

# MEMORIAL HOSPITAL'S *The* LAMP QUARTERLY NEWSLETTER

Vol. 6, Issue 1 - January 2025

## Memorial Hospital Named National Rural Rating System (NRRS) 5-Star Hospital



Memorial Hospital is proud to announce that it has been named a National Rural Rating System (NRRS) 5-Star Hospital for the third year in a row. This prestigious recognition is based on Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) patient satisfaction scores for overnight stays, with rankings compiled using data from certified Centers for Medicare & Medicaid Services vendors.

Memorial Hospital is one of only 22 NRRS 5-star recipients nationwide and one of just four hospitals in Illinois to receive this honor. The NRRS five-star rating reflects Memorial's ongoing commitment to meeting the unique healthcare needs of the rural community it serves. This recognition highlights the hospital's success in providing outstanding medical services, despite the challenges often faced by rural healthcare facilities. "We are incredibly honored to receive the NRRS 5-Star rating," said Brett Bollmann, CEO of Memorial Hospital.

*"This recognition is a testament to the hard work and dedication of our entire team. We remain committed to providing exceptional healthcare services to our community and will continue to strive for excellence in all that we do."*

Memorial Hospital extends its heartfelt thanks to its dedicated team of healthcare professionals, whose efforts and unwavering commitment to patient care have made this achievement possible. Memorial Hospital is proud to be a "Partner in Building a Healthier Community".

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National Alliance for Mental Health  
- Family Support Group

Blood Drives

Mental Health First Aid Classes

Dr. Krieg's Retirement Open House

Go Red for Women: Simplify to Amplify

Brain Health Series

Community Health Fair

# MEMORIAL HOSPITAL

—Since 1962—

## RURAL HEALTH CLINICS

### FAMILY HEALTH CARE

**Newborn Through Geriatrics**

Immunizations  
- VFC Provider

Injection Therapy

Family Planning

DOT Physicals

Minor In Office  
Procedures

Same Day Appointments

School & Sports  
Physicals

### CHESTER CLINIC

1900 State Street - Chester, IL 62233

**618-826-2388**

### STEELEVILLE FAMILY PRACTICE

602 W. Shawneetown Trail - Steeleville, IL 62288

**618-965-3382**



Dr. James Kirkpatrick, M.D.

Dr. Lisa Lowry-Rohlfing, M.D. • Dr. Monica Lukose, M.D.

Dr. Joseph Molnar, D.O. • Dr. Zachary Orme, D.O.

Angela Albertini, PA-C • Valerie Blechle, APRN, FNP-BC

Cassandra Chambers, APRN, FNP-BC

Mindy Dudenbostel, APRN, FNP-C

## DR. KRIEG RETIRES WITH 45 YEARS OF SERVICE



NEW DOCTOR JOINS STAFF

Dr. James R. Krieg, third from left, has joined the Chester Clinic and will be a local practicing physician. The entire medical staff at the Chester Clinic will now be, left to right, Dr. Milton Zemlyn, Dr. I.D. Newmark, Dr. James R. Krieg and Dr. Stephen Platt.

December 31, 2024, marked the end of an era as Dr. James Krieg concluded his distinguished career as a Family Healthcare Physician at Memorial Hospital's Rural Health Clinics. With an impressive 45 years of service in Chester, IL, Dr. Krieg has provided compassionate and comprehensive care to countless patients.

Dr. Krieg began his practice on January 1, 1980, joining Doctors Israel Newmark, Milton Zemlyn, and Stephen Platt, who were the lead physicians at the Chester Clinic and part of the Medical Staff at Memorial Hospital. His decision to practice in Chester was driven by his appreciation for the stability of the practice and the welcoming community.



1993

Throughout his tenure, Dr. Krieg has enjoyed the variety of care he has been able to provide, from performing small surgical procedures and delivering many babies early in his career in the Obstetrics Department (OB) to offering extensive personal care daily. His greatest joy has been the hope that he has made a difference in the lives of those he has cared for.

Dr. Krieg has cherished working with the dedicated team of nurses, providers, and staff who prioritize patient-centered care. Reflecting on his time at Memorial, Dr. Krieg shared, "There is a feeling of teamwork; each person doing their best to meet the needs of the patients." He fondly recalls his favorite memories, saying, "Growing 'old' with those who have been with Memorial Hospital and Chester Clinic for many years. We have shared many 'interesting' experiences. Also, I have enjoyed working alongside some whom I delivered while doing OB."

Dr. Krieg has seen many improvements

throughout the years, noting, "The hospital continued to expand, remodel, and push toward staying up to date with changing technology. The most recent development of the Medical Office Building will give years of service for the providers and community."

As he embarks on his well-deserved retirement, Dr. Krieg looks forward to spending more time with his family and volunteering. He humorously shared, "My daughter gave me a clock with hour, minute, and second hands but the numbers are all at the bottom, scattered. The inscription reads, 'Whatever...I'm Retired!'"

His contributions to Memorial the community have been invaluable, and his presence will be greatly missed. He expressed what he will miss most, "Serving others; medicine allows the unique opportunity to help people navigate the uncertainties of life. I have been blessed with the strength and health to spend the last 45 years doing what I have loved. Remember: God first, others second, I'm third."

**To honor Dr. Krieg's remarkable career and dedication, Memorial Hospital invites the community to a Retirement Party Open house on January 25th at the Chester Country Club from 2:00-4:00 pm.**

Dr. Krieg has been a valued asset to Memorial and the Chester community, and we are forever grateful for the care and compassion he has shown. We wish him all the best in this new chapter of his life.



Chester Clinic Ground Breaking 1982



Medical Office Ground Breaking 2023

**AFTER**

**JOIN US IN CELEBRATING**

# 45 YEARS OF DEDICATION

**DR. JAMES KRIEG IS RETIRING**

**SATURDAY, JANUARY 25**

Open House  
2:00-4:00pm

**CHESTER COUNTRY CLUB**

1310 Lehmen Drive  
Chester, IL 62233

**CASH BAR & APPETIZERS**

Hosted By  
Memorial Hospital

**1980**



**2025**

833 Lehmen Drive - Chester, IL 62233  
**618-826-4588**

*Caring for you throughout  
 your life span.*

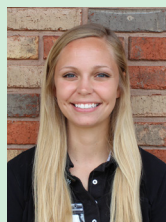
*Treating pediatrics, youth, adults,  
 and geriatrics.*

**SPECIALIZED SERVICES:**

- Sports Rehab
- Balance Rehab
- Vertigo
- Stroke Rehab
- Hand Therapy
- Pool Therapy
- Urinary Incontinence
- Manual Therapy
- Orthopedic Rehab
- Pelvic Floor Therapy

**SPECIALIZED EQUIPMENT:**

- Bariatric Treadmill
- Biodex Balance System
- Mechanical Traction
- Ultrasound
- Electrical Stimulation
- Fluidotherapy
- Iontophoresis
- Therapy Pool



Ryan Schaal, *Director of Therapy & Physical Therapist*

Kristyn Riley, *Physical Therapist*

Megan Stewart, *Occupational Therapist*

Isabel Hotop, *Speech-Language Pathologist*

## WINTER WEATHER EXERCISES

Winter doesn't have to be a time to hibernate. With the right exercises and a bit of motivation, you can stay fit and healthy all season long. Whether you're a beginner or advanced, embrace the cold and keep pushing towards your fitness goals!

Here are some ways to stay active indoors and outdoors, along with tips for safety and recovery.

### INDOOR WORKOUTS

#### FOR BEGINNERS

##### Low-Impact Cardio

**Walking or Marching in Place:** Start with 10-15 minutes to get your heart rate up.

▶ **Step Touches:** Side-to-side steps with arm movements for 10-15 minutes.

