mail password to create an account.**

Mines, Museums and Good Food
Tuesday, May 21
\$175 per person

The day will begin with a tour of Bonne Terre Mine in Bonne Terre,



MO. National Geographic calls Bonne Terre Mine: "One of America's Top 10 Greatest Adventures." One of the world's largest man-made caverns, founded in 1860 as one of history's earliest deep-earth lead mines. This was the world's largest producer of lead ore until it was closed in 1962. The mine has five levels. The mine is a constant 65-degrees, year-round; never affected by the weather. *(Please note there are 65 steps into and out of the mine.)*

2019 upcoming programs/trips

While at the mine, we will travel by boat to view submerged equipment and other treasures. Lunch will be at the Blue Owl Restaurant, Kimswick, MO, famous for its levee-high apple pie. If you haven't eaten there, you have missed a real treat. Next stop is St. Louis and a visit to the Missouri History Museum exhibit – "Muny Memories 100 Seasons on Stage." We can't go to St. Louis without a stop at Ted Drewes on Route 66, famous for its frozen custard. The cost of the trip includes snacks, lunch and tip for the driver.

Exploring Hannibal Missouri

Tuesday, June 18, and Wednesday, June 19

\$383 per person, 2 persons/room; \$365 per person, 3 persons/room; \$346 per person, 4 person/room; and \$436 single

Our first stop will be Mark Twain's Boyhood Home and Museum where we will be greeted by Huck Finn himself and we'll enjoy a guided tour of Hannibal. Our visit includes a stop at the



Hannibal History Museum, Jim's Journey: The Huck Finn Freedom Center. Dinner will be enjoyed on the Mark Twain Riverboat. There will be time for shopping on day one. Day two will start at Karlocks Cars and Pop Culture Museum, which features lots of vintage cars, juke boxes and toys. Next is a guided tour of the Rockcliffe Mansion, located high above the Mississippi river. The mansion was built in 1898 by John Gruilkshank, who made his fortune in lumber. On our return journey, we will take a driving tour of Springfield, IL. The cost of the trip includes all meals as well as snacks and tip for the bus driver.

"Buddy: The Buddy Holly Story"

Beef & Boards Dinner Theatre,

Indianapolis

Wednesday, July 10

\$85 per person

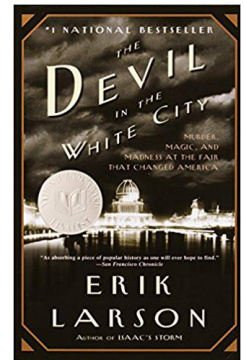
Revisit the nostalgic sounds of 1950s hits in "Buddy: The Buddy Holly Story." This jukebox musical tells the true story of Buddy's incredible rise to fame, from the moment in 1957 when "That'll Be The Day" hit the airwaves until his tragic death less than two years later on "the day the music died." The show features more than 20 of Buddy Holly's greatest hits, including "Peggy Sue," "Everyday," "Oh Boy" and more, plus Ritchie Valens' "La Bamba" and the Big Bopper's "Chantilly Lace." The cost of the trip includes snacks, lunch and a tip for the driver. **Please note: there are multiple steps involved in the theater and it is a buffet lunch.**

North Chicago Architectural Tour

Friday, August 16

\$175 per person

This tour 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 before



we head to Navy Pier where you can walk through the newly renovated areas and grab a bite to eat. Our final stop will be the Museum of Science and Industry, where you can walk through a coal mine, explore a submarine and much more. The cost of the trip includes lunch and dinner on the return trip and tip for the driver.

Spirit of Peoria Riverboat Cruise

St. Louis to Grafton

Tuesday, September 24

\$199 per person

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.

General Information

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

Thursday, December 5; Location TBD

Reserve your seat early as this trip always sells out.

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

- International Quilt Festival**
Rosemont, IL; Thursday, March 28, \$135
- Pinterest Class** - Wednesday, April 3; or Thursday, May 16,
No charge; 10 - 11 am (circle one)
- Facebook Class** - Wednesday, April 17; or Wednesday,
May 29, No charge; 10 - 11 am (circle one)
- "It's a Mystery" Trip**
Wednesday, April 17, \$150
- Patient Portal Class** - Wednesday, May 1
No charge; 10 - 11am
- Mines, Museums and Good Food**
Tuesday, May 21, \$175
- Exploring Hannibal**, Tuesday & Wednesday, June 18 & 19
\$383 per person/2 per room; \$365 per person/3 per room;
\$346 per person/4 per room; \$436 single (circle one)
- "Buddy: The Buddy Holly Story"**
Wednesday, July 10, \$85
- North Chicago Architectural Tour**
Friday, August 16, \$175
- Spirit of Peoria Riverboat Cruise**
Tuesday, September 24, \$199
- 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**; Thursday, Dec. 5; TBD

Name _____ Phone Number: _____

Address: _____

email address (optional) _____

Return to:

AdvantAge 50, Sarah Bush Lincoln Health Center, 1005 Health Center Dr., 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

Return Service
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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