##### Basic Strength Training

- ▶ **Bodyweight Squats:** 2 sets of 10-12 reps.
  - **DON'T** start with bent legs or curve your back.
  - **DO** Start with legs straight and arms pointed forward. Keep back straight while bending knees and keeping arms forward. Keep abs engaged.

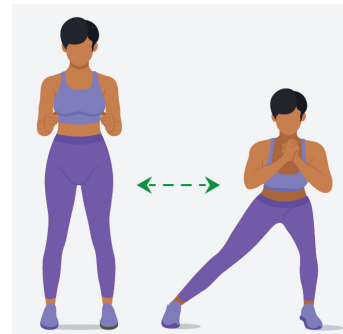
▶ **Wall Push-Ups:** 2 sets of 10-12 reps.

▶ **Seated Leg Lifts:** 2 sets of 10-12 reps.

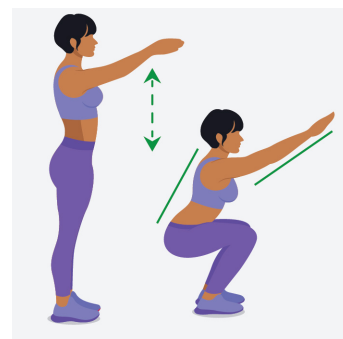
##### Gentle Yoga

▼ Incorporate a 20-minute session focusing on basic poses like Child's Pose, Cat-Cow, and Downward Dog to improve flexibility and reduce stress.

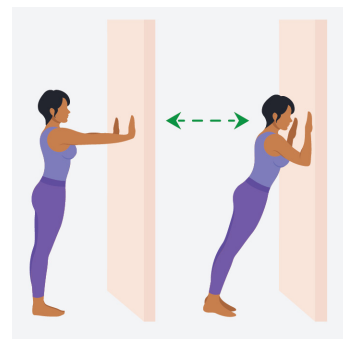
#### ▼ STEP TOUCH



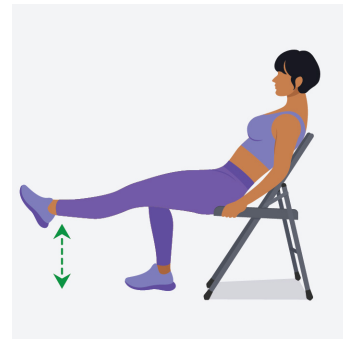
#### ▼ SQUAT



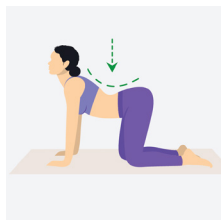
#### ▼ WALL PUSH-UP



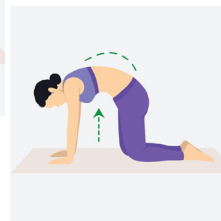
#### ▼ SEATED LEG LIFT



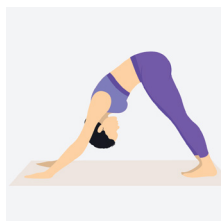
#### ◀ COW



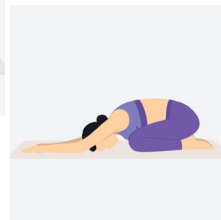
#### CAT ▶



#### ◀ DOWNWARD FACING DOG



#### CHILD'S POSE ▶



## FOR ADVANCED INDIVIDUALS

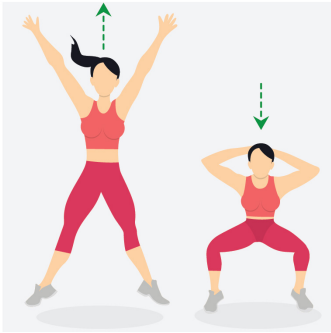
### High-Intensity Interval Training (HIIT)

Sample Routine:

- Jump Squats: 30 seconds
- Burpees: 30 seconds
- Push-Ups: 30 seconds
- Rest: 30 seconds

Repeat for 4-6 rounds.

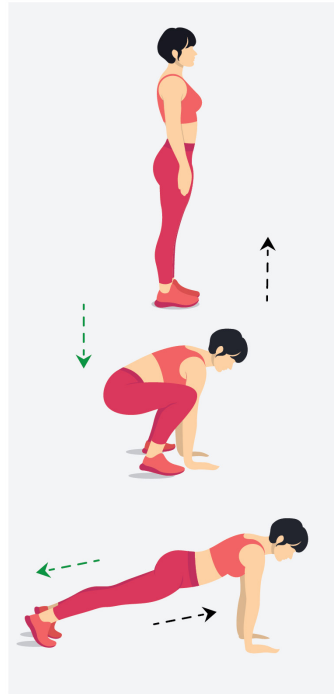
#### ▼ JUMP SQUAT



#### ▼ PUSH-UP



#### ▼ BURPEE

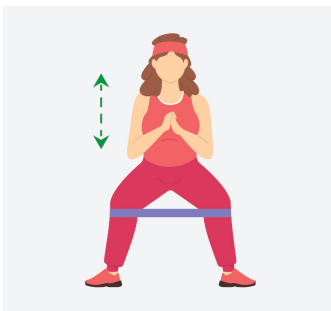


### Strength Training with Resistance Bands

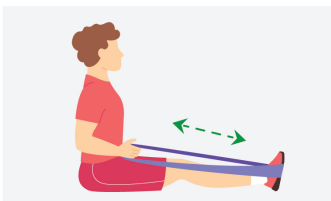
Sample Routine:

- Squats: 3 sets of 15 reps
- Arm Curls: 3 sets of 15 reps
- Rows: 3 sets of 15 reps
- Leg Lifts: 3 sets of 15 reps

#### ▼ SQUAT WITH BAND



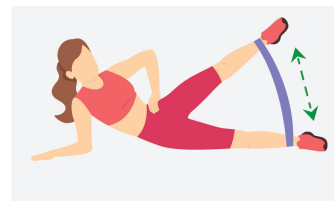
#### ▼ BAND ROW



#### ▼ BAND ARM CURLS



#### ▼ BAND LEG LIFTS



## OUTDOOR WORKOUTS

### FOR BEGINNERS

**Walking:** A brisk walk for 20-30 minutes can be invigorating. Dress in layers and wear appropriate footwear to prevent slipping.

**Light Jogging:** If you're comfortable, try jogging for short intervals. Start with 1-2 minutes of jogging followed by 2-3 minutes of walking.

### FOR ADVANCED INDIVIDUALS

**Running or Jogging:** Running in the cold can be invigorating and helps build endurance. Dress in layers and wear appropriate footwear.

### SAFETY TIPS

1. **Dress in Layers:** Use moisture-wicking, insulating, and waterproof layers.
2. **Protect Extremities:** Wear hats, gloves, and thermal socks.
3. **Warm Up and Cool Down:** Start with light exercises and end with gentle stretches.
4. **Stay Hydrated:** Drink plenty of water.
5. **Be Aware of Weather Conditions:** Check the forecast and avoid extreme conditions.
6. **Know the Signs of Hypothermia and Frostbite:** Be mindful of symptoms like shivering, confusion, numbness, and white or grayish-yellow skin.
7. **Use Proper Footwear:** Wear shoes with good traction to prevent slips and falls.
8. **Stay Visible:** Wear bright or reflective clothing in low-light conditions.
9. **Listen to Your Body:** Stop if you feel too cold, tired, or experience any pain.

### RECOVERY TECHNIQUES

1. **Hydrate:** Drink plenty of water to replace fluids lost during exercise.
2. **Nutrition:** Consume a balanced meal or snack within 60 minutes of your workout. Include both protein and carbohydrates to aid muscle repair and replenish glycogen stores.
3. **Stretching:** Perform gentle stretching exercises to improve flexibility and reduce muscle stiffness.
4. **Rest and Sleep:** Ensure you get adequate rest and sleep. Aim for 7-9 hours per night.
5. **Massage:** Consider getting a massage or using a foam roller to reduce muscle tension and improve circulation.
6. **Cold Therapy:** Use ice packs or take a cold bath to reduce inflammation and muscle soreness.
7. **Active Recovery:** Engage in light activities such as walking, swimming, or yoga on your rest days.
8. **Compression Garments:** Wearing compression garments can help reduce muscle soreness and improve recovery.



# MEMORIAL HOSPITAL

# WINTER WELLNESS

## Tips

### *Prepare for Winter*

1. Use a humidifier to combat dry indoor air, which can dry out your skin and respiratory passages.

**Place your humidifier in the most efficient spot:**

- **Central Room:** Distribute humidity to the largest areas.
- **Near Cold Air Return:** Helps distribute humidified air thoroughly.
- **Elevated Flat Surface:** At least two feet off the floor for better air circulation.

**Keep your humidifier and water clean:**

- **Keep It Clean:** Clean every three days or weekly. Use vinegar, hydrogen peroxide, or recommended solutions.
- **Change Water Daily:** Rinse and dry the base and tank.

2. Cover your cough!

- **Use at tissue:** Dispose of the tissue. Then wash your hands for 20 seconds with soap and water.
- **Cough into your inner elbow:** By coughing into the inside of your bent arm, you reduce the risk of spreading germs to your hands and eliminate releasing germs into the air.

3. Keep your skin protected and hydrated to prevent dryness and cracking

- **Use sunscreen:** Continue to use sunscreen daily to protect your skin and keep it moisturized.
- **Use a good moisturizer:** Curel, Vaseline, or Eucerin hand creams are the top rated for winter weather.

4. Wear multiple layers to stay warm and adjust as needed when you move between indoor and outdoor environments.

**Know when to remove or add a layer:**

- **When Exercising:** You should feel a little chilly at the beginning of your run before you warm up, and then you can remove layers to avoid overheating.
- **When Sweating:** If you start to sweat, you should remove a layer to regulate your body temperature. Moisture next to your skin can make you feel cold.

**When dressing in layers for the winter, consider the following:**

- **Base Layer:** This layer wicks moisture away from your body to keep your skin dry. Avoid cotton, which gets wet and stays wet. Instead, opt for synthetic fibers or natural ones like wool or silk.
- **Mid Layer:** This layer traps heat against your body to keep you warm. Polyester fleece is warm yet breathable, and it preserves heat even when damp.
- **Outer Layer:** This layer shields you from wind and rain.

5. Get plenty of sleep to help your body recover and stay healthy.

**Get the recommended 7-9 hours of sleep per night.**

**Here are some tips for restful recovery from illness:**

- Aim to add at least an hour to your normal sleep time.
- Add a few small naps during the day.
- If you are breathless, congested or coughing a lot, raise your pillows so that you are more upright as you sleep.

### *Stay Active and Warm*

6. Exercise, even in cold weather, can help boost your immune system and fend off winter illnesses.

- Winter exercise releases endorphins that help improve your mood during the shorter, darker days of winter.
- Bundle up and hit the trails. The crisp air and serene landscapes make for a refreshing outdoor experience.

7. Get more out of your activities in the winter.

**Cold weather exercise can improve your endurance.**

- Because your heart doesn't have to work as hard, you sweat less, and you expend less energy, allowing for more efficient workouts.

**Take your workout outdoors.**

- Find a quiet spot and practice yoga or get a good stretch in the fresh winter air. Dress warmly and bring a mat or blanket to stay comfortable.

8. During colder temperatures, your body works harder to regulate its core temperature which can lead to burning more calories during outdoor activities.

**Take up an outdoor winter hobby, like photography.**

- **Good for your physical health:** Get outside and move around. Walk around the park or block and look for images and scenes that inspire you.
- **Good for your mental health:** Engaging in creative activities can help to boost self-esteem, reduce symptoms of depression and anxiety, and increase feelings of happiness and contentment.
- **Get some much needed Vitamin D:** Vitamin D production is activated by sunlight, it is recommended to get 5-30 minutes of sunlight a day to boost your immune system and your mood.

9. Exercising outdoors can help you get more sunlight, which is important for maintaining vitamin D levels and can help improve your mood.

**Bird watching can be a great winter activity that gets you moving outdoors.**

- Winter is a great time to observe birds that are easier to spot against the snow backdrop.
- Bring a pair of binoculars and a bird guide.

**10.** Group activities in the winter can provide social interaction which is beneficial for mental health and can help reduce feelings of isolation.

- Look for local classes or programs in your area that you and your friends can participate in.
- Or sign up for a group activity and make new friends with similar interests.

## *Support Your Immunity*

**11.** Boost your immune system with added daily vitamins.

**Look for vitamins that contain the following:**

• **Vitamin D3 (Cholecalciferol):**

- Bone Health: Promotes strong bones.
- Immune Support: Enhances your immune system.
- Mood & Muscle: Improves mood and muscle function.
- Heart Health: Supports a healthy heart.
- Other Benefits: May help aid glowing skin & mental clarity.

• **Vitamin C**

- Antibody Production: Helps produce antibodies to fight off bacteria and viruses.
- Antioxidant Protection: Protects your cells from damage.
- Infection Defense: Aids immune cells in reaching infections.
- Cytokine Balance: Helps regulate immune responses.
- Histamine Reduction: Lowers histamine levels, which can reduce allergy symptoms.
- Virus Inhibition: May help prevent viruses from replicating.

*Talk to your primary care provider or pharmacist before adding any new vitamins or supplements to your diet.*

*NO supplement will cure or prevent a disease.*

**12.** Try new recipes rich in Vitamin C & D to help support your immune system during the winter months.

- Beets are a great source of Vitamin C and immune helper nutrients like B vitamins, folate and iron.

**13.** Support your immune system with a well-balanced diet.

- While eating a well-balanced diet won't cure all ailments and disease, it helps to support the immune system, as well as contribute to overall energy levels.
- Adding squash and sweet potatoes to your meals is a great source of antioxidants like alpha-carotene and beta-carotene, as well as Vitamins A, C, B6, fiber, manganese, potassium and more.

**14.** Get your dose of daily greens to support your immune system.

- Nutrients like Vitamins A, C, D and E, zinc and omega 3 fatty acids are known for their powerful impact on the immune system.

- Add broccoli and leafy greens like spinach, kale, arugula and collard greens to your diet

**15.** Add a punch of citrus to your day to increase your Vitamin C.

- Oranges, grapefruits, mandarins, lemons and limes are all great sources of Vitamin C

## *Brighten Your Winter Mood*

**16.** Stay connected and keep in touch with friends and family to combat feelings of isolation and seasonal depression.

**Here are a few ways to stay connected to others:**

- Phone Calls and Facetime
- Coffee Chats and Lunch Dates
- Winter Walks and Group Activities
- Game Nights and Crafting Classes
- Movie Matinees and Shopping

**17.** Bring in the Light to help beat the winter blues.

- **Awaken to Light:** Put a bedroom lamp on a timer set to come on about an hour before you arise in the morning.
- **Take a Window Seat:** Sit by a window at work or while at home. Seeing and feeling the sunshine will likely enhance your mood.
- **Walk Outside:** Naturally soak up some sunshine on a bright winter day. Even on a cloudy day, you will get more light than you would indoors. Aim for 30 minutes daily.

**18.** Ward off the winter chills for your physical and mental health. Temperature can sometimes affect the changes in our seasonal behavior.

**Here are some tips to stay warm all winter:**

- Wrap up in a warm electric blanket.
- Sip on hot beverages.
- Plan a few days in a warmer climate over the winter.
- Get your blood pumping with physical activity. It also releases mood-boosting brain chemicals.

**19.** Changing up your diet during the winter can help ward off the winter blues. Too many carbs can lead to lethargy and weight gain.

**Here are some ways to replace carbs this winter:**

- Instead of cereal at breakfast, try an omelet.
- Instead of a sandwich for lunch, opt for a salad

**20.** Know when to seek medical attention if your SAD mood is becoming too much to handle.

- If you are feeling, SAD, you may be experiencing Seasonal Affective Disorder
- See a doctor if your symptoms are getting in the way of your work or relationships.
- Get help if you feel despair about the future or are suicidal, or if you have major sleep or eating changes, such as a weight gain of 15 or 20 pounds.

# QUALITY CARE

## CLOSE TO HOME



**Ziya Baghmanli, M.D.**  
General Surgery



**Margret De Guzman, M.D.**  
General Surgery & Wound Care Center



**Vamsi Chilluru, M.D.**  
Nephrology



**Justin Floyd, D.O.**  
Oncology/Hematology



**Michelle Voudrie, DNP, FNP-BC**  
Oncology/Hematology



**Robert Bell, M.D.**  
Orthopaedic Surgeon



**John Groll, M.D.**  
Cardiology



**Frederick Ochieng', M.D.**  
Cardiology



**Amanda Hart, D.P.M.**  
Podiatry



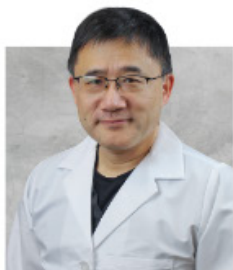
**C. Joseph Hopper, IV, AuD**  
Audiology



**Wesley Howell, PAC**  
Urology



**Samuel Medaris, M.D.**  
Otolaryngology/ENT (Ear, Nose & Throat)



**Tong Zhu, M.D.**  
Pain Medicine, Physical Medicine, & Rehabilitation



**Angela Albertini, PA-C**  
Wound Care Center

## MEET OUR SPECIALISTS

*At Memorial Hospital, we are dedicated to providing high-quality, specialized healthcare to our community. Our team of expert providers is here to ensure that you and your loved ones receive the best possible care, right here at home.*

Patients can receive specialized care without the need to travel long distances, reducing the burden on families and ensuring timely treatment. Our providers offer a wide range of services, from surgery to chronic disease management, ensuring that all healthcare needs are met locally. Smaller patient volumes allow

for more personalized care, with providers taking the time to understand each patient's unique needs and concerns.

Our providers are not just healthcare professionals; they are part of the community. They understand the specific health challenges faced by rural residents and are committed to improving local health outcomes. With a team of specialists available, patients can receive continuous and coordinated care, improving overall health and reducing the risk of complications.

We are proud to introduce our team of specialty providers who bring a wealth of expertise and compassionate care to our community. Our hospital is dedicated to ensuring that residents have access to top-notch medical services close to home.

Learn more about Memorial Hospital's Specialty Providers on our website:

[www.mhchester.com](http://www.mhchester.com)

Talk to your primary care provider about a referral to one of Memorial's Specialty Providers, and experience "Quality Care, Close to Home"



## General Surgeons

**Dr. Ziya Baghmanli, M.D.** | Originally from Turkey, Dr. Baghmanli completed his residency at the University of Toledo Medical Center and internship at the Medical University of South Carolina. He offers a wide range of surgical care, including abdominal surgery, breast cancer care, hernia repair, and more.

**Dr. Margret De Guzman, M.D.** | A St. Louis native, Dr. De Guzman earned her medical degree from the University of South Florida and completed her residency at the University of Nevada. She returned to the area to continue her passion for general surgery and be closer to her family.

## Nephrology & Internal Medicine

**Dr. Vamsi Chilluru, M.D.** | Specializing in nephrology and internal medicine, Dr. Chilluru joined Memorial Hospital in 2021. He completed his residency at Creighton University and fellowships in nephrology and interventional nephrology. His interests include hypertension and chronic kidney disease.

## Oncology & Hematology

**Dr. Justin D. Floyd, D.O.** | Dr. Floyd received his Doctorate of Osteopathy from Kirksville College and completed his fellowship in Oncology/Hematology at the University of Missouri-Columbia. He is board certified in Medical Oncology and Internal Medicine and has been with Memorial Hospital since 2013.

**Michelle Voudrie, DNP, FNP-BC** | Michelle holds a Doctor of Nursing Practice from Southern Illinois University and is board certified as a Family Nurse Practitioner. She is part of the Oncology/Hematology team at Cancer Care Specialists of Illinois.

## Orthopaedics

**Dr. Robert Bell, M.D.** | Dr. Bell completed his medical education at the University of Missouri-Kansas City and his fellowship at the University of Virginia and American Sports Medicine Institute. He specializes in hand surgery, upper extremity conditions, and knee replacements.

## Cardiology

**Dr. John R. Groll, M.D.** | Specializing in diagnostic and interventional cardiology, Dr. Groll completed his fellowship at Jewish Hospital/Washington University. He has been with Memorial Hospital since 1998 and leads the Cardiac and Pulmonary Rehab Center.

**Dr. Frederick Ochieng', M.D.** | Dr. Ochieng' completed his medical education at Vanderbilt University and fellowships at St. Louis University Hospital and Harvard Medical School. He is board certified in cardiovascular disease and internal medicine and practices at the O'Fallon location.

## Podiatry

**Dr. Amanda Hart, D.P.M.** | Dr. Hart completed her medical education at the Ohio College of Podiatric Medicine and her residency at The Christ Hospital in Cincinnati. She specializes in sports medicine, diabetic foot care, and heel pain, and practices at Associated Foot Surgeons of Southwestern Illinois.

## Audiology

**Dr. C. Joseph Hopper IV, AuD, FAAA** | Dr. Hopper received his Doctorate of Audiology from A.T. Still University and has been providing audiology services at Memorial Hospital since 1997. He specializes in diagnostics, tinnitus evaluations, and hearing aid fittings.

## Urology

**Wesley Howell, PA-C** | Wesley received his certification from the University of Southern Illinois Carbondale and provides specialty consulting services at Memorial Hospital. He practices at SIH Medical Group Urology-Carbondale.

## Otolaryngology/ENT (Ear, Nose, & Throat)

**Dr. Samuel Medaris, M.D.** | Dr. Medaris completed his medical education and residency at the University of Missouri-Columbia and the University of Nebraska Medical Center. He is board certified by the Academy of Otolaryngology and served in the United States Air Force.

## Pain Medicine, Physical Medicine, and Rehabilitation

**Dr. Tong Zhu, M.D.** | Dr. Zhu received his medical degree from Tongji Medical College and completed his residency and fellowship at UT Southwestern Medical Center. He specializes in pain medicine and rehabilitation and joined Memorial Hospital in 2021.

## Wound Clinic

**Dr. Margret De Guzman, M.D.**

**Angela Albertini, PA-C** | Angela graduated from Southern Illinois University-Carbondale and joined Memorial Hospital Family Practice in 2009. She also provides care for patients in the Wound Clinic.

## Local Talent Recognized in Photo Contest at Memorial

During the construction and renovation phase at Memorial Hospital, a photo contest was held to select local photos as artwork for the new spaces. The response was overwhelming, with multiple talented individuals submitting their work. Staff had the pleasure of anonymously selecting the photos they liked best for their new space. We are thrilled to announce the selected photographers whose beautiful images now adorn the new Medical Office Building and Memorial Hospital Outpatient Lab.

**Charles Bargman of Chester** had his photo of thick snow clinging to the branches on Fern Valley Road in winter selected. The tranquil and stunning scene is displayed in the main hallway of the new Chester Clinic.

**Patricia Bradley of Ellis Grove** had her photo of Tower Rock chosen for the new Lab at the Hospital. Taken from the Missouri side of the river, her image captures the large earth monument during a low river stage at sunset, with people walking around the rim of the stone visible in the left panel.

**Michael Feaman from Ellis Grove**, a retiree from Memorial Hospital, submitted a vibrant photo of an orange sunset along the shadowed skyline of Ellis Grove. This striking image now stands out on the walls of the Chester Clinic.

**Keri Hamilton and son Brantley Hamilton of Rockwood** both had photographs selected for the new Convenient Care side of the Medical Office Building. Brantley's photos, taken for a 4-H project, include a combine during a wheat harvest and a cow at dusk, which can also be found in the new Specialty Clinic. Keri's photo features her daughter, helping daddy, as they walk past a large planter.

**Karla Klindworth of Chester** had two photos selected: a flagpole during a full moon, decorating the waiting room in the Medical Office Building outpatient lab, and a serene seat along the Mississippi, displayed in the Chester Clinic and Hospital outpatient lab.

**Heather Phelps from Chester** and RN at Memorial captured a stunning view of a pond following a day of fishing. Her photo is a focal point at the end of the hallway at the Chester Clinic for all to see. The pristine lake reflects the sunset sky beautifully, creating a double image of the fantastic colors.



Charles Bargman



Patricia Bradley



Michael Feaman



Keri Hamilton



L-R: Brantley Hamilton and Karla Klindworth

**John Reith of Chester** had multiple photos chosen for the first photo contest at Memorial Hospital, displayed in patient rooms on the Medical Surgical Unit. His new submission for Convenient Care depicts a long-lost tractor entangled in green vines and trees, discarded in Tilden.

**Megan Schoenherr of O’Fallon** submitted her photo titled “Morning Landing” for the photo contest. A lover of art and photography with family ties to the Chester area, she was honored to have her photo selected. The beauty and splendor of the up-close shot highlights the details of the colorful Monarch butterfly on the bright pink flower.

**Emily Waeltz of Marissa**, who previously had her photos selected for the new Specialty Clinic, had additional images chosen for the new Medical Office Building. Her sunflowers grace the walls of the Chester Clinic, and her new photo of a combine wrapping up the day at sunset is displayed in the triage room of Convenient Care.

**Rick Weber of Waterloo** had his photo of cherry blossoms in full bloom chosen for the Chester Clinic halls. This beautiful tree, planted in memory of a loved one, resides in his front yard. He was honored to share the beauty of this tree with the staff and patients at the clinic.

**Lisa Wingerter of Chester** and LPN at Memorial had her photo of an antique silo from a property in Rockwood selected. The shiny ceramic tiles of the large cylindrical structure along with the soft green moss in the cement seams provide a stunning shot on a sunny day.

**Andria Zweigart of Evansville** and Director of Diagnostic Imaging at Memorial had her close-up shot of red coral bells selected. The bright colors and enhanced imagery decorate the hallways of the Chester Clinic nicely.

Each winner received a gift of appreciation from Memorial. “The response from patients and photographers has been heartwarming,” said Mariah Bargman, Marketing and Community Relations Coordinator. “The photographers were honored to share their artwork with the community, and the patients and staff enjoy the beautiful imagery. It becomes a topic of conversation and joy. We love to hear the stories behind each photo.”

Memorial Hospital is proud to showcase the incredible talent of our local photographers and is grateful for their contributions to making our new spaces more welcoming and beautiful.



Megan Schoenherr



Emily Waeltz



Rick Weber



Lisa Wingerter

L-R: Heather Phelps, John Reith, & Andria Zweigart





# The DAISY Award<sup>®</sup>

FOR EXTRAORDINARY NURSES

HONORING NURSES INTERNATIONALLY  
IN MEMORY OF J. PATRICK BARNES

SECOND HALF OF 2024



On December 18, 2024, Memorial Hospital of Chester held a DAISY Award for Extraordinary Nurses recognition ceremony. The DAISY Foundation was established in 1999 by the family of Patrick Barnes. Patrick died at 33 from complications of the autoimmune disease ITP. During his hospitalization, the family was very impressed by the clinical care of the nurses who care for Pat. So much so that they created a foundation to thank nurses that have grown to be international. This is their way of saying thank you to nurses for the extraordinary care they provide patients and families every day. DAISY is an acronym standing for Diseases Attacking the Immune System.



Dylan Dungan, DAISY Award Recipient



Nominees, for the second half of 2024, were presented with a pin and certificate. The nominees were:

- Rebekah Brueggemann, RN
  - Dylan Dungan, LPN
  - Kim Fedderke, RN
  - Paige Gendron, RN
  - Kaity Smith, RN House Supervisor
- all at Memorial Hospital and
- Ashley Schroeder, LPN
- at the Rural Health Clinics.

Memorial Hospital's Daisy Award Honoree for the second half of 2024 is Dylan Dungan.

Dylan received two nominations from patients. The submissions commended him for providing wonderful care, compassion, and grace for ALL patients.

During the ceremony, Susan Diddlebock, Chief Nursing Officer at Memorial, expressed her gratitude to staff following the reading of nominations. "Thank you to our nurses and staff for your commitment to healing here at Memorial Hospital. We hope that you will wear your DAISY pins proudly."

**Anyone can nominate a nurse for a DAISY Award. Nominations can be done at any time by paper or electronically at [www.mhchester.com/DAISY-nominations](http://www.mhchester.com/DAISY-nominations).**



Susan Diddlebock, CNO, Paige Gendron, Ashley Schroeder, Dylan Dungan, and Kim Fedderke

### DAISY Award Recipient - Dylan Dungan

"I have been to this ER many times and never have I gotten as wonderful of care as I have gotten today. This staff of ER nurses and ER doctor (Dr. Scott) are absolutely amazing and deserve recognition. I have got the best of care. I want to nominate Dylan Dungan for the Daisy award."

"Dylan is one of the most compassionate people I know. There are people that come into the ER that are a lot less fortunate than we are and can be hard to handle or unclean, even yelling and cussing, but Dylan always has a way to calm them down with his compassion, his kind words, or something as simple as 'Can I get you something?'. I said to him one day, 'Dylan, you are so kind to people and they love you so much.' His response to me was 'compassion can go a long way.' He is absolutely right. We never know what a person may be going through and how a little compassion can go a long way. Thank you Dylan for your compassion and hard work. The world needs more people like you."

he was getting his treatment. She also knows my sister, but this was the first time we had met. She made sure I had everything I needed and made sure I understood the new drugs and what they were for. We shared stories about our lives and memories of my nephew. Her son looked after him when he was younger as a big brother/protector. She surely made that last day in ICU go a little quicker. Kim is a sweet lady and a wonderful nurse."

### Paige Gendron

"I have been to this ER many times and never have I gotten as wonderful care as I have gotten today. This staff of ER nurses and ER doctor (Dr. Scott) are absolutely amazing and deserve recognition. I have got the best care. And I nominate Paige Gendron for the Daisy award."

### Ashley Schroeder

"Ashley is very kind, professional, considerate, helpful, and caring. She listens to you and understands your concerns. She also has a very sweet personality."

### DAISY Award Nominations



#### Rebekah Brueggemann

"She is very kind and polite. She is funny and is a very good nurse."

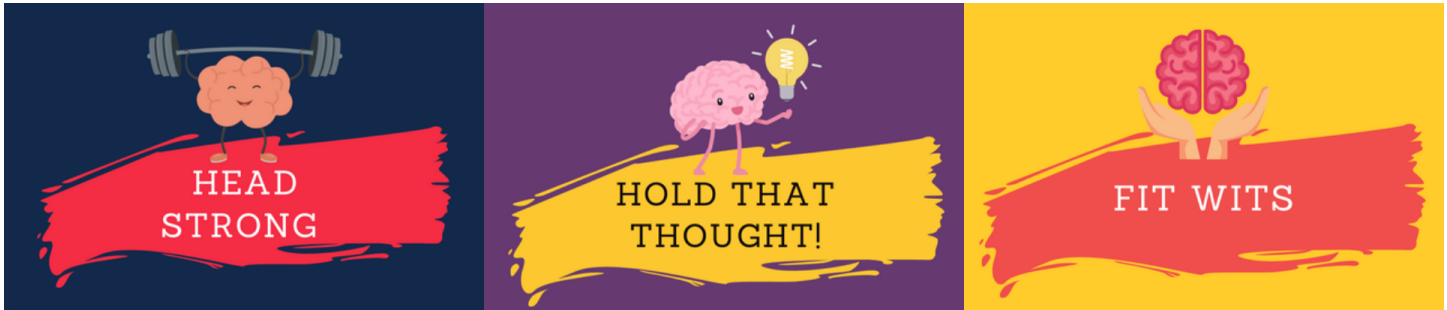
#### Kim Fedderke

"From the very first time she walked into the room, she made me feel comfortable talking with her. I actually went to high school with her husband and she took care of my dad while



#### Kaity Smith

"My mother was brought to the ED after having a possible seizure. She was transferred to Barnes in St. Louis. The ambulance service was very busy and delayed for several hours. Kaity switched beds for my mother, which made her wait more comfortable and also brought in a recliner so I would also be more comfortable. She also took the time to talk with my mother and made sure she was mentally prepared for the transfer. Kaity went above and beyond to make us comfortable. She is an asset to the ED."



# BRAIN HEALTH

## Series

**Monday, February 17, 24, & March 3 | 10-11am**

Memorial Hospital Conference Room  
 Pre-Register Online: [www.mhchester.com](http://www.mhchester.com)



### Your Brain Health is a No Brainer!

This winter, Memorial Hospital in Chester is thrilled to offer a three-part series dedicated to enhancing your brain health. Presented by Robin Ridgley, Family Life Educator with the

University of Illinois Extension, these free classes are designed to help you keep your brain healthy and engaged.

The series will take place on consecutive Mondays from February 17 to March 3, from 10:00 AM to 11:00 AM, in the Memorial Hospital Conference Room located at 1900 State Street in Chester, Illinois. All sessions are free, and everyone is welcome to attend. While registration is not required, it is encouraged. You can pre-register online at [www.mhchester.com](http://www.mhchester.com) or by calling 618-826-4581 ext. 1373.

#### Session Details:

##### February 17: "Head Strong"

Learn exercise strategies to enhance memory and thinking.

##### February 24: "Hold that Thought!"

Explore strategies for managing forgetfulness.

##### March 3: "Fit Wits"

Discover how to keep your brain healthy and engaged.

**Join us for this informative and engaging series to boost your brain health this winter!**

### Why is Brain Health Important?

Maintaining brain health is crucial for overall well-being and quality of life. The brain is responsible for cognitive functions, memory, movement, and emotions. As we age, the importance of brain health becomes even more significant due to the increasing prevalence of neurological disorders.

Here are some key reasons why brain health is essential:

**Cognitive Function:** A healthy brain supports learning, judgment, language use, and memory. These cognitive processes are vital for daily activities and overall mental sharpness

**Emotional Well-being:** Brain health influences emotional regulation and mental flexibility, helping us manage stress and maintain a positive outlook

**Physical Health:** The brain controls movement and coordination, impacting our ability to perform physical activities and respond to stimuli

**Social Interaction:** A healthy brain helps us engage in appropriate social interactions, understand social cues, and adapt to social norms

**Prevention of Neurological Disorders:** Maintaining brain health can reduce the risk of neurological disorders such as stroke, dementia, and Parkinson's disease

By attending our brain health series, you'll gain valuable insights and strategies to keep your brain healthy and active. Don't miss this opportunity to invest in your brain health!

# Community CARE

Memorial Hospital Employees, Out & About in Our Community



The STRIVE Team organized a homeless kit drive during November to support the Healthy Communities Alliance efforts. In all 15 blankets, 34 pairs of gloves, 32 stocking hats, 8 pairs of socks, 14 packs of wipers, 8 packs of tissues, and a variety of healthy snacks were donated. The Alliance was greatly appreciative and will add them to their kits for individuals in Randolph and Washington Counties.



The STRIVE Team organized a Holiday Spirit Week and Food Drive in December. Fun filled dress-up days were planned as staff counted down to Christmas and each day they dressed up, they brought in food items for the local food pantry.



Spending Christmas in the hospital can be tough, so the STRIVE Team made sure to brighten the day for our patients. Each patient received a small tree and a stocking filled with essentials. Our dedicated staff, working on Christmas Day, joyfully delivered these gifts and wished each patient a Merry Christmas, spreading a bit of holiday cheer.



Santa's helpers have brought holiday magic to life once again, making Christmas special for 18 children in our community!

A heartfelt thank you to the departments who generously adopted a child this year. Your kindness reaches far beyond our hospital walls, touching the hearts of our community.

Special appreciation goes to our nursing staff for planning and organizing this wonderful event. Our team eagerly anticipates spreading joy and holiday cheer every year!



## What happened last quarter?

### Misselhorn Named Employee of the Quarter: 4th Quarter of 2024



Brett Bollmann, CEO and Brandon Misselhorn

Brett Bollmann, CEO at Memorial Hospital named Brandon Misselhorn Employee of the Quarter for the Fourth Quarter 2024 on January 15, 2025.

Brandon Misselhorn, Medical Tech in the Laboratory Department, has worked at Memorial Hospital since December 2021. When asked what he likes most about working at Memorial, he replied, "All of the staff. Everyone here is very nice, and I enjoy getting to work alongside and talk to everyone."

His co-workers who nominated him wrote, "This employee is a great co-worker and a good asset to our department. Always friendly and helps out when we need it. Covers shifts as needed and always does a good job with our patients. Isn't afraid to do something that might help out. Always goes above and beyond and willing to help out. Great with patients and is willing to stay late to make sure that the analyzers are up and running so that we don't have delayed results for patients.

Always has a smile on their face and we are lucky to have him!"

Misselhorn resides in Ava, Illinois. Outside of his professional responsibilities at the hospital, he dedicates time to maintaining his physical fitness at the gym and enjoys recreational activities such as riding his dirt bike and side-by-side. Additionally, he has interest in both watching and participating in various sports.

Each quarter employees are encouraged to submit "star cards" for their co-workers who go above and beyond in their patient care or teamwork. Four random cards were drawn at the award presentation for Emily Colvis, Stephanie Guethle, Amanda Rhyne, and Judy Springs.

### Sleep Lab Achieves Re-Accreditation with ACHC

Memorial Hospital, located in Chester, Illinois, is proud to announce it has achieved accreditation through the Accreditation Commission for Health Care (ACHC) for the services of Home Sleep Testing, Sleep Lab Center Services.

Accreditation is a process through which healthcare organizations demonstrate compliance with national standards. Accreditation by ACHC reflects an organization's dedication and commitment to meeting standards that facilitate a higher level of performance and patient care. "This recognition reflects our dedication to providing exceptional care and our commitment to meeting rigorous standards. It assures our patients that they are receiving the highest quality of sleep care available," states Georgia Stipe, Cardiopulmonary and Sleep Lab Director.

Memorial Hospital provides high-quality healthcare services to the residents of Chester and the surrounding communities. The hospital offers a wide range of services, including inpatient and outpatient care, specialty services, diagnostic imaging, emergency care, and community health programs. Their team of healthcare



Elizabeth Brown, RPSGT, Sleep Technician and Georgia Stipe CRT, RPSGT, Director of Cardiopulmonary and Sleep Lab

professionals is not only highly skilled but also deeply invested in the well-being of their patients. They take pride in their award-winning accomplishments and their ability to deliver top-tier healthcare in a secure and safe environment.

ACHC is a nonprofit organization that has stood as a symbol of quality and excellence since 1986. ACHC is ISO 9001:2015 certified and has CMS deeming authority for Home Health, Hospice and DMEPOS.



## Hospital Auxiliary Tree of Remembrance

The Auxiliary is able to assist the hospital in purchasing needed equipment for various departments through the community's generous donations and memorials. Funds collected this year will be used to purchase a Bladder Scan i10 for the Emergency Room Department. To really care for people, you must understand the patients you care for today—and tomorrow.

This piece of equipment will enable us to detect and define bladder location, size, shape and the amount of fluid in the bladder, automatically in seconds. The Non-invasive portable tool will help the patients get a quicker diagnosis, management and treatment of urinary outflow dysfunction. The cost of this purchase is \$11,972. Funds raised to date are \$12,286.

This year's Tree of Remembrance contributions will make up the majority of our fundraising for the year. Giving this year is more

### Memorials received as of 1/9/2025 include:

- Welton Schwent Family in Memory of Welton Schwent
- Earl Jungewaelter Family in Memory of Earl Jungewaelter
- Judi Hirte In memory of my parents - Bernice & Keith Rednour
- Barbara Ann Holley In memory of my husband - George Holley, my parents - Lois and Charles Hirte, my in-laws - Roseanne & Gordon V. Holley
- The Randy Dudenbostel Family In loving memory of Debbie Dudenbostel
- Cynthia Lawder In memory of Shelby Lawder
- Pechacek Funeral Homes In memory of Ron Pechacek
- Linda Rader In memory of PFC Leonard Nitzsche, L/CPL Charles Rader, & Russell Rader
- Beta Nu Chapter In memory of sisters passed
- Linda Butler In memory of Tony Beekner
- Jeannette Decker In memory of her husband Kevin Decker
- Steven J. Sympton in Honor of the People of the City of Chester, Illinois
- Steven J. Sympton in Memory of Uncle Terry Brelje and Aunt Martha Brelje
- Dale & Marsha Link in Memory of Harold & Ina Link, Charles & Jean Link, Glen & Bonnie (Link) Horn, Ron (Duck) & Nan Link, Jack & Sandra Link, and Tony Viorel
- Judith Petrowske In memory of Don Petrowske
- Mary Alice Welge in Remembrance of Donald Welge, Mr. & Mrs. Wilbur Saak, Mr. & Mrs. Brockey Childers, Mr. & Mrs. William H. Welge, 1st Lt. Bruce Welge, and Frances Jarvis
- Mary Alice Welge, Betty Surman, Elaine Kattenbraker, and Jean Jungewaelter In Memory of Bonnie Jones
- Larry and Joice Surman In memory of our daughter, Lori McCartney
- Janice Dettmer, Regina & Shawn Straight and Family In memory of Raymond Dettmer and John Dettmer
- Janice Dettmer, Judith McLeod, Joan and David Meyer, Gina and Shawn Straight and Family In memory of Herman and Louise Dettmer, John and Rose Leaders, and Mark McLeod
- Mary Brown In Memory of Bruce Brown
- Rhonda Bockhorn In memory of Betty Wagner
- Vernon L. Buch In memory of Mary Ann Hartmann Buch
- The Honorable Richard A. Brown In memory of Barb Brown
- Tom, Deana, Emily Tudor in memory of Cheryl McDonald
- Mardell Moeller Granger In memory of Ralph F. Granger, Gottlieb & Marie Moeller, and Frank & Emma Granger
- Darrel Ehlers In memory of Carol Ehlers
- Emily Lyons In memory of Camille & Blasé Lyons
- Larry & Imogene McDonough In memory of loved ones
- The Guthman Family In memory of Debbie Dudenbostel, John & Jessie Guthman, Bonnie Jones, and Donna Strothmann
- Carl and Bonnie Todd in memory of Percy Davitz
- Mr. Rodney and Dr. Lisa Lowry-Rohlfing
- Beverly Bollman In memory of Don Bollman, Helen & Vernon Stamm
- Dr. Allan and Louise Liefer In remembrance of our parents Sam & Mathilda Stermer and Elmer & Elsie Liefer

# VOLUNTEER & AUXILIARY NEWS

important than ever. During the holiday season we invite you to contribute in honor of a loved one. Your contribution and memorial are recognized weekly on Facebook and will be published in the County Journal at the end of the Tree of Remembrance drive. Donations and memorials can be mailed to: Tree of Remembrance Chairman Apryl Bradshaw, Memorial Hospital, 1900 State Street, Chester, Illinois 62233

- Donna Eggemeyer In remembrance of Roger and Ruth Petrowske
- Darlene Gentsch In remembrance of my parents, MR. & Mrs. Gale Armes
- Carolyn Schwent In memory of Gary Schwent, Mike Jungewaelter, Karen Deppe, Rick Cash, Phil Fluck, Larry Costlow, and Mary Ann Stumpe
- "B.V. Gals" In memory of Rosie Craig, Marion Lutz, Millie Layton, Carole Malley, and Marlene Seymour
- Barbara Hall In memory of Bruce Hall
- The Mike Vasquez Family In loving memory of Dan & Blanch Vasquez, John & Rudelle Fulford.
- Mary Ann Childers In memory of Gary Childers, Margaret Childers, Wm. O & Irene Welge, and Robert Charles Welge
- Virginia Rowold & Family Members In memory of Ken Rowold, The Otto Rowold Family, and the Wm. O. Welge Family
- Memorial Hospital Auxiliary In memory of Nancy Diercks
- Barb and Keith Kittell In memory of Kris and Kyle Kittell
- Sandra Starr In remembrance of Mark Starr
- Kathy Winkler In remembrance of Sandi Essner
- Kelly Moeller In remembrance of James Gregory
- Mary and Dave Verseman in remembrance of Roger and Ruth Petrowske and Families
- The Kordys Family In remembrance of Bonnie and Harry Jones

### Donations received as of 1/9/2025 include:

- |   |   |
|---|---|
| Evelyn Schuwerk                                     | Bremen Altar Guild                        |
| Delta Kappa Gamma                                   | City of Chester                           |
| Arbeiter Law Office                                 | Randolph County Abstract, LLC             |
| American Legion Auxiliary                           | Kim Ruebke and Family                     |
| Chester Rotary Club                                 | Ida, Gary and Stan Gaertner               |
| Chester Electrical Supply, Inc                      | Rosemary Bert                             |
| Alpha Upsilon Master                                | Buena Vista National Bank                 |
| Michael & Mary Sulser                               | Randolph County Housing Authority         |
| Dr. James & Betty Krieg                             | Jeanne Kleinschmidt                       |
| Colvis Investment Services                          | Falkenheim Accounting & Tax Service, P.C. |
| St. Mary's Knights of Columbus                      | Guice G. Strong                           |
| Chester Animal Hospital, LLC                        | Chester Masonic Lodge                     |
| Chester Eagles                                      | Chester National Bank                     |
| The Honorable Judge Schuwerk & Mrs. Evelyn Schuwerk | Partners Hometown Insurance Agency        |
| Donna Clendenin                                     | Chester VFW                               |
| Sandra Benedict                                     | Benson's Wine Bar                         |
| William and Patty Nanney                            | Gilster Mary Lee                          |
| Dr. Stephen and Diane Platt                         | Deepanjali Dummi                          |
| Tom and Vicki Search                                | Robert and Brenda Owen                    |

# GoRed for WOMEN



WINE • DINE • WORKSHOP

## Simplify to Amplify



### KEYNOTE SPEAKER: EMILY REUSCHEL

Simplify to Amplify is a transformative workshop designed to highlight participants' contributions while prioritizing their physical, mental, and emotional health. Throughout this journey of self-discovery, participants will explore how often they stretch themselves too thin and reflect on the impact this has on their well-being and those they serve. Through interactive activities, we will have the opportunity to pause, take inventory, and identify ways to simply our lives to amplify impact.

MEMORIAL  HOSPITAL  
AUXILIARY

Sponsored by the Memorial  
Hospital Auxiliary

### EVENT HIGHLIGHTS



- **INTRODUCTION SESSION  
DR. MONICA LUKOSE, M.D.**

Heart Health education from new Family Practice Physician at Memorial's Rural Health Clinics.

- **WINE SAMPLES WITH ERIC WINTERS**

PRP Wine International, Inc. Exclusive wines available to order. Portion of all sales donated back to the Memorial Hospital Auxiliary.

- **HEART HEALTHY DINNER**

Prepared by the Chester Country Club.

- **WOMEN'S HEALTH &  
KNOWLEDGE STATIONS**

Mammography, Women's Health Physical Therapy, Memorial Hospital Auxiliary, & Blood Pressure Readings

# 02.27.2025

Doors Open 6:00pm

Dinner Served 6:30pm


Chester Country Club


1310 Lehmen Drive - Chester, IL

# \$30

**RESERVE TICKETS:**

618-826-4581 EXT. 1373

 [www.mhchester.com](http://www.mhchester.com)

 [mbargman@mhchester.com](mailto:mbargman@mhchester.com)

 **MEMORIAL  
HOSPITAL**  
—Since 1962—

# Upcoming community Events



[WWW.MHCHESTER.COM/CALENDAR-OF-EVENTS](http://WWW.MHCHESTER.COM/CALENDAR-OF-EVENTS)



**Family Support Group for Those Living with a Loved One with Mental Health Challenges**

**3rd Wednesday of Every Month | 6:30pm-8:00pm**

Memorial Hospital - Conference Room, Presented by NAMI Southwestern Illinois

To learn more, contact: Kelly Jefferson, Executive Director of NAMI at 618-798-9788 or email her at [info@namiswi.org](mailto:info@namiswi.org)



**January 17 or March 28 | 8:30am-3:00pm**

**Cost: FREE | Open to Anyone**

Memorial Hospital - Conference Room, Presented by ComWell

Pre-Registration required; to register email [kkennedy@comwell.us](mailto:kkennedy@comwell.us)

Sometimes, first aid isn't a bandage, or CPR, or calling 911. Sometimes, first aid is YOU.

**45 YEARS  
OF DEDICATION**

**DR. JAMES KRIEG IS RETIRING**

**Dr. Krieg's Retirement Open House**

**January 27, 2025 | 2:00-4:00pm**

**Everyone is Welcome to Attend**

Chester Country Club

Refreshments and Cash Bar Available



**Blood Drive**

**February 7 | March 14**

**11:30am-3:30pm - Memorial Hospital Conference Room**

Sign-up to Donate: [www.redcrossblood.org](http://www.redcrossblood.org)



**Enrichment Class Series: Brain Health**

**February 17, February 24, March 3**

**10am-11am | Cost: FREE | Open to Anyone**

Memorial Hospital - Conference Room

Presented by Robin Ridgley, Family Life Educator with the U of I Extension Office

Pre-Registration and More Information at [www.mhchester.com](http://www.mhchester.com)



**February 27, 2025 | 6:00pm Doors Open, 6:30pm Dinner Served**

**Cost: \$30 | Seating is Limited, Pre-Registration Required**

Chester Country Club - 1310 Lehmen Drive, Chester, IL

Keynote Speaker: Emily Reuschel, Sponsored by Memorial Hospital Auxiliary

Pre-Registration and More Information at [www.mhchester.com](http://www.mhchester.com)



**March 14 | 7:30am-11:30am**

**Cost: \$2 | Everyone is Welcome to Attend | No Apt. Necessary**

Buena Vista National Bank 1309 Swanwick Street - Chester, IL

Cholesterol, Glucose, Blood Pressure Screening Included.

PSA (Prostate Screening) Available for Males for \$10 - Same day, same blood sample.

## MEMORIAL HOSPITAL'S SERVICES

Bone Density Screening  
Cardiac Pulmonary Rehab Center  
Chemotherapy & Infusion Center  
Diabetic Resources  
ECG & EEG  
Endoscopy  
Intensive Care Unit  
Lung Screening  
MRI & CT

3D Mammography  
Nuclear Medicine  
Radiology/X-Ray  
Same Day Surgery  
Sleep Disorder Treatment & Lab  
Sonography/Ultrasound  
Swing Bed Program  
Treadmill Stress Testing  
Wound Center

## MEMORIAL HOSPITAL'S SPECIALTY PROVIDERS

*Bringing Specialty Clinic Doctors to you  
so you don't have to travel away from home.*

### Audiology

C. Joseph Hopper IV, AuD

### Cardiology

Frederick Ochieng', M.D.  
John Groll, M.D.

### Gastroenterology

Matthew Gaeta, M.D.

### General Surgery

Ziya Baghmanli, M.D.  
Margret De Guzman, M.D.

### Nephrology

Vamsi Chilluru, M.D.

### Oncology/Hematology

Justin Floyd, D.O.  
Michelle Voudrie, DNP, FNP-BC

### Orthopedics

Robert Bell, M.D.

### Otolaryngology/ENT

Samuel Medaris, M.D.

### Pain Management

Tong Zhu, M.D. PhD.

### Podiatry

Amanda Hart, DPM

### Sleep Lab

Terry Brown, M.D.

### Urology

Wesley Howell, PAC

### Wound Center

Margret De Guzman, M.D.  
Angela Albertini, PAC

To learn more about our specialists call Memorial  
Hospital Specialty Clinic at (618) 826-4581 ext. 1366

## Welcome New Employees

Lindsay Parker

Lori Schroeder

Jennifer Reinhardt

Shelbie Stolte

Amanda Breig

## Congratulations Retirees

Carol Schulein

Stan Gaertner

Jacinta Mulholland

Chris Barthol

## 24 HOUR EMERGENCY ROOM SERVICE



# CONVENIENT CARE

## HOURS:

SUNDAY-SATURDAY

8:00AM - 8:00PM

A Triage Nurse will perform an initial assessment. The Triage Nurse and/or Physician shall have final authority in determining whether the patient's medical condition qualifies them for treatment in Convenient Care.

If the patient does **NOT QUALIFY**, they will be offered Emergency care.

If the patient **DOES QUALIFY**, they will be charged for this service at a reduced rate. Any testing (lab tests, X-rays, etc.), supplies used, or medications given are at an additional cost. Additional reviews of X-ray or lab work may be necessary and will be charged separately.



## JOIN OUR TEAM

- Paid PTO and Holidays
- Paid Pension
- Tuition Reimbursement Program
- Insurance Options: Health, Dental, Vision, & more.
- Discounted services up to 60% off for services provided by Memorial Hospital, Chester.
- Fitness Program
- Deferred Compensation

View current positions & apply at:  
[www.mhchester.com](http://www.mhchester.com)



Sign-up for an electronic newsletter at:  
[www.mhchester.com](http://www.mhchester.com)



1900 State Street - Chester, IL  
618-826-4